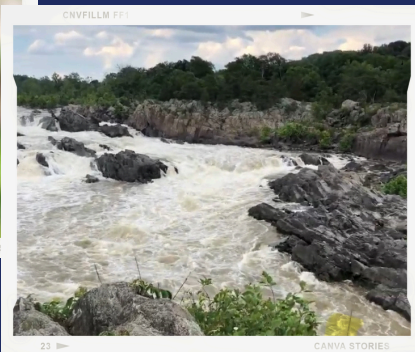
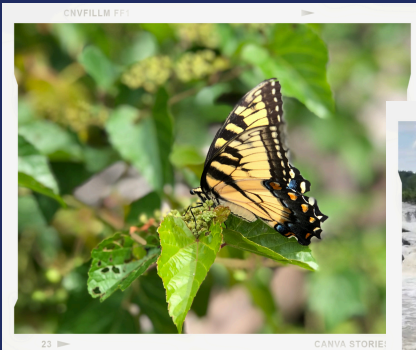


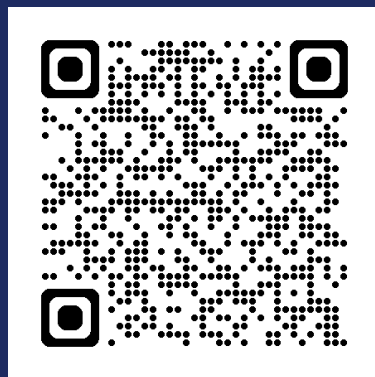
# LEARN MORE ABOUT THE PHNST AND NVRC:

The Northern Virginia Regional Commission (NVRC) supports the advancement of safety, connectivity, and accessibility to recreational trails across Northern Virginia. Through data and mapping activities, special studies, and coordination with land managers, advocacy groups, and other trail partners, NVRC aims to address the range of needs and priorities for trails in the region. Specifically, NVRC provides local coordination for segments of the PHNST in Northern Virginia through partnerships with the National Park Service and land managers.



NVRC Website:

PHNST Dashboard:



# ABOUT THE POTOMAC HERITAGE NATIONAL SCENIC TRAIL

The Potomac Heritage National Scenic Trail (PHNST) is a 900-mile, Congressionally designated trail network that runs from the mouth of the Potomac River in Maryland and Virginia to the Alleghany Highlands in western Pennsylvania. Spanning over 137 miles in Northern Virginia, the PHNST serves as an important historic, cultural, and natural resource for the region's residents and visitors to explore and enjoy.

# EXPLORING NATURE ALONG THE POTOMAC HERITAGE NATIONAL SCENIC TRAIL IN NORTHERN VIRGINIA





(*Amanita brunnescens* at Prince William Forest Park)

## NATURAL HISTORY OF THE REGION

The modern history of Northern Virginia has been shaped by its nonhuman natural environment. The region's environment is characterized by its climate, geology and soil, waterways (particularly the Potomac River and its tributaries), wildlife, and flora. These natural elements provide economic, cultural, and recreational opportunities throughout Northern Virginia.

You can learn more about the region's natural and cultural history at numerous visitor centers along the PHNST:

### VISITOR CENTERS AND KIOSKS:

- Alexandria Visitors Center
- Great Falls Park Visitor Center
- Gunston Hall Visitor Center
- Mason Neck State Park Visitors Center
- Mason Neck Visitor Information Kiosk
- Occoquan Bay NWR Visitors Center
- Occoquan Regional Park - The River View
- Prince William County Visitor Information Kiosk
- Prince William Forest Park Visitors Center
- Riverbend Park Visitor Center

## PARKS & PRESERVES ALONG THE TRAIL

- **Alexandria, City of:** Founders Park, Montgomery Park, Oronoco Bay Park, Point Lumley Park, Potomac Greens Park, Rivergate City Park, Roberdeau Park, Shipyard Park, Torpedo Plaza & City Marina, Waterfront Park, West's Point Park, Windmill Hill Park, Wythe Street Plaza
- **Arlington County:** Donaldson Run Park, Long Bridge Park, Windy Run Park
- **Fairfax County:** Collingwood Park, Grist Mill Park, Laurel Hill Park, Mason Neck West, Old Colchester Park and Preserve, Riverbend Park, Scotts Run Nature Preserve, Washington Mill
- **Leesburg, Town of:** Edward's Landing Park, Potomac Crossing Park, Veterans Park at Balls Bluff
- **Loudoun County:** Basil Newman Riverfront, Beth Miller Park, Bles Park Hampshire Park, Keep Loudoun Beautiful Park, Riverpoint Drive Trailhead, Trailside Park
- **National Park Service:** Daingerfield Island, Dyke Marsh Wildlife Preserve, Fort Hunt Park, Great Falls Park, GW Memorial Parkway, Jones Point Park, Lady Bird Johnson Park (Columbia Island), Prince William Forest Park, Theodore Roosevelt Island, Turkey Run Park
- **Nova Parks:** Algonkian Regional Park, Ball's Bluff Battlefield Regional Park, Occoquan Regional Park, Pohick Bay Regional Park, Potomac Overlook Regional Park, Red Rock Wilderness Overlook Regional Park, Seneca Regional Park
- **Occoquan, Town of:** Mamie Davis Park, River Mill Park
- **Prince William County:** Anne Moncure Wall Park, Kings Highway Historic Sites I and II, Locust Shade Park, Marumscro Acre Lake Park, Neabsco Creek Boardwalk, Powell's Landing Park, Rippon Lodge Historic Site, Veterans Memorial Park
- **The Nature Conservancy:** Fraser Preserve
- **U.S. Bureau of Land Management:** Meadowood Special Recreation Management Area
- **U.S. Fish and Wildlife Service:** Elizabeth Hartwell Mason Neck National Wildlife Refuge, Occoquan Bay National Wildlife Refuge, Featherstone National Wildlife Refuge
- **VA Department of Conservation and Recreation:** Leesylvania State Park, Mason Neck State Park



Look out for the PHNST trail markers and blue blazes!



## SCENIC VIEWS ALONG THE PHNST CHECK THEM OFF AS YOU GO!

- Belle Haven Park (GW Memorial Parkway)
- Bushy Point Peninsula
- Cockpit Point
- Cow Hoof Rock
- Dead Run Waterfall
- Donaldson Run Waterfall
- Eagle Point Observation Platform
- Freestone Point
- Georgetown Overlook
- Great Falls Overlooks
- Kendall Point
- Neabsco Creek Boardwalk and Observation Deck
- Occoquan Bay NWR Deephole Point
- Potomac River and Key Bridge View
- Red Rock Overlook
- Sandy Landing
- Scotts Run Falls
- Stubblefield Falls Overlook
- View of Mumsco Creek at Veteran's Park
- Views of Belmont Bay at Mason Neck State Park
- Windy Run Waterfall

And many more! Go to the PHNST Dashboard to find additional information.



(Great Falls, VA)