A roster of versatile venues, exciting professional and collegiate sports teams and monument-starring endurance races make DC a one-of-a-kind sports destination. Root for the nation's capital as you explore this three-day itinerary.
GET ACTIVE ON THE NATIONAL MALL

- Get your legs pumping with a bike tour of the monuments and memorials on the National Mall.
- Check out the National Park Service Junior Ranger program to learn how you can be sworn in as an honorary ranger.

TAKE A TIME OUT AT THE SMITHSONIAN INSTITUTION’S NATIONAL PORTRAIT GALLERY

- Salute legendary sports icons during a visit to the Champions exhibit.
- Get to know DC’s homegrown legends making an impact around the world.

TAKE A SWING WITH GOLF DC

- View a truly unique DC experience – golfing in a National Park – and learn a bit of the course histories.
- Listen to the remarkable history of the Mini Golf Course at East Potomac, listed on the National Register of Historic Places as the oldest continually operating miniature golf course in the USA.

WATCH THE WOMEN ATHLETES OF DC

- Watch a documentary about the WNBA’s Washington Mystics and their 2019 championship run. Learn more about their dedication to the District of Change and the team’s support of local neighborhoods.
- Live the Washington Spirit by checking out their Twitch feed. Become a spirited fan like PK – Penelope Kix – the team mascot!
- Support the DC Rollergirls’ inclusivity and community support. Check out the Smithsonian’s look at the organization’s history.
KAYAK OR PADDLEBOARD ON THE DC WATERWAYS

- Join Anacostia Riverkeeper for a virtual introduction to the Anacostia River in our Discover the Real DC video
- Let the water lead the way with a personal perspective of the Potomac River by kayak
- Learn more about the wildlife found on the river with a Wildlife Tour

GET TO KNOW ROOSEVELT ISLAND

- Discover the history of this National Park Service site
- Explore the nature trails for a relaxing walk

STEP INSIDE THE SMITHSONIAN INSTITUTION'S NATIONAL MUSEUM OF AFRICAN AMERICAN HISTORY AND CULTURE

- Journey through the history, struggle and impact of the Black athlete
- Take a closer look at athletes as activists

TAKE PRIDE IN TEAM DC

- Get familiar with the many sports leagues established to educate the LGBTQ+ community on the benefits of individual and team sports participation
- Learn more about the Washington Renegades, the first gay-friendly rugby club in the United States, and the Washington, DC Furies, one of the oldest women's rugby clubs in the nation
DIVE INTO THE SMITHSONIAN INSTITUTION’S NATIONAL MUSEUM OF AMERICAN HISTORY

- Scour more than 6,000 objects in the museum’s Sports & Leisure collection
- Find the many artifacts that highlight the sports involvement of People with Disabilities

TAKE A MORNING HIKE THROUGH ROCK CREEK PARK

- Watch our Discover the Real DC video on why DC is nicknamed “The City of Trees”
- Join Casey Trees to discover the species found in the nation’s capital

TAKE IN THE MEN’S SPORTS TEAMS OF DC

- Relive the Washington Nationals’ Game 7 win in the 2019 World Series, become your family’s DC baseball historian, read up on DC’s renowned Homestead Grays of the Negro Leagues and cheer for your favorite commander-in-chief during the President’s Race
- Get acclimated with Major League Soccer’s first dynasty, DC United. Learn the district’s hidden soccer history and explore the journey from RFK Stadium to Audi Field
- Dribble through DC’s basketball history, from Howard University to the Washington Bullets to the Washington Wizards. Meet the uniquely co-ed Wizards Dancers and check out lessons on at-home drills, science, physics and reading
- Relive the celebration of the Washington Capitals’ 2018 Stanley Cup win, meet Captain (the Capital’s first service dog in training) and get to know the team in more depth by tuning in to the Between Two Blue Lines podcast