BALLSTON IS
BOUNDLESS

EXPLORE A
DISTRICT FULL OF
POSSIBILITY



WELCOME TO **BALLSTON**

Where a thriving business district and a connected, walkable community come together in Arlington's downtown. Ballston offers a dynamic mix of dining, wellness, culture, learning, and entertainment. It's a place where different industries, experiences, and communities come together every day.



BALLSTON IS
CONNECTED



BALLSTON EXCHANGE

Grab lunch with coworkers, meet friends after work, or enjoy a meal before an event. Ballston Exchange offers a variety of dining options and gathering spaces in the heart of the neighborhood.



FARMERS MARKET

EVERY
THURSDAY @
WELBURN
SQUARE



EXPLORE BALLSTON

BALLSTON

WHERE THE NEIGHBORHOOD
GATHERS, EATS, PLAYS, AND STAYS A WHILE.



ART
IS EVERYWHERE

You'd be surprised by the variety of art woven throughout Ballston. From colorful murals and public installations to exhibitions at Marymount University's Cody Gallery, creativity can be found around every corner.



PRESENTED BY
BALLSTON BID

From farmers markets and public art to community gatherings and public spaces, the Ballston BID helps bring the district to life. Through year-round programming and placemaking, we help create a neighborhood where people want to gather, connect, and stay awhile.

HIT **THE TRAIL**

From Ballston, outdoor access is close at hand. Connect to the nearby W&OD and Custis Trails and explore Arlington's nearly 49 miles of paved, multi-use trails. Whether on foot or two wheels, adventure starts here.





STAY
IN THE KNOW

NEW OPENINGS.
WEEKLY EVENTS.
THINGS WORTH
CHECKING OUT.

Follow **@BallstonBID** on Instagram to stay connected to everything happening in the neighborhood!"

@BallstonBID

MEDSTAR CAPITALS
ICEPLEX

Home to the Washington Capitals' practice facility, MedStar Capitals Iceplex offers public skating, hockey programs, and the unique opportunity to watch the pros train for free.



BUILT FOR **INNOVATION**

Home to University Row, leading research and higher education institutions, Fortune 500 companies, DARPA, defense contractors, and tech firms, Ballston is a microcosm of talent, ideas, and opportunity. It's where learning, innovation, and industry come together to shape what's next.



EVERY CUISINE.
EVERY BUDGET.
EVERY DAY
OF THE WEEK.



WELLNESS,
INSIDE & OUT

Beyond the gyms, Ballston's wellness scene goes beyond just a workout with med-spas, infrared saunas and cold plunges. There's a reason we're known as one of Arlington's fittest neighborhoods.



SOMETHING'S ALWAYS ON

There is always something happening in Ballston- live music at lunch, outdoor fitness series, pop-up and holiday markets, and more!



BALLSTON
BY THE NUMBERS

25 WALKABLE BLOCKS

49 MILES OF TRAIL ACCESS

4 UNIVERSITIES AND RESEARCH INSTITUTIONS

19K RESIDENTS AND GROWING

1 NHL PRACTICE FACILITY—OPEN TO THE PUBLIC



GET AROUND **BALLSTON**

Ballston is one of Arlington's most connected neighborhoods. Metro, bus, bikeshare, scooters, and nearby trails make it easy to travel throughout the region or get around the district without a car.



BALLSTON

- **Art Landmarks**
  - *Pedestrian Bridge
  1. Bud/Blossom
  2. Acanthus
  3. The Flame
  4. Tiffany Stained Glass Window
  5. Present Pastimes
- **University Row**
  1. Carnegie Mellon University Software Engineering Institute
  2. Marymount University
  3. The George Washington University Arlington Education Center
  4. Virginia Tech Research Center
- **Ballston-MU Metro Station**
- **Arlington Regional Transit Hub**
- **Capital Bikeshare**
- **Parks / Green Space / Bike Trails**
  - *Welburn Square & Farmers Market
  1. Glebe & Randolph Park
  2. The Ellipse
  3. Mosaic Park