

**ALABAMA****Athens - Historic - Limestone County****10K and 5K Year Round Walk (2017/Y1787) 1/1/2017 - 12/31/2017**

Ice Cream Parlors, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0261 Capital City Wanderers capitalcitywanderers.homestead.com

**Contact:** Karen VanSant, kvansant79@gmail.com, (256)656-4335, 913 Binding Branch NW, Huntsville, AL, 35806

**Start Point:** Hampton Inn- 1222 Kelli Dr. From I-65, take Exit 351. Go east on Hwy 72. Take the first right onto Kelli Dr. Hampton Inn is on the right. The walk box is at Hampton Inn. Drive to Athens Visitors Center to complete walk. Pick up driving instructions to the Visitors Center in the "walk box" at Hampton Inn. Stamp books and take along an envelope so you will not have to return to start point to stamp your books.

**Event Info:** Walk during daylight hours only.

**Birmingham - Magic City****Distance 6/8/12/20k Year Round Walk (2017/Y0493) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Make a Wish at a Water Fountain, Take a Walk In a City Park, Walking the Path of Inventions

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0261 Capital City Wanderers capitalcitywanderers.homestead.com

**Contact:** Dee Addison, deeaddison@yahoo.com, (205)960-2150, 802 Ave D SE, Cullman, AL, 35055

**Start Point:** Springhill Suites by Marriott- 2024 4th Ave S (205-322-8600) From I-65 northbound: Exit 259 (University). Stay right, follow University to 20th St. Left on 20th St, right on 4th Ave S. Hotel is on the left. From I-65 southbound: Take the 4th Ave S exit #259B. Stay on 4th Ave. Hotel is past 20th St on the left.

**Event Info:** Ask for AVA Walk Box at Registration desk. Parking on street is Free on Sat & Sun. Parking in Deck next to Springhill is \$2 on Sat or Sun - use Cash (only Quarters, \$1 or \$5 bills). All routes include the historic Civil Rights district, Railroad Park and other points of interest. The 12k and 20k routes also go thru the UAB campus. SPECIAL PROGRAMS info: Only the 12k & 20k routes qualify for 'Food For Thought'. Only the 8k, 12k & 20k routes qualify for 'Make A Wish' & 'Walking the Path of Inventions'.

**Gulf Shores - Gulf State Park****10km & 5 km Year Round Walk (2017/Y0698) 1/2/2017 - 12/31/2017**

Animal Safari, Trekking With the Trees

**Award:** A Award      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0240 Pensacola Volksmarch Club

**Contact:** JoAnn McKay, jamckay@juno.com, (850)492-0260, 11810 Chanticleer Dr, Pensacola, FL, 32507

**Start Point:** Gulf State Park - Campground Registration Office- 22050 Campground, on County RD 2. I-10, exit 7 and turn S on Pine Forest. Turn right to Blue Angel Pkwy and go about 10 miles and make a right to Sorrento (becomes Perdido Key and then Gulf Beach Hwy in AL). Turn right on Alabama County RD 2 and drive a short distance. Turn right to campground. Walk box at Campground Registration Office. \$1 fee per car to enter Gulf State Park Campground.

**Event Info:** M-F 8am-5pm; Sat & Sun & Holidays 8am-4pm. Closed New Years and Christmas. Walk start/finish is 0.6 miles from registration. Driving directions to start/finish are at top of walk directions.

**Huntsville****10 KM, 5 KM Year Round Walk (2017/Y0516) 1/2/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0261 Capital City Wanderers capitalcitywanderers.homestead.com

**Contact:** Bill and Beverly Gray, billgray2@yahoo.com , (256)508-0246, 4921 Westwood Dr., Huntsville, AL, 35810

**Start Point:** Huntsville/Madison County Convention & Visitors Bureau- 500 Church St., Suite One, 35801. From I 565 Eastbound take Exit 19C onto Jefferson St. Turn right on Monroe St. Turn right on Church St. Cross the RR tracks. The Visitors Center is on the right. From I 565 Westbound take Exit 19A, to Jefferson St. and follow the directions above.

**Event Info:** M-Sat 9am-5pm, Sun Noon-5pm, Closed major holidays.

**Mobile - Mobile Meander****10km and 5km Year Round Walk (2017/Y0338) 1/1/2017 - 12/31/2017**

Honoring Our Flag, National Register of Historic Places, Walking the USA A - Z

**Award:** B Award      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes

**Sponsor:** AVA-0240 Pensacola Volksmarch Club

**Contact:** Annette Baisden, annette.baisden@hotmail.com, (850)438-3906, PO Box 30024, Pensacola, FL, 32503-1024

**Start Point:** History Museum of Mobile- 111 S Royal. I-10 take Water/Downtown Exit, turn left at Water. First traffic light turn left to Royal. Parking on left across from Ft Conde VC.

**Event Info:** Daily 8-5 call on holidays.

**Monroeville - Literary Capital of Alabama****5/10km Year Round Walk (2017/Y1522) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 5K-1A/10K-2A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** REG-SE AVA - Southeast Region

**Contact:** Sandy Smith, sandy@monroecountyal.com, (251)743-2879, 86 N Alabama Ave, Monroeville, AL, 36460

**Start Point:** City of Monroeville Police Station- 57 S Mt Pleasant. I-65, exit 93 W to Monroeville on US 84. Approx 20 miles, at intersection with AL 21, turn right on AL 21. Follow AL 21 to town (do not take by-pass) to Hines. Left on Hines, then right on Mt Pleasant.

**Event Info:** Daily-Dawn to Dusk.

**Montevallo****10km/ 5KM option Year Round Walk (2017/Y1582) 1/5/2017 - 12/23/2017**

Alternative Capitals, Bridges - Spanning the USA, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Water Towers

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0261 Capital City Wanderers capitalcitywanderers.homestead.com  
**Contact:** Sara Ricaurte, worketc13@att.net, (205)223-9514, 1336 Grandview Trail, Warrior, AL, 35180

**Start Point:** Chamber of Commerce's front porch- 845 Valley St, Montevallo, AL. Take Exit 228 off of I-65. Take AL Hwy 25 S through Calera. Go right on Hwy 155 N.(Middle St) Cross Hwy 119 (Main St) Continue on Middle St. Take next Right onto Valley St. Chamber of Commerce is on your left. The Walk Box is on Chamber of Commerce's front porch. The actual walk starts at Jack's restaurant rear parking lot. Take a copy of the driving directions to Jack's rear parking lot from the the "Walk Box" at Chamber of Commerce. Stamp books, and take mailing envelope so you will not have to return to the official start point.

**Event Info:** Historic homes, churches plus a 40 acre park with "Tingles"-humorous carvings in the trees by a local artist. Also there are murals and sculptures throughout the walk done by local artists. Stroll through University of Montevallo campus with buildings dating from 1820s and 1850s through present day.

**Montgomery - Capital****11km, 8km, 5km Year Round Walk (2017/Y1267) 1/1/2017 - 12/31/2017**

Alternative Capitals, Amphitheatres, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, State Capital, Walking the Path of Inventions, Walking the USA A - Z, Water Towers

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0261 Capital City Wanderers capitalcitywanderers.homestead.com  
**Contact:** Diane McFarland, often51@earthlink.net, (334)458-4584, 6761 Jakefield Dr., Montgomery, AL, 36117

**Start Point:** Embassy Suites - 300 Tallapoosa St. 334-269-5055. From I-65 southbound, take Exit 172 (Downtown/Clay St). After 1st traffic light, turn left on Herron. Cross Interstate bridge. Go 5 blocks and turn left on Molton. Turn right on Tallapoosa. Hotel is on the left. From I-65 northbound, take Exit 172 (Herron) and follow above directions.

**Event Info:** Open 24/7. Ask hotel attendant for the Walk Box. Walk along the riverfront, and past many interesting historic buildings, as well as a lot of new development.

**ALASKA****Anchorage - Campbell Creek-Wildberry****10km and 5 km Year Round Walk (2017/Y0924) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0886 Anchorage Volkssport Club  
**Contact:** Linda Phillips, lsphillips@gci.net, (907)227-4023, 3906 Reflection Drive, Anchorage, AK, 99504

**Start Point:** Alaska Wild Berry Products- 5225 Juneau St. Anchorage, AK

**Event Info:** Route goes out 5km and returns along the same paved bike path that runs west along the Campbell Creek between the Sourdough Mining Company and Arctic Blvd.

### Anchorage - Chester Creek/Tony Knowles Coastal Trails

6KM & 10km Year Round Walk (2017/Y0902) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0886 Anchorage Volkssport Club

**Contact:** Clyde Faulk, faulkcr@gci.net, (907)248-9252, 2831 Bennett Ave, Anchorage, AK, 99517

**Start Point:** Westmark Hotel/Alaska Public Lands Info Center- JAN 1 - MAY 23 and SEPT 8 - DEC 31: Daily, dawn to dusk. Westmark Hotel, Lobby check-in desk, 907-276-7676. 720 W. 5th Ave, on the corner of 5th Ave. and G St. MAY 24 - SEPT 7: Daily, 9-6. Alaska Public Lands Info Center (Old Federal Bldg.); 907-271-2737. 605 W. 4th Ave, Suite 105. Located on the corner of 4th and F St on first floor. You will need a photo ID to enter the Public Lands Center. From the airport take Airport Rd to Minnesota St. Turn left and drive to 4th Ave. Turn right to start.

**Event Info:** Trail makes a loop on city sidewalks and paved park trails. includes portions of the Chester Creek and Tony Knowles Coastal Trails with views of Westchester Lagoon, Cook Inlet and Mount Susitna. Cross over bridge spanning downtown Ship Creek salmon stream.

### Anchorage - Historic Downtown

10km and 5km Year Round Walk (2017/Y1711) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0886 Anchorage Volkssport Club

**Contact:** Clyde Faulk, faulkcr@gci.net, (907)248-9252, 2831 Bennett Ave, Anchorage, AK, 99517

**Start Point:** Westmark Hotel- 720 W. 5th Ave, located at the corner of 5th Ave and G St. Tel. 907-276-7676. It is within walking distance of most other hotels and can be reached by city bus. Major downtown transit center is just one block away.

**Event Info:** Daily, dawn to dusk. An easy walk along city streets and sidewalks throughout the downtown area. The route includes most of the historical sites downtown with a brief description of each.

### Anchorage - Kincaid Park

10km and 6km Seasonal Walk (2017/Y1594) 5/14/2017 - 9/16/2017

Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0886 Anchorage Volkssport Club

**Contact:** Peggy Kugel, kugel@gci.net, (907)337-0366, 3116 Wesleyan Drive, Anchorage, AK, 99508

**Start Point:** Kincaid Park Outdoor Center- Front desk. 907-343-6397. From either downtown (south on L St) or the airport (east on W. International Airport Rd) take Minnesota Dr. south. Turn right (west) onto Raspberry Blvd and continue all the way into Kincaid Park and on to its terminus in the parking lot of the large outdoor center on top of the hill. There is no public transportation to the park.

**Event Info:** Open Mon-Sat 12 noon-8:30 PM, open Sun 12 noon-5:00 pm. Park gate closes at 10 PM. Two major trail loops are combined: Margaux's Loop (6km) and Mize Loop (5km) for a moderately easy walk on wide woodland trails, part of one of the premier, world-class, cross-country ski trails in the USA.

### Anchorage - Lake Hood

#### 10 KM & 7KM Year Round Walk (2017/Y0640) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0886 Anchorage Volkssport Club  
**Contact:** Clyde & Raye Faulk, faulkcr@gci.net, (907)248-9252, 2831 Bennett Ave, Anchorage, AK, 99517  
**Start Point:** Lakefront Hotel (Formerly called Millennium Hotel)- 4800 Spenard Road, Anchorage, AK. Located near the Anchorage International Airport. From the Airport, follow the signs toward Anchorage on International Airport Road. Turn left on Spenard Road. Drive two blocks to the Lakefront Hotel, located on the left side of Spenard Road.  
**Event Info:** Trail is rated 1. The route is a 10km (6.2 miles) walk along trails and streets circling Lake Hood Seaplane Base, the largest seaplane base in the world. The trail passes through general aviation areas at the Anchorage International Airport. The route continues to Earthquake Park, a site commemorating the 1964 Good Friday Earthquake, with great views of the Cook Inlet, Mt. Susistna, and Mt. McKinley.

### Denali National Park and Preserve

#### 10km Seasonal Walk (2017/Y0641) 5/14/2017 - 9/16/2017

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0886 Anchorage Volkssport Club  
**Contact:** Scott McDonald, scott@akwater.com, (907)456-4695, 1135 Shannon Drive, Fairbanks, AK, 99701  
**Start Point:** Denali National Park Visitors Center (No Walk Box at Start Point. Walkers must register in advance)- The Start Point is at the Denali National Park Visitors Center [238 miles north of Anchorage---124 miles south of Fairbanks]. Please be aware that due to the distance from Anchorage, there is no Walk Box at the Visitors Center. To obtain the walk directions, walkers must register in advance by submitting a signed Liability Release to the point of contact for the walk. Walkers requesting insert card(s) for completing the walk must also submit \$3.00 for each walker. For those visitors arriving by train, the Start Point is a short distance from the Alaska Railroad Station in the Park.  
**Event Info:** This is a beautiful walk through the entrance area of Denali National Park. All but 2 km are within Denali National Park and Preserve. The Route uses both bike paths and wooded trails to explore the Park entrance area. Highlights include the Visitor Center campus complex, the Nenana River bridge crossing, the Jonesville Trail cut-off to the Park, the Taiga Trail, and the Horseshoe Lake trail.

### Eagle River

**10km and 5km Year Round Walk (2017/Y0769) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 2C      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0886 Anchorage Volkssport Club  
**Contact:** Charlie Criss, charles.criss@us.af.mil , (907)384-7393, 24205 Eagle River Road, Eagle River, AK, 99577-9688  
**Start Point:** Eagle River Nature Center- Start Point/Driving Directions: 32750 Eagle River Rd, Eagle River, Alaska. (907) 694-2108. From Anchorage (from the south), take the Glenn Highway North to the Eagle River Loop Road Exit. When you exit, you will immediately come to a traffic light. Continue on straight, cross the bridge and go straight through one more light. At the third traffic light, you have reached the Eagle River Road. Make a right on to Eagle River Road and follow the road to the end, 12 miles into the valley. The Nature Center is at the end of the road. \$5 per car parking fee at Nature Center parking lot. No public transportation.  
**Event Info:** Description: Trails are accessible 24 hours/day but start points hours of operation are: May through September on Wednesday through Sunday from 10am-5pm; Closed Mondays and Tuesdays. October through April on Friday through Sunday from 10am-5pm; Closed Monday-Thursday. Closed on most major holidays. Call 907-694-2108 to verify. You will discover the beauty of the Eagle River Valley as you begin your drive along Eagle River Road. At the log cabin Nature Center, ask for the plastic, 12-inch square "walk box" at the staffed front desk; the box is on the first shelf below the counter and marked "Walk Box". This moderately challenging walk is on well-maintained trails within Chugach State Park and meanders through a river valley shaded by cottonwoods and birch and bordered by picturesque mountains. Enjoy walking a portion of the original Iditarod Trail and seeing the rapids of glacial-fed Eagle River; look closely and you may see bird species to add to your life list, moose or bear along the trail or beavers in ponds with breathtaking views of often snow-clad, glacially-carved mountains in the background. For a preview of what you may see, view a slideshow at <http://www.ernc.org/slides-summer/index.html>. Enjoy your walk in the Last Frontier.

### Fairbanks - Historic/Scenic

**10km Seasonal Walk (2017/Y0520) 5/14/2017 - 9/16/2017**

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0886 Anchorage Volkssport Club  
**Contact:** Scott MacDonald, scott@akwater.com, (907)456-4695, 1135 Shannon Dr., Fairbanks, AK, 99701  
**Start Point:** Springhill Suites by Marriott- 575 1st Ave (corner of 1st Ave and Cushman St). Tel.907-451-6552. Fairbanks is 358 miles north of Anchorage by way of the Parks Hwy. From Airport Way turn north on Cushman St. Note the one-way streets. Springhill Suites is on the corner of 2nd/1st Ave and Cushman St. On-street parking is available but in short supply. Use the Fairbanks parking garage on Lacey St off 3rd Ave. Parking is \$1.00 an hour.  
**Event Info:** Daily dawn to dusk. However, the Pioneer Park businesses on the route close at 9PM. Trail is an easy walk along sidewalks, paved bike trails and some road shoulders. The route leads you through some of the most historical areas of Fairbanks. There is written commentary on the route instructions.

### Girdwood - Alyeska

10km and 5km Seasonal Walk (2017/Y1849) 5/14/2017 - 9/16/2017

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0886 Anchorage Volkssport Club  
**Contact:** Carol Harris, clh@gci.net, (907)750-1401, 6811 Howard Avenue, Anchorage, AK, 99504  
**Start Point:** The Hotel Alyeska - Ask for Volkssport File box at hotel front desk. Tel. 907-754-1111. Trail begins at base of tram. Take Seward Hwy to Alyeska Hwy (milepost 37) and drive the 2.9 miles to the T intersection and turn left on Arlberg Ave. Arlberg leads you to the The Hotel Alyeska, 1000 Arlberg Rd. Park in the large parking lots on the left side of Arlberg. Walk to tram station or take shuttle bus from parking lot A. There is no public transportation to Girdwood.  
**Event Info:** Daily dawn to dusk. Most of the trail is on paved bike trails, sidewalks and roads. Parts of it are on grass, gravel and a forested trail with exposed roots. No steep hills. Route includes parts of the Alyeska Ski area, the Girdwood Town Site, school, library and the unique Athabaskan Nature Trail.

### Juneau - Capital

10km and 5km Seasonal Walk (2017/Y0863) 5/1/2017 - 9/30/2017

Bridges - Spanning the USA, Honoring Our Flag, Points of Reference, State Capital, United States Post Offices, Walking the USA A - Z

**Award:** A Award      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0754 Over-The-Hill-Gang Volkssport Club [www.theoverthehillgang.net/](http://www.theoverthehillgang.net/)  
**Contact:** Diane Wagner, dianaswagner@comcast.net, (253)875-3064, 32506 Meridian Ea, Graham, WA, 983389755  
**Start Point:** Alaskan Fudge Co - 195 S. Franklin Street. FROM CRUISE SHIP TERMINAL:Exit to S. Franklin Street. Turn left and walk to start point at 195 So. Franklin Street. FROM AIRPORT:Drive south (towards town) on Egan Drive to Marine Drive staying on the right side, Turn right on Franklin Street, to start point.  
**Event Info:** Daily, 9am to 9 pm. If you arrive early, do walk and sign the log at finish. Pre-registration available by contacting The Over the Hill Gang, c/o Diane Wagner, 32506 Meridian Ea, Graham, WA 98338-9755. Juneau is a city with numerous hills. The route will be mainly on city streets and some groomed trails. One stairway will make the trail difficult for strollers and wheelchairs.

### Ketchikan - Ketchikan Adventure

5k, 10k Seasonal Walk (2017/Y2034) 5/1/2017 - 9/30/2017

Boardwalks, Honoring Our Flag, Points of Reference, Walking America's Ports of Call, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 3B      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0754 Over-The-Hill-Gang Volkssport Club [www.theoverthehillgang.net/](http://www.theoverthehillgang.net/)  
**Contact:** Diane Wagner, dianaswagner@comcast.net, (253)875-3064, 32506 Meridian Ea, Graham, WA, 98338-9755  
**Start Point:** Cruise Pier Entrance- This is a remote start walk. The POC will send walk map and directions after receipt of signed waiver for all participants and payment of fees from credit walkers. Insert cards mailed after walk completion.  
**Event Info:** Walk on trails, bridges, and boardwalks. There will be opportunities to view salmon, totems and majestic trees on the walk route.

**ARIZONA****Benson****5 km/6 km/10 km Year Round Walk (2017/Y0372) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Take a Walk In a City Park, United States Post Offices, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0746 Thunder Mountain Trekkers

**Contact:** Wendy Breen, artinthepark@cox.net, (520)378-1763, 3288 Sky Hawk Drive, Sierra Vista, AZ, 85650

**Start Point:** Giant Store/Shell Gas Station- 104 E 4th. West I-10 exit 304 & proceed S on Ocotillo to traffic signal. Turn left & Giant Station is at next light on right. East I-10 exit 303. Giant Station on right beyond 3rd traffic light. Park in lot on side of building, if possible.

**Event Info:** Dawn to dusk. Registration box below counter under lottery machine-ask clerk. Elevation at start point is 4,800 ft. Route is along paved streets & on sidewalks w/one noticeable incline. Route features panoramic view of San Pedro River Valley & the chance to see several very long freight trains pass through the town. Count the number of churches along the route in this prime example of "small town USA." 5 km trail is rated 1A. 10 km trail crosses double set of train tracks twice. This walk is in Cochise County-the only county in the USA named for an individual Native American, plus Benson is a person's name. There are 15 murals within one block of the start point.

**Bisbee - Old Bisbee****5 km/10 km Year Round Walk (2017/Y0669) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Ice Cream Parlors, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, United States Post Offices, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes

**Rating:** 3A      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0746 Thunder Mountain Trekkers

**Contact:** Wendy Breen, artinthepark@cox.net, (520)378-1763, 3288 Sky Hawk Drive, Sierra Vista, AZ, 85650

**Start Point:** Copper Queen Hotel- 11 Howell, Bisbee, AZ. Exit 303 East, exit 304 West off I-10. Follow Hwy 80 through Tombstone to Bisbee. Take the Old Bisbee exit. Park in the lot on left at the end of the exit (small fee). Hotel directly behind Bisbee Mining & Historical Museum, across the street. (Walk across Naco Rd/Copper Queen Plaza along Brewery one block to Howell. Go left for 1/2 block.)

**Event Info:** Dawn to dusk. Registration box is behind the front desk, behind the curtain-ask clerk. Start point elevation 5,000 ft. Trail goes through historic Old Bisbee. Experience two sets of the town's famous stairs. Trail provides opportunity to thoroughly explore this former copper mining town turned artist colony. See only 4-story building in the world with ground floor entry for each floor. Walk features the "Iron Man" statue, a WPA project, and the classic art deco Cochise County Court House. This walk is in Cochise County-the only county in the USA named for an individual Native American.



**Flagstaff - Rte 66/Downtown/University****5 & 10km Year Round Walk (2017/Y1327) 1/1/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Volcanoes, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0374 Tucson Volkssport Klub [tucsonwalking.esmartweb.com/index.html](http://tucsonwalking.esmartweb.com/index.html)

**Contact:** Fred Barton, [tucsonwalker@cox.net](mailto:tucsonwalker@cox.net), (520)298-4340, 270 S. Candlestick Drive, Tucson, AZ, 85748

**Start Point:** Green Tree Inn (formerly Ramada)- 2755 Woodlands Village, Flagstaff, AZ 86001. (928) 773-1111. From I-40 Exit 195 N to 89A. Turn Left at first traffic light-Forest Meadow. Go 1 block to next traffic light-Beulah. Turn left on Beulah. Go 2 traffic lights and turn Right on Woodlands Village. Hotel second on left. From I-17 continue under I-40 and go to first traffic light, then as above.

**Event Info:** Trail descriptions, photos, and maps are available on our club web site. This walk is on paved sidewalks and city maintained walking paths. The route goes through Northern Arizona University, winds around the historic downtown area, goes past the Union Pacific RR station/city Visitor Center, and follows some of National Historic Route 66. The mountains north of town are volcanic with craters in lower areas.

**Flagstaff - Woodlands Trail****5km & 10km Year Round Walk (2017/Y1339) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0374 Tucson Volkssport Klub [tucsonwalking.esmartweb.com/index.html](http://tucsonwalking.esmartweb.com/index.html)

**Contact:** Fred Barton, [FBarton2@cox.net](mailto:FBarton2@cox.net), (520)298-4340, 270 S. Candlestick Drive, Tucson, AZ, 85748-6743

**Start Point:** Green Tree Inn (formerly Ramada)- 2755 Woodlands Village, Flagstaff, AZ 86001. (928) 773-1111. From I-40 Exit 195 N to 89A. Turn left at first traffic light-Forest Meadow. Go 1 block to next traffic light-Beulah. Turn left on Beulah. Go 2 traffic lights and turn right on Woodlands Village. Hotel is second on left. From I-17 continue under I-40 and go to first traffic light, then as above.

**Event Info:** The walkbox is behind the counter by the fireplace in the lobby. The Woodlands Trail walk is on a rails-to-trails walking path of the Arizona Lumber and Timber Company roadbed used from 1902 - 1966. It goes from the edge of Flagstaff through a pine forest to a county park. The return offers views of the San Francisco peaks, the highest points in Arizona. These mountains are volcanic with craters in some of the lower areas.

**Fountain Hills****5k, 10k Year Round Walk (2017/Y1811) 1/1/2017 - 12/31/2017**

Make a Wish at a Water Fountain, Points of Reference, Treasure Hunt - A way to walk our precious trails, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** A Award **Strollers:** hard **Restroom:** Yes  
**Rating:** 2B **Wheelchair:** NO **Pets:** Yes  
**Sponsor:** AVA-0913 Saguaro Sun Striders [www.saguarosunstriders.weebly.com](http://www.saguarosunstriders.weebly.com)  
**Contact:** Loralie Cruz, [loralie\\_c@yahoo.com](mailto:loralie_c@yahoo.com), (206)909-3944, 17220 W Spencer House Lane, Surprise, AZ, 85387

**Start Point:** Lexington Hotel & Suites- 12800 N Saguaro, Fountain Hills, AZ 85268. From AZ101 Lp exit 41, go E on Shea approx 10.5 miles. Turn left on N Saguaro approx 2.5 miles and turn left on Paul Nordin Pkwy to the Lexington Hotel & Suites.

**Event Info:** Daylight Hours. The route is a combination of city sidewalks and the Lake Overlook Trail, a fairly easy desert hike. The Lake Overlook Trail is an interface of urban-desert, so while you see the city you are also surrounded by desert mountains. You will see a variety of cacti and other desert flora; and you might spot quail, cactus wrens, lizards, javelina, cottontail and jack rabbits, coyotes, and even an occasional bald eagle. The trail also allows a view of the fountain for which Fountain Hills was named. At the top of each hour, it sprays a 300-500 foot plume of water for fifteen minutes (wind permitting). Restrooms at start/finish and along route.

**Glendale - Phoenix Area****10K, 5k Year Round Walk (2017/Y0181) 1/1/2017 - 12/31/2017**

Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Walking the USA A - Z

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Medium **Pets:** No  
**Sponsor:** AVA-0913 Saguaro Sun Striders [www.saguarosunstriders.weebly.com](http://www.saguarosunstriders.weebly.com)  
**Contact:** Loralie Cruz, [loralie\\_c@yahoo.com](mailto:loralie_c@yahoo.com), (206)909-3944, 17220 W. Spencer House Lane, Surprise, AZ, 85387

**Start Point:** Bitz-ee Mama's Restaurant- 7023 N 58th (across from the library), Glendale, AZ 85301 (one-half block N of Glendale). East US 60 (Grand) turn LEFT on Myrtle and then RIGHT on 58th to Bitz-ee Mamas on the left. East I-10 exit 133B to merge onto AZ101 Lp N. Exit 7 for Glendale. Turn RIGHT on Glendale Ave for 5 miles. Turn LEFT on N 58th and Bitzee-Mamas on the right. West I-10 exit 143C for 19th toward Grand (US60). Turn RIGHT on N 19th then slight LEFT on Grand (US60) approx 7 miles. RIGHT on N 57th, LEFT on W Lamar which turns right and becomes N 58th. Bitzee-Mamas on the right.

**Event Info:** M-W 6am-2pm; Th-Sat 6am-9pm; Sun 8am-12:30pm. Enjoy a scenic town walk through historic downtown Glendale--antique shops, city park and surrounding area.

**Grand Canyon - Grand Canyon****Distance 5/10/20 km Year Round Walk (2017/Y1376) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Ice Cream Parlors, National Parks Centennial Challenge, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** No  
**Sponsor:** AVA-0374 Tucson Volkssport Klub [tucsonwalking.esmartweb.com/index.html](http://tucsonwalking.esmartweb.com/index.html)  
**Contact:** Fred Barton, FBarton2@cox.net, (520)298-4340, 270 S. Candlestick Drive, Tucson, AZ, 85748

**Start Point:** Grand Canyon Natl Pk- Yavapai Point, South Rim, Grand Canyon Natl Pk, AZ 85023. Registration point is in Flagstaff, 80 miles away at the Green Tree Inn (formerly Ramada Hotel), 2755 Woodlands Village, Flagstaff, AZ 86001. (928) 773-1111. From I-40 exit 195N onto 89A. Turn left at first traffic light-Forest Meadow. Go 1 block to next traffic light-Beulah. Turn left on Beulah. Go 2 traffic lights and turn right on Woodlands Village. Hotel is on left. From I-17 continue under I-40 and go to first traffic light, then as above.

**Event Info:** Beautiful Sunrise to Glorious Sunset. Grand Canyon Pk entry fee is extra. Elevation-7,000 feet. The walkbox in the Green Tree Inn is behind the counter by the fireplace in the lobby. The trail is on paved and stone sidewalks along the south rim of the Grand Canyon. The walk route starts at Yavapai Point. In 1932, a conference of Geologist and Park officials decided Yavapai Point has the best views of the Canyon. Along with the spectacular views, the West route takes you through Grand Canyon Village with its gift shops, restaurants, historic information, Fred Harvey Museum, and nature interpretations. The East portion of the route has fewer people on it and additional breathtaking views.

**Green Valley - South of Tucson****6 & 11 km Year Round Walk (2017/Y1098) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0374 Tucson Volkssport Klub [tucsonwalking.esmartweb.com/index.html](http://tucsonwalking.esmartweb.com/index.html)  
**Contact:** Fred Barton, [tucsonwalker@cox.net](mailto:tucsonwalker@cox.net), (520)298-4340, 270 S. Candlestick Dr, Tucson, AZ, 85748

**Start Point:** Comfort Inn & Suites - 90 W Esperanza, Green Valley, AZ 85614. (520)399-3736. Traveling S on I-19 exit 65 and turn right. Immediately turn right again into Plaza de Esperanza (just behind the restaurant). Drive through the parking lot to the very back where the motel is located. Traveling N on I-19 exit 65 and turn left under the overpass then turn right into Plaza de Esperanza.

**Event Info:** Walkbox is behind the front desk. Restrooms and water are available at various locations. The route passes through various residential neighborhoods of this retirement community, with beautiful views of the Santa Rita Mountains. Along the walk there are various examples of typical Sonoran Desert vegetation including many types of cacti and other plants. Except for one pleasant, short, dirt trail, the walk is on paved sidewalks.

**Holbrook****5k, 10k Year Round Walk (2017/Y1500) 1/1/2017 - 12/31/2017**

Treasure Hunt - A way to walk our precious trails, Walk the USA - Street by Street,  
Walking the USA A - Z

**Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** hard **Pets:** Yes

**Sponsor:** AVA-0913 Saguaro Sun Striders [www.saguarosunstriders.weebly.com](http://www.saguarosunstriders.weebly.com)

**Contact:** Loralie Cruz, [loralie\\_c@yahoo.com](mailto:loralie_c@yahoo.com), (206)909-3944, 17220 W Spencer House Ln, Surprise, AZ, 85387

**Start Point:** Navajo County Historical Court House & Museum- 100 E Arizona St, Navajo County, Holbrook, AZ 86025  
**Driving Directions:** I-40 East or West, take Exit 286 for Navajo Blvd (I-40 Business) to Arizona St. Museum is on the left (northeast corner of E Arizona St and Navajo Blvd).

**Event Info:** Holbrook, the nearest city to the Petrified Forest National Park, is the seat of Navajo County. Its Wild West history is flavored by its proximity to several Native American reservations. Enjoy an easy walk through town that shows some of the towns history, including the Bucket of Blood Saloon, the old train station, and the Wigwam Motel that was built in 1950 and still provides guests an opportunity to sleep in a teepee. Dinosaurs abound as a reminder that during the Triassic Period this area was home to small dinosaurs, large reptiles and amphibians. Holbrook celebrates their Route 66 Festival each year on the second weekend in June.

**Lake Havasu City - London Bridge****10k, 5k Year Round Walk (2017/Y2018) 1/1/2017 - 12/31/2017**

Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Walking the USA A - Z

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0913 Saguaro Sun Striders [www.saguarosunstriders.weebly.com](http://www.saguarosunstriders.weebly.com)

**Contact:** Loralie Cruz, [loralie\\_c@yahoo.com](mailto:loralie_c@yahoo.com), (206)909-3944, 17220 W Spencer House Lane, Surprise, AZ, 85387

**Start Point:** Quality Inn & Suites- 271 S. Lake Havasu Ave, Lake Havasu City, AZ 86403  
**Directions:** From I-40, take exit 9 (I-95 South/Lake Havasu City and Parker) south for 19 miles, left on Swanson, right on Lake Havasu Avenue for 1/2 block, right into hotel parking lot. From I-10, take exit 19 (Quartzsite and Parker), north on Main Street 3/4 of a mile, right onto Highway 95 North, go approximately 33 miles to Parker, right on Riverside Drive (AZ 95), go approximately 40 miles to Smoketree Avenue and turn right, left on Lake Havasu Avenue.

**Event Info:** Walk daylight hours. Enjoy a walk through beautiful Rotary Park, along the water, across the London Bridge, past the shops under the bridge and along the Pima Wash Trail. (The Bridge was originally built in the 1840s to cross the Thames River in London; in the 1960s it was disassembled and brought to the U.S. and reassembled in Lake Havasu City). Dogs not allowed in Rotary Park--alternate route is provided.

### Mesa - Near Phoenix

**Distance 5/10/20 km Year Round Walk (2017/Y1184) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0374 Tucson Volkssport Klub [tucsonwalking.esmartweb.com/index.html](http://tucsonwalking.esmartweb.com/index.html)  
**Contact:** Fred Barton, [fbarton2@cox.net](mailto:fbarton2@cox.net), (520)298-4340, 270 S. Candlestick Dr., Tucson, AZ, 85748

**Start Point:** Mezona Motel- 250 W. Main, Mesa, AZ 85203. (480)834.9233 / (800)528.8299.  
 From I-10 go east on US-60 (exit 154) to Country Club (exit 179). Go north two miles to Main St. Turn right, then "U" turn into the motel.

**Event Info:** The walkbox is in the cupboard below the coffee pot. The trails are flat, easy routes. One section is on sidewalks and paved canal bank paths that pass the Spring Training site for the Chicago Cubs along with several Mesa parks and the Natural History Museum. Another section goes down the main street, past the historic Mormon temple, and past other interesting sights. Mesa Main Street is noted for its many interesting and varied sculptures along the sidewalks.

### Naco

**5/10/15 km Year Round Walk (2017/Y0670) 1/1/2017 - 12/31/2017**

Border Crossings, Honoring Our Flag, Treasure Hunt - A way to walk our precious trails, United States Post Offices, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Hard      **Pets:** No  
**Sponsor:** AVA-0746 Thunder Mountain Trekkers  
**Contact:** Wendy Breen, [artinthepark@cox.net](mailto:artinthepark@cox.net), (520)378-1763, 3288 Sky Hawk Drive, Sierra Vista, AZ, 85650-6623

**Start Point:** Turquoise Valley Golf and RV Park- 1791 W. Newell Street, Naco, AZ. Exit 302 off of I-10. South on Hwy 90 to Sierra Vista. Follow Hwy 90 By-Pass to Hwy 92. Go south on Hwy 92 to Bisbee. Right on Naco Hwy (by Burger King) for 5 miles. Right on W. Newell St on edge of Naco.

**Event Info:** Dawn to dusk. Registration box is under the table next to the Men's Room. Elevation at start point is 4,800 ft. Passport or passport card required to go into Mexico. Two 10K trails available, one all on US side of border, other goes into Mexico. The 5k trail is all on U.S. side. Route winds through rural Naco, Arizona, and one of the 10k trails goes through Naco, Sonora, Mexico. All trails go by Camp Newell, used by the US Cavalry while pursuing Pancho Villa into Mexico. Naco, Arizona, was the first US town to be bombed by a foreign power. During the Mexican Civil War the bomb was dropped from an airplane, missed its target in Mexico and destroyed a garage on US side of border containing the new car of the Naco, Sonora, Mexico mayor. This walk is in Cochise County-the only county in the USA named for an individual Native American.

### North Rim Grand Canyon National Park - Uncle Jim Trail

**Distance 6/10/15 km Seasonal Walk (2017/Y1646) 6/1/2017 - 9/30/2017**

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0779 Third Planet Volkstours  
**Contact:** Dorman Batson, [dlbatsonfedwy@comcast.net](mailto:dlbatsonfedwy@comcast.net), (253)517-9634, 35806 1st Avenue South, Federal Way, WA, 98003

**Start Point:** North Rim Grand Canyon National Park. REMOTE REGISTRATION:- Third Planet Volkstours for registration form e-mail <[dlbatsonfedwy@comcast.net](mailto:dlbatsonfedwy@comcast.net)>. Directions/Map will be emailed/mailed upon receipt of fees.

**Event Info:** IVV Credit \$3.00. Third Planet Volkstours.

### North Rim Grand Canyon National Park - Widforss Trail

Distance 6/10/14/32 km Seasonal Walk (2017/Y1652) 6/1/2017 - 9/30/2017

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0779 Third Planet Volkstours  
**Contact:** Dorman Batson, dlbatsonfedwy@comcast.net, (253)517-9634, 35806 1st Avenue South, Federal Way, WA, 98003  
**Start Point:** North Rim Grand Canyon National Park. REMOTE REGISTRATION:- Third Planet Volkstours. Upon receipt of fees, directions/map will be e-mailed/mailed.  
**Event Info:** IVV Credit \$3. Start at Lodge, North Rim Grand Canyon National Park. The Transept Trail traverses the western edge of the canyon wall past the cabins, campgrounds to connect with the Bridel Path out to the North Kaibab Trail Head. The Arizona Trail goes out to the connect with to the Widforss Trail that traverses out along the Widforss Point at the edge of the canyon to a turnaround point and back to the Lodge. There are 6 kilometer, 10 kilometer and 14 kilometer and 32 kilometer distance turnaround points. Carry water, food, dress appropriately and wear good hiking shoes. A walking stick/poles would come in handy along the trail. This is a high altitude trail @ 8,000 feet, stop often to catch you breath. The trail is not difficult with some ups and downs out on the Widforss trail. The trail has an alternate 18 kilometer route.

### Peoria - Old Town

10k, 5k Year Round Walk (2017/Y0489) 1/1/2017 - 12/31/2017

Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0913 Saguaro Sun Striders www.saguarosunstriders.weebly.com  
**Contact:** Loralie Cruz, loralie\_c@yahoo.com, (206)909-3944, 17220 W. Spencer House Lane, Surprise, AZ, 85387  
**Start Point:** Safeway Store- 12320 N. 83rd Ave, Peoria, AZ 85381. From AZ 101 take Exit 12 for Thunderbird Rd. Go EAST on Thunderbird Road for .3 miles, then turn RIGHT at N 83d Rd for .9 mile. Please do not use parking spaces nearest the store.  
**Event Info:** Walk daylight hours only. Store hours 5am-12midnight. Enjoy a walk through Old Town Peoria including Osuna Park, historical buildings and museums as well as the Desert Fusion Garden at Peoria's new Municipal Complex.

### Peoria - Rio Vista Park

5k, 10k Year Round Walk (2017/Y0441) 1/1/2017 - 12/31/2017

Treasure Hunt - A way to walk our precious trails, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0913 Saguaro Sun Striders www.saguarosunstriders.weebly.com  
**Contact:** Loralie Cruz, loralie\_c@yahoo.com, (206)909-3944, 17220 W. Spencer House Lane, Surprise, AZ, 85387  
**Start Point:** Rio Vista Recreation Center- 8866 W Thunderbird Road, Peoria, AZ 85381. From I-10, east or west, take exit 133B to merge onto AZ-101 Loop N for 11 miles. Take Thunderbird Rd (Exit 12) and turn LEFT onto Thunderbird Rd for .7 miles. Turn right on Rio Vista Blvd and follow this road into Rio Vista Park.  
**Event Info:** M-F 6a-10p; Sat 8a-10p; Sun 12-8p. Start Point holiday hours may vary. Event registration is in Recreation Center on left. Ask at membership desk for Walk Box. The route starts in Peoria's beautiful Rio Vista Park and continues on various paved paths passing citrus groves, vegetable fields, horse stables and more. Walk daylight hours only.

**Phoenix - Capital****10K , 6K Year Round Walk (2017/Y1204) 1/1/2017 - 12/31/2017**

State Capital, Treasure Hunt - A way to walk our precious trails, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** A Award **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Medium **Pets:** No  
**Sponsor:** AVA-0913 Saguaro Sun Striders [www.saguarosunstriders.weebly.com](http://www.saguarosunstriders.weebly.com)  
**Contact:** Loralie Cruz, [loralie\\_c@yahoo.com](mailto:loralie_c@yahoo.com), (206)909-3944, 17220 W. Spencer House Lane, Surprise, AZ, 85387

**Start Point:** Lincoln Family Downtown YMCA- 350 North 1st Avenue, Phoenix, AZ 85003. FROM THE EAST OR WEST take I-10 to 7th Avenue (Exit 144). SOUTH on 7th Avenue to Fillmore Street; LEFT to 2nd Avenue; RIGHT 1/2 block to parking lot behind YMCA (tallest building on left). Please note that there are one way streets and both numbered avenues and streets. (There is a Phoenix METRO Light Rail station near the start point for this YRE.)

**Event Info:** M-F 5am-9pm, Sat 7am-7 pm, Sunday 9am - 7pm (YMCA closed major holidays.) Enjoy a bit of Phoenix history on this route. Enjoy the museums, State Capitol Building and grounds, numerous veterans memorials, ASU downtown campus, Chase Field (home of AZ Diamondbacks), and even a bit of shopping. Use sunscreen and carry water. NOTE: Enter YMCA from the parking lot entrance. When requesting Walk Box, ask for temporary parking pass if parked in the YMCA parking lot.

