

Route 7 - Takoma Park to Downtown DC

7:00 AM Start: Takoma Park Old Town Gazebo

Corner of Carroll Avenue and Westmoreland Avenue, Takoma Park, MD

L (South) from Gazebo onto Carroll Avenue

Continue straight onto Laurel Avenue

L onto Sandy Spring Rd

R onto Van Buren Street

Under RR tracks

L onto 3rd Street NW

Pass through light at Kansas Avenue

L onto Gallatin Street NW

Gallatin becomes one-way except bicycles

Dangerous without contra-flow lanes and signals – be careful!

Most dangerous crossing is North Capitol Street – use crosswalk here

R onto Fort Totten Drive NE

High-traffic road; concrete debris makes road surface uneven

L onto Bates Road NE

This turn is downhill on Rock Creek Drive and not highly visible

Road curves sharply R and becomes John McCormack Road

Sidepath surface may have debris and glass – on-road optional

L onto Brookland-CUA Metro entrance walkway

Continue underneath overpass, to the right of Metro entrance

Under the overpass, there is a small ramp to street on your left

Road curves sharply R

L onto 7th Street NE at light with Michigan Avenue

Take the lane; do not use sidewalk

L onto Monroe Street NE at light

R onto 8th Street NE (immediately before bridge over Red Line)

7:30 AM Pickup Location: 8th & Monroe

L onto Met Branch Trail underneath Franklin Street overpass

7:40 AM Pickup Location: R Street & the MBT (near 3rd Street NE)

Follow until trail terminus at M Street NE

L onto M Street NE

L onto 1st Street NE

Straight onto Columbus Circle

R onto Louisiana Avenue NE

R onto Constitution Avenue NW

L onto 3rd Street NW

Wide avenue; difficult turn

R onto Pennsylvania Avenue NW

Use median bike lanes

Finish at Freedom Plaza