



2025

TrailLink Unlimited 

Guides



Theodore Roosevelt Island Trails

District of Columbia



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The Swamp Trail is a 1.5-mile loop trail with a surface of pea gravel and boardwalk. The island's longest trail, it winds through swampy woods and cattail marsh. A very short spur trail splits from the main route and leads to an overlook point.

The short Woods Trail is only 0.3-miles long with a surface of pea gravel. Meandering through the heart of the island, the trail includes the memorial plaza with a statue and fountains.

The 0.75-mile Upland Trail has a natural surface and runs

the length of the island. Passing through woods, it has a small loop at the southern end as it circles around the site of the former Mason mansion.

Nearby trails provide access to the park, as well as the opportunity to explore the area and extend your adventure. The [Mount Vernon Trail](#) runs past the pedestrian bridge and is part of the [Capital Trails Coalition](#), a Rails-to-Trails Conservancy [TrailNation](#) project that aims to develop an 800-mile trail network connecting the greater Washington, D.C., metropolitan region. The Mount Vernon Trail, along with the [Four Mile Run Trail](#), the [W&OD Trail](#), and the [Custis Trail](#), make up the [Arlington Loop](#).

A trail included in [Rock Creek Park Trails](#) runs along the DC side of the river and end at Theodore Roosevelt Bridge. The [Capital Crescent Trail](#), also known as the Georgetown Branch Trail, is located nearby as well.

Bikes and cars aren't allowed on the island, but there are bike racks near parking lot and the footbridge. An information kiosk is located at the island end of the pedestrian bridge. Restrooms and drinking water fountains are at the southern end of the island, where the Swamp Trail and the Upland Trail meet (view the TrailLink map). The park is open from 6am-10pm every day and there is no admission fee. Pets are welcome as long as they stay on their leashes and their humans clean up after them.



Theodore Roosevelt Island Trails

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States: District of Columbia

Counties: Washington

Length: 2.6miles

Trail end points: Theodore Roosevelt Island
Pedestrian Bridge to Mt Vernon Trail

Trail surfaces: Boardwalk,Crushed
Stone,Dirt,Grass,Gravel

Trail category: Greenway/Non-RT

Trail activities: Walking

Parking & Trail Access

Both the Metro and Arlington's bus system provide access to the park. The Rosslyn Metro station is about a 10-15 minute walk from the island and there are a number of nearby bus stops. Check out the [Metro's Trip Planner](#) and the [Arlington Transit \(ART\) website](#) for more information.

For those driving, parking is available at the Theodore Roosevelt Island Parking lot. Heading north from the Theodore Roosevelt Bridge and after passing the pedestrian bridge, turn right into the parking lot from the northbound traffic lanes on George Washington Memorial Parkway. View the TrailLink map for detailed directions.



TrailLink
by Rails-to-Trails Conservancy

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