



Fredericksburg Walking Club

Fredericksburg — Rappahannock Rambles 6K & 10K Walk | Y1301 | Rated 1A
Start Point 6K: Old Mill Park, 2201 Caroline St., Fredericksburg, VA 22401
Start Point 10K: Fredericksburg Visitor Center, 601 Caroline St., Fredericksburg, VA 22401
Restrooms: At both start points, Kenmore Park, Hurkamp Park

An AVA Sanctioned Year Round Event (YRE) (Credit Only)

A lovely walk along the Rappahannock River and through historic Fredericksburg, along 6 km and 10 km trails with great views of rapids, particularly in the springtime. This walk follows the Heritage Trail and Canal Path to take you along the river, Old Mill Park, a botanic garden, and past many historic properties and monuments in the city. The 10k walk start / finish point is the Fredericksburg Visitor Center; the 6k walk start / finish is Old Mill Park (see Driving Directions below for details).

Walk Registration:

This walk has a Physical Start Box (PSB) inside the Visitor Center. If you register at the location, ask the center personnel for the walk box. Registration can also take place using the AVA Online Start Box (OSB), which is located on the website my.ava.org. Follow the instructions provided to create a user account and sign the AVA waiver (one time). Instructions for payment are also included. Download the directions (print if desired). The Point of Contact (POC) does not provide event directions or accept payments.

Driving Directions:

Fredericksburg Visitor Center is located at 601 Caroline St. Fredericksburg, VA 22401. They are typically open daily from 9-4, but you may wish to call ahead to confirm – (540) 373-1776.

To Visitor Center from I-95 (either direction): Exit 130A E. Follow signs Historic Downtown Fredericksburg along Rt 3 (locally named William St.) to Princess Anne St. Right to Princess Anne St, follow to Wolfe St. Turn Left onto Wolfe St., follow 1 block to Fredericksburg Visitor Center (ahead). Free parking available in the lot at 1000 block of Sophia St., which is adjacent toward the river. There is 2-hour free parking on the street. There is a parking garage on Wolfe St. between Caroline St./Sophia St. (Currently, the first three hours are \$2, \$1/hour for each additional hour, up to a maximum charge of \$8 per day.)

Old Mill Park is at 2201 Caroline St, Fredericksburg, VA 22401. They are open until 5PM in winter; 8PM in summer. Parking is free part of the year, but from **Memorial Day to Labor Day there is a \$10 per vehicle / \$5 per person walk-in (13 yrs and older) fee unless you are a resident of the City of Fredericksburg or Stafford County. Credit/debit cards only accepted.**

To Old Mill Park from I-95 S: Take exit 133B from I-95 S. Keep left at the fork to continue toward US-17 BUS S/Warrenton Rd. Turn left onto US-17 BUS S/Warrenton Rd. Turn right onto US-1 S/US-17 BUS S/Cambridge St. Continue to follow US-1 S/US-17 BUS S across the river and then turn left onto Princess Anne St. Turn left onto Germania St. Turn right onto Caroline St. and then left into the park. **To Old Mill Park from I-95 N:** Take exit 133 from I-95 N. Take exit 133 toward US-17 N/Warrenton. Keep right, follow signs for US-17 BUS/Falmouth and merge onto US-17 BUS S/Warrenton Rd. Turn right onto US-1 S/US-17 BUS S/Cambridge St. Continue to follow US-1 S/US-17 BUS S across the river and then turn left onto Princess Anne St. Turn left onto Germania St. Turn right onto Caroline St. and then left into the park.

Restrooms: Restrooms are located on the parking-lot side of the Fredericksburg Visitor Center and in Old Mill Park. Additional bathrooms are available in Hurkamp Park.

Special Programs: Par for the Course (6K and 10K), 10K only: Virginia Find the LOVE, Walking with America's Veterans; Washington-Rochambeau Trail; Town Halls/City Halls, Step to the Beat, Grain Elevators: Monarchs of the Plains.

Walk Completion and Walk Credit:

Please use either the OSB or the PSB to register and complete the event. Do NOT mix and match. For example, do not register using the OSB and then complete your event using the PSB nor signing the PSB log sheet. The sponsoring club only receives credit for an OSB participation when an OSB registration has been completed online by entering your participation date, distances, and any special programs using the OSB. Once you have completed the walk, either follow the instructions in the PSB and sign the log, stamp your books, and mail in your payment **OR** log in to your AVA OSB Account. If you are using the OSB, click on the "My Start Box" tab, click the "Finish Table" tab, and then click "Go to Finish Table" button for the event that you completed. Use the displayed entry form to submit the date and distance for your walk, as well as selecting the applicable AVA Special Programs. This will generate the stamped virtual insert cards that you may choose to print out.



