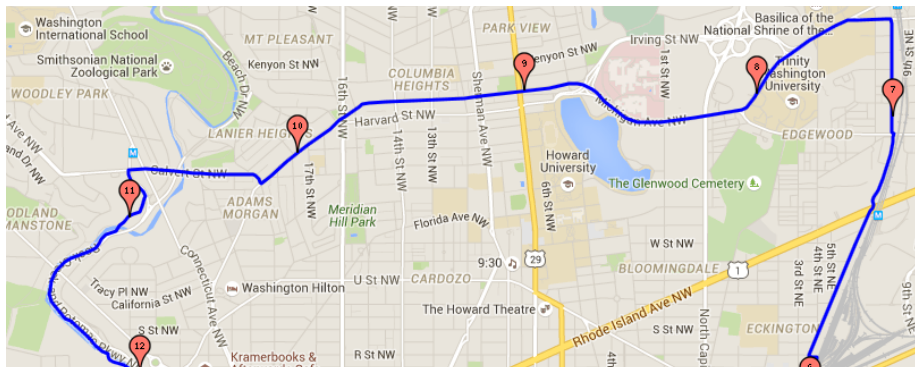
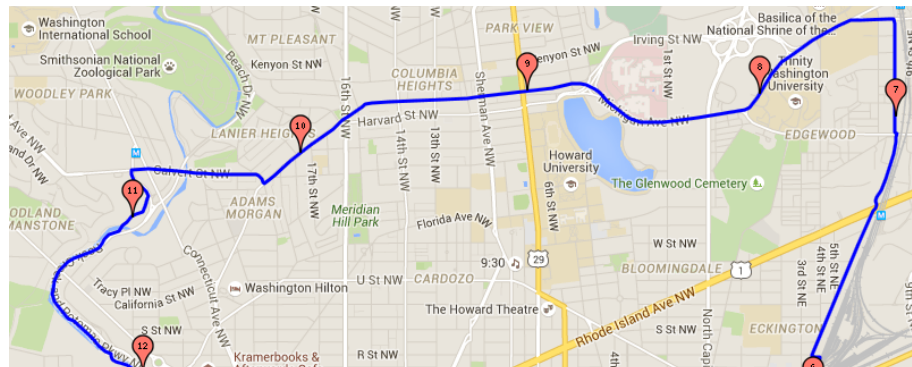


MBT - Catholic



- 0.0 From Iwo Jima, head toward Memorial Bridge
- 1.0 Cross the bridge, go around the Lincoln Memorial, and continue east all the way down the Mall
- 3.8 At 3rd St. NW, turn left and go up Louisiana Ave towards Union Station
- 4.5 Go around the right side of Union Station, past the SEC building on F St. NE, and turn left on 2nd St. NE, to head north
- 5.3 Turn left on L St. NE, and take a quick right after the underpass, up a set of stairs and onto the Metropolitan Branch Trail (MBT)
- 7.0 At Franklin St. NE, continue straight on 8th St. NE
- 7.4 Turn left on Monroe St. and then bear left again on Michigan Ave. Pass Catholic University, and cross North Capitol St. on Michigan
- 8.7 Pass Washington Hospital Center on the right side of the road, and keep right as the road splits. Cross an exit ramp to stay on Michigan. Continue straight on Columbia Rd. NW at the traffic light
- 10.3 In Adams Morgan, turn right on Adams Mill Rd, which becomes Calvert St. Cross over Rock Creek on the Calvert bridge
- 10.8 Just after Connecticut Ave, turn left on Shoreham Dr, down the big hill Go right on Rock Creek Park Trail, heading south
- 12.7 Turn right at the C&O Towpath trailhead, running along the canal. Before going under the Key Bridge, take the path up to M St
- 14.3 Return to Iwo Jima via the Key Bridge and Rosslyn

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