

Regional Activity Centers Map

based on the COG Round 10.0 Cooperative Forecast

Approved May 14, 2025 by COG Board of Directors

District of Columbia

1. Monumental Core
2. Southwest Waterfront
3. Downtown DC
4. Downtown East DC
5. West End
6. Golden Triangle
7. U Street/Howard University
8. Adams Morgan/Dupont
9. Georgetown
10. Friendship Heights/Tenleytown
11. Former Walter Reed/Upper Georgia Ave
12. Petworth/Parkview
13. Columbia Heights
14. North Capitol Crossroads
15. Convention Center/Shaw
16. NoMA
17. New York Ave NE
18. Brookland/Catholic University
19. Rhode Island Ave Metro
20. Takoma Metro
21. Minnesota Ave and Benning Road Metro
22. H Street
23. Capitol Hill
24. Capitol Riverfront
25. Stadium-Armory
26. Anacostia/Poplar Point/St. Elizabeths

Montgomery County

27. Metropolitan Grove
28. Germantown
29. Clarksburg
30. Frederick Ave Corridor/Lakeforest Mall
31. Olde Towne Gaithersburg
32. Shady Grove
33. King Farm/Shady Grove Metro
34. Glenmont
35. Kensington
36. Wheaton
37. White Oak
38. Takoma/Langley Crossroads
39. Silver Spring
40. Bethesda
41. Medical Center/NIH
42. Grosvenor
43. North Bethesda
44. Twinbrook and Rockville Pike
45. Tower Oaks
46. Rock Spring
47. Rockville Town Center
48. Montgomery College-Rockville
49. Falls Grove and Research Boulevard
50. Life Sciences Center/Crown Farm
51. Kentlands

Prince George's County

52. National Harbor
53. Oxon Hill
54. Branch Ave
55. Suitland
56. Naylor Rd-Southern Ave
57. Greenbelt
58. UMD Purple Line
59. West Hyattsville Metro
60. Port Towns
61. Hyattsville Crossing
62. College Park Metro
63. New Carrollton
64. Landover Metro
65. Capitol Heights-Addison Road
66. Morgan Boulevard
67. Largo Town Center
68. Landover Gateway
69. Bowie
70. Laurel
71. Westphalia Town Center

Arlington County

72. Ballston
73. Langston Boulevard
74. Washington Street/East Falls Church Metro
75. Virginia Square
76. Clarendon
77. Rosslyn
78. Court House
79. Columbia Pike
80. Pentagon City
81. Pentagon
82. Crystal City
83. Shirlington
84. Bailey's Crossroads-Western Gateway

City of Alexandria

85. Eisenhower West/Landmark/Van Dorn
86. AlexWest-Beauregard
87. Potomac Yard
88. Old Town Alexandria/Old Town North
89. Braddock Road Metro
90. Carlyle-Eisenhower East

Fairfax County, Falls Church and City of Fairfax

91. Centreville
92. George Mason University
93. Fairfax City
94. Fairfax Center
95. Dulles/Route 28 Corridor
96. Town of Herndon
97. Wiehle-Reston East
98. Reston Town Center
99. Herndon Metro
100. Vienna Metro
101. Town of Vienna
102. Merrifield
103. Tysons
104. McLean
105. West Falls Church/West Broad Street
106. East End/Seven Corners
107. Annandale
108. Beltway South
109. Franconia-Springfield
110. Beacon-Groveton
111. Huntington-Penn Daw
112. Bush Hill/Van Dorn Street Metro
113. Hybla Valley-Gum Springs
114. Lorton
115. Fort Belvoir North

Loudoun County

116. Leesburg Core
117. Ashburn Station/Loudoun Gateway
118. Route 28 Central
119. Dulles Town Center
120. Route 28 North
121. North Ashburn
122. Route 28 South
123. Arcola

Prince William, Manassas and Manassas Park

124. Gainesville
125. Sudley
126. Innovation Park Town Center
127. Downtown Manassas
128. Manassas Park
129. Yorkshire
130. Fetter Park/Dumfries
131. Quartz District
132. Potomac Town Center
133. Potomac Mills
134. The Landing at Prince William
135. North Woodbridge Town Center
136. Potomac Shores



Regional Activity Center



High Capacity Transit



Future High Capacity Transit



Highway



Metropolitan Washington
Council of Governments

Each half-mile circle represents the approximate location of a Regional Activity Center. Some circle locations have been adjusted to increase map legibility and avoid overlapping.

Multi-Jurisdiction RACs

District of Columbia and Montgomery

10. Friendship Heights/Tenleytown
20. Takoma Metro

Montgomery and Prince George's

38. Takoma/Langley Crossroads

Arlington and Falls Church

74. Washington Street/East Falls Church Metro

Arlington and Fairfax County

84. Bailey's Crossroads-Western Gateway

Falls Church and Fairfax County

105. West Falls Church/West Broad Street
106. East End/Seven Corners

Frederick County

137. Brunswick
138. The Golden Mile
139. Urbana
140. South Frederick
141. Northeast Frederick
142. Downtown Frederick
143. Ballenger Creek

Charles County

144. La Plata
145. Waldorf