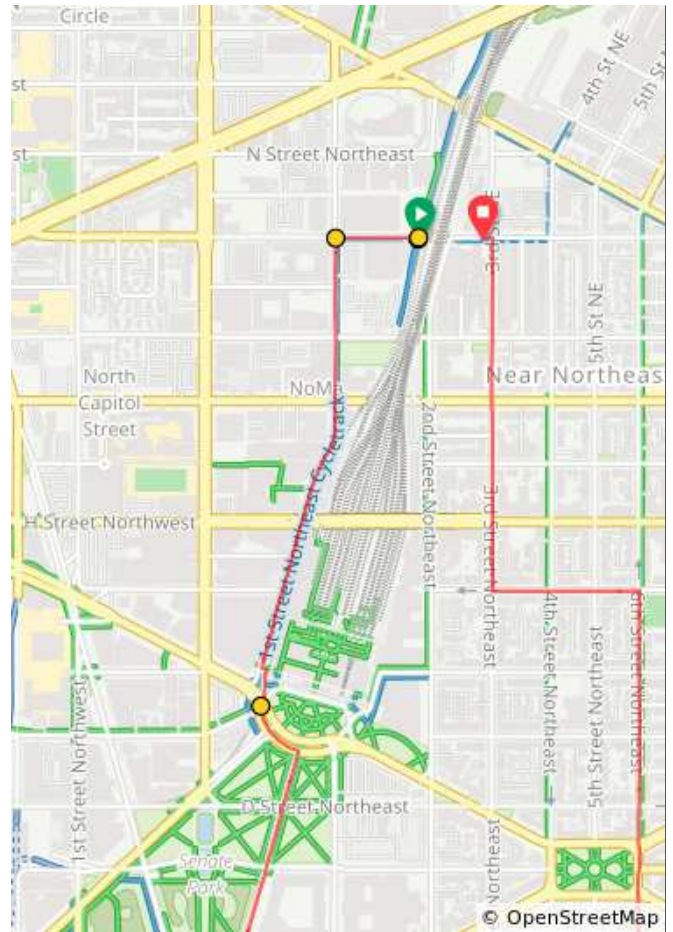


2020 Sapling Route

Num	Dist	Type	Note	Next
1.	0.0	📍	Start of route	0.0
2.	0.0	←	From the bottom of the Metropolitan Branch Ttrail ramp, turn L on M St NE towards First St SE	0.1
3.	0.1	←	L onto First St NE	0.6
4.	0.8	←	L onto Columbus Circle Northeast	0.1