**Phoenix - Deem Hills Recreation Area****5k, 10k Year Round Walk (2017/Y0111) 1/1/2017 - 12/31/2017**

State Capital, Treasure Hunt - A way to walk our precious trails, Walking the USA A - Z

**Award:** IVV Credit Only **Strollers:** None **Restroom:** Yes  
**Rating:** 3C **Wheelchair:** None **Pets:** Yes  
**Sponsor:** AVA-0913 Saguaro Sun Striders [www.saguarosunstriders.weebly.com](http://www.saguarosunstriders.weebly.com)  
**Contact:** Loralie Cruz, [loralie\\_c@yahoo.com](mailto:loralie_c@yahoo.com), (206)909-3944, 17220 W Spencer House Lane, Surprise, AZ, 85387

**Start Point:** Safeway Store- 3800 W. Happy Valley Rd, Phoenix, AZ 85310. From AZ Loop 101, take Exit 19 for 59th Ave. Go north on 59th Ave for 2.3 miles. Turn left onto N 55th Ave for 1 mile. Right onto W Happy Valley Rd for 2 miles. Safeway is on your left.

**Event Info:** Daylight hours only. Walk Box is located in Safeway's cafe seating area. You will register at Safeway and then drive about 2 miles to the actual walk location. Store hours 5 a.m. to midnight. No restroom at start location so you may want to use Safeway facility; 10k route has restroom at halfway point. Enjoy a beautiful desert hike entirely on natural desert surfaces. The route has its ups and downs, so wear sturdy shoes and watch your step. You will see a variety of desert flora and fauna at any time of year, but spring wildflowers will be especially plentiful after some winter rain. Use sunscreen and carry water.

**Phoenix - Encanto Park****10k, 5k Year Round Walk (2017/Y0418) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, State Capital, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0913 Saguaro Sun Striders [www.saguarosunstriders.weebly.com](http://www.saguarosunstriders.weebly.com)  
**Contact:** Loralie Cruz, [loralie\\_c@yahoo.com](mailto:loralie_c@yahoo.com), (206)909-3944, 17220 W. Spencer House Lane, Surprise, AZ, 85387

**Start Point:** Pro Shop at Encanto Park Golf Course- 2775 N 15th Ave, Phoenix, AZ 85007. W take I-10 Exit 144A for 7th. Merge on N 7th for few short blocks, turn left on W McDowell. Drive .5 miles and turn right on N 15th. Drive .9 miles and Encanto Park Golf Course is on the right. E take I-10 Exit 144 for 7th. Merge on N 7th for few short blocks and turn left on W McDowell. Drive .5 miles and turn right on N 15th. Drive .9 miles and Encanto Park Golf Course is on right.

**Event Info:** Walk daylight hours only. Pro Shop open sunrise-sunset; closed when golf course is closed. Enjoy a lovely walk through beautiful Encanto Park and tree-lined streets of vintage homes in the Roosevelt, Encanto, Palmcroft and Willo Historic Districts.

**Phoenix - Rio Salado Habitat Restoration Area****5k, 10k Year Round Walk (2017/Y0423) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, State Capital, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0913 Saguaro Sun Striders [www.saguarosunstriders.weebly.com](http://www.saguarosunstriders.weebly.com)  
**Contact:** Loralie Cruz, [loralie\\_c@yahoo.com](mailto:loralie_c@yahoo.com), (206)909-3944, 17220 W. Spencer House Lane, Surprise, AZ, 85387

**Start Point:** Lincoln Family Downtown YMCA- 350 N 1st Ave, Phoenix, AZ 85003. E or W take I-10 to 7th Ave (Exit 144). S on 7th Ave to Fillmore; LEFT to 2nd Ave; Right 1/2 block to parking lot behind YMCA on left. There are one-way streets and both numbered avenues and streets.

**Event Info:** YMCA Hours: M-F 5am-9pm, Sat 7am-7pm, Sun 9am-7pm, CLOSED major holidays. AFTER REGISTERING, you will drive approx 2 miles to the start of the walk at the Rio Salado Habitat Restoration Area. Park hours: Sunrise-Sunset, or 7pm, whichever comes first seasonally. Walk on trails along the Salt River just south of downtown Phoenix. This area was once a dumping ground for industrial businesses. In 2005 the US Army Corps of Engineers removed tons of trash and planted thousands of trees to change it into an amazing 600-acre nature area. Recycled rebar is fashioned into park benches and art forms. The lush riparian corridor uses a combination of paved and dirt/rocky trails. Bird watchers have identified more than 200 species of birds in this area. The habitat ranges from wetland ponds to mesquite bosque to cottonwood/willow forest. Note: Participants walking dogs will walk a shortened route as dogs are allowed only on paved paths.



**Prescott - Historic Downtown****10k, 5k Year Round Walk (2017/Y0393) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Food For Thought, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Volcanoes, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0913 Saguaro Sun Striders [www.saguarosunstriders.weebly.com](http://www.saguarosunstriders.weebly.com)  
**Contact:** Tom Craycraft, [topcat22@cox.net](mailto:topcat22@cox.net), (602)769-7843, P. O. Box 1435, Dewey, AZ, 86327

**Start Point:** SpringHill Suites - 200 E Sheldon, Prescott, AZ 86301. From I-17 N, exit 262 for SR69. Drive 33.8 miles and take E Gurley (SR89) for .5 miles. Turn right only E Sheldon .8 miles. From I-17 S, exit 278 on SR169 (Cherry) 15.1 miles. Turn right on SR69 14.8 miles, take E Gurley (SR89) .5 miles. Turn right on E Sheldon .8 miles. From SR89 S, stay on SR89 to the junction with SR69/Gurley. Bear right on E Sheldon/SR89 .8 miles. From SR89 N, stay on SR89/N. Montezuma for 2 blocks past the court house on the right, between Goodwin and Gurley. Turn right on E Sheldon/SR89 for 2 blocks to the motel on the left at Marina.

**Event Info:** Daylight Hours. Enjoy the historic sights of Prescott, a one-time Arizona capital, county seat & mining town. See historic buildings & homes, museums, antique shops, saloons & restaurants. Walk daylight hours.

**Prescott - Lynx Lake****5k, 10k Year Round Walk (2017/Y0488) 1/1/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Food For Thought, Points of Reference, Volcanoes, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 3C      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0913 Saguaro Sun Striders [www.saguarosunstriders.weebly.com](http://www.saguarosunstriders.weebly.com)  
**Contact:** T Craycraft, [topcat22@cox.net](mailto:topcat22@cox.net), (602)769-7843, POB 1435, Dewey, AZ, 86327

**Start Point:** Highlands Ctr for Natural History (HCNH)- 1375 S Walker. I-17 N, exit SR69 toward Prescott, 30 miles through Mayer, Dewey/Humboldt, Prescott Valley, and in Prescott. Left on Walker past Costco store on left. 2 miles to HCNH on left. I-17 S, exit SR169 (Cherry) to Prescott, 16 miles to T-junction with SR69 in Dewey-Humboldt. Right 10 miles to past Costco store inside Prescott. Left on Walker 2 miles to HCNH on left. SR89 S, left on Prescott Lakes Pkwy 2.2 miles, left on SR69 .7 mile, turn right to Walker 2 miles to HCNH on left. SR89 N, turn right on Gurley 1.4 miles, becomes SR69. 2.8 miles, & turn right on Walker 2 miles to HCNH on left. Parking area locked 6pm, Oct-Mar and 7pm, Apr-Sep. Additional Forest Service parking available 1/4 mile past HCNH on right.

**Event Info:** Register in Benson Family Nature Store. Store Hours Oct-Mar T-Sat 10am-3pm; Apr-Sep T-Sat 9am-4pm; closed Sun/M. Administrative Office staff can help M-F 8am-4pm if store not open. Take a hike in the Prescott National Forest on paved and natural trails along Lynx Lake and to the Lynx Creek Indian Ruin. Enjoy views of Granite Mountain, Spruce Mountain, and Mingus Mountain, and walk along Lynx Creek - site of early and present-day gold panning. Great birding area! Closed Sundays. In addition to the 10k route, there is a 5k route which is rated 2B. No wheelchairs/strollers on 10k route; medium difficulty on 5k route. Inclement weather, the rating of the 10k route could increase due to slippery conditions. Pets on leash allowed; follow clean up rules.

**Scottsdale - Chaparral Park****10km and 5km Year Round Walk (2017/Y1126) 1/1/2017 - 12/31/2017**

Take a Walk In a City Park, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0913 Saguaro Sun Striders [www.saguarosunstriders.weebly.com](http://www.saguarosunstriders.weebly.com)  
**Contact:** Loralie Cruz, [loralie\\_c@yahoo.com](mailto:loralie_c@yahoo.com), (206)909-3944, 17220 W Spencer House Lane, Surprise, AZ, 85387  
**Start Point:** Safeway- 7920 E Chaparral, Scottsdale, AZ 85250-7244. From AZ101-LP Exit 46. N turn right/S turn left on E Chaparral approx 1.2 miles to Safeway. Please do not use parking spaces closest to store.  
**Event Info:** Walk daylight hours only. Store hours 5am-midnight/7 days a week. (Confirm holiday hours 480-994-5653). Enjoy this route that takes you through Chaparral Park, along the Arizona Canal, through the 5th Avenue shopping district, and the Scottsdale Mall (an open park-like area). Stairs on route preclude wheelchairs and make it difficult for strollers.

**Scottsdale - The Pavilions at Talking Stick****10k, 5k Year Round Walk (2017/Y0952) 1/1/2017 - 12/31/2017**

Treasure Hunt - A way to walk our precious trails, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0913 Saguaro Sun Striders [www.saguarosunstriders.weebly.com](http://www.saguarosunstriders.weebly.com)  
**Contact:** Loralie Cruz, [loralie\\_c@yahoo.com](mailto:loralie_c@yahoo.com), (206)909-3944, 17220 W. Spencer House Lane, Surprise, AZ, 85387  
**Start Point:** Starbucks- 9051 E Indian Bend, Scottsdale, AZ 85250 From AZ101 LP exit 44 for Indian Bend. Turn W on Indian Bend to Starbucks, a short distance on your left.  
**Event Info:** Walk daylight hours. This route takes you from The Pavilions at Talking Stick shopping area to a peaceful walking path along the Arizona Canal. The route continues on a path through Silverado Golf Course and then takes you to McCormick-Stillman Railroad Park. You will pass through a quiet residential area on your return. See Salt River Fields at Talking Stick, spring training site for Arizona Diamondbacks and Colorado Rockies.

**Sedona****5 km/10 km Year Round Walk (2017/Y1382) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Trekking With the Trees, You'll Never Walk Alone

**Award:** A Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0746 Thunder Mountain Trekkers  
**Contact:** Wendy Breen, [artinthepark@cox.net](mailto:artinthepark@cox.net), (520)378-1763, 3288 Sky Hawk Drive, Sierra Vista, AZ, 85650  
**Start Point:** Cheers T-Shirt Shop - 201 N Hwy 89A, Sedona, AZ. From S I-17 exit 298. Follow Hwy 179 approx. 15 miles to junction w/Hwy 89A. Right at traffic circle on 89A for approx. 0.7 miles. Left on Forest at traffic light. Cheers is on right. From N I-17 exit 337. Follow Hwy 89A approx. 26 miles. Right on Forest (at end of shops). Park on left at Tourist Info Office or hotel/shops parking area. If parking lots are full, park in marked areas on side streets behind Cheers.  
**Event Info:** 9:00 AM until 6:00 PM. Start point closed on most holidays. Registration box is on top shelf in closet next to cashier. Start Point elevation is 5,000 ft. Sedona has been the sight for filming of many popular movies, several of which featured John Wayne. Route is all on paved streets w/several noticeable inclines. Sedona is famous for its red rock formations, which are easily viewed on walk. Snoopy Rock is visible from Start/Finish Point. Route passes many of the town's unique shops. Sedona is the 1st name of the 1st postmistress of the town. Restrooms are next to Tourist Info Office and in several spots along tourist shop area.

**Sedona - Village of Oak Creek****5k, 7k, 10k, 12k Year Round Walk (2017/Y0956) 1/1/2017 - 12/31/2017**

Points of Reference, Treasure Hunt - A way to walk our precious trails, Walking the USA

A - Z

**Award:** A Award**Strollers:** None**Restroom:** Yes**Rating:** 3C**Wheelchair:** None**Pets:** Yes**Sponsor:** AVA-0913 Saguaro Sun Striders [www.saguarosunstriders.weebly.com](http://www.saguarosunstriders.weebly.com)**Contact:** Loralie Cruz, [loralie\\_c@yahoo.com](mailto:loralie_c@yahoo.com), (206)909-3944, 17220 W. Spencer House Lane, Surprise, AZ, 85387**Start Point:** Circle K Store- 6051 Hwy 179, Sedona (Village of Oak Creek), AZ 86336. From I-17N, take exit 298 for AZ 179 N. Go left onto AZ 179 N for 8.7 miles. From I-17S, take exit 298 for AZ 179 N. Go right onto AZ 179 for 8.6 miles. Register at Circle K and drive short distance to trailhead (\$5 Red Rock Pass required and is available at Circle K or at trailhead).**Event Info:** Walk daylight hours only. Walk the Bell Rock Pathway from the Village of Oak Creek Trailhead to Sedona Trailhead and return. Enjoy vibrant colors of the desert as well as fantastic views of Bell Rock, Courthouse Butte, Cathedral Rock and other landmarks. Most of the pathway has a wide, hard surface, but occasionally you may encounter loose rock. Bell Rock is considered one of Sedona's spiritual vortex centers and many people believe the rock energizes and calms those upon its slopes. Enjoy our hike and decide for yourself!**Sierra Vista - Coronado National Memorial****11 or 12km Year Round Walk (2017/Y0447) 1/1/2017 - 12/31/2017**

Honoring Our Flag, National Parks Centennial Challenge, You'll Never Walk Alone

**Award:** IVV Credit Only**Strollers:** NO**Restroom:** Yes**Rating:** 4C**Wheelchair:** NO**Pets:** No**Sponsor:** AVA-0746 Thunder Mountain Trekkers**Contact:** Wendy Breen, [artinthepark@cox.net](mailto:artinthepark@cox.net), (520)378-1763, 3288 Sky Hawk Drive, Sierra Vista, AZ, 85650**Start Point:** Quality Inn- 1631 S. Hwy 92, Sierra Vista, AZ. Refer to Sierra Vista-Fitness Loop Walk (Y0281) for directions to start location.**Event Info:** Dawn to dusk. Registration box under front desk-ask clerk. You then drive to start point-Coronado National Memorial Visitor Center, approx 12 miles south of Sierra Vista (via Hwy 92 & Coronado Memorial Rd). (Visitor Center hours are 8 am to 4 pm daily. The visitor center is closed Thanksgiving Day and December 25th.) Trail follows Joe's Canyon Trail from the Memorial's Visitor Center to Montezuma Pass & returns. A portion of the route is along the Arizona Trail. Features numerous panoramic views of San Pedro River Valley, Mexico & the Sierra Madres. Starting elevation is 5230 ft and Montezuma Pass Overlook is 6575 ft. Bring plenty of water. Hiking shoes are suggested. Allow 4 hours for this hike. There's a good possibility of seeing wildlife. This walk is in Cochise County-the only county in the USA named for an individual Native American.

**Sierra Vista - Fitness Loop Walk****6 km/10 km Year Round Walk (2017/Y0281) 1/1/2017 - 12/31/2017**

Honoring Our Flag, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** No  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes

**Sponsor:** AVA-0746 Thunder Mountain Trekkers**Contact:** Wendy Breen, artinthepark@cox.net, (520)378-1763, 3288 Sky Hawk Drive, Sierra Vista, AZ, 85650**Start Point:** Quality Inn- 1631 S Hwy 92, Sierra Vista, AZ. Exit 302 off I-10. S on Hwy 90 to Sierra Vista. Hwy 90 By-Pass to Hwy 92 (light & Target store). S on Hwy 92. Motel on left top of hill.**Event Info:** Registration box under front counter of hotel. Restrooms are available at park 2.5 km into the walk. Elevation at start point is 4,800 ft. Walk uses a loop trail-10 km is entirely on a multi-use path, the 5km partially on sidewalks and multi-use path. Great views of the Huachuca and Mule Mountains. Walk routes pass the Mall at Sierra Vista about 1 km from both the beginning and end of the walk. This walk is in Cochise County-the only county in the USA named for an individual Native American.**Sierra Vista - Ft. Huachuca****5km/6 km/11 km Year Round Walk (2017/Y0499) 1/1/2017 - 12/31/2017**

Honoring Our Flag, National Register of Historic Places, United States Post Offices, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0746 Thunder Mountain Trekkers**Contact:** Wendy Breen, artinthepark@cox.net, (520)378-1763, 3288 S. Sky Hawk Drive, Sierra Vista, AZ, 85650**Start Point:** Quality Inn- 1631 S Hwy 92, Sierra Vista, AZ. Refer to Sierra Vista-Fitness Loop Walk (Y0281) for directions to start location.**Event Info:** Dawn to dusk. Registration box under front desk-ask clerk. Picture ID required for access to Fort and receive the required visitor's pass. Non-USA citizens need military ID holder to escort them on post-club members are available to do this. Elevation at start point is 5,000'. This event starts on Ft Huachuca, approx 7 miles west via Fry Blvd-directions are on walk instructions. Event offers the opportunity to see the Army of 100 years ago and examples of the technology used to support the Army of today. Trail is on sidewalks & along residential streets through the Fort's National Historic District, past the post cemetery & the post museums. This walk is in Cochise County-the only county in the USA named for an individual Native American.**Sierra Vista - San Pedro River****5 km/10 km Year Round Walk (2017/Y1306) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0746 Thunder Mountain Trekkers**Contact:** Wendy Breen, artinthepark@cox.net, (520)378-1763, 3288 S. Sky Hawk Drive, Sierra Vista, AZ, 85650**Start Point:** Quality Inn- 1631 S Hwy 92, Sierra Vista, AZ. Refer to Sierra Vista-Fitness Loop Walk (Y0281) for directions to start locations.**Event Info:** Dawn to dusk. Registration box under front desk-ask clerk. Event starts at San Pedro House, approx 7 miles E on Hwy 90-directions on walk map. Bring plenty of water. Shorts ARE NOT recommended, due to tall grasses beside trail. Trail is natural surface and follows along the bank of the San Pedro river for 4 km. Walkers need to watch out for birders. Start Point elevation is 4,600 ft. This walk is in Cochise County-the only county in the USA named for an individual Native American.

### Sun City

#### 10k, 5k Year Round Walk (2017/Y0517) 1/1/2017 - 12/31/2017

Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0913 Saguaro Sun Striders [www.saguarosunstriders.weebly.com](http://www.saguarosunstriders.weebly.com)  
**Contact:** Loralie Cruz, [loralie\\_c@yahoo.com](mailto:loralie_c@yahoo.com), (206)909-3944, 17220 W. Spencer House Lane, Surprise, AZ, 85387  
**Start Point:** Sun City Visitors Center- 16824 N 99th. (in Bell Recreation Center complex). Sun City W of Phoenix. I-10 W take LP 101 N to Bell Exit. W and turn left on 99th. At sign for Sun City VC, turn right into parking lot.  
**Event Info:** Visitor Center hours M-Sat 8:30am-4pm, closed Sun. This is an easy trail on sidewalks and concrete walking paths. Enjoy this historic retirement community--Del Webb's first community built for active retirees, opened in 1960--with its mature desert landscaping and refreshing golf courses. This route is safe if you choose to walk alone. Remember to carry water and wear sunscreen.

### Sun City West

#### Distance 5/10/15/20km Year Round Walk (2017/Y1583) 1/1/2017 - 12/31/2017

Points of Reference, Treasure Hunt - A way to walk our precious trails, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0913 Saguaro Sun Striders [www.saguarosunstriders.weebly.com](http://www.saguarosunstriders.weebly.com)  
**Contact:** Loralie Cruz, [loralie\\_c@yahoo.com](mailto:loralie_c@yahoo.com), (206)909-3944, 17220 W. Spencer House Lane, Surprise, AZ, 85387  
**Start Point:** Ace Hardware- 13850 W Camino Del Sol, Sun City West, AZ 85375. Sun City West is to the W of Phoenix. Take I-10 to LP 101 N. Take Bell Exit. Go W approx 6 miles to RH Johnson (entrance to Sun City West). Turn right on RH Johnson 1.7 miles, then left on Camino del Sol. Ace Hardware approx mile on right (across the street from Sun City West VC).  
**Event Info:** Store Hours M-Sat 8am-5:30pm; Sun 9am-4pm. Walk one of Arizona's premier retirement communities. Walk the residential streets, enjoy the landscaping and pass by expanses of green grassy golf courses. Sun City West is a peaceful, safe community where many residents enjoy walking for exercise. Remember to wear sunscreen and carry water.

**Surprise - Sun City Grand****Distance 5/10/15/20/25 km Year Round Walk (2017/Y1725) 1/1/2017 - 12/31/2017**Points of Reference, Treasure Hunt - A way to walk our precious trails, Walking the USA  
A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0913 Saguaro Sun Striders [www.saguarosunstriders.weebly.com](http://www.saguarosunstriders.weebly.com)  
**Contact:** Loralie Cruz, [loralie\\_c@yahoo.com](mailto:loralie_c@yahoo.com), (206)909-3944, 17220 W. Spencer House Lane, Surprise, AZ, 85387  
**Start Point:** Sun City Grand- CVS Drug Store- 19505 N Sunrise, Sun City Grand, Surprise, AZ 85374. Sun City Grand is W of Phoenix. Take I-10 to LP 101. Take Bell exit and travel W on Bell through the Sun Cities. Cross Grand. In Surprise, look for the Sun City Grand entrance on right. Name of the street is Sunrise. Turn right and look for the CVS Drug Store on right.  
**Event Info:** Store open 7am-9pm; walk daylight only. Enjoy the beautifully landscaped concrete pathways, scenic golf courses, refreshing cascading fountains, and beautiful homes of Sun City Grand. You will see SCG's Adobe Spa and pool as well as the luxurious Cimarron Spa and Center. Refrigerated water fountains can be found along the route as well as some lavishly appointed restrooms. Stay awhile and enjoy lunch at one of the restaurants...and you may not want to leave. Store open 7am-9pm; walk daylight only. Wear sunscreen and carry water.

**Surprise - Surprise Stadium****10k, 5k Year Round Walk (2017/Y0492) 1/1/2017 - 12/31/2017**

Treasure Hunt - A way to walk our precious trails, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0913 Saguaro Sun Striders [www.saguarosunstriders.weebly.com](http://www.saguarosunstriders.weebly.com)  
**Contact:** Loralie Cruz, [loralie\\_c@yahoo.com](mailto:loralie_c@yahoo.com), (206)909-3944, 17220 W. Spencer House Lane, Surprise, AZ, 85387  
**Start Point:** Walgreen's - 15490 W Bell, Surprise, AZ 85374. Take W Grand to W Bell. Go W on Bell 2.5 miles. Walgreens on right, on NE corner of Reems/Bell intersection. Please do not use parking spaces nearest the store.  
**Event Info:** Hours 7am-10pm. The route will take you through Surprise Community Park with its beautiful lake, past the Surprise Tennis & Racquet Complex, Dream Catcher Park, and Surprise Stadium--the Texas Rangers and Kansas City Royals Spring Training facility. Walk daylight hours only.

**Surprise - White Tank Mountains-Phoenix Area****10k, 5k Year Round Walk (2017/Y1726) 1/1/2017 - 12/31/2017**

Treasure Hunt - A way to walk our precious trails, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0913 Saguaro Sun Striders [www.saguarosunstriders.weebly.com](http://www.saguarosunstriders.weebly.com)  
**Contact:** Loralie Cruz, [loralie\\_c@yahoo.com](mailto:loralie_c@yahoo.com), (206)909-3944, 17220 W. Spencer House Lane, Surprise, AZ, 85387  
**Start Point:** Sun City Grand CVS Drug Store- 19505 N Sunrise, Sun City Grand, Surprise, AZ 85374. Sun City Grand is W of Phoenix. I-10 to LP 101. Bell exit and travel W on Bell through the Sun cities. Cross Grand. In Surprise, look for Sun City Grand entrance on right, turn right to Sunrise. Follow Sunrise until you see CVS Store on right. Register at CVS Store, drive to White Tank Mountain Regional Park for walk (\$6 entry fee per vehicle).  
**Event Info:** Walk daylight hours only. Store Hours 7am-9pm. Enjoy the beautiful desert landscape as you hike on these natural trails. Be on the lookout for desert wildlife and ancient petroglyphs. A wet winter in the desert makes for prime viewing of desert wildflowers in the spring. Wear sunscreen and carry water.

**Tempe - Near Phoenix****5 km & 10 km Year Round Walk (2017/Y1185) 1/1/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Lakes and Reservoirs, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0374 Tucson Volkssport Klub [tucsonwalking.esmartweb.com/index.html](http://tucsonwalking.esmartweb.com/index.html)  
**Contact:** Fred Barton, [fbarton2@cox.net](mailto:fbarton2@cox.net), (520)298-4340, 270 S. Candlestick Dr., Tucson, AZ, 85748

**Start Point:** Best Western Inn- 670 N Scottsdale, Tempe, AZ 85281, (480) 784 2233. City of Tempe is located on the eastern edge of Phoenix, just S of Scottsdale. From I-10 E: Take Loop 202 E (exit 147) to Scottsdale Rd (exit 7). Turn right (S) and Best Western is right there on right. From I-10 W: Take AZ Hwy 143 exit (exit 153A Sky Harbor Airport) to Loop 202. Take Loop 202 E to Scottsdale Rd (exit 7). Turn right (S) and Best Western is on right.

**Event Info:** The walkbox is behind the front desk. On this walk, you will walk through Arizona State University (where Teddy Roosevelt spoke and Bush debated Kerry), along historic downtown Tempe's Mill Avenue (featuring a variety of shops and restaurants), past the restored Southern Pacific RR station, and end up enjoying a walk along Tempe Town Lake and the Salt River, with views of the mountains surrounding Phoenix, the Valley of the Sun. This walk is nearly flat, an easy stroll. The 5k route walks past the ASU baseball stadium.

**Tombstone****5 km/10 km Year Round Walk (2017/Y0986) 1/1/2017 - 12/31/2017**

Boardwalks, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0746 Thunder Mountain Trekkers  
**Contact:** Wendy Breen, [artinthepark@cox.net](mailto:artinthepark@cox.net), (520)378-1763, 3288 Sky Hawk Drive, Sierra Vista, AZ, 85650

**Start Point:** Circle K- Sumner St at E Bruce St on Hwy 80, Tombstone, AZ 85638. Exit 303 (Eastbound), exit 304 (Westbound) off I-10. Follow Hwy 80 to Tombstone. Just after passing Boothill Cemetery, Hwy 80 turns right and becomes Sumner. Circle K is on left.

**Event Info:** Dawn to dusk. Registration box is under the counter-ask clerk. Elevation at start point is 4,900 ft. 10km route crosses a cattle guard twice. Trail follows dirt/gravel roads, sidewalks & boardwalks. Goes past the O.K. Corral, Schieffelin Monument, Cochise County Courthouse State Park and National Historic District. This walk is in Cochise County-the only county in the USA named for an individual Native American.

**Tubac - South of Tucson****5 & 10 km Year Round Walk (2017/Y1103) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0374 Tucson Volkssport Klub [tucsonwalking.esmartweb.com/index.html](http://tucsonwalking.esmartweb.com/index.html)  
**Contact:** Fred Barton, [tucsonwalker@cox.net](mailto:tucsonwalker@cox.net), (520)298-4340, 270 S Candlestick, Tucson, AZ, 85748

**Start Point:** Tubac's Anza Trailhead- Registration point Comfort Inn in Green Valley, 20 miles N. (Green Valley is 20 miles S of Tucson.). Hotel: 90 W Esperanza, Green Valley, AZ 85614. (520)399-3736. South on I-19 Exit 65, turn right. Immediately turn right again to Plaza de Esperanza (behind family restaurant). Drive through parking lot to back where hotel located. N I-19 Exit 65, turn left under overpass, turn right to Plaza de Esperanza.

**Event Info:** Walkbox is behind front desk. Half of this walk is through a refreshing riparian area and half is through an enjoyable, historic village. Tubac is known as the place "Where Art and History Meet". The walk will take you along the well maintained Anza National Historic Trail beside the Santa Cruz River, a route taken by Juan Bautista de Anza from Mexico City to California in 1775. Also included on this walk are the Tubac Presidio State Historic Park, a unique Southwest cemetery, many historic buildings (including St Ann's Church), many tourist shops, art galleries, and restaurants of fascinating Tubac.

**Tucson - A Mountain****10km Year Round Walk (2017/Y0533) 1/1/2017 - 12/31/2017**

Alternative Capitals, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Volcanoes, Walking the Old Spanish Trail, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0374 Tucson Volkssport Klub [tucsonwalking.esmartweb.com/index.html](http://tucsonwalking.esmartweb.com/index.html)  
**Contact:** Fred Barton, [fbarton2@cox.net](mailto:fbarton2@cox.net), (520)298-4340, 270 S. Candlestick Dr, Tucson, AZ, 85748

**Start Point:** RiverPark Inn- 350 S. Freeway, Tucson, AZ 85745. (520)239-2329. E on I-10: exit 258 (Broadway/Congress). At intersection, continue straight on Frontage road 2 blocks to RiverPark Inn. W on I-10 exit 258 (Broadway/Congress). Turn left. Cross under interstate. Turn left on Frontage road. Go two blocks to River Park Inn on your right.

**Event Info:** This walk goes up to the U of Arizona "A" on Sentinel Peak located on the west side of Tucson. From the "A" you will have a great view of the City of Tucson and the Tucson valley. The walk route goes through some of the older parts of Tucson. The Beatles song "Get Back" refers to Tucson. Tucson was the capital of the AZ Territory from 1867 to 1889.



**Tucson - Downtown/University****5 km & 10km Year Round Walk (2017/Y0321) 1/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Bridges - Spanning the USA, Cities in Song, Fraternal Organizations, Honoring Our Flag, Volcanoes, Walking the Old Spanish Trail, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0374 Tucson Volkssport Klub [tucsonwalking.esmartweb.com/index.html](http://tucsonwalking.esmartweb.com/index.html)  
**Contact:** Fred Barton, FBarton2@cox.net, (520)298-4340, 270 S. Candlestick Drive, Tucson, AZ, 85748

**Start Point:** Riverpark Inn- 350 S. Freeway, Tucson, AZ 85745. (520)239-2329. E on I-10: exit 258 (Broadway/Congress). At intersection, continue straight on Frontage road 2 blocks to RiverPark Inn. W on I-10 exit 258 (Broadway/Congress). Turn left. Cross under interstate. Turn left on Frontage road. Go two blocks to River Park Inn on your right.

**Event Info:** Ask for the Walk Box at the front desk. This route meanders through historic parts of Tucson, the city center, historic county courthouse, several museums and the University of Arizona. It goes past the Union Pacific RR station where Wyatt Earp shot one of the Clanton Bros gang. A RR museum is inside the station. An information sheet will guide walkers past more than 60 historical locations or points of interest on this nearly flat walk on paved sidewalks. The Beatles song "Get Back" refers to Tucson. Tucson was the capital of the AZ Territory from 1867 to 1889.

**Tucson - John Kostelny Memorial Bike Tour****31 to 100km Year Round Bike (2017/Y0459) 1/1/2017 - 12/31/2017**

Alternative Capitals, Cities in Song, Walking the Old Spanish Trail, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0374 Tucson Volkssport Klub [tucsonwalking.esmartweb.com/index.html](http://tucsonwalking.esmartweb.com/index.html)  
**Contact:** Fred Barton, [tucsonwalker@cox.net](mailto:tucsonwalker@cox.net), (520)298-4340, 270 S Candlestick, Tucson, AZ, 85748

**Start Point:** Comfort Suites Hotel- 7007 E Tanque Verde. (520)298-2300. Westbound on I-10: Exit Kolb (exit 270) N approx 11 miles to Tanque Verde. Right approx 0.7 miles. Comfort Suites on left before, behind dry cleaners. Eastbound on I-10: Exit 256 Grant. E (left) approx 8.5 miles to Tanque Verde. Left approx 0.7 miles. Comfort Suites on left, behind dry cleaners.

**Event Info:** Walkbox behind front desk. Our bicycle chairman has created seven different routes that explore the southwestern residential and desert vistas of eastern Tucson. The distances range from 31km to 100 km undulating along paved bike routes or quiet streets. One route circles through the fascinating Saguaro National Park, containing the world's largest species of cacti.

**Tucson - Rillito River****5km & 10km Year Round Walk (2017/Y1309) 1/1/2017 - 12/31/2017**

Alternative Capitals, Bridges - Spanning the USA, Cities in Song, Walking the Old Spanish Trail, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0374 Tucson Volkssport Klub [tucsonwalking.esmartweb.com/index.html](http://tucsonwalking.esmartweb.com/index.html)

**Contact:** Fred Barton, [tucsonwalker@cox.net](mailto:tucsonwalker@cox.net), (520)298-4340, 270 S Candlestick, Tucson, AZ, 85748

**Start Point:** Comfort Suites Hotel- 7007 E Tanque Verde. (520)298-2300. Westbound on I-10, Exit Kolb (exit 270) N approx 11 miles to Tanque Verde. Right approx 0.7 miles. Comfort Suites on left behind dry cleaners. Eastbound on I-10, Exit 256 Grant. E (left) approx 8.5 miles to Tanque Verde. Left approx 0.7 miles. Comfort Suites left, behind dry cleaners.

**Event Info:** Walkbox behind front desk. Drive about 5 miles to walk location. This easy walk is along the Rillito River on the edge of Tucson. Normally dry, this riverbed carries a lot of water during our short rainy season. The walk provides beautiful views of the Santa Catalina Mountains. It is an enjoyable walk in a nearly rural setting. The Beatles song "Get Back" refers to Tucson. Tucson was the capital of the AZ Territory from 1867 to 1889.

**Tucson - Sabino Canyon****5/10/12/15 km Year Round Walk (2017/Y0245) 1/1/2017 - 12/31/2017**

Alternative Capitals, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Walking the Old Spanish Trail, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** Hard      **Pets:** No

**Sponsor:** AVA-0374 Tucson Volkssport Klub [tucsonwalking.esmartweb.com/index.html](http://tucsonwalking.esmartweb.com/index.html)

**Contact:** Fred Barton, [fbarton2@cox.net](mailto:fbarton2@cox.net), (520)298-4340, 270 S Candlestick, Tucson, AZ, 85748

**Start Point:** Comfort Suites Hotel- 7007 E Tanque Verde. (520)298-2300. West on, I-10 Exit Kolb (exit 270) N approx 11 miles to Tanque Verde. Right approx 0.7 miles. Comfort Suites on left behind dry cleaners. E I-10 Exit 256 Grant. E (left) approx 8.5 miles to Tanque Verde. Left approx 0.7 miles. Comfort Suites on left, behind dry cleaners.

**Event Info:** Drive from hotel to Sabino Canyon about 5 miles. \$5 fee for non-pass holders. 5/10/12/15Km routes available. The 5, 10 & 12k routes are a paved trail that crosses Sabino Creek seven times on stone bridges built by the WPA/CCC. The varied desert vegetation gives way to the relaxing riparian atmosphere of the stream and canyon as you gradually rise 600 ft (10k) or 700 ft (12k) and return. The 15k option (rated 2+B+) is along the Phone Line Trail and gains 1000 feet and offers fantastic views.

**Tucson - Saguaro National Park****10 & 5km Year Round Walk (2017/Y0981) 1/1/2017 - 12/31/2017**

Alternative Capitals, Cities in Song, Honoring Our Flag, Walking the Old Spanish Trail, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** NO      **Pets:** No

**Sponsor:** AVA-0374 Tucson Volkssport Klub [tucsonwalking.esmartweb.com/index.html](http://tucsonwalking.esmartweb.com/index.html)

**Contact:** Fred Barton, FBarton2@cox.net, (520)298-4340, 270 S Candlestick, Tucson, AZ, 85748

**Start Point:** Comfort Suites Hotel- 7007 E Tanque Verde. (520)298-2300. West bound on I-10, Exit Kolb (exit 270). N approx 11 miles to Tanque Verde. Right approx 0.7 miles. Comfort Suites on left, behind dry cleaners. East bound on I-10, Exit 256 Grant. E (left) approx 8.5 miles to Tanque Verde. Left approx 0.7 miles. Comfort Suites on left, behind dry cleaners.

**Event Info:** Ask for walk box at Hotel front desk. Drive from hotel about 11 miles to National Park. The route is on paved road and well maintained desert trails in the Saguaro National Park East (standard Nat'l Park entry fee) and is completely in the Sonora Desert. The Saguaro cactus is the world's largest species of cacti. Other cacti and desert plants and animals are throughout the park.

**Tucson - Santa Cruz River****6km & 11 km Year Round Walk (2017/Y0712) 1/1/2017 - 12/31/2017**

Alternative Capitals, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Volcanoes, Walking the Old Spanish Trail, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0374 Tucson Volkssport Klub [tucsonwalking.esmartweb.com/index.html](http://tucsonwalking.esmartweb.com/index.html)

**Contact:** Fred Barton, fbarton2@cox.net, (520)298-4340, 270 S Candlestick, Tucson, AZ, 85748

**Start Point:** Riverpark Inn - 777 W Cushing St, Tucson, AZ 85745. (520)239-2329. E on I-10: exit 258 (Broadway/Congress). At intersection, continue straight on Frontage road 2 blocks to RiverPark Inn. W on I-10 exit 258 (Broadway/Congress). Turn left. Cross under interstate. Turn left on Frontage road. Go two blocks to River Park Inn on your right.

**Event Info:** Ask for Walk Box at Front Desk. This nearly flat walk is primarily in a "linear" park that stretches along the banks of the Santa Cruz River in the heart of Tucson. The walk to the park goes past some older, stately homes of Tucson's early days. The river park lets you feel you have left the city. During the Fall and Spring, there are many flowering plants along the popular, paved path. The Beatles song "Get Back" refers to Tucson. Tucson was the capital of the AZ Territory from 1867 to 1889.

**Wickenburg****10K, 5k Year Round Walk (2017/Y1420) 1/1/2017 - 12/31/2017**

Points of Reference, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0913 Saguaro Sun Striders [www.saguarosunstriders.weebly.com](http://www.saguarosunstriders.weebly.com)  
**Contact:** Loralie Cruz, [loralie\\_c@yahoo.com](mailto:loralie_c@yahoo.com), (206)909-3944, 17220 W. Spencer House Lane, Surprise, AZ, 85387  
**Start Point:** Quality Inn (formerly Wickenburg Inn)- 850 E Wickenburg Way (US 60). Phoenix, W on US 60 W to Wickenburg. Quality Inn on right after entering town. Register and drive approx 2 miles to begin walk.  
**Event Info:** Walk during daylight hours only. Walking tour of historic wild west Wickenburg. Three short hills for scenic views of the valley. Enjoy the Desert Caballeros Museum, shopping and restaurants in this town which hosts several internationally known "dude ranches." Restrooms available at Start and along route.

**Yuma - AZ's Southwest Corner****10km Year Round Walk (2017/Y1369) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Trekking With the Trees, Walking America's Ports of Call, Walking the Old Spanish Trail, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0374 Tucson Volkssport Klub [tucsonwalking.esmartweb.com/index.html](http://tucsonwalking.esmartweb.com/index.html)  
**Contact:** Fred Barton, [tucsonwalker@cox.net](mailto:tucsonwalker@cox.net), (520)298-4340, 270 S Candlestick, Tucson, AZ, 85748  
**Start Point:** Historic Coronado Motor Hotel- 233 S 4th. 877-234-5567. I-8 Eastbound: exit 4th (I-8 Business LP). Approx 0.5 mile to motel on left. I-8 Westbound: exit 1, Giss Pkwy. Approx 0.5 mile to 4th. Right 1 block to motel.  
**Event Info:** Walkbox is near back door to lobby. This route follows city sidewalks and paved bike paths through a neighborhood city park, along the banks of the Colorado River, past the historical Yuma Territorial Prison State Park and Cemetery, and through quaint downtown. The levee along the river is a rails-to-trail path of the old Southern Pacific RR.

**Yuma - Yuma Two States Two Nations****10K & 6K Year Round Walk (2017/Y0396) 1/1/2017 - 12/31/2017**

Alternative Capitals, Amphitheatres, Border Crossings, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Trekking With the Trees, Walking America's Ports of Call, Walking the Old Spanish Trail, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0374 Tucson Volkssport Klub [tucsonwalking.esmartweb.com/index.html](http://tucsonwalking.esmartweb.com/index.html)  
**Contact:** Fred Barton, [tucsonwalker@cox.net](mailto:tucsonwalker@cox.net), (520)298-4340, 270 S. Candlestick Drive, Tucson, AZ, 85748  
**Start Point:** Historic Coronado Motor Hotel- 233 S 4th. 877-234-5567. I-8 Eastbound: exit 4th (I-8 Business LP). Approx 0.5 mile to motel on left. I-8 Westbound: exit 1, Giss Pkwy. Approx 0.5 mile to 4th. Right 1 block to motel.  
**Event Info:** This walk includes Historic Yuma, Arizona, California, and the Quechan Nation Headquarters. The walk crosses the Colorado River on the oldest bridge south of the Grand Canyon. It goes past the Quartermaster Depot and Visitor Center.

**ARKANSAS****Bentonville - Bentonville****10k/5k Year Round Walk (2017/Y1932) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Ice Cream Parlors, Make a Wish at a Water Fountain, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0938 Ozark Hill Hikers [www.sites.google.com/site/bvozarkhillhikers](http://www.sites.google.com/site/bvozarkhillhikers)  
**Contact:** Pat Golden, [johngolden@cox.net](mailto:johngolden@cox.net), (479)855-1230, 13 Kirkbridge Ln, Bella Vista, AR, 72714

**Start Point:** Casey's- 100 SE J Street in Bentonville. From I-49, take exit 88 and turn west onto Central Avenue. Caseys is located on the corner of Central Ave. and SE J. Driving directions to the walk start are attached to the walk directions.

