

“19 Family Bike Rides in Virginia”

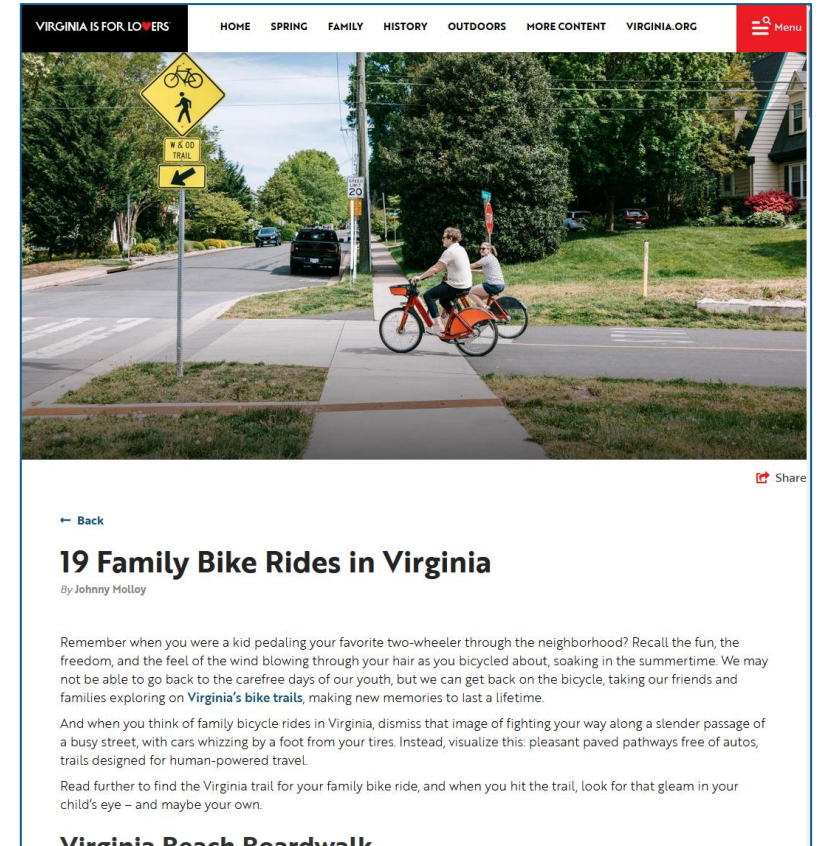
Presented by Robert B. Case, PhD, PE
HRTPO
To VaULT
On April 28, 2026



Source: Virginia.org

“19 Family Bike Rides in Virginia”

- By Johnny Molloy
- On virginia.org (Virginia Tourism Corp.)

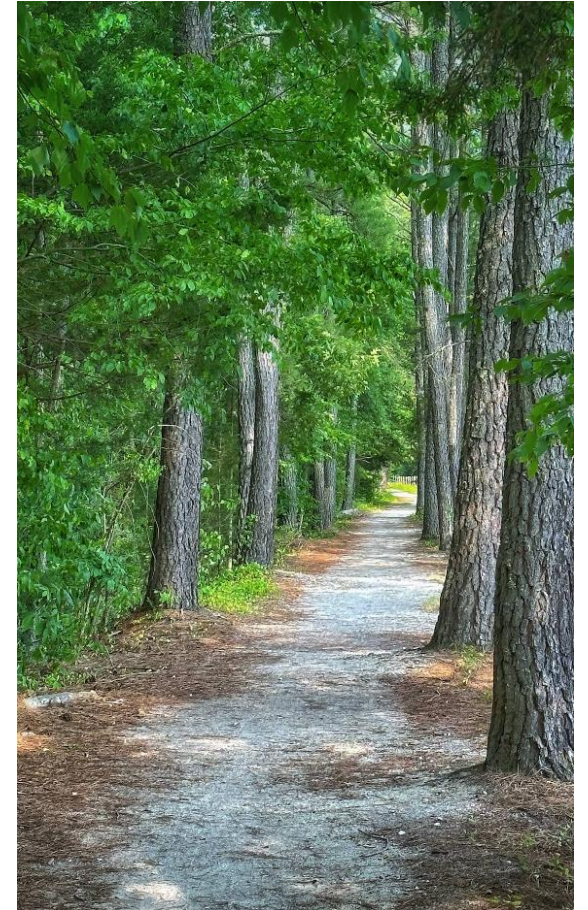


- <https://www.virginia.org/blog/post/family-bike-rides-virginia/>

“19 Family Bike Rides in Virginia”

Trails

1. Virginia Beach Boardwalk
2. Blue Ridge Railway Trail
3. Tobacco Heritage Trail
4. Riverwalk Trail
5. Dismal Swamp Canal Trail
6. Riverwalk / Blackwater Creek Trails
7. Virginia Capital Trail
8. Burke Lake Trail
9. York River State Park trails
10. Riverway Trail

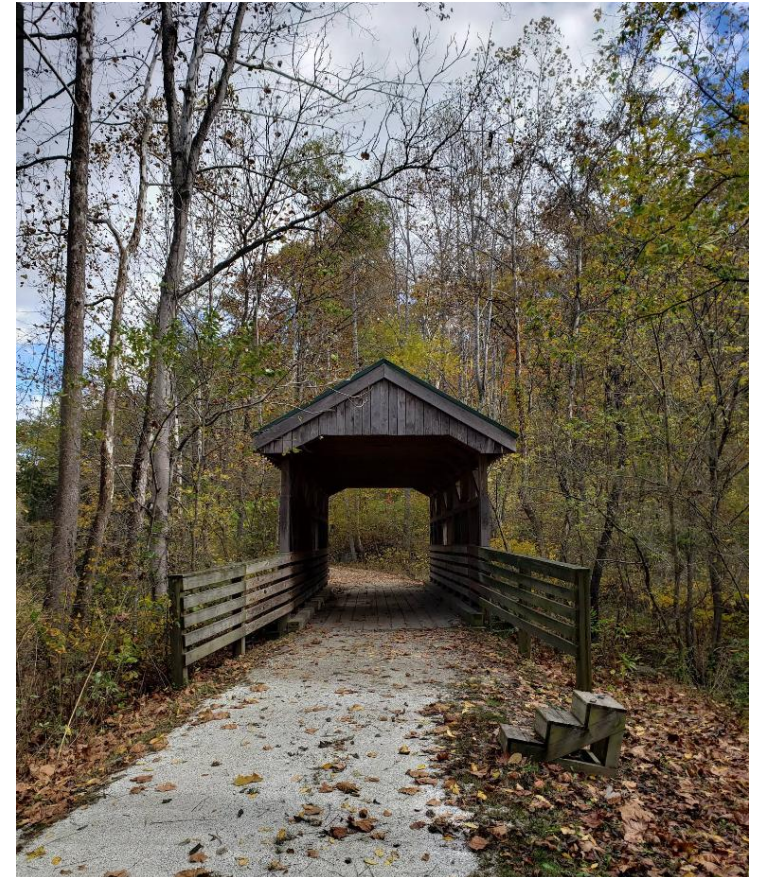


Source: Google Maps

“19 Family Bike Rides in Virginia”

Trails- continued

- 11. Belle Isle State Park trails
- 12. Newport News Park Bikeway
- 13. New River Trail
- 14. Virginia Creeper Trail
- 15. W&OD Trail
- 16. High Bridge Trail
- 17. Mount Vernon Trail
- 18. Guest River Gorge Trail
- 19. Roanoke River Greenway



Source: Google Maps

“19 Family Bike Rides in Virginia”

The map shows 19 red location pins across Virginia. The pins are located in the following areas (from north to south):

