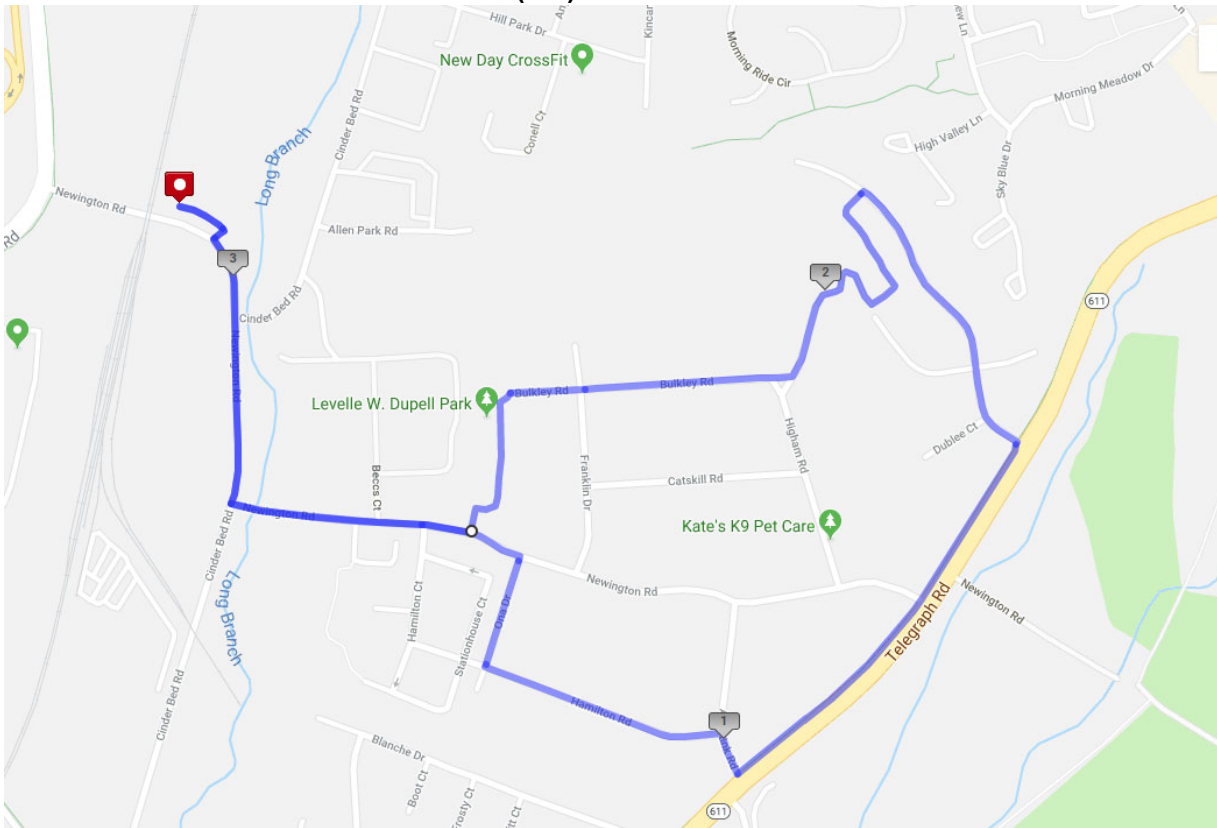


**Kingstowne Striders Strides & Hops – Fair Winds Brewing Company**  
**7000 Newington Road k & I, Lorton, VA 22079**

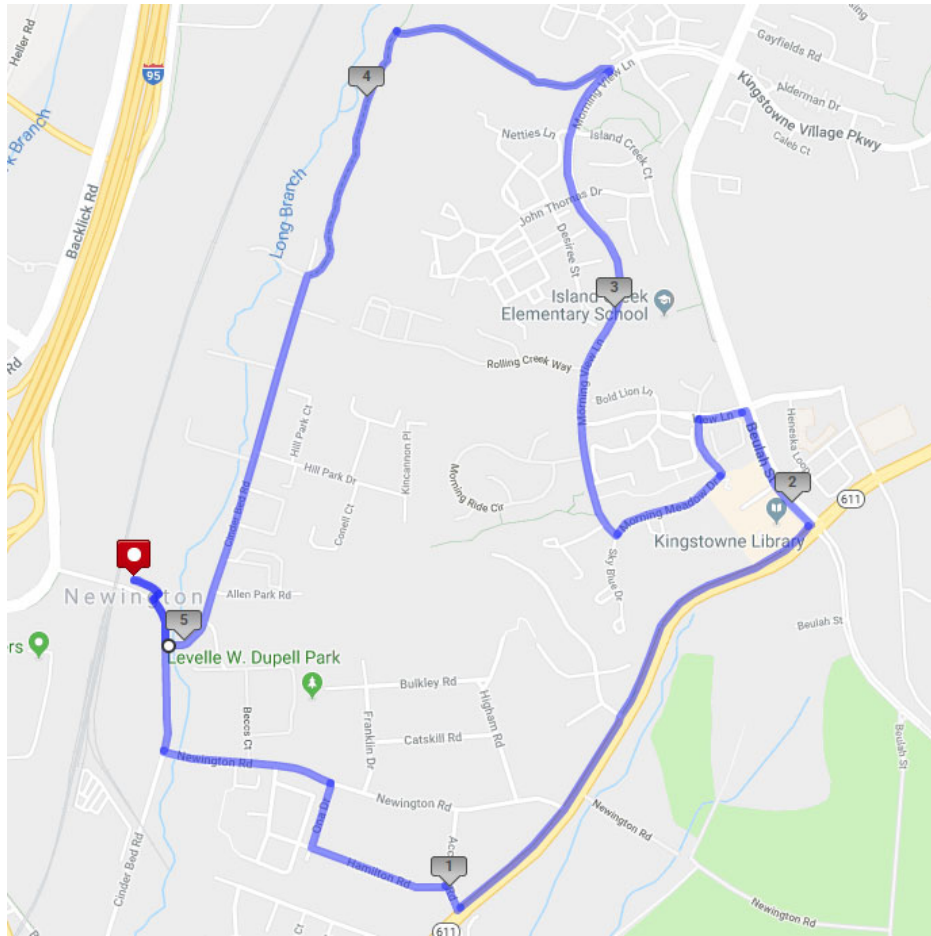
**3 (ish) Mile Route**



- Head southwest from Fair Winds down Newington Rd
- Take a left on Newington Rd
- Take a right on Ona Dr (sidewalk ends on Newington)
- Take a left on Hamilton towards Accotink Rd
- Turn right onto Accotink Rd
- Take a left onto Telegraph
- Turn left onto Winstead Manor Ln
- Take a left onto a paved trail before you enter the cul-de-sac
- Follow path up the hill towards Higham Rd
- Take a right down Bulkey Rd.
- Go down the stairs and cut left through Levelle W. Dupell Park
- Take a right on Newington
- Turn right on Newington again and back toward Fairwinds

**Kingstowne Striders Strides & Hops – Fair Winds Brewing Company  
7000 Newington Road k & I, Lorton, VA 22079**

**5 Mile Route**



Head southwest from Fair Winds down Newington Rd

Turn right on Newington Rd

Turn left on Ona Dr (sidewalk ends on Newington)

Take a left on Hamilton towards Accotink Rd

Turn right onto Accotink Rd

Turn left left onto Telegraph towards Beulah

Turn left on Beulah

Turn left onto View Lane

Turn left onto Morning Glen Ln

Turn right onto morning Meadow Dr

Turn right on Morning View Ln

Take path on left when you see tennis courts on your left

Turn left when path splits towards Cinder Bed Rd

Follow Cinderbed Rd toward Newington Rd

Take a right on Newington back to Fair Winds