**Event Info:** Located in Benton County, this walk takes walkers through the Bentonville town square where seasonal activities such as a farmer's market and Christmas light displays are held. Facing the town square is the original Wal-Mart store that is now a visitor's center housing many Wal-Mart and Sam Walton memorabilia. The walk is on city streets, and paved and natural trails through city parks and on the grounds of Crystal Bridges Museum of American Art and Compton Gardens.

**Bentonville - North Bentonville****5K, 10K Year Round Walk (2017/Y0289) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0938 Ozark Hill Hikers [www.sites.google.com/site/bvozarkhillhikers](http://www.sites.google.com/site/bvozarkhillhikers)  
**Contact:** Paul Swaim, [paulswaim@gmail.com](mailto:paulswaim@gmail.com), (479)268-5172, 84 Stonehaven Dr, Bella Vista, AR, 72715

**Start Point:** Casey's- 100 SE J Street in Bentonville. From I-49, take exit 88 and turn west onto Central Avenue. Caseys is located on the corner of Central Ave. and SE J. Driving directions to the walk start are attached to the walk directions.

**Event Info:** The walks originate at Park Springs Park, a Bentonville city park. The 10K route features a paved greenway trail that generally follows a creek through gently rolling park land. The walk also travels through scenic neighborhoods. The 5k walk will be through pleasant neighborhoods along greenway trails.

**Eureka Springs - Eureka Springs****10k/5k Year Round Walk (2017/Y1895) 1/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Ice Cream Parlors, Make a Wish at a Water Fountain, Take a Walk In a City Park, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 3B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0938 Ozark Hill Hikers [www.sites.google.com/site/bvozarkhillhikers](http://www.sites.google.com/site/bvozarkhillhikers)  
**Contact:** Suzanne Williams, [42suzanne@cox.net](mailto:42suzanne@cox.net), (479)253-6978, 1 Deer Run Drive, Holiday Island, AR, 72631

**Start Point:** Best Western Inn of the Ozarks- 207 W Van Buren, Eureka Springs, AR 72632. From E or W, take Hwy 62 into Eureka Springs. Best Western Inn of the Ozarks located on Hwy 62 W. GPS coord:36deg 23'55.42"N 93deg 44'50.87"W. Driving directions to the walk start (Crescent Hotel) are on the walk directions in the box.

**Event Info:** Eureka Springs, located in Carroll County, was founded on the healing benefits of its spring waters. Enjoy the many springs that today are beautiful flower gardens. The artfully landscaped springs provide great photographic opportunities. There are many styles of Victorian and turn-of-the-20th century architecture found in its homes and businesses. A hilly walk offers views of architecture needed to build on hillsides. The entire city is on the National Register of Historic Places.

**Fayetteville****10K/5K Year Round Walk (2017/Y0359) 1/1/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Make a Wish at a Water Fountain, Take a Walk In a City Park, United States Post Offices, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0938 Ozark Hill Hikers [www.sites.google.com/site/bvozarkhillhikers](http://www.sites.google.com/site/bvozarkhillhikers)  
**Contact:** Ray or Beth Anderson, randers532@gmail.com, (479)721-5217, 11 Spalding Drive, Bella Vista, AR, 72714  
**Start Point:** Walgreens- 524 S School, Fayetteville, AR 72701. From N: Hwy I-49S exit 62; at the light turn left onto Martin Luther King Jr. Go 1.8 Mi and turn left onto S School. Walgreens is on the right. From S: On Hwy I-49N exit 60 to merge on AR-112 toward Razorback. Continue on AR-112, turn right on Martin Luther King Jr. Go 1 Mi turn left on S School. Walgreens is on the right. The walk box is located in the photo dept.  
**Event Info:** 7am-Dusk M-F, 8am-Sat, 9am-Sun. The 10K follows a part of the Frisco Trail through the downtown square (farmer's market, shops, restaurants, and Christmas light displays), down historic Dickson Street and through the University of Arkansas campus. The 5K walk follows a bicycle/pedestrian paved trail along a stream, passing woodlands and city parks.

**Fayetteville - Lake Fayetteville****10K/5K Year Round Walk (2017/Y0775) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Points of Reference, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0938 Ozark Hill Hikers [www.sites.google.com/site/bvozarkhillhikers](http://www.sites.google.com/site/bvozarkhillhikers)  
**Contact:** Ray or Beth Anderson, randers532@gmail.com, (479)721-5217, 11 Spalding Drive, Bella Vista, AR, 72714  
**Start Point:** Walgreens- 4007 N. Shiloh Dr., Fayetteville, AR. (NE corner near intersection of College and Joyce Blvd.) From I-49, take exit 67 and merge onto US-71B/Fulbright Expy. N toward Fayetteville Business District. Merge onto N College Ave/US-71B N via the exit on the left toward Springdale. Turn left onto E Joyce Blvd. Turn right onto N Shiloh Dr. Walgreens is on the left. Walk box is located in the photo dept. Walgreens is open at 7AM M-F, 8AM Sat, 9AM Sun. Driving directions to the walk start (Lake Fayetteville) are on the walk directions in the box.  
**Event Info:** Both the 10K & 5K walks are on paved trails. Located in Washington County, this walk follows a beautifully wooded paved bicycle/pedestrian trail around Lake Fayetteville. After registering you must drive to the start. Directions will be in the box.

**Fort Smith - National Historic Site****10k/5k Year Round Walk (2017/Y1237) 1/1/2017 - 12/31/2017**

Border Crossings, Bridges - Spanning the USA, Doin' The Louisiana Purchase, National Parks Centennial Challenge

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0938 Ozark Hill Hikers [www.sites.google.com/site/bvozarkhillhikers](http://www.sites.google.com/site/bvozarkhillhikers)  
**Contact:** Louise Finney, [louiseofinney@gmail.com](mailto:louiseofinney@gmail.com), (479)883-8259, , , ,  
**Start Point:** Executive Inn - will become Doubletree after renovations are complete.- 700 Rogers, Ft Smith, AR 72901 (479)783-1000 (GPS coord: 35deg 23'06.59" N 94deg 25'28.74" W) From I-40 W exit 325 to merge on US64 E/W Ray Fine toward Roland Continue to follow US64 E. Turn right at S 6th. Take the 1st left onto Rogers. From the N (or from I-40 E), take I-49 S to Rogers. (Exit 8A). Follow Rogers to the Doubletree at 7th and Rogers.  
**Event Info:** Dawn to dusk daily. 10k and 5k routes take in the National Historic Site grounds where some of the points of interest are Trail of Tears overlook along the Arkansas River, reconstructed gallows where Judge Isaac Parker sentenced 79 of the 86 men executed here. Also, the parade grounds, museums, libraries, churches, and downtown area are along the way.

**Little Rock - Capital****12k/5k Year Round Walk (2017/Y1034) 1/1/2017 - 12/31/2017**

Border Crossings, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Make a Wish at a Water Fountain, State Capital, Take a Walk In a City Park, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0938 Ozark Hill Hikers [www.sites.google.com/site/bvozarkhillhikers](http://www.sites.google.com/site/bvozarkhillhikers)  
**Contact:** Pat Golden, [johngolden@cox.net](mailto:johngolden@cox.net), (479)855-1230, 13 Kirkbridge Lane, Bella Vista, AR, 72714  
**Start Point:** Curran Hall Visitor's Center & Quapaw Quarter Assoc- 615 E Capitol. From N, take I-30 to downtown. Exit 140b to 6th. Right on 6th to parking lot behind Center. From S, exit 140, follow I-30 frontage rd to left on 9th. Right on Ferry and left on 6th to parking lot behind Center on the right. For Center info: (501)371-0076 or Email: [RWilliams@quapaw.com](mailto:RWilliams@quapaw.com) GPS coord: 34deg4432.75" N 92deg1552.46 W  
**Event Info:** Curran Visitor's Center is open M-Sat 9-5; Sun 1-5, closed on major holidays. The walk includes the State Capitol Building, Old State House, Governor's Mansion, and the Clinton Presidential Library. Two pedestrian bridges across the Arkansas River provide a panoramic view of the city. The River Market is usually bustling with activity and many shops and restaurants are available. Pets are not permitted inside buildings. The walk is suitable for wheelchairs and strollers.

**Pea Ridge - Civil War Military Park****11km Year Round Walk (2017/Y0145) 1/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Food For Thought

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0938 Ozark Hill Hikers [www.sites.google.com/site/bvozarkhillhikers](http://www.sites.google.com/site/bvozarkhillhikers)  
**Contact:** Suzanne Williams, 42suzanne@cox.net, (479)253-6978, 1 Deer Run Dr., Holiday Island, AR, 72631  
**Start Point:** Pea Ridge Military Pk Visitor's Center- (479)451-8122, PO Box 700, Pea Ridge, AR 72751. Park is on Hwy 62 in NW Arkansas. From I-44 take I-49 S (US71) Continue on I-49 to Exit 86 (Hwy 62 E). Follow Hwy 62 E approximately 11 miles to park access road on your left. This road is marked by highway signs. GPS coord. 36deg 26'37.14" N 94deg 01'32.91" W.  
**Event Info:** Visitor Center is open every day from 8:30am-4:30pm except for most holidays. The paved trail, over generally rolling terrain, is open to both auto and bicycle as well as pedestrian traffic. Signs describing the events of the battle are scattered along various stops along the trail. Park charges an entrance fee. If you choose to walk any unpaved side trips, they are not sanctioned for added distance. Carrying water is strongly recommended. Obey ranger's warnings about ticks, chiggers and poison ivy if you leave the paved road in summer.

**Rogers****10K/6K/5K Year Round Walk (2017/Y0771) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Take a Walk In a City Park, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2C      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0938 Ozark Hill Hikers [www.sites.google.com/site/bvozarkhillhikers](http://www.sites.google.com/site/bvozarkhillhikers)  
**Contact:** Ed or Claudia Shelton, shelton55@att.net, (479)621-1609, , , ,  
**Start Point:** Jiffy Kwick- 219 S. Arkansas St., Rogers, AR. 479-636-8944. From either the north or south on I-49, take exit 85 and turn east on Walnut (AR 12). After approximately 3.5 miles, cross railroad tracks and turn right on Arkansas Street. Jiffy Kwick will be on the left. From the east (Hwy 62) turn left on US62B/N 2nd street. Turn left on Walnut Street and right on Arkansas Street. Jiffy Kwick will be on the left. GPS Coordinates: 36deg 19'52.7" N 94deg 06'54.3" W. Please limit parking in the Jiffy parking lot - free parking is available across the street and next door.  
**Event Info:** Store hours 5am-11pm, Sunday 10pm. Closed Christmas. The 6K and 10K walks will guide you along greenway trails that ultimately circle Lake Atalanta. Additionally the 10K route winds along the brick streets of historic downtown past museums, antique stores, and various shops, as well as nearby residential areas with some homes dating back 100 years. Select one of the many restaurants and enjoy lunch or have a treat from one of the bakeries. .



**Rogers - Rogers Horsebarn****10K/5K Year Round Walk (2017/Y0776) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0938 Ozark Hill Hikers [www.sites.google.com/site/bvozarkhillhikers](http://www.sites.google.com/site/bvozarkhillhikers)  
**Contact:** Ray or Beth Anderson, randers532@gmail.com, (479)721-5217, 11 Spalding Drive, Bella Vista, AR, 72714

**Start Point:** Krispy Kreme Donuts- 1502 SE Walton Blvd., Rogers. From either north or south I-49 take Exit 85 and turn west (southbound, right after ramp; northbound, left after ramp) and drive about 4 blocks to stop light at Medical Ctr. Pkwy. Krispy Kreme on left. GPS coord: 36deg 20'6"N 94deg 11'27"W

**Event Info:** Start point hours of operation are 5:30am - 9:30pm, Sun-Thur, and to 11:00pm Fri and Sat. 10K & 5K on paved trails or streets. Located in Benton County, walk follows a paved bicycle/pedestrian green-way trail, then branches off into a well-kept neighborhood. The 10K includes a walk through an attractive commercial area and around a small, picturesque lake.

**Siloam Springs****5K and 10K Year Round Walk (2017/Y1891) 1/1/2017 - 12/31/2017**

Animal Safari, Border Crossings, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Ice Cream Parlors, Make a Wish at a Water Fountain, Take a Walk In a City Park, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0938 Ozark Hill Hikers [www.sites.google.com/site/bvozarkhillhikers](http://www.sites.google.com/site/bvozarkhillhikers)  
**Contact:** Ed or Claudia Shelton, shelton55@att.net, (479)621-1609, 55 McKenzie Dr, Bella Vista, AR, 72715

**Start Point:** Phillips 66, 1295 N. Mt. Olive, Siloam Springs, AR 72761- From either the east or west on US Hwy 412, turn north on S Mt. Olive St to the Phillips 66 station at 1295 N Mt. Olive St. (about 2 miles). Driving directions to the walk start (Bob Henry Park) are on the walk directions in the box.

**Event Info:** The 10k walk follows the Dogwood Springs Walking Trail. This wooded trail meanders along Sager Creek and through John Brown University. The walk continues along residential streets and will cross the state border of Arkansas and Oklahoma. The walk continues to the historic downtown district and returns to Bob Henry Park. The 5K also follows the Dogwood Springs Walking Trail along Sager Creek, through the University and historic downtown, and returns to Bob Henry Park.

**CALIFORNIA****- Pacific Crest Trail - Carson Pass****10k Seasonal Walk (2017/Y0880) 6/1/2017 - 10/31/2017**

Animal Safari, Food For Thought, Points of Reference, Treasure Hunt - A way to walk our precious trails

**Award:** IVV Credit Only                      **Strollers:** None                      **Restroom:** Yes

**Rating:** 2C                                      **Wheelchair:** None                      **Pets:** Yes

**Sponsor:** REG-PA AVA - Pacific Region

**Contact:** Suzi Glass, glass2walk@gmail.com, (408)592-3935, 5562 Vassar Dr., San Jose, CA, 95118-3455

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) - Carson Pass at Highway 88-REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)) Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user.DRIVE TO START: From the junction of US 50 and SR 89, go south (Right if you are headed for Lake Tahoe) on SR 89 for 11 miles to SR 88. Turn Right (west) and drive 10 miles to the summit of Carson Pass. From Stockton, take SR 88 east to the summit of Carson Pass. There is no free parking use the lot at Carson Pass or the Meiss Trailhead to park for \$5.00. The only restrooms are at the edges of the two parking lots.

**Event Info:** For an accessible, High Sierra portion of the Pacific Crest Trail, the Meiss Trailhead-Carson Pass lopsided figure 8 route is a great overview! From the Meiss Trailhead, 6k of the route is a combination of uphill, switchbacks, some flat areas, and one boulder pile. The out and back takes you along an overlook with views across the valley, by meadows with wildflowers and a pond, to a crest with lodgepole pines (the turnaround). After your return to the Meiss Trailhead, cross State Highway 88 to the Carson Pass Trailhead by the Ranger Station and walk the 4k loop to and around Frog Lake. All trails are easy to follow.

**- Pacific Crest Trail - Donner Pass****5k/13k Seasonal Walk (2017/Y1038) 6/1/2017 - 10/31/2017**

Points of Reference

**Award:** IVV Credit Only                      **Strollers:** None                      **Restroom:** Yes  
**Rating:** 3D                                      **Wheelchair:** None                      **Pets:** Yes

**Sponsor:** REG-PA AVA - Pacific Region**Contact:** Suzi Glass, glass2walk@gmail.com, (408)592-3935, 5562 Vassar Dr., San Jose, CA, 95118-3455

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) - Pacific Crest Trail at Donner Pass and Highway I-80- REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)) Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user.  
DRIVE TO START: The Donner Pass PCT trailhead is about 10 miles west of Truckee, CA. From Highway I-80, take exit 176 at Boreal Ridge Road. Follow the brown signs to the PCT Trailhead parking area (zip code is 96161).

**Event Info:** This is a high altitude hike in the High Sierra, starting at 7200 feet. While it is a challenging hike, it has great rewards in views and wildflowers. The most prolific and colorful wildflowers are seen in June and July. The 5k is a moderate grade on the way to historic Donner Pass. Both distances are on well-maintained trails, but the D trail rating is well-earned. The 13k includes moderate and steep grades, unshaded areas, and some switchbacks. It is well worth the mountain and valley scenery you experience. In this wilderness area, carry water, food, and a jacket. Wear hiking boots, sunscreen and a hat. A walking stick is recommended. Restrooms are available only at the trailhead. Dogs are permitted on leash with clean-up.

**- Pacific Crest Trail - Round Valley/Salt Ridge****8k/15/20k Seasonal Walk (2017/Y0983) 6/1/2017 - 10/31/2017**

Food For Thought, Points of Reference

**Award:** IVV Credit Only**Strollers:** None**Restroom:** Yes**Rating:** 3D**Wheelchair:** None**Pets:** Yes**Sponsor:** REG-PA AVA - Pacific Region**Contact:** Suzi Glass, glass2walk@gmail.com, (408)592-3935, 5562 Vassar Dr., San Jose, CA, 95118-3455

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) - START: Donner Pass and Highway I-80, Pacific Crest Trail head- REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)) Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user. DRIVE TO START: The Donner Pass, Pacific Crest trailhead is about 10 miles west of Truckee, CA. From Highway I-80, take exit 176 at Boreal Ridge Road. Follow the brown signs to the trail head parking area (zip code is 96161).

**Event Info:** Wonder why people spend months hiking the Pacific Crest Trail? This portion of the PCT will give you the answer! The mountain and valley scenes are ones only seen on picture postcards, the sky is clear and amazingly blue. The varied terrain is interesting and challenging. The route begins at 7200 feet and the elevation rises over 800 feet, so prepare for high altitude. The 8k turnaround is half-way up Castle Valley, while the 15k continues through boulder fields and along forest trails over Castle Pass and down to the Peter Grubb Hut in Round Valley. The first look at Round Valley is stunning! The portion from Round Valley to Sand Ridge Lake runs uphill, then descends some to the lake itself. The benefits include outstanding High Sierra views and wildflowers, especially in June and July. At a minimum, carry water, food, and a jacket to prepare for the elements, including patches of snow! Wear hiking boots, a hat, sunscreen, and insect repellent. A walking stick is recommended. Restrooms available only at the trailhead. Dogs are permitted on leash with clean-up.

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**- Pacific Crest Trail - Whitewater**

**5k/10k Year Round Walk (2017/Y0975) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only **Strollers:** None **Restroom:** Yes

**Rating:** 2C **Wheelchair:** None **Pets:** Yes

**Sponsor:** REG-PA AVA - Pacific Region

**Contact:** Jean Vik, walkervik@aol.com, (951)317-7860, 19310 East Ontario Ave., Corona, CA, 92881

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) - Whitewater Ranger Station, 9160 Whitewater Canyon Road, Whitewater, CA 92282.- REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)) Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user.

DRIVE TO START: From Eastbound I-10 freeway, take Whitewater exit (just past Highway 111 exit). Left at stop sign and Left again at Whitewater Canyon Rd. From Westbound I-10 freeway, take Whitewater exit. Turn Right and then Left on Whitewater Canyon Rd. Once on Whitewater Canyon Rd., drive 5 miles to the end of the road. There is plenty of free parking at the Preserve.

**Event Info:** This Pacific Crest Trail (PCT) hike is through the canyon and riverbeds along the year-round Whitewater River. The route is mainly on the PCT with lots of sand, gravel, and rocks. A walking stick or poles and hiking boots are recommended due to unstable footing. There are restrooms and water at and near the Ranger Station but none on the trail. Pets are welcome on leash with clean-up. The canyon is located between Banning and Palm Springs, so it can be warm any time of year. Sunscreen and water are a must!

**Alameda - Bay Farm Island - Alameda County**

**11km/5Km Year Round Walk (2017/Y0619) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only **Strollers:** Easy **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Easy **Pets:** Yes

**Sponsor:** AVA-0376 Vaca Valley Volks [www.vacavolks.org/](http://www.vacavolks.org/)

**Contact:** Priscilla Fife, prfife@gmail.com, (916)616-6003, 2241 Pacific Ave. #B, Alameda, CA, 94501

**Start Point:** Cafe au Lait - 3215 Encinal Ave Ste D, Alameda, CA 94501. From I-580 or I-880 into Oakland, exit at High St. Go SW on High St across the High St Bridge into Alameda. Continue on High St to Encinal Ave. Turn left on Encinal then a U turn to Cafe au Lait on right. Do no park in front of cafe. Continue to back lot and/or available parking on Biggs Ave and cross streets.

**Event Info:** M-F 6AM-5PM; S-S 7AM-5PM Closed holidays. Registration box is under the counter on left wall. The route is mainly paved and goes by parks, along canals and along San Francisco Bay, offering a skyline view of San Francisco and the bay. This 11 km walk includes 3 km of picture postcard views of Alameda Island, Oakland, the Bay Bridge and San Francisco Bay. On the way back you walk along a very large Lagoon on a public walking path that features beautiful up-scale homes, outstanding landscaping and waterfowl.

**Alameda - Victorian - Alameda County****10km/5K Year Round Walk (2017/Y0620) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0376 Vaca Valley Volks [www.vacavolks.org/](http://www.vacavolks.org/)  
**Contact:** Priscilla Fife, [prfife@gmail.com](mailto:prfife@gmail.com), (916)616-6003, 2241 Pacific Ave #B, Alameda, CA, 94501  
**Start Point:** Cafe au Lait- 3215 Encinal Ave Ste D, Alameda, CA 94501. From I-580 or I-880 into Oakland, exit at High St. Go SW on High St across the High St Bridge into Alameda. Continue on High St to Encinal Ave. Turn left on Encinal and then a U turn to Cafe au Lait. Do not park in front of Cafe Continue to back lot and/or available parking on Biggs Ave and cross streets.  
**Event Info:** M-F 6am-5pm S&S 7AM-5PM Closed holidays. Registration box (clear plastic) is under the counter on the left wall. Route is mainly paved with some gravel. It goes by parks, historical sites and old Victorian homes. This walk is like a textbook of Victorian Homes from the 19th and 20th Century. No cookie cutter homes here. Alameda is an old town on Alameda Island just off Oakland. The downtown has history at every turn and shady neighborhoods that are a pleasure to walk in.

**Anaheim - Disneyland****10 k Year Round Walk (2017/Y0794) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Treasure Hunt - A way to walk our precious trails, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Medium      **Pets:** No  
**Sponsor:** REG-PA AVA - Pacific Region  
**Contact:** Suzi Glass, [ncohen181@yahoo.com](mailto:ncohen181@yahoo.com), (408)592-3935, 5562 Vassar Dr., San Jose, CA, 95118-3455  
**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) - Disneyland, 1313 Disneyland Dr, Anaheim, CA 92803-3232. Mickey and Friends Parking Lot.- REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)) Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user.DRIVE TO START: Take the I-5 North or South to the Anaheim area. Coming from I-5 North, take the Disneyland Way offramp. Otherwise, follow the freeway signs for the offramp to Disneyland. Then follow the signs to the Mickey and Friends parking area.  
**Event Info:** Heading to Disneyland? For a fun-filled day, follow the 10 k directions—and get credit! You will visit every land as well as the California Adventure Park. (You will need to buy a Park Hopper Ticket—available at Disneyland and the Gift Card area in most grocery stores.) The walk instructions list popular rides and numerous attractions, while allowing time to explore Tom Sawyer's Island (hence the B trail rating), take advantage of specialized shopping, and dine in unique, themed sites.

**Auburn - Placer County Museums Walk****10km/6km Year Round Walk (2017/Y0034) 1/2/2017 - 12/31/2017**

Amphitheatres, Food For Thought, Points of Reference, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street

**Award:** B Award **Strollers:** hard **Restroom:** Yes**Rating:** 2A **Wheelchair:** NO **Pets:** Yes**Sponsor:** AVA-0686 Placer Pacers [www.placerpacers.org](http://www.placerpacers.org)**Contact:** Jan Jerabek, [theplacerpacers@yahoo.com](mailto:theplacerpacers@yahoo.com), (530)401-3219, PO Box 142, Auburn, CA, 95604**Start Point:** Flour Garden Bakery- 340-C Elm, 95603. From Sacramento, I-80 E, exit at Elm (#119C) in Auburn. Turn right, go over I-80 to first light. Turn right into Auburn Town Ctr. Flour Garden Bakery on right past Wells Fargo Bank. From I-80 W, (from East of Auburn) exit Elm (#119C). At light, proceed into Auburn Town Ctr. Flour Garden Bakery on right.**Event Info:** M-Sat 5am-6pm. Sun 6am-5pm. Closed New Years Day, Easter, Thanksgiving, Christmas. Walk Box is under the right-hand counter near restroom. The 10K Placer County Museum Walk will take you by three museums maintained by Placer County. The museums are open six days per week (closed Mondays) from 11:00 AM to 4:00 PM. Docents are available at each museum to show you around.**Avila Beach - Bob Jones Trail Tour - San Luis Obispo County****14/30 km Year Round Bike (2017/Y0426) 1/1/2017 - 12/31/2017****Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes**Rating:** 2B **Wheelchair:** medium **Pets:** Yes**Sponsor:** AVA-0686 Placer Pacers [www.placerpacers.org](http://www.placerpacers.org)**Contact:** Don Ratliff, [dratliff@calwisp.com](mailto:dratliff@calwisp.com), (916)645-8280, PO Box 142, Auburn, CA, 95604**Start Point:** Pismo Lighthouse Suites, 411 Price St., Pismo Beach, CA 93449. - 2131 Price, 93449. All travelers: take US-101 to Pismo Beach in S San Luis Obispo Cty. From S: pass Price exit, take Shell Beach exit. Turn left under highway. Turn left again to Shell Beach. With Pacific Ocean to right, double back until you reach restaurant, will be on right. From N: take Price exit. Go through town, until you get to restaurant, on left. Drive to Start after registration.**Event Info:** Daily, dawn until dusk. The bikeway is a paved surface for the majority of the event with additional dedicated bike lanes on other roads. There is a slight hill at Avila Beach. Cyclists will enjoy orchards, farms, crossing a river bridge, passing a golf course, beach areas and other walkers/cyclists. Note that this event is also a portion of the 5 and 10 km walking events.**Avila Beach - San Luis Obispo County****5/10 km Year Round Walk (2017/Y1963) 1/1/2017 - 12/31/2017****Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes**Rating:** 2B **Wheelchair:** medium **Pets:** Yes**Sponsor:** AVA-0686 Placer Pacers [www.placerpacers.org](http://www.placerpacers.org)**Contact:** Don Ratliff, [dratliff@calwisp.com](mailto:dratliff@calwisp.com), (916)645-8280, PO Box 142, Auburn, CA, 95604**Start Point:** Pismo Lighthouse Suites, 411 Price St., Pismo Beach, CA 93449. - 2131 Price, Pismo Beach, CA 93449. All travelers: take US-101 to Pismo Beach in S San Luis Obispo Cty. From S: pass Price exit, take Shell Beach exit. Turn left under highway. Turn left to Shell Beach. With Pacific Ocean to right, double back until you reach restaurant, on right. From N: take Price exit. Go through town, to restaurant on left. Drive to Start after registering.**Event Info:** Daily, dawn until dusk. The walking route is on the Bob Jones Bikeway that is a paved surface for the majority of the event. Walkers will enjoy orchards, farms, crossing a river bridge, passing a golf course, beach area, and other walkers/cyclists. Note that this event is also a portion of the 30 km and 14 km bike events.

**Benicia - Benicia State Recreation Area - Solano County****5K/10K Year Round Walk (2017/Y1346) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0376 Vaca Valley Volks [www.vacavolks.org/](http://www.vacavolks.org/)  
**Contact:** Howard McGill, [hiwayhowie@aol.com](mailto:hiwayhowie@aol.com), (707)447-9431, 219 Fairgate Dr., Vacaville, CA, 95687  
**Start Point:** First Street Cafe- 440 First St, 94510, From I-80 or I-680 take I-780 to Benicia. Take 2nd St exit, turn Left to Second St. Turn Right to Military E, Left on First St. From First St Cafe you must drive approx 1.8 miles to Matthew Turner Shipyard Pk. From First St Cafe, go back on First St to K St. Turn Left (W) to K St. Continue to W 12th St. Turn Left on W 12th St to Matthew Turner Shipyard Pk.  
**Event Info:** M-F 7am, Sat & Sun 8am Finish by Dusk. Walk is on paved and dirt walkways and trails. Botanical Garden on 10K route only. A beautiful trail along the Carquinez Strait to a lookout point where you can see the Carquinez Bridge. It is a very peaceful walk. The route starts at a small waterfront park and continues through neighborhood to Benicia State Park. A portion of the walk is on Bay Area Ridge Trail with views of Carquinez Bridge and straits and past Forrest Deaner Native Plant Botanic Garden.

**Benicia - Historic - Solano County****10km / 5km Year Round Walk (2017/Y0213) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0376 Vaca Valley Volks [www.vacavolks.org/](http://www.vacavolks.org/)  
**Contact:** Howard McGill, [hiwayhowie@aol.com](mailto:hiwayhowie@aol.com), (707)447-9431, 219 Fairgate Dr., Vacaville, CA, 95687  
**Start Point:** First Street Cafe- 440 First St, 94510. From I-80 or I-680, take I-780 to Benicia. Take Second St exit, turn Left. Turn Right at Military E, then Left on First St. Parking on First St limited to two hours. Side streets are unlimited and there is free city parking lot one block E of First St on E St.  
**Event Info:** M-F 7am, Sat & Sun 8am, Finish by dusk. First Street Cafe is closed major holidays. Benicia was once the early California State Capital. The State Capitol Building is a jewel. It is well worth visiting. Early on, before bridges, the railroad ended in Benicia at the Carquinez Strait. The trains were ferried by boat across the Carquinez Strait so they could continue on their way. The railroad depot is still standing. Pony Express riders continued on to Benicia if they missed the riverboat in Sacramento. The mail must go through. The town of Benicia is full of early California historic buildings, wonderful restaurants and creative shopping. The route goes past the first capitol building of California, through historic downtown Benicia with its many shops, around the marina and on part of the Bay Area Trail along the Carquinez Straits. There is an approximate 50 yd section of dirt trail. Try to plan your walk so you can enjoy the great food at the start point.



**Big Bear Lake - North Shore Trail - San Bernardino County****11K / 5K Year Round Walk (2017/Y0303) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Food For Thought, Fraternal Organizations, Honoring Our Flag, Lakes and Reservoirs, Points of Reference, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0285 Green Valley Gaiters, Inc. [www.greenvalleygaiters.org](http://www.greenvalleygaiters.org)

**Contact:** Jerry Johnson, [jejohnson89@juno.com](mailto:jejohnson89@juno.com), (909)825-9382, P.O. Box 406, Calimesa, CA, 92320

**Start Point:** Cozy Hollow Lodge- 40409 Big Bear (SR-18), 92315. From San Bernardino: E on SR-210 to Highland; N on SR-330 to Running Springs; E on SR-18 to Big Bear Lake. Start point on right side of road past Alpine Slide. Limited parking at Start Point. RV's and other over-size vehicles will need to find street parking in the area and walk back to the starting point. Check highway road conditions first with CalTrans at 800-427-7623 or [www.dot.ca.gov](http://www.dot.ca.gov)

**Event Info:** Start Point open 9am-7pm daily. Please allow staff to wait on customers first. No restrooms at starting point, but are available on walking route. For overnight accommodations, our club recommends our gracious Start Point host, Cozy Hollow Lodge; reservations encouraged, can be made at 909-866-9694. Big Bear Lake is a four-seasons mountain community situated above 6700 ft elevation. Much of the lake's north shore is a sparsely developed area managed by the National Forest Service. There is a well-maintained paved bike and pedestrian trail ("Alpine Pedal Path") running from the east end of the lake to the locally renowned Solar Observatory. Adjacent to this trail is the Standfield Marsh wildlife preserve, with boardwalks over the water. 11K route includes the full length of the North Shore trail, and the Stanfield Marsh; the 5K route is fully wheelchair- and stroller-accessible, and features a portion of the North Shore trail. There is a wide variation in weather during the year-- check the local weather before traveling to Big Bear, and dress appropriately. From Nov 1-Mar 31 most North Shore public facilities are closed for Bald Eagle nesting season, but lakeside trail can still be walked.

**Big Bear Lake - Village - San Bernardino County****10K / 5K Year Round Walk (2017/Y0337) 1/1/2017 - 12/31/2017**

Animal Safari, Fraternal Organizations, Honoring Our Flag, Lakes and Reservoirs, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0285 Green Valley Gaiters, Inc. [www.greenvalleygaiters.org](http://www.greenvalleygaiters.org)

**Contact:** Jerry Johnson, [jejohnson89@juno.com](mailto:jejohnson89@juno.com), (909)825-9382, P.O. Box 406, Calimesa, CA, 92320

**Start Point:** Cozy Hollow Lodge- 40409 Big Bear (SR-18), 92315. From San Bernardino: E on SR-210 to Highland; N on SR-330 to Running Springs; E on SR-18 to Big Bear Lake. Start point on right side of road past Alpine Slide. Limited parking at Start Point. RV's and other over-size vehicles will need to find street parking in the area and walk back to the starting point. Check highway road conditions first with CalTrans at 800-427-7623 or [www.dot.ca.gov](http://www.dot.ca.gov).

**Event Info:** Start Point open 9am-7pm daily. Please allow staff to wait on customers first. No restrooms at starting point, but are available on the walking route. For overnight accommodations, our club recommends our gracious Start Point host, Cozy Hollow Lodge; reservations are encouraged, and can be made at 909-866-9694. Wander through the picturesque "Village" district of Big Bear Lake, a four-seasons mountain community situated above 6700 ft elevation. The 10K and 5K routes include the main "tourist" business and resort district, as well as surrounding residential neighborhoods, two lakeside piers, and a lakeside Veterans Memorial park. The 10K route also visits a lakeside recreation park, and a ski resort area. There is a wide variation in weather during the year-check the local weather before traveling to Big Bear, and dress appropriately.

**Buellton - Town walk****10k Year Round Walk (2017/Y0799) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Food For Thought

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes

**Sponsor:** REG-PA AVA - Pacific Region

**Contact:** Suzi Glass, [ncohen181@yahoo.com](mailto:ncohen181@yahoo.com), (408)592-3935, 5562 Vassar Dr., San Jose, CA, 95118-3455

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) - Buellton Town Plaza, 175 McMurray Rd, Buellton, CA 93427. - REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)) Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user. DRIVE TO START: On Freeway 101 North (towards Ventura), pass Ventura to the City of Buellton. Take the Buellton 246 exit. Turn Right at the top of the offramp onto 246 (towards Solvang). Drive about 2 blocks past the Mobil Station to McMurray Road. Turn Right on McMurray, pass the Mobile Station and park in the Buellton Town Plaza, the first shopping center on the Right.

**Event Info:** Buellton is the home of Andersens Split Pea Soup restaurant and hotel, well-advertised on California freeways. Dont just stop for lunch or dinner, but walk through downtown Buellton and its neighborhoods, the Ostrich Farm, Avenue of the Flags, and the Ronald Reagan Flag Dedication Plaque. There is more to Buellton than highway signs depict!

**Calistoga - Napa County****10km & 5km Year Round Walk (2017/Y0268) 1/1/2017 - 12/31/2017**

Honoring Our Flag, National Register of Historic Places, Trekking With the Trees,  
Volcanoes, Walking the Path of Inventions

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0720 Sonoma County Stompers [www.SonomaCountyStompers.org](http://www.SonomaCountyStompers.org)  
**Contact:** Marilyn Nasi, MBNasi91@comcast.net, (707)486-8528, 110 Valley Lakes Dr, Santa Rosa, CA, 95409

**Start Point:** Calistoga Roastery- 1426 Lincoln, 94515. From I-80: W on Rt 12. Right on Rt 29 through Napa and St. Helena to Calistoga. At Lincoln (blinking light) turn right. Couple blocks on right. From US101: E on Mark West Springs/Porter Creek (approx 5 miles N of Santa Rosa). Left on Petrified Forest. Right on Hwy 128 (Foothill) about 1 mile to flashing light. Turn left on Lincoln (Hwy 29) continue as above.

**Event Info:** Daily dawn to dusk. The Calistoga Roastery contact 707-942-5757. Open Sun-Th 6:30am-5pm, F-Sat 6:30am-6pm. Ask for AVA Walk Box at counter. Customers have priority. The trail is on residential streets, a bike trail and paved roads. The walk includes country roads through vineyards and downtown Calistoga with its many shops and restaurants. Calistoga is famous for its spas and mud baths, as well as wineries. There is a variety of good restaurants-maybe even one or 2 in Zagat's Survey. Calistoga is a small, charming town located in California Wine Country at the north end of the famous Napa Valley.

**Campbell - Los Gatos Creek - Santa Clara County****5, 10, 13km Year Round Walk (2017/Y0853) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0338 South Bay Striders [www.sbstriders.org](http://www.sbstriders.org)  
**Contact:** Jim Boes, jsboes@aol.com, (408)379-9027, 1640 Manton Ct., Campbell, CA, 95008

**Start Point:** Campbell Inn- 675 E Campbell, 95008. From Hwy 17/880 take Hamilton Ave. exit, go East to Bascom. Turn right to Campbell Ave., turn right again. Park in the lot, to your right, just before the Hwy 17 overpass. Walk under Hwy 17; the inn is on the other side. File cabinet is in the maintenance closet in front of you as you enter the lobby. Inn reservations 1-800-582-4449.

**Event Info:** You will walk along the beautiful and popular Los Gatos Creek recreational trail. A dog park is on the route, so bring your four legged friends! There are lots of water birds to be seen! The walk includes the quaint center of Campbell. New restaurants make this a pleasant breakfast, lunch or evening walk.

**Capitola - Secret Paths and Stairways - Santa Cruz County****10 km Year Round Walk (2017/Y1183) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0338 South Bay Striders [www.sbstriders.org](http://www.sbstriders.org)  
**Contact:** Holly Pelking, ilex56@yahoo.com, (408)859-7978, 15680 Alum Rock Ave, San Jose, CA, 95127

**Start Point:** Coffeetopia- 3701 Portola Dr, Santa Cruz, CA 95062-5163. Call first on holidays. (831) 477-1940. From Hwy 1, take the 41st Ave exit West to Portola Dr. Turn right, cross 38th Ave. Coffeetopia will be on your right. Walking file cabinet is in small room on left. (It used to be a bank vault.)

**Event Info:** This favorite walk meanders through beautiful ocean front residential areas. Discover garden paths through "Little Venice" and its brightly painted beach rentals. Then climb up the cliff side stairs for breathtaking views of the ocean as you continue through Secret Paths and Stairways around this lovely quaint tourist town of Capitola. The views at the top of the stairs are worth the effort! At the start be sure to try their coffee - it is brewed to order!

### Carlsbad - Residential - San Diego County

10km and 5Km Year Round Walk (2017/Y0200) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0157 Low Desert Roadrunners [www.lowdesertroadrunners.org](http://www.lowdesertroadrunners.org)  
**Contact:** Sue Obradovitz, [walkervik@aol.com](mailto:walkervik@aol.com), (951)735-0457, PO Box 77143, Corona, CA, 92877-0104  
**Start Point:** Tamarack Beach Resort- Tamarack Beach Resort , 3200 Carlsbad Blvd, Carlsbad, CA 92008.Exit I-5 at Carlsbad Village Dr. (Elm Ave) & head west toward the ocean. Left on Carlsbad Blvd to the next signal (Pine Ave). Resort is on the corner. Ask at desk for the Walk Box.  
**Event Info:** Daily, dawn to dusk. This event has a remote start. The event has a new route. Walk goes thru town and also on a bike trail, along the beach, & beside a lagoon. The trail is mostly paved sidewalks with a short patch of DG trail. There are some long gentle slopes which may prove challenging for wheelchairs. There are numerous restaurants along the route, in all price ranges.

### Carmel - Mission - Monterey County

10k/5k Year Round Walk (2017/Y0443) 1/1/2017 - 12/31/2017

Bridges - Spanning the USA, Make a Wish at a Water Fountain, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0338 South Bay Striders [www.sbstriders.org](http://www.sbstriders.org)  
**Contact:** Suzi Glass, [glass2walk@gmail.com](mailto:glass2walk@gmail.com), (408)592-3935, 5562 Vassar Drive, San Jose, CA, 95118  
**Start Point:** Lopez Taqueria & Liquor- 500 Del Monte, Monterey, CA 93940-2405. From Hwy 1 S take Pacific Grove/Del Monte, turn off (exit 402B). Continue S to 500 Del Monte. Lopez Taqueria & Liquor on left on SE corner of Del Monte and Figueroa. Enter from Del Monte--walk box by counter. After registration, drive to start point.  
**Event Info:** Store hours: M-Sat: 8am-10pm; Sun: 10am-10pm. Register any time, but start and finish walk only during daylight hours. This Monterey County walk passes the historic Carmel Mission, which was founded by Fr. Junipero Serra and where he is buried. The 10 k trail winds up a fairly steep hill on a path that has a deep layer of wood bark which is very tough for strollers. You will continue through the trees and then down the main street of Carmel passing quaint shops, art studios, and restaurants to the Carmel Beach. The trail goes along beautiful Carmel Bay with vistas of Pebble Beach and Point Lobos, along the Carmel River Lagoon and finishes by passing through residential areas of unique homes and returns by the Carmel Mission.

**Carmel - Point Lobos - Monterey County****10km & 5km Year Round Walk (2017/Y0445) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Food For Thought, Points of Reference, Treasure Hunt - A way to walk our precious trails, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes

**Rating:** 2C      **Wheelchair:** NO      **Pets:** No

**Sponsor:** AVA-0338 South Bay Striders [www.sbstriders.org](http://www.sbstriders.org)

**Contact:** Suzi Glass, [glass2walk@gmail.com](mailto:glass2walk@gmail.com), (408)592-3935, 5562 Vassar Drive, San Jose, CA, 95118

**Start Point:** Lopez Taqueria & Liquor- 500 Del Monte, Monterey, CA 93940-2405. From Hwy 1 S take Pacific Grove/Del Monte turn off (exit 402B). Continue S to 500 Del Monte. Lopez Taqueria & Liquor on left on SE corner of Del Monte and Figueroa. Enter from Del Monte--walkbox is a cabinet by the counter. After registering, drive approx 3 miles S on Hwy 1 to POINT LOBOS STATE RESERVE for walk. There is a charge to park in the reserve or you may park for free on Hwy 1 and walk in.