0.8 miles. +25/-23 feet

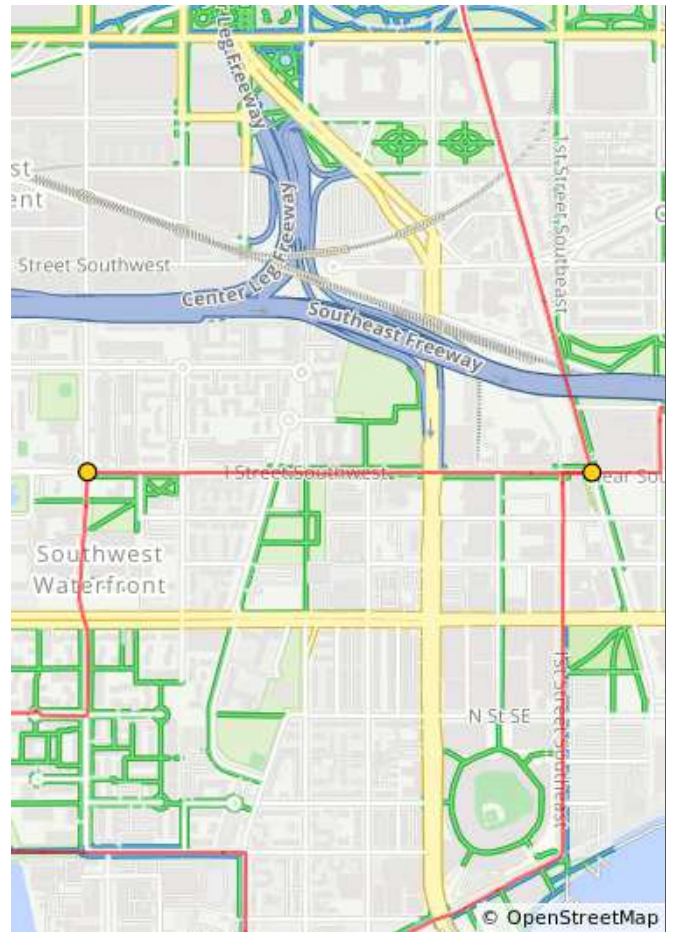


Num	Dist	Type	Note	Next
5.	0.8	→	R onto Delaware Ave NE (you may have to get on the sidewalk as you head towards the Capitol)	0.3
6.	1.1	↑	Head straight across the east face of the Capitol building (watch for pedestrians)	0.2
7.	1.4	↑	Continue onto New Jersey Ave SE	0.6

0.6 miles. +28/-7 feet

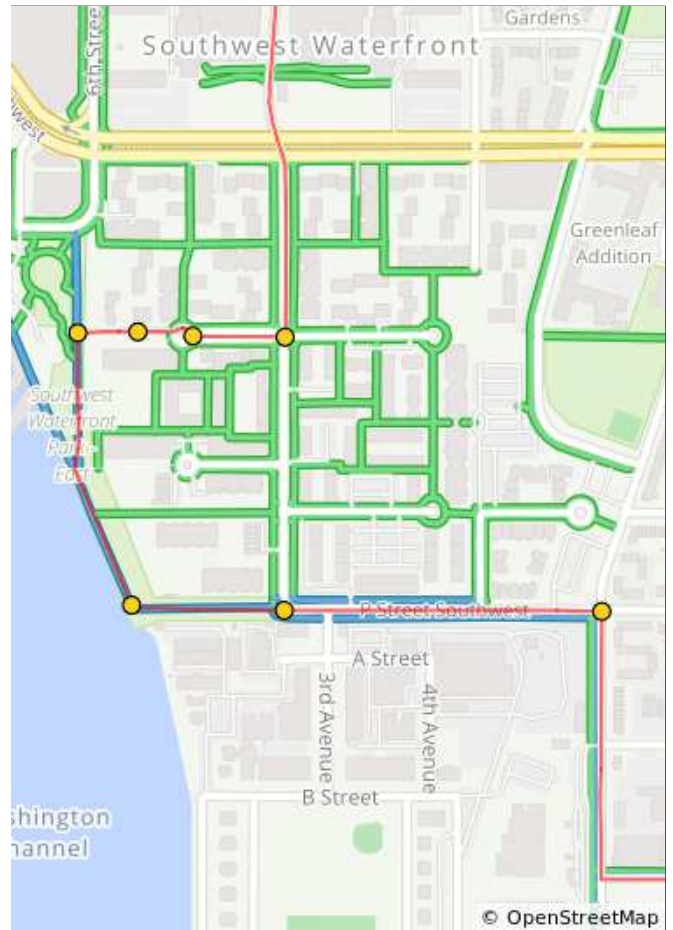


Num	Dist	Type	Note	Next
8.	2.0	→	R onto I St SE (watch for construction)	0.7
9.	2.7	←	L onto 4th St SW	0.3