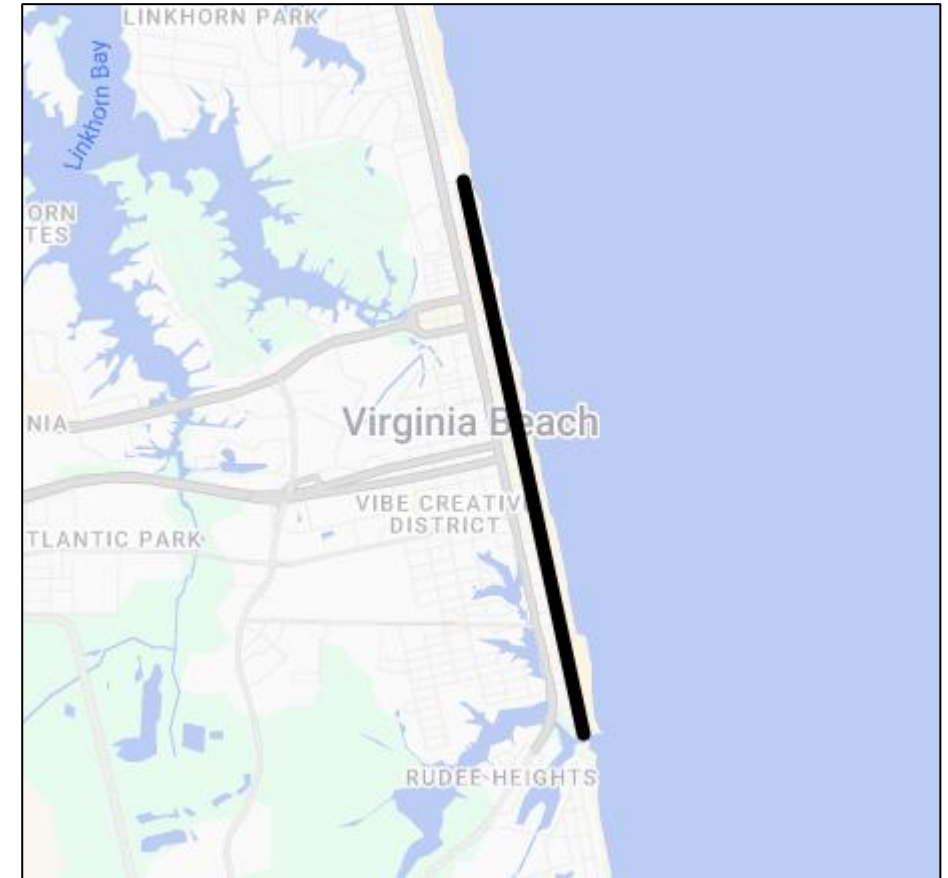
- Northern Virginia: Near Leesburg, Manassas, Fairfax, and Alexandria.
- Central Virginia: Near Front Royal, Harrisonburg, Staunton, Lexington, Lynchburg, and Farmville.
- Southwestern Virginia: Near Norton, Big Stone Gap, Abingdon, and Bristol.
- South-Central Virginia: Near Blacksburg, Christiansburg, and Roanoke.
- Eastern Virginia: Near Gloucester, Yorktown, Newport News, Norfolk, and Virginia Beach.

Source: HRTPO

1. Va. Beach Boardwalk



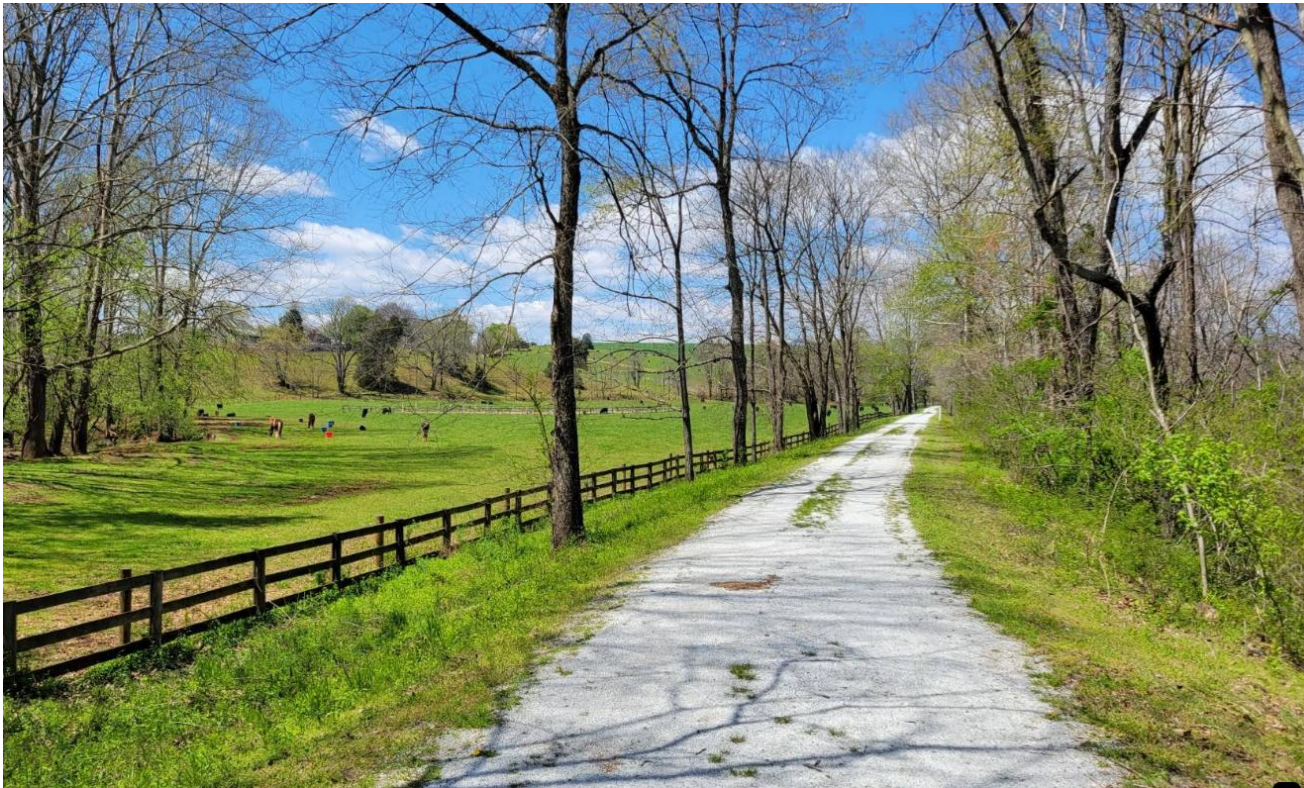
Source: virginia.org; photo credit: Ian Roberge @4000Hikes



