

HEALTHY HIKING TIPS

DRESS IN LAYERS. The weather and your own body temperature can fluctuate as you walk or hike. Layering allows you to comfortably add or remove clothing as needed during your activity.

STAY HYDRATED. If you plan to be active for an hour or less, plain water is typically the best option to keep you hydrated. If your activity will last for more than one hour or the outside temperature is high, a sports drink is suggested as it provides important nutrients and electrolytes to prevent dehydration.



PACK A SNACK. Keeping a small source of energy on hand is a good idea just in case your walk goes a little longer than planned. Snacks that travel well include an apple, banana, granola bar or a small snack bag filled with nuts, trail mix or pretzels.

WEAR SUNSCREEN. Anytime you are out in the sun, no matter what time of year, it is important to protect your skin by wearing sunscreen.

WALK WITH A FRIEND AND CARRY IDENTIFICATION. Be sure to tell friends or family where and when you are going, including the route you'll be taking. Good luck on your journey to better health!




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Wegmans
eat well live wellSM

Passport

to family wellness



City of Fredericksburg
Department of Parks, Recreation
and Public Facilities

Welcome to the Fredericksburg Wegmans Passport to Family Wellness

The City of Fredericksburg is committed to enhancing the quality of life of residents of the city and the surrounding region. This guide outlines major parts of Fredericksburg's robust trails system. From paved trails accessible to all to more challenging treks over less-tamed terrain, Fredericksburg offers many options to help you stay active in the outdoors. The trails in this guide will allow you to explore sites that are important to this region's history, while providing a peaceful environment in which to witness the variety of plant and animal life that can be found within the Fredericksburg city limits.

This guide is an excellent tool for establishing healthier habits. Make a weekly commitment to spend family time walking these trails, or start a group within your church, neighborhood or workplace, and hold each other accountable.

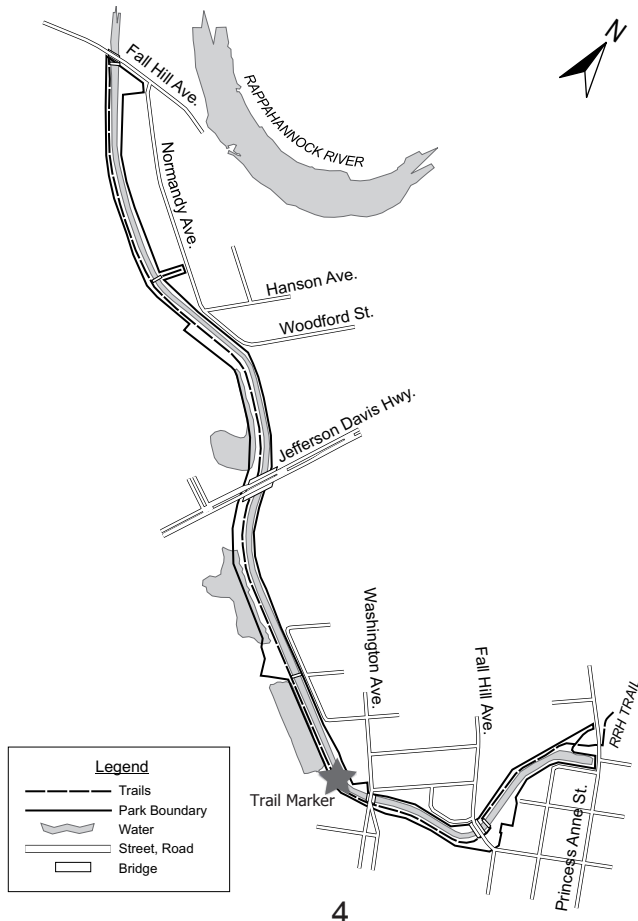
You will be rewarded for your efforts. As you complete each trail in this guide, make a record of your visit by

finding the Wegmans Passport to Family Wellness trail marker, and using a pencil or crayon, make a rubbing of the marker in the designated spot in the guide. Complete seven rubbings to receive a \$2 Wegmans produce coupon. The first 500 participants to reach this level will also receive a Fredericksburg Timeless water bottle. You will also be entered in a drawing for the annual Grand Prize: a \$100 Wegmans gift card and free picnic shelter rental at Old Mill Park. You can redeem your passport for these rewards at the Dorothy Hart Community Center, located at 408 Canal St. in Fredericksburg, (540) 372-1086.

So lace up your hiking boots. On behalf of the Fredericksburg Department of Parks, Recreation and Public Facilities, we invite you to take your first steps toward a healthier lifestyle on one of our scenic trails.