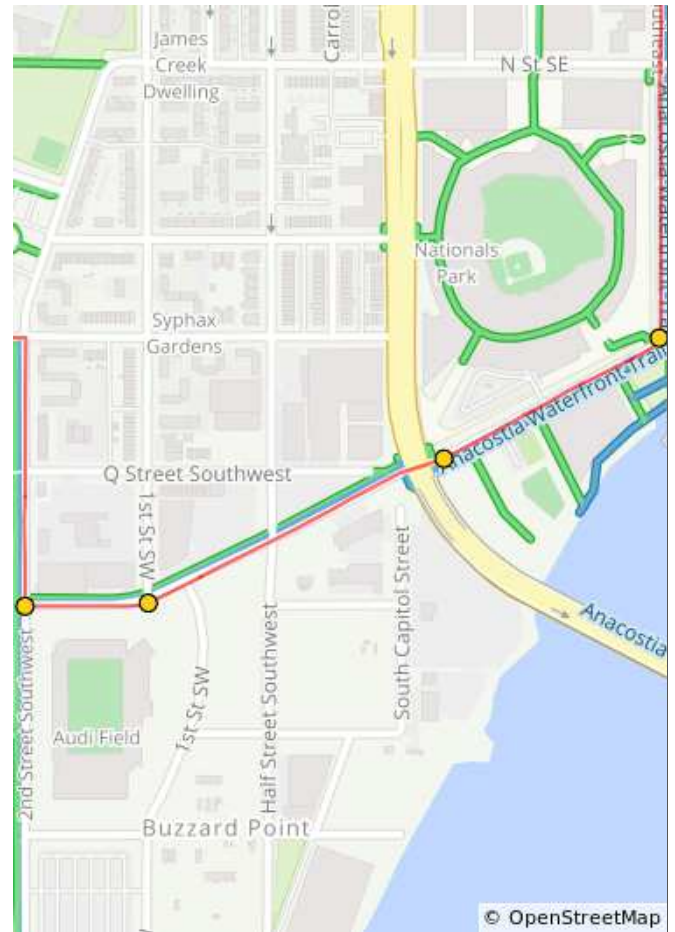
1.3 miles. +10/-17 feet

Num	Dist	Type	Note	Next
10.	3.0	→	R onto N St SW	0.1
11.	3.1	→	R to stay on N St SW	0.0
12.	3.1	↑	Continue straight to get on the path into SW Waterfront Park	0.0
13.	3.2	←	L on the path into SW Waterfront Park	0.2
14.	3.3	←	Follow the path L past the Titanic Memorial,	0.1
15.	3.4	↑	Continue onto P St SW	0.2
16.	3.7	→	R onto 2nd St SW	0.2



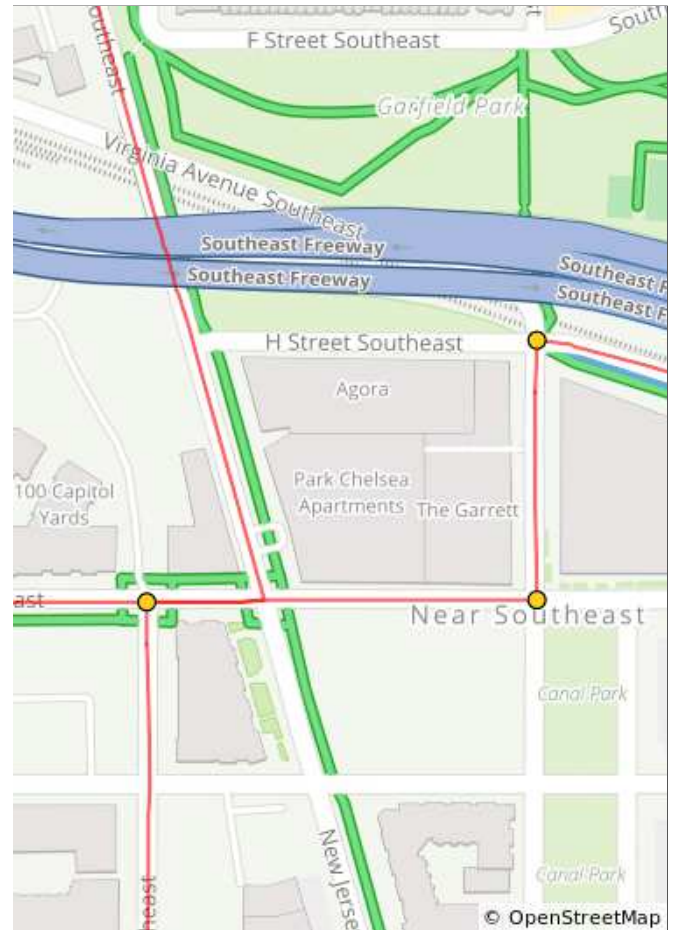
1.0 miles. +12/-16 feet

Num	Dist	Type	Note	Next
17.	3.8	←	L onto R St SW	0.1
18.	3.9	↑	Continue onto Potomac Ave SW	0.2
19.	4.1	↑	Continue on Potomac Ave across S. Capitol St. SE. Watch for construction (you may need to use the sidewalk)	0.2
20.	4.3	←	Potomac Ave SE turns slightly L and becomes First St SE	0.5