**Event Info:** M-Sat: 8am-10pm; Sun 10am-10pm. The trail is very rough with roots, dirt paths, rocks and pot holes abounding, BUT if you can navigate a challenging trail this is a MUST DO EVENT. It has been rated in the top 10 events of AVA and deservedly so. This Monterey County walk is one of the most beautiful AVA year-round events in the United States. The trail goes around the perimeter of Point Lobos Reserve, with breathtaking vistas of the Big Sur coastline, rocky seaside, and Carmel Bay. You might be lucky enough to see sea otters frolicking in the surf, or gray whales spouting on their trip along the coast. There are also a lot of non-aquatic wildlife in the reserve.

**Carmichael - Ancil Hoffman Park - Sacramento County****5K, 6K, 8K, 11K, 14K Year Round Walk (2017/Y1712) 1/1/2017 - 12/31/2017**

Boardwalks, Cities in Song, Honoring Our Flag, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0265 Sacramento Walking Sticks [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)

**Contact:** Sally Coones, [saanagaha@yahoo.com](mailto:saanagaha@yahoo.com), (916)283-4535, P.O. Box 277303, Sacramento, CA, 95827-7303

**Start Point:** 24 Hr Fitness- 5114 Arden Way, Carmichael, CA 95608, (916) 484.2024. From I-80 or Capitol City Freeway, take Watt Ave S exit, turn left on Arden Wy, cross Fair Oaks Blvd, 24 Hr Fitness is in shopping center on the right next to Bella Bru Cafe. From Hwy 50, take Watt Ave N exit, turn right on Fair Oaks, right on Arden Way, 24 Hr Fitness is in shopping center on the right next to Bella Bru Cafe.

**Event Info:** 24 Hr Fitness, Hours open M-Th 5:00 am-Midnight, F Noon-11:00 pm, Sa 7:00 am-11:00 pm, Su 7:00 am-9:00 pm, call for holiday hours. Walk through upscale neighborhoods to Ancil Hoffman Park. Travel the dirt paths in this 396 acre park located along the beautiful American River Parkway. Keep a look out for deer and wild turkey along the path. Visit the Maidu Indian Village and Effie Yeaw Nature Center at the end of the park route. The 5k and 10k walks require a short drive to the start of the walk at Shelfield Park. There is a 3K option to walk from Bella Bru to Shelfield Park. The 5k, 11k, 14k routes that include Ancil Hoffman Park are rated 1B. The 6k and 8k routes that are in residential neighborhoods are rated 1A. No restrooms at 24 Hr Fitness but McDonald's and Raley's grocery are across the street and there are restrooms at Ancil Hoffman Park; no restrooms in Shelfield Park.

### Carpinteria - Santa Barbara County

10 km Year Round Walk (2017/Y1856) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0686 Placer Pacers [www.placerpacers.org](http://www.placerpacers.org)  
**Contact:** John Fletcher, [fletcherew@comcast.net](mailto:fletcherew@comcast.net), (805)736-8531, 1700 Sheffield Dr, Lompoc, CA, 93436  
**Start Point:** Holiday Inn Express Suites- 5605 Carpinteria, 93013-2601. Take US-101 to Casitas Pass exit. S on Casitas Pass to stop light at Carpinteria. Left on Carpinteria to hotel on left.  
**Event Info:** Daily, Dawn to Dusk. This route passes through beautiful residential areas, parks, and downtown Carpinteria. We've saved the best for last - shortly before the end you walk the length of Carpinteria Beach State Park with its beautiful views of the Pacific Ocean.

### Cherry Valley - Riverside County

6k and 11k Year Round Walk (2017/Y1836) 1/1/2017 - 12/31/2017

Food For Thought, Honoring Our Flag, Points of Reference, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0285 Green Valley Gaiters, Inc. [www.greenvalleygaiters.org](http://www.greenvalleygaiters.org)  
**Contact:** Art Line, [autherline@aol.com](mailto:autherline@aol.com), (951)845-3732, 5505 W. Riviera Ave, Banning, CA, 92223  
**Start Point:** Shell Gasoline Station- 10501 Beaumont, 92223. E: From Los Angeles/San Bernardino, Take I-10 to CHERRY VALLEY Exit. Left turn on top of exit Cherry Valley. Go 3.4 miles to Beaumont. Shell station on left corner Cherry Valley and Beaumont. W: From Palm Springs. Take I-10 to BEAUMONT Exit. Go right on Beaumont for 2.9 miles to Cherry Valley. Shell station on NW corner of Beaumont and Cherry Valley.  
**Event Info:** Daylight hours. Station open 5:00 am to 9:00 pm. Walk through a small rural Inland Empire horse property community. It includes walking past the Riverside County Cherry Valley Fire Station 22; walking through a small county park and some dirt/gravel walking trails around the newly developed Groundwater Recharge Center. The center also contains a Lo Water-Use Demonstration Garden. After the walk, enjoy a picnic lunch at the center's picnic area.

**Chula Vista - San Diego County****10km Year Round Walk (2017/Y0982) 1/2/2017 - 12/31/2017****Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes**Sponsor:** AVA-0832 South Bay Roadrunners**Contact:** Herman Husbands, eagleherm@aol.com, (619)287-0560, 6375 Elmhurst Dr., San Diego, CA, 921203957**Start Point:** South Bay YMCA- 1201 Paseo Magda, 91910-7785. Travel S from I-8 on I-805. Exit I-805 at "H" St exit, turn E on "H" St. Proceed E on "H" St approx 2.7 miles, arrive at Paseo Ranchero. Paseo Ranchero's intersection controlled by stoplight. Turn left on Paseo Ranchero, proceed approx 50 yards, turn right on Paseo Magda. South Bay YMCA on left. Turn in and park in lot.**Event Info:** YMCA open: M-F 5:30am-9pm; Sat 7am-7pm; Sun 9am-5pm. Start box in lobby. You may register any time, but must start and finish walk during daylight hours. Closed major holidays. Carry water in warm/hot weather. The walk is along sidewalks and a portion is shared with a dirt horse trail. While on the horse trail, walkers are urged to remain on the trail and not wander into the brush areas. Parking lot, as well as restrooms, available at the start. Start box is located at the Welcome Center counter. Center in the middle of the facility. A cabinet no longer exists.**Citrus Heights - Stock Ranch - Sacramento County****5k, 10k Year Round Walk (2017/Y0224) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes**Sponsor:** AVA-0265 Sacramento Walking Sticks www.SacramentoWalkingSticks.org**Contact:** Sally Coones, saanagaha@yahoo.com, (916)283-4535, PO Box 277303, Sacramento, CA, 95827-7303**Start Point:** SAS Shoe Store- 7247 Greenback Ln, Citrus Heights, CA 95621, (916) 722-7481. From I-80 go east on Greenback Ln toward Citrus Heights, go about two miles, turn left on Fountain Square Dr, turn right at Regency/Sam's Club Dr, at end of Sam's Club turn right, SAS is on your left. From US-50 go north on Sunrise, turn left on Greenback Ln, just past San Juan Ave turn right into Sam's Club Dr, SAS Shoe is on the right just before Sam's Club. The SAS Shoe Store owner has asked we not park in front of the store while participating in the walk.**Event Info:** Store is open M-Sa 10am-6pm, Su noon-5pm, call for holiday hours. Walk box is located in an old antique cabinet in the back of the store. The route travels through one of the original Sacramento land grants, the old Stock Ranch. Winding through the Stock Ranch residential areas and Van Maren Park, you reach the highlight of the walk, the little known and hidden riparian Stock Ranch Preserve along Arcade Creek. Continue through the shady oaks of the Crosswoods neighborhood to the Sylvan Oaks Community Library and park. Restrooms are located in Sam's Club and the Community Center. The SAS Shoe Store will give \$10.00 shoe discount for walkers with ID's.

**Claremont - Downtown - Colleges - Los Angeles County****10k, 5k Year Round Walk (2017/Y0743) 1/1/2017 - 12/31/2017**

Cities in Song, Fraternal Organizations, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** B Award **Strollers:** medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** medium **Pets:** Yes

**Sponsor:** AVA-0157 Low Desert Roadrunners [www.lowdesertroadrunners.org](http://www.lowdesertroadrunners.org)

**Contact:** Bob Gebo, robertgebo@aol.com, (951)924-2208, PO Box 77143, Corona, CA, 92877-0104

**Start Point:** Knights Inn- 721 S. Indian Hill Blvd, Claremont, CA 91711. From I-10, exit at Indian Hills Blvd. Turn North for a block to San Jose Ave. Turn Left on San Jose to the second entrance on the left. Knights Inn is through the parking lot. Drive to start of route after registering.

**Event Info:** Daily, 7:30am to dusk. Route is through lovely downtown, parks, college campuses, railroad, historical residential areas. There is a lovely botanical garden on the route but it has an entrance fee. Pets are not allowed in the gardens.

**Claremont - Hills - Los Angeles County****10K, 5K Year Round Walk (2017/Y1424) 1/1/2017 - 12/31/2017**

Cities in Song, Honoring Our Flag, Lakes and Reservoirs, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** B Award **Strollers:** None **Restroom:** Yes

**Rating:** 3B **Wheelchair:** None **Pets:** No

**Sponsor:** AVA-0157 Low Desert Roadrunners [www.lowdesertroadrunners.org](http://www.lowdesertroadrunners.org)

**Contact:** Bob Gebo, cngthorne@msn.com, (951)924-2208, PO Box 77143, Corona, CA, 92877

**Start Point:** Knights Inn- 721 S. Indian Hill Blvd, Claremont, CA 91711. From I-10, exit at Indian Hills Blvd. Turn North for a block to San Jose Ave. Turn Left on San Jose to the second entrance on the left. Knights Inn is through the parking lot. Drive to start of route after registering.

**Event Info:** Daily, 7:30 am to dusk. The route is steep at the beginning. It is in a primitive, beautiful park in the San Gabriel mountains with diverse trees and wildlife and a spectacular view of the valley on the descent. The weather can be very hot so walk early, carry water, use a hat and sunscreen.



**Colma - Colma Cemetery Walk****10K, 5K Year Round Walk (2017/Y1944) 1/1/2017 - 12/31/2017**

Animal Safari, Cities in Song, Honoring Our Flag, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** hard      **Pets:** No  
**Sponsor:** AVA-0204 Bay Bandits Volksmarch Club  
**Contact:** Lui Yakas, SFBayBandits@aol.com, (415)385-4481, PO Box 31704, San Francisco, CA, 94131

**Start Point:** Colma Community Center- 1520 Hillside Boulevard, Colma, CA 94014 - 650.985.5678  
M-F 8:00am-6:00 pm, Sat & Sun 10:00am - 3:00 pm.  
EAST BAY: I-80 W toward Daly City and I-280 S. Exit 47A, Serramonte Blvd, take Left exit lane and turn into Right lane. Continue along Serramonte. It will end at Hillside, where you will turn Left. Community Center parking lot will be to your left, after passing Olivet Cemetery on right.  
NORTH BAY: From the GG Bridge, take Park Presidio/19th Ave. exit. 19th Ave will flow into 280 S. Exit at Serramonte Blvd taking left lane to continue along Serramonte Blvd to Hillside. Turn left, passing Olivet Cemetery on right. Community Center parking lot will be to your left.  
SOUTH BAY: I-280 N, exit Hickey Blvd and turn Right. At Junipero Serra (2nd stop light), turn Left to next set of lights at Serramonte Blvd. Continue along Serramonte Blvd to Hillside and turn left, passing Olivet Cemetery on right. Community Center parking lot will be to your left.

**Event Info:** Some of San Francisco's most significant history makers are interred here, along with ordinary individuals and families. There are beautiful museum quality monuments, serene surroundings, and lovely views. Many great stories along the route, and religious/ethnic cemeteries, make this a particularly intriguing walk. Visit the Colma Museum next door and find out even more about Wyatt Earp, Lefty O'Doul, and Emperor Norton, to name a few.

**Corona - Historic - Riverside County****10K, 5K Year Round Walk (2017/Y0913) 1/1/2017 - 12/31/2017**

Alternative Capitals, Honoring Our Flag, National Register of Historic Places, Trekking With the Trees, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** B Award      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0157 Low Desert Roadrunners [www.lowdesertroadrunners.org](http://www.lowdesertroadrunners.org)  
**Contact:** Jean Vik, walkervik@aol.com, (951)737-8341, PO Box 77143, Corona, CA, 92877-0104

**Start Point:** Corona Regional Medical Center- 800 S Main, 92882. From Hwy 91 Eastbound, turn Right on Main. Go approx 6 blocks to 8th. Right on 8th to hospital. From 91 Westbound, exit on Lincoln. Left on Lincoln & Left on 6th St. Right on Main 2 blocks to Hospital. From I-15, exit West on Ontario (exit 93) to Main. Right on Main to 8th. Hospital on left. Park on city streets.

**Event Info:** Daily, 8am-5pm. Trail goes through historic Corona, featuring some lovely parks & interesting neighborhoods. Corona can be very hot, carry water and walk early.

**Coronado - San Diego County****Extended Event 5km & 12km Year Round Walk (2017/Y0352) 1/2/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0772 Coronado Beachcombers  
**Contact:** Herman Husbands, EagleHerm@aol.com, (619)287-0560, 6375 Elmhurst Dr., San Diego, CA, 92120-3957  
**Start Point:** Museum of History & Art- 1100 Orange, 92178. From I-5 (N or S) take Coronado-San Diego Bridge (State Hwy 75) across bay to Coronado. Follow main artery from bridge, becomes Third St. Turn left at light to Orange. Follow Orange to intersection of Orange and Park Pl. Metered parking along Orange (25/hr), plenty free parking on side streets. Early arrival will ensure more convenient parking. Many visitors during the summer. Plan to walk during daylight hours only and carry water during warm/hot weather.  
**Event Info:** M-F 9am-5pm, Sat 10am-5 pm, Sun 11am-4pm. Closed major holidays. Water should be carried. Ask for start box cabinet at counter. No longer located in hallway. Walk wanders along the perimeter of the charming village of Coronado. You will enjoy bayfront parks and the Pacific Ocean and views of the world famous Hotel del Coronado and lovely local historic homes and buildings. The trail takes place mostly on sidewalks, with a 2-km stretch along the beach (with detour for wheelchairs and strollers). The museum has a list of Coronado eateries.

**Crescent City - Historic Seaside - Del Norte County****5k & 10k Year Round Walk (2017/Y1059) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0720 Sonoma County Stompers [www.SonomaCountyStompers.org](http://www.SonomaCountyStompers.org)  
**Contact:** Don or Sue Deal, [sonomastompers@yahoo.com](mailto:sonomastompers@yahoo.com), (707)762-4148, 718 B St , Petaluma, CA, 94952  
**Start Point:** Quality Inn & Suites Redwood Coast- 100 Walton, 95531, 707-464-3885. Quality Inn on S side of town on Hwy 101. On ocean side of highway. From S on LEFT N of harbor, 1/4 block S of Elk Valley (signal light). From N on Right, past Elk Valley and N of harbor.  
**Event Info:** Dawn to dusk. Ask for AVA Walk Box at desk in lobby. Please remember that guests have priority over walkers. Mid-morning generally allows optional walk to lighthouse. Check with locals for time of low tide. This walk is on city sidewalks and paths. Portions of the walk is on city streets where there are no sidewalks. If the tide is out there is an optional side trip to Battery Point Lighthouse. It is about a short block in distance but over a rocky-uneven trail. When the tide is in there is about a 5 foot depth of water between the lighthouse and the path. A tide schedule is posted at the trail junction. Walk out B St pier to see fishermen or crabbers ply their trade. This tourist community has its past tied to the timber and fishing industries. Much of the town was destroyed by a tsunami resulting from the Alaska earthquake of 1964. Recreational activities and tourism are the economic mainstays today.

**Crestline - Lake Gregory - San Bernardino County****5K and 10K Year Round Walk (2017/Y1826) 1/1/2017 - 12/31/2017**

Fraternal Organizations, Honoring Our Flag, Lakes and Reservoirs, Points of Reference,  
Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Walk the  
USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0285 Green Valley Gaiters, Inc. [www.greenvalleygaiters.org](http://www.greenvalleygaiters.org)  
**Contact:** Art Line, [autherline@aol.com](mailto:autherline@aol.com), (951)845-3732, 5505 W. Riviera Ave, Banning, CA, 92220

**Start Point:** Goodwins Market- 24089 Lake Gregory, 92325, From I-10 E, Go to San Bernardino on I-10. Get on I-215 N, go 1.6 mi. Take Right fork to CA-259 N toward HIGHLAND/CA-210 E/MTN RESORTS-Merge on CA-210 E. Take WATERMAN exit. Turn Left on N WATERMAN (CA-18). Take ramp to RIM OF THE WORLD SCENIC BYWAY (CA-138). Bear Right on LAKE-go 1.1 mi. Market parking lot on right corner of LAKE and LAKE GREGORY. From I-10 W, go to Redlands on I-10, Take PASADENA/RUNNING SPRINGS exit to CA-210 W. Take WATERMAN exit. Turn Left on N WATERMAN (CA-18). Take ramp to RIM OF THE WORLD SCENIC BYWAY (CA-138). Bear Right on LAKE-go 1.1 mi. Market parking lot on right corner of LAKE and LAKE GREGORY. PLEASE NOTE: The Lake Gregory Recreation Company has implemented a \$6 parking fee at the developed parking areas along the lake. If you do not wish to pay the parking fee, look for suitable free parking in the vicinity or around the lake shore. Vehicles remaining more than one hour in the Goodwin's Market parking lot will be towed at owner's expense.

**Event Info:** Daylight hours. Market open 7:00 am to 10:00 pm. Elevation approx 5,000 feet. 10K Walk: Not suitable for wheelchairs. Strollers may be a little difficult but doable. First half of walk on hard compacted dirt trails. 5K Walk: Easy walk around lake on concrete sidewalk. Suitable for wheelchairs and strollers. Both walks are fairly easy scenic-walks around a beautiful mountain lake, amidst big trees and beautiful chalets. Goodwin's Market has a wonderful lunch counter in the market. We recommend walkers purchase lunch at the market.

**Dana Point - Orange County****10km, 5km option Year Round Walk (2017/Y1343) 1/1/2017 - 12/31/2017**

**Award:** A Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0857 Laguna Turf 'N Surf Walkers  
**Contact:** Sherry Colvin, [walkingforfun@gmail.com](mailto:walkingforfun@gmail.com), (949)487-7673, 24111 Leeward Dr, Dana Point, CA, 92629

**Start Point:** Ralphs Supermarket- 24871 Del Prado, Dana Point CA 92629 From I-5, exit at Hwy 1, Camino Las Ramblas to Pacific Coast Hwy North. Turn left on Golden Lantern, u-turn at Del Prado, right into Lantern Bay Village.

**Event Info:** Daily, 7:30AM until dusk. Start box is on the window ledge to the left of the ice machine in the front of the store. Walk takes you through Dana Point Village, Hide Walk with a cliff view of Dana Harbor, along Harbor Drive to Orange County Marine Institute, across bridge to Dana Island and back, through the harbor and "baby beach" area before heading back to the start point.

### Davis - Circle Davis Tour - Yolo County

28 Km Year Round Bike (2017/Y0007) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0556 Davis Dynamos [www.DavisDynamos.org](http://www.DavisDynamos.org)  
**Contact:** Dave Pelz, [djpelz@gmail.com](mailto:djpelz@gmail.com), (530)756-2315, 1131 Alice Street, Davis, CA, 95616  
**Start Point:** Common Grounds Coffee- 2171 Cowell Blvd. Davis 95616. 530-792-1781. From I-80 exit at Richards Blvd. South. Follow the street for about 0.4 miles crossing Research Park Dr where Richards becomes Cowell Blvd. Turn left into the Office Max shopping center at the Valdora Street signal. Immediately turn right at the aisle and follow it to Common Grounds Coffee  
**Event Info:** M-F, 6 AM to 7 PM. S-S, 6:30 AM to 7 PM. A bike ride circling the town of Davis, mostly on bike trails with some use of bike lanes. The route highlights the features that make Davis the most bike friendly city of its size in the USA. Davis is also the home of the U.S. Bicycling Hall of Fame.

### Davis - South Davis/El Macero - Yolo County

10 K, 06 K Year Round Walk (2017/Y0617) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0556 Davis Dynamos [www.DavisDynamos.org](http://www.DavisDynamos.org)  
**Contact:** Jo Ann Pelz, [djpelz@gmail.com](mailto:djpelz@gmail.com), (530)756-2315, 1131 Alice Street, Davis, CA, 95616  
**Start Point:** Common Grounds Coffee- 2171 Cowell Blvd., Davis, 95616. From I-80 exit at Richards Blvd. South. Follow the street for about 0.4 mile crossing Research Park Drive where Richards Blvd. becomes Cowell Blvd. At the Valdora St. signal turn left into the Office Max shopping center. Immediately turn right at the parking aisle and follow it to Common Grounds Coffee. Park away from the retail businesses.  
**Event Info:** M-F, 6AM to 7PM, S-S, 6:30 AM to 7 PM. This walk takes advantage of the many miles of off street pathways in Davis and leads into the Yolo County streets of up scale El Macero and historic Willowback for views of a golf course and productive farmland at the edge of the city.

### Davis - Southeast Tunnels & Bridges - Yolo County

10 K, 6 K Year Round Walk (2017/Y1624) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0556 Davis Dynamos [www.DavisDynamos.org](http://www.DavisDynamos.org)  
**Contact:** Jean Lucas, [jeanb@dcn.org](mailto:jeanb@dcn.org), (530)756-4919, 2423 Regis Drive, Davis, CA, 95618  
**Start Point:** Common Grounds Coffee- 2171 Cowell Blvd., Davis 95616. From I-80 exit at Richards Blvd. South. Follow the street for about 0.4 miles crossing Research Park Drive where Richards becomes Cowell Blvd. Turn left into the Office Max shopping center at the Valdora Street signal. Immediately turn right at the first parking aisle and proceed to Common Grounds Coffee.  
**Event Info:** M-F, 6 AM to 7 PM. S-S, 6:30 AM to 7 PM. A majority of this walk is on paved pathways through parks, green belts and residential sidewalks in southeast Davis.

### Davis - University - Yolo County

10km - 5km Year Round Walk (2017/Y0404) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0556 Davis Dynamos [www.DavisDynamos.org](http://www.DavisDynamos.org)

**Contact:** Jo Ann Pelz, [djpelz@gmail.com](mailto:djpelz@gmail.com), (530)756-2315, 1131 Alice Street., Davis, CA, 95616-2114

**Start Point:** Fleet Feet Sports- 615 Second Street, Davis, CA 95616. From I-80 exit Richards Blvd which will become E Street after passing under the railroad tracks at next light. Go one block after light on E Street and turn right on Second Street. Fleet Feet is in that block, on the left. Free parking is available (for 3 hours) above the theater on F street between First and Second Streets and accross First Street at F Street.

**Event Info:** M-F, 10:00AM-6:00PM. Saturday, 9:00AM-5:00PM. Sunday, Noon-5:00PM. Walk box is a white 2 drawer file cabinet in the back hall of the store. Walk is on city streets (including portions of the historic Lincoln Highway), bike paths through UC Davis and the University Arboretum. Area of walk is mostly shaded and exceptionally beautiful in the spring through the campus and Arboretum.

### Elk Grove - Charlie Fowble Memorial - Sacramento County

5K, 10K Year Round Walk (2017/Y0997) 1/1/2017 - 12/31/2017

Animal Safari, Cities in Song, Food For Thought, Honoring Our Flag, Make a Wish at a Water Fountain, Points of Reference, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0265 Sacramento Walking Sticks [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)

**Contact:** Brenda Dougherty, [BDougherty@Clarkpacific.com](mailto:BDougherty@Clarkpacific.com), (925)864-4733, PO Box 277303, Sacramento, CA, 95827-7303

**Start Point:** McDonald's- 2733 Elk Grove Blvd, Elk Grove, CA 95758. (916) 478-9245 From I-5 take the Elk Grove Blvd exit and go east. McDonald's is on the left just past Harbour Point Dr. From SR 99 take Elk Grove Blvd exit and go west. McDonald's is on the right on the northeast corner of Elk Grove Blvd and Harbour Point Dr.

**Event Info:** Restaurant open daily 6am-9pm; call for holiday hours. Ask at the counter for the Walk Box. Get glimpses of the wonderful homes of West Laguna Lakeside circling the tranquil man-made lake and the bright and charming neighborhood of Laguna Stonelake that is alongside the levee encircling the Stonelakes National Wildlife Refuge. Take in the ambiance of this walk in the early morning or near dusk to get full enjoyment from this walk. This walk is a figure-8 with two equidistant 5k loops. It is a well hidden treasure. Ascending onto and traversing the levy on the southern loop may be difficult for wheelchairs. Water and restrooms at the start and along route.

**Elk Grove - East Elk Grove Recreational Trails - Sacramento County****5k, 10k Year Round Walk (2017/Y1423) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, National Register of Historic Places, Points of Reference, Trekking With the Trees, Walk the USA - Street by Street, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0265 Sacramento Walking Sticks [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)

**Contact:** Monica Moriarty, momo.moriarty@gmail.com, (916)956-1318, PO Box 277303, Sacramento, CA, 95827-7303

**Start Point:** Starbucks Coffee Company- 8868 Bond, Elk Grove, CA 95624, (916) 686-2140. Take Hwy 99 south from Sacramento. Exit Bond east (left) and drive approx 1 mile. Starbucks on right in the Walgreens/Wells Fargo strip mall.

**Event Info:** Restaurant open daily M-Th 4:30 am-10:00 pm, Fr/Sa 4:30 am-11:00 pm, Su 5:00 am-10:00 pm, call for holiday hours. Start box near condiment station in seating area. This walk provides a variety of settings, something for everyone to enjoy. Much of the route meanders beside tranquil Laguna and Whitehouse Creeks on shady paths and through wetlands where birds and other wildlife can be observed. The route consists of two equidistant 5k routes, the first being a loop on parkways in the pleasant community of Camden Passage and the second loop along Laguna Creek with a brief peek at Historic Elk Grove. Water is available at start/finish and along the route. Restrooms at start/finish point and on Historic Elk Grove loop only.

**Elk Grove - Elk Grove Creek Watershed - Sacramento County****5k, 11k, 12k Year Round Walk (2017/Y0785) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Ice Cream Parlors, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0265 Sacramento Walking Sticks [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)

**Contact:** Monica Moriarty, momo.moriarty@gmail.com, (916)956-1318, PO Box 277303, Sacramento, CA, 95827

**Start Point:** Peet's Coffee & Tea- 8234 Laguna Blvd, Ste #100, Elk Grove, CA 95758, (916) 683-7191. Take Hwy 99 south from Sacramento. Exit Laguna Blvd (west). Left at first stoplight using the right-hand turn lane onto Laguna Springs Dr, quick right after gas station into small shopping center, right at Leatherby's, Peet's is last business on the left. Please leave closest parking stalls for Peet's customers.

**Event Info:** Peet's Coffee is open daily M-Th 4:30 am-7:00 pm, F 5:30 am-8:00 pm, Sa 6:00 am-8:00 pm, Su 6:00 am-7:00 pm; call for holiday hours. Start box is on floor near front door. Water and restrooms are at the start/midpoint/finish. This route consists of two loops, the first loop is 5k with an optional 1k loop, the second loop is 6k. Enjoy the peacefulness of paved paths along Elk Grove Creeks seasonal watershed; home to salamanders, turtles, frogs, egrets, great blue herons, and the endangered Swainsons hawk. Also explore Elk Groves new Rain Garden; the first of its kind in California designed to promote water conservation and showcase native, drought-resistant plants. This route is in its prime late winter through spring when the creek and ponds are at their fullest and wildlife is at its peak. There is an optional 1k loop to the top of the new bike bridge over Hwy 99, rated 2A.

**Elk Grove - Old Town- Sacramento County****5/10 km Year Round Walk (2017/Y1775) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0265 Sacramento Walking Sticks [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)

**Contact:** Monica Moriarty, [momo.moriarty@gmail.com](mailto:momo.moriarty@gmail.com), (916)956-1318, PO Box 277303, Sacramento, CA, 95827-7303

**Start Point:** Starbucks Coffee Company- 8868 Bond, Elk Grove, CA 95624, (916) 686-2140. Take Hwy 99 south from Sacramento. Exit Bond east (left) and drive approx 1 mile. Starbucks on right in the Walgreens/Well Fargo strip mall.

**Event Info:** Restaurant open daily Mo-Th 4:30 am-10:00 pm, Fr/Sa 4:30 am-11:00 pm, Su 5:00 am-10:00 pm, call for holiday hours. Start box near condiment station in seating area. The route passes through several lovely neighborhoods on its way to the Historic District of Elk Grove. The District is an enjoyable stretch traveling down Elk Grove's Historic Main Street and passes dozens of buildings of historical significance, the oldest dating back to 1876. There are plenty of antique stores, shops, saloons, and eateries to explore and enjoy. Water and restrooms are at start/finish point, businesses along the route, library and CSD building.

**Encino - Nature and Historic walk****10k/20k Year Round Walk (2017/Y0934) 1/2/2017 - 12/30/2017**

Bridges - Spanning the USA, Lakes and Reservoirs, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** Hard      **Pets:** No

**Sponsor:** REG-PA AVA - Pacific Region

**Contact:** Suzi Glass, [ncohen181@yahoo.com](mailto:ncohen181@yahoo.com), (408)592-3935, 5562 Vassar Dr., San Jose, CA, 95118-3455

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) - Balboa Encino Golf Course, 16821 Burbank Blvd, Encino, CA 91436.- REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)) Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user.DRIVE TO START: From the 405 Freeway, North or South, take the Burbank Blvd. offramp. Turn West on Burbank Blvd, past Hayvenhurst, to the parking lot entrance right before seeing the Balboa Encino Golf Courses sign. Turn into the parking lot, then turn Left and go over the hill and park in the front entrance parking lot.

**Event Info:** On this walk you have your choice of a nature-oriented 10k, an historical and golf course 10k, or both, since the parts start and end at the parking lot access to the bike path that follows Burbank Blvd. Both portions use sidewalks, bike, and dirt paths. The nature-oriented walk goes to (and through) the Sepulveda Wildlife Reserve, the Tillman Water Reclamation Plant, Woodley Lakes Golf Course, and Lake Balboa. The historic route leads to the Los Encinos State Historic Park, and returns between the golf course and the Los Angeles River.

**Etna - Historic - Siskiyou County****5k, 10k Year Round Walk (2017/Y1121) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0265 Sacramento Walking Sticks [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)

**Contact:** Catherine Wieder, [cgwieder@wieder-law.com](mailto:cgwieder@wieder-law.com), (530)496-3407, PO Box 277303, Sacramento, CA, 95827-7303

**Start Point:** Bob's Ranch House Restaurant- 585 Collier Way (Hwy 3), Etna, CA 96027, (530) 467-5787. From Sacramento take Interstate 5 N, exit California Hwy 3 at Yreka toward Ft Jones/Etna. Go S on Hwy 3/Ft Jones, 25 miles to Etna. Hwy 3 makes sharp left at Etna/Collier Way. Turn right to parking lot of start point, Bob's Restaurant.

**Event Info:** Restaurant open 6am-9pm, daily; call for holiday hours. Walk box is usually in the banquet room under the reception table. Etna is a charming 1860's ranching/mining town near the famous Pacific Crest Trail. Follow along a dirt trail with modest hills, along city streets, most without sidewalks, through the rodeo park, and on a gravel road through the cemetery.

**Eureka - Old Town/Victorians - Humboldt County****5k & 10k Year Round Walk (2017/Y1061) 1/1/2017 - 12/31/2017**

Food For Thought, Honoring Our Flag, National Register of Historic Places

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes

**Sponsor:** AVA-0720 Sonoma County Stompers [www.SonomaCountyStompers.org](http://www.SonomaCountyStompers.org)

**Contact:** Don or Sue Deal, [sonomastompers@yahoo.com](mailto:sonomastompers@yahoo.com), (707)762-4148, 718 B Street, Petaluma, CA, 94952

**Start Point:** North Coast Co-op- 25 4th, Eureka, CA 95501, corner of 4th & B. North Coast Co-op located on Hwy 101 going S on S edge of downtown. From S on Hwy 101 road turns RIGHT, splits to 5th, a one-way street. At B (3 blocks) turn LEFT, cross 4th (another 1 way street) find parking alongside store's parking lot. From N follow Hwy 101 (4th) through town to B. North Coast Co-op on RIGHT.

**Event Info:** North Coast Co-op open 7 days, 6am-9pm. Closed Thanksgiving and Christmas. Ask for AVA Walk Box at Customer Service Center, inside right entrance. This walk is on city sidewalks and a boardwalk. Eureka has been called America's most picturesque small town for its water views and Victorian-lined streets. Highlights include many beautiful historical homes and "Old Town" which is the heart of early Eureka, and has over 200 old store buildings, hotels, and cafes. Today there are many unique shops with resident artists and craftsmen, bars/pubs, and eateries. The Carson Mansion, one of the most famous ornate wooden structures in America, (and thought to be most photographed) is included on the walk.



**Fair Oaks - Historic - Sacramento County****5k, 10k Year Round Walk (2017/Y1064) 1/1/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0265 Sacramento Walking Sticks [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)

**Contact:** Marcia Maurer, [marshinguat@gmail.com](mailto:marshinguat@gmail.com), (916)844-4673, PO Box 277303, Sacramento, CA, 95827-7303

**Start Point:** Fair Oaks Coffee House & Deli- 10223 Fair Oaks, Fair Oaks, CA 95628, (916) 966-2130. From Hwy 50 E or W, take Sunrise Blvd N to Fair Oaks Blvd (1st light after crossing river), right on Fair Oaks Blvd, left on 1st street to continue on Fair Oaks Blvd, start location on 2nd block on left. From I-80 E, right on Madison Ave, right on Sunrise Blvd, left on Fair Oaks Blvd, (if you cross the river you have gone too far), left on 1st street to continue on Fair Oaks Blvd, start location on 2nd block on left. From I-80 W, take Antelope exit, left on Antelope (S), right on Sunrise Blvd, left on Fair Oaks Blvd, left on 1st street to continue on Fair Oaks Blvd, start location on 2nd block on left.

**Event Info:** Restaurant hours M-Sat 6am-7pm, Sun 6am-6pm, call for holiday hours. Start box located on shelf left of the front door. Walk through this historic and quaint town known for its roaming chickens, starting at Plaza and Village parks. The 10K will take you through residential areas and to the American River Parkway. You will cross the American River on the Jim Jones Pedestrian Bridge and circle back to Fair Oaks via the Old Fair Oaks Bridge. The 5K stays in Old Town and takes you over the Old Bridge across the American River and back. This is a hilly area that will thoroughly stretch your calves, but it is quite picturesque. The Fair Oaks festival happens the 1st week in May features a family friendly parade and events. Join in the Chicken Festival on the 3rd Saturday in September or the Fair Oaks Dog Walk on the 1st Saturday in October. Restrooms are at the start point; in Village Park behind the Clubhouse; and on the American River Parkway before you cross the pedestrian bridge.

**Folsom - Historic - Sacramento County****5k, 10k Year Round Walk (2017/Y0165) 1/1/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Boardwalks, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Ice Cream Parlors, Lakes and Reservoirs, National Parks Centennial Challenge, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes

**Rating:** 2C      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0265 Sacramento Walking Sticks [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)

**Contact:** Heidi Foster, [heidwalks@sbcglobal.net](mailto:heidwalks@sbcglobal.net), (916)792-1720, PO Box 277303, Sacramento, CA, 95827-7303

**Start Point:** Karen's Bakery & Café- 705 Gold Lake Dr, Suite #340, Folsom, CA 95630, (916) 985-2665. US 50 E, take Folsom exit, turn left onto Folsom Blvd, past Natoma St, take ramp on right to Historic District. Continue straight on Sutter St for short distance, turn left on Reading St, turn right on Leidesdorff St. Turn left on Gold Lake Dr. Karen's Bakery on corner of Gold Lake Dr and Leidesdorff St. Free parking available in two story brick garage on corner of Leidesdorff St and Reading St.

**Event Info:** Restaurant open M-F 6am-4pm, Sat 7am-4pm, closed Sundays, call for holiday hours. Walk box is on the bookcase to the left of the main entrance of Karen's Bakery. Take a trip back into the time of the Gold Rush through old town Folsom, passing historic sites such as the terminus of the Sacramento Valley Railroad, Pony Express Station, the historic Folsom Powerhouse (the first long distance transmission of electricity) now a National Historic Monument and State Park, the Chinese Cemetery, and old Victorian homes. Take the dirt paths walked by Native Americans and settlers along serene Lake Natoma and the American River with views of Folsom Prison and Maidu Indian ruins. Save time to browse through the Visitor Center, Railroad Museum, History Museum and the Old Powerhouse. Dogs cannot go into Chinese Cemetery and State Park. Portions of the route may be slick and/or muddy after rains. The Powerhouse is open for viewing from 12-4pm on Sat & Sun. Gift shop open Sat.

**Folsom - Humbug Willow Creek Tour - Sacramento County****25k Year Round Bike (2017/Y0884) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Cities in Song, Trekking With the Trees, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** None      **Pets:** No

**Sponsor:** AVA-0265 Sacramento Walking Sticks [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)

**Contact:** Heidi Foster, [heidwalks@sbcglobal.net](mailto:heidwalks@sbcglobal.net), (916)792-1720, PO Box 277303, Sacramento, CA, 95827-7303

**Start Point:** Karen's Bakery and Cafe- 705 Gold Lake, Suite 340, Folsom, CA 95630, (916) 985-2665. US 50 E, take Folsom exit, turn left onto Folsom Blvd, past Natoma St, take ramp on right to Historic District. Continue straight on Sutter St for a short distance, turn left on Reading St, turn right on Leidesdorff St, turn left on Gold Lake Dr. Karen's Bakery on right on corner of Gold Lake Dr and Leidesdorff St. Free parking available in two story brick garage on corner of Leidesdorff St and Reading St.

**Event Info:** Restaurant open M-F 6am-4pm, Sat 7am-4pm, closed Sundays, call for holiday hours. Walk box is on the bookcase to the left of the main entrance of Karen's Bakery. This 25K bike route will dazzle you with the hidden bike trails from historic Folsom along Humbug Willow Creek and the American River Parkway. The route starts in old historic Folsom at the award winning Karen's Bakery and continues along the American River for a few miles until it hooks up with the Humbug Willow Creek bike trail. Travel through the wetlands of a thriving bird sanctuary, over bridges, through parks and along an urban lake. This gem of a bike ride is hidden in the middle of an urban setting, but you would never know it. This is primarily an out and back route and is fairly easy with few hills. Restrooms and water are available at start and in the parks along the route.

**Foster City - San Mateo County****10/5km Year Round Walk (2017/Y1336) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs,  
Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street,  
You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes

**Sponsor:** AVA-0204 Bay Bandits Volksmarch Club

**Contact:** Ann Opperman, SFBayBandits@aol.com, (650)377-0492, PO Box 31704, San Francisco, CA, 94131

**Start Point:** William E Walker Recreation Center- 650 Shell Blvd, Foster City, CA 94404. From North and South Bay: 15 miles S of San Francisco on US Rt 101 to Hillsdale. Exit E (towards San Mateo Bridge), go 6 stop lights to Shell, turn Right, go 1 block to Recreation Center. From the East Bay: take 880 S to the San Mateo Bridge ( CA 92W). Exit 14B for Foster City Blvd/E. Hillsdale Blvd and turn right. Right on Foster City Blvd. Right on E Hillsdale Blvd. Left on Shell Blvd for one block to Recreation Center. Parking free and plentiful. No Public transportation available.

**Event Info:** Walk along the Foster City Lagoon, over bridges, along quiet streets and the San Francisco Bay. Nice views of the lagoon, Bay, the San Mateo Bridge and a wildlife sanctuary.

**Galt - Cosumnes River Preserve - Sacramento County****5K, 10K Year Round Walk (2017/Y1314) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Treasure Hunt - A way to walk our precious trails, Walking the Path of Inventions

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Medium      **Pets:** No

**Sponsor:** AVA-0265 Sacramento Walking Sticks [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)

**Contact:** Brenda Dougherty, BDougherty@Clarkpacific.com, (925)864-4733, PO Box 277303, Sacramento, CA, 95827

**Start Point:** McDonald's Restaurant- 2733 Elk Grove Blvd, Elk Grove CA 95758, (916) 478-9245. From I-5, take the Elk Grove Blvd exit and go east. McDonald's is on the left, just past Harbour Point Dr. From SR 99, take Elk Grove Blvd exit and go west. McDonald's is on the right on the northeast corner of Elk Grove Blvd and Harbour Point Dr.  
Driving from McDonald's to the Preserve: Head northwest on Elk Grove Blvd toward Harbour Point Dr. Merge onto I-5 S via the ramp to Los Angeles. Take Exit 498 for Twin Cities Rd and turn left. Turn right onto Franklin Blvd, destination will be on the left.  
Another option is to head northwest on Elk Grove Blvd toward Harbour Point Dr. Make a U-turn at Harbour Point Dr. Use the right 2 lanes to turn right onto Franklin Blvd. Make a slight right to stay on Franklin Blvd. In 8.9 miles the destination will be on the left.

**Event Info:** Restaurant open daily 6am-9pm; call for holiday hours. Ask at the counter for the Walk Box. The Lost Slough Wetlands Walk is a 1-mile universally-accessible trail offering an up-close view of lush marshes, wetland plants, water-birds, insects and amphibians. There is also a wooden boardwalk meandering into the Lost Slough. The River Walk Trail is on raised levees through a variety of habitats, including buttonbush thickets, native grasslands, valley oak riparian forest, cottonwood-willow riparian forest, tule marsh, valley oak savannah and several restoration projects. During the winter months, the natural flood cycle often results in complete inundation of this trail by floodwaters. Boardwalk is open from 10am-4pm and trail is open from sunrise to sunset. Contact the Cosumnes River Preserve for trail conditions, (916) 684-2816, [www.Cosumnes.org/](http://www.Cosumnes.org/)

**Galt - Sacramento County****10km & 5km Year Round Walk (2017/Y1303) 1/1/2017 - 12/31/2017**

Food For Thought, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the Path of Inventions

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0416 Delta Tule Trekkers [www.deltatuletrekkers.org](http://www.deltatuletrekkers.org)

**Contact:** Gloria Stemler, [deltatuletrekkers@inreach.com](mailto:deltatuletrekkers@inreach.com), (209)745-1728, 13918 Sargent Ave., Galt, CA, 95632

**Start Point:** McDonald's Hamburgers- 324 Pine Street, Galt, CA 95632. From Hwy 99, north or southbound, take Central Galt exit, then West on "C" St.. toward the "Golden Arches." Turn left in to McDonald's. Please park in the back of the lot.

