



2024

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



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.

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 trail more or less parallels the popular [W&OD Trail](#), connecting to it in several places.

The trail begins in the north at 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. You'll also find a dog park off the trail in Shirlington.

Ultimately, the Four Mile Run Trail merges with the [Mount Vernon Trail](#) where the latter meets the southern



Four Mile Run Trail

Virginia

States: Virginia

Counties: Arlington

Length: 6.2miles

Trail end points: Bluemont Junction Park at Wilson Blvd to Mount Vernon Trail at Reagan National Airport

Trail surfaces: Asphalt

Trail category: Greenway/Non-RT

Trail activities: Bike,Inline

Skating,Fishing,Walking

Parking & Trail Access

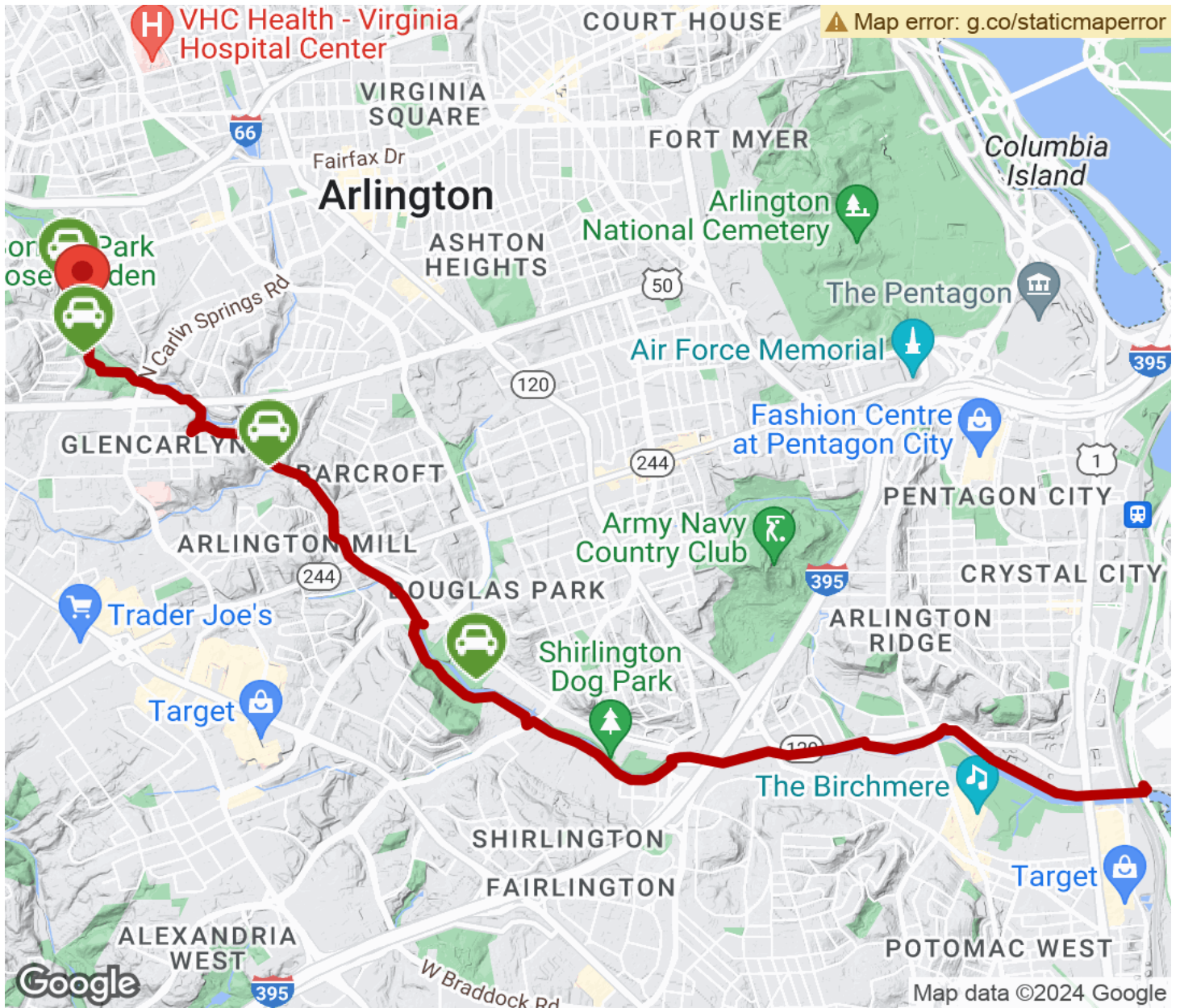
The Four Mile Run Trail can be accessed from Bluemont Junction Park, where parking is available. To reach the park, travel west from Washington, D.C., on US 50 and turn right onto N. Manchester Street. Follow the road for 0.25 mile until it dead ends, and turn right into the parking lot.

From Ballston, travel southwest on Wilson Boulevard, and turn left onto N. Manchester Street. Take an immediate left into the parking lot.



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- Trailhead
- Restroom
- Parking
- Water Fountain
- Tunnel