



2026

TrailLink Unlimited 

Guides



**Virginia
Capital Trail**
Virginia



Virginia Capital Trail

Virginia

The Virginia Capital Trail connects the state's present-day capital of Richmond and the early colonial capital at the Jamestown



The Virginia Capital Trail connects the state's present-day capital of Richmond and the early colonial capital at the Jamestown Settlement, on a 52 mile course through history. The pathway offers access to numerous historical sites, trailside businesses, and rolling countryside. Well-maintained and mostly paved, the trail has some short wooden boardwalk sections and occasional road crossings, which are marked or signaled.

About the Route

The Virginia Capital Trail's northern endpoint is in Richmond, at Dock St at S. 17th St under I-95. The trail sets off southeast alongside the Richmond City Canal, which joins the James River at Great Shiplock Park. The park is home a restored historic lock used for ships docking in

Richmond. A rail line also runs overhead. From here, the trail hugs the James River for roughly a mile, passing a bike rental shop and eateries, before turning slightly inland to find State Route 5. The trail remains near the James River, but not on the riverbank, for the remainder of the trail.

After leaving the riverbank, the trail runs adjacent to State Route 5 for 6.2 miles before reaching Varina. In Varina, the trail detours from Highway 5, weaving through farms and suburban communities. As it loops back, the trail crosses under I-295 and follows the forested Four Mile Creek Park, which has a bike repair station, parking, restrooms, benches, and the beloved "Big Bike" sculpture.

After reconnecting with State Route 5, the trail continues southeast of Varina through rural countryside. The next full-service trailside restroom is in Charles City about 22 miles ahead, though port-a-potties can be found in-between. Near mile marker 27, the trail passes many fields and several former plantations, including Berkeley Plantation, birthplace of William Henry Harrison, the ninth president of the United States. Between mile markers 25 and 20, Indian Field Tavern and the adjacent 5 Fields Brewing Company offer food and beverage options. In Charles City, 2.5 miles further east the trail has two brief on-road sections on either side of the Charles City Courthouse. Parking, restrooms, and a visitors center can be found at the Courthouse, as well as another trailside restaurant, the Culs Courthouse Grill.

East of Charles City, the trail transitions to the Sherwood Forest segment as it continues alongside SR-5, here named John Tyler Memorial Parkway, after 10th US president, whose home, Sherwood Forest Plantation, is visible from the trail near mile marker 17. Near mile marker 15, a historic marker signposts the nearby Fort Pocahontas, built and manned by African-American Union troops during the civil war, it was the site of a significant Union victory when attacked by the Confederacy in 1864. Continuing east, the trail passes a convenience store as it makes its way on a mostly flat and



Virginia Capital Trail

Virginia

States: Virginia

Counties: Charles City, Henrico, James City, Richmond City

Length: 52 miles

Trail end points: Dock St at S 17th St.
(Richmond) to 2102 Jamestown Rd.
(Williamsburg)

Trail surfaces: Asphalt, Boardwalk

Trail category: Rail-Trail

Trail activities: Bike, Inline
Skating, Walking, Wheelchair Accessible

Parking & Trail Access

The Virginia Capital Trail runs between Dock St at S 17th St under I-95 (Richmond) and 2102 Jamestown Rd at Jamestown Settlement (Williamsburg), with parking available in Williamsburg.

Parking is also available at:

- 3115 Wharf St (Richmond)
- 10740 Courthouse Rd (Charles City)
- 1350 John Tyler Hwy (Williamsburg)

There are numerous parking options along this route, see [TrailLink Map](#) for all parking options and detailed directions.



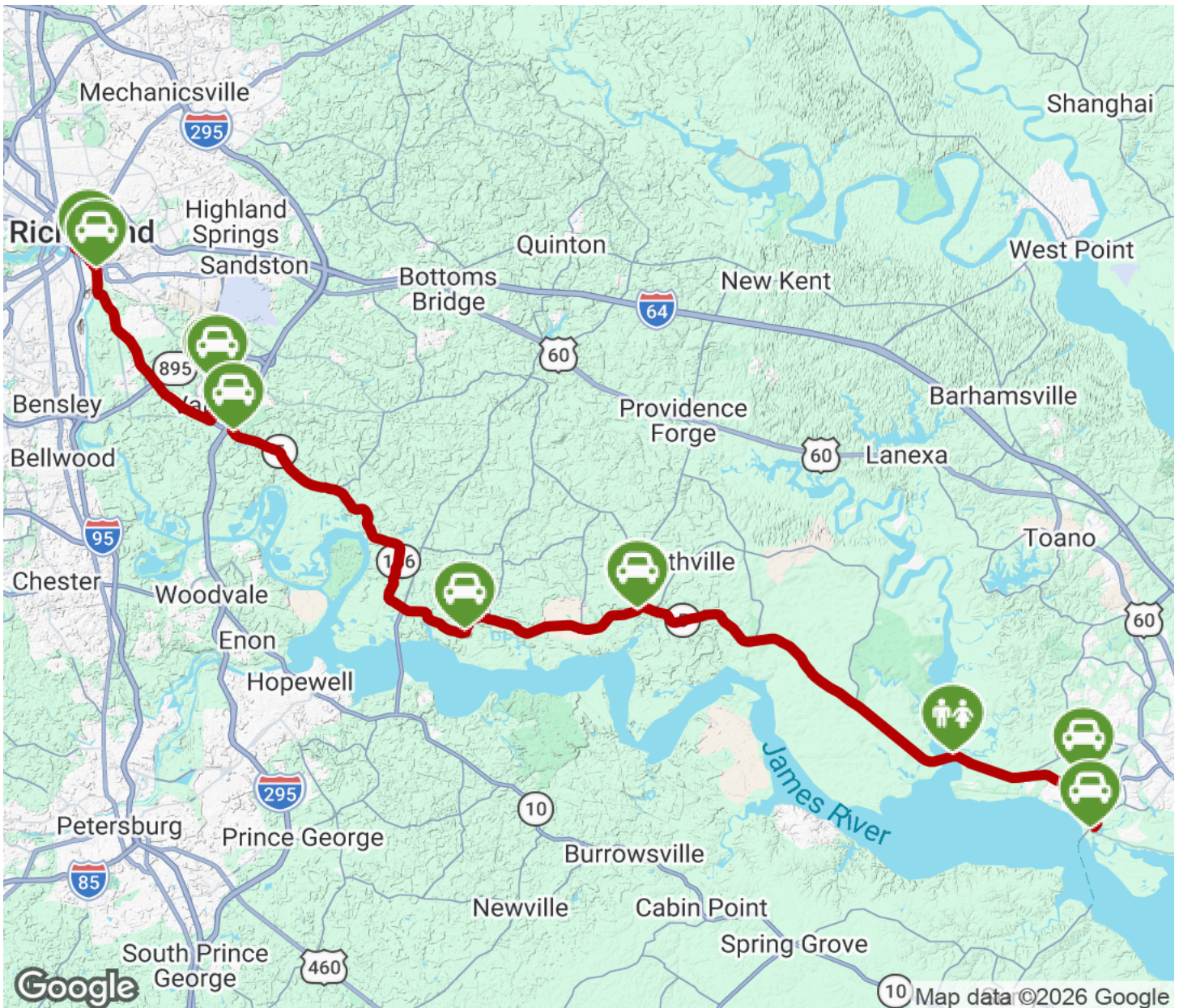
TrailLink
by Rails-to-Trails Conservancy

TrailLink.com



Virginia Capital Trail

Virginia



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com