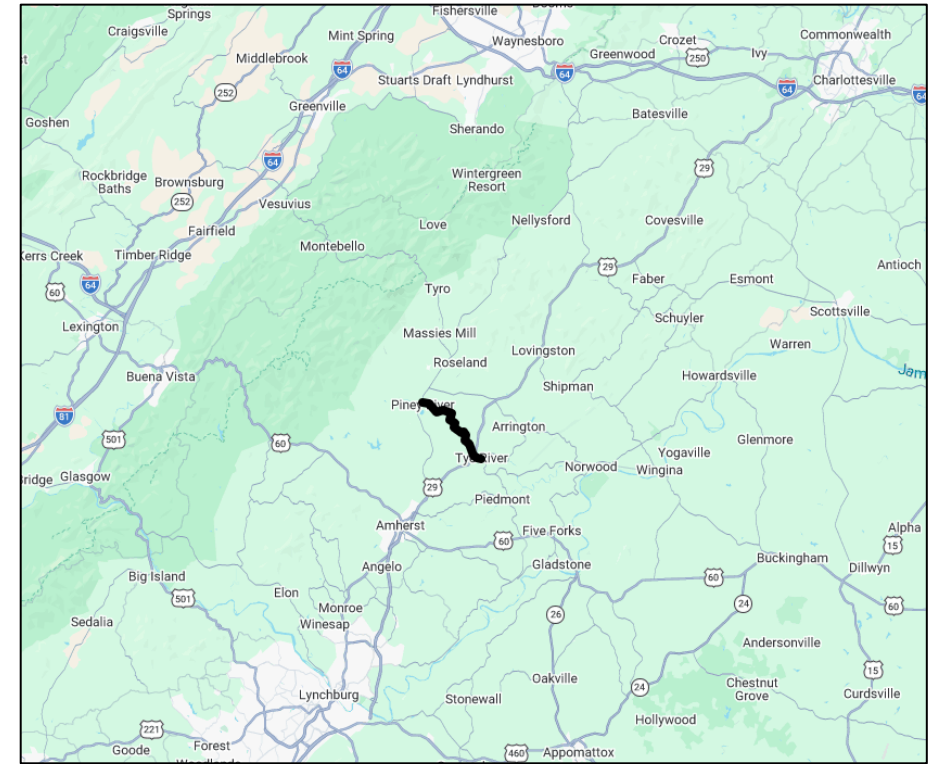
Source: HRTPO via Google My Maps

3 miles long
28' wide
Parallel bike path

2. Blue Ridge Railway Trail



Source: Google Maps; photo credit: Bruce Wessel



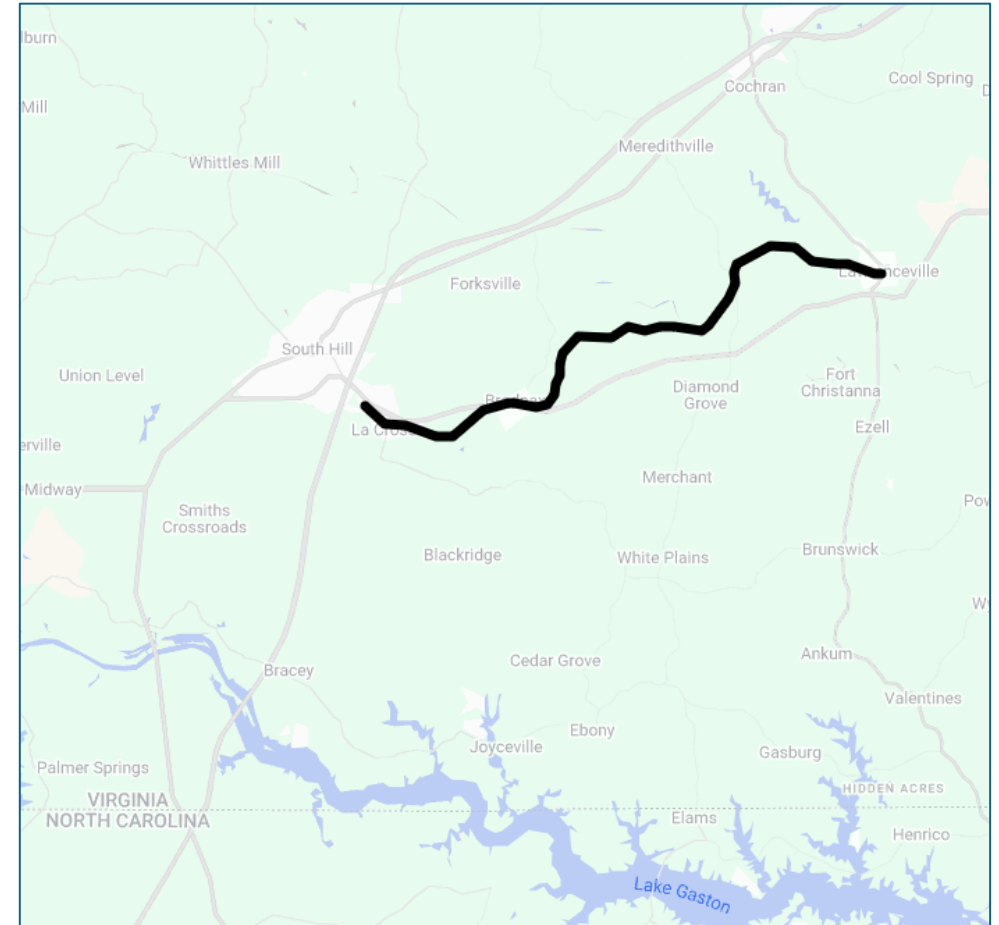
Source: HRTPO via Google My Maps

7 miles long
Gravel path
Rail Trail

3. Tobacco Heritage Trail



Source: Google Maps



Source: HRTPO via Google My Maps

17 miles long
Paved
Rail trail

4. Riverwalk Trail



Source: Google Maps; from 360 degree photo by Mike Huggins



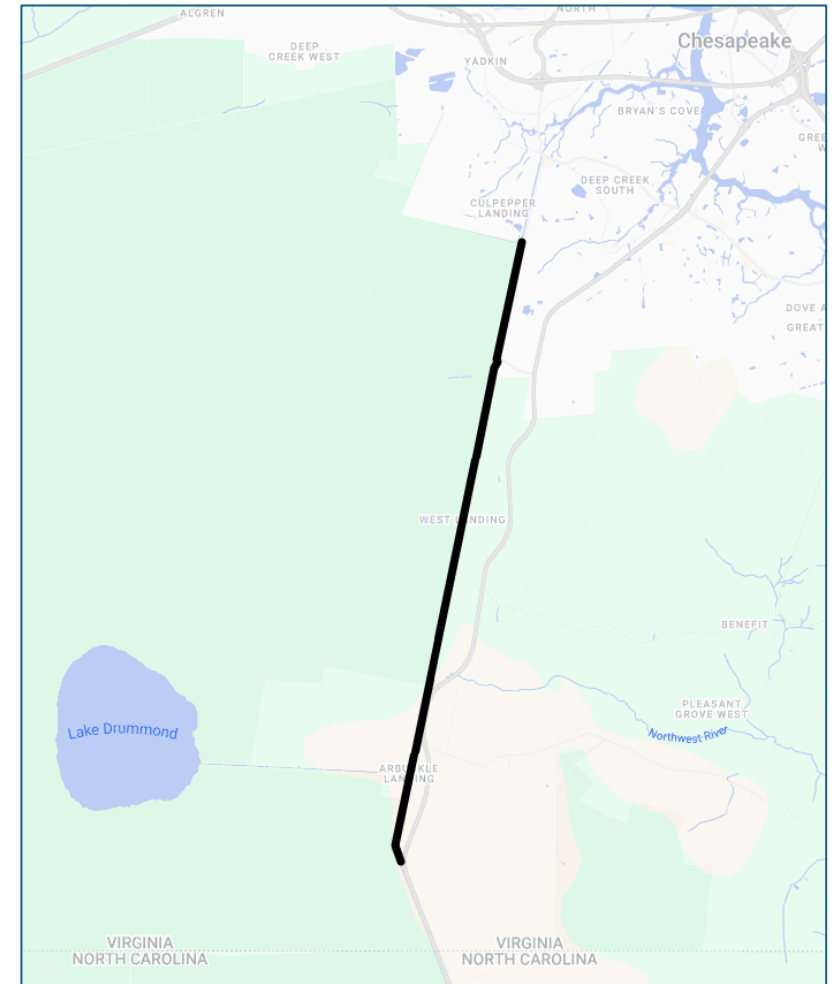
Source: HRTPO via Google My Maps

7 miles long
Paved
Along the Dan River

5. Dismal Swamp Canal Trail



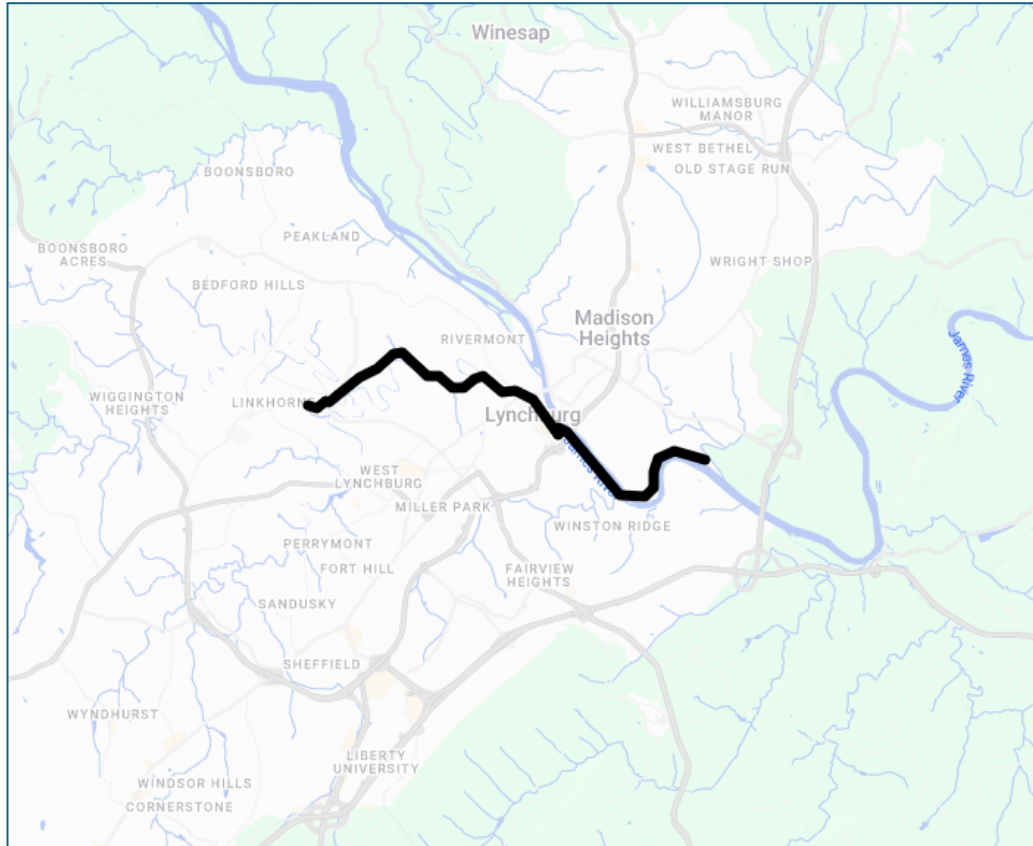
