



2026

TrailLink Unlimited 

Guides



Woodrow Wilson Bridge Trail

Maryland, Virginia



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The Woodrow Wilson Bridge Trail provides a superb 4.1-mile link between Alexandria, VA, and Maryland's National Harbor over the



The Woodrow Wilson Bridge Trail provides a superb 4.1-mile link between Alexandria, VA, and Maryland's National Harbor over the Potomac River.

About the Route

This well-used trail crosses on the up-river side of the bridge and the concrete path is wide enough to accommodate many users. There are stations ("bump-outs") with viewing scopes along the drawbridge, and a high, plexiglass wall on a portion of the trail provides a noise barrier from the heavy traffic.

A nicely developed and landscaped park has been created on the flyover, which takes trail users across I-495. There are benches and some interesting pavers with carved

glyphs of the fish species found in the Potomac River. At National Harbor, there are plenty of shops, restaurants, harbor entertainment during summer and the striking Gaylord Resort. It's marvelous atrium makes for a nice visit.

Cyclists note the 10-MPH speed limit on the trail, which is also a good idea because of the bridge's many steel joints that can damage bike tires and rims at high speeds. Also, because the trail is heavily used by many pedestrians, cyclists should slow down and give way to slower traffic.

The trail is closed between midnight and 5:30 a.m. In addition, it's a drawbridge and may open periodically, so pay attention to warning lights and bells.

Access the Woodrow Wilson Bridge Trail in Alexandria along the George Washington Parkway just south of Church Street. Parking is available in Old Town Alexandria in various paid lots and garages. Use the Mount Vernon Trail to reach the bridge.

To get to National Harbor on the Maryland side of the trail, follow the signs to National Harbor from I-495/95 and I-295 (from DC). Paid parking is available at the harbor but it gets crowded in summer. The path begins along the water toward the bridge and starts out as crushed shells for a short distance.

Connections

On the Virginia side the Woodrow Wilson Bridge Trail meets up with the [Mount Vernon Trail](#) at the George Washington Parkway/Rt. 400.



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com



Woodrow Wilson Bridge Trail

Maryland, Virginia

States: Maryland, Virginia

Counties: Alexandria, Prince Georges

Length: 4.1 miles

Trail end points: Fort Hunt Rd (Alexandria, VA) to National Harbor Blvd (Oxon Hill, MD)

Trail surfaces: Concrete

Trail category: Greenway/Non-RT

Trail activities: Bike, Walking, Wheelchair
Accessible, Cross Country Skiing

Parking & Trail Access

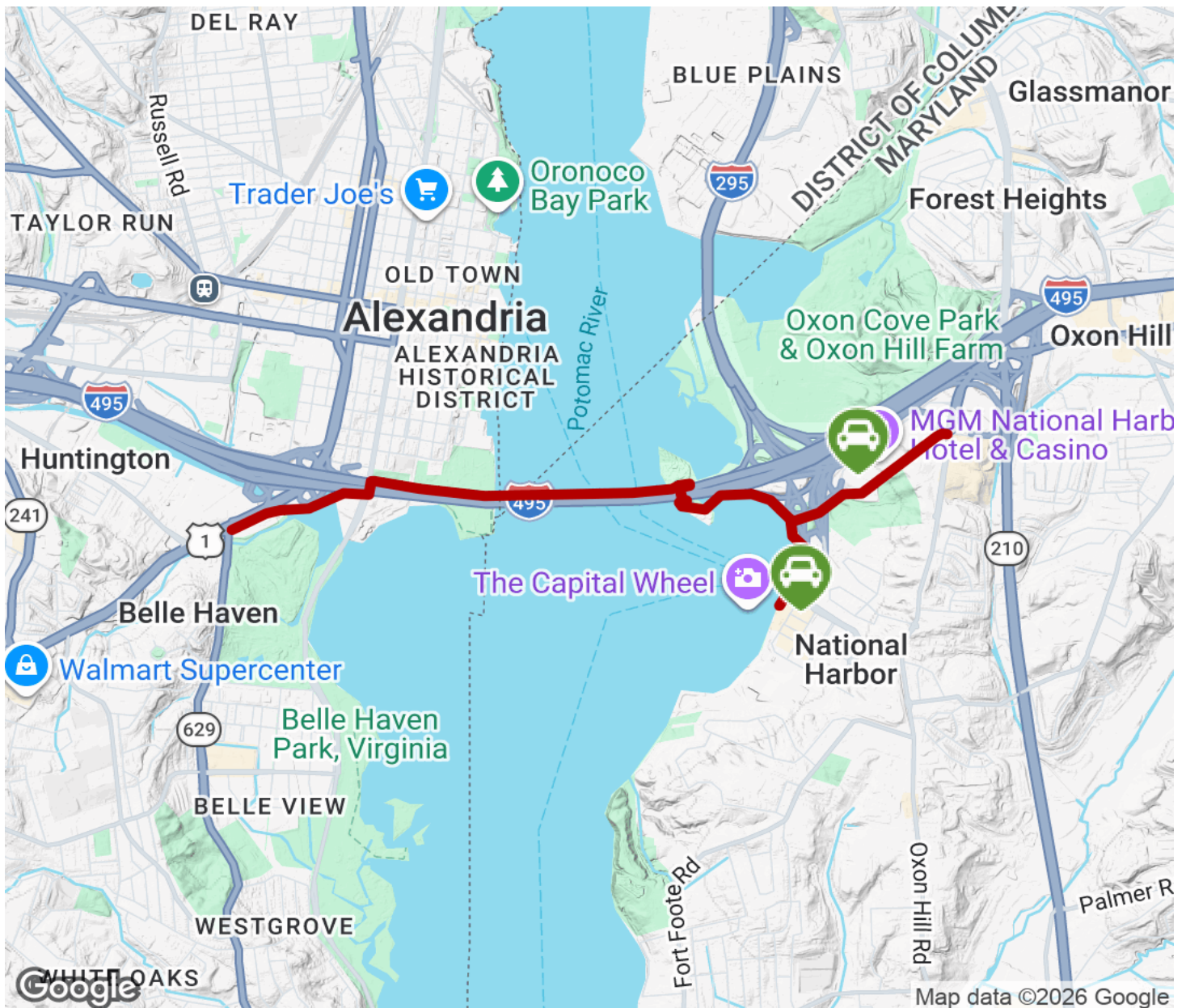
The Woodrow Wilson Bridge Trail runs between Fort Hunt Rd (Alexandria, VA) and National Harbor Blvd (Oxon Hill, MD).

Visit the [TrailLink map](#) for all options and detailed directions.



Woodrow Wilson Bridge Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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