

# Outdoor Fun and Indoor Brews

Fredericksburg, VA

Escape, get outdoors, stretch your legs and your imagination, take in the wonders of nature, challenge yourself, refresh and renew yourself. Get hopping! And speaking of hops, you'll get to indulge in some of Fredericksburg's best local brews.







## DAY 1

### 2:00 p.m. **Canoeing along the Rappahannock**

Time to get your feet wet with a good paddle down the scenic and historic Rappahannock River. The wonderful guides of the Virginia Outdoor Center will make sure you are safe and secure before setting off. Watch out for flying half-dollars (George Washington once threw one across this river as a teenager here)!

5:00 p.m. Check in to area hotel

### 6:00 p.m. **Dinner and brews at Capitol Ale House**

After a good paddle it's time to refuel, and Capital Ale House is a great place to do it. With hundreds of brews in house you'll find the perfect one to complement a delicious dinner.

## DAY 2

6:30 a.m. – 8:00 a.m. Breakfast at hotel

### 8:00 a.m. **Morning nature walk**

Rise and shine and take a bracing morning walk through the Fredericksburg Battlefield. Plenty of paths and stunning scenery await.

### 10:00 a.m. **Ropes course and climbing wall**

You'll rise to great heights at Wilderness Presidential Resort's treetop ropes course and climbing wall. Challenge yourself on this "Wilderness Deluxe Experience." Don't worry, you'll have a safety harness and helmet.

### 12:00 p.m. **Picnic lunch**

We'll grab a good picnic lunch from the fabulous Battlefield Country Store, home of over-stuffed sandwiches and then enjoy a relaxing outdoor meal at Wilderness Resort's Ridge Road Pavilion.

### 1:30 p.m. **Beer flights at Maltese Brewing**

Something is brewing at Maltese, a brewery run by firefighters. Enjoy a flight of their best beers and learn about the fascinating brewing process.

### 3:30 p.m. **More flights at Strangeways Brewing**

There's nothing strange about Strangeways' beers. They're delicious! We'll have four-to-five small glasses and taste the differences in their assortment of beers.

5:00 p.m. Return to hotel

### 6:00 p.m. **Dinner at Castiglia's**

Wonderful traditional Italian dishes are served family style at Castiglia's. The Castiglia family brings the taste of Naples, Italy (their hometown) to downtown Fredericksburg. After dinner, make your way to the rooftop bar for some delightful evening refreshment and great views of the city.



## DAY 3

6:30 a.m. – 8:00 a.m. Breakfast at hotel

8:30 a.m. **Yoga in the park**

Dragonfly Yoga Studios will start your day perfectly with a guided yoga session in one of Fredericksburg's beautiful green spaces.

10:00 a.m. **Guided woodland hike and Gari Melchers' Belmont**

Explore beautiful woodland trails on a guided woodland hike with a Virginia Master Naturalist and Virginia Master Gardener at the gorgeous estate of artist Gari Melchers.

12:00 p.m. **Lunch and German beer tasting at the Alpine Chef**

The Germans didn't invent beer – they just perfected it. Fredericksburg's historic train station now houses this excellent German restaurant where we'll have a wonderful lunch and a tasting of authentic German beers.

2:00 p.m. **Afternoon browsing and "brewsing" downtown**

You'll love downtown Fredericksburg. Stroll the historic streets, do some shopping, browse the art galleries, get some gear at River Rock Outfitters, and if you still want to taste a few beers step into Capitol Ale House or Red Dragon Brewery.



# About Fredericksburg, Virginia

Fredericksburg VA tells America's story – from 1608 when Captain John Smith sailed up the Rappahannock River to George Washington's childhood and adolescence to John DeBaptiste, a free Black man fighting in the Revolutionary War to the Civil War with four major battles and where 10,000 enslaved people crossed the river to freedom, to Reconstruction and the fight for Civil Rights and social justice. The region is filled with historic sites and compelling stories, a phenomenal food and drink scene and is all easily accessible just off the interstate.

## Location

Fredericksburg, VA is located fifty miles south of Washington, D.C. on Interstate 95, midway between Washington, D.C. and Richmond, Virginia.



## Mileage From Major Cities to Fredericksburg

Albany.....	437
Baltimore.....	106
Boston.....	529
Charleston, WV.....	309
Cleveland.....	427
Detroit.....	577
Montreal.....	655
Newport.....	472
New York City.....	290
Philadelphia.....	210
Pittsburgh.....	295
Toronto.....	592
Washington, DC.....	50
Wilmington, DE.....	178

## Services

Itinerary Planning / Confirm reservations at historic sites, with guide service /  
Referrals for dining and lodging / Access to on-line Videos / Brochures