Happy Trails,
The Staff of Fredericksburg Parks,
Recreation and Public Facilities

Rappahannock Canal Path



CANAL PATH

LOCATION: Find the trailhead at the intersection of Fall Hill Avenue and Normandy Trail. Parking is available on the southeast side of the road, and a pedestrian bridge takes users onto the Canal Path. Turn left off of this bridge to begin walking the Canal Path, or turn right to take the paved pathway under Fall Hill Avenue to another pedestrian bridge that will connect users to the Rappahannock River Heritage Trail. The Canal Path ends on Princess Anne Street, but trail users can keep going at this point onto the Rappahannock River Heritage Trail.

HIKING TIME: 45 minutes one way, or about 1.5 hours when hiked as a loop with the Rappahannock River Heritage Trail

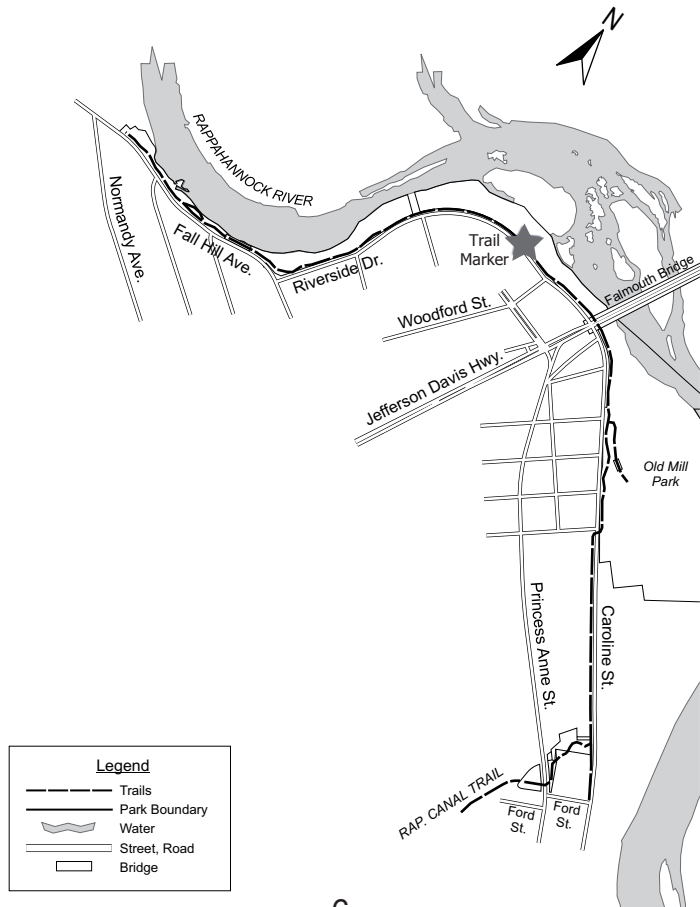
DIFFICULTY: Easy, flat paved trail. Use caution crossing bridges and roadways. Accessible to strollers and wheelchairs.

LENGTH: 1.75 miles, or 3.25 miles when hiked as a loop with the Rappahannock River Heritage Trail.

FEATURES: This scenic, paved multi-use trail along the historic Rappahannock River Canal offers secluded stretches and connections to major city destinations, including Mary Washington Hospital, the City Dog Park and fishing at Cossey Pond. Wetlands provide opportunities to see turtles, birds and other wildlife. Trail passes under U.S. 1 and crosses Washington Avenue and Fall Hill Avenue at grade with marked crosswalks.

MAKE TRAIL MARKER RUBBING HERE

Rappahannock River Heritage Trail



RAPPAHANNOCK RIVER HERITAGE TRAIL

LOCATION: Parking is available in lots at Old Mill Park, along Riverside Drive, and at the lot near the Canal Path off Fall Hill Avenue. Trail is available from several access points. Trailheads are located at Princess Anne Street and Ford Street intersection, and off Fall Hill Avenue. The trail connects the two ends of the Canal Path at Fall Hill Avenue and at Princess Anne Street to complete a 3.25-mile loop.

HIKING TIME: 30 minutes one way, or about 1.5 hours when hiked as a loop with the Canal Path.