**Event Info:** Daily dawn to dusk. Ask manager for walk binder.

**Gold River - Jedediah Smith Memorial Trail - Sacramento County****5k, 7k, 11k Year Round Walk (2017/Y1793) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, National Register of Historic Places, Points of Reference, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0265 Sacramento Walking Sticks [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)

**Contact:** Lois Will, [Loiswill@sbcglobal.net](mailto:Loiswill@sbcglobal.net), (916)599-7152, PO Box 277303, Sacramento, CA, 95827-7303

**Start Point:** Starbucks Coffee Company- 2095 Golden Centre Ln, Suite 10, Gold River, CA 95670, (916) 853-9728. From Sacramento, take US-50 E toward Lake Tahoe, exit Sunrise N toward Fair Oaks. Turn left on Sunrise. Turn right on Gold Express, then left on Golden Centre Ln to shopping center. From Folsom, take US-50 W toward Sacramento, exit Sunrise. Turn right on Sunrise. Turn right on Gold Express, then left on Golden Centre Ln to shopping center. Starbucks is at opposite end of shopping center, last business on right.

**Event Info:** Restaurant is open daily 5am-11pm, call for holiday hours. Walk box located in first cupboard, condiment stand, to left of entrance. Travel the Jedediah Smith Memorial Trail thru the American River Parkway along the river's edge. This trail is heavily traveled by cyclists; walkers are warned to walk on the left side of the path for safety. The trail provides great bird and wildlife habitat with lots of shade, picnic areas and vista points. The 11K route continues to the Nimbus Fish Hatchery where, in the autumn, you can view the salmon climbing the fish ladders as they arrive to spawn their eggs. Walkers may also enjoy hand feeding the fingerlings in the rearing ponds and visiting the museum. Visitor Center, (916) 358-2884, open M-F 8am-3pm, Sat-Sun 9am-3pm, closed Christmas Day. The fish rearing ponds are open daily 7:30am-3pm. <http://www.dfg.ca.gov/fish/hatcheries/nimbus/> Restrooms are available at the start, along the trail near the Fair Oaks Bridge, and at Fish Hatchery Visitor Center.

**Healdsburg - Wine Country - Sonoma County****10k with 5k alternate Year Round Walk (2017/Y0415) 1/1/2017 - 12/31/2017**

Fraternal Organizations, National Register of Historic Places, Trekking With the Trees, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0720 Sonoma County Stompers [www.SonomaCountyStompers.org](http://www.SonomaCountyStompers.org)  
**Contact:** Marilyn Nasi, MBNasi91@comcast.net, (707)486-8528, 110 Valley Lakes Dr, Santa Rosa, CA, 95409

**Start Point:** Adels Restaurant- 198 Dry Creek Rd, Healdsburg, CA 95448. Take the Dry Creek Rd Exit off Hwy 101, go East on Dry Creek Rd to first stop light. Adels is in front of the Best Western. Turn right and park on Grove St. Adels phone 707-433-6422

**Event Info:** Open 6am to midnight every day, but walk dawn to dusk. Open holidays. You may want to call to verify holiday hours. Walk box is under the bench in the entry. Walk is on city streets and bike paths. The walk goes by many historic homes, Healdsburg Museum in an old Carnegie Library, the Fan Museum, Bear Republic Brewing Co, and Saturday AM Farmers Market May through November, and Wednesday PM June through October. There is a Wine Library inside the public library on Piper St. There are wine tasting opportunities, many restaurants and interesting "one of a kind" shops around the Plaza and elsewhere in this popular Wine Country destination. The April 2014 Smithsonian Magazine lists Healdsburg #2 in their article of Best Small Towns to Visit! Please ask if you need to use the restroom. Explain that you are doing the walk. They'll say yes, but their sign says "customers only". They would appreciate your business before or after the walk!

**Huntington Beach - Orange County****10km/5km Year Round Walk (2017/Y0899) 1/1/2017 - 12/31/2017**

Amphitheatres, Honoring Our Flag, National Register of Historic Places, Points of Reference, Trekking With the Trees, Walking the USA A - Z, You'll Never Walk Alone

**Award:** A Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0157 Low Desert Roadrunners [www.lowdesertroadrunners.org](http://www.lowdesertroadrunners.org)  
**Contact:** Tom & Marge Loppnow, ltoppnow@verizon.net, (714)960-5339, 8855 Sutter Circle #517C, Huntington Beach, CA, 92646

**Start Point:** Albertson's Market- 7201 Yorktown Ave, Huntington Beach, CA 92648. From the 405 Fwy, exit Beach Blvd (Hwy 39). Go South on Beach to Yorktown Ave. Turn right and go past Main St. Albertsons Market is on the right hand side.

**Event Info:** Store open daily 5 AM to Midnight. (Phone 714-536-6449 for holiday hrs.) The AVA Walkbook is at the Customer Service Counter. This is a city walk through various neighborhoods and along the beachfront. The trail is on paved city sidewalks and beachfront paths.

**Ione - Amador County****5km and 10km Year Round Walk (2017/Y0606) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Food For Thought, United States Post Offices, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0416 Delta Tule Trekkers [www.deltatuletrekkers.org](http://www.deltatuletrekkers.org)

**Contact:** Don or Diane Driever, [dddriever@verizon.net](mailto:dddriever@verizon.net), (209)887-2807, 20862 E. Walnut Ave., Linden, CA, 95236

**Start Point:** Ione Plaza Market- 313 Preston Ave. (along Hwy. 104 & 124), Ione, CA 95640. From Hwy 99 in Stockton, exit Hwy 88 East approx 30 miles to Hwy 124. Left on Hwy 124, 2 miles to Ione. At Main St., turn left one block to Preston Ave. Right on Preston and left into Ione Plaza. From Hwy 99 near Galt, follow Twin Cities Rd., Hwy 104 East, 23 miles to Ione. Ione Plaza on right.

**Event Info:** Start/Finish during daylight hours only! 8 a.m. to 8 p.m. Ask manager for walk binder on shelf below register at right, when facing store. The historic town of Ione is nestled in the foothills of Gold Country. The walk meanders through outlying newer residential areas passing by a golf course. Then through downtown to some gently graded hills, mostly paved, along dirt and gravel paths on the trail toward the historic Howard Park racetrack oval. There are a few historic churches and cemeteries along the route.

**Jackson - Historic - Amador County****10 km Year Round Walk (2017/Y0378) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0941 Sierra Gold Striders

**Contact:** Philip Jones, [SierraGoldStriders@att.net](mailto:SierraGoldStriders@att.net), (209)586-0597, P.O. Box 1253, Twain Harte, CA, 95383

**Start Point:** Best Western Amador Inn- 200 S Hwy 49, Jackson, CA 95642. SE corner Hwy 49 SE and Hwy 88. Enter parking lot between Amador Inn and Denny's.

**Event Info:** Daily, dawn to dusk. Look for binder on shelf above computer. After completing registration log, mark a registration envelope, include payment, put in postage paid envelope and give to desk clerk to mail. The route has a few hills and is mostly paved. Jackson is a gold rush-era town, and the tour includes St. Sava Serbian Orthodox Church and Cemetery, the first Serbian Orthodox Church in the U.S. Much of the walk is residential, but also includes strolling downtown to satisfy your need for antique hunting. Best bet for lunch is Mel & Faye's Diner, near the end of the walk - terrific burgers, milkshakes, and pies.

**Jackson - Town - Amador County****12 km Year Round Walk (2017/Y0255) 1/1/2017 - 12/31/2017****Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes**Rating:** 2A      **Wheelchair:** None      **Pets:** Yes**Sponsor:** AVA-0941 Sierra Gold Striders**Contact:** Philip Jones, SierraGoldStriders@att.net, (209)586-0597, P.O. Box 1253, Twain Harte, CA, 95383**Start Point:** Best Western Amador Inn- 200 S Hwy 49, Jackson, CA 95642. SE corner HWY 49 and HWY 88. Enter parking lot between Amador Inn and Denny's.**Event Info:** Daily, dawn to dusk. Look for binder on shelf above computer. After completing registration log, mark a registration envelope, include payment, put in postage paid envelope, give to desk clerk to mail. Another opportunity for antique collectors to satisfy your "need", as you will walk past, and into, many shops selling antiques located in buildings mostly older than the contents; that sometimes refers to the merchants, too. The trail has a few hills and is mostly paved. Jackson is a gold rush-era town, and the tour will take you through an old cemetery, which includes the grave of Angelo Noce, founder of Columbus Day. Be sure to also check out the old train engine display, and the Amador County Museum.**Kirkwood - Lake Winnemucca - Alpine County****6K, 11K Seasonal Walk (2017/Y1844) 4/1/2017 - 11/30/2017**

Animal Safari, Lakes and Reservoirs, Points of Reference, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Volcanoes, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes**Rating:** 2C      **Wheelchair:** None      **Pets:** Yes**Sponsor:** AVA-0265 Sacramento Walking Sticks www.SacramentoWalkingSticks.org**Contact:** Nancy Alex, fanifarmer@sonic.net, (916)217-4903, 803 Crestwater Lane, Sacramento, CA, 95831**Start Point:** Remote Registration!- THERE IS NO START BOX AT CARSON PASS. Contact the POC. Carson Pass, St Rt 88. From Meyers at junction of US-50 and SR-89, go S (right if you are going toward Lake Tahoe) on SR- 89 for 11 miles to SR-88. Turn right (W) and drive 10 miles to summit of Carson Pass. From Stockton, take SR-88 E to summit of Carson Pass (several miles E of Caples Lake). There is a parking fee at Carson Pass (\$5 as of June 2011), bring your Senior Pass if you have one, and the only restrooms are there.**Event Info:** THERE IS NO START BOX AT CARSON PASS. You must contact the POC to register for this walk. A signed start card and payment of \$3 for credit walkers and \$1 for non-credit walkers to cover mailing (make check out to "SWS") can be mailed to POC, Nancy Alex, Attn: Lake Winnemucca, 803 Crestwater Ln, Sacramento, CA 95831. Email Nancy at fanifarmer@earthlink.net for more information. There may be snow covering the trail near the beginning and/or end of the Seasonal period. Call the El Dorado National Forest Office at 530.644.6048 for current trail conditions. This easy hike takes you to Lake Winnemucca, named for Paiute Chief Winnemucca. The route takes you to a pristine wilderness lake at the base of Round Top Peak. This walk gives you the most "bang for the buck" when it comes to effort and scenic reward. The 6K walk goes to Frog Lake, a smaller and less scenic pond. Snow runoff waterfalls are seasonal depending on how much snow fell the previous winter. Peak wildflower season is July or August depending on the previous winter. There is no water along the route nor at the start - bring a filter that eliminates giardia or bring plenty of water. This is a high elevation walk and there is one short stretch that is rated 2C. Be prepared for wind and rain. Insect repellent is advisable. Late afternoon downpours are common in the Sierras as well as low humidity - bring lots of water. You will be entering the Mokelumne Wilderness, so there are no services, only beautiful scenery. Dogs must be on a leash at all times, even yours. Groups are limited to 12 people.

### Laguna Beach - Orange County

10km, 5km option Year Round Walk (2017/Y1651) 1/1/2017 - 12/31/2017

**Award:** B Award **Strollers:** Medium **Restroom:** Yes  
**Rating:** 3A **Wheelchair:** Hard **Pets:** Yes  
**Sponsor:** AVA-0857 Laguna Turf 'N Surf Walkers  
**Contact:** Sherry Colvin, walkingforfun@gmail.com, (949)487-7673, 24111 Leeward Dr, Dana Point, CA, 92629  
**Start Point:** Pavilions Market- 600 N Coast Hwy (Boat Canyon) Laguna Beach, CA 92651. Take I-5 or I-405 to Hwy 133 S (becomes Broadway in Laguna Beach), dead-ends at Pacific Coast Hwy 1. Turn Right, go approx 1 mile to Boat Canyon, turn Right to shopping plaza.  
**Event Info:** Daily 7am to Dusk. Closed Christmas. Walk Box in the cabinet below the computer at the Service Desk, ask for help/permission to obtain the box.

### Laguna Niguel - Orange County

10km, 5km option Year Round Walk (2017/Y1342) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes  
**Sponsor:** AVA-0857 Laguna Turf 'N Surf Walkers  
**Contact:** Sherry Colvin, walkingforfun@gmail.com, (949)487-7673, 24111 Leeward Dr, Dana Point, CA, 92629  
**Start Point:** Ted's Place Restaurant- 23900 Aliso Creek, Laguna Niguel, CA 92677. Take I-5 La Paz exit (Laguna Niguel Regional Park). Go South several miles, turn right on Aliso Creek. Starting point is burger restaurant on left side of street before stoplight at Dorine.  
**Event Info:** Daily, 7:30am until dusk. Trail goes through the Laguna Niguel Regional Park, on residential streets, along a bike trail, around a lake and along a creek bed.

### Lincoln - Lincoln Tour- Placer County

25K Year Round Bike (2017/Y0402) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only **Strollers:** **Restroom:**  
**Rating:** 1A **Wheelchair:** **Pets:**  
**Sponsor:** AVA-0686 Placer Pacers www.placerpacers.org  
**Contact:** Don Ratliff, dratliff@calwisp.com, (916)645-8280, 1515 Quail Road, Newcastle, CA, 95658  
**Start Point:** Starbucks Coffee- 110 Ferrari Ranch Road, Lincoln, CA. Driving: From I-80 take the Calif State route 65 towards Lincoln. Exit on Ferrari Ranch Road. Turn right past Groveland Lane. Turn right into strip mall. TJ Max/ Ross stores. Starbucks is on the right next to AT&T.  
**Event Info:** Ride is on flat land, 75% on paved bike trails, rest on city streets. Store hours Mon-Thur 5am-9:30pm, Fri-Sat 5am-9:30pm, Sun 5:30am-9pm



**Lodi - San Joaquin County****10 k & 5 k Year Round Walk (2017/Y0170) 1/1/2017 - 12/31/2017**

Amphitheatres, Food For Thought, Make a Wish at a Water Fountain, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0416 Delta Tule Trekkers [www.deltatuletrekkers.org](http://www.deltatuletrekkers.org)  
**Contact:** Cathy Pauley, [deltatuletrekkers@inreach.com](mailto:deltatuletrekkers@inreach.com), (915)479-1060, 3315-1/2 Cherryland Ave., Stockton, CA, 95215

**Start Point:** McDonald's Hamburgers- 200 W Lodi, Lodi, CA 95240. From the North, via Hwy 99, exit Turner Rd. and go West, 0.8 mile. Turn left on Church St. to Lodi Ave. Right on Lodi Ave. and left into McDonald's. From the South, via, Hwy 99, exit on to Kettleman Ln (Hwy 12 West) Left on Kettleman, under the Freeway to Church St. Right on Church several blocks to Lodi Ave. McDonald's is on the left corner of Lodi & Church.

**Event Info:** McDonald's is closed Thanksgiving, Christmas Eve and Christmas Day. The walk binder is under the counter, near the front door. Visit the newly refurbished downtown area. Pass by city parks, the magnificent Veterans Memorial with poetry stones and a waterfall ball, Continue through residential areas to Lodi Lake Park and Nature Trail, a birdwatcher's delight.  
 Note: Dogs are not permitted on the nature trail, however, they are allowed on the rest of the walk.

**Lompoc - Santa Barbara County****10/13 km Year Round Walk (2017/Y0430) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0686 Placer Pacers [www.placerpacers.org](http://www.placerpacers.org)  
**Contact:** John Fletcher, [fletcherew@comcast.net](mailto:fletcherew@comcast.net), (805)736-8531, 1700 Sheffield Dr, Lompoc, CA, 93436

**Start Point:** South Side Coffee Company- 105 S H, Lompoc, CA 93436. From S, take US-101 to CA-1 (after tunnel at Gaviota). Turn left (W) to Lompoc. The highway will dead end at a "T" intersection with CA-246 just outside of Lompoc. Turn left. The combined CA-1/CA-246 turns to Ocean. Park in city parking lot at intersection of Ocean and I St. Walk one block back to H, turn right to Start/Finish Point. From N, take US-01 to Betteravia exit in Santa Maria. Turn right (W) to Broadway (5th light). Go left (S) on Broadway as it merges with CA-1. Take CA-1 to right to Lompoc, turn left at light at Vandenberg AFB Main Gate. Turn right on Ocean and park in city lot at I St and Ocean. Walk one block back to H, turn right to Start/Finish Point.

**Event Info:** M-Fri Dawn to dusk; Sat & Sun 8am-dusk. The trail wanders through the Lompoc Civic Center, by downtown murals, residential areas and along flower fields. It is flat, paved and wheelchairs will have difficulty at some intersections. Public restrooms are available along the route at both Ryon and Beattle Parks. Because the extra 3 km option is up a steep dirt trail, it earns an AVA rating of C2 However, hikers who choose it are rewarded with a beautiful panorama of the valley at the turnaround. This event walks to the Site of Original Mission and Remaining Ruins of Buildings of Mision la Pursima Conceptin de Mara Santsima (California Historic Landmark #925). The site is also listed in the National Register of Historic Places. For those who prefer a simple "out and back," a route from the parking lot at Amtrak's Surf Beach stop to the south gate of Vandenberg AFB is available (Riverwalk and Railroad Heritage). The route offers a beautiful view of the estuary where the Santa Ynez River meets the ocean.

**Long Beach - Naples/Belmont Shore - Los Angeles County****11 K w/ 5K option Year Round Walk (2017/Y1452) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Points of Reference, Walking the USA

A - Z

**Award:** IVV Credit Only **Strollers:** Hard **Restroom:** Yes**Rating:** 1A **Wheelchair:** Hard **Pets:** No**Sponsor:** AVA-0157 Low Desert Roadrunners [www.lowdesertroadrunners.org](http://www.lowdesertroadrunners.org)**Contact:** Mary Brooks, [marytbrooks@yahoo.com](mailto:marytbrooks@yahoo.com), (562)421-0477, 5312 Rosebay St, Long Beach, CA, 90808**Start Point:** Gelson's- Customer Service Desk 6255 East 2nd Street, Long Beach, CA 90803  
From 405 either direction: Exit on 7th St/22West, to Studebaker South. Left on Studebaker to Westminster/2nd St (dead end). Right on E. 2nd St., past PCH (Pacific Coast Highway) one block to Marina Dr. Right into the parking lot.**Event Info:** Open Daily. Walk during daylight hours. 5K & 11K trails through Naples Island Canals; 11K continues along Peninsula Boardwalk, Seawalk, Alamitos Bay State Park, Bike Trail; 5K & 11K along 2nd Street shops & restaurants & through Marine Park area.**Los Gatos - Town walk - Santa Clara County****5, 10km Year Round Walk (2017/Y0074) 1/1/2017 - 12/31/2017****Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes**Rating:** 1A **Wheelchair:** hard **Pets:** Yes**Sponsor:** AVA-0338 South Bay Striders [www.sbstriders.org](http://www.sbstriders.org)**Contact:** Holly Pelking, [ilex56@yahoo.com](mailto:ilex56@yahoo.com), (408)259-5157, 15680 Alum Rock Ave, San Jose, CA, 95127**Start Point:** Reopened! Los Gatos Roasting Co. Please read new location of start box!- 101 W. Main, Los Gatos, CA 95030. From Hwy 280 or 101, take Hwy 17 (880) S. towards Santa Cruz. Take Los Gatos-Saratoga exit (not East Los Gatos). Turn left at first traffic signal, University Ave. Proceed to end of University; a T at W. Main. Los Gatos Roasting Co. is directly in front. From N. Hwy 17, take Main Ave. exit for Los Gatos. At Main, turn right. Los Gatos Roasting Co. on right in first block. NEW: Start box is a cabinet located ABOVE the ATM machine just inside the door of coffee shop. NOTE: Free long term parking in Old Town underground garage on University on right 1/2 block BEFORE dead end. Parking also available on side streets - PLEASE pay attention to the parking signs; they are enforced.**Event Info:** This route includes a loop through residential areas of historic Los Gatos. Nestled in the foothills of the Santa Cruz mountains, you will see a mixture of beautiful modern homes and well preserved Victorians. You pass the Forbes Mill as you begin the second loop along the beautiful Los Gatos Creek Trail. You will enjoy shaded areas along this popular wooded trail with a surprise railroad depot and carousel on the route. A wonderful Sunday Farmer's Market is near the end of the walk.

**Manteca - San Joaquin County****10K and 5K Year Round Walk (2017/Y2024) 1/1/2017 - 12/31/2017**

Food For Thought, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street, Walking the Path of Inventions

**Award:** ZZ **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes  
**Sponsor:** AVA-0416 Delta Tule Trekkers [www.deltatuletrekkers.org](http://www.deltatuletrekkers.org)  
**Contact:** Judy Rosendin, [deltatuletrekkers@inreach.com](mailto:deltatuletrekkers@inreach.com), (209)239-2564, 713 Garnet Pl., Manteca, CA, 95336

**Start Point:** Frank's Downtown Cafe- 162 N. Maple Ave., Manteca, CA 95336.  
 Directions: From I-5, S of Stockton, exit At Louise Ave. and turn left. Follow Louise into town. At Louise and Main St, turn right to Center St. Turn right at Center one block to Maple. Turn left. The Café is across from the Post office. From Stockton Hwy 99, Exit at N. Main St./Lathrop Rd. (exit 244B.) Stay straight onto N. Main St. Follow Main St. to Center St. turn right, then left onto Maple. Café is on the left. Parking on street or in lot next to Café.

**Event Info:** Start/Finish during daylight hours only! Daily 8 a.m. to 3 p.m. Closed Thanksgiving, Christmas Eve and Christmas Day. Ask clerk for walk binder. Manteca is a growing city with many new businesses and residential areas. Beautiful murals are placed throughout the town depicting happenings of years past as well as today. A hike and bike trail traverses the middle of town to outlying areas.

**Marina Del Rey - Muscle Beach****10k Year Round Walk (2017/Y1255) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Walk the USA - Street by Street

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1B **Wheelchair:** Hard **Pets:** Yes  
**Sponsor:** REG-PA AVA - Pacific Region  
**Contact:** Suzi Glass, [ncohen181@yahoo.com](mailto:ncohen181@yahoo.com), (408)592-3935, 5562 Vassar Dr., San Jose, CA, 95118-3455

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) - Marina Del Rey - Muscle Beach pay parking lot on the left on Admiralty Way before reaching Via Marina Street.- REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)) Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user. DRIVE TO START: Freeway 405 North or South, to the 90 Freeway (Marina Freeway). Go West on the 90 Freeway until it ends, and continue to Mendaneo Street. Turn Left on Mendaneo Street to Admiralty Way. Turn Right on Admiralty Way all the way to the pay parking lot on the left before reaching Via Marina Street. Park your car in the parking lot and pay at the Pay Machine.

**Event Info:** The Marina Del Rey walk boasts the Venice Canals and Venice Beach, including what used to be called Muscle Beach due to the presence (and practice) of body builders, weightlifters, and other sports enthusiasts. Walk through the neighborhoods and shopping centers of the city (on a bike path and sidewalks), including the famous Venice Canals, along the Venice Beach Strand, as well as through the Ballona Lagoon Marine Preserve (on dirt and gravel paths).

### Marysville - Historic Marysville - Yuba County

10K and 5K Year Round Walk (2017/Y0594) 1/1/2017 - 12/31/2017

**Award:** B Award **Strollers:** hard **Restroom:** Yes  
**Rating:** 1B **Wheelchair:** hard **Pets:** Yes  
**Sponsor:** AVA-0720 Sonoma County Stompers [www.SonomaCountyStompers.org](http://www.SonomaCountyStompers.org)  
**Contact:** Don Deal, [sonomastompers@yahoo.com](mailto:sonomastompers@yahoo.com), (707)762-4148, 718 B St., Petaluma, CA, 94952  
**Start Point:** CVS Drug Store- 906 E St., Marysville, CA 95701. FROM SOUTH - Taking CA Hwy 70 North into Marysville, turn left onto 9th St. Turn right into parking lot in one-half block. CVS is to your left. FROM WEST - taking Hwy 20 thru Yuba City, cross over bridge into Marysville. Hwy 20 is also 10th St. Right onto F St. and in one-half block left into parking lot. CVS is to your right.  
**Event Info:** CVS is open 24hrs a day. Walk in daylight hours. Walk box is at front desk. About a third of the trail is packed gravel the rest is city sidewalks. A loop that passes along an established neighborhood, a river levee, then the heart of 'Old Marysville'. See a memorial to the early Chinese population, the original commercial district with many upgraded businesses yet with the charm of late 1800 California. End up by going around the perimeter of the primary city park. Remember this is the Central Valley and it gets hot during the summer. Be prepared with light clothing, water, sunscreen and a hat.

### Menifee - Menifee Lakes- Riverside County

10K, 5K Year Round Walk (2017/Y1212) 1/1/2017 - 12/31/2017

Honoring Our Flag, Lakes and Reservoirs, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** B Award **Strollers:** Easy **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Easy **Pets:** Yes  
**Sponsor:** AVA-0157 Low Desert Roadrunners [www.lowdesertroadrunners.org](http://www.lowdesertroadrunners.org)  
**Contact:** Bob Gebo, [robertgebo@aol.com](mailto:robertgebo@aol.com), (951)924-2208, 14786 Perham Dr., Moreno Valley, CA, 92553  
**Start Point:** Best Value Inn- 27680 Encanto Dr, Sun City, CA 92586. From I-215, exit McCall Blvd in Sun City. East to Encanto Dr. Left on Encanto to Best Value Inn. Info in office. Drive to starting point.  
**Event Info:** Daily, 8am to dusk. Walk is along sidewalks and residential areas in Menifee. Area can be hot so please carry water.

### Menifee - Menifee Valley - Riverside County

11k, 5k Year Round Walk (2017/Y1213) 1/1/2017 - 12/31/2017

Honoring Our Flag, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** B Award **Strollers:** easy **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** easy **Pets:** Yes  
**Sponsor:** AVA-0157 Low Desert Roadrunners [www.lowdesertroadrunners.org](http://www.lowdesertroadrunners.org)  
**Contact:** Bob Gebo, [robertgebo@aol.com](mailto:robertgebo@aol.com), (951)924-2208, 14786 Perham Dr., Moreno Valley, CA, 92553  
**Start Point:** Best Value Inn- 27680 Encanto Dr, Sun City, CA 92586. From I-215, exit McCall Blvd in Sun City. East to Encanto Dr. Left on Encanto to Best Value Inn. Info in office. Drive to starting point.  
**Event Info:** Daily, 8am to dusk. Event takes place in a devoping community. Much of the walk is through new housing but there is still a bit of country road. Area can be hot so carry water.

**Menifee - Sun City - Residential - Riverside County****10K, 5K Year Round Walk (2017/Y0701) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Points of Reference, Treasure Hunt - A way to walk our precious trails, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** B Award **Strollers:** Medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0157 Low Desert Roadrunners [www.lowdesertroadrunners.org](http://www.lowdesertroadrunners.org)

**Contact:** Bob Gebo, robertgebo@aol.com, (951)924-2208, 14786 Perham Dr., Moreno Valley, CA, 92553

**Start Point:** Best Value Inn- 27680 Encanto Dr, Sun City, CA 92586. From I-215, exit McCall Blvd in Sun City. East to Encanto Dr. Left on Encanto to Best Value Inn. Info in office. Drive to starting point.

**Event Info:** Daily, 8am to dusk. Walk is on city and residential streets.

**Mill Valley - Marin County****10K/5K Year Round Walk (2017/Y0391) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only **Strollers:** NO **Restroom:** Yes

**Rating:** 1A **Wheelchair:** NO **Pets:** Yes

**Sponsor:** AVA-0376 Vaca Valley Volks [www.vacavolks.org/](http://www.vacavolks.org/)

**Contact:** Jill Simmons, jillmail@sbcglobal.net, (707)448-5148, 304 Creekview Court, Vacaville, CA, 95688

**Start Point:** Mill Valley Community Center- 180 El Camino Alto, Mill Valley, CA 94941. From San Francisco on Hwy 101 North, take the Tiburon Belvedere (131) East Blithedale exit. Turn Left on E. Blithedale and go approx. 1/2 mile to Camino Alto (traffic signal). Turn Left on Camino Alto. The Community Center, Fitness/Aquatic Center will be on the left. From Hwy 101 South, take the Tiburon/Belvedere (131) E. Blithedale exit. Turn Right on E. Blithedale Ave. and follow above directions. Register at the reception desk inside the Fitness/Aquatic Center.

**Event Info:** M-F 630A; Sat 7:30; Sun 8:30-Finish by dusk. The walk goes through the charming Marin County town of Mill Valley. It continues through a woodsy area with many towering redwoods, beautiful homes, a babbling brook and a waterfall. Mill Valley was known for it's wood cutting mill and as a location for residents of San Francisco to visit to get away from the cool and foggy San Francisco summer weather. All of the charm of the downtown area is on the walk and in addition, the walk goes to a small fresh spring waterfall. After the waterfall view, the walk continues along Cascade Drive. You will see coastal redwood trees that rival any in Northern California and homes that exceed most in California. Marin County is famous for wealth and a unique way of life.

### Mill Valley - Sausalito - Marin County

10/14km Year Round Walk (2017/Y0392) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** easy      **Pets:** Yes  
**Sponsor:** AVA-0376 Vaca Valley Volks [www.vacavolks.org/](http://www.vacavolks.org/)  
**Contact:** Jill Simmons, [jillmail@sbcglobal.net](mailto:jillmail@sbcglobal.net), (707)448-5148, 304 Creekview Court, Vacaville, CA, 95688  
**Start Point:** Mill Valley Community Center- 180 Camino Alto, Mill Valley, CA 94941. From San Francisco on Hwy 101 N, take Tiburon/Belvedere (131) E Blithedale exit. Turn Left on E Blithedale, approx 1/2 mile to Camino Alto (traffic signal). Turn Left on Camino Alto. Community Center, Fitness/Aquatic Center on left. From Hwy 101 S, take Tiburon/Belvedere (131) E Blithedale exit. Turn Right on E Blithedale and follow above directions. Register at reception desk inside Fitness/Aquatic Center.  
**Event Info:** M-F 6:30am, Sat 7:30am, Sun 8:30am, Finish by dusk. Sausalito is a tourist destination that everyone wants to see. It's restaurants and shopping are some of the best in California. The walk starts on a walk/bike trail that goes from Mill Valley along Richmond Bay with a great variety of water fowl and then continues into Sausalito. The walk is on flat city streets and a walk/bike trail. The trail goes through a wetlands area with many birds, past numerous houseboats and continues into the bayside town of Sausalito. The 10 km route will turn around at the beginning of the Sausalito business district. The 14 km route continues further into Sausalito with its many shops, art galleries and restaurants.

### Mission Hills - San Fernando Mission

10k Year Round Walk (2017/Y0908) 1/1/2017 - 12/31/2017

Make a Wish at a Water Fountain, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** REG-PA AVA - Pacific Region  
**Contact:** Suzi Glass, [ncohen181@yahoo.com](mailto:ncohen181@yahoo.com), (408)592-3935, 5562 Vassar Dr., San Jose, CA, 95118-3455  
**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) - Ralph's Market, 10400 Sepulveda Blvd, Mission Hills, CA 91345- REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)) Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user.DRIVE TO START: Freeway 405 North or South to Devonshire Street offramp. Turn East to Sepulveda Blvd. Turn Left onto Sepulveda. Ralph's is on the right-hand side.  
**Event Info:** On this walk you not only view the neighborhoods of Mission Hills, but the San Fernando Branch Library Plaza, San Fernando Mission, Mission Cemetery, and Memory Garden as well. The current mission church is a replica of the building completed in 1806 that stood until the 1971 earthquake. While the building is new, the church boasts its original bell from 1796 and a carved altar and pulpit dating from 1687. Experience some California history in a residential setting.

**Modesto - Stanislaus County****10 km/5 km Year Round Walk (2017/Y0167) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Food For Thought, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the Path of Inventions

**Award:** ZZ **Strollers:** medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** medium **Pets:** Yes  
**Sponsor:** AVA-0416 Delta Tule Trekkers [www.deltatuletrekkers.org](http://www.deltatuletrekkers.org)  
**Contact:** Gary or Janet Chaffins, [gacha@comcast.net](mailto:gacha@comcast.net), (209)679-0622, 1117 Eagle Ln., Manteca, CA, 95337

**Start Point:** Starbucks- 800 Oakdale Rd., Modesto, CA 95355. From Hwy 99 S, exit Briggsmore Ave. Left on Briggsmore to Oakdale Rd. Right on Oakdale Rd. several blocks to Starbucks on left in strip mall before Scenic Dr. Northbound, exit Hwy 99 at Mitchell Rd. Follow Mitchell, as it changes name to El Vista, cross Scenic Dr. & El Vista becomes Oakdale Rd. Starbucks on right at corner of Scenic & Oakdale Rd..

**Event Info:** Start/Finish during daylight hours only! Ask manager for walk box. Easy, mostly paved trails through parks, and along residential areas to downtown. Also, many historic landmarks such as George Lucas Plaza, McHenry Mansion & Museum and other sites. There is a slight hill at the beginning & end of the walk, which may increase difficulty for strollers & wheelchairs for a very short distance.

**Monterey - Historic - Monterey County****11km & 6km Year Round Walk (2017/Y1261) 1/1/2017 - 12/31/2017**

Animal Safari, Food For Thought, Make a Wish at a Water Fountain, Take a Walk In a City Park, Walk the USA - Street by Street, Walking America's Ports of Call

**Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes  
**Rating:** 1B **Wheelchair:** medium **Pets:** Yes  
**Sponsor:** AVA-0338 South Bay Striders [www.sbstriders.org](http://www.sbstriders.org)  
**Contact:** Suzi Glass, [glass2walk@gmail.com](mailto:glass2walk@gmail.com), (408)592-3935, 5562 Vassar Drive, San Jose, CA, 95118

**Start Point:** Lopez Taqueria & Liquor- 500 Del Monte, Monterey, CA 93940-2405. From Hwy 1 S take the Pacific Grove/Del Monte turn off. Continue S to 500 Del Monte. Lopez Taqueria & Liquor on left on SE corner of Del Monte and Figueroa. Enter from Del Monte. The walk box is a cabinet at the counter by the seating area. After registering, please don't leave your car in the small parking lot. Drive one block farther on Figueroa to the free parking by the ball park.

**Event Info:** Store hours: M-Sat 8am-10pm, Sun 10am-10pm. Register any time, but start and finish walk only during daylight hours. This Monterey County walk winds through a cemetery, uphill to a community college (11km only), around downtown Monterey past historic buildings that exemplify the past of Monterey and early California, out a Coast Guard pier inhabited by seals and otter (11km only), and along a rec trail with stunning views of Monterey Bay.

**Monterey - Peninsula/Lover's Point - Monterey County****10km & 6km Year Round Walk (2017/Y1341) 1/1/2017 - 12/31/2017**

Food For Thought, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Walking America's Ports of Call, Walking the Path of Inventions

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes

**Sponsor:** AVA-0338 South Bay Striders [www.sbstriders.org](http://www.sbstriders.org)

**Contact:** Suzi Glass, [glass2walk@gmail.com](mailto:glass2walk@gmail.com), (408)592-3935, 5562 Vassar Drive, San Jose, CA, 95118

**Start Point:** Lopez Taqueria & Liquor- 500 Del Monte, Monterey, CA 93940. From Hwy 1 S, take Pacific Grove/Del Monte turn off (exit 402B). Continue S on Del Monte. Lopez Taqueria is located at corner of Del Monte and Figueroa. Turn Left on Figueroa, drive one block more for free parking at the park on the Right. Enter from Del Monte. Walk box is a cabinet by the front counter at the seating area.

**Event Info:** Store hours: M-Sat 8am-10pm, Sun10am-10pm. Register any time, but start and finish walk only during daylight hours. In this Monterey County walk, you explore the Monterey Peninsula by the bay from the marina along a paved rec trail to Lover's Point. Seals and otters are abundant and active, the views are spectacular along the shore, and the walking is nearly level. The return includes Cannery Row and parts of Monterey Historic Park.

**Morongo Valley - Big Morongo Canyon Preserve - San Bernardino County****10K, 5K Year Round Walk (2017/Y0126) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Trekking With the Trees, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 2C      **Wheelchair:** None      **Pets:** No

**Sponsor:** AVA-0157 Low Desert Roadrunners [www.lowdesertroadrunners.org](http://www.lowdesertroadrunners.org)

**Contact:** Charlie Thorne, [cnghthorne@msn.com](mailto:cnghthorne@msn.com), (951)780-3579, PO Box 77143, Corona, CA, 92877

**Start Point:** Big Morongo Canyon Preserve- 11055 E, Morongo Valley, CA 92256. Take I-10 E from Los Angeles towards Desert Communities. Exit Hwy 62 (29 Palms Hwy). Drive N about 11 1/2 miles & turn Right on E. Follow Preserve signs to start point. The start/finish is under awning at large trailer belonging to park ranger. There are souvenir patches available from Ranger.

**Event Info:** Daily, 7:30am to dusk. Trail is on dirt & boardwalks over free-flowing water & through a lush area of willows as well as desert terrain. You will be surprised to find this lovely green area in the desert hills. The 5k is rated 1B. The trail is through a wildlife area that is a favorite of bird watchers. Weather can be very warm so plan to walk early & carry water.

**Morro Bay - San Luis Obispo County****5 and 10 km Year Round Walk (2017/Y0664) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0686 Placer Pacers [www.placerpacers.org](http://www.placerpacers.org)

**Contact:** Don Ratliff, [dratliff@calwisp.com](mailto:dratliff@calwisp.com), (916)645-8280, PO Box 142, Auburn, CA, 95604

**Start Point:** La Serena Inn- 990 Morro, Morro Bay, CA 93442. From N or S, take US-101 to San Luis Obispo. Take CA-1 N to Morro Bay. Take First Morro Bay Exit, Morro Bay. Follow Morro Bay to Morro, one block W of Main. Turn right on Morro, one block you have arrived.

**Event Info:** Daily, 6 am-Dusk. Beautiful walk includes Natural History Museum, Heron rookery, shoreline parks, the vibrant Embarcadero, and historic Morro Rock. There are many shops and restaurants along the route.



**Murrieta - Santa Rosa Plateau Ecological Preserve - Riverside County****10K, 6K Year Round Walk (2017/Y2011) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Points of Reference, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0157 Low Desert Roadrunners [www.lowdesertroadrunners.org](http://www.lowdesertroadrunners.org)  
**Contact:** Kathy Bundy, BunzNKatz7@gmail.com, (951)218-3755, PO Box 416, Wildomar, CA, 92595

**Start Point:** Barons "The Marketplace"- 32310 Clinton Keith, Wildomar, CA 92595 From I-15 N, exit on Clinton Keith (exit 68). Turn left to Clinton Keith. Go approx 1/2 mi. Turn Left at light to Renaissance Plaza shopping center. From I-15 S exit at Clinton Keith (exit 68) & turn right following above directions. Walk Box on Right inside front door. This walk has a remote start. You will drive approx 5 mi to the start. Driving directions will be in Walk Box.

**Event Info:** Barons Market is open 8AM-8PM, some holidays have shorter hours @ Barons Market, phone 951-609-9200. This hike is in a Preserve so dogs are not allowed. There are Porta potties at the trailhead and at the adobes. The preserve area can be very hot. Carry water & protect yourselves against the sun. The area is at its best in the spring when the wildflowers are blooming but the fall is great too. A lovely hike with wide-open views of rolling hills (& an occasional stream) interspersed with oak trees. This route visits the the adobes (the oldest standing structures in Riverside Co.) It's a wide loop all on dirt trails. Baron's has a wonderful array of ready-made sandwiches, soups & salads. You could have a delightful picnic at the Preserve. The preserve asks for a \$4.00 donation.

**Newport Beach - Balboa Island - Orange County****10km, 5km option Year Round Walk (2017/Y0251) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0857 Laguna Turf 'N Surf Walkers  
**Contact:** Sherry Colvin, walkingforfun@gmail.com, (949)487-7673, 24111 Leeward Dr, Dana Point, CA, 92629

**Start Point:** Pavilions Market in Laguna Beach- 600 N Coast Hwy (Boat Canyon), Laguna Beach, CA 92651. Start point/paperwork is in Laguna Beach with driving directions to Newport Beach. Take I-5 or I-405 to Hwy 133 S (becomes Broadway in Laguna Beach), dead-ends at Pacific Coast Hwy 1. Turn right, go approx 1 mile to Boat Canyon, turn right to shopping plaza.

**Event Info:** Daily 7am to Dusk. Closed Christmas. Walk Box in the cabinet below the counter at the service desk, ask for help/permission to obtain the box. Driving directions included with the map for Newport Beach. \$1 ferry ride each way.

**Newport Beach - Balboa Island Cross Channel View - Orange County****10km, 5km option Year Round Walk (2017/Y1270) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0857 Laguna Turf 'N Surf Walkers  
**Contact:** Sherry Colvin, walkingforfun@gmail.com, (949)487-7673, 24111 Leeward Dr, Dana Point, CA, 92629

**Start Point:** Pavilions Market in Laguna Beach- 600 N Coast Hwy (Boat Canyon), Laguna Beach, CA 92651. Start point/paperwork is in Laguna Beach with driving directions to Newport Beach. Take I-5 or I-405 to Hwy 133 S (becomes Broadway in Laguna Beach), dead-ends at Pacific Coast Hwy 1. Turn right, go approx 1 mile to Boat Canyon, turn right to shopping plaza.

**Event Info:** Daily 7am to Dusk. Closed Christmas. Walk Box in the cabinet below the computer at the Service Desk, ask for help/permission to obtain the box. Driving direction included with the map for Newport Beach. \$1 ferry ride each way.