0.6 miles. +5/-13 feet

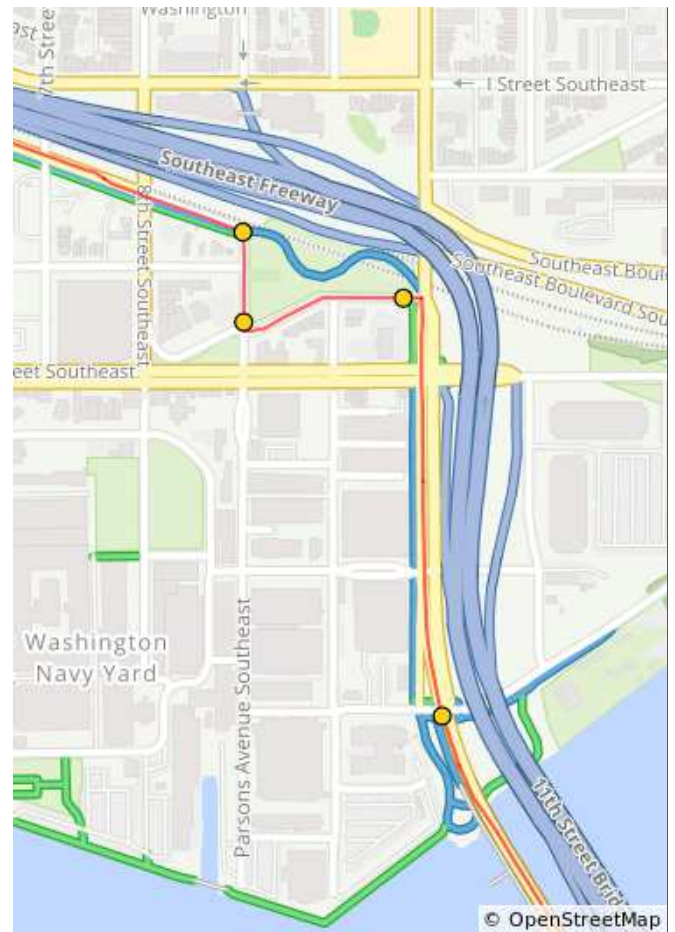
Num	Dist	Type	Note	Next
21.	4.8	→	R onto I St SE	0.1
22.	4.9	←	L onto 2nd St SE	0.1
23.	5.0	→	R onto Virginia Ave SE . Use the bike path on the righthand side of the road!	0.6



0.7 miles. +18/-0 feet

Num	Dist	Type	Note	Next
24.	5.6	→	R onto 9th St SE	0.1
25.	5.6	←	L onto Potomac Ave SE (it becomes L St SE)	0.1
26.	5.7	←	R onto 11th St SE (head for the bike lane across the intersection with M St SE, or get on the sidewalk if more comfortable)	0.3
27.	6.0	↑	Use the sidewalk to cross the 11th St SE Bridge	0.3

1.0 miles. +3/-33 feet



Num	Dist	Type	Note	Next
28.	6.3	→	Just after the bridge, turn R onto the trail down the hill.	0.1
29.	6.4	→	R onto Good Hope Rd SE	0.1
30.	6.5	→	R onto the Anacostia Riverwalk Trail	1.5

0.4 miles. +0/-20 feet



Num	Dist	Type	Note	Next
31.	7.9	↑	Halfway point! Take a break in the park by the Anacostia Park Skating Pavillion	0.1
32.	8.0	←	Follow the Anacostia Riverwalk Trail to the L	0.1
33.	8.1	↑	Use the bridge to stay on the Anacostia Riverwalk Trail and cross over the railroad tracks!	1.2



1.7 miles. +2/-2 feet

Num	Dist	Type	Note	Next
34.	9.4	→	Stay R at the fork (signs for West Bank Trail)	0.0
35.	9.4	→	Follow the trail to the R, up towards Benning Rd NE	0.0
36.	9.4	←	Use the sidewalk to turn L onto Benning Rd NE	0.3
37.	9.8	←	After the Benning Rd Bridge, turn L to stay on the Anacostia Riverwalk Trail, headed south	0.1



