

DIRECTIONS FOR THE ALONZO STAGG 25 and 50 MILE ROUTES

Pay Attention to these Directions! Watch for Trail Guides and Signs!

Scouts - Stay with Your Buddy or Buddies!

Actual distances: 25.66 + 50.02 Miles, not counting Support Stops e/c Great Falls		
Direction	Total miles	Description or Landmark
Start - Right	0	From St. Agnes Gym - Right on Randolph, walk towards the W&L HS Garage
Left & Left		Turn Left on N. 17th St., then left on Quincy St., walk down to Lee Highway
Straight		Cross Lee Highway (Be Careful!), continue on Military Rd, cross Lorcom Lane
Slight Left		Continue on Military Rd at intersection w/ Nellie Custis Dr. (bends slightly left)
Straight, then	~3	IGNORE the green "To Chain Bridge" sign! Continue STRAIGHT one more
Turn Right		block to the END of Military Road, Turn Right, cross the bridge over Glebe
Turn Right		Rd; after the bridge, the road curves sharply to the right at Richmond St.
Left		Take the next Left onto Randolph Street (follow the green bike route signs!)
Right		Turn Right on the bike route path (sharp downhill!) - This is N. 41st St.
Straight		Cross Chain Bridge Rd (Rt. 123) - BE CAREFUL! - and Cross Chain Bridge
Left		At the far end, Turn Left <u>on the ramp</u> to get down to the C&O Canal Towpath
Right	4.09	Turn <u>Left</u> on towpath (Outbound!) - Bathroom at Lock 5; Porta-John at Lock 8
	8.71	Continue to the Lock 10 Full Support Stop (No Porta-Johns Here!)
		<u>Continue Outbound</u> - bathrooms off the towpath at Carderock and Marsden Tract
	14.39	Continue to the Great Falls Full Support Stop (1/3rd Mile Past Mile Marker
		14). <u>Exit towpath</u> ; go to the Parking Lot. Bathrooms near the Parking Lot
	20.06	Return Inbound to the Lock 10 Support Stop; Stop Again Here (No Porta-Johns!)
Straight	25.66	Continue Inbound past Chain Bridge and on to Fletchers Boat House Support
		Stop - Bathrooms across the Canal - THIS IS THE 25 MILE STOP POINT!
		All Others, Continue Inbound <u>on the towpath</u> (<u>not the blacktop!</u>) to Key Bridge
		Approaching Key Bridge, as you pass under the FIRST Overpass Turn Right on
Right		the staircase up to "M" St., then cross Key Bridge on the UPSTREAM side
Left	28.39	Cross the GW Parkway entrance ramp, Careful! At Lee Highway, bathrooms in
	will	Gateway Park; otherwise, turn left, cross Lynn St and Ft. Myer Dr; Join the Mt.
Straight	be	Vernon Trail on the other side. Descend the spiral ramp to the parking lot and
Bear left	detours!	continue on the Mt. Vernon Trail - <u>Bear left at the wooden boardwalk split!</u>
Straight		Pass under Memorial Bridge, then pass under the (multiple) 14th St. Bridges
Straight	31.82	Continue on to the Gravelly Point Support Stop (multiple Porta-Johns here; note
		that the sidewalk access to the National Airport terminal is fenced off!)
Bear left		Continue on the Trail <u>all the way past National Airport</u> (a surprisingly long way)
Turn right	33.60	Junction with Four Mile Run (FMR) Trail - bear to the left (and down) to TURN
		RIGHT - DO NOT CROSS OVER FMR and continue south into Alexandria!
Straight		Cont. West (Upstream) on the FMR Trail. Immediately Pass under multiple
		highway overpasses with FMR (the actual Creek) on your left, and then the

Direction	Total miles	Description or landmark
		power sub-station and the Arlington Water Treatment Plant on the right. As
Bear Left		approach Mt Vernon Ave (bridge over FMR), bear left/ <u>under</u> Mt Vernon Ave.
Turn Left		In ~ 1/4 mile, the Trail "T's" - Turn Left onto the South Glebe Rd sidewalk
Left	35.30	In ~ 1/4 mile more, ~ 50 feet past the FMR Mile Marker 6.0, <u>Dogleg Left onto</u>
		<u>the BYPASS walkway.</u> [See the Bike Route sign: "Shirlington 0.8 Miles/To
		W&OD," and <u>the Pizza Hut on the other side of FMR.</u>] Stay on the Bypass.
WAYPOINT!	35.83	Stop at the "Waypoint" Support Stop at the end of the Bypass (at Shirlington Rd);
		bathrooms in the gas station; Porta-Johns in the park across the Rd. Look
		right, and you'll the see large brown W&OD Sign a block and a half away.
Right, then	Left	Shift 1.5 blocks to the W&OD Trail - the W&OD goes all the way to Bluemont!
Straight		Cross Walter Reed Dr, then cross George Mason Dr - Be Careful at the Lights!
Straight	37.49	Cross Columbia Pike at the light - <u>Be Very Careful!</u> - Very busy intersection!
Straight	39.38	Continue almost 2 miles (heavily forested trail) to Bluemont Park Support Stop
		(<u>this is the Pavillion on the left at the end of the tennis courts, just before</u>
		Wilson Blvd). STOP HERE and Check In. From here you will do 4 Bluemont
		Loops*, each one 2.66 miles, to finish 50 Miles. Stop and Sign In at the
		Pavillion EACH TIME! (Bathrooms at Pavillion)
SPECIAL	NOTE	After Dark You Are Required to Wear Something Reflective and a Light!
	39.38 - 50.02	* BLUEMONT LOOPS (Starting from the Pavillion) - Each Takes 45-60 Minutes
Straight		Continue West (Outbound) on the W&OD Trail, passing under Wilson Blvd
Straight		Continue past Bon Air Park Pavillion (on the right); just after passing the stream
		and trees on the right (and reach the open field), look for the 50/20 sign with
Sharp Right		a right arrow, cut across the field and cross the footbridge, then go straight
Straight		through the tunnel under I-66. On the other side of I-66, the CUSTIS trail
Turn Right		turns sharply right to continue eastbound, on the other side of I-66.
Straight		Continue East (Inbound) on the Custis Trail for ~ 10 Minutes - Look for St. Anns
Turn Left		Church / School on the left. About 3 blocks later, Exit Left at the sign for 10th
then Right		St / N George Mason Dr. In 25 feet, Turn Right onto N 10th St. In ~ 100 feet,
Right		Turn Right onto the George Mason Dr sidewalk, proceed to the McDonalds
		(at Wilson Blvd.) Cross Wilson Blvd - BE CAREFUL! - and Turn Right onto
Right		the Bluemont Connector Trail (just past the sidewalk, behind the bushes).
Straight		Continue on the trail, crossing Emerson and then Kensington Streets; the trail
		eventually drops rather sharply downhill and "T's" into the W&OD Trail;
		go straight across the W&OD Trail and over the little footbridge over Four
Right		Mile Run, then Turn Right onto the parallel trail there.
Straight		In 150 yards, the Bluemont pavillion is on the left. <u>Stop and sign in every time!</u>
		NOTE THAT YOU CAN DO THE LOOPS IN THE OPPOSITE DIRECTION
		IF YOU WISH - IT'S UP TO YOU!