

Peninsula Pathfinders
Seasonal Bike
Virginia Capital Trail
Trail Directions

START POINT: Varies
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Emergencies or Safety Concerns: Call 911
Directions Contact: Sandy Croushore, (757) 532-3468

Special Programs:

Rails-to-Trails
Virginia Cities
Virginia Counties

The Virginia Capital Trail runs between Richmond and Jamestown Settlement in Williamsburg for 51.2 miles. It may be extended to Newport News and Hampton in the future. The trail is paved and has multiple parking areas with restrooms and bike repair stations. There are also restaurants and convenience stores along the route.

Biking Directions:

1. Start from the parking lot at any location along the route (see www.virginiacapitaltrail.org for locations). Go either direction for at least 5 KM (3.1 miles) and then reverse course back to your start point.
2. The trail is marked in miles rather than kilometers, so just multiply the miles ridden by 0.6 to find the kilometers.
3. Part of the Capital Trail in Richmond is along a Rails to Trails, so the entire route is eligible for the Rails-to-Trails special program.

4. The trail goes through multiple counties and the city of Richmond, so the segment you bike is eligible for the Virginia Cities or Virginia Counties program.
5. Bike helmets are required.
6. Part of the trail is through reclaimed swamp land, so bug spray is highly recommended during the hot months.
7. Bring water! There are some convenience stores along the route, but during the summer months it can get very hot. Bring lunch or a snack or have a plan for where you are going to buy lunch. There are restaurants along the route, but you should verify that they will be open.
8. Enjoy your ride!

Be sure to log back into the OSB system to "finish/complete" your online registration after completing the event.