

Potomac Heritage Trail



Directions to the run from Leesburg (13 miles, about 19 minutes from Leesburg)

- VA Route 7 East 10.5 miles
- Exit onto Cascades Pkwy/VA-1794 toward VA-1794 North/Cascades
- Continue to follow Cascades Pkwy North 2.4 miles
- On the right Park at the Potomac Lakes Sportplex parking lot, near the road 20280 Cascades Pkwy, Sterling, VA 20165-6486

From the northernmost parking lot, find the turquoise-blazed PHNST heading south along the Potomac Interceptor Sewer Road, and northbound into Algonkian Park along the paved Algonkian Parkway trail.

Description of run:

The run is a scenic out and back course on the Ira Gabrielson Trail and Potomac Heritage National Scenic Trail. The turquoise-blazed PHNST runs upriver as far as the park's White Trail; southbound, the trail first follows the paved Algonkian Parkway path through the golf course, then turns left along the Interceptor Sewer Road. Heading south it is possible to hike on approx. 12 continuous miles of trail to Difficult Run in Great Falls Park. That portion of the PHNST located on the properties of the Northern Virginia Regional Park Authority has recently been dedicated as the Ira Gabrielson Trail. For further information see <http://www.nps.gov/pohe/>

Hill Rating: 2 (Mostly flat and runnable, a few hills)

Surface: gravel road/trails

Route: Out and back, any distance up to 22 miles (11 miles one-way to Great Falls)

(See map on next page)

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<http://www.nps.gov/pohe/planyourvisit/hiking-guide.htm>

