The Potomac Heritage National Scenic Trail (PHNST) is a 330-mile network of locally managed trails along the Potomac River. The trail system includes historic sites, cultural and natural amenities, and it connects the National Capital Region with the Maryland and northern Virginia suburbs. The trail passes through Prince William County, Virginia, and offers various park and recreation areas, including the Occoquan Bay National Wildlife Refuge, Featherstone National Wildlife Refuge, and Pocahontas State Park. The trail is designed to encourage visitors to explore the history, culture, and natural beauty of the region.