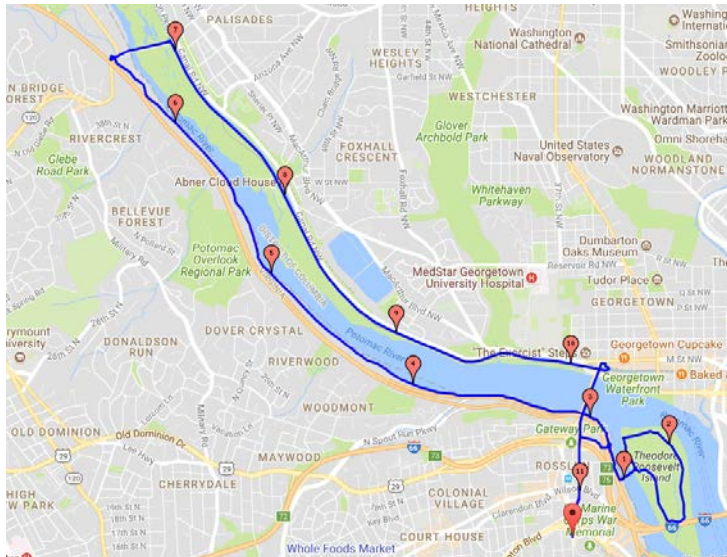


## Potomac Heritage Trail

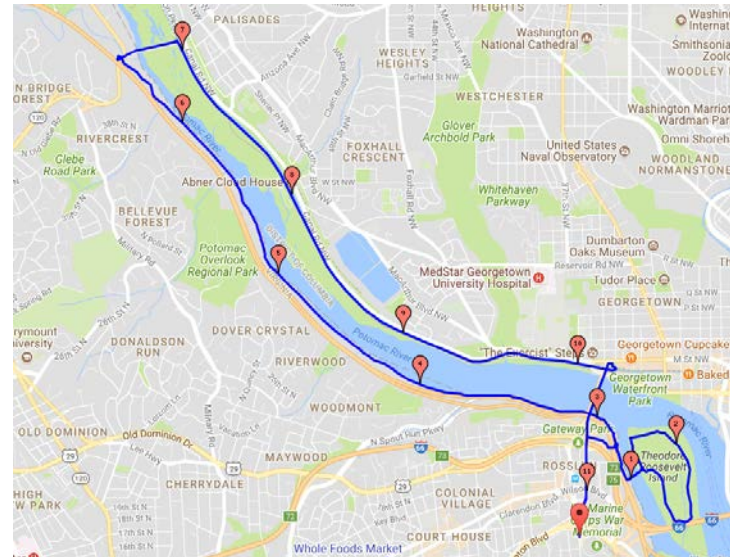


- 0.0 Begin at Iwo Jima, and run towards Rosslyn
- 0.5 Just after Lee Hwy, turn right onto the Mt. Vernon Trail toward Roosevelt Island
- 1.0 Turn left and cross the footbridge onto Roosevelt Island. Go to the right, and run a full outer lap of the island (on the “Swamp Trail”) to warm up your trail running legs...
- 2.5 After a loop of the island, turn right, head back towards the Key Bridge, but stay right at the Potomac Heritage Trail entrance instead of going up the ramp. Follow the trail heading west

This trail, marked by blue blazes, is a little-known gem in urban DC. It is hilly and heavily forested with sycamore, oak, poplar and beech trees. At times it can be steep and rocky, more suitable for hiking than running, with creek crossings as well – watch your footing and slow down as needed!

- 6.5 Exit the trail at Chain Bridge after going beneath an overpass, and cross Chain Bridge, entering the C&O Canal Towpath on the DC side
- 7.0 Follow the Towpath back towards the Key Bridge, and cross the bridge heading back into Rosslyn
- 11.3 Return to Iwo Jima

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