



RIVER BLUFF TRAIL -From East Trailhead to Western Trailhead (3 Miles) -

Park in the open meadows at the Eastern Trailhead on Route 53, just off Route 15. The Trail starts with a broad vista across open meadows, then quickly changes to a heavily wooded ascent to the bluffs over the Rivanna River. Notice the varying types of trees and shrubs along the way. Several benches are placed along the trail, and the mileage is clearly marked so you can track your progress. Be sure that you are ready to hike the 3 miles in return, or have a ride waiting on the other end. Three paths branch off from the main RIVER BLUFF TRAIL, providing walks with different experiences.



JULIE KING, SANDY BEACH ADA TRAIL—From East Trailhead to Rivanna River, Sandy Beach (1 Mile)

This trail is designed, but surely not limited to, those with disabilities. From the Eastern Trailhead parking area, follow the signs to the left of the kiosk, down to the river. A gentle incline leads down to a beach, a delightful area to explore or just simply enjoy. Return the same way or follow the signs up the embankment to the RIVER BLUFF TRAIL where to a left turn to return to the parking area through a lovely wooded glen, or continue to the right on the trail to the Pole Barns.



RIVER VIEW WALK— From Western Trailhead to Rivanna River Overlook Returning to Western Trailhead (3.4 miles)

This trail begins at the Western Trail Head located at the Pleasant Grove House at Pleasant Grove. Park on the grass behind the Summer Kitchen Museum Trailhead just past the white fencing behind the house. Walk past the barns and kiosk and follow the yellow trail markers onto the trail. You will pass an old brick chimney and find a bench on the right enjoy the spectacular views across the river to Palmyra. Continue down an old farm road. At the trickling creek, branch off the main trail (yellow) by crossing the creek (choose the best stones to walk on), climb the bank and turn right, now following green markers. Follow the path to the River Overlook. From this point it is nearly 1.7 miles back to the Barns—or continue on to the East Trailhead, following the yellow markers.



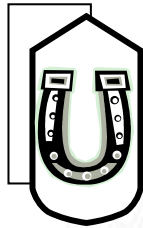
FITNESS LOOP TRAIL— From Western Trailhead along RIVER BLUFF TRAIL to Athletic Fields and returning to Pole Barns (2 miles)

This trail begins at the Western Trail Head located at the Pleasant Grove House at Pleasant Grove. Go ahead and use the fence to stretch out the quads and hamstrings. Walk or jog past the barns and kiosk and follow the yellow trail markers onto the trail. Continue down the old farm road and continue to the right at the bottom before the creek. Continue along the creek's bank until you reach a T-intersection. Turn right following the orange trail markers and signs to the Ball Fields. Continue up the steep incline, until you reach the clearing. Continue following the orange markers until you reach the ball fields. At the ball fields, go on the perimeter of the field to the right and follow to an opening (look for the orange marker) leading back to a footpath. This curvy path will take you along the back side of the soccer fields, leading you to a meadow at the pole barns. Use the gravel path leading back to the trailhead to cool down upon. This loop is accessible from many different locations—choose your favorite and come use it often.



RAIL & LOOP TRAILS (x miles)

This trail begins at the Palmyra County Administration building parking lot, located across from the new Court House. Walk along the old CSX rail way bed and follow north. You will find benches along the way to take in the sights and sounds of the Rivanna River. At the far north end, make a choice to turn around or continue on the loop trail taking you to the Palmyra Mills Park.



