



2026

TrailLink Unlimited 

Guides



**Arlington
Loop**
Virginia



Arlington Loop

Virginia

The Arlington Loop is composed of four local trails—the Mount Vernon Trail, the Custis Trail, the Washington & Old Dominion



a radius illustrating how far you can go within a 10-minute walk and 10-minute bike ride.

Whether you are going grocery shopping, biking to work, or hoping to explore new places, the Arlington Loop is a trail network that connects residents, schools, and businesses. With its smooth paved surface, this Loop is accessible for those using mobility aids or families with strollers.

The Arlington Loop is composed of four local trails—the [Mount Vernon Trail](#), the [Custis Trail](#), the [Washington & Old Dominion Trail \(W&OD\)](#), and the [Four Mile Run Trail](#). Together they create a paved 16-mile circuit that is separated from vehicle traffic, except for a few street crossings. It is quite easy to walk, bike, or run portions of the Loop to and from destinations throughout Arlington. The Arlington Loop has access points to many of Arlington's neighborhoods including Bluemont, Rosslyn, Crystal City, Shirlington, and Columbia Pike.

Wayfinding maps along the trails show how to follow this route, how to connect to nearby neighborhoods, and how to access the closest Capital Bikeshare stations. Icons on the map show where there are major transit hubs, restrooms, and water fountains. Marked on the map is



Arlington Loop

Virginia

States: Virginia

Counties: Arlington

Length: 16miles

Trail end points: Roosevelt Island to Jeanie Dean Park

Trail surfaces: Asphalt, Boardwalk, Concrete

Trail category: Rail-Trail

Trail activities: Bike, Fishing, Walking, Wheelchair Accessible

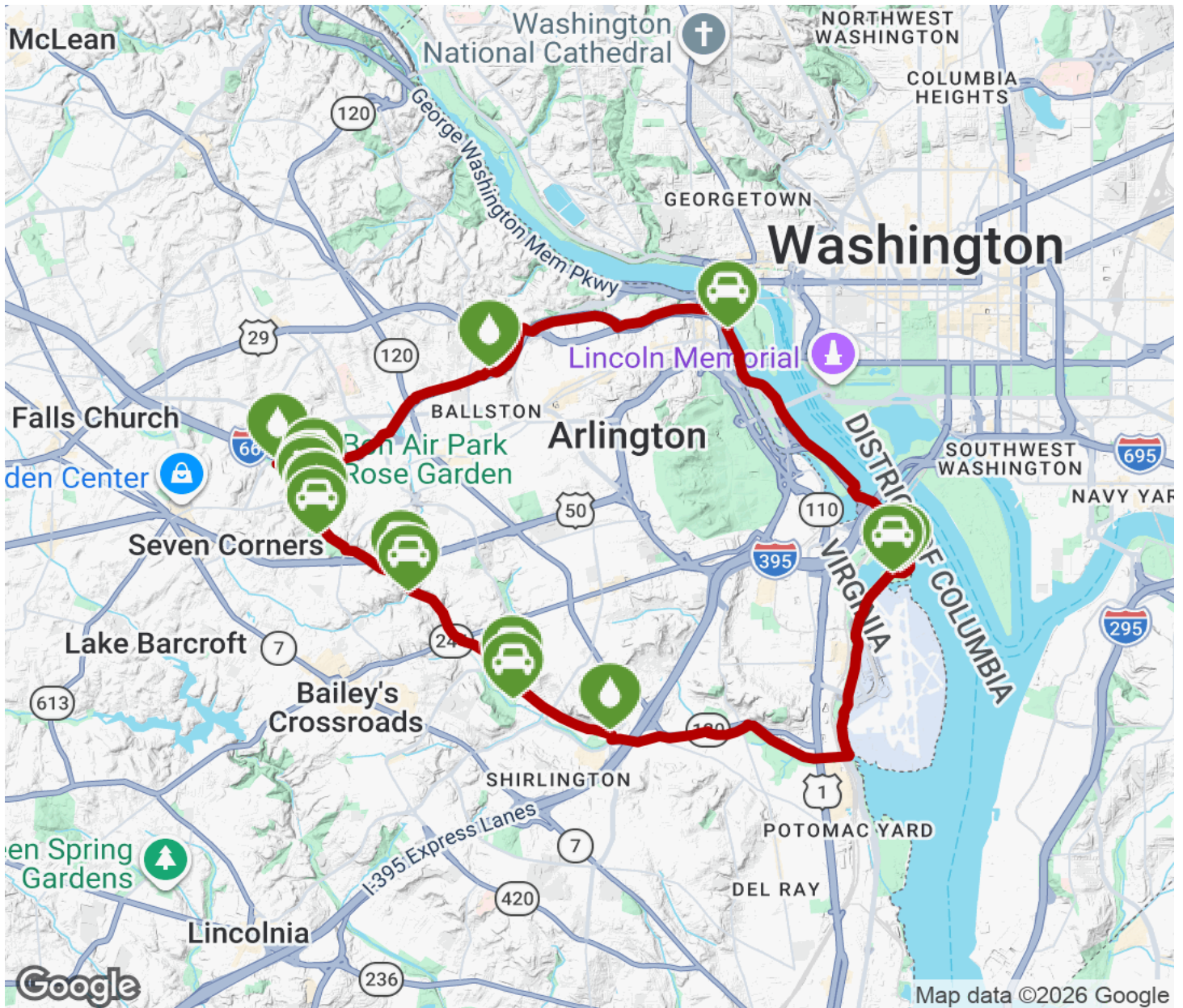
Parking & Trail Access

Parking is available on the north side of Roosevelt Island and by Jennie Dean Park on the south side.



Arlington Loop

Virginia



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

[TrailLink.com](https://www.TrailLink.com)