CAP2CAP
ITINERARIES
2021

Start		End		Mileage					Rest Stops and MM							
									Spoke + Art	Chickahominy	Charles City CH	Lawrence Lewis Jr Park	Herring Creek	Upper Shirley	Four Mile Creek	Great Shiplock Park
MM	**Trailhead**	**MM**	**Trailhead**	**One Way**	**Roundtrip**	**Rounded**	**Type**	**Direction**	**MM 3**	**MM 6**	**MM 20**	**MM 23**	**MM 28**	**MM 31**	**MM 40**	**MM 52**
40	Four Mile Creek	36	Willis Church Road	4	8	**8**	**Flatter**	**West to East**							Y	
52	Great Shiplock	40	Four Mile Creek	12	24	**25**	**Hilly**	**West to East**							Y	Y
43	Varina Library	31	Shirley Plantation	12	24	**25**	**Flatter**	**West to East**						Y	Y	
52	Great Shiplock	28	Herring Creek	24	48	**50**	**Hilly**	**West to East**					Y	Y	Y	Y
43	Varina Library	20	Charles City Courthouse	23	46	**50**	**Flatter**	**West to East**			Y	Y	Y	Y	Y	
52	Great Shiplock	6	Chickahominy	46	92	**100**	**Hilly**	**West to East**		Y	Y	Y	Y	Y	Y	Y
52	Great Shiplock	0	Jamestown	52	104	**100**	**Hilly**	**West to East**	Y	Y	Y	Y	Y	Y	Y	Y
43	Varina Library	0	Jamestown	43	86	**100**	**Hilly**	**West to East**	Y	Y	Y	Y	Y	Y	Y	
0	Jamestown	6	Chickahominy	6	12	**12**	**Flatter**	**East to West**	Y	Y						
40	Four Mile Creek	46	Battlefield Park Road	6	12	**12**	**Flatter**	**East to West**							Y	
23	Lawrence Lewis Jr Park	36	Willis Church Road	13	26	**25**	**Hilly**	**East to West**				Y	Y	Y		
20	Charles City Courthouse	31	Shirley Plantation	11	22	**25**	**Hilly**	**East to West**			Y	Y	Y	Y		
6	Chickahominy	20	Charles City Courthouse	14	28	**25**	**Flatter**	**East to West**		Y	Y					
23	Lawrence Lewis Jr Park	46	Battlefield Park Road	23	46	**50**	**Hilly**	**East to West**				Y	Y	Y	Y	
20	Charles City Courthouse	46	Battlefield Park Road	26	52	**50**	**Hilly**	**East to West**			Y	Y	Y	Y	Y	
0	Jamestown	23	Lawrence Lewis Jr Park	23	46	**50**	**Flatter**	**East to West**	Y	Y	Y	Y				
0	Jamestown	52	Great Shiplock	52	104	**100**	**Hilly**	**East to West**	Y	Y	Y	Y	Y	Y	Y	Y
0	Jamestown	46	Battlefield Park Road	46	92	**100**	**Hilly**	**East to West**	Y	Y	Y	Y	Y	Y	Y	
43	Dorey Park	52	Great Shiplock	9	18	**20**	**Hilly**	**East to West**								Y
43	Dorey Park	46	Battlefield Park Road	3	6	**6**	**Hilly**	**East to West**								
43	Dorey Park	36	Willis Church Road	7	14	**14**	**Flatter**	**West to East**					Y	Y	Y	
43	Dorey Park	28	Herring Creek	15	30	**30**	**Flatter**	**West to East**				Y	Y	Y	Y	
43	Dorey Park	23	Lawrence Lewis Jr Park	20	40	**40**	**Hilly**	**West to East**			Y	Y	Y	Y	Y	
43	Dorey Park	20	Charles City Courthouse	23	46	**50**	**Hilly**	**West to East**		Y	**Y**	**Y**	**Y**	**Y**	**Y**	
43	Dorey Park	6	Chickahominy	37	74	**74**	**Hilly**	**West to East**		Y	Y	Y	Y	Y	Y	
43	Dorey Park	0	Jamestown	43	86	**86**	**Hilly**	**West to East**	Y	**Y**	**Y**	**Y**	**Y**	**Y**	**Y**	