

## NEWS RELEASE

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# Fredericksburg Area Suggested Itinerary

## Day 1 - Explore Downtown Fredericksburg

First stop for the kids – the [Hugh Mercer Apothecary Shop](#). This is not your ordinary school physical! Learn about the living history of 18<sup>th</sup>-century Colonial medicinal practices. Witness live leeches in a jar, learn about the popular treatment used to cure a lady’s hysteria and what medicine could “cheer a man with a bad wife.”



Continue the morning with a [trolley tour](#) throughout Downtown Fredericksburg’s 40-block historic district. The 75-minute tour departs from the Visitor Center and explores some of Old Town Fredericksburg’s most historic sites.

Next, stop in at the [Rising Sun Tavern](#), which was built by Charles Washington, brother to George Washington, and was the only “proper” tavern located in the bustling port city of Fredericksburg. Other notable sites to visit in the Historic District include **James Monroe Museum**, **Kenmore** (home of George Washington’s sister, Betty), **Fredericksburg Area Museum & Cultural Center** and **Mary Washington House** (home of George Washington’s mother).

Stop in for lunch at **Goolrick’s Pharmacy**, the oldest continuously running soda fountain in the U.S. Sit at the counter and indulge in a classic malted milkshake, or sip on an authentic cherry and chocolate Coke. Goolrick’s opened its doors in Fredericksburg in 1869, first operating as a pharmacy, and then opening the soda fountain in 1912, becoming the first establishment to sell Coca-Cola products in Fredericksburg. Goolrick’s still operates as a pharmacy today, as well as boasts classic shakes, malts and lunch specialties.



Spend the afternoon browsing through more than 100 specialty and antique shops, art galleries, and boutiques in the Historic District, which is filled with more than 350 original 18<sup>th</sup> and early 19<sup>th</sup> century buildings. Literally unique among shopping districts, every shop in downtown Fredericksburg, Va., is a small, one-of-a-kind, owner-operated boutique. Fredericksburg’s specialty antique shops draw keepsakes from rural and urban estates throughout the Southeast. Antique furniture, antique home accessories, antique jewelry and eclectic curios abound at exceptionally reasonable prices.

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Newly renovated in 2008, kybecca Wine Bar, quaintly situated at the center of Fredericksburg’s historical district, boasts gourmet wine and food pairings, craft beers and a farm-to-table tapas menu. After dinner, explore the supernatural side of the Fredericksburg area during a candlelit evening **Ghosts of Fredericksburg** walking tours. Many of Fredericksburg’s historical figures are still thought to linger, perhaps because of unfinished business.



At the end of a long day, indulge in **Carl’s Frozen Custard**, a 1940’s art deco ice cream shop defined as one of the Fredericksburg area’s most valuable gems. Three flavors, vanilla, chocolate and strawberry, are churned in 120-gallon Electro-Freeze ice cream machines. Discover what has been making Fredericksburg so sweet for more than 50 years. Carl’s is open seasonally from February through November.

**Day 2 - Retrace the Footsteps of History**

Throughout day two, retrace the footsteps of Civil War soldiers and witness firsthand the devastation of battle in the [Fredericksburg/Spotsylvania National Military Park](#), the second largest military park in the world. Spanning more than 8,000 acres, four battlefields reside here: Fredericksburg, Chancellorsville, The Wilderness and Spotsylvania Court House. Take a walking tour guided by park historians in certain locations. Two visitor centers at Chancellorsville and Fredericksburg help interpret the four battlefields with audio-visual presentations and museum exhibits.



While in Fredericksburg, take a tour of [Chatham Manor](#). Chatham is a magnificent Georgian mansion, formerly owned by William Fitzhugh, an 18-century slave owner. During the Civil War, the Union army took over the property, forcing its then residents to relocate across the Rappahannock.

Enjoy lunch at **Amy’s Café** where guests can dine on classic American fare served with casual country elegance. The historic tavern building dates back to the 18<sup>th</sup> century.

Take the entire family on a self-guided walking tour or the all new iPad tour of [George Washington’s Ferry Farm](#). At George Washington’s boyhood home, enjoy learning about the life of young George as well as exploring the Archaeology Lab that includes artifacts from the Civil War and history of the farm.



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Then, visit the [White Oak Civil War Museum](#) in Stafford, County, perhaps the most unique museum in the area. The museum houses an extensive collection of Civil War artifacts, most of which were lost and discarded by the troops themselves. Letters, maps, replicas of soldier huts and other items are on display.

If time permits, other notable sites to experience are the **Trail to Freedom** and **Gari Melchers Home & Studio at Belmont**.

### **Day 3 - Enjoy the Outdoors, Art, and an Evening on the Town**

Start the day off with a hike through [Lake Anna State Park](#), located in Spotsylvania County. Formerly known as "Gold Hill" and home to the Goodwin Gold Mine, the park boasts more than 15 miles of hiking trails, boating, fishing, guarded beaches and of course - camping. Or, if you prefer to be on the water, enjoy a canoe trip that is offered through the spring and summer months on the Rappahannock River with the Virginia Outdoor Center and Clore Brothers.



Next, enjoy the afternoon on the [Grapes & Grains Trail](#), which takes guests for a behind-the-scenes, self-guided and up-close tour of four Fredericksburg area award-winning wineries, a brewery and a distillery. Stops on the tour include: Hartwood Winery, Potomac Point Winery, Lake Anna Winery, Mattaponi Winery, Blue & Gray Brewing Co. and A. Smith Bowmen Distillery.

Finish the day at the [Riverside Dinner Theater](#), the perfect date night or a family outing. Feast on a great meal and catch a live performance where vibrant Broadway-style musicals and children's productions entertain guests year-round. Past performances include The Sound of Music, The Full Monty, Anything Goes, and Phantom.

*The Fredericksburg Area, which includes the city of Fredericksburg and the counties of Spotsylvania and Stafford, is a classic blend of modern life with small town charm. Conveniently located along I-95, between Washington and Richmond, the area features a variety of chef-owned restaurants, numerous art galleries, a wide range of specialty shops, and one of America's most authentic, historic downtowns. Stafford is home to George Washington's boyhood home, Ferry Farm and Belmont, the residence of 20<sup>th</sup> Century American impressionist painter Gari Melchers. Spotsylvania is not only the site of 4,400 acres of Civil War battlefields; it also boasts the beautiful Lake Anna Winery. The Fredericksburg Area rests on the banks of the picturesque, pristine Rappahannock River. For visitor information, visit [www.VisitFred.com](http://www.VisitFred.com). For online trip planning, visit [www.FredericksburgVAcations.com](http://www.FredericksburgVAcations.com). For media information and digital images, click on [www.fredpressroom.com](http://www.fredpressroom.com). Visit us on Twitter at [www.twitter.com/visitfred](http://www.twitter.com/visitfred).*