1.6 miles. +28/-25 feet

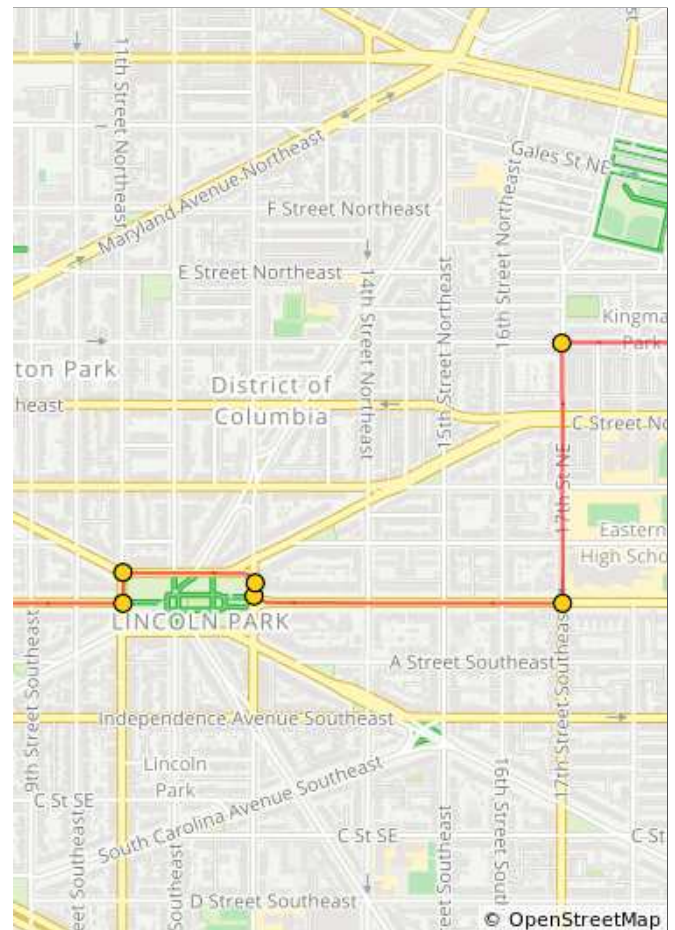
Num	Dist	Type	Note	Next
38.	9.9	↑	Continue straight on the Anacostia Riverwalk trail. Wave to Kingman Island!	0.4
39.	10.3	→	Just before the Whitney Young Memorial Bridge, take a sharp R on the trail alongside C St NE	0.4
40.	10.7	↗	Slight R at the fork to stay on the trail	0.2
41.	10.9	←	L toward Oklahoma Ave NE	0.0
42.	10.9	→	Slight R onto D St NE	0.3

