

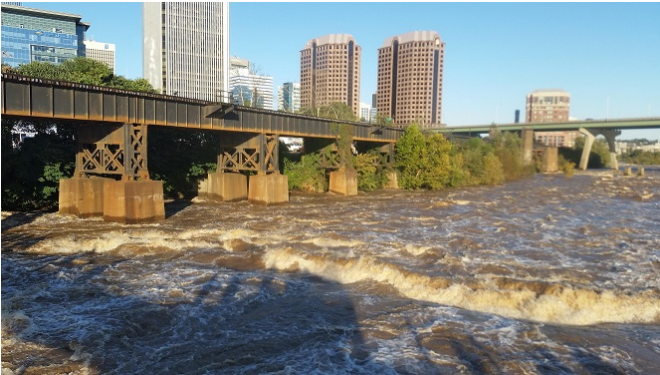
## HIKING FIELD TRIP: Hike to T-Pot Bridge and Belle Isle Park

**Led by Nathan Burrell**

MAXIMUM 9 participants

**Meet at 1 p.m. on April 8 at the main entrance to the downtown Hilton.**

*Emergency Contact: Lynn Crump 804-513-0260*



This out-and-back hike will head south to the James River and cross a bike/ped bridge over rapids, a designated section of the East Coast Greenway. The group will head over to Belle Isle Park, where Yankees were imprisoned during the Civil War. See the ruins of 19<sup>th</sup> and 20<sup>th</sup>-century industries that inhabited the island. A 21<sup>st</sup> century pump track teaches youngsters how to mountain bike (who said exercise can't be fun!) Staff from James River Park system will guide this adventure and provide the latest information on the park and City's master plan.

Each participant will need to be able to-

- Hike a total of four miles, gaining approximately 500 feet in elevation in the last 2 miles. The majority of the hike is relatively smooth tread, with some rocks and roots, but the trail becomes rocky and uneven in some sections.
- Stand or sit for several interpretive talks, approximately 15 minutes each over a 3 hour period

Things to know and bring if you will be traveling along the trail-

- The group will walk to and over the T-Pot bridge on the James River. The group will also walk across a suspended bridge hanging under an Interstate.
- Dress for the weather, we will go no matter what, unless there are thunderstorms
- Wear comfortable close-toed hiking shoes and socks
- Bring: at least 1 liter (or quart) of water, rain and sun protection (jacket/poncho and hat/sunscreen), any medications you may need, and other day hike essentials. If you don't have a chance to eat lunch prior to the hike, feel free to bring your lunch to eat in the van or along the trail.

**Specific meeting point: Main Entrance to downtown Hilton: 37.5421° N, 77.4375° W**

After a brief safety instruction, Nathan will walk with you to the T-Pot Bridge. Give yourself time to park and register at the hotel before meeting promptly at 1 p.m.

This a moderate hike--most of the first mile is basically flat, and the climb is less than 500 feet along maintained paths or roads on the way back to the hotel. Some sections may be rocky and uneven, but for less than a quarter mile.

**This field trip is sponsored by the James River Park System, <https://jamesriverpark.org>**