

# Potomac Heritage Trail

George Washington Memorial Parkway  
Potomac Heritage National Scenic Trail



## Plan Your Visit

There are many ways to access the Potomac Heritage Trail (PHT), including from trails within adjacent parks. Parking is often limited. Please use caution along hiking trails and be prepared for rugged terrain.

### Local Resources:

**George Washington Memorial Parkway**  
[www.nps.gov/gwmp](http://www.nps.gov/gwmp)  
703-289-2500

**Potomac Heritage National Scenic Trail**  
[www.nps.gov/pohe](http://www.nps.gov/pohe)

**Fairfax County Park Authority**  
[www.fairfaxcounty.gov/parks](http://www.fairfaxcounty.gov/parks)

**Arlington County Parks and Recreation**  
[parks.arlingtonva.us](http://parks.arlingtonva.us)

**Northern Virginia Parks**  
[www.novaparks.com](http://www.novaparks.com)

### Plan Your Transit:

**Washington Metropolitan Area Transit Authority (Metro)**  
[www.wmata.com](http://www.wmata.com)

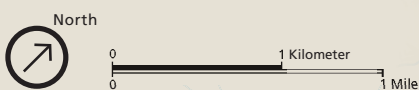
**Arlington Transit**  
[www.arlingtontransit.com](http://www.arlingtontransit.com)

**Capital Bikeshare**  
[www.capitalbikeshare.com](http://www.capitalbikeshare.com)



The Potomac Heritage Trail within the Parkway is a segment of the Potomac Heritage National Scenic Trail, a developing trail network between the mouth of the Potomac River and the Allegheny Highlands.

- George Washington Memorial Parkway
- Potomac Heritage Trail (George Washington Memorial Parkway)
- Other Potomac Heritage NST segments
- Other trails and routes
- Rapids and hazardous area
- Bike share station
- Information
- Metro
- Parking
- Restrooms



To assist with trail maintenance, contact the Potomac Appalachian Trail Club at [www.patc.net](http://www.patc.net).

