



Fredericton, New Brunswick Permanent Trail #128
5 Km
Rating 1B (Downtown/Riverfront Trail)
Capital City 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. Turn Left and follow the trail. Continue along the trail, past the lighthouse, and underneath the Westmorland Street Bridge that crosses the Saint John River. This section of the trail is called Limpert Lane in honour of Marianne Limpert, silver medallist in 200 metre medley swimming event in the 1996 Olympics. The road running along the trail to your left is the Princess Anne Point Road.
2. Follow the walking trail until the Princess Anne Point Road veers to the left and becomes Smythe Street. (1.4 km)
3. Follow the trail along Smythe Street to Woodstock Road. You will see the Fredericton Water Treatment Plant on your right as you turn to follow Smythe St. (If you walk past the Small Craft Aquatic Centre or the walking trail, you have missed the turn).
4. At Woodstock Road, turn Right and continue on Woodstock to Rookwood Ave. (2.2 km)
5. At Rookwood Ave. turn Left, continue on Rookwood to Saunders St. Turn Left onto Saunders St and continue to York Street. At York St., turn Left and then immediately turn Right onto Needham. Follow Needham Street to Regent and turn Left onto Regent. (3.9 km)
6. Follow Regent to Queen Street and turn Right onto Queen Street and return to the hotel/start-finish point. (4.7 km)

We hope you enjoyed your walk

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