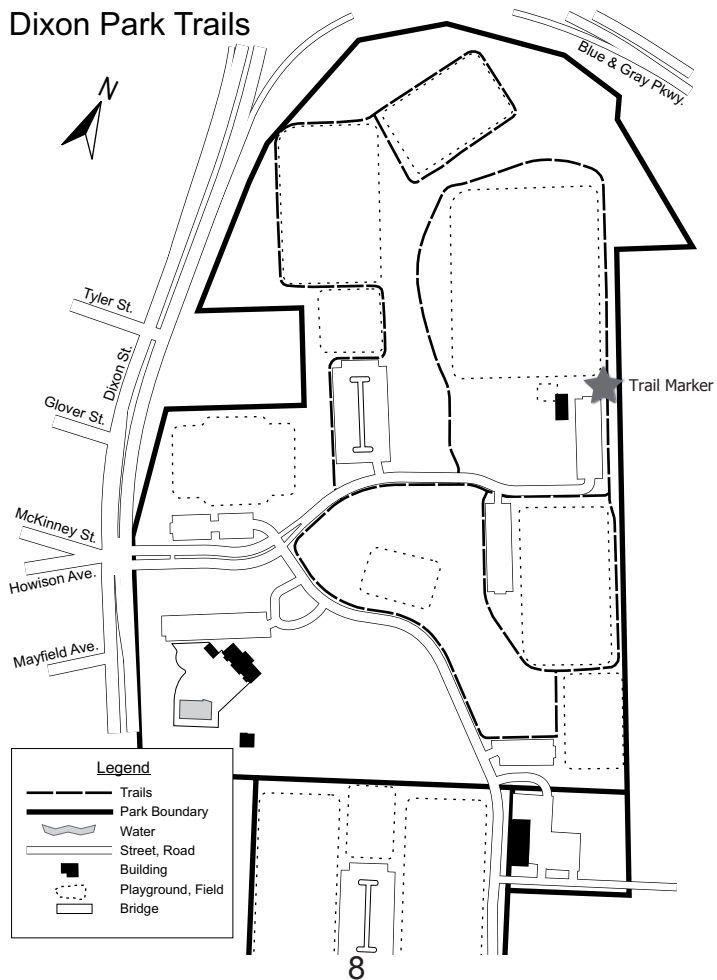
DIFFICULTY: Easy paved trail with a few hills. Use caution crossing roadways. Accessible to strollers and wheelchairs.

LENGTH: 1.5 miles; 3.25 miles when hiked as a loop with the Canal Path.

FEATURES: This paved multi-use trail offers some of the best views of the Rappahannock River in the city, including the falls and bluffs along Riverside Drive. Benches with river views and an accessible entrance to Old Mill Park are on the path, as are a series of exhibit panels providing context for historic sites along the path, including the Indian Punch Bowl and the industrial history of Fredericksburg's Old Mill District.

MAKE TRAIL MARKER RUBBING HERE

Dixon Park Trails



Legend

- Trails
- Park Boundary
- Water
- Street, Road
- Building
- Playground, Field
- Bridge

DIXON PARK TRAILS

LOCATION: Dixon Park is located at 1300 Dixon Street, near the interchange with the Blue and Gray Parkway. Trail is accessible from all parking areas. The trail begins at the kiosk near the back of the park, where the starting line and painted distance markers along the trail will help users monitor progress.

HIKING TIME: Less than 1 hour

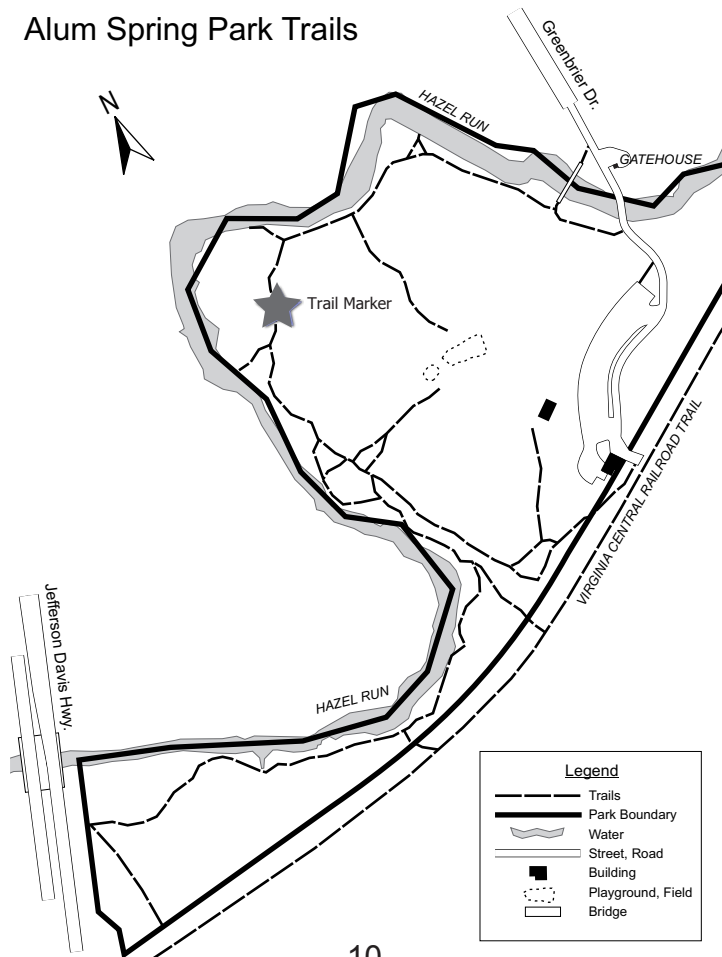
DIFFICULTY: Easy, flat paved trail. Use caution crossing roadways.

LENGTH: 1.5 miles

FEATURES: Playing fields and natural wetlands are abundant along the trail. A small playground, restrooms and picnic tables are available within Dixon Park. Foot bridges provide easy passage across the wetlands, and may provide opportunities to see wildlife.

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Alum Spring Park Trails



ALUM SPRING PARK TRAILS

LOCATION: Alum Spring Park is at the end of Greenbrier Drive, accessed by driving through a shallow portion of Hazel Run to access the parking lot. The park closes when the water runs too high. The trailhead is located at the park entrance where vehicles cross Hazel Run, but the trail can be accessed from several locations within the park.

HIKING TIME: Less than 1 hour

DIFFICULTY: Moderate, especially around the sandstone cliffs.

LENGTH: 1 mile

FEATURES: The trail follows Hazel Run and passes a variety of historical sites. The sandstone cliffs were used as a point of refuge for women and children fleeing the bombardment of Fredericksburg during the Civil War. A former grist mill site is still visible, shedding light on an industrial history that dates to Colonial times. And an old icehouse site is a reminder of how sought-after the waters of Alum Spring were many years ago. The trail offers views of Hazel Run as well as a secluded location to view native plants and wildlife.

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MOTTS RUN RESERVOIR

*Turkey Ridge Trail, Hidden Creek Trail, Lake View Trail,
Mine Run Trail, Possum Path Trail*

LOCATION: Parking is available in a gravel lot at the reservoir recreation area, located at 6600 River Road, 2.4 miles from the intersection with Fall Hill Avenue. All trailheads are accessed from the parking area. Trails create a figure-8 shape, with the parking area, nature center and park office at the center. Trails are open Thursday to Monday, April 1 to October 31 annually.

HIKING TIME: Turkey Ridge: 20 min.; Hidden Creek: 45 min.; Lake View: 15 min.; Mine Run: 1 hour; Possum Path: 10 min.

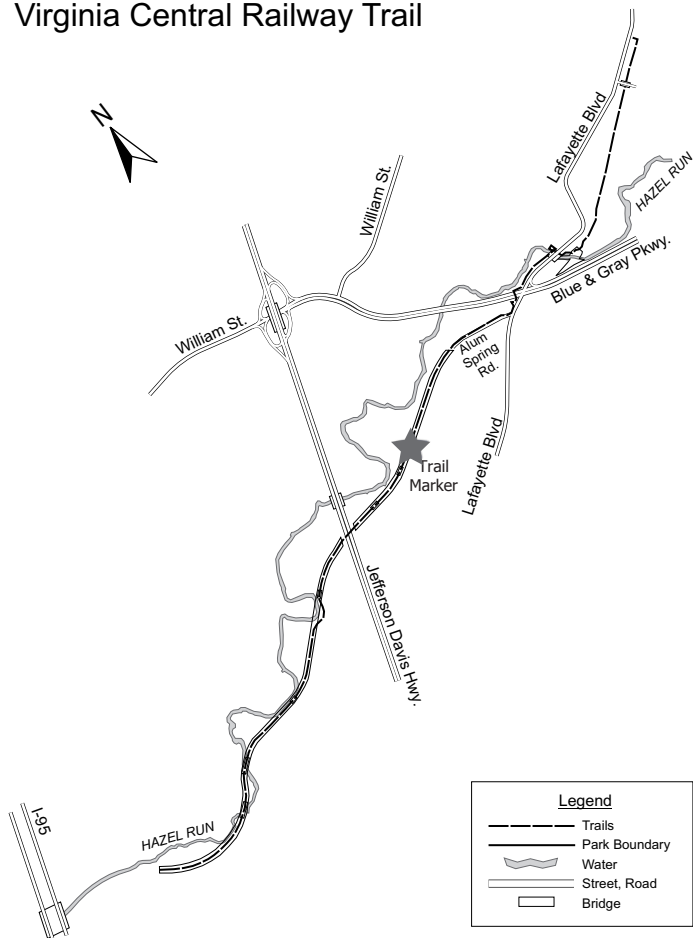
DIFFICULTY: Gentle to moderate slopes.

LENGTH: Turkey Run: 0.8 miles; Hidden Creek: 1.5 miles; Lake View: 0.5 miles; Mine Run: 2.6 miles round trip; Possum Path: 0.2 miles

FEATURES: Dense forested trails with scenic overlooks of Motts Run Reservoir. Trails are marked with colored blazes to aid navigation. Many of these trails have short offshoots that will take you to interesting sites such as an old silo. A nature center near the parking area is open on weekend afternoons, and a nature play area for young children called the Hideout opened in 2014. Biking is allowed on the new mountain bike trails at the reservoir.

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Virginia Central Railway Trail



VIRGINIA CENTRAL RAILWAY TRAIL

LOCATION: To access the trailhead within the Cobblestone Square residential complex off Lafayette Boulevard, park in the VRE parking lot on weekends, in the city parking deck at Sophia and Wolfe streets or along downtown streets near the train station. Be aware of the posted 2-hour time limit. The trail proceeds along the former Virginia Central Railway right-of-way to Interstate 95. Additional access points and parking are available in Alum Spring Park, and at wayside lots on northbound U.S. 1, located across from the entrance to the Estates at Idlewild.

HIKING TIME: 1.5 hours one way; 3 hours round-trip

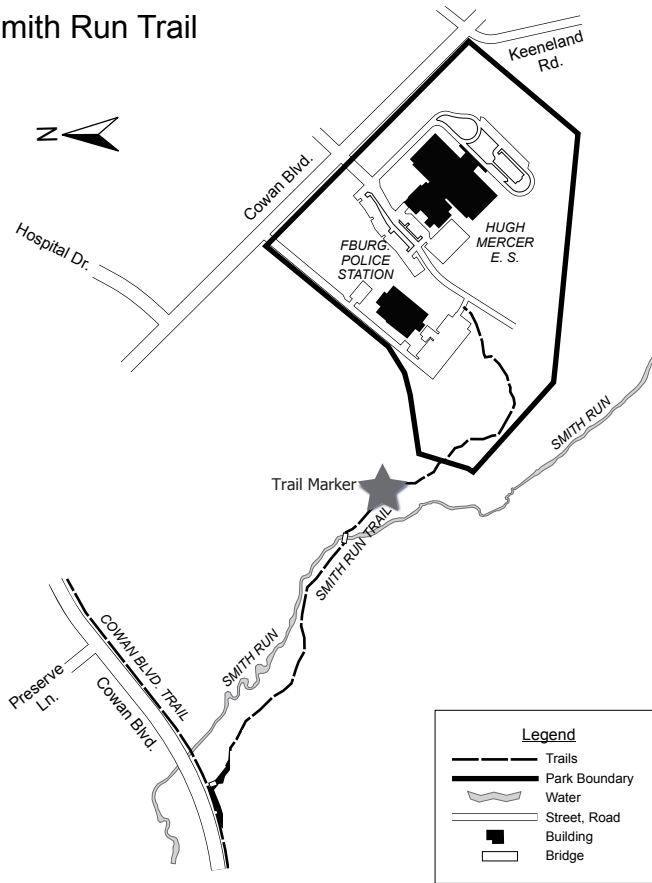
DIFFICULTY: Easy, flat, paved multi-use trail from downtown to Idlewild transitions to an unpaved nature trail to I-95. Use caution crossing roadways.

LENGTH: 3.5 miles one way; 7 miles round-trip

FEATURES: This is a paved and natural path following the historic Virginia Central Railway trail bed. Trail crosses Hazel Run in four locations, offering scenic views and a chance to see wildlife. The route also passes through Alum Spring Park, wetlands and historic buttresses.

MAKE TRAIL MARKER RUBBING HERE

Smith Run Trail



SMITH RUN TRAIL

LOCATION: Trail traces Smith Run from Hugh Mercer Elementary School to its terminus on Cowan Boulevard. A branch leads to the Great Oaks Subdivision. Access the trail from the parking lot at Hugh Mercer Elementary.

HIKING TIME: About half an hour

DIFFICULTY: Easy unpaved nature trail

LENGTH: 0.75 miles

FEATURES: This is a primitive nature trail intended for foot traffic only. It provides a scenic, wooded setting for viewing wildlife along Smith Run and its branches, and leads from Hugh Mercer Elementary into the Smith Run Battlefield preservation area. Both trailheads offer connections to the paved trail along Cowan Boulevard.

