



Fredericton, New Brunswick Permanent Trail #128
10 Km Route A
Rating 3B-One significant hill, sidewalks & gravel paths

Capital City Walk & Trans Canada Trail Walk

This walk begins at the Crowne Plaza – Lord Beaverbrook Hotel 659 Queen St, Fredericton, NB E3B 5A6. Many of the local streets have only one sidewalk. Please stay on the sidewalk side of the street. Please obey all traffic signs and lights. Cross **ONLY** at marked crossings. **Please Note:** The hotel is a Start Point on the map only. There is no "Walk Box" or information at this establishment.

1. Depart the Crowne Plaza - Lord Beaverbrook Hotel and make your way to the riverfront trail just behind it.
2. Turn Right and follow the trail along the river. As you pass the Hotel, the next building is the Beaverbrook Art Gallery. Just across the street from the Art Gallery is the Provincial Legislature. Both the art gallery and the legislature are open for visitors. [Verify for hours open to the public.]
3. Continue along the trail to the walking bridge, formerly a rail bridge. Just beside it is one of the Trans Canada Trail Pavilions. Inside are the names of those who have contributed to the success of the trail by purchasing one or more meters of trail. Just across the street is Christ Church Cathedral dating back to the 1820's. It is the only Cathedral built from the foundation up on British soil since the Norman Conquest of 1066.
4. Continue now along the trail under the walking bridge along Waterloo Row. This section of Fredericton has many Victorian homes, some with the original stained glass. As you pass the soccer fields, you will notice on the opposite side of the street a grand mansion with three flagpoles in front.
5. Turn Right on Alexandra Street and continue to University Ave. (2.0 km)
6. Turn Left on University Ave. and follow it to the entrance of the University of New Brunswick.
7. Cross at the traffic light and enter the university.
8. Take the walking path straight ahead of you. As you get to a level spot on the hill, turn Right and walk past the oldest building on campus still in use. This is the "Old Arts Building". Notice the stained glass beside the main doors.
9. As you pass the Old Arts Building, turn Left and continue uphill on the sidewalk to the first street on your Right (past the Bookstore and the bank). This is King's College Road.
10. Turn Right on King's College Road and leave the University.
11. The first street will be Windsor. Turn Left on Windsor and go up to

Montgomery Street [top of hill] (3.3 km)

12. Turn Right onto Montgomery. [It's all level and down from here.]
13. Continue along Montgomery to Smythe. (4.7 km)
14. Cross Smythe and enter the wooded area, which is Odell Park. When you meet the cross trail, turn Right and go downhill to the main entrance of the park. There are rest rooms in the Park Lodge at the bottom of the hill.
15. Continue out the main entrance of the park and go straight along Rookwood Ave until you reach Woodstock Road. (7.0 km)
16. Cross Woodstock Road and turn Left. Follow Woodstock Road until you see the Delta Hotel. As you approach the hotel, you will see a gravel path leading off to the right
17. Turn Right down the gravel path to the riverfront trail again. Turn Right onto the riverfront trail and follow the trail back to the Crowne Plaza - Lord Beaverbrook Hotel. As you walk along the trail, you will pass the Old Government House, the Small Craft Aquatic Centre, and the Lighthouse Adventure Centre. (10.0 km)

We hope you enjoyed your walk.

PT128 Fredericton NB
10 km Route A