**Oakdale - Stanislaus County****10 km & 5 km Year Round Walk (2017/Y0565) 1/1/2017 - 12/31/2017**

Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0416 Delta Tule Trekkers [www.deltatuletrekkers.org](http://www.deltatuletrekkers.org)

**Contact:** Arlene Jones, [deltatuletrekkers@inreach.com](mailto:deltatuletrekkers@inreach.com), (209)847-1477, 2125 Belsera Dr., Oakdale, CA, 95361

**Start Point:** MOTEL 6- 825 East F, Oakdale, CA 95361. 209-847-8181. Motel 6 is located 5 blocks E of junction of St Rt 108 and 120 in Oakdale. From Hwy 99 exit at Hwy 120 East and follow to Oakdale. When Hwy 120 meets Hwy 108 at "F" St. in. Oakdale, turn left on "F" Street to Motel 6 on right.

**Event Info:** Daily dawn to dusk. Ask clerk at registration desk for walk box. Oakdale is known as the "Cowboy Capital of the World." Walk along the "Highway to Yosemite" through parks and beautiful residential areas with views of the Stanislaus River. Pass by the Sierra Railroad Station and the Cowboy Museum. There are a few slightly hilly streets along the route.

**Oceanside - San Diego County****10km and 5km Year Round Walk (2017/Y1750) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0157 Low Desert Roadrunners [www.lowdesertroadrunners.org](http://www.lowdesertroadrunners.org)

**Contact:** Sue Obradovitz, [walkervik@aol.com](mailto:walkervik@aol.com), (951)735-0457, PO Box 77143, Corona, CA, 92877-0104

**Start Point:** Oceanside Marina Inn- 2008 Harbor N, Oceanside, CA 92054. 760-722-1561. Exit I-5 at Harbor in N Oceanside. Follow Harbor to Harbor N. Turn right, continue along harbor, past Jolly Roger Restaurant to Oceanside Marina Inn at end of Harbor N.

**Event Info:** Daily, dawn to dusk, 365 days a year. Walk along the harbor perimeter, beach and beach-front, city sidewalks, to the end of the Oceanside Pier and back. There are numerous restaurants along the route, in all price ranges. 20% discount to walkers staying at Oceanside Marina Inn, Oceanside's Only Seaside Resort. Studio, 1 & 2 Bedroom Suites, Fully equipped Kitchens available.

**Olympic Valley - Olympic Valley - John Daegling Memorial Walk - Placer County****5k & 10k Seasonal Walk (2017/Y1785) 5/1/2017 - 11/30/2017**

Cities in Song, Ice Cream Parlors, Take a Walk In a City Park, United States Post Offices, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0489 Tahoe Trail Trekkers [www.tahoetrailtrekkers.org](http://www.tahoetrailtrekkers.org)

**Contact:** Diane Morrison, [tahoe.rose10@gmail.com](mailto:tahoe.rose10@gmail.com), (509)396-4171, P.O. Box 517, Carnelian Bay, CA, 96140

**Start Point:** The Village at Squaw Valley- 1750 Village East Rd. Olympic Valley, CA 96146  
Directions: From Tahoe City take Hwy #89 North towards Truckee for ~5.1 mi. Turn Left onto Squaw Valley Rd. for 2.1 mi. Then turn left onto Village East Rd. Destination is on your right.

**Event Info:** Start/Finish during daylight hours only! This walk will take you through world-renown Squaw Valley near Lake Tahoe. Squaw Valley, also known as Olympic Valley, was the site for the 1960 Winter Olympics. This walk is one of a kind with 360 views of mountains (and some volcanoes). You will walk on the valley floor, mostly on paved bike/walking paths that include views of the golf course, the Village at Squaw Valley and many mountain homes. 10k walkers will view the Tower of Nations used in 1960, displaying the replica of the eternal Olympic flame.

**Palm Springs - Celebrity - Riverside County****10K, 5K Year Round Walk (2017/Y1887) 1/1/2017 - 12/31/2017**

Fraternal Organizations, Honoring Our Flag, Points of Reference, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0157 Low Desert Roadrunners [www.lowdesertroadrunners.org](http://www.lowdesertroadrunners.org)

**Contact:** Sue Obradovitz, Osuejoe2@aol.com, (951)735-0457, PO Box 77143, Corona, CA, 92877-0104

**Start Point:** Desert Regional Medical Center- 1150 N Indian Canyon, Palm Springs, CA 92262. From I-10 E exit Hwy 111 to Palm Sprs. This becomes Palm Canyon. Left on Vista Chino to Indian Cyn. Right on Indian Cyn to Desert Reg Med Ctr. From I-10 W exit left onto Ramon. About 8 mi to Indian Cyn. Right on Indian Cyn 1.5 mi to Desert Reg Med Ctr. Walk box is located in the closet behind the lobby desk. Ask for it.

**Event Info:** Daily, dawn to dusk. Celebrity Walk Trail is along city streets passing through downtown and by the homes of current and former famous people. Downtown offers many restaurants & boutiques. Fun to window shop. Usually hot so carry water and walk early. Pets are not allowed in hospital.

**Palm Springs - Park Trail - Riverside County****10KM, 5K Year Round Walk (2017/Y0724) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0157 Low Desert Roadrunners [www.lowdesertroadrunners.org](http://www.lowdesertroadrunners.org)

**Contact:** Sue Obradovitz, Osuejoe2@aol.com, (951)735-0457, PO Box 77143, Corona, CA, 92877-0104

**Start Point:** Desert Regional Medical Center- 1150 N Indian Canyon, Palm Springs, CA 92262. From I-10 E exit Hwy 111 to Palm Sprs. This becomes Palm Canyon. Left on Vista Chino to Indian Cyn. Right on Indian Cyn to Desert Reg Med Ctr. From I-10 W exit left to Ramon. About 8 mi to Indian Cyn. Right on Indian Cyn 1.5 mi to Desert Reg Med Ctr. Walk box is located in the closet behind the lobby desk. Ask for it.

**Event Info:** Daily, dawn to dusk. Park Walk - travels along famous Palm Canyon Dr with its wonderful shops and eateries and through residential areas, parks & the homes of famous stars of the 1940's. Usually hot so carry water and walk early. Trail is on sidewalks and sides of roads.

**Petaluma - Historic - Sonoma County****10K, 5K Year Round Walk (2017/Y0233) 1/1/2017 - 12/31/2017**

Alternative Capitals, Bridges - Spanning the USA, National Register of Historic Places,  
Take a Walk In a City Park, United States Post Offices, Walking the Path of Inventions

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0720 Sonoma County Stompers [www.SonomaCountyStompers.org](http://www.SonomaCountyStompers.org)

**Contact:** Don & Sue Deal, [sonomastompers@yahoo.com](mailto:sonomastompers@yahoo.com), (707)762-4148, 718 B St.,  
Petaluma, CA, 94952

**Start Point:** CVS Drug Store- 365 E Washington, Petaluma, CA 94952. From Hwy 101, take  
Central Petaluma/E Washington exit, go W. Pass several signal lights, cross  
Lakeville. Turn RIGHT at first driveway to parking lot. CVS at rear of parking lot.

**Event Info:** CVS is open 24 hours, and open most holidays. Call 707-778-6081 if in doubt. Walk  
only during daylight hours. The route is on city sidewalks. Some steps which can be  
bypassed by wheelchairs and strollers. Highlights include many beautiful historical  
homes and the locations for many movies, including American Graffiti. There are  
many restaurants, pubs, and stores, as well as the Petaluma River. Visit a seed  
bank! Petaluma's historic downtown is on the National Register of Historic Places.  
Petaluma is the southern entrance to Sonoma County and it's 195 wineries.  
Petaluma was once considered the "Egg Capital of the World". Inventors, Lyman  
Byce and Isaac Dias, created the egg incubator here.

**Pismo Beach - San Luis Obispo County****10 km Year Round Walk (2017/Y1821) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0686 Placer Pacers [www.placerpacers.org](http://www.placerpacers.org)

**Contact:** Don Ratliff, [dratliff@calwisp.com](mailto:dratliff@calwisp.com), (916)645-8280, PO Box 142, Auburn, CA, 95604

**Start Point:** Pismo Lighthouse Suites, 411 Price St., Pismo Beach, CA 93449. - 2131 Price,  
Pismo Beach, CA 93449. All travelers: take US-101 to Pismo Beach in S San Luis  
Obispo Cty. From S: pass Price exit, take Shell Beach exit. Turn left under the hwy.  
Turn left again to Shell Beach. With Pacific Ocean to right, double back until you  
reach restaurant on right. From N: take Price exit. Go through town, continuing until  
you get to restaurant, on left.

**Event Info:** Daily, Dawn to Dusk. The primary walk for this event heads south from the  
restaurant into downtown Pismo Beach. It includes Pismo Beach, the pier, the  
boardwalk, and a monarch butterfly grove just south of town (best viewing  
November - March). The alternate route wanders north through the Shell Beach area  
of Pismo Beach, with views of the Pacific Ocean, the Pismo Beach Pier, the Pismo  
State Beach, and the Nipomo Dunes in the distance.

### Pittsburg - Pittsburg - Contra Costa County

5K/10K Year Round Walk (2017/Y0947) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0376 Vaca Valley Volks [www.vacavolks.org/](http://www.vacavolks.org/)  
**Contact:** Craig and Jane Wirth, janeE939@aol.com, (935)305-9055, 71 Sea Point Way, Pittsburg, CA, 94565  
**Start Point:** Steeltown Coffee and Tea- 695 Railroad Ave., Pittsburg, CA 94665. Open 7am-6pm 7 days a week, Phone 925-246-5840. From Hwy 680 take Hwy 4 East. Exit at Railroad Ave. and turn left onto Railroad. Proceed toward the river until you arrive at Steeltown on your right in the Mechanics Bank building. From the east, exit Hwy 4 at the Railroad & Harbor exit and follow the signs to Railroad. Turn right and proceed to the start point.  
**Event Info:** Walk goes along city streets and paved trails in the historic Old Town Pittsburg where the Sacramento and San Joaquin Rivers flow together. We will walk past two harbors, several statues honoring notable industry that helped build the community, historic buildings, plus revitalized streets and parks

### Placerville - Old Hangtown - El Dorado County

Distance 24/14/10/5km Year Round Walk (2017/Y0580) 1/1/2017 - 12/31/2017

Bridges - Spanning the USA, Cities in Song, Food For Thought, Points of Reference, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 3C      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0686 Placer Pacers [www.placerpacers.org](http://www.placerpacers.org)  
**Contact:** Bette Haskell, mtnlife2@sbcglobal.net, (530)647-2726, 5790 Juarez Rd., Pollock Pines, CA, 95726  
**Start Point:** Buttercup Pantry- 222 Main Street, Placerville, CA 95667. From Sacramento take 1-50 eastbound to Placerville, exit RIGHT at Spring Street/CA 49. Turn LEFT onto Main Street. Buttercup Pantry is on the RIGHT, across the street from the Shell gas station. From Lake Tahoe, take 1-50 westbound, to Placerville. At 2nd stoplight turn LEFT onto Spring Street/CA 49, then turn LEFT onto Main Street. Buttercup Pantry is on the RIGHT, across the street from the Shell gas station. (The walk box is behind the counter, just ask an employee for it. PLEASE DO NOT INTERRUPT STAFF IF THEY ARE WAITING ON CUSTOMERS, OR ASK THEM VOLKSSPORT QUESTIONS.)  
**Event Info:** Mon - Sun 6:30am to 10pm. Closed Christmas. The very historic, Old Hangtown segment, will take you through historic downtown, passing many historic buildings, one of which is the oldest working hardware store west of the Mississippi and through some new and old residential areas. The 10km will continue to a historic Gold Mine, where you will walk on dirt trails throughout the park. The 14km segment is an out and back over Weber Creek, which is the Rails to Trails part of the old Southern Pacific Railroad, Sacramento to Placerville line. It has 5, 10, and 14km options, and is suitable for strollers, but not wheelchairs. This walk is part of the Old Lincoln Highway. \*Historic Old Hangtown 10km 3C no strollers, \*Historic Old Hangtown 5km -1A strollers medium because of a down flight of stairs, \*Weber Creek, Rails to Trails 14,10, 5km - 1A

**Port Hueneme - Channel Islands****10 k Year Round Walk (2017/Y0828) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Food For Thought, Take a Walk In a City Park, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** REG-PA AVA - Pacific Region

**Contact:** Suzi Glass, ncohen181@yahoo.com, (408)592-3935, 5562 Vassar Dr., San Jose, CA, 95118-3455

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) - Oliveira Plaza, 695 Channel Islands Blvd, Port Hueneme, CA 93041.- REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)) Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user.DRIVE TO START: Freeway 101 North (West) towards Ventura. Take the Rose Ave exit. Turn Left onto Rose Ave. (South) Turn Right onto Gonzales Rd. Turn Left onto Ventura Rd. Turn Right onto Channel Islands Blvd. Turn into Oliveira Plaza on the Right before Victoria Blvd. Please park away from stores.

**Event Info:** Walk through the Port Hueneme neighborhood of Channel Islands, by Fisherman's Village, along the Promenade and to Channel Islands Harbor. The route takes you on or by Oxnard Beach Park, Hollywood Beach (named from a 1920 film made in the area), and Channel View Park. The trail includes streets, bike paths, and sandy beaches, the perfect alternative to a hot day at home!

**Rancho Cordova - Lake Natoma - Sacramento County****10km/5km Year Round Walk (2017/Y0855) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0686 Placer Pacers [www.placerpacers.org](http://www.placerpacers.org)

**Contact:** Don Ratliff, dratliff@calwisp.com, (916)645-8280, P. O. Box 142, Auburn, CA, 95604

**Start Point:** Starbucks Coffee- 12195 Tributary Point, Rancho Cordova, CA 95670-4508. (Gold River is between Rancho Cordova and Folsom). From Sacramento, take HWY US50 E to Hazel exit. Left to Hazel, take first left onto Tributary Point Dr. (no sign). From Placerville, take HWY US50 westbound, and exit at Hazel Ave. Exit goes straight to Tributary Point. From Roseville area, take Sierra College S, which becomes Hazel in Sacramento County. Turn right to Tributary Point, before entrance to US HWY 50.

**Event Info:** Sunup to sunset, daily. Store hours: M-F 4:30am-7:30pm, Sat 5am-7pm & Sun 5:30am-7pm. Ask for plastic box marked "Placer Pacers" or "walk box". Please do not interrupt staff if they are waiting on customers, nor ask them Volkssport questions. This walk is along the oak wooded American River bike trail as it follows beautiful Lake Natoma.

### Rancho Cordova - Lake Natoma Tour - Sacramento County

25 km Year Round Bike (2017/Y0036) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0686 Placer Pacers www.placerpacers.org  
**Contact:** Don Ratliff, dratliff@calwisp.com, (916)645-8280, PO Box 142 , Auburn, CA, 95604  
**Start Point:** Starbucks Coffee- 12195 Tributary Point, Rancho Cordova, CA 95670-4508. (Gold River between Rancho Cordova and Folsom). From Sacramento, take Hwy US 50 E to Hazel exit. Left to Hazel, take first left to Tributary Point (no sign). From Placerville, take Hwy US 50 W, exit Hazel. Exit goes straight to Tributary Point. From Roseville area, take Sierra College S, becomes Hazel in Sacramento County. Turn right to Tributary Point, before entrance to Hwy US 50.  
**Event Info:** Bike sunup to sunset, daily. Starbucks hours M-F 4:30am-7:30 pm, Sat 5am-7pm & Sun 5:30am-7pm. Ask for plastic box marked "Placer Pacers" or "walk box". Please do not interrupt staff if they are waiting on customers, nor ask them Volkssport questions. The bike route is completely around Lake Natoma, through oak wooded forest and along the shoreline. There are some minor hills and about 1 mile of the ride goes through residential streets.

### Red Bluff - Red Bluff Victorians - Tehama County

5K/10K Year Round Walk (2017/Y2022) 1/1/2017 - 12/31/2017

Food For Thought, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, Volcanoes, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0932 Shasta Sundial Strollers  
**Contact:** Debbie Thomas, ShastaSundialStrollers@yahoo.com, (530)347-7422, 19228 Kleat Place, Cottonwood, CA, 96022  
**Start Point:** Durango RV Resort- 100 Lake, Red Bluff, CA 96080. Take I-5 toward Red Bluff. Take Antelope exit. Turn W on Antelope Blvd. Right on Belle Mill Rd. Left on East Ave. Right on Lake Ave.  
**Event Info:** Dawn to dusk. The walk binder is located at the reservation desk. Please be patient if guests are checking in and/or out. You will need to drive a short distance from the start point to the start of the walk. Driving directions are included with the walk directions. Red Bluff was historically a town of merchants who supplied gold miners with mining supplies as they made their way north to the Redding area. Many Victorian homes still stand as a testament to the success of these merchants. This route follows much of the Victorian homes self-guided tour. Start out by walking along the beautiful Sacramento River. Walk down Main St. and shop at one of the many antique shops. End your walk with lunch at one of the locally owned eateries.

**Redding - Lema Ranch/Churn Creek Trails - Shasta County****10K and 5K Year Round Walk (2017/Y0951) 1/1/2017 - 12/31/2017**

Animal Safari, Volcanoes, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** medium      **Pets:** No

**Sponsor:** AVA-0932 Shasta Sundial Strollers**Contact:** Mary Provence, ShastaSundialStrollers@yahoo.com, (530)221-5936, 1691 Whistling, Redding, CA, 96003**Start Point:** LaQuinta Inn- 2180 Hilltop, Redding, CA 96002. Take I-5 toward Redding. Exit Cypress. Turn E on E Cypress, turn N on Hilltop.

**Event Info:** Daily, dawn to dusk. The start box is located at the reservation desk. Please be patient if guests are checking in and/or out. You will need to drive a short distance from the start point to the start of the walk. Driving directions are included with the walk directions. The Lema Ranch walk goes through property that was developed as a gift to the Redding community by Leah McConnell, one of the founders of the McConnell Foundation. There are many ponds, wildlife and native plant life on this property. There are also 2 5K's available. Churn Creek Trails allows pets with clean up, is not suitable for wheelchairs, and is difficult for baby strollers. The Lema Ranch 5K does NOT allow pets, and is relatively easy for wheelchairs and baby strollers. There are lovely vistas with plant life native to the Redding Area on the Churn Creek Trail. This provides a slightly more challenging portion with mostly wood chip paths.

**Redding - Riverwalk - Shasta County****10K and 6.5K Year Round Walk (2017/Y1066) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0932 Shasta Sundial Strollers**Contact:** Cynthia Turbin, ShastaSundialStrollers@yahoo.com, (530)246-4130, 5819 Avery Way, Redding, CA, 96003**Start Point:** La Quinta Inn- 2180 Hilltop, Redding, CA 96002. Take I-5 toward Redding. Exit Cypress. Turn E on E Cypress, turn N on Hilltop.

**Event Info:** Daily, dawn to dusk. The start box is located at the reservation desk. Please be patient if guests are checking in and/or out. You will need to drive a short distance from the start point to the start of the walk. Driving directions are included in the walk directions. This walk showcases the Sacramento River which is a beautiful feature of our city. Part of the route takes in the Sacramento River Trail, our new walk/bike path along Hwy. 44, and over the Sundial Bridge. The other part of the route goes through the historic section of Redding. The entire walk traverses the river four times.



**Redding - Sundial Bridge - Shasta County****5K/10K Year Round Walk (2017/Y0705) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Take a Walk In a City Park, Trekking With the Trees, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0932 Shasta Sundial Strollers

**Contact:** Cynthia Turbin, ShastaSundialStrollers@yahoo.com, (530)246-4130, 5819 Avery Way, Redding, CA, 96003

**Start Point:** LaQuinta Inn- 2180 Hilltop, Redding, CA 96002. Take I-5 toward Redding. Exit Cypress. Turn E on E Cypress, turn N on Hilltop.

**Event Info:** Daily, dawn to dusk. The start box is located at the reservation desk. Please be patient if guests are checking in and/or out. You will need to drive a short distance from the start point to the start of the walk. Driving directions are included with the walk directions. Restrooms and water are available along the way. This walk will take you over the world renowned Sundial Bridge, through the McConnell Arboretum and along the Sacramento River. You will cross the historic Diestelhorst Bridge and have many photo opportunities. Look for wildlife on the ground, in the river and in the sky. The 5K walk will take you under the Sundial Bridge where you will enjoy cool breezes along the Sacramento River.

**Redlands - Downtown - San Bernardino County****10km / 5km Year Round Walk (2017/Y0584) 1/1/2017 - 12/31/2017**

Amphitheatres, Cities in Song, Food For Thought, Fraternal Organizations, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, State Street Sashay, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** B Award      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0285 Green Valley Gaiters, Inc. [www.greenvalleygaiters.org](http://www.greenvalleygaiters.org)

**Contact:** Art Line, [autherline@aol.com](mailto:autherline@aol.com), (915)845-3732, POB Box 406, Calimesa, CA, 92320

**Start Point:** Redlands Family YMCA- 500 E Citrus. I-10 Freeway in Redlands-E: Exit Orange off-ramp, to Pearl; through 2 stoplights (Eureka/Orange); right 6th. W: Exit 6th off-ramp; left 6th. All Travelers: Continue on 6th across Redlands/State; left Citrus (4-way stop); ahead sharp right on Olive, immediate left to Myrtle. Vehicle entrance to YMCA 3rd driveway left on Myrtle, before fire hydrant. Park in lot (if any). Register, move car out of YMCA lot, find available street parking nearby, or using public parking structure at corner of Citrus/5th.

**Event Info:** Hours available (Sunrise to Sunset only): M-F 5:00AM-9:30PM, Sat 7:00AM to 6:00PM, Sun 11:00AM-6:00PM. Main entrance YMCA, start box is kept behind the main information desk--the staff will give the box to you upon request. YMCA staff doesn't have information about event. Checks payable to "GVG." Staff will not handle cash. Allow staff to wait on patrons first. 10K and 5K routes consist mostly of streets, sidewalks, and curbs, but also include some dirt/gravel road shoulders. Both routes are heavily centered on the historic downtown area, including the former Santa Fe railroad depot, Redlands Bowl, Abraham Lincoln Memorial Shrine, and State Street retail district; 10K route also visits the adjacent historic residential district just south of downtown. Both routes feature numerous buildings honored by the Redlands Conservancy as exceptional "Adaptively Reused Older Buildings"; the Adaptive Reuse movement is valuable for purposes of historic preservation, economic redevelopment, and as a "green" initiative.

**Redlands - Palms and Palaces - San Bernardino County****10K / 5K Year Round Walk (2017/Y0187) 1/1/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** B Award

**Strollers:** Hard

**Restroom:** Yes

**Rating:** 2B

**Wheelchair:** Hard

**Pets:** Yes

**Sponsor:** AVA-0285 Green Valley Gaiters, Inc. [www.greenvalleygaiters.org](http://www.greenvalleygaiters.org)

**Contact:** Art Line, [autherline@aol.com](mailto:autherline@aol.com), (951)845-3732, POB 406, Calimesa, CA, 92320

**Start Point:** Redlands Family YMCA- 500 E Citrus. I-10 Freeway in Redlands-E: Exit Orange off-ramp, to Pearl; through 2 stoplights (Eureka/Orange); right 6th. W: Exit 6th off-ramp; left 6th. All Travelers: Continue on 6th across Redlands/State; left Citrus (4-way stop); make sharp right on Olive, immediate left to Myrtle. Vehicle entrance YMCA is 3rd driveway left on Myrtle, before fire hydrant. Park in lot (if any). After you register, follow driving instructions on walking instructions page to remote start/finish point several miles away.

**Event Info:** Hours (Sunrise to Sunset only): M-F 5am-9:30pm, Sat 7am-6pm, Sun 11am-6pm. Main entrance YMCA, start box is kept behind the main information desk--the staff will give the box to you upon request. YMCA staff doesn't have information. Checks payable to "GVG." Staff will not handle cash. Allow staff to wait on patrons first. Carry water on route. Restrooms available at the remote start point. Pets allowed with clean-up. Both routes begin in the 119 year-old Prospect Park on a groomed dirt path amid a beautiful variety of plants and trees. Winding upward through the park, several rest areas are provided with scenic overlooks on orange groves and the San Bernardino Valley. At the crest is the Alice Meeker Sewall Amphitheater, home of the Redlands Theater Festival. Continuing on, you'll come to the "Carriage House" where receptions and special events are held. Next, the trail leads to a short "side trip" to view one of the "Queens" of the Victorian houses of Redlands - the "French Chateau" style estate known as "Kimberley Crest". After you have enjoyed some concept of Victorian "royalty, the trail takes you on city streets, bridal paths, curbs and dirt paths through the heart of an area of Victorian, Edwardian and Craftsman architecture. As you return to Prospect Park, be sure to admire the "working" orange grove at the base of the park.

**Redlands - Westside - San Bernardino County****11K / 5K Year Round Walk (2017/Y1837) 1/1/2017 - 12/31/2017**

Amphitheatres, Cities in Song, Food For Thought, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** B Award **Strollers:** medium **Restroom:** Yes

**Rating:** 2A **Wheelchair:** hard **Pets:** Yes

**Sponsor:** AVA-0285 Green Valley Gaiters, Inc. [www.greenvalleygaiters.org](http://www.greenvalleygaiters.org)

**Contact:** Art Line, [autherline@aol.com](mailto:autherline@aol.com), (951)845-3732, POB 406, Calimesa, CA, 92320

**Start Point:** Redlands Family YMCA- 500 E Citrus. I-10 Freeway in Redlands-E: Exit Orange off-ramp, to Pearl; through 2 stoplights (Eureka/Orange); right 6th. W: Exit 6th off-ramp; left 6th. All Travelers: Continue on 6th across Redlands/State; left Citrus (4-way stop); make sharp right on Olive, immediate left to Myrtle. Vehicle entrance YMCA is 3rd driveway left on Myrtle, before fire hydrant. Park in lot (if any). After you register, follow driving instructions on walking instructions page to remote start/finish point several miles away.

**Event Info:** Hours (Sunrise to Sunset only): M-F 5am-9:30pm, Sat 7am-6pm, Sun 11am-6pm. Main entrance YMCA, start box is kept behind the main information desk--the staff will give the box to you upon request. YMCA staff doesn't have information. Checks payable to "GVG." Staff will not handle cash. Allow staff to wait on patrons first. Carry water on route. 11K route consists of streets, sidewalks, curbs, and dirt/gravel road shoulders. Includes two city parks; Footlighters Theater; historic Asistencia Mission (now part of the county museum); Redlands Bowl; Abraham Lincoln Memorial Shrine; Morrey Mansion; and Redlands Community Hospital. 5K route is centered around the Asistencia. Both routes also feature several buildings honored by the Redlands Conservancy as exceptional "Adaptively Reused Older Buildings"; the Adaptive Reuse movement is valuable for purposes of historic preservation, economic redevelopment, and as a "green" initiative.

**Redondo Beach - Los Angeles County****10km/5km Year Round Walk (2017/Y0490) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Points of Reference, Walking the USA A - Z

**Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes

**Rating:** 1B **Wheelchair:** NO **Pets:** Yes

**Sponsor:** AVA-0157 Low Desert Roadrunners [www.lowdesertroadrunners.org](http://www.lowdesertroadrunners.org)

**Contact:** Dottie Schwieger, [HiDotWalk@aol.com](mailto:HiDotWalk@aol.com), (951)505-9738, 345 E Francis St, Corona, CA, 92879

**Start Point:** Carl's Jr. - 701 N Pacific Coast Hwy, Redondo Beach, CA 90277. From I-405 Fwy, exit at Artesia Blvd. Go West to Aviation Blvd. Turn left on Aviation 1 mile to Pacific Coast Hwy. Left on PCH .7 mi. (just past Herondo/Catalina) to the Carl's Jr. on the Right.

**Event Info:** There is NO 1walk box at Carls Jr. Please contact the POC to register for this walk. Send a signed start card with a check made payable to LDR for each person walking for credit ( \$3.00 for each walker plus \$1.00 for postage). Mail to Dottie Schwieger, Attn. Redondo walk, 345 E Francis St., Corona, CA 92879. Insert cards and maps will be sent by return mail. Walk daily, dawn to dusk. The trail travels along the streets of Redondo Beach to the paved beach "strand" traveling north passing Hermosa Pier to the Manhattan Pier. It goes up a busy street with many eating establishment to a non-paved exercise path back. 5K walks to Hermosa Pier & back. Dogs are not allowed on the piers.

**Riverside - Riverside County****11k, 5K Year Round Walk (2017/Y1478) 1/1/2017 - 12/31/2017**

Amphitheatres, Cities in Song, National Register of Historic Places, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** B Award **Strollers:** Medium **Restroom:** Yes

**Rating:** 2A **Wheelchair:** None **Pets:** Yes

**Sponsor:** AVA-0157 Low Desert Roadrunners [www.lowdesertroadrunners.org](http://www.lowdesertroadrunners.org)

**Contact:** Joe Obradovitz, Osuejoe2@aol.com, (951)735-0457, PO Box 77143, Corona, CA, 92877-0104

**Start Point:** Riverside Community Hospital- 4445 Magnolia, Riverside, CA 92501. From Hwy 91, exit 14th, W towards town to Magnolia. Left on Magnolia 1 block to 1st traffic signal. Turn right to parking lot. Volksmarch box is at information desk in lobby. Please note: Registration box is usually kept inside the door behind the information desk.

**Event Info:** Daily, Dawn to Dusk. Walk goes through town past the famous Mission Inn (where President Nixon was married) and up to the top of Mt Rubidoux. You can see across the city from there. There are many restaurants & interesting shops on the Main St. Mall. Riverside is hot during summer months. Carry water and walk early in the day.

**Roseville - Bea Griffin Memorial - Placer County****10km/5km Year Round Walk (2017/Y0560) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only **Strollers:** easy **Restroom:** No

**Rating:** 1A **Wheelchair:** easy **Pets:** Yes

**Sponsor:** AVA-0686 Placer Pacers [www.placerpacers.org](http://www.placerpacers.org)

**Contact:** Judy Stroud, gone2walk@surewest.net, (916)773-9371, 1501 Secret Ravine Pkwy #626, Roseville, CA, 95661-6006

**Start Point:** remote registration only; mail in, phone, email, or text. Contact POC at 1501 Secret Ravine Pkwy #626, Roseville, CA 95661 or call 916.773.9371 and leave a message; or email me at gone2walk@surewest.net or text me at 916.204.6419- Contact POC - with at least 24 hour notice I can meet you at the start location to sign you in. Or you can send me the fees and I will mail or email the waiver and walk directions. After you do the walk I will mail you the insert cards.

**Event Info:** Nice walk through neighborhoods, bike paths and Maidu Park.

**Roseville - NW Roseville Tour - Placer County****25k Year Round Bike (2017/Y1239) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only **Strollers:** None **Restroom:** No

**Rating:** 1A **Wheelchair:** None **Pets:** No

**Sponsor:** AVA-0686 Placer Pacers [www.placerpacers.org](http://www.placerpacers.org)

**Contact:** Don Ratliff, dratliff@calwisp.com, (916)645-8280, 1515 Quail Road, Newcastle, CA, 95658

**Start Point:** Remote registration only; mail in, phone, email me Contact Don Ratliff at 1515 Quail Road, Newcastle, CA 95658 or call 916.645.8280 and leave a message or email dratliff@calwisp.com  
- Contact POC - with at least 24 hour notice I can meet you at the start location to sign you in, or you can send me the fees and I will mail or email the waiver and the ride direction. After you do the ride I will mail you insert cards

**Event Info:** daily dawn to dusk

### Roseville - Peggy Plummer Memorial - Placer County

**10km/5km Year Round Walk (2017/Y1241) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Take a Walk In a City Park, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** No  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0686 Placer Pacers [www.placerpacers.org](http://www.placerpacers.org)  
**Contact:** Judy Stroud, [gone2walk@surewest.net](mailto:gone2walk@surewest.net), (916)773-9371, 1501 Secret Ravine Pkwy #626, Roseville, CA, 95661-6006  
**Start Point:** Remote registration only: mail in, phone, email or text. Contact POC at 1501 Secret Ravine Pkwy #626, Roseville, CA 95661 or call 916.773.9371 and leave a message; or email me at [gone2walk@surewest.net](mailto:gone2walk@surewest.net) or text me at 916.204.6419.- Contact POC with at least 24 hour notice I can meet you at the start location to sign you in. Or you can send me the fees and I will mail or email the waiver and walk directions. After you do the walk I will mail you insert cards.  
**Event Info:** Nice walk through downtown Roseville, neighborhoods, Old Town Roseville and Royer Park. Roseville is a major historical railroad center.

### Roseville - Sculpture Park- Placer County

**10km and 5km Year Round Walk (2017/Y0266) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** No  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0686 Placer Pacers [www.placerpacers.org](http://www.placerpacers.org)  
**Contact:** Judy Stroud, [gone2walk@surewest.net](mailto:gone2walk@surewest.net), (916)773-9371, 1501 Secret Ravine Pkwy #626, Roseville, CA, 95661-6006  
**Start Point:** Remote registration only: mail in, phone, email or text. Contact POC at 1501 Secret Ravine Pkwy #626, Roseville, CA 95661 or call 916.773.9371 and leave a message; or email me at [gone2walk@surewest.net](mailto:gone2walk@surewest.net) or text me at 916.204.6419.- Contact POC – with at least 24 hour notice I can meet you at the start location to sign you in. Or you can send me the fees and I will mail or email the waiver and walk directions. After you do the walk I will mail you insert cards.  
**Event Info:** Nice bike trail along creek and around catch basin. This event is held in Placer County and qualifies for the Forty-Niner Miner program.

**Sacramento - American River - Sacramento County****6k, 11k Year Round Walk (2017/Y0990) 1/1/2017 - 12/31/2017**

Alternative Capitals, Bridges - Spanning the USA, Cities in Song, Make a Wish at a Water Fountain, Points of Reference, State Capital, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0265 Sacramento Walking Sticks [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)

**Contact:** Beverly Bales, balesb@att.net, (916)488-8570, PO Box 277303, Sacramento, CA, 95827-7303

**Start Point:** Starbucks Coffee Company- 610 Watt Ave, Sacramento, CA 95864 (916) 484-1579. From US 50 take Watt Ave exit North, cross Fair Oaks Blvd, turn right just past gas station. Starbucks is in the strip mall facing Watt Ave. Additional parking located at the end of strip mall and around back.

**Event Info:** Restaurant open daily M-F 4:30 am-8:00 pm, Sat/Sun 5 am-8:00 pm, call for holiday hours. Walk box is against the window next to condiment counter in the seating area. This walk takes in a beautiful section of the American River Parkway bike path and crosses the river on 3 different bridges. This pleasurable walk is memorable in the early morning and near dusk as the sun reflects on the fast moving river. Watch for birds and deer as well as other wildlife along the trail. Be sure to walk on the left side of the bike path for safety as this trail is heavily used by cyclists. Restroom available in start location.

**Sacramento - American River Tour - Sacramento County****31/51/75/100 km Year Round Bike (2017/Y0006) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** No

**Rating:** 1A      **Wheelchair:** NO      **Pets:** No

**Sponsor:** AAA-CA California Volkssport Association Inc. [www.cva4u.org](http://www.cva4u.org)

**Contact:** Betsy McDevitt, vp-north@cva4u.org, (530)412-4453, 371 Cuckoo Ct., Applegate, CA, 95703

**Start Point:** Sandman Motel- 236 Jibboom St, Sacramento, CA 95814-0108. From I-5, exit Richards Blvd. Go west on Richards, as it veers left it becomes Jibboom St. The Best Western Sandman Motel will be on your right.

**Event Info:** Daily dawn to dusk. A mostly level ride through Discovery Park, and along American River Bike Trail. The bike trail is occasionally flooded in the spring. Water & restrooms are not currently available at the start. There are public restrooms in Discovery Park about 1 KM into the ride and porta-potties along the trail. Carry water in hot weather.

**Sacramento - Arden Park - Sacramento County****5K, 10K Year Round Walk (2017/Y0558) 1/1/2017 - 12/31/2017**

Alternative Capitals, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Points of Reference, State Capital, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0265 Sacramento Walking Sticks [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)

**Contact:** Myrna Jackson, [myjackwalks@yahoo.com](mailto:myjackwalks@yahoo.com), (916)481-6714, PO Box 277303, Sacramento, CA, 95827-7303

**Start Point:** Starbucks Coffee Company- 4301 Arden Way (Arden Plaza), Sacramento, CA 95864, (916) 482-1205. From Capital City Freeway (Bus 80) take Watt Ave S to Arden Wy, left on Arden Wy. From Hwy 50, take Watt Ave N to Arden Wy. Turn right on Arden Wy. In both cases proceed on Arden Wy to Eastern Ave. Starbucks is on the NE corner.

**Event Info:** Restaurant open daily 4am-10pm, call for holiday hours. Please ask for Walk Box at the counter. Route includes affluent and shady residential areas of Arden Park and Arden Oaks. Both walks include a "nature trail" option.

**Sacramento - Ashton Park - Sacramento County****5k, 7k, 10k, 12k Year Round Walk (2017/Y1049) 1/1/2017 - 12/31/2017**

Alternative Capitals, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Points of Reference, State Capital, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0265 Sacramento Walking Sticks [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)

**Contact:** Beverly Bales, [balesb@att.net](mailto:balesb@att.net), (916)488-8570, PO Box 277303, Sacramento, CA, 95827-7303

**Start Point:** Starbucks Coffee Company- 610 Watt, Sacramento, CA 95864, (916) 484-1579. US 50 to Watt N, cross Fair Oaks, turn right just past gas station. Starbucks is in the strip mall facing Watt. Additional parking is located at end of strip mall and around back.

**Event Info:** Restaurant is open M-F 4:30 am-8:00 pm, Sat/Sun 5:00 am-8:00 pm, call for holiday hours. Walk Box is against window next to condiment counter in the seating area. The 5k and 10k walks require a short drive to the start point at Ashton Park. The 2k walk goes to the start point (thus eliminates the need to drive to the start) and can be combined with the 5k or the 10k to make 7k or 12k walks. The walk route takes you on shady residential streets and trails along the American River. The 10k crosses the American River into River Bend Park on the Harold Richey Memorial Bridge with great views of the river. Restrooms at Starbucks and at Ashton Park.

**Sacramento - Capitol - Sacramento County****11km/6 km Year Round Walk (2017/Y0003) 1/1/2017 - 12/31/2017**

Animal Safari, Make a Wish at a Water Fountain, National Register of Historic Places, State Capital, Take a Walk In a City Park, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** No  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AAA-CA California Volkssport Association Inc. [www.cva4u.org](http://www.cva4u.org)  
**Contact:** Betsy McDevitt, [vp-north@cva4u.org](mailto:vp-north@cva4u.org), (530)412-4453, 371 Cuckoo Ct., Applegate, CA, 95703

**Start Point:** Sandman Motel- 236 Jibboom, Sacramento, CA 95814-0108. From I-5, exit Richards. Go W on Richards, as it veers left it becomes Jibboom. Best Western Sandman Motel on right.

**Event Info:** Daily, dawn to dusk. Most sites are open 10am-5pm. The walk is mostly on sidewalks through historic downtown Sacramento. The route goes through historic "Old Sac" with its many shops and museums. It goes through the Capitol Building and passes Sutter's Fort, the old Governor's Mansion and many more. There are accommodating establishments along the route, the first after you enter Old Sacramento. The 6 km route includes the above mentioned places except Sutter's Fort. Dogs are not allowed in the Capitol Building, Sutter's Fort, Governor's Mansion or museums. Carry water in hot weather.

**Sacramento - Curtis Park - Sacramento County****5k, 10k Year Round Walk (2017/Y0968) 1/1/2017 - 12/31/2017**

Alternative Capitals, Cities in Song, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, State Capital, Trekking With the Trees, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0265 Sacramento Walking Sticks [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)  
**Contact:** Jane Graham, [jgraham4@surewest.net](mailto:jgraham4@surewest.net), (916)446-8087, PO Box 277303, Sacramento, CA, 95827-7303

**Start Point:** Land Bark Pet Supplies- 3200 Riverside Blvd, Sacramento, CA 95818. From Business 80/US 50 E; take 15th St exit, turn right. Turn right on Broadway. Turn left on Riverside. Land Bark Pet Supply on right. From Business 80/US 50 W take 16th St Exit (stay in left lane of exit). Go straight 1 block on W St to 15th St, turn left. Turn right on Broadway. Turn left on Riverside. Land Bark Pet Supply on right. Parking available at far end of strip mall or on side streets (watch for hour limitations).

**Event Info:** Store open M-F 10am-6pm, Sa 10am-5pm, Su 11am-3pm, call for holiday hours. The walk box can be seen thru the left front window of the store. This is a lovely, shady walk through the residential areas of Land Park and Curtis Park. Most of the houses were built in the 1930's and influenced by English styles. Two houses stand out along the 10K walk. The Alice-in-Wonderland house and garden (if the owners are there, they will let you in the backyard to walk through Alice's unique garden), a true labor of love. Dog treats are always available in a candy jar in the front yard for dog owners to help themselves. The most amazing house however, is the Tile House built by two artists and completely surrounded by ceramic tiles both in the garden and on the house itself. This is a true masterpiece. Be sure and go down the alleyway to get the full effect, you will be amazed. Don't forget your camera for this house!



**Sacramento - Elmhurst to East Sac - Sacramento County****5k, 10k Year Round Walk (2017/Y1422) 1/1/2017 - 12/31/2017**

Alternative Capitals, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, State Capital, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking America's Ports of Call, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0265 Sacramento Walking Sticks [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)

**Contact:** Gail Samcoff, Gon2Wok@netzero.com, (916)429-8377, PO Box 277303, Sacramento, CA, 95827-7303

**Start Point:** CVS Pharmacy- 5039 Folsom Blvd, Sacramento, CA 95819, (916) 739-0740. From east-bound Capital City Freeway (Bus 80) exit N St, bear right onto N St, bear slight right onto Folsom Blvd, left into CVS parking lot. From west-bound Capital City Freeway (Bus 80) exit J St, left on J St, right on 39th St, left on Folsom Blvd, left into CVS parking lot. From east-bound Hwy 50 exit 59th St, left on 59th St, left on Folsom Blvd, right into CVS parking lot. From west-bound Hwy 50 exit 65th St, right on 65th St, moving immediately to left lane, left on Folsom Blvd, right into CVS parking lot.