Source: cityofchesapeake.net



Source: HRTPO via Google My Maps

10 miles long
Former 2-lane highway
Runs along the canal; shaded

6. Riverwalk Trail & Blackwater Creek Trail



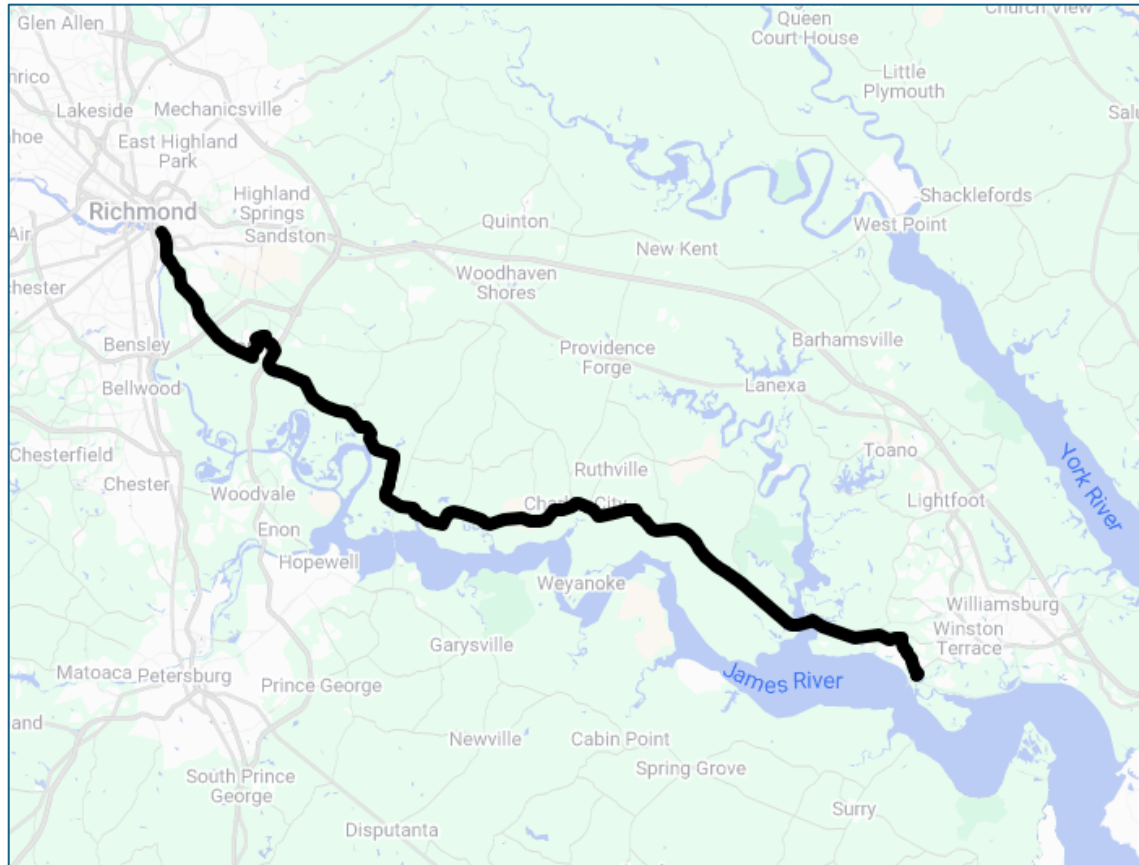
Source: HRTPO via Google My Maps

7 miles long
Rail trail
Includes a tunnel



Source: HRTPO staff

7. Virginia Capital Trail



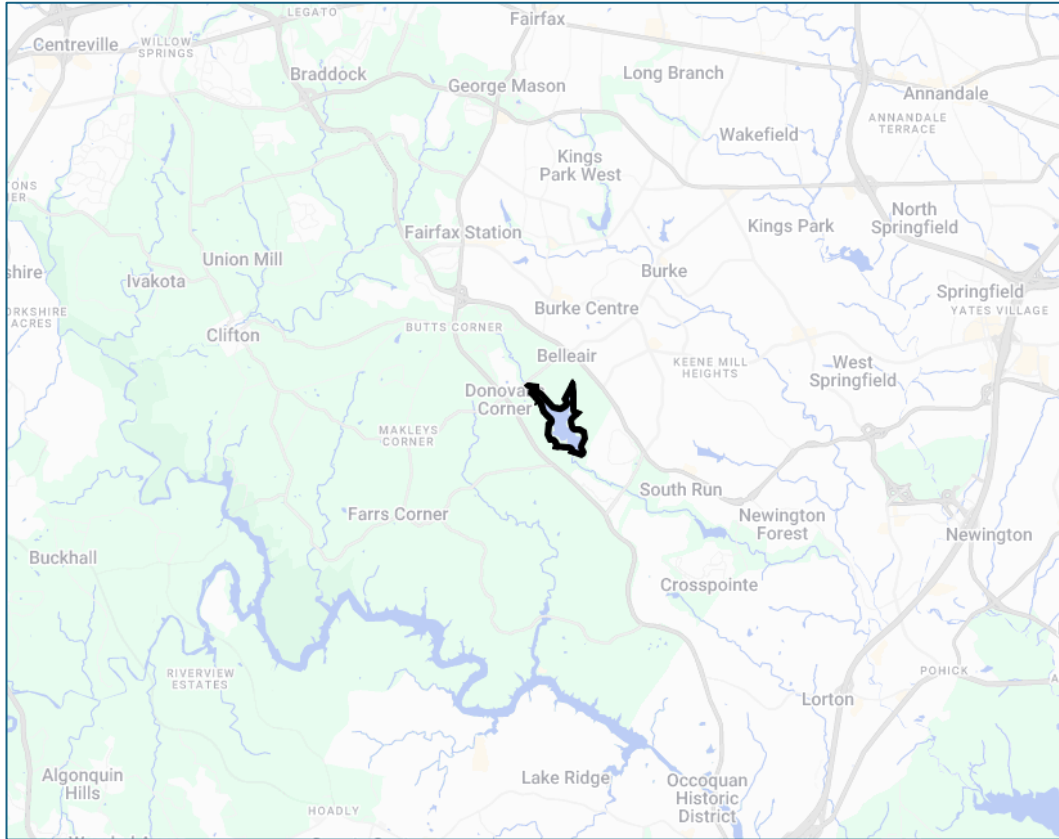
Source: HRTPO via Google My Maps



Source: virginiacapitaltrail.org

52 miles long
City, suburbs, country

8. Burke Lake Trail



Source: HRTPO via Google My Maps

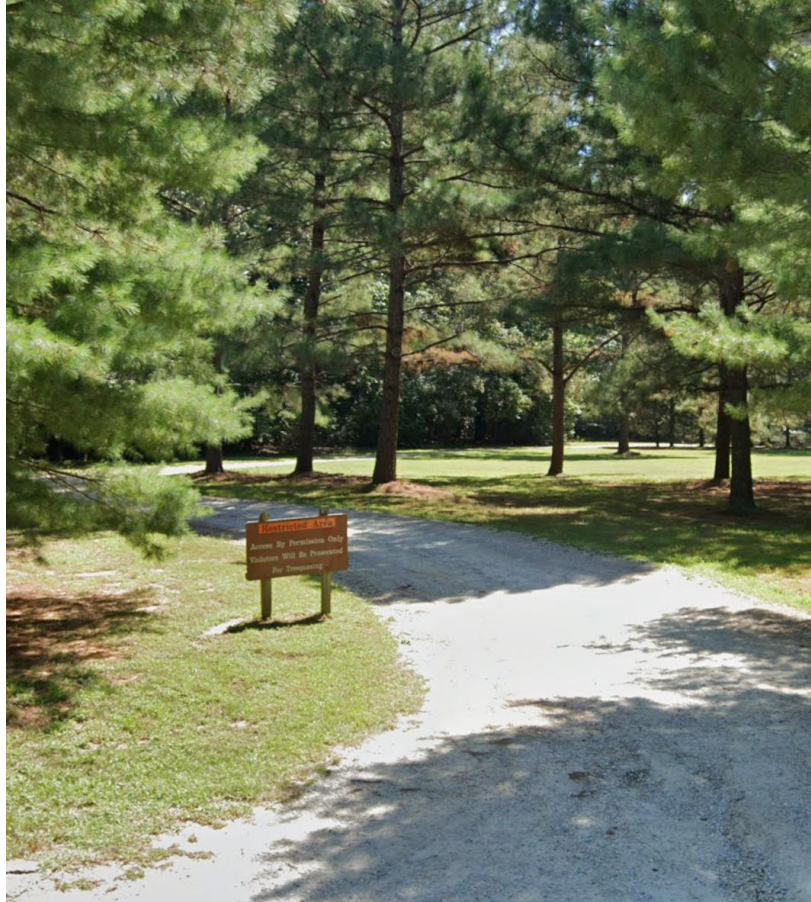


Source: Google Maps; from 360 degree photo by Pablo Cocito

5 mile loop
Mostly gravel

9. York River State Park