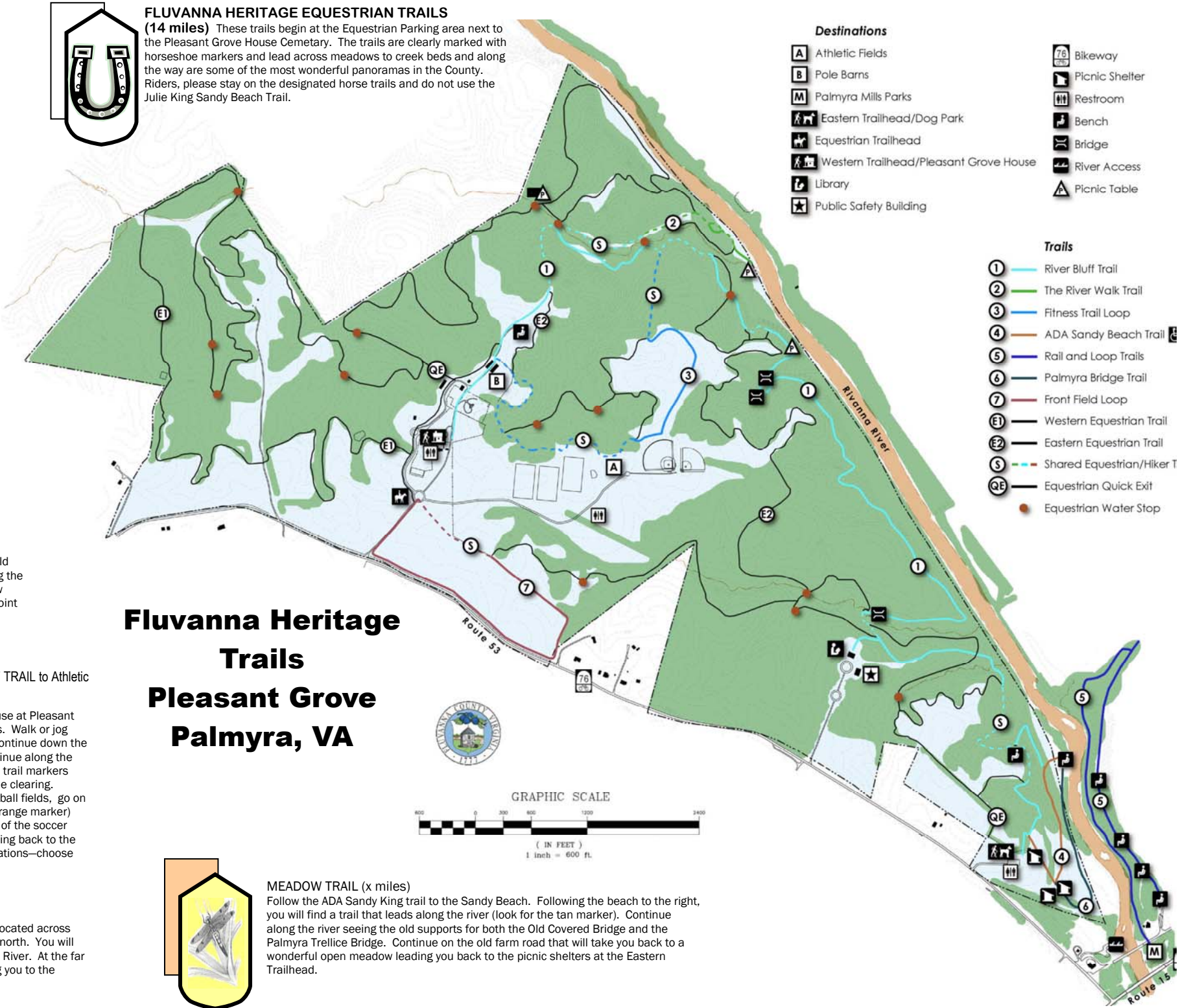
FLUVANNA HERITAGE EQUESTRIAN TRAILS

(14 miles) These trails begin at the Equestrian Parking area next to the Pleasant Grove House Cemetary. The trails are clearly marked with horseshoe markers and lead across meadows to creek beds and along the way are some of the most wonderful panoramas in the County. Riders, please stay on the designated horse trails and do not use the Julie King Sandy Beach Trail.



MEADOW TRAIL (x miles)

Follow the ADA Sandy King trail to the Sandy Beach. Following the beach to the right, you will find a trail that leads along the river (look for the tan marker). Continue along the river seeing the old supports for both the Old Covered Bridge and the Palmyra Trellice Bridge. Continue on the old farm road that will take you back to a wonderful open meadow leading you back to the picnic shelters at the Eastern Trailhead.



Destinations

- A** Athletic Fields
- B** Pole Barns
- M** Palmyra Mills Parks
- Eastern Trailhead/Dog Park
- Equestrian Trailhead
- Western Trailhead/Pleasant Grove House
- Library
- Public Safety Building

- Bikeway
- Picnic Shelter
- Restroom
- Bench
- Bridge
- River Access
- Picnic Table

Trails

- 1** River Bluff Trail
- 2** The River Walk Trail
- 3** Fitness Trail Loop
- 4** ADA Sandy Beach Trail
- 5** Rail and Loop Trails
- 6** Palmyra Bridge Trail
- 7** Front Field Loop
- E1** Western Equestrian Trail
- E2** Eastern Equestrian Trail
- S** Shared Equestrian/Hiker T
- QE** Equestrian Quick Exit
- Equestrian Water Stop

Fluvanna Heritage Trails Pleasant Grove Palmyra, VA