1.1 miles. +17/-7 feet

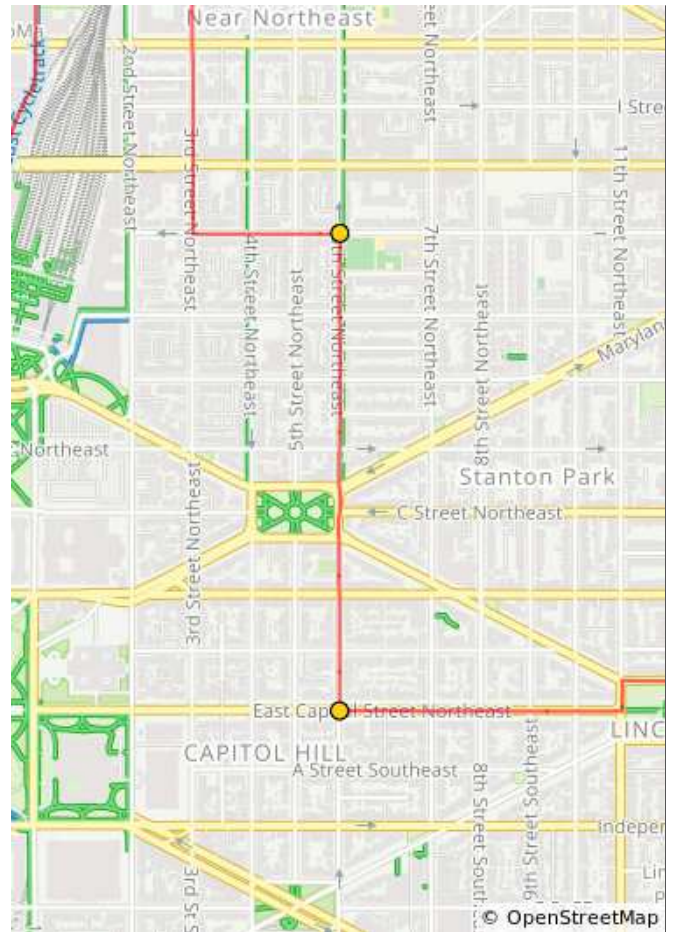


Num	Dist	Type	Note	Next
43.	11.2	←	L onto 17th St NE	0.3
44.	11.6	→	R onto E Capitol St SE/ East Capitol St NE	0.4
45.	12.0	→	R onto 13th St NE/Lincoln Park Dr NE- get in the L turn lane!	0.0
46.	12.0	←	L onto East Capitol St NE to go around Lincoln Park	0.2
47.	12.2	←	L onto 11th St NE	0.0
48.	12.2	→	R to continue on E Capitol St SE/East Capitol St NE	0.4

1.3 miles. +40/-2 feet

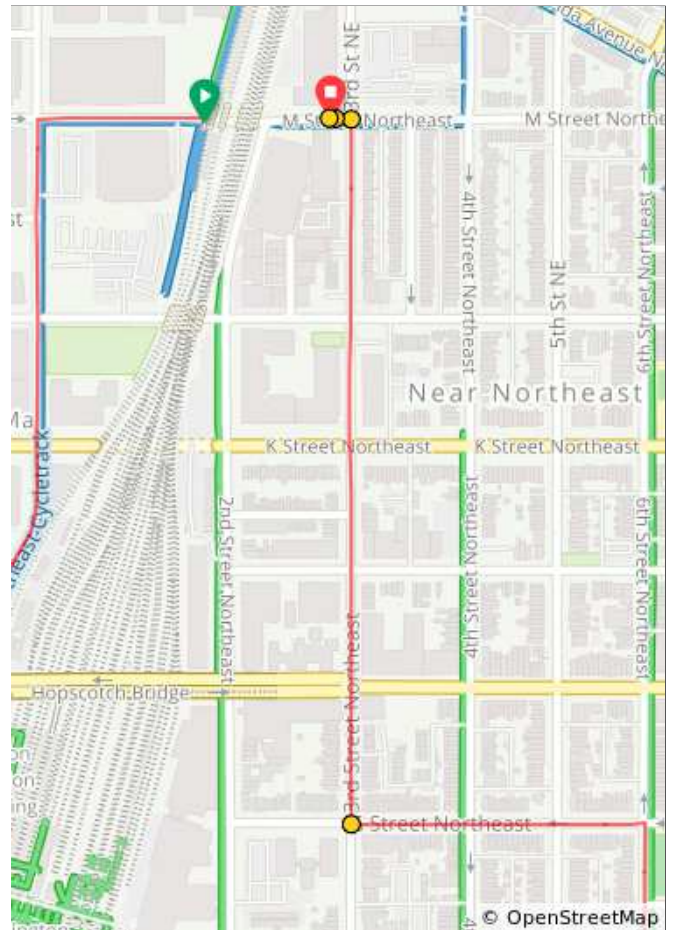


Num	Dist	Type	Note	Next
49.	12.6	➔	R onto 6th St NE	0.6
50.	13.2	➡	L onto G St NE	0.2



1.0 miles. +0/-54 feet

Num	Dist	Type	Note	Next
51.	13.4	➔	R onto 3rd St NE	0.5
52.	13.9	➡	Use the sidewalk to turn L onto M St	0.0
53.	13.9	⬆	14 miles complete—you did it! You are basically back where you started— follow M St NE past REI and under the underpass to return to the bottom of the Metropolitan Branch Trail.	0.0
54.	13.9	📍	End of route	0.0



0.7 miles. +22/-5 feet