



# NORTHERN VIRGINIA POTOMAC HERITAGE NATIONAL SCENIC TRAIL:

## Benefits of the Existing Trail

January 2022



**\$404 million**  
in health benefits



**\$86 million**  
of direct economic impacts



**\$4 million**  
in avoided transportation costs

### Health Benefits

#### REDUCED MORTALITY BENEFITS



**9 million**  
miles walked  
annually



**13 deaths**  
prevented  
**\$139 million**



**30 million**  
miles biked  
annually



**19 deaths**  
prevented  
**\$210 million**

#### AVOIDED HEALTH CARE COSTS



**2.7 million**  
walking trips  
lasting at least  
30 minutes



**\$23 million**  
avoided health  
care costs



**3.8 million**  
biking trips  
lasting at least  
30 minutes



**\$32.3 million**  
avoided health  
care costs

### Economic Benefits

#### TRAIL-FACING BUSINESSES



**\$86.8 million**  
in total annual outdoor retail and  
restaurant revenue generated by 254  
trail-facing businesses



### Transportation Benefits

#### COMMUTING

Based on data from StreetLight, commuting on the PHNST accounts for:



**1.9 million**  
miles of walking annually



**4.6 million**  
miles of biking annually



**45,000 miles**  
of commuting each year per  
average mile of trail

#### AVOIDED TRANSPORTATION COSTS

**\$3.7 million**  
personal vehicle costs avoided

**\$480,000**  
environmental costs avoided

Reductions in environmental pollutants:

**27 metric tons of CO**

**1.2 metric tons of NOx**

**2,500 metric tons of CO<sub>2e</sub>**



**BBC**  
RESEARCH &  
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