**Event Info:** Store open M-F 9:00 am-9:00 pm, Sa 9:00 am-6:00 pm, Sun 10:00am-6:00pm, call for holiday hours. The box will be inside the door to the left under the fire extinguisher. Enjoy the tree-lined streets of Elmhurst, one of Sacramento's older neighborhoods with homes from small and quaint to large and stately. Julia P Morgan, the famous architect of Hearst Castle in San Simeon, CA, built one of these homes at 38th and T Streets. Continue thru other shady and grand neighborhoods in East Sacramento passing by the popular McKinley Park and Rose Gardens and the oak canopied East Portal Park. Restrooms available at start, Mercy General Hospital, and businesses throughout the route.

**Sacramento - Land Park - Sacramento County****5k, 10k Year Round Walk (2017/Y1039) 1/1/2017 - 12/31/2017**

Alternative Capitals, Amphitheatres, Animal Safari, Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Lakes and Reservoirs, State Capital, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking America's Ports of Call, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0265 Sacramento Walking Sticks [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)

**Contact:** Jane Graham, jgraham4@surewest.net, (916)446-8087, PO Box 277303, Sacramento, CA, 95827-7303

**Start Point:** Land Bark Pet Supplies- 3200 Riverside Blvd, Sacramento, CA 95818. From Business 80/US 50 E take 15th St Exit, turn right. Turn right on Broadway. Turn left on Riverside. From Business 80/US 50 W take 16th St Exit (stay in left lane of exit). Take W St to 15th St (one block) and turn left. Turn right on Broadway. Turn left on Riverside. Land Bark Pet Supplies on right. Park at end of strip mall, not in front of stores. Parking available on streets, watch for time restrictions.

**Event Info:** Store hours M-F 10am-6pm, Sa 10am-5pm, Su 11am-3pm, call for holiday hours. The walk box can be seen thru the left front window of the store. This shady walk takes in parts of the beautiful and sprawling William Land Park and the nearby affluent neighborhoods built in the 1930's. You will ascend to the levee overlooking the Sacramento River with great views of one of the two rivers running through Sacramento.

**Sacramento - Midtown/East Sac - Sacramento County****6k, 11k Year Round Walk (2017/Y1873) 1/1/2017 - 12/31/2017**

Alternative Capitals, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, State Capital, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking America's Ports of Call, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0265 Sacramento Walking Sticks [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)

**Contact:** Gail Samcoff, [gon2wok@netzero.com](mailto:gon2wok@netzero.com), (916)429-8377, PO Box 277303, Sacramento, CA, 95827-7303

**Start Point:** CVS Pharmacy- 5039 Folsom Blvd, Sacramento, CA 95819, (916) 739-0740. From east-bound Capital City Freeway (Bus 80) exit N St, bear right onto N St, bear slight right onto Folsom Blvd, left into CVS parking lot. From west-bound Capital City Freeway (Bus 80) exit J St, left on J St, right on 39th St, left on Folsom Blvd, left into CVS parking lot. From east-bound Hwy 50 exit 59th St, left on 59th St, left on Folsom Blvd, right into CVS parking lot. From west-bound Hwy 50 exit 65th St, right on 65th St, moving immediately to left lane, left on Folsom Blvd, right into CVS parking lot.

**Event Info:** Store open M--F 9:00 am-9:00 pm, Sa 9:00 am-6:00 pm, Su 10:00 am-6:00 pm, call for holiday hours. The box will be inside the door to the left under the fire extinguisher. This walk takes you through the shady streets of East Sacramento to the rose gardens of McKinley Park. You'll then walk into Midtown Sacramento by historic Sutter's Fort established just before the California Gold Rush. Unique galleries and shops line several streets with many gastronomic delights along the way under the majestic old trees for which Sacramento is famous. Restrooms available at start and fast food locations and businesses throughout the route.

**Sacramento - Natomas Flood Plain Tour - Sacramento County****25km Year Round Bike (2017/Y0767) 1/2/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking America's Ports of Call, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** NO      **Pets:** No

**Sponsor:** AVA-0265 Sacramento Walking Sticks [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)

**Contact:** Joanne Jensen, [jjlw31@yahoo.com](mailto:jjlw31@yahoo.com), (916)996-0401, PO Box 277303, Sacramento, CA, 95827-7303

**Start Point:** Natomas Bike Shop- 3291 Truxel Rd #30, Sacramento, CA 95833. From East of Sacramento: take I-80 to Truxel Rd off ramp. Turn left and cross over I-80. From the West: take I-80 to Truxel Rd off ramp. Turn right. Both directions, head south on Truxel Rd to San Juan Rd. Cross San Juan Rd. Bike Shop is on the right in the strip mall.

**Event Info:** Mon-Fri 10am-7pm; Sat 10am-6pm; Sun, 10am-5pm; closed some holidays - check with store (916-641-8640). No restrooms or water at the start; available along the route. Fast food restaurants and Food Maxx grocery store in the shopping center. Bike shop does not have bike rentals.

**Sacramento - North Laguna Creek Wildlife Area - Sacramento County****6k, 10k Year Round Walk (2017/Y1043) 1/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Points of Reference, State Capital, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** IVV Credit Only                      **Strollers:** NO                      **Restroom:** No  
**Rating:** 1A                                      **Wheelchair:** NO                      **Pets:** Yes  
**Sponsor:** AVA-0265 Sacramento Walking Sticks [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)  
**Contact:** Bruce & Nancy Calkins, [becalkins@gmail.com](mailto:becalkins@gmail.com), (360)970-6393, PO Box 277303, Sacramento, CA, 95827

**Start Point:** 24 Hour Fitness- 8785 Center Parkway, Sacramento, CA 95823, (916) 688-8733. Take Hwy 99 South from Sacramento, exit Sheldon Rd, left at signal light onto Sheldon Rd approximately 1 mile crossing Bruceville Rd; Sheldon Rd becomes Center Pkwy. 24 Hour Fitness is in the movie theater/shopping center complex on the right.

**Event Info:** 24 Hours fitness is open 24 hours daily, call for holiday hours. Start box is in 24 Hour Fitness cafe on the counter at the coffee bar. Stroll along sidewalks and bike paths following Laguna Creek through several subdivisions. Enjoy this easy walk any time of year and expect to see a variety of birds, squirrels, and other critters as you walk by the protected waterway. This walk is suitable for all walkers, pets, and children. Strollers and/or wheelchairs are not suggested as path is narrow and over gravel for portions of the walk. Water and restrooms are along route.

**Sacramento - Pocket Area - Sacramento County****Distance 5/10/15/20 km Year Round Walk (2017/Y0234) 1/1/2017 - 12/31/2017**

Alternative Capitals, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Lakes and Reservoirs, Points of Reference, State Capital, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking America's Ports of Call, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only                      **Strollers:** medium                      **Restroom:** Yes  
**Rating:** 1A                                      **Wheelchair:** Hard                      **Pets:** Yes  
**Sponsor:** AVA-0265 Sacramento Walking Sticks [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)  
**Contact:** Nancy Alex, [fanifarmer@sonic.net](mailto:fanifarmer@sonic.net), (916)217-4903, PO Box 277303, Sacramento, CA, 95827-7303

**Start Point:** The CVS Drug Store- 7465 Rush River Dr #500, Sacramento, CA 95831, (916) 391-1200. Southbound I-5 from downtown Sacramento, take Florin Rd West, left on Greenhaven Dr, right on Windbridge Dr to Promenade/Bel Air Mall at Rush River Dr and Windbridge Dr.

**Event Info:** CVS Drug Store is open Mon-Fri, 9:00 am to 9:00 pm, Sa/Su 10:00 am-6:00 pm., call for holiday hours. The walk box is on the floor under the fire extinguisher by the front counters. There are 5 and 10k routes through a lovely greenbelt and along the canal. Or there are 5 and 10k routes along the canal and the Sacramento River. Or walkers can take the 20k route and do it all! Riparian wildlife is a special attraction along the waterways. In the summer these are great walks in the early morning hours and in the evenings as the delta breeze blows in to cool off the hot summer nights. Restrooms at CVS, Bel Air Market near the start and along the route.

**Sacramento - Pocket Area Tour - Sacramento County****26k, 28k Year Round Bike (2017/Y1313) 1/1/2017 - 12/31/2017**

Alternative Capitals, Cities in Song, Honoring Our Flag, State Capital, Trekking With the Trees, Walking America's Ports of Call, Water Towers

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0265 Sacramento Walking Sticks [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)  
**Contact:** Nancy Alex, [fanifarmer@sonic.net](mailto:fanifarmer@sonic.net), (916)217-4903, PO Box 277303, Sacramento, CA, 95827-7303  
**Start Point:** CVS Drug Store- 7465 Rush River Dr #500, Sacramento, CA 95831, (916) 391-1200. Southbound I-5 from downtown Sacramento, take Florin Rd West, left on Greenhaven Dr, right on Windbridge Dr to Promenade/Bel Air Mall at Rush River Dr and Windbridge Dr.  
**Event Info:** CVS Drug Store is open Mon-Fri 9:00 am-9:00 pm, Sat/Sun 10:00 am-6:00 pm, call for holiday hours. The walk box is on the floor under the fire extinguisher by the front counters. Bike from the south levee to the north levee, along the Sacramento River, canals, parkways, and through pleasant shady neighborhoods with some wildlife. Restrooms available at CVS, local stores and restaurants along the parkway.

**Sacramento - River and Miller Park - Sacramento County****5k, 10k Year Round Walk (2017/Y0938) 1/1/2017 - 12/31/2017**

Alternative Capitals, Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, State Capital, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking America's Ports of Call, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0265 Sacramento Walking Sticks [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)  
**Contact:** Jane Graham, [jgraham4@surewest.net](mailto:jgraham4@surewest.net), (916)446-8087, PO Box 277303, Sacramento, CA, 95827-7303  
**Start Point:** Land Bark Pet Supplies- 3200 Riverside Blvd, Sacramento, CA 95818. From Business 80/US 50 eastbound take the 15th St. exit and turn right. Turn right on Broadway. Turn left on Riverside Blvd. From Business 80/US 50 westbound take the 16th St Exit (stay in left lane of exit). Take W St to 15th St (one block) and turn left. Turn right on Broadway. Turn left on Riverside Blvd. Land Bark Pet Supplies is on your right in a strip mall. Park at the end of the strip in a small parking lot or on side streets. Watch for parking restrictions in some areas.  
**Event Info:** Store hours M-F 10am-6PM, Sa 10am-5pm, Su 11am-3pm, call for holiday hours. The walk box can be seen thru the left front window of the store. This walk goes along the Sacramento River, along a bike trail and includes Miller Park and a stroll through the historic Sacramento City Cemetery. Some of the Sutter and Donner Party are buried here. Stroll through the rose garden portion of the cemetery and admire one of the most beautiful Lady Banks roses around. The cemetery often has history tours on weekends and some evenings. They are worth joining on your walk. <http://oldcitycemetery.com/>

**Sacramento - Sac State - Sacramento County****5K, 10K Year Round Walk (2017/Y1822) 1/1/2017 - 12/31/2017**

Alternative Capitals, Amphitheatres, Animal Safari, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Make a Wish at a Water Fountain, National Parks Centennial Challenge, Points of Reference, State Capital, State Street Sashay, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the Path of Inventions, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0265 Sacramento Walking Sticks [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)  
**Contact:** Brenda Dougherty, BDougherty@Clarkpacific.com, (925)864-4733, PO Box 277303, Sacramento, CA, 95827-7303

**Start Point:** Starbucks Coffee Company- 1420 65th St, Sacramento, CA 95819 (916) 454-4231. From West bound US 50 take 65th St exit, turn right onto 65th St, cross the light rail tracks. Starbucks is on the left corner of 65th St & Folsom Blvd. From East bound US 50 take 65th St exit, turn left onto 65th St, travel under the freeway, and cross the light rail tracks. Starbucks is on the left corner of 65th St & Folsom Blvd.

**Event Info:** Restaurant open daily Mo-Fr 5:00 am-9:00 pm, Sa/Su 6:00 am-8:00 pm, call for holiday hours. The walk box is next to the newspaper stand, just to the left of the door, as you walk in. California State University, Sacramento, a.k.a. Sac State was established in 1947 and is among the largest campuses in the California State University system. This walk explores the lush landscaping of this beautiful 300-acre campus containing over 3,000 trees and a sprinkling of flower gardens. All routes include a pass through the University Arboretum. The 10k route also includes the lovely neighborhoods of River Park and a stretch along the lovely American River Parkway. Ramp up to levee and loop through Arboretum is not suitable for wheelchairs. Restrooms at Start Point, possibly on campus at the library and Starbucks if they are open, and in Glen Hall Park on the 10k route. Water may be purchased at the Start Point.

**Sacramento - Sacramento Riverfront Tour - Sacramento County****25K Year Round Bike (2017/Y0959) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** No  
**Rating:** 1A      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AAA-CA California Volkssport Association Inc. [www.cva4u.org](http://www.cva4u.org)  
**Contact:** Betsy McDevitt, vp-north@cva4u.org, (530)412-4453, 371 Cuckoo Ct., Applegate, CA, 95703

**Start Point:** Sandman Motel- 236 Jibboom St, Sacramento, CA 95814-0108. From I-5, exit Richards Blvd. Go west on Richards, as it veers left it becomes Jibboom St. The Best Western Sandman Motel will be on your right.

**Event Info:** Daily dawn to dusk. Bike along the Sacramento riverfront through historic "Old Sac", parks and pleasant neighborhoods on paved trails, a few city streets, and one short dirt trail.

**Sacramento - Sacramento-Arden (Margaret Thornburg Memorial) Sacramento-Coun  
25k, 35k Year Round Bike (2017/Y0607) 1/1/2017 - 12/31/2017**

Alternative Capitals, Bridges - Spanning the USA, Cities in Song, State Capital, Trekking  
With the Trees, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0265 Sacramento Walking Sticks www.SacramentoWalkingSticks.org  
**Contact:** Myrna Jackson, myjackwalks@yahoo.com, (916)481-6714, PO Box 277303,  
Sacramento, CA, 95827-7303  
**Start Point:** Starbucks Coffee Company- 4301 Arden Wy (Arden Plaza), Sacramento, CA  
95864, (916) 482-1205. From Capital City Freeway (Bus 80) take Watt S to Arden  
Wy, left on Arden Wy. From Hwy 50, take Watt N to Arden Wy. Turn right on Arden  
Wy. In both cases proceed on Arden Wy to Eastern. Starbucks on NE corner.  
**Event Info:** Restaurant open 4am-10pm daily, call for holiday hours. Walk Box located across  
from the men's restroom behind the curtain. Requires a short drive to the start point  
on the American River Parkway. This paved trail travels along the beautiful  
American River with lovely views in this natural setting. Birds and wildlife thrive in  
this riparian habitat.

**Sacramento - Sierra Oaks - Sacramento County**

**6k, 10k Year Round Walk (2017/Y1767) 1/1/2017 - 12/31/2017**

Alternative Capitals, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag,  
Points of Reference, State Capital, Take a Walk In a City Park, Trekking With the Trees,  
Walk the USA - Street by Street, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0265 Sacramento Walking Sticks www.SacramentoWalkingSticks.org  
**Contact:** Myrna Jackson, myjackwalks@yahoo.com, (916)481-6714, PO Box 277303,  
Sacramento, CA, 95827-7303  
**Start Point:** Starbucks Coffee Company- 458 Howe #8, Sacramento, CA 95825, (916) 649-  
3225. From Hwy 50 E or W, take Howe exit N to University. Turn right on University  
for 1/2 block, left into Safeway parking lot. Starbucks straight ahead on right past  
Safeway & CitiBank.  
**Event Info:** Restaurant open daily Mo-Fr 5:00 am-8:00 pm, Sa/Su 5:30 am-8:00 pm, call for  
holiday hours. Walk box located left of main entrance beside cart containing coffee  
supplies. The walk meanders through the affluent Sierra Oaks, Campus Commons  
and East Ranch neighborhoods. Admire the lovely homes as you make your way  
over the levee to the American River Parkway. Enjoy the great views and the many  
birds and other wildlife who live along the river. Restrooms available at start only.

**Sacramento - Sierra Oaks Vista - Sacramento County****5k, 10k Year Round Walk (2017/Y0905) 1/1/2017 - 12/31/2017**

Alternative Capitals, Cities in Song, Honoring Our Flag, State Capital, Trekking With the Trees, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the Path of Inventions

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0265 Sacramento Walking Sticks [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)

**Contact:** Beverly Bales, balesb@att.net, (916)488-8570, PO Box 277303, Sacramento, CA, 95827

**Start Point:** Starbucks Coffee Company- 610 Watt, Sacramento, CA 95864, (916) 484-1579. US 50 to Watt N, cross Fair Oaks, turn right just past gas station. Starbucks is in strip mall facing Watt. Additional parking located at end of strip mall and around back.

**Event Info:** Restaurant open daily Mo-Fr 4:30 am-8:00 pm, Sa/Su 5:00 am-8:00 pm, call for holiday hours. Walk Box is against the window next to the condiment counter in the seating area. Walk the pleasant and shady lanes of an affluent neighborhood. Sidewalks are few and far between, so dress for visibility. Wheelchairs might have some difficulty when traffic forces one on shoulders. Dogs on leash at all times with cleanup. Restrooms are at the start/finish point only.

**Sacramento - South Natomas - Sacramento County****10km/5km Year Round Walk (2017/Y0588) 1/2/2017 - 12/31/2017**

Alternative Capitals, Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0265 Sacramento Walking Sticks [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)

**Contact:** Joanne Jensen, jjlw31@yahoo.com, (916)996-0401, PO Box 277303, Sacramento, CA, 95827-7303

**Start Point:** Natomas Bike Shop- 3291 Truxel Rd #30, Sacramento, CA 95833. From East of Sacramento, take I-80 to Truxel Rd off ramp. Turn left, cross over I-80. From West, take I-80 to Truxel Rd off ramp. Turn right. Both directions head South on Truxel Rd to San Juan Rd. Cross San Juan Rd. Bike shop on right in the strip mall.

**Event Info:** M-F 10am-7pm; Sat 10am-6pm; Sun 10am-5pm. Closed some holidays. Check with store (916-641-8640). It is suitable for baby strollers but not wheelchairs. Dogs must be on leash. No restrooms or water at the start. Water along route, and restrooms at half-way point. Alternate route if Discovery park is flooded. The route follows a paved recreation trail, some sidewalks and paved roads. Part of the path is shaded. Fast food restaurants and a Food Maxx grocery store are in the shopping center.

**Sacramento - The Fab 40's - Sacramento County****5k, 10k Year Round Walk (2017/Y0583) 1/1/2017 - 12/31/2017**

Alternative Capitals, Cities in Song, Honoring Our Flag, Ice Cream Parlors, Points of Reference, State Capital, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0265 Sacramento Walking Sticks [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)

**Contact:** Gail Samcoff, [gon2wok@netzero.com](mailto:gon2wok@netzero.com), (916)429-8377, PO Box 277303, Sacramento, CA, 95827-7303

**Start Point:** CVS Pharmacy- 5039 Folsom Blvd, Sacramento, CA 95819, (916) 739-0740. From east-bound Capital City Freeway (Bus 80) exit N St, bear right onto N St, bear slight right onto Folsom Blvd, left into CVS parking lot. From west-bound Capital City Freeway (Bus 80) exit J St, left on J St, right on 39th St, left on Folsom Blvd, left into CVS parking lot. From east-bound Hwy 50 exit 59th St, left on 59th St, left on Folsom Blvd, right into CVS parking lot. From west-bound Hwy 50 exit 65th St, right on 65th St, moving immediately to left lane, left on Folsom Blvd, right into CVS parking lot.

**Event Info:** Store open M-F 9:00am-9:00pm, Sat 9:00 am-6:00 pm, Sun 10:00am-6:00pm, call for holiday hours. The box will be inside the door to the left under the fire extinguisher. Stroll the residential streets and parks of East Sacramento and the area known as the Fabulous 40's where movies have been made and Ronald Reagan once lived as the Governor of California. Join us during Christmas to see the lights in this area of beautiful, old and stately homes. Of the residential walks in Sacramento, this is the favorite with its overhanging Sycamore trees lining the streets providing lush shade. Restrooms available at start and fast food locations and businesses throughout the route.

**San Clemente - San Clemente Beach & Pier - Orange County****5K, 11K Year Round Walk (2017/Y1060) 1/1/2017 - 12/31/2017**

**Award:** A Award      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0857 Laguna Turf 'N Surf Walkers

**Contact:** Sherry Colvin, [walkingforfun@gmail.com](mailto:walkingforfun@gmail.com), (949)487-7673, 24111 Leeward Dr, Dana Point, CA, 92629

**Start Point:** Ralphs Supermarket- 24871 Del Prado, Dana Point, CA 92629 - Start point in Dana Point with driving directions to San Clemente. From I-5, exit Hwy 1, Camino Las Ramblas to Pacific Coast Hwy N. Turn left on Golden Lantern, u-turn at Del Prado, right into Lantern Bay Village.

**Event Info:** Daily, 7:30AM until dusk. Start box on window ledge to left of ice machine in front of store. You will drive from Dana Point to the walk start point in San Clemente. There is a parking fee of \$1 per hour for this walk.



### San Diego - Harbor Island - San Diego County

11Km and 5Km Year Round Walk (2017/Y1604) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0157 Low Desert Roadrunners [www.lowdesertroadrunners.org](http://www.lowdesertroadrunners.org)  
**Contact:** Sue Obradovitz, walkervik@aol.com, (951)735-0457, PO Box 77143, Corona, CA, 92877-0104  
**Start Point:** Wyndham Bayside Hotel- 1355 N. Harbor Dr, San Diego, CA 92101. From I-5 heading South - Exit at Front St./Civic Center. Continue a few blocks to Ash St. Turn right (west). Proceed about 8 blocks to Harbor Dr. Turn left. The Wyndham Bayside Hotel is on the left.  
**Event Info:** Daylight hours, 365 days a year. The trail starts at the Wyndham Bayside Hotel and the Star of India Sailing Ship, past the Maritime Museum, and then goes along the San Diego Waterfront past the U.S. Coast Guard Station, to Harbor Island and Tom Ham's Lighthouse Restaurant, and then back to the start point. This a "Railroad Friendly" walk; the Coaster and San Diego Trolley stop at the Amtrak Santa Fe Station are just three blocks away.

### San Diego - Old Town - San Diego County

10Km and 5Km Year Round Walk (2017/Y1426) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0157 Low Desert Roadrunners [www.lowdesertroadrunners.org](http://www.lowdesertroadrunners.org)  
**Contact:** Sue Obradovitz, walkervik@aol.com, (951)735-0457, PO Box 77143, Corona, CA, 92877-0104  
**Start Point:** Best Western Hacienda Hotel- 4041 Harney Street (Old Town San Diego), San Diego, CA 92110. From I-5 exit at Old Town Ave. Proceed to San Diego Avenue and turn left. Go to Harney Street and turn right. Go to the Best Western Hacienda Hotel on your right.  
**Event Info:** Daily, dawn to dusk. Walking tour of Old Town San Diego, called the birthplace of California because it was the site of the first European Settlement in California. Walkers given a 20% discount at the Best Western Hacienda Hotel. Rooms include queen-size beds, microwave oven, and refrigerator.

### San Diego - Waterfront - San Diego County

11Km and 5Km Year Round Walk (2017/Y0852) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0157 Low Desert Roadrunners [www.lowdesertroadrunners.org](http://www.lowdesertroadrunners.org)  
**Contact:** Sue Obradovitz, walkervik@aol.com, (951)735-0457, PO Box 77143, Corona, CA, 92877-0104  
**Start Point:** Wyndham Bayside Hotel - 1355 N. Harbor Dr, San Diego, CA 92101. From I-5 heading South - Exit at Front St./Civic Center. Continue a few blocks to Ash St. Turn right (west). Proceed about 8 blocks to Harbor Dr. Turn left. The Wyndham Bayside Hotel is on the left. -- This a "Railroad Friendly" walk; the Coaster and San Diego Trolley stop at the Amtrak Santa Fe Station are just three blocks away.  
**Event Info:** Daily, dawn to dusk. Route goes along the San Diego Waterfront to the east end of the airport runway, then through Balboa Park, around Petco Park (home of the San Diego Padres), through the Gaslamp Quarter, up over the Convention Center, through Seaport Village, past the USS Midway Museum, the cruise ship docks, past the Star of India sailing ship, and back to the start point. -- Most of the walk is on flat city sidewalks and along the water front. -- The rating of 2 is due to the hill to be navigated going from the waterfront to Balboa Park.

**San Francisco - High Lights - San Francisco County****12km/6km Year Round Walk (2017/Y1479) 1/1/2017 - 12/31/2017**

Alternative Capitals, Boardwalks, Cities in Song, Food For Thought, Honoring Our Flag, Make a Wish at a Water Fountain, National Parks Centennial Challenge, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only**Strollers:** medium**Restroom:** Yes**Rating:** 4A**Wheelchair:** hard**Pets:** Yes**Sponsor:** AVA-0204 Bay Bandits Volksmarch Club**Contact:** P. Flfe, SFBayBandits@aol.com, (916)616-6003, P.O. Box 31704, San Francisco, CA, 94131

**Start Point:** San Francisco Maritime National Historical Park: Visitor Center- 499 Jefferson St, San Francisco CA 94109, 415.447.5000 (at the corner of Hyde St) From E Bay, 80 S across Bay Bridge, first exit, Folsom St. Turn Left onto Fremont St and then immediate right onto Howard St. Turn Left on Embarcadero to Jefferson. From S Bay, 101 N to 280 N exit King, becomes Embarcadero to Jefferson and Fisherman's Wharf. From N Bay, 101 S, take Presidio exit and turn left onto Marina Blvd (1st light). Left on Bay (past Safeway), left on Hyde to Jefferson. Metered parking near Wharf, 2hr st parking a few blocks away. Parking lot information: [www.sanfrancisco.bestparking.com/](http://www.sanfrancisco.bestparking.com/)  
PUBLIC TRANSPORTATION HIGHLY RECOMMENDED. Accessible by Muni - Powell and Mason Cable Car, F line streetcar, 30 Stockton & 47 Van Ness buses. BART Embarcadero exit to F Line streetcar. Ferry to Pier 41 or Ferry Bldg, then F Line. [www.511.org](http://www.511.org) for public trans. planning. [www.nps.gov/safr/planyourvisit/directions.htm](http://www.nps.gov/safr/planyourvisit/directions.htm)

**Event Info:** Climb the hills with the cable cars. Walk down Lombard, 'the crookedest street in town'. Visit Coit Tower on Telegraph Hill and see the WPA murals inside and 360 degree views of the city and bay. Pass historic mansions, hotels and museums. Return through Fort Mason and Aquatic Park.

**San Francisco - Lands End and Beyond - San Francisco County****10K/5K Year Round Walk (2017/Y1943) 1/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Boardwalks, Cities in Song, Food For Thought, Honoring Our Flag, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A - Z, Water Towers

**Award:** IVV Credit Only                      **Strollers:** hard                      **Restroom:** Yes

**Rating:** 3C                                      **Wheelchair:** hard                      **Pets:** Yes

**Sponsor:** AVA-0204 Bay Bandits Volksmarch Club

**Contact:** P. Flfe, SFBayBandits@aol.com, (916)616-6003, POB 31704, SF, CA, 94131

**Start Point:** Seal Rock Inn- 545 Point Lobos at 48th Ave., San Francisco. N BAY: US-101 S/GG Bridge, 19th/Park Presidio exit (438). Right on Geary (1.7 mi). Follow Geary for 2 mi, Geary leads into Point Lobos at 40th. Continue to 48th. Seal Rock Inn will be to your left. S BAY: 101N to Daly City 380W to connect with I-280N (Exit 5A), take John Daly Blvd exit (49A) and get into left lanes for John Daly Blvd. Follow to end at Skyline Blvd and turn right. Go through stop light to stop sign at Great Hwy, turn left (Lake Merced to your right). Continue along Great Hwy to S.R.Inn on Point Lobos at 48th, just past the Cliff House. (If the Great Hwy is closed due to sand removal, take lower road) E BAY: Bay Bridge/I-80W merge to US-101 N to Golden Gate Bridge. Exit 434A merge to US-101 N/Octavia, exit and continue to Fell, which leads left. Continue on Fell to Masonic turning right. At Fulton, turn left and continue to the Great Hwy and turn right. Road will lead to Point Lobos, past the Cliff House to 48th Ave. Seal Rock Inn is to your right. Lobby inside garage entrance on Point Lobos. Ask for walk binder at desk.

**Event Info:** Providing spectacular views of the Golden Gate Bridge, the route takes you along San Francisco's unique Land's End trail to the Palace of Legion of Honor, then through the quiet streets of the Richmond District, passing the old Balboa Theater and down to Chain of Lakes in Golden Gate Park. Turning back to the start point, walk along Ocean Beach past the historic Cliff House and the Land's End Visitor's Center overlooking the mysterious ruins of the Sutro Baths. Route ends with a stroll through lovely Sutro Heights Park.

**San Francisco - Presidio - San Francisco County****11K/5K Year Round Walk (2017/Y1564) 1/1/2017 - 12/31/2017**

Alternative Capitals, Boardwalks, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, National Register of Historic Places, Treasure Hunt - A way to walk our precious trails, Walk the USA - Street by Street, Walking America's Ports of Call, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** NO      **Pets:** No

**Sponsor:** AVA-0204 Bay Bandits Volksmarch Club

**Contact:** P. Flfe, SFBayBandits@aol.com, (916)616-6003, P.O. Box 31704, SF, CA, 94131

**Start Point:** Presidio Visitor's Center, 210 Lincoln Blvd- 210 Lincoln Blvd, Presidio reached from the N by crossing Golden Gate Bridge and take the Presidio exit. Turn right onto Girard Rd (1st light) and right onto Lincoln, VC on right. From E by Lombard (Hwy 101), enter Lombard Gate, right at Presidio Blvd (T intersection), straight at 4-way stop (becomes Lincoln), past Girard Rd, Visitor Center is on the right. From S, 280 (left lanes exit to 19th Ave) via 19th/Park Presidio. Continue to 101, taking the 1st exit to SF, then next exit to the Presidio. Turn right onto Girard Rd (1st light) and right onto Lincoln, VC on right.

**Event Info:** See SFs unique Presidio - the parts that everyone flocks to see and the parts that most people miss. Start at the historic Main Post, walk along the bay to (and under!) the impressive Golden Gate Bridge, look out over the vast Pacific Ocean, and then - do something different. Walk thru Ft Scott, former coast artillery hdqtrs, and then step into the heart of the Presidio with its historic army housing still in use. See the former public service hospital and its accompanying cemetery; the 1895 Presidio Golf Course; the National Cemetery & its inspiring setting; eucalyptus-shrouded trails; Goldsworthy's The Spire; and a stunning view of Alcatraz, Angel Island and the Bay. Return through another forest to the Main Post and enjoy all it has to offer.

**San Jose - Historical Downtown & University - Santa Clara County****10km Year Round Walk (2017/Y0240) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0338 South Bay Striders [www.sbstriders.org](http://www.sbstriders.org)

**Contact:** Philip Braverman, braverma@hotmail.com, (408)287-1701, 15680 Alum Rock Ave, San Jose, CA, 95127

**Start Point:** Ramada Inn: Daily, 8am to dusk. Not recommended after dark, safe otherwise.- 455 S Second, San Jose, CA , 95112. HWY 280 take 7th St. exit, go N. on 7th. Left on San Salvador and left on Second St. (one way) to Ramada. PLEASE do not park in the Ramada Inn lot. Find free street parking a few blocks south of the inn. Ask desk clerk for walk file box (It's small).

**Event Info:** Walk in historical downtown San Jose. First stop is the San Jose State University campus founded in 1887. Continue through the modern MLK Library and on through the town. You will see the original Peralta Adobe and the Shark Tank (ice hockey stadium). The original railway station is still in use. The walk takes you along the newly developed river path to the famous purple Children's Discovery Museum funded by Steve Wozniak of Apple computers; walk on the world's largest Monopoly Board. The San Jose Museum of Art and the beautiful St. James Cathedral are on the way. This walk is the best way to see the capitol of Silicon Valley.

### San Juan Capistrano - Orange County

10km, 5km option Year Round Walk (2017/Y1886) 1/1/2017 - 12/31/2017

**Award:** A Award **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes  
**Sponsor:** AVA-0857 Laguna Turf 'N Surf Walkers  
**Contact:** Sherry Colvin, walkingforfun@gmail.com, (949)487-7673, 24111 Leeward Dr, Dana Point, CA, 92629  
**Start Point:** Ralphs Supermarket- 24871 Del Prado, Dana Point CA 92629. Start point is in Dana Point with driving directions to San Juan Capistrano. From I-5, exit Hwy 1, Camino Las Ramblas to Pacific Coast Hwy N. Left on Golden Lantern, u-turn at Del Prado, right into Lantern Bay Village.  
**Event Info:** Daily, 7:30am-dusk. Box and paperwork is in Dana Point and then you will drive to San Juan Capistrano for the actual walk. Start box on window ledge to left of ice machine in front of store.

### San Luis Obispo - San Luis Obispo County

5 and 10 km Year Round Walk (2017/Y0458) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** medium **Pets:** Yes  
**Sponsor:** AVA-0686 Placer Pacers www.placerpacers.org  
**Contact:** Don Ratliff, dratliff@calwisp.com, (916)645-8280, PO Bos 142, Auburn, CA, 95604  
**Start Point:** Holiday Inn Express Hotel- 1800 Monterey, San Luis Obispo, CA 93401-2614.  
S: Take US-101 to Grand/Cal Poly exit. Right on Grand to Monterey. Start/finish on left. N: Take US-101 to Monterey exit. At top of exit ramp turn left across freeway to Monterey. Proceed down Monterey toward downtown SLO. Start/finish on right at stop light at Grand.  
**Event Info:** Daily, Dawn to Dusk. It is mostly on paved surfaces, but it has moderate hills. It includes an optional extension to the campus of California Polytechnic State University (Cal Poly) and the Amtrak station, as well as historical, residential and downtown areas. The city of 45,000 is the county seat, and is home to historic Mission San Luis Obispo de Tolosa, a beautiful and vibrant tree-lined downtown, and the world famous Thursday Night Farmers' Market street fair; plan on at least a day to explore downtown San Luis Obispo. Visitors from all over the world are charmed by the small town atmosphere of San Luis Obispo, from the friendly people to the casual atmosphere. Once you experience it, you'll embrace the "SLO Life."

### Santa Barbara - Santa Barbara County

10 and 14 km Year Round Walk (2017/Y0137) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only **Strollers:** hard **Restroom:** Yes  
**Rating:** 2B **Wheelchair:** hard **Pets:** Yes  
**Sponsor:** AVA-0686 Placer Pacers www.placerpacers.org  
**Contact:** John Fletcher, fletcherew@comcast.net, (805)736-8531, 1700 Sheffield Dr, Lompoc, CA, 93436  
**Start Point:** Harbor View Inn- 28 West Cabrillo Blvd, Santa Barbara, CA 93101. From the south: Take US-101 into Santa Barbara. Exit US-101 at the Bath off ramp. Go one block on Bath to Haley Street. Turn left on Haley for one block to Castillo Street. Turn left (south) on Castillo for about two blocks to the start/finish on your left. From the north: Take US-101 into Santa Barbara. Exit at Castillo Street. Right on Castillo Street about two blocks to the start/finish on your left.  
**Event Info:** Daily, 8:00 am to Dusk. Route now includes more of downtown Santa Barbara, including the Presidio of Santa Barbara, parks, and Santa Barbara City College. For those who still prefer a "beach walk," the previous trail that walks out and back along the Pacific Ocean-West Beach, Palm Chase Park, Stearns Wharf, and East Beach-is still available. Going up and down the hill to the Community College makes the primary route very difficult for wheelchairs. Those participants should consider the alternate beach route because of its safety feature.

**Santa Cruz - Natural Bridges - Santa Cruz County****5, 8, 11km Year Round Walk (2017/Y0328) 1/1/2017 - 12/31/2017****Award:** IVV Credit Only**Strollers:** easy**Restroom:** Yes**Rating:** 1B**Wheelchair:** medium**Pets:** Yes**Sponsor:** AVA-0338 South Bay Striders [www.sbstriders.org](http://www.sbstriders.org)**Contact:** Holly Pelking, [ilex56@yahoo.com](mailto:ilex56@yahoo.com), (408)259-5157, 15680 Alum Rock Avenue, San Jose, CA, 95127**Start Point:** Togo's Sandwich Shop- 902 Ocean, Santa Cruz, CA 95060. From Hwy 101 or I-280 N or S, take I-880/Hwy 17 S towards Santa Cruz. At Hwy-1, take Ocean St. exit 442 to Santa Cruz. Continue on Ocean St., 3 long blocks. Get in the left lane. Togos' is visible on the left just before Water St. Do a U-turn at Water St. The start box is located on the street side of shop near the window. You will drive to the walk start, 3 miles away. Driving directions are on the walk map.**Event Info:** One of our club's favorites! This walk takes you through Natural Bridges park and then along the gorgeous Santa Cruz coast to the wharf-a classic California walk. The Monarch butterflies winter here in the eucalyptus grove sanctuary at Natural Bridges. They are usually there from November through March, weather permitting. Watch the surfers and enjoy beautiful views as you approach the Surfing Museum. You can extend the walk by venturing onto the Wharf where you can enjoy the barking seals!**Santa Maria - Bull Canyon****10k Year Round Walk (2017/Y0919) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA

**Award:** IVV Credit Only**Strollers:** Medium**Restroom:** Yes**Rating:** 1A**Wheelchair:** Hard**Pets:** Yes**Sponsor:** REG-PA AVA - Pacific Region**Contact:** Suzi Glass, [ncohen181@yahoo.com](mailto:ncohen181@yahoo.com), (408)592-3935, 5562 Vassar Dr., San Jose, CA, 95118-3455**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) - Bull Canyon Trail head at Suey Crossing / Bull Canyon Road, Santa Maria, CA.- REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)) Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user.DRIVE TO START: From Northbound Freeway US 101, take the Donovan Road exit. Turn Right (East) on Donovan Road and drive to the stop sign at Suey, then continue to the stop sign at Suey Crossing / Bull Canyon Road. Make a Left into the Trail head parking lot.**Event Info:** For a glimpse of two California counties, this is the walk. The out-and-back route starts in Santa Barbara County but enters San Luis Obispo County after crossing the Santa Maria River. The turnaround is Cuyama Highway (CA-166). Check the Bull Canyon Run website ([www.bcrun.org](http://www.bcrun.org)) to avoid – or enter-- the annual Law Enforcement Torch Run (May 20 in 2017). The Bull Canyon Run raises money and awareness for the Special Olympics.

### **Santa Maria - City Walk - Santa Barbara County**

**10k Year Round Walk (2017/Y0825) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** REG-PA AVA - Pacific Region  
**Contact:** Suzi Glass, ncohen181@yahoo.com, (408)592-3935, 5562 Vassar Dr., San Jose, CA, 95118-3455

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) - IHOP Restaurant on Nicholson Street, Santa Maria, CA 93454.- REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)) Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user.DRIVE TO START: On Freeway 101 North, drive past Ventura and Buellton to the city of Santa Maria. Take the Main St exit and get into the Left lane. Turn Left onto Nicholson and make an immediate Right into the IHOP parking lot. Park and start the walk.

**Event Info:** For a lovely walk around a farming and oil community, the Santa Maria City Walk is perfect. The usual elements of a city hall, senior center (Mussell Sr. Center), and local college (Allan Hancock) are joined by an interesting downtown area that honors the original white settlers. The towns name (its 3rd) came from the name Mexican Land Grant recipient, Juan Ontiveros, labeled his property. The area tends to be hot (high 70s in winter to 100s in summer), so carry water and use sunscreen.

### **Santa Monica - End of Route 66**

**10k Year Round Walk (2017/Y0834) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Take a Walk In a City Park, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** REG-PA AVA - Pacific Region  
**Contact:** Suzi Glass, ncohen181@yahoo.com, (408)592-3935, 5562 Vassar Dr., San Jose, CA, 95118-3455

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) - Santa Monica Place Mall at Colorado and 2nd Streets, Santa Monica, CA 90401.- REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)) Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user.DRIVE TO START: Take the I-10 Freeway West to Lincoln Blvd. Turn Right to Colorado Blvd. Turn Left on Colorado Blvd to 2nd St. and into the mall for a place to park.

**Event Info:** A little history, a little beach, a little of everything! Santa Monica was the end of Historic Route 66. The walk takes you through downtown Santa Monica, including the Third Street Promenade and Route 66, to the beach bike path and the end of the Santa Monica Pier. Next is Ocean Front and then you finish on neighborhood streets back to the mall.

