



[Great Allegheny Passage \(GAP\) Ride](#)

Day 6 (Final Day): Leesburg, VA to Washington, DC (35.5 miles)

Today is the first day that we've biked in the rain, but we didn't let a little rain get in our way. After breakfast, and interviews with [KDKA Radio](#) and [KQV Radio](#), we departed the hotel about 8:20 a.m. and headed out. We called an audible though and decided to get an earlier start by taking the Washington and Old Dominion trail into DC, rather than taking the ferry back to the [C&O Canal towpath](#). We reconnected with the towpath closer to DC.

The [W&OD](#) is a heavily used trail which was built right before the Civil War. In the 1980s, the right of way was purchased by the Northern Virginia Parks Association. It maintains the trail along with the help of volunteers of the Friends of the W&OD. The trail passes through Ashburn and Sterling before coming to Herndon which has a trailside train depot which is used as a visitor center, as well as a caboose. We stopped at [Green Lizard Cycling](#) in Herndon, VA around 10:00 a.m.

Shortly after, we got back on the trail passing through [Reston](#) and Vienna. There were a number of off-trail shops and restaurants along the way and the path itself is wooded. We came upon [Fall's Church](#) soon after and finished biking on the W&OD in Arlington, VA. It was there that we followed the [Custis Trail](#) and then crossed the [Key Bridge](#) to once again join the C&O Canal towpath.

At 1:00 p.m., we had made it and paused to take a photo at the C&O mile marker 0. In six days, we traveled four states and over 335 miles ending in Washington, DC. This was a great experience – for all of us. The riders who joined us for a just a short time wished they had been able to ride longer, and for the four of us who did the entire ride (and Ed, our guide), we can't wait to do it again.

Tonight, we're heading back to Pittsburgh and will be sleeping in our own beds, but we're already talking about what we want to do on our trip next year. Maybe we'll see you on the trail.