

BIKE THE TRAIL. DISCOVER THE STORY.

# FRIES HERITAGE & TRAIL EXPERIENCE

An educational field experience on the New River Trail in Fries, Virginia

Fries  
Virginia

FIELD TRIP  
PROGRAM

Turn a New River Trail visit into a richer learning experience. Students can explore how the New River, the Norfolk & Western Railway, Washington Mill, the Town of Fries, and Appalachian old-time music are connected—and how a former railroad corridor became today's New River Trail.

## THE STORY OF FRIES

RIVER → RAILROAD → MILL → TOWN → MUSIC → TRAIL → FUTURE

### A Living Classroom

- **The New River:** geography, natural resources & settlement
- **The Railroad:** transportation, trade & regional connections
- **Washington Mill:** industrialization, work & company-town economy
- **The Town of Fries:** community life & Appalachian history
- **Old-Time Music:** Henry Whitter, G.B. Grayson & musical heritage
- **The New River Trail:** adaptive reuse, recreation & rural tourism

### Designed for Learning

A Fries visit can complement classroom instruction in:

- American and regional history
- Virginia and North Carolina social studies
- Geography and economics
- Transportation and industrialization
- Environmental science & music/Appalachian culture
- Entrepreneurship & economic development

### Possible Group Experiences

- Guided Fries history walks & company-town history
- Norfolk & Western Railway / New River Trail interpretation
- Historic Fries Theatre visits & old-time music demos
- New River & environmental learning activities
- Student activities, challenges & reflection exercises

### Built Around Your Trail Visit

- **Trail + History:** Add a short Fries history experience to a bike or walking trip.
- **Trail + Mill + Music:** Connect the trail to the mill, railroad and musical heritage of Fries.
- **A Day in Fries:** Combine recreation, history, music and time in town.

### Who Is It For?

Elementary, middle & high schools, homeschool groups, Scouts, 4-H, YMCA, camp groups, college classes, and community orgs.

### Before • During • After

**Before:** Prep.

**During:** Observation & Heritage Passport.

**After:** Reflection & rural future activities.

### Learn More

Visit

[newrivertrail.com/discover/education/](https://newrivertrail.com/discover/education/) to help shape future experiences.

## Interested in a future school or group visit?

The Fries educational program is currently being developed with community partners. Teachers and group leaders are invited to help shape future experiences.

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