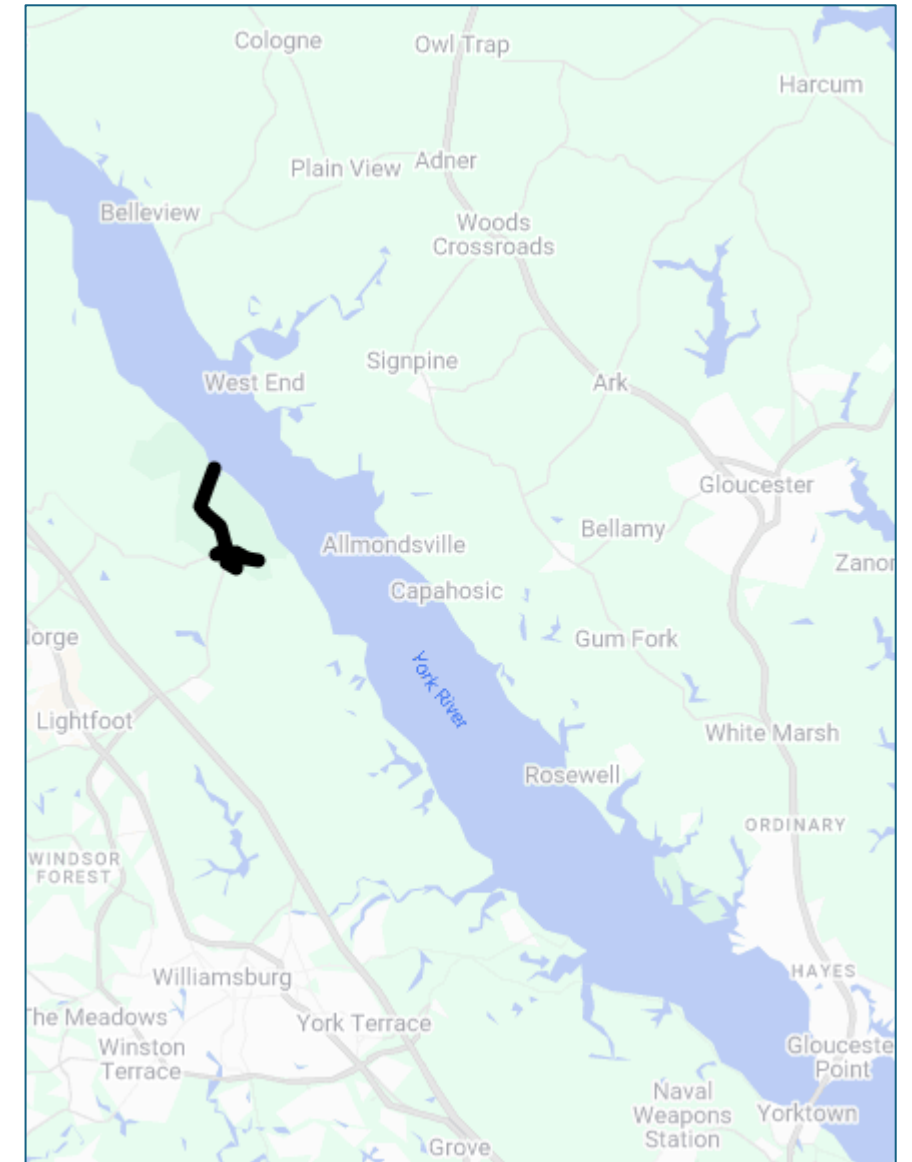
- Backbone Trail, Whitetail Trail, Dogwood Lane Trail



Source: Google Maps

20 miles open to
bikes, including
above three trails

Natural surface



Source: HRTPO via Google My Maps

10. Riverway Trail



Source: Google Maps; from 360 degree photo by William Piggott

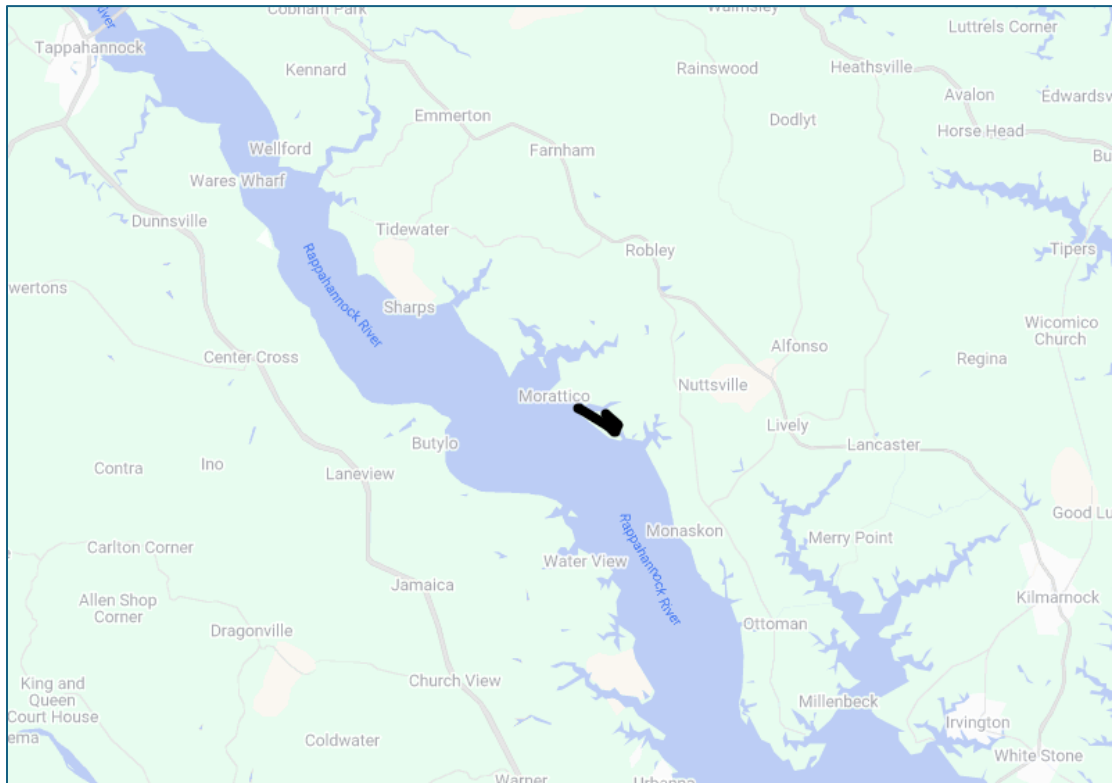


Source: HRTPO via Google My Maps

3.5 miles long
Paved

11. Belle Isle State Park

- Mud Creek Trail, Watch House Trail, Neck Fields Trail



Source: HRTPO via Google My Maps



Source: dcrvirginia.gov; license: <https://creativecommons.org/licenses/by-nc-sa/2.0/>

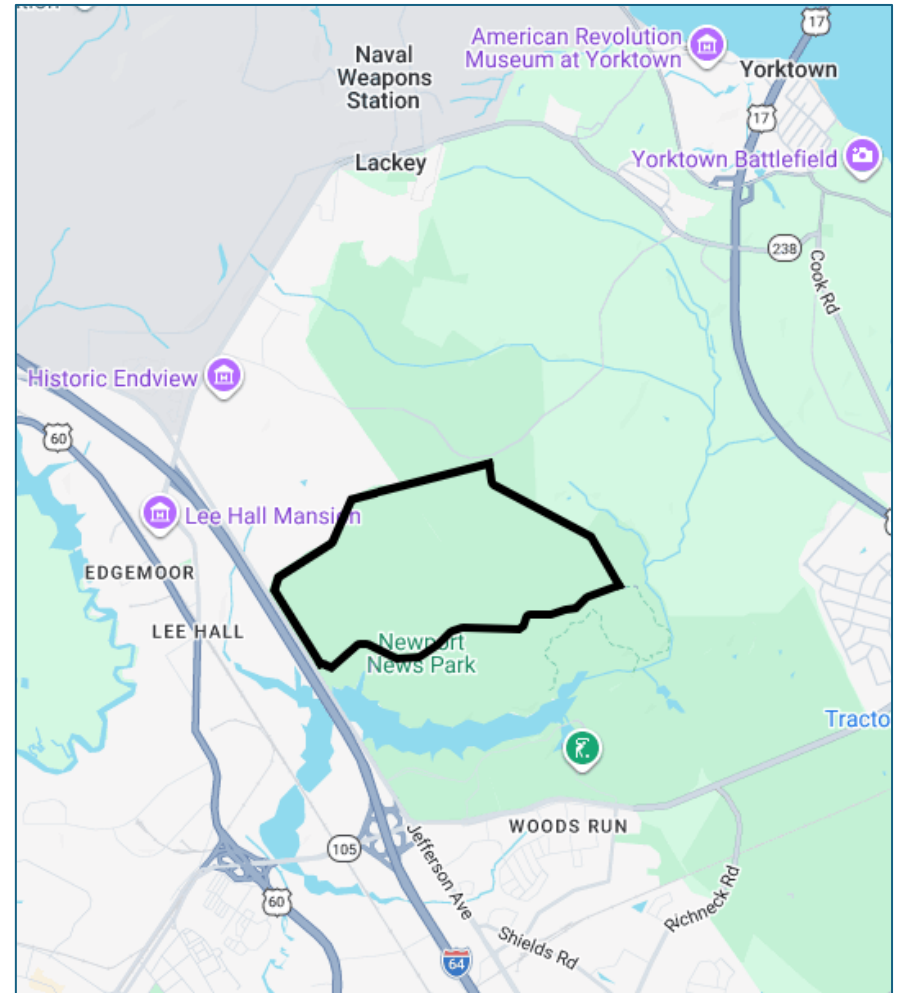
10 miles of trails,
including those
listed above

