

## Long Bridge Park

- 0.0 Leave Iwo Jima, heading South toward Memorial Bridge.
- 1.0 After traffic circle, get on the Mt. Vernon trail heading south.
- 2.0 Now on Mt. Vernon trail, you will take a left turn BEFORE you pass the Navy Merchant Marine Memorial (if you get to the 14th Street bridge you have gone too far) ; this is the statue of 7 Seagulls Above a Wave(Nicknamed "Waves & Gulls"). Stay on this new side path as it curls around the Memorial to the left, then goes under the GW Parkway through a pedestrian tunnel. You will come out in a Marina Parking area. Run all the way through the Parking area and get on the trail in Lady Bird Johnson Memorial Park. You will only be on this trail less than 1/4 Mile before taking a left onto a Pedestrian Bridge across the water toward the Pentagon.
- 2.75 Cross pedestrian bridge from Lady Bird Johnson park trail over to the Pentagon Parking area. After crossing bridge (you are now looking at the Pentagon), take a left onto Boundary Channel Drive. Stay on the left side of Boundary Channel Drive until it ends, going through an underpass.
- 3.8 Take a Right (heading South) onto Long Bridge Drive. In less than 1/4 mile take a Left to reach Long Bridge Park pedestrian Path. Take this into Crystal City and continue through Crystal City on Crystal Drive.
- 5.3 Take a left onto S. Potomac Ave, which will run parallel to train tracks. Stay on this for about 1.5 miles. Approaching Rt. 1, stay to the right and go toward the traffic light.
- 7.25 Take a left onto path adjacent to Rt. 1 (Jefferson Davis hwy), cross overpass and make another left onto Slaters Lane at 7.75 miles in.
- 7.8 Take a right onto East Abingdon Drive and then in less than 1/4 mile take a left onto the Mt. Vernon Trail. take Mt. Vernon Trail, but veer left to stay on Mt. Vernon trail heading north. If you end up in Alexandria then you are heading south and need to turn around and head North.
- 9.0 Now that you are on Mt. Vernon trail heading North things should look familiar. Take this back up to Memorial Bridge (the way you came) and finish for 15 miles

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