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POC: If there is an emergency, please call 911. For event-related assistance, contact Lina Palmer (904) 945-7653.

**These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver.
All other uses are prohibited.**



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***6K walkers: will drive to start point – Old Mill Park, 2201 Caroline St. (\$10 parking fee Memorial Day to Labor Day) Park closes at 5 pm in winter, 8 pm in summer. 6K begins with ** (just before #6) and ends at #18**.**

1. **10K walkers start:** Exit Visitor Center turn **RIGHT** on Caroline St., passing 902 Caroline St. (**Step to the Beat**) Picker's Music Store/Lessons.
2. **RIGHT** on William St. (1 block).
3. **LEFT** on Sophia St. using care when crossing William St.
4. **LEFT** on Pitt St. (no choice) (1 block).
5. **RIGHT** on Caroline St. Crossing carefully to sidewalk on left. **Continue** on Caroline St. **LEFT** onto Rappahannock River Historic Heritage Trail.

****6K Walkers Start:** exit Old Mill Park walking up and to the right on paved path-**LEFT** up steps to **LEFT** joining Heritage Trail. Cross Caroline St. Then take **LEFT** to stay on Trail.

6K and 10K continue:


6. Carefully cross Princess Anne St. to join Canal Path (blue roofed kiosk with interesting wayside placards/history).
7. Continue on path to **LEFT** across Canal bridge (just before Fall Hill Ave.) Turn
8. **RIGHT** staying on Canal Path. Cross Fall Hill Ave. Continue on Canal Path to Washington Ave. (there is no sign) Cross Washington Ave.
9. **LEFT** (do not stay on Canal Path)- walk 1 block
10. **RIGHT** on Mary Ball St. (**Par for the Course-Kenmore Park**) (1 block)
11. **RIGHT** on Kenmore Ave. Follow Kenmore to middle of block.
12. **RIGHT** into Cossey Botanical Park. Follow mulched and dirt trail through the park, pond on right,
13. **RIGHT** onto Littlepage St., turn immediate **RIGHT** onto gravel road keeping pond on right.
14. **LEFT** returning to Canal Path.
15. Follow path, keeping canal on right, to end where yellow stripes dividing Heritage Trail begin.
16. **PASS** under Fall Hill Ave. bridge and turn **RIGHT** to cross foot bridge. (VA Outdoors Center will be on left)
17. **CONTINUE** on Heritage Trail, keeping river on left.
18. ****6k -bear left** down paved hill, returning to Old Mill Park (**End 6K**) **

NOTE: Bathrooms and water at Old Mill Park.

10K CONTINUES:

19. **Continue** on paved trail, cross Caroline St.
20. **LEFT** on Caroline St. Continue on Caroline St. to William St.
21. **RIGHT** on William St. (crossing Pr. Anne & Charles St)
22. **CROSS** Prince Edward St.
23. **ENTERING** Hurkamp Park on brick path, walking to the **RIGHT** towards (**Virginia Find the LOVE**) sign.
24. **VEER right** around fountain, continue on sidewalk (Bathrooms on right) to park exit. **RIGHT** onto George St. to (**Walking With America's Veterans**) **Veterans Memorial**. Circle the Memorial, return to the Park, **CONTINUE** on George St. 1 block passing Masonic Cemetery on left and Historic Marker about Gen. George Weedon (**Washington-Rochambeau Trail**) on your left.
25. **Continue** on George St. 1 block to
26. **CROSS** Princess Anne St. See St. George Episcopal Church (905 Princess Anne St.)
27. **RIGHT** continuing on Princess Anne St. to City Hall at 715 Princess Anne St. (**Town Halls/City Halls**) at Wolfe St. (**Grain Elevators: look ahead to your right for Grain Tower**)
28. **LEFT** on Wolfe St. 1 block to Caroline St. returning to Visitor Center, 601 Caroline St.

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 In case of Emergency: CALL 911

POC: Lina Palmer (904) 945-7653

Special Programs: 6K Par-for-the-Course Only. 10K: Step to the Beat, Par for the Course, Virginia Find the LOVE, Walking with America's Veterans; Washington-Rochambeau Trail; Town Halls/City Halls. 2025: Grain Elevators: Monarchs of the Plains.

City Link to historic Grain Elevator:
<https://youtu.be/4ihnmT0n6ec?feature=shared>

Rappahannock Rambles