12. Newport News Park Bikeway



Source: nnparksandrec.org

5 mile loop
Unpaved



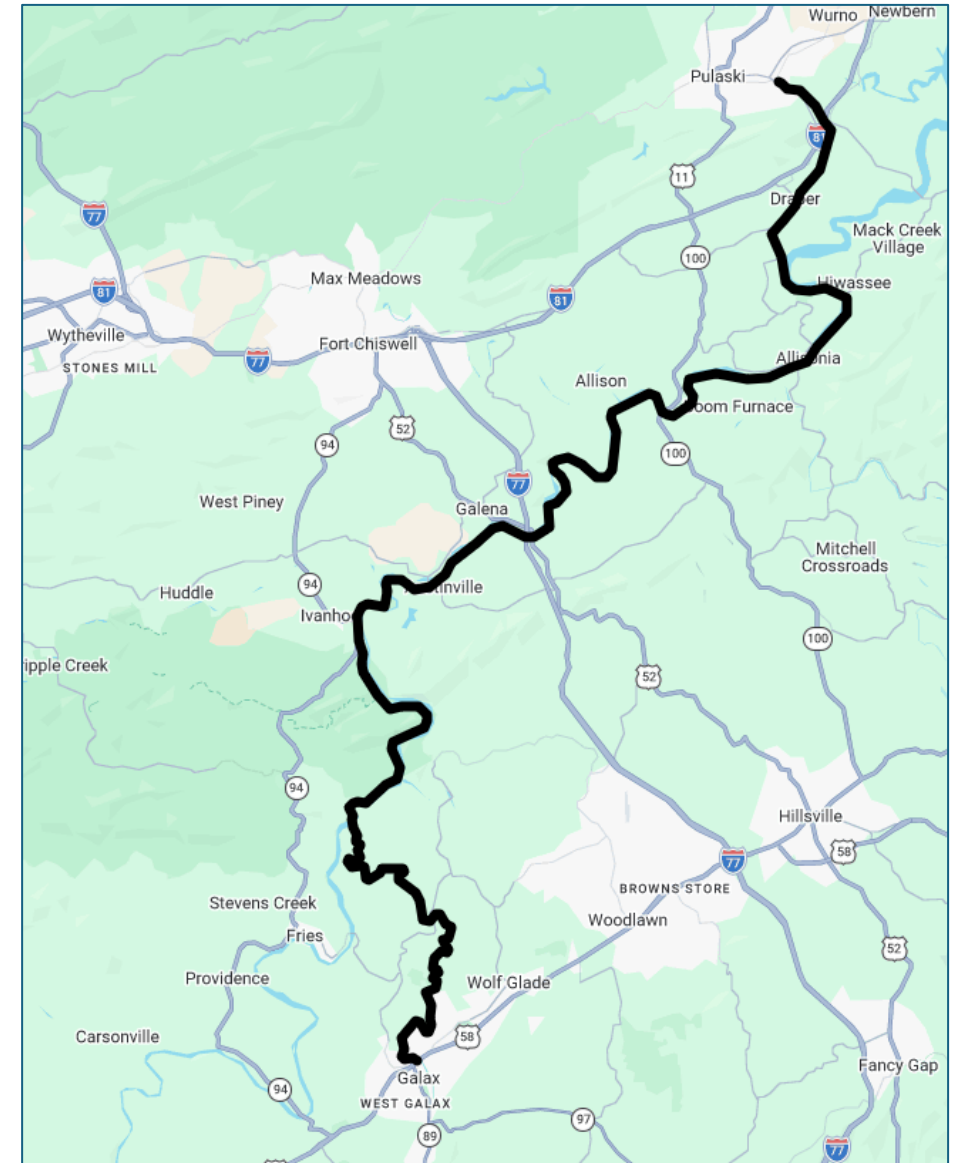
Source: HRTPO via Google My Maps

13. New River Trail



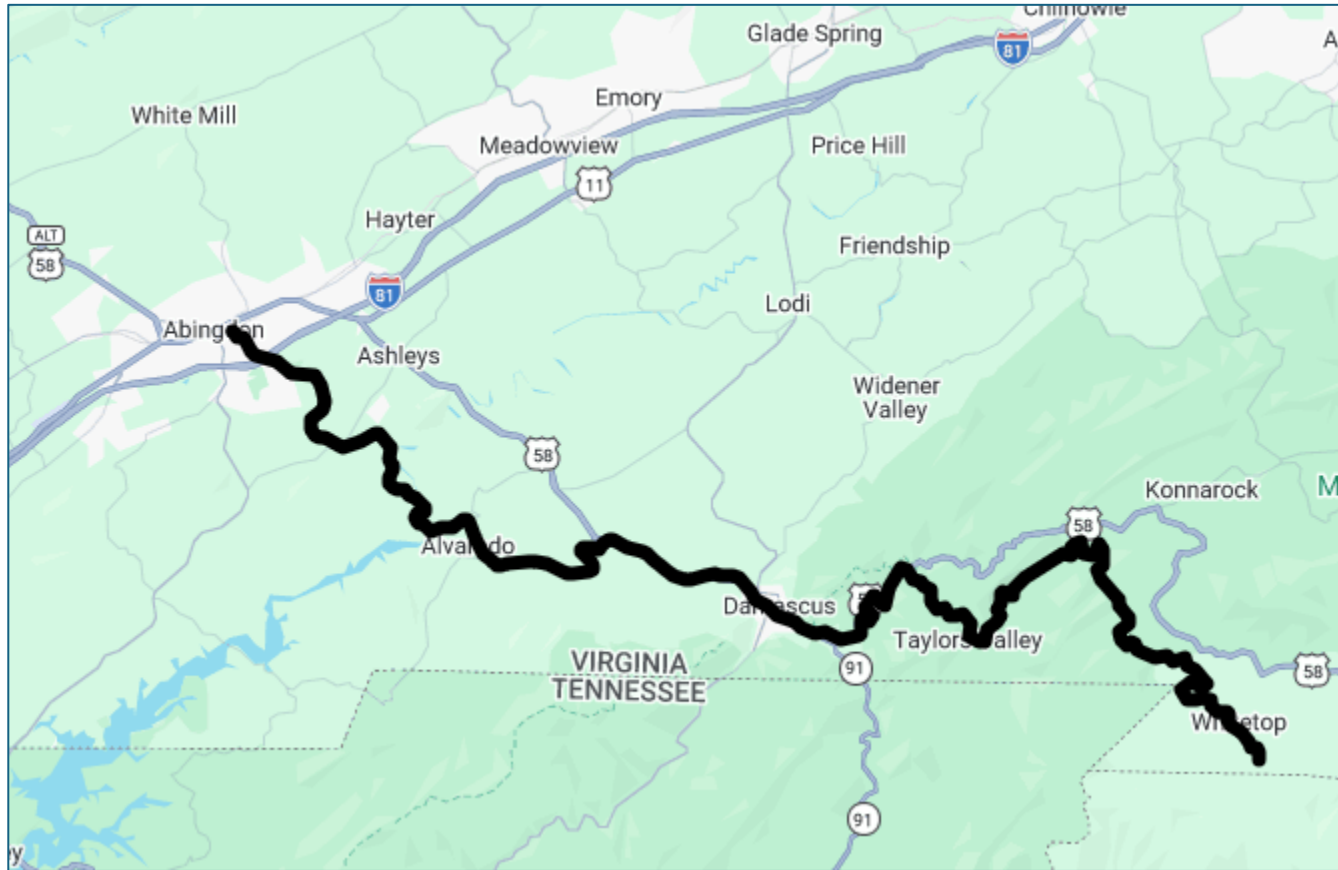
Source: Google Maps; from 360 degree photo by Eric Hyche

57 miles long
Cinder bed



Source: HRTPO via Google My Maps

14. Virginia Creeper Trail



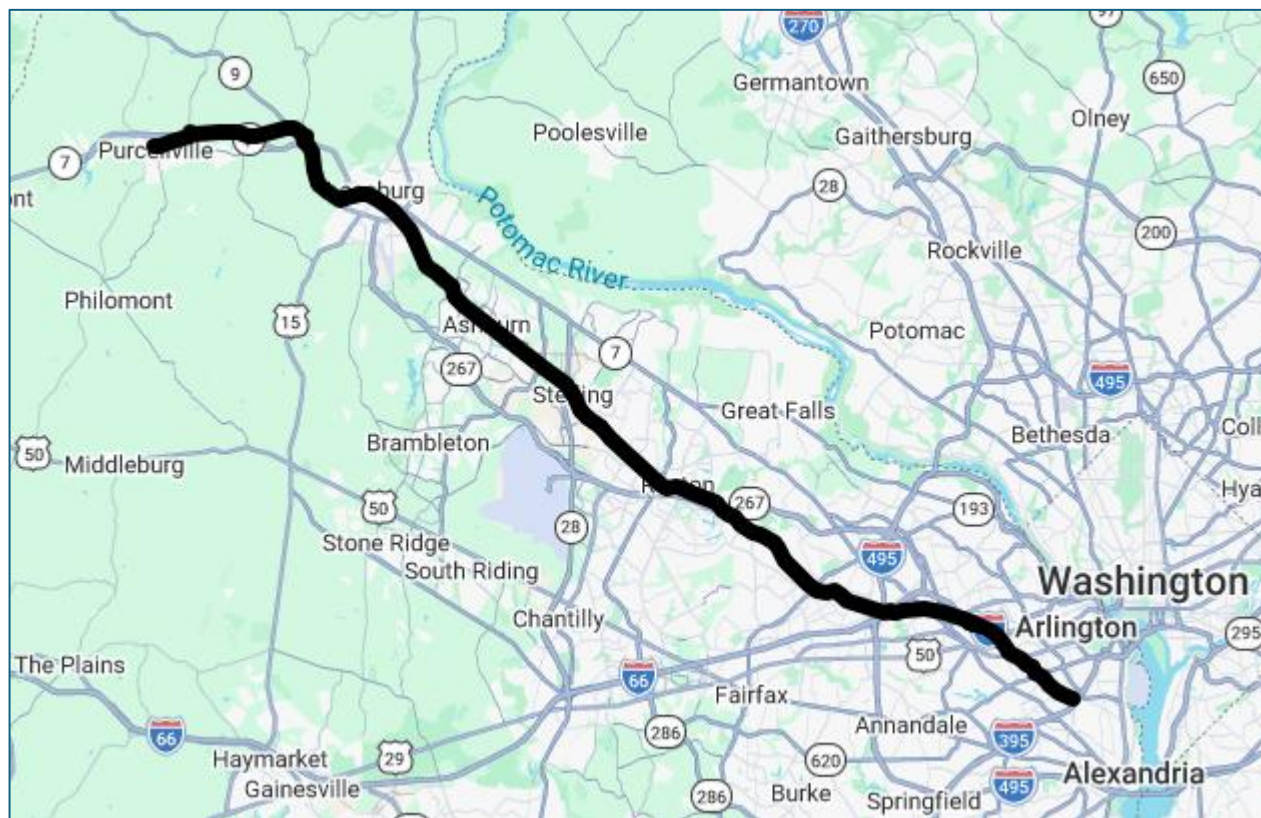
Source: HRTPO via Google My Maps



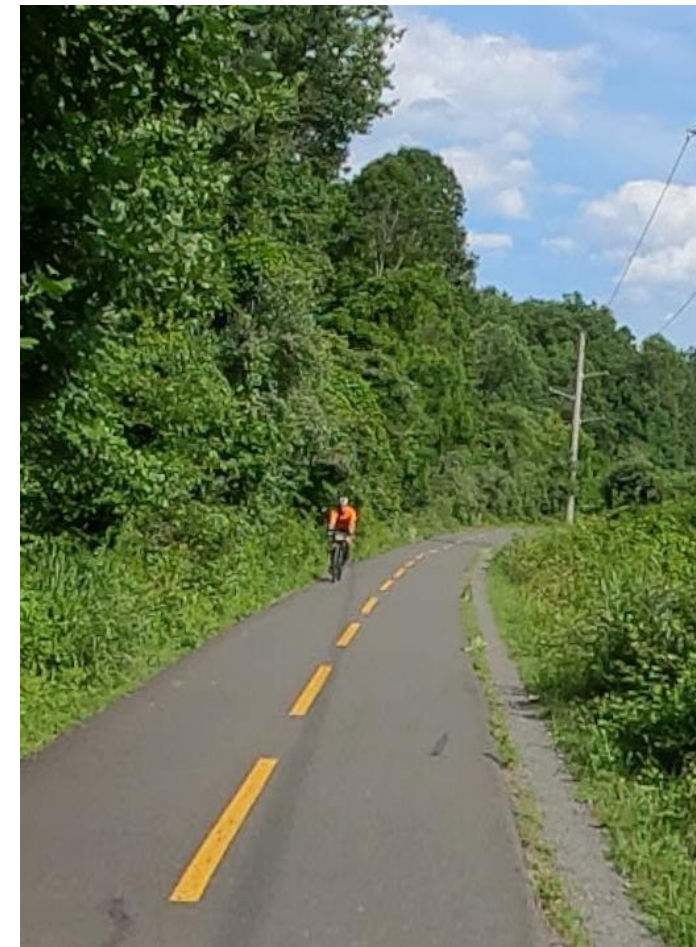
Source: visitabingdonvirginia.com (cropped)

34 miles long
Rail trail

15. W&OD Trail



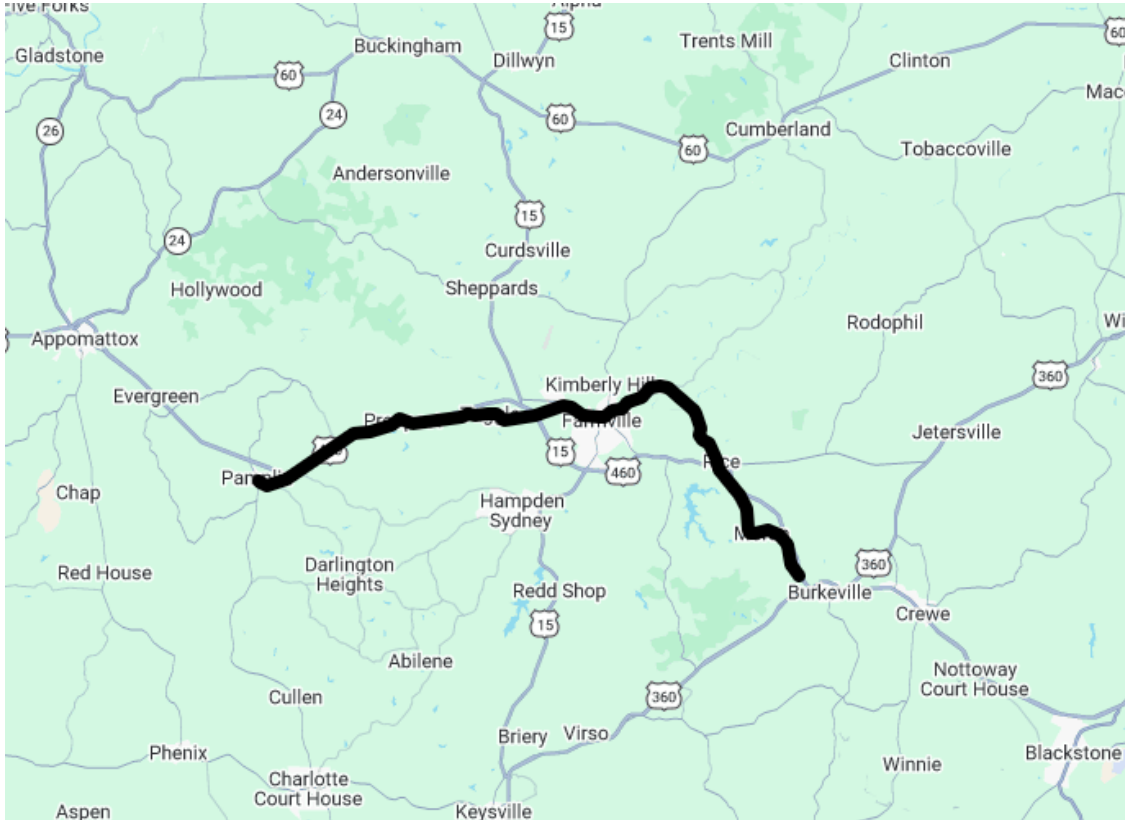
Source: HRTPO via Google My Maps



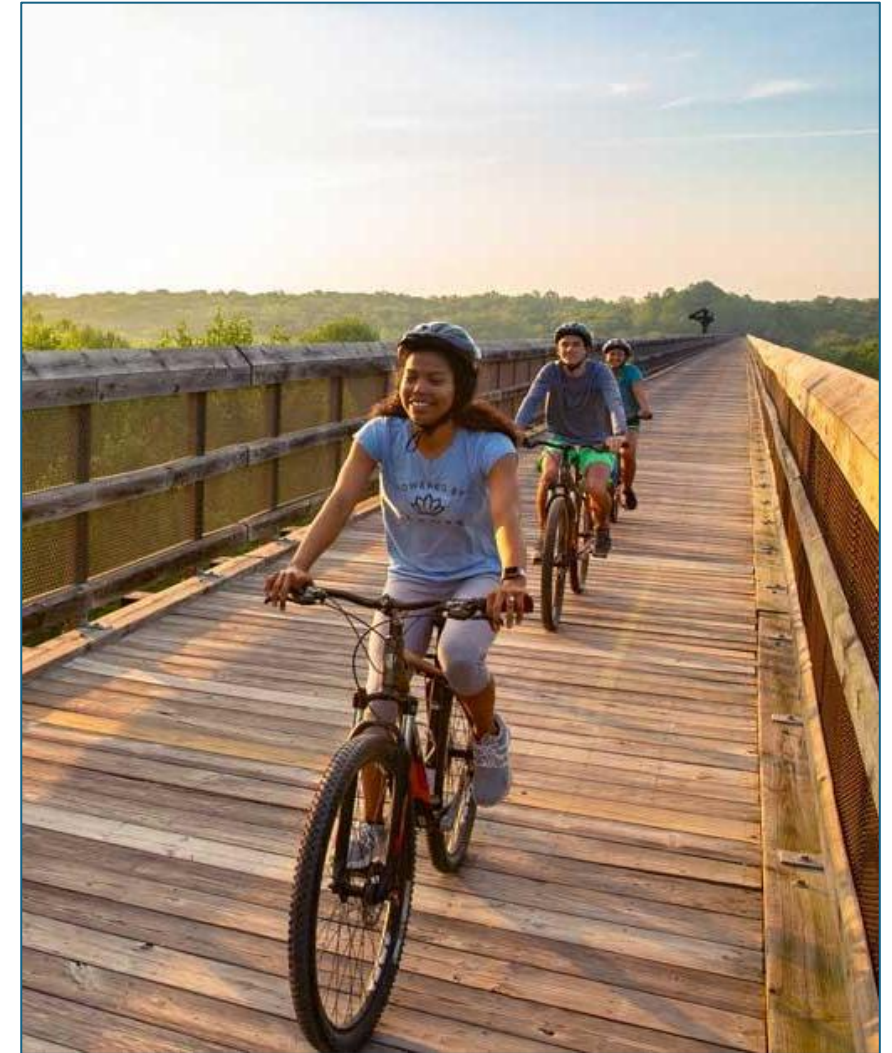
Source: Google Maps; from 360 photo by Jon

45 miles long
Paved
Rail trail

16. High Bridge Trail



Source: HRTPO via Google My Maps



Source: Virginia.org

31 miles long
Rail trail

17. Mt Vernon Trail



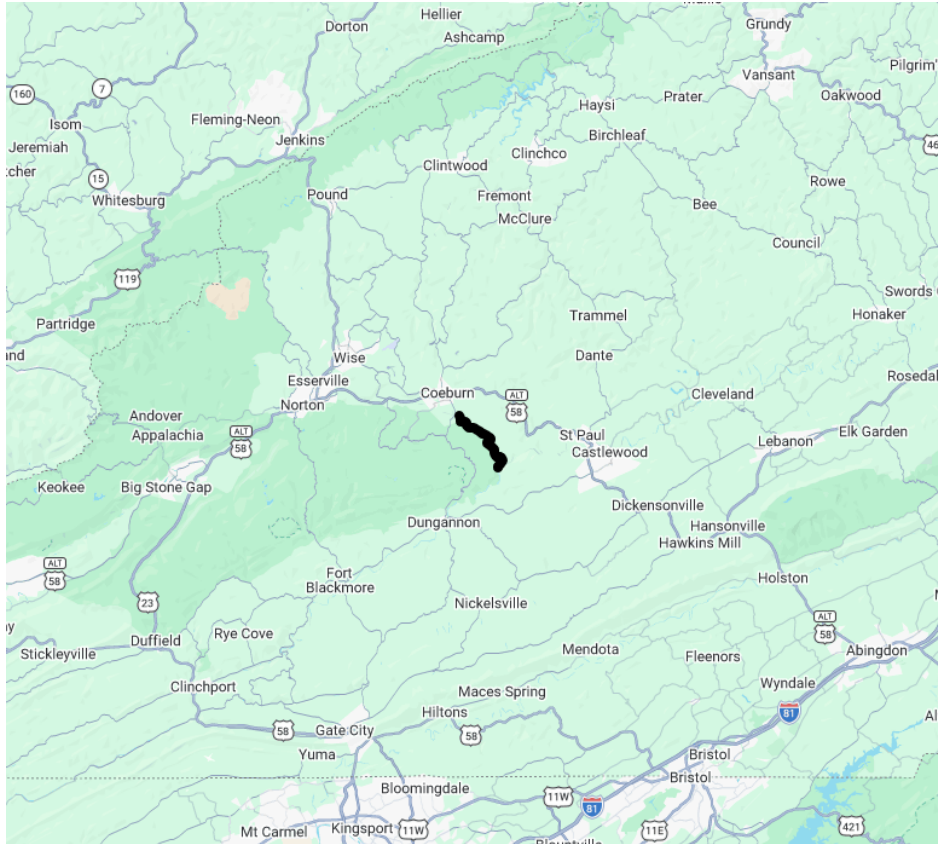
Source: HRTPO via Google My Maps



Source: Virginia.org (photo credit: Adedayo Kosoko for Visit Alexandria)

18 miles long
Paved

18. Guest River Gorge Trail



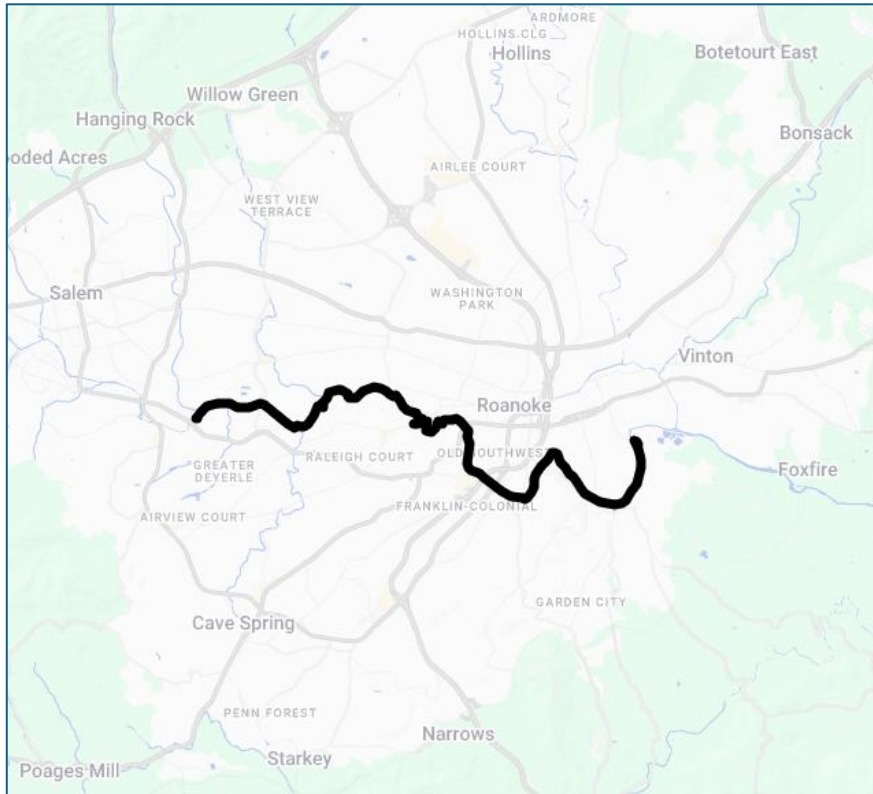
Source: HRTPO via Google My Maps



Source: NortonVa.gov

6 miles long
Paved

19. Roanoke River Greenway



Source: HRTPO via Google My Maps

10 miles long
Paved



Source: Virginia.org (photo credit: Autonomous Flight Technologies [cropped])