



2026

TrailLink Unlimited 

Guides



Four Mile Run Trail

Virginia



Four Mile Run Trail

Virginia

The Four Mile Run Trail traverses the Four Mile Run stream valley and has many twists and turns, not to mention steep sections



Ultimately, the Four Mile Run Trail merges with the Mount Vernon Trail where the latter meets the southern edge of Ronald Reagan Washington National Airport and the Potomac River. Continue north on that trail to reach Rosslyn or south to visit George Washington's famous estate.

Connections

Near the western end of the trail, trail users can connect to the [W&OD Trail](#) and the [Bluemont Junction Trail](#).

At the eastern end of the trail, the Four Mile Run Trail meets the [Mount Vernon Trail](#).

The Four Mile Run Trail, along with the Mount Vernon Trail, the W&OD Trail, and the [Custis Trail](#), make up the [Arlington Loop](#).

The Four Mile Run Trail traverses the Four Mile Run stream valley and has many twists and turns, not to mention steep sections (mercifully short). The 6.3-mile trail more or less parallels the popular W&OD Trail, connecting to it in several places.

About the Route

The trail leaves off in the northwest from Bluemont Junction Park, where the Bluemont Junction Trail provides a link to Arlington's retail mecca of Ballston. Heading south, the trail is wooded and crosses the creek in numerous places, and you're likely to see hordes of runners, cyclists, dog walkers, and families. Trail users will also find a dog park off the trail in Shirlington.



Four Mile Run Trail

Virginia

States: Virginia

Counties: Arlington

Length: 6.3miles

Trail end points: Wilson Blvd. (Arlington) to
Mount Vernon Trail at Reagan National Airport
(Arlington)

Trail surfaces: Asphalt

Trail category: Greenway/Non-RT

Trail activities: Bike,Fishing,Inline
Skating,Walking

Parking & Trail Access

Wilson Blvd. (Arlington) and Mount Vernon Trail at Reagan National Airport (Arlington).

Parking is available at:

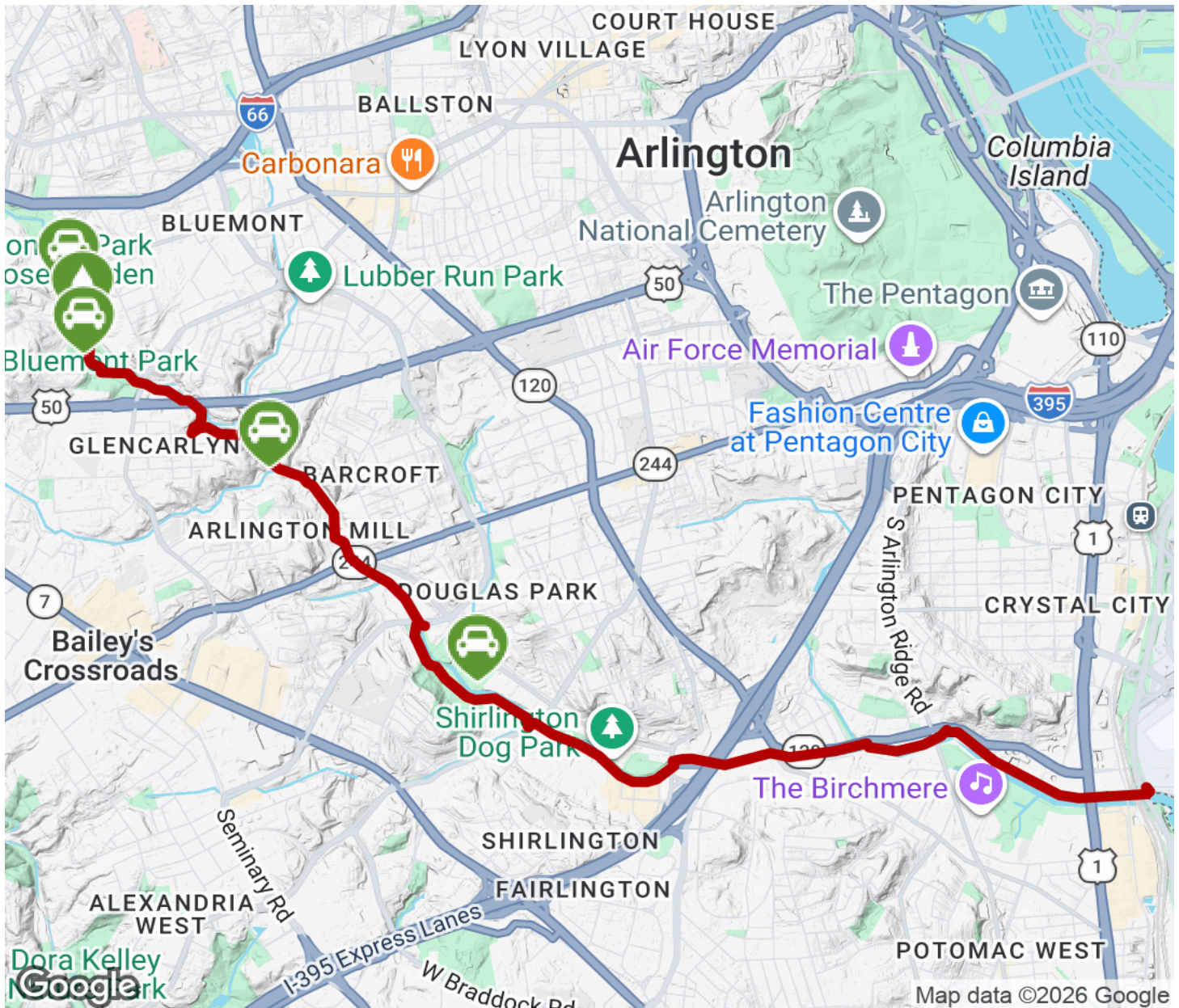
- Barcroft Park, 4200 S Four Mile Run Dr. (Arlington)
- Glencarlyn Dog Park, 301 S Harrison St. (Arlington)
- 601 N Manchester St. (Arlington)

Please see [TrailLink Map](#) for all parking options and detailed directions.



Four Mile Run Trail

Virginia



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com