Your guide to healthy local living

Everything you need to know about living a healthy and happy life in your community

Welcome home! Novant Health UVA Health System is here to help you get well and stay healthy as you settle in and learn to live like a local in your new neck of the woods.

Parks and rec - page 2 »

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Virginia is the perfect place to enjoy the great outdoors, from mountains to waterways to historic sites. Here are some highlights of the regional park scene. Explore more in Prince William County, Manassas, Culpeper County and the town of Culpeper, Fauquier County and Manassas Park.

Popular parks

**Leesylvania State Park** » | Woodbridge
Explore 543 scenic, historic acres on the Potomac River with boating, fishing, hiking and camping. Water access via boat ramps, sailboat hoists, paddling launch and rental canoes, kayaks, stand up paddle boards and sailboats. Pier, bank or boat fishing. Enjoy five hiking trails, a fitness trail and the Potomac Heritage National Scenic Trail.

**Lenn Park** » | Culpeper
Enjoy pastoral views on 85 acres with two playgrounds, Civil War history flag plaza, creek fishing, model airplane park, picnic grove and unpaved 2-mile round trip trail. [View the map](#).

**Locust Shade Park** » | Triangle
Visit this scenic lakeside park with nature trails, boat rentals, fishing, driving range, miniature golf, batting cages, tennis courts, sand volleyball, fitness trail, amphitheater and more.

Blue Ridge bliss

**Sky Meadows State Park** » | Delaplane
Enjoy hiking, horseback riding, biking, fishing and year-round nature and history programs in this 1,864-acre mountain getaway. Hike in or bike in to primitive campsites. There are 24 miles of hiking trails, 10.5 miles of bridle trails, 9 miles of bike trials and Appalachian Trail access.
Historic locations

Manassas National Battlefield Park »
One of the nation’s most historic battlefields offers guided historical tours, more than 40 miles of hiking trails with historic markers, bridle trails, catch-and-release fishing and Junior Rangers program.

Rippon Lodge Historic Site » | Woodbridge
Tour one of Prince William County’s oldest known homes, as well as formal gardens and walking trails with Potomac views.

Explore more Prince William and Manassas history with Civil War info, a downloadable Heritage Trail map and itinerary ideas.

The Journey Through Hallowed Ground National Heritage Area » | Statewide
Historic landmarks line this 180-mile-long, 75-mile-wide region, whose scenic lands claim to have more history than any other region in the nation. Overview map, Itineraries by topic and location.

10 steps to a healthier you

1. Skip the salt. Cut back on sodium to decrease risk of high blood pressure and more.
2. Say no to sugar. Beware of hidden culprits like drinks, juices, tomato sauce, etc.
3. Limit alcohol. Limit yourself to two drinks a day, and ideally one if you’re a woman.
4. Quit smoking. It harms nearly every organ of the body and causes many diseases.
5. Exercise regularly. Just 20 to 30 minutes a day can make a big impact.
6. Sleep. Getting adequate rest is one of your body’s best defense mechanisms.
7. Eat more fruits and veggies — and add more lean protein and fiber.
8. Drink water to boost your body’s efficiency, reduce headaches and aid weight loss.
9. Lose weight. Start with small, reasonable goals and work up from there.
10. Be proactive. Don’t ignore health issues. Get annual physicals and be honest with your doctor.

Learn more about getting and staying healthy from Novant Health UVA Health System.
Monumental mountains

**Shenandoah National Park** » *Western Virginia*
Escape into the Blue Ridge Mountains to enjoy vistas, waterfalls and woodlands. Cruise the fabled 105-mile **Skyline Drive** and take in stunning overlooks. Access it via entrances from central to northern Virginia. Hike your way across some 500 miles of trails. See more hiking information on page 6. Fish for trout in the streams. Stay a while at four campgrounds or pitch a tent in the backcountry. The options are endless and close to home.

**Bull Run Mountains Natural Area Preserve** » *Fauquier and Prince William counties*
Wander 6 miles of trails through forests, woodlands, rocky ridges and cliffs. More here, including trail info and map.

Wooded wonderlands

**Prince William Forest Park** » *Triangle*
The National Park Service’s largest piedmont forest and the D.C. area’s largest green space is an oasis for hikers, bikers, campers, fishermen and more, with 37 miles of hiking trails and 21 miles of bike roads and trails. View the maps.

**Whitney State Forest** » *Warrenton*
Over 7 miles of wooded trails for walking, running, biking and horseback riding.

Wildlife watching

**Virginia Birding and Wildlife Trail** » *Statewide*
Follow wildlife viewing loops throughout the state’s coast, mountains and piedmont, including sections in **Prince William** and **Culpeper**.

**Occoquan Bay National Wildlife Refuge** » *Woodbridge*
Explore wetland, grassland and woodland trails with an array of plants and animals. View wildlife via foot, bike or vehicle on roads, trails and auto tour routes.
Lake lifestyle

**C.M. Crockett Park » | Midland**
Fauquier County’s largest lakeside park offers boating, fishing, and cross-country and nature trails. Seasonal rentals include boats with trolling motor or oars, pedal boats and canoes.

**Lake Pelham/Pelham Reservoir » Culpeper**
Get on the water for fishing and paddling via a public boat ramp and rentals from Lake Pelham Adventures, including kayaks, paddle boards and canoes.

**Silver Lake Regional Park » | Haymarket**
Enjoy bank fishing, non-motorized boating, 4 miles of bridle and hiking trails, and events such as star gazing, fishing derby and family activities.

Splish splash

Beat the heat at water parks including SplashDown Waterpark in Manassas and Waterworks Waterpark in Woodbridge.

Bow wow wow

Fido-friendly dog parks include:
- **Vint Hill Dog Park** in Warrenton
- **Manassas Park Dog Park**
- **K-9 Gunner Dog Park** in Woodbridge
- **Culpeper Dog Park**

Where to go when you need care now

Physician office • Express care • Urgent care • Emergency room

Find a location near you. Check wait times. Make an appointment.

*Get connected now*
Let’s get physical

Our area offers endless recreational opportunities to help you stay active and have fun. Here are some highlights.

**Hiking havens**

Many parks featured previously in this guide are among the area’s top hiking spots. Highlights include:

- **Sky Meadows State Park** | Delaplane
- **Prince William Forest Park** | Triangle
- **Bull Run Mountains Natural Area Preserve** | Fauquier and Prince William counties
- **Manassas National Battlefield Park**
- **Leesylvania State Park** | Woodbridge
- **Shenandoah National Park** | Western Virginia

Hike through woods, visit waterfalls and enjoy sweeping views on more than 500 miles of trails, including 101 miles of the [Appalachian Trail](#). Browse printable [maps](#) and suggested hikes, grouped by location and rated for difficulty.

Visit the wildly popular [Whiteoak Falls](#) via difficult hikes of varying lengths. The nearby [Old Rag](#) summit hike is the park’s most popular and most dangerous, so read up and be prepared.

**Hike, bike and paddle**

Hike, bike, ride and paddle this network of trails that stretches from Pennsylvania to central Virginia.

- **Hiking guide**
- **Biking routes**
- **Paddling info**
- **Prince William County map**
Walk, jog and run

There are plenty of great places to walk and run around here, including the trails, greenways, loops and routes below and many of the parks listed previously in this guide.

Manassas
City walking and running path maps, including Winter’s Branch Trail that starts near Dean Park.

Prince William County
County parks trail information, including 4 miles at Silver Lake Regional Park in Haymarket. Or participate in the annual Prince William Half Marathon.

Fauquier County
County parks greenway and trail overview and information, including the popular, paved Warrenton Branch Greenway.

Culpeper County
Explore paved and unpaved trails at Culpeper Sports Complex (map) and Yowell Meadow Park.

Trails, loops and routes near you
Find a fave running or walking route near you with MapMyRun and WalkJogRun.

Biking bliss

Group rides

Weekly on- and off-road » | Manassas
Call or check social media » | Haymarket
Ride calendar » | Culpeper
Various days and difficulties » | Warrenton

Where to ride

Prince William County »
Prince William Forest Park »
Fauquier County »
Remington »
Culpeper »
Washington & Old Dominion Trail »
45 paved miles through Loudoun and Fairfax counties with multiple parking areas. More here.

Bicycling in Virginia map »
Download the state map and trail details to find your new fave ride.

United States Bicycle Routes (USBR) »
Virginia’s section of the East Coast USBR 1 spans from Arlington to the North Carolina border. Traverse the state from the mountains to the sea on USBR 76.

Mountain biking

Conway Robinson State Forest »
Gainesville
Laurel Hill Park » | Lorton
William C. Whitney State Forest »
Warrenton
Culpeper Area Mountain Bike Organization and Deer Springs Farm trails »

BMX
NOVA BMX » | Woodbridge
Cost-conscious fitness

Prince William County is home to numerous recreation and **fitness centers** and offers a wide range of **exercise classes**.

The **fitness center** located on the campus of Novant Health UVA Health System Prince William Medical Center offers a variety of exercise equipment and programs, and is staffed by personal trainers and wellness coaches to help you get motivated and meet your fitness goals. For more information or to schedule a tour, call 703-369-8605.

**Freedom Aquatic & Fitness Center** in Manassas offers two pools for exercise and play, group classes, trainers, youth and adult sports, childcare, preschool and more.

**Manassas Park Community Center** features cardio and weight machines, group classes, indoor pool, basketball courts, personal training and more.

**Warrenton Aquatic and Recreation Facility** offers an indoor competition pool, indoor fun/leisure pool, exercise classes and fitness center.

**Culpeper Recreation Club** has an outdoor pool, tennis courts, multisport field, basketball court, playground, game room and more. **Culpeper County** offers fitness, dance and swim classes.

**Powell Wellness Center** in Culpeper is a health, wellness, and fitness center equipped with a cycling studio, group exercise classroom, aquatic arena, indoor walking track, café, pro shop, massage services and more.

Water sports wows

Peruse pools in the fitness section above or take a dip at **Stonewall Park Pool** in Manassas and **Larry Weeks Community Pools** in Warrenton. Browse **Prince William County water parks and indoor and outdoor pools** with programs and lessons.

Check the **lake** section of this guide for regional boating and fishing fun. See which lake and riverside parks in Prince William and Manassas offer fishing, boat rentals and/or marinas in the handy chart on page 15 of this **visitor’s guide**.

Numbers can help save your life

1 **A1C**

The A1C blood test measures your average blood glucose over the past several months to help evaluate your risk for diabetes.

2 **BP**

The measure of blood flow as it moves through your vessels is known as blood pressure (BP). High blood pressure can greatly increase your risk for heart disease and stroke.

3 **BMI**

Body mass index (BMI) is a calculation of your weight in relation to your height and is used to assess how much of your body is composed of fat.

Visit your Novant Health UVA Health System primary care provider to learn these numbers.

[Learn about out diabetes services](#)

[Find a doctor](#)
Our unique local flavors provide opportunities to eat your heart out while being mindful of your health. Here’s a taste of some of the freshest food our area offers.

**Farm to table**

**Manassas Farmer’s Market**
Shop year-round at this downtown market. Check for seasonal schedules and vendors.

**Haymarket Farmers’ Market**
Browse Virginia-grown goods from April to October.

**Exit 40 Farmers Market**
Located on the campus of Novant Health UVA Health System Haymarket Medical Center, this market features local foods and arts and crafts, plus a youth market.

**Smart Markets Bristow**
Year-round offerings include produce, meat, bread and more.

**Culpeper Downtown Farmers Market**
Shop local produce, meat, eggs, baked goods, flowers, plants, handmade goods and more from April to November.

**Warrenton Farmers Market**
Stock up at two locations from spring to fall.

To connect with other regional farms, markets and more, search this directory. Download the Buy Fresh Buy Local guide featuring Fauquier and Culpeper counties.

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**Community gardens**

**Culpeper Community Garden**
30 plots and expansion plans.

**Teaching Garden** | **Bristow**
Master Gardeners teach low-maintenance and local plant gardening.

**Airlie’s Organic Garden** | **Warrenton**
Tour a 4-acre organic garden to learn about sustainable agriculture and local food systems.
As you get settled in your new community, Novant Health UVA Health System is the healthcare partner you can trust to care for you and your family. We’re more than just the help you need when you’re sick or injured — we’re with you for every step of your health and wellness journey. And we work hard to make the care you need easy to access, understand and afford.

Where you are, we are

- **3 medical centers and specialty hospitals in the area**
- **Primary and specialty care physician offices**
- Outpatient centers offering **imaging** and **rehabilitation**

Access us 24/7

- **Convenient emergency, urgent and express care sites**
- Extended clinic hours with same-day appointments and walk-ins, as well as online screenings

Manage your healthcare anytime online

- Online appointment scheduling
- Some of our locations offer virtual e-visits and video visits

You deserve the highest quality care

- All 3 of our medical centers are fully accredited by The Joint Commission, an independent organization that evaluates a healthcare organization’s performance in areas that most affect patient health and safety.

Connect with us at [NovantHealthUVA.org/newneighbor](http://NovantHealthUVA.org/newneighbor)