Bike to Bethesda every day. This guide is designed to ease the way to get to work. Thousands of DC area employees
enjoy the benefits of bicycling.

Biking is a healthy, quiet, clean, economical and fun way to get to work. A five-mile, one-way commute burns 300 calories round trip.

Welcome to Biking to Bethesda

- People who bike to work, arrive invigorated and work off the stress of the commute.
- Decreased absenteeism and turnover.
- Employers can take steps to ensure that your bike is a less-attractive target to a thief.

A five-mile, one-way commute burns 300 calories round trip. Bicycling on the wrong side is dangerous. Ride with traffic. Motorists are not looking for bicyclists riding on the wrong side of the roadway. Bicycling on the wrong side is illegal. Use hand signals! Scan the road behind you.

Riding Smart

Always stay alert!

Obey traffic signs, signals, and the law!

Watch for hazards!

Cross tracks with care!

Use hand signals!

Ride on the right with traffic!

Riding in Traffic

Riding through intersections!

Scan the road behind!

Go slowly on sidewalks and bike paths!

Keep both hands on the brake!

Watch for chasing dogs!

Get your bike across.

Watch for cars pulling out.

Avoid road hazards.

Be equipped!

Wear a helmet.

Use lights at night.

Bike Rules

No biking against traffic.

Watch for cars pulling out.

Scan the road behind you.

Bike Security

Can take steps to ensure that your bike is a less-attractive target to a thief.

How to Get Started

Here are some suggestions to help you ease into bicycle commuting:

- Try a practice run on a weekend to find a good route and get your legs in shape.
- Try a practice run on a weekend to find a good route and get your legs in shape.
- Find a co-worker or friend who bikes and commute with them.
- Find a co-worker or friend who bikes and commute with them.
- Start by trying just one day a week to find a good route and get your legs in shape.
- Start by trying just one day a week to find a good route and get your legs in shape.
- Start by trying just one day a week to find a good route and get your legs in shape.
- Start by trying just one day a week to find a good route and get your legs in shape.
Bike to Bethesda in 30 minutes or less

Getting to Bethesda by bike in less than 30 minutes is now easier than ever. This comprehensive map will assist you in finding a route, choose the best streets to travel, and locate a convenient bike rack. So, try keeping your car at home—you could get there faster by biking anyway!

The large scale map to the left provides an aerial view with a diameter of 10 miles. The Capital Crescent and Georgetown Branch Trails are the most popular cycling routes into downtown Bethesda. On the northern section of the map, you'll find the bike path that leads to the National Institutes of Health (NIH) and the Walter Reed National Army Medical Center (WRNMMC).

The square map to the right is a 1.5 mile section of downtown Bethesda and its surrounding area. Highlight colors to see colors are the various trails and bikeways. If you are new to the world of biking, you no longer have to wander where to travel or how to locate trail access points.

With the great maps below, you'll discover all the bike racks that Bethesda has to offer. Each section of Bethesda has been enlarged and each bike rack location numbered, so there is no more guessing where your car park or walk bike. With more than 80 locations around the downtown, you're bound to find one that suits you.

To Bethesda from Distance (miles) Time (minutes)
Cabinet John 4.2 20
Chevy Chase 2.0 9
D.C. Dupont Circle 7.1 34
Friendship Heights 2.0 9
Glen Echo 3.7 18
Kensington 4.0 20
North Bethesda 4.5 22
Potomac 7.4 36
Rockville 7.8 37
Silver Spring 4.5 22
Takoma Park 4.0 29

Distances are approximate. Your actual starting point could shorten or lengthen your trip. Time is based on an average speed of 12mph.

Distance is estimated by using the end destination: 7700 Old Georgetown Road, Bethesda, MD 20814

Biking to Bethesda just got a whole lot easier!

Did you know that the Bethesda Central Business District has over 40 ways to use bike racks? So, cycle in on routes such as the Capital Crescent Trail, and park your bicycle at any of the RED bike racks.

Racks are right at the designated area of downtown Bethesda. Each section of the downtown has been conveniently enlarged, showing you the exact locations of the many bike racks in that specific area.

For more information on bike rack locations, use, maps or route suggestions, contact Tom Robertson at TRobertson@bethesda.org or 301-656-0868 x130.

Bikeshare Locations in Bethesda
1. Battery Lane & Victory Trail 11 docks
2. North & Royal 4 docks
3. Cordell & North 11 docks at Woodmont Triangle
4. North & Franklin 9 docks at Woodmont Triangle
5. Montgomery & Randolph 11 docks at Woodmont Triangle
6. Montgomery & Kildaire 11 docks
7. Rocklands at Nichols Tunnel at One Silver Park
8. Cherry Tree at Office Lane 12 docks
9. Montgomery Ave West 10 docks at the Bethesda Metro

Counties
- Montgomery County
- Prince George's County

District of Columbia
- Washington, D.C.