



Fredericton South Permanent Trail #128 10 km Route B

Rating 2B- no significant hills, uses sidewalks & gravel paths

Capital City Walk and Trans Canada Trail (Pavilion) 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 South Riverfront Trail just behind it.
2. Turn Right and follow the gravel trail. 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. From the trail pavilion, follow the trail up the hill to the walking bridge across the Saint John River.
5. Cross the river and take the path (North Riverfront Trail) to the left immediately after the bridge. (1.4 km)
6. Follow the trail along the river (river will be on your left) and enter Carleton Park.
7. In Carleton Park continue to follow the gravel path along the river. This park gives an excellent view of the historic downtown across the river, including Christ Church Cathedral, the Legislature, the Fredericton Playhouse, and the Beaverbrook Art Gallery as well as many other sights.
8. The trail ends behind a small shopping mall. Walk along the side of the mall out to Union Street. (3.8 km)
9. Turn Left on Union Street and follow it past Dairy Queen and Tim Horton's to Cliffe Street.
10. When you reach Cliffe St, turn Left follow Cliffe St until it ends.

11. Continue straight ahead to the gravel path (North Riverfront Trail) that runs near the river's edge. Turn Right and follow this path under Westmorland Bridge.
12. After going under the bridge, turn Right and follow the sidewalk back across the Westmorland Bridge.
13. Continue on Westmorland Street to King Street (take the walkway to the right at the end of the bridge to continue on Westmorland. The main sidewalk continues down to the gravel path, which you will be on later). (6.0 km)
14. Turn Right on King St and follow it as it becomes Woodstock Road.
15. Follow Woodstock Road to the Delta Hotel. You will pass the Victoria Health Centre and Old Government House). As you approach the Delta Hotel, you will see a gravel path leading off to the right, turn Right down the path to the riverfront trail again. (7.3 km)
16. Turn Right onto the South Riverfront trail and continue back to the Crowne Plaza - Lord Beaverbrook Hotel. You will pass the Old Government House, the Small Craft Aquatic Centre, and the Light House Adventure Centre. (10.0 km)

We hope you enjoyed your walk.

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