



Northern Virginia Regional Commission

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Contact: Barbara J. Gordon, Communications Director
703.642.4635

Guide to Recreational Trails in Northern Virginia Available from Northern Virginia Regional Commission

Many Washington area residents enjoy hiking and biking the popular W&OD trail which stretches more than 45 miles between Arlington and the Town of Purcellville. However, many residents may be unfamiliar with 23 other trails in Northern Virginia. Nineteen maps, information on each location and types of facilities nearby are included in “**An Introductory Guide to Recreational Trails in Northern Virginia**” published by the Northern Virginia Regional Commission.

Each separate, trail-by-trail map insert includes three primary types of information: **a narrative description of the trail, a map, and a trail elevation profile**. An index map identifies the location of the facility/park in Northern Virginia as well as directions to the primary access point or the park in which the trail is located. The narrative also includes a qualitative assessment of the level of difficulty; identification of the major sites or attractions along the trail, surface type, parking and trail length.

The Guide is published in an attractive, easy to use format that allows the user to carry the individual map with them while hiking, biking or horseback riding. Tri-folded maps fit easily into saddlebags, hip pockets or back packs. Maps illustrate the location of trailheads, parking, connecting trails, and facilities along the trail. Elevation profiles give the user a sense of the terrain that the trail traverses as well as the general level of difficulty.

The Introductory Guide to Recreational Trails in Northern Virginia can be ordered from NVRC by mailing an order form available on the web site www.novaregion.org (click on publications) or by visiting the NVRC offices, 3060 Williams Drive, Suite 510, Fairfax, VA 22031. All orders must be prepaid by cash or check only. Call 703.642.0700 for more information. Each Guide costs \$9.95 each plus shipping and handling and discounts are available when multiple guides are purchased. The Recreational Trails guide is also sold at area bicycle stores.

The Northern Virginia Regional Commission is a coalition of 14 cities, towns and counties which work together on regional issues including the environment and land use, human services, legislative analysis and emergency planning. For more information about NVRC, visit www.novaregion.org or call 703.642.0700.

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