**Santa Rosa - Luther Burbank Gardens - Sonoma County****10k, 6k Year Round Walk (2017/Y1100) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes**Sponsor:** AVA-0720 Sonoma County Stompers [www.SonomaCountyStompers.org](http://www.SonomaCountyStompers.org)**Contact:** Marilyn Nasi, [mbnasi91@comcast.net](mailto:mbnasi91@comcast.net), (707)486-8528, 110 Valley Lakes Drive, Santa Rosa, CA, 95409**Start Point:** Lucky Market- 915 Village Ct( a short distance from the previous location), Santa Rosa, CA 95405, in Montgomery Village. From N/S on Hwy 101, take Hwy 12 E to Farmers. Left on Farmers (still Hwy 12). Right on Patio (Carls Jr on corner). Enter parking lot left. From E take Hwy 12, left on Farmers (still Hwy 12). Left on Patio. Enter parking lot to Lucky Market. Please park away from the store.**Event Info:** Open 7 days a week, 6am to midnight, Walk box is at the Service Desk. Walk in day light hours. If not on counter, you may need to ask for help if you do not see it within reach under the counter. Call (707) 542-3214 to verify holiday hours. The walk is on city sidewalks and paths that wander into city parks and historic neighborhoods with their spectacular gardens and architecture. You'll walk around and past some of Santa Rosa's most historic sites. Highlights include Doyle Park, Luther Burbank Home & Gardens, Old Courthouse Square, the historic McDonald Ave neighborhood, Old Rural Cemetery,. A fee is required to enter the actual Burbank home, but the surrounding gardens are free. Cemetery guide and Village directory is available in the walk box. You thought this was Wine Country! It's Beer Country, too!! The walk passes the Russian River Brewing Company, whose beer was voted recently #1 & #2 in the US and #2 & #3 in the world, according to Beer Advocate. This might just be a great afternoon walk!!**Santa Rosa - Prince Greenway/Historic Santa Rosa- Sonoma County****10K and 5k Year Round Walk (2017/Y0758) 1/1/2017 - 12/31/2017**

Food For Thought, Ice Cream Parlors, National Register of Historic Places, Take a Walk In a City Park, United States Post Offices, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes**Sponsor:** AVA-0720 Sonoma County Stompers [www.SonomaCountyStompers.org](http://www.SonomaCountyStompers.org)**Contact:** Marilyn Nasi, [MBNasi91@comcast.net](mailto:MBNasi91@comcast.net), (707)486-8528, 110 Valley Lakes Dr, Santa Rosa, CA, 95409**Start Point:** Lucky Market- 915 Village Ct (down the sidewalk from the previous start location), Santa Rosa, CA 95405 in Montgomery Village. From N/S on Hwy 101, take Hwy 12 E to Farmers. Left on Farmers (still Hwy 12). Right on Patio (Carls Jr on corner). \*\*\*to Luckys on left, then enter left to parking lot. From E take Hwy 12, left on Farmers (still hwy 12). Left on Patio (Carls Jr on corner) and continue from \*\*\***Event Info:** Park away from the stores. Walk daily dawn to dusk. Open 6am to midnight. Call (707)542-3214- to verify holiday times. Directions will be given to drive to a different start location. The walk will take you along the Prince Greenway, through Old Railroad Square where the California Welcome Center is located in the old train depot, where Shadow of a Doubt was filmed. Visit the Sonoma County Museum in the old Post Office building and the new art museum near by. Several National Register of Historic Places! Great shops and restaurants!



**Sebastopol - Near Santa Rosa - Sonoma County****10k & 5k Year Round Walk (2017/Y0793) 1/1/2017 - 12/31/2017**

Fraternal Organizations, Ice Cream Parlors, Take a Walk In a City Park, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0720 Sonoma County Stompers [www.SonomaCountyStompers.org](http://www.SonomaCountyStompers.org)  
**Contact:** Marilyn Nasi, [mbnasi91@comcast.net](mailto:mbnasi91@comcast.net), (707)486-8528, 110 Valley Lakes Dr, Santa Rosa, CA, 95409

**Start Point:** The Sebastopol Inn- 6751 Sebastopol behind Gravenstein Station. Take Hwy 12 exit off Hwy 101 in Santa Rosa. Go W approx 7 miles to Sebastopol. After first stop light, go approx 100 ft, turn left to second driveway at Gravenstein Station. The Sebastopol Inn in rear at end of driveway.

**Event Info:** Ask for walk box at desk in lobby. Lobby open 24/7, (707-829-2500) but suggest that walk be completed in day light hours. The route is on city streets, scenic trails, city and county parks, and Florence Ave, famous for its metal sculptures in various yards by Patrick Amiot.. His art may be seen in other locations in Sebastopol, also. Sebastopol is known for its Apple Blossom Festival in April and Gravenstein Apple Festival in August. The historic museum/railroad depot is a highlight. Sebastopol Art Gallery open Mon-Fri 10am to 5pm, Sat-Sun 1pm to 4pm. Closed holidays. Many wonderful shops and restaurants in town. Public restroom inside the Gravenstein Station and elsewhere along the route. The Post Office has WPA art work. American Flag at Veterans Memorial Building, Post Office, and Museum. Willard Libby who invented Carbon Dating attended Analay High School here. The Sebastopol Depot, now a museum is on the National Register of Historic Places, as is the George Strout House at 253 Florence Ave.

**Simi Valley - Home of the Ronald Reagan Library****10k Year Round Walk (2017/Y0846) 1/1/2017 - 12/31/2017**

Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** REG-PA AVA - Pacific Region  
**Contact:** Suzi Glass, [ncohen181@yahoo.com](mailto:ncohen181@yahoo.com), (408)592-3935, 5562 Vassar Dr., San Jose, CA, 95118-3455

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) - Shopping Center at 1230 Madera Rd at Cancun St, Simi Valley.- REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)) Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user.DRIVE TO START: Drive 101 West towards Ventura to 23 North to the Olsen Rd exit. Turn Right onto Olsen Rd, which turns into Madera Rd. Follow Madera Rd to the signal at Cancun St. Turn right into the shopping center and park. Or: Drive 118 West to Madera Rd. Turn South on Madera Rd to the signal at Cancun St. Turn left into the shopping center and park.

**Event Info:** Walk Simi Valley and see why President Ronald Reagan chose this town for the Reagan Presidential Library and Museum and the final resting place for himself and his wife, Nancy. While the walk does not include the Library and Museum (open 10 AM to 5 PM), save time to visit the location of Reagans Gubernatorial and Presidential papers, Air Force One pavilion, and interactive exhibits.

**Solvang - Santa Barbara County****10 km Year Round Walk (2017/Y0428) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** easy      **Pets:** Yes  
**Sponsor:** AVA-0686 Placer Pacers [www.placerpacers.org](http://www.placerpacers.org)  
**Contact:** John Fletcher, [fletcherew@comcast.net](mailto:fletcherew@comcast.net), (805)736-8531, 1700 Sheffield Dr, Lompoc, CA, 93436  
**Start Point:** Solvang Shoe Store- 1663 Copenhagen. N or S, US-101 to Buellton exit CA-246. E on CA-246 to Solvang. Becomes Mission. Right on First S/F is at corner of First and Copenhagen. Look for large red clog in front of store.  
**Event Info:** M-Sat 9 am-5:30 pm, Sun 10 am-6 pm. Trail is mostly flat surfaces but with some hills. Besides walking along the streets of Solvang and through the Santa Ynez Mission which is also a National Historical Landmark, it goes out and back on a road alongside the Santa Ynez River. Our start/finish offers a 10% discount on all shoe purchases-including sale items.

**Sonoma - Sonoma County****10K + 5K alternate Year Round Walk (2017/Y0752) 1/1/2017 - 12/31/2017**

Alternative Capitals, Amphitheatres, Food For Thought, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park

**Award:** B Award      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** No  
**Sponsor:** AVA-0720 Sonoma County Stompers [www.SonomaCountyStompers.org](http://www.SonomaCountyStompers.org)  
**Contact:** M Nasi, [MBNasi91@comcast.net](mailto:MBNasi91@comcast.net), (707)486-8528, 110 Valley Lakes, Santa Rosa, CA, 95409  
**Start Point:** Best Western/Sonoma Valley Inn- 550 Second W. 2 blocks W of Broadway, S of intersection of Napa (Hwy 12) and Second W. Highway 12 to Sonoma. Inn is just S of Napa (Hwy 12) at Second W.  
**Event Info:** Daily dawn to dusk. Ask for walk box at desk in lobby, if not near fireplace. The most northerly of the California missions is in Sonoma. General Vallejo's home, The Barracks, Sebastiani Winery, cheese factories, the Sonoma Valley Visitors Center in an old Carnegie Library, and many other Wine Country businesses and historical points of interest are along the route. Dogs are not allowed in the Sonoma Plaza, other parks or cemeteries. Walk past Envelope wine tasting room and possibly see "Bachelor" Ben Flajnik. Interesting mural on the side of the old bank building.

**South Pasadena - Los Angeles County****10km/5km Year Round Walk (2017/Y1761) 1/1/2017 - 12/31/2017**

Honoring Our Flag, National Register of Historic Places, Points of Reference, Trekking With the Trees, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** B Award      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0157 Low Desert Roadrunners [www.lowdesertroadrunners.org](http://www.lowdesertroadrunners.org)  
**Contact:** Joan Holzborn, [dnjholzborn@roadrunner.com](mailto:dnjholzborn@roadrunner.com), (805)577-1576, 163 Misty Lake Ct., Simi Valley, CA, 93065  
**Start Point:** Lucha's Comfort Footwear- 921 Fair Oaks, South Pasadena, CA 91030. From LA, take the Pasadena Fwy (110) and exit at Fair Oaks. Go South on Fair Oaks about 2.5 blocks to the Start Point. From the Westbound 210, exit at Fair Oaks and proceed South about 2 miles to the Start point.  
**Event Info:** Mon-Sat, 9:30 AM to 6 PM and 12 Noon to 5PM on Sunday. Phone ahead (626-799-6891) for holiday hrs. The route is on city streets through interesting areas of Pasadena and South Pasadena. The trail passes along the beautiful Pasadena Arroyo and along Mission St and Fair Oaks Ave, which are a part of Historic Route 66. Historic buildings, lovely neighborhoods, shopping, antique stores, there's something for everyone. On the corner of Fair Oaks and Mission is the Fair Oaks Pharmacy and Soda Fountain which was established in 1913. It's a bit of nostalgia for the "old timers" and a slice of history for the young'ns.

**Stockton - Northwest Stockton, Trinity Pkwy.****10K and 5K Year Round Walk (2017/Y0194) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Food For Thought, Take a Walk In a City Park, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0416 Delta Tule Trekkers [www.deltatuletrekkers.org](http://www.deltatuletrekkers.org)  
**Contact:** Tom Swift, [tjswift4@sbcglobal.net](mailto:tjswift4@sbcglobal.net), (209)298-5829, 1819 Cheyenne Way, Stockton, CA, 95209

**Start Point:** Panera Bread Restaurant- 10718 Trinity Parkway, Stockton, CA 95219. Follow I-5, North of Stockton to Exit #481, W. Eight Mile Rd. . Exit WEST on W. Eight Mile Rd. to first traffic light, Trinity Parkway. Left on Trinity to traffic light at Scott Creek Dr. Left at Scott Creek into shopping center to stop sign, and left to Panera Bread Restaurant on the left.

**Event Info:** A beautiful walk through newer residential areas, parks and levee trails. Many shops at start point for after-walk shopping as well as many restaurants including Panera Bread. Please park in large, middle area.

**Stockton - San Joaquin County****10km & 5km Year Round Walk (2017/Y1304) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the Path of Inventions

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0416 Delta Tule Trekkers [www.deltatuletrekkers.org](http://www.deltatuletrekkers.org)  
**Contact:** Tom Swift, [deltatuletrekkers@inreach.com](mailto:deltatuletrekkers@inreach.com), (209)298-5829, 1819 Cheyenne Way, Stockton, CA, 95209

**Start Point:** McDonald's Hamburgers- 4515 Pacific, Stockton, CA 95207. Coming from either N or S on Hwy 99, exit Hammer Ln., 1 mile W to Holman. Left on Holman. 1 mile to March Ln.. Right on March, approx 2 miles W to Pacific Ave, left on Pacific. McDonald's on right. From N or S on I-5: Exit March Ln. Follow March, 2 miles E to Pacific Ave.. Turn right on Pacific. McDonald's on the right.

**Event Info:** McDonald's is Closed Thanksgiving, Christmas Eve and Christmas Day. Ask clerk for walk binder on top of cabinet behind register. The walk winds through the beautiful University of the Pacific campus and nearby lovely residential areas. The Haggin Museum, city parks and Yosemite Lake are along the route.

**Sutter Creek - Food & Antiques - Amador County****10 km Year Round Walk (2017/Y0103) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0941 Sierra Gold Striders  
**Contact:** Philip Jones, [SierraGoldStriders@att.net](mailto:SierraGoldStriders@att.net), (209)586-0597, P.O. Box 1253, Twain Harte, CA, 95383

**Start Point:** Best Western Amador Inn- 200 S Hwy 49, Jackson, CA, 95642. SE corner of Hwy 49 and HWY 88. Enter parking lot between Amador Inn and Denny's.

**Event Info:** Daily, dawn to dusk. Look for binder on shelf above computer. After signing log, mark a registration envelope, include payment, put in pre-addressed, stamped envelope, give to desk clerk to put in outgoing mail. Drive to route start in Sutter Creek after registering. The trail is mostly paved with some dirt and gravel and there are a few short hills, and some sidewalk stairs in town. The walk takes you through old gold rush-era town with many antique stores, restaurants, old and new homes, cemetery and historical sites. If you are an antique collector, or enjoy viewing "old time" architecture, this is the trip for you; good food available, too. Walk is particularly interesting during Christmas season.

**Tahoe City - Lake Forest - Placer County****10k/5k Seasonal Walk (2017/Y0195) 5/1/2017 - 11/30/2017**

Boardwalks, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Lakes and Reservoirs, Volcanoes

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes**Rating:** 1A **Wheelchair:** None **Pets:** Yes**Sponsor:** AVA-0489 Tahoe Trail Trekkers [www.tahoetrailtrekkers.org](http://www.tahoetrailtrekkers.org)**Contact:** Diane Morrison, [tahoe.rose10@gmail.com](mailto:tahoe.rose10@gmail.com), (530)546-2325, PO Box 517, Carnelian Bay, CA, 96140**Start Point:** Tahoe House Bakery & Gourmet- 625 W Lake, Tahoe City, CA 96145. 530-583-1377. E I-80 from Sacramento and W from Reno, exit 185 Hwy 89/Lake Tahoe at Truckee to Tahoe City. Right in Tahoe City at "Y" (89 S), for 0.6 mi. Tahoe House Bakery & Gourmet on right. From Hwy 50 take Hwy 89 in S Lake Tahoe, N to Tahoe City, 26.4 mi. Tahoe House Bakery & Gourmet on left. After registering you will drive 0.3 mile N to start 10K walk. Drive 2.5 miles for 5K start in Lake Forest.**Event Info:** Summer 6am-6pm. Fall 6am-4 pm. Note: May close earlier in off season. Snow/ice will cancel this event. Elevation 6,200 ft. 10K-walk thru Tahoe City on paved bike trail to charming suburb of Lake Forest. 5&10K. Short distance on dirt trails. Lake Views, Coast Guard Stn, Small State Park- Pets leashed or carried. Picnic areas. 10K return picks up new Tahoe Lakeside Trail and historic Commons Beach area. Cross the Truckee River Dam.**Tehachapi - Kern County****5k/10k Year Round Walk (2017/Y0850) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails

**Award:** IVV Credit Only **Strollers:** Easy **Restroom:** Yes**Rating:** 1A **Wheelchair:** Easy **Pets:** Yes**Sponsor:** REG-PA AVA - Pacific Region**Contact:** Suzi Glass, [ncohen181@yahoo.com](mailto:ncohen181@yahoo.com), (408)592-3935, 5562 Vassar Dr., San Jose, CA, 95118-3455**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) - Holiday Inn Express, 901 Capital Hills Parkway, Tehachapi, CA 93561.- REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)) Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user. DRIVE TO START: From Highway 99 in Bakersfield, exit onto Highway 58 East to Tehachapi. Exit on Mill St (exit 149). Left on Mill to Holiday Inn Express directly ahead. From Barstow, exit on Highway 58 West to Tehachapi. Exit on Mill St (exit 149). Right on Mill to Holiday Inn Express.**Event Info:** This Kern County walk features the area to and around the town of Tehachapi—once a huge railroad center. The route is on sidewalks, bike paths, and sides of roads. The walk includes a wonderful train depot which seems to be the unofficial Visitors' Center of the town (closed Tuesday and Wednesday). You'll pass old theaters, plenty of old buildings and homes with their histories told on sidewalk signs, and many lovely murals.

**Truckee - Tony Steiner Memorial River Walk - Nevada County****10K/6K Seasonal Walk (2017/Y1667) 5/1/2017 - 11/30/2017**

Volcanoes

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0489 Tahoe Trail Trekkers [www.tahoetrailtrekkers.org](http://www.tahoetrailtrekkers.org)  
**Contact:** Jennie Gordon, [jgthelake22@gmail.com](mailto:jgthelake22@gmail.com), (916)204-3839, 15205 Point Dr, Truckee, CA, 96161  
**Start Point:** Hampton Inn and Suites Tahoe-Truckee - 11951 CA Hwy. #267, Truckee, CA 96161. From Hwy. #80 take exit 188B for CA-89/267 toward Sierraville/Lake Tahoe. Turn right onto #267 for 1.7 mi. Destination will be on left. After registering, there will be a short drive to the starting point.  
**Event Info:** Daily 9am to 6 pm. Call to determine. Elevation 6,000 ft. Snow/ice cancels walk. New all paved, undulating expanded river view trail. Variable shade. Information signs pertaining to historic sites along Truckee River. Numerous viewing benches. View of 3 volcanoes. Restrooms at the beginning of trail.

**Union City - Old Town - Alameda County****10K & 5 K Year Round Walk (2017/Y1248) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0338 South Bay Striders [www.sbstriders.org](http://www.sbstriders.org)  
**Contact:** John Glass, [aflasht@sbglobal.net](mailto:aflasht@sbglobal.net), (408)592-3866, 5562 Vassar Drive, San Jose, CA, 95118  
**Start Point:** Togo's Sandwich Shop, Union Landing Shopping Center- 32220 Dyer. S: Hwy 880 N. Exit Whipple, left. Over freeway and Whipple curves Left, becomes Dyer. Left to shopping center "Century Theatres" sign-4th stoplight. Straight for Starbuck's. Togo's is 2 stores behind Starbuck's Left. N: Hwy 880 S. Exit Whipple. Right to Whipple, proceed to Dyer. Right to Dyer, follow above notes. Park in central area away from restaurants. Enter Togo's and ask for walk box at "phone order counter".  
**Event Info:** On this walk you visit historical sights, large parks, old town Union City, and the recreation trail alongside Alameda Creek. A simple, yet touching tribute to the heroes of Flight 93 is along the way.

**Upper Lake - Small town in Lake County****5K, 6K, 11K Year Round Walk (2017/Y1799) 1/1/2017 - 12/31/2017**

Walking the USA A - Z

**Award:** IVV Credit Only**Strollers:** Easy**Restroom:** Yes**Rating:** 1A**Wheelchair:** Medium**Pets:** Yes**Sponsor:** AVA-0720 Sonoma County Stompers [www.SonomaCountyStompers.org](http://www.SonomaCountyStompers.org)**Contact:** Don Deal, [sonomastompers@yahoo.com](mailto:sonomastompers@yahoo.com), (707)762-4148, 718 B St, Petaluma, CA, 94952

**Start Point:** Tallman Hotel - 9550 Main. (707) 275-2244 Hwy 20 Lake County. Sacramento area: N on I-5 to Williams, left on Hwy 20 to Lakeport and Ukiah. Proceed E of Clear Lake to Upper Lake (before Hwy 20 intersects with Hwy 29 to Lakeport). Right on Main in Upper Lake. Proceed through town. Hotel on right. Time: approx 2 1/2 hours. San Francisco: N over Golden Gate Bridge Hwy 101, past Ukiah, right on Hwy 20 to Upper Lake. Past Hwy 29 turnoff for Lakeport, left to Main, Upper Lake. Hotel on right. Time: about 2 1/2 hours. Oakland and E Bay: Hwy 80 N over Carquinez Bridge and through Vallejo. Left on Marine World Pkwy (Hwy 37). Right on Hwy 29 through Napa, St Helena and Calistoga in Napa Valley. Right through Calistoga (still on Hwy 29), over Mt St Helena, through Middletown to Junction at Lower Lake. Continue on (road becomes Hwy 53). At intersection with Hwy 20 to Ukiah, Left on Hwy 20 along E of Clear Lake until you turn right to Main, Upper Lake. Hotel on right. Walk binder behind Hotels front desk.

**Event Info:** 8am-5pm daily. [www.TallmanHotel.com](http://www.TallmanHotel.com). Be patient while customers are checking in or out. A city walk and on rural country roads and slight hill. The 5K route will take you thru town, up to the cemetery and over to the Ranger Station and there is a second 5K country walk that takes you out to the Ranger Station and along a levee road that showcases the magnificent countryside and nearby mountain range. The 11K route will showcase these sites as well as showcase the surrounding countryside. Visitors will find antiques and collectibles from all over the world, local crafts, Native American goods and fine art from throughout Northern California. Discover the beauty of Clear Lake and its surrounding countryside. Upper Lake is a charming, historic town with a new generation of shopkeepers, innkeepers and restaurateurs, all with an eye toward preserving and sharing the rich history of this pioneer town. Walkers may receive a 10% discount for staying the night at Tallman Hotel. Be sure to dine at the Blue Wing Saloon next door which is owned and operated by the owners of Tallman Hotel

**Vacaville - Historic - Solano County****10km/5K Year Round Walk (2017/Y1586) 1/1/2017 - 12/31/2017****Award:** IVV Credit Only**Strollers:** Easy**Restroom:** Yes**Rating:** 1A**Wheelchair:** easy**Pets:** Yes**Sponsor:** AVA-0376 Vaca Valley Volks [www.vacavolks.org/](http://www.vacavolks.org/)**Contact:** Jill Simmons, [jillmail@sbcglobal.net](mailto:jillmail@sbcglobal.net), (707)448-5148, 304 Creekview Court, Vacaville, CA, 95688

**Start Point:** Diggers Deli- 876 Alamo, Vacaville, CA 95688. From E (I-80 from Sacramento area) exit Alamo. Left on Alamo at traffic light. Left to Alamo Plaza Shopping Center. Diggers Deli far left corner. From W (I-80 from San Francisco area) exit Alamo/Merchant exit. Stay left and go under Alamo. Merge on Alamo. Left to Alamo Plaza Shopping Center immediately after 1st traffic signal. Diggers Deli in far left corner. Please do not park directly in front of Diggers Deli. Park in center of lot.

**Event Info:** M-F 7am, Sat-Sun 8am. Finish by dusk. Diggers Deli is closed on major holidays. Vacaville is a typical small town of the 20th Century. Vacaville was a prosperous farming center with beautiful Victorian Homes, both large and small, and a picturesque historic downtown. In the center of town is Andrews Park with it's creek walk. Andrews Park serves as the center of downtown Vacaville. The walk goes through residential areas, along historic Hiway 40, and historic downtown Vacaville. It goes through old and new neighborhoods and past the museum and stately homes on Buck Ave.

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### Vacaville - Joe Sutter/Jo Hefner Memorial - Lagoon Valley - Solano County

10km/15km Year Round Walk (2017/Y0331) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0376 Vaca Valley Volks [www.vacavolks.org/](http://www.vacavolks.org/)  
**Contact:** Jill Simmons, [jillmail@sbcglobal.net](mailto:jillmail@sbcglobal.net), (707)448-5148, 304 Creekview Court, Vacaville, CA, 95688  
**Start Point:** Digger's Deli- 876 Alamo, Vacaville, CA 95688 From E (1-80 from Sacramento area) exit Alamo. Left on Alamo, at traffic light. Left to Alamo Plaza Shopping Center. From W (1-80 from San Francisco area) exit Alamo/Merchant exit. Stay left and go under Alamo. Merge on Alamo. Left to Alamo Plaza Shopping Center immediately after first traffic signal. Digger's Deli far left corner. Please do not park directly in front of Diggers Deli. Park in center of lot.  
**Event Info:** M-F 7am-7pm; Sat 7am-6pm; Sun 8am-6pm. Closed some major holidays. 10 K (With 15K option). Vacaville is a typical small town of the 20th Century. Vacaville was a prosperous farming center with beautiful Victorian Homes, both large and small, and a picturesque historic downtown. In the center of town is Andrews Park with it's creek walk. Andrews Park serves as the center of downtown Vacaville. The walk is on paved and dirt recreational trails passing a lovely redwood grove, up a short steep hill on a paved trail and then around the Lagoon. It passes the Pena Adobe historical site. In addition, the 5 km extension goes up a significant hill on a paved road to a marvelous view of 5 counties on a clear day.

### Vacaville - South Recreational Trail Tour - Solano County

25km Year Round Bike (2017/Y1573) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0376 Vaca Valley Volks [www.vacavolks.org/](http://www.vacavolks.org/)  
**Contact:** Bud Simmons, [jillmail@sbcglobal.net](mailto:jillmail@sbcglobal.net), (707)448-5148, 304 Creekview Court, Vacaville, CA, 95688  
**Start Point:** Diggers Deli- 876 Alamo Dr, Vacaville, CA 95688. From the East (I-80 from Sacramento area) exit at Alamo Dr. Turn Left onto Alamo at the traffic light. Turn Left into Alamo Plaza Shopping Center. Diggers Deli is in the far left corner. From the West (I-80 from San Francisco area) exit at Alamo/Merchant exit. Stay to the left and go under Alamo. Merge onto Alamo Dr. Turn Left into Alamo Plaza Shopping Center immediately after the first traffic signal. Diggers Deli is in the far left corner. Please do not park directly in front of Diggers Deli. Park in the center of the lot. Signup at Diggers Deli and drive to the start point, Vaca Valley Hospital, 1000 Nut Tree Road, Vacaville CA 95687.  
**Event Info:** Mon-Fri, 7-7; Sat, 7-6; Sun, 8-6. The route is primarily on a recreational trail with a portion on city streets. The portion on city streets is either in areas with residential traffic only or on streets with a marked bike lane. Vacaville is a typical small town of the 20th Century. Vacaville was a prosperous farming center with beautiful Victorian homes, both large and small and a picturesque historic downtown. In the center of town is Andrews Park with it's creek walk. Andrews Park serves as the center of downtown Vacaville.

**Ventura - Santa Cruz Island****13k Year Round Walk (2017/Y0872) 1/2/2017 - 12/31/2017**

Animal Safari, National Parks Centennial Challenge

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 3C      **Wheelchair:** None      **Pets:** No  
**Sponsor:** REG-PA AVA - Pacific Region  
**Contact:** Suzi Glass, ncohen181@yahoo.com, (408)592-3935, 5562 Vassar Dr., San Jose, CA, 95118-3455

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) - Island Packers Cruises, Ventura Harbor Village, #4, Ventura, CA.- REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)) Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user. DRIVE TO BOAT LAUNCH: 101 North to Victoria Ave. Turn Left on Victoria Ave, and drive one-half mile to Alivas Park Dr. Turn Right on Alivas Park Dr. to Spinnaker Dr. Right to the sign for Ventura Harbor Village #4. Arrive 45 minutes before the catamaran is scheduled to leave.

**Event Info:** For an all-day trip to Santa Cruz Island, the largest island in Channel Islands National Park, make reservations for the boat ride at Island Packers by phone at (805) 642-1393. You will need to pay by credit card over the phone to secure your spot. Round-trip adult fee is currently \$59, \$54 for a senior. The walk begins with a 22-mile boat trip aboard the Island Packers' catamaran, The Islander. The catamaran has a galley on board for food and beverages as well as restroom facilities. Check with Island Packers for departure times and days—April to October you can hike 7 days a week, but November through March the trip is only available Tuesdays, Fridays, Saturdays, and Sundays. The catamaran trip is part of the adventure since dolphins inhabit the channel and California Gray whales can be seen from December to late March. Upon arrival, Park Rangers give an orientation. Allow enough time to hike the route from Scorpion Bay to Smuggler's Cove and enjoy the views, flora and fauna in a place where nature remains intact. Return before the boat departs.

**Ventura - Ventura County****10km/5km Year Round Walk (2017/Y0860) 1/1/2017 - 12/31/2017**

Honoring Our Flag, National Register of Historic Places, Points of Reference, Trekking With the Trees, United States Post Offices, Volcanoes, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** A Award      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0157 Low Desert Roadrunners [www.lowdesertroadrunners.org](http://www.lowdesertroadrunners.org)  
**Contact:** Teri Komatsu, lvbeagle@yahoo.com, (805)236-2773, PO Box 6982, Oxnard, CA, 93031

**Start Point:** Vagabond Inn- 756 E. Thompson Blvd, Ventura, CA 93001. (805) 648-5371. North on US 101, exit in Ventura at California St. Turn right on California to Thompson Blvd. Turn right on Thompson 2 1/2 blocks to the Vagabond Inn on the right. South on US 101 take the Ventura Ave exit. Turn right on Thompson about 7 blocks to the Inn.

**Event Info:** Daily, dawn to dusk. Trail includes the ocean Promenade to the San Buenaventura Mission, down Main St, past the the historic City Hall, an archeological site, along the Ventura River and surfers point. San Buenaventura Mission is open Mon-Sat, 10 AM to 5 PM, Sun 10 AM to 4 PM. Donation \$1.



### Weaverville - Trinity County Town Walk

10K and 5K Seasonal Walk (2017/Y0180) 4/1/2017 - 9/30/2017

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0720 Sonoma County Stompers [www.SonomaCountyStompers.org](http://www.SonomaCountyStompers.org)  
**Contact:** Donald Deal, [sonomastompers@yahoo.com](mailto:sonomastompers@yahoo.com), (707)762-4148, PO Box 6838, Santa Rosa, CA, 95406  
**Start Point:** Remote start point.- Communication will be via email and US mail. To start the process, email your interest to [sonomastompers@yahoo.com](mailto:sonomastompers@yahoo.com). You will then receive a return email with a Liability Waiver attached. Once it is signed and returned, you will receive walk directions via email and insert cards with the event stamp via US mail. Please allow 2 weeks for this entire transaction. Directions to the start point will be including in the walk directions.  
**Event Info:** This lovely walk will take you back in time in a mountain community. You will pass Victorian homes and artifacts of the gold mining era. You'll pass the Joss House, the oldest Chinese Taoist temple in California, now a State Historic Park. Walk along Main St. and stop in at the many shops and eateries. The historic district is listed on the National Register of Historic Places.

### Weimar - Lillian Webber Memorial - Placer County

Distance 20=4C/10=3C/5=2C Year Round Walk (2017/Y0854) 1/1/2017 - 12/31/2017

**Award:** A Award      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 3C      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0686 Placer Pacers [www.placerpacers.org](http://www.placerpacers.org)  
**Contact:** Jan Jerabek, [jan@loneacre.com](mailto:jan@loneacre.com), (530)367-5960, 6585 Longridge Ct, Foresthill, CA, 95631-9622  
**Start Point:** Weimar Institute- 20601 W Paoli Ln, Weimar, CA 95736. Box on outside of Welcome Center. Park in Visitors lot. E on I-80 to W Paoli Ln (Exit 130). Left over freeway then right to campus. W on I-80 to W Paoli Ln. Exit right to campus.  
**Event Info:** Daily, dawn to dusk. Start box located in small kiosk on side of Visitor Center. Elevation of 2200 ft. This event goes through the grounds of the Weimar Institute and covers a small percentage of their trails. The walk takes you through dense forest, Manzanita groves, up and down hills. It is mostly wooded dirt trails in rolling Sierra Foothills oak, pine, and manzanita forest; streams with wild grapes and berries in Summer, wildflowers in Spring. NO SMOKING. Good picnic spot at a checkpoint near half way point on the route loops. The 20Km route consists of two separate 10Km loops from the start. You may use either one for 10Km. Occasional snow or ice may temporarily close trails in winter; call ahead. Carry water in summer and fall. There are abundant wild flowers in the Spring. Water available at start and two locations on wooded trail area. Restroom available near the start; ask attendant in Welcome Center. Take your time and take your camera. Weimar Institute cafeteria/restaurant available for lunch/dinner by reservation only. Sun-Thurs call for hours. Institute also has RV park. For reservations call 530-637-4111.

**West Sacramento - Clarksburg Branch Line Trail - Yolo County****6k, 10k Year Round Walk (2017/Y1515) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking America's Ports of Call, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0265 Sacramento Walking Sticks [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)

**Contact:** Susan Martimo, [SusanMartimo@hotmail.com](mailto:SusanMartimo@hotmail.com), (916)372-5098, PO Box 277303, Sacramento, CA, 95827-7303

**Start Point:** La Bou Bakery & Cafe- 849 Jefferson Blvd # 101, W Sacramento, CA 95691, (916) 375-0910. From Sacramento take US-50/Business 80/Cap City Fwy, take Jefferson Blvd exit, turn right on Jefferson Blvd, La Bou is on right about 0.1 mile. From Davis take I-80 east and merge on US-50, take Jefferson Blvd exit, turn left on Jefferson Blvd, La Bou on right about 0.1 miles.

**Event Info:** Restaurant is open M-F 6am to 3pm; Sat 7am to 2pm, closed Sunday. Walk box is behind counter near cash registers. Register for walk at La Bou, drive short distance to Nugget Market, 2000 Town Center Plaza, W Sacramento, to start the walk. Walk the Clarksburg Branch Line Trail, a former rail line converted to a paved trail followed by crushed stone. Signs mark the trail every tenth of a mile. This walk will take you past a tranquil pond and continues on a quiet and scenic trail with views of mature native oak trees and open-space fields that stretch to the Sacramento River. In the spring, wild mustard turns the fields into a blaze of yellow. Small white tailed rabbits inhabit the brambles, horses can be seen grazing and many small and large species of birds occupy this natural setting. Restrooms available at start and at the Nugget Market.

**West Sacramento - River Walk - Yolo County****6k, 10k Year Round Walk (2017/Y0545) 1/1/2017 - 12/31/2017**

Alternative Capitals, Amphitheatres, Animal Safari, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, State Capital, Take a Walk In a City Park, Trekking With the Trees, Vice Presidential Walks, Walk the USA - Street by Street, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0265 Sacramento Walking Sticks [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)

**Contact:** Susan Martimo, [susanmartimo@hotmail.com](mailto:susanmartimo@hotmail.com), (916)372-5098, PO Box 277303, Sacramento, CA, 95827-7303

**Start Point:** La Bou Bakery & Cafe- 849 Jefferson Blvd #101, W Sacramento, CA 95691, (916) 375-0910. From Sacramento take US-50/Business 80/Cap City Fwy to Jefferson Blvd exit, turn right on Jefferson Blvd, La Bou on right about 0.1 mile. From Davis take I-80 east and merge on US-50, take Jefferson Blvd exit, turn left on Jefferson Blvd, La Bou on right about 0.1 mile.

**Event Info:** Restaurant is open M-F 6am - 3pm, Sa 7am -2pm, closed Sunday. Walk box is behind the counter below the cash registers. Saunter down the Riverwalk in West Sacramento. Walk over the historic Tower Bridge that connects West Sacramento to Sacramento and continue on the riverfront Promenade. Visit the historic Crocker Art Museum and it's modern counterpart. On returning to West Sacramento, walk by Raley Field, home of the Sac River Cats baseball team. Stroll through the new community center, and visit the library building to admire the artwork inside and out. Restrooms are available at the start, the community center and in the library if open.

**Woodland - Historic - Yolo County****6k, 11k Year Round Walk (2017/Y0539) 1/1/2017 - 12/31/2017**

Cities in Song, Food For Thought, Honoring Our Flag, National Register of Historic Places, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0265 Sacramento Walking Sticks [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)  
**Contact:** Judy & Jim Tischer, [judy.tischer@gmail.com](mailto:judy.tischer@gmail.com), [jim\\_tischer@yahoo.com](mailto:jim_tischer@yahoo.com), (530)383-1370, PO Box 277303, Sacramento, CA, 95827-7303  
**Start Point:** Nugget Market- 157 Main, Woodland, CA 95695, (530)662-5479. From Sacramento, take I-5 to Woodland Main exit, head W on Main toward Elm to 157 Main. Right into parking lot, entrance located on N or Court side of Nugget Market.  
**Event Info:** Market is open daily 6am-10pm, call for holiday hours. Walk registration located at juice bar and customer service desk area to right as you enter from E door or to left if entering on N side. Ask customer service staff for registration box if it is not visible. A beautifully historic walk through tree shaded Woodland which was first established in 1861. In 1888, Woodland was declared as the richest town in the US and many lovely, architecturally significant homes and buildings remain from that time. Visit the historic cemetery and the opera house as well as other unique and eccentric places. Parking lot is large, please park away from store. Restrooms available at Start Point.

**Yorba Linda - Orange County****10KM, 5K Year Round Walk (2017/Y0735) 1/1/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** B Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0157 Low Desert Roadrunners [www.lowdesertroadrunners.org](http://www.lowdesertroadrunners.org)  
**Contact:** Dottie Schwieger, [HiDotWalk@aol.com](mailto:HiDotWalk@aol.com), (951)505-9738, 345 E. Francis St., Corona, CA, 92879  
**Start Point:** Main Street Restaurant- 4902 Main, Yorba Linda, CA 92886 From Hwy 91 E: Exit Imperial Hwy & left (N). About 3 miles to Yorba Linda. Cross Yorba Linda & turn right on Main. Right to parking lot. Main Street Restaurant next to parking lot. From Hwy 91 W: Exit Imperial Hwy & turn right (N). Follow above directions.  
**Event Info:** THERE IS NO START BOX AT MAIN ST. RESTAURANT. You must contact the POC to register for this walk. Send a signed start card with a check for \$3.00 for each walker plus \$1.00 for postage (made out to LDR) to POC Maps & insert cards will be mailed to you. Dottie Schwieger 345 E Francis St, Corona, CA 92879 E-mail Dottie at [HiDotWalk@aol.com](mailto:HiDotWalk@aol.com) or call 951.505.9738 for more information  
The walk goes through Old Town, by the Richard Nixon Library and follows a bike/walk path with a country setting.

**Yosemite National Park - Clouds Rest - Mariposa County****Extended Walk 22/13/5 km Seasonal Walk (2017/Y0734) 5/1/2017 - 10/31/2017**

Amphitheatres, Bridges - Spanning the USA, National Parks Centennial Challenge,  
National Register of Historic Places, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** No

**Rating:** 5E      **Wheelchair:** NO      **Pets:** No

**Sponsor:** AVA-0941 Sierra Gold Striders

**Contact:** Philip Jones, SierraGoldStriders@att.net, (209)586-0597, P.O. Box 1253, Twain Harte, CA, 95383

**Start Point:** Remote Registration only; mail in or email. Contact POC at P. O. Box 1253, Twain Harte, CA - 95383, or email: sierragoldstriders@att.net.- Contact POC to register remotely; you will be provided waiver to sign, and send fee. We will email or US mail walk directions. After walk we will send insert cards. Sorry for the inconvenience, but the walk box has "walked" from the store-front location.

**Event Info:** Daily, dawn to dusk. Out and back during daylight hours only! For any walks in YNP, carry more water than you normally would. Your reward is a swim in Tenaya Lake when you return. Clouds Rest, a massive granite formation just northeast of Half Dome in Yosemite Valley, is one of the defining hikes in Yosemite National Park (YNP). For casual visitors, it ranks with Half Dome and North Dome as one of the most recommended hikes in the valley and for viewing the valley. Geographically, Clouds Rest lies in the center of nearly every interesting feature in YNP. Great views are to be had of Half Dome, the Clark Range in the south, nearly all of Cathedral Range, and out to Matterhorn Peak and the Sawtooth Range. 13 km walk to Sunrise Lakes rated 4+; 5 km walk around Tenaya Lake rated 2.

**Yosemite National Park - Half Dome - Mariposa County****Extended Walk 27/11/5 km Seasonal Walk (2017/Y0765) 5/1/2017 - 10/31/2017**

Amphitheatres, Bridges - Spanning the USA, National Parks Centennial Challenge,  
Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes

**Rating:** 5E      **Wheelchair:** NO      **Pets:** No

**Sponsor:** AVA-0941 Sierra Gold Striders

**Contact:** Philip Jones, SierraGoldStriders@att.net, (209)586-0597, P.O. Box 1253, Twain Harte, CA, 95383

**Start Point:** Remote Registration only; Contact POC at: P. O.Box 1253, Twain Harte, CA - 95383; or email: sierragoldstriders@att.net.- Contact POC to register remotely; you will be provided waiver to sign, and send fee. We will email or US mail walk directions. After walk we will send insert cards. Sorry for the inconvenience, but the walk box has "walked" from the store-front location.

**Event Info:** Daily, dawn to dusk. Out and back during daylight hours only! Bring a pair of leather gloves to save your hands! Top elevation is 8842 feet. For any walks in YNP, carry more water than you normally would; carry food if doing the 27K route. The 27 K Half Dome climb is a full day trek - start out at first light! Carry food and lots of water. NOTE: A PRE-PURCHASED PERMIT/RESERVATION FROM YNP IS REQUIRED TO MAKE THE HALF DOME ASCENT. This is THE classic hike of Yosemite National Park (YNP). The 5 km option turns around at Vernal Falls and the 11 km option turns around at Nevada Falls. Both are rated 4+. The summit attempt (27K, rated 5) is a dawn-to-dusk affair and should not be attempted by people afraid of heights or in other than good physical condition. The final 400 meters are accomplished through pulling yourself up a 45-degree incline using fixed cables.

**Yosemite National Park - Valley Floor - Mariposa County****Distance 21/11 km Year Round Walk (2017/Y0727) 1/1/2017 - 12/31/2017**

Amphitheatres, Boardwalks, Bridges - Spanning the USA, National Parks Centennial Challenge, National Register of Historic Places, United States Post Offices

**Award:** IVV Credit Only **Strollers:** NO **Restroom:** Yes**Rating:** 3C **Wheelchair:** NO **Pets:** No**Sponsor:** AVA-0941 Sierra Gold Striders**Contact:** Philip Jones, SierraGoldStriders@att.net, (209)586-0597, P.O. Box 1253, Twain Harte, CA, 95383**Start Point:** Remote Registration only; mail in or email. Contact POC at: P. O. Box 1253, Twain Harte, CA - 95383; or email: sierragoldstriders@att.net. - Contact POC to register remotely; you will be provided waiver to sign, and send in fee. We will email or US mail walk directions. After walk we will send you Insert Cards. Sorry for the inconvenience, but the walk box has "walked" from the store-front location.**Event Info:** Daylight hours only! Spring is best time to visit YNP, because of maximum water flow in the water falls. Avoid mid-summer/ school vacation or holiday dates if possible, because of high traffic. But, any time is a good time to be in the Park. Always carry more water than you normally would. This walk is an easy way to see all of the park's main features. It stays in the Merced River Valley with negligible ups and downs. While on the trail, read the interpretive signs about the geology and splendor of the valley while taking in the majestic sights of El Capitan, Bridalveil Falls, Clouds Rest and Half Dome from a truly pedestrian