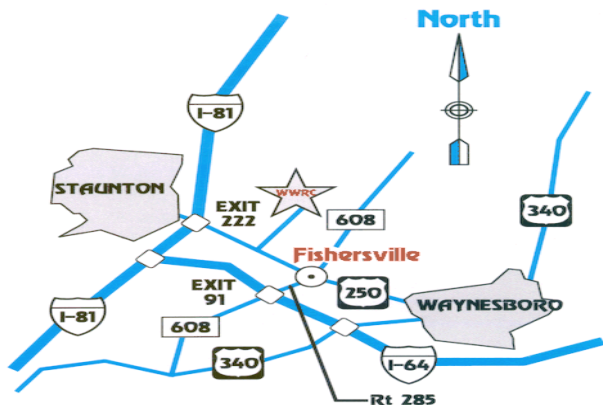


CAMPUS INFORMATION

WWRC is located in Fishersville, Virginia, approximately 30 miles west of Charlottesville. The 230-acre campus features barrier-free accommodations including housing options to meet the needs of all levels of disability, modern recreational facilities, covered walkways, dining hall, dormitories and medical units.

Woodrow Wilson Rehabilitation Center



CONTACT INFORMATION

Project Co-Directors:
Sharon Russo 540-332-7112
sharon.russo@wwrc.virginia.gov

Victor Morzark 540-332-7081
victor.morzark@wwrc.virginia.gov

Emergency 911 or 540-332-7317

Group Reservations
540-332-7185

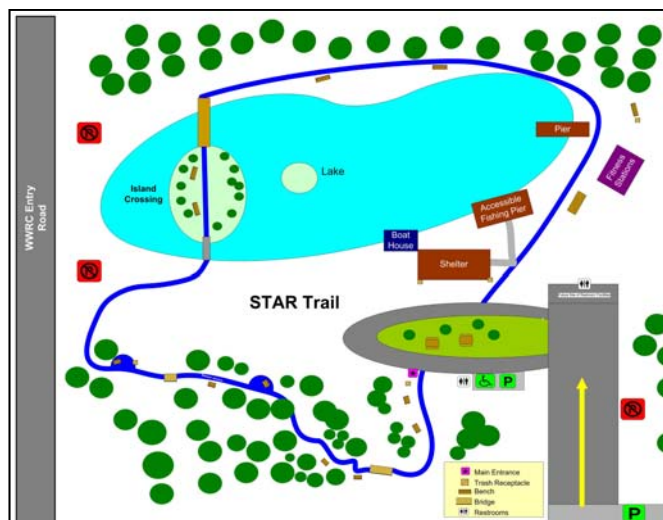


WAY TO GO!

The Woodrow Wilson Rehabilitation Center STAR Trail is being made possible through the generous support of our community, private donors and grants from the following non-profit organizations:

- Augusta Health Corporation Community Health Foundation
- Christopher Reeve Foundation
- Virginia Department of Conservation and Recreation
- WWRC Council of Organizations
- WWRC Foundation
- WWRC Student Government Association

Tax-deductible contributions continue to be accepted and appreciated.



Supporting **T**herapeutic **A**ccess to **R**ecreation



Woodrow Wilson
Rehabilitation Center

The Premier Rehabilitation Community
Serving People with Disabilities

WWRC STAR TRAIL

Bringing the Beauty of the Outdoors to All Who Seek It

The STAR Trail at WWRC welcomes visitors daily, free of charge, from dawn to dusk. The half-mile accessible crushed stone trail enters the white pine forest above the picnic shelter and crosses the lake onto an island with a bridge continuing the trail around the



lake. The trail-traveler will find benches along the trail for quiet enjoyment of the beautiful and peaceful surroundings.



The lake offers fishing piers (license required) and a picnic shelter with barbecue pits. The lakeside fitness park offers six exercise stations to challenge users to stretch, monitor their heart rate, work on balance and improve their strength.



The trail crosses the lake via bridges to a small island and continues along the lake bank back to the picnic shelter. Plans for developing the island include adding a gazebo, benches, gardens and fishing platforms.

Explore the Benefits

- ☼ Feel body and soul respond to the joy of movement.
- ☼ Leave the stress behind as you set out on a scenic walk in the woods.
- ☼ Share a smile with fellow walkers, rollers and joggers.
- ☼ Breathe deeply of the fresh, clean air.
- ☼ Take pride in a place you and your neighbors can call your own and continue to support as a community gathering place.

Public Access

Open to walkers, joggers, persons using motorized and non-motorized wheelchairs, baby strollers and leashed dogs.

Prohibited: All-terrain vehicles, bikes, roller skates, in-line skates, skateboards, horses and motorized vehicles.

Parking

Accessible parking at the Picnic Shelter on first come first park basis. General parking in the WWRC Parking Lot A across the street from the main WWRC Entrance (1/4 mile from trail).

Group Reservations

Call 332-7185 to reserve use of picnic shelter.

Usage Policies

We ask our visitors to follow these rules designed to protect the natural environment, maintain the trail condition and to ensure the health, safety and enjoyment of all trail users.

- ☼ Respect other trail users and protect the quality of their trail experience. Be courteous.
- ☼ NO SMOKING
- ☼ Walkers please yield to those using mobility devices (wheelchairs, scooters, walkers, etc).
- ☼ Please leave the trail as beautiful as you found it. Deposit trash in receptacles provided.
- ☼ Animals are to be on a leash at all times. Please remove your pet's waste.
- ☼ Fishing at the lake is Catch and Release with a valid fishing license.
- ☼ No camping or fires along the trail. Charcoal grills are available at the picnic shelter .
- ☼ No alcohol is permitted in the STAR Trail recreational area including the picnic shelter.
- ☼ Respect the natural trail surroundings which is home to local wildlife.
- ☼ Observe wildlife from a distance; do not follow or approach them or attempt to feed them.
- ☼ All visitors must vacate the premises at dark.

Users of the trail and recreational area must comply with all applicable health and safety regulations. WWRC cannot assume liability for possible injury to persons or property.

Any persons using Center facilities who engages in unlawful or disruptive conduct or violates Center policy may be asked by a Center official to leave the property.

All persons on Center property are subject to these provisions and to the provisions of local, state and federal law. Appropriate action may be taken against any person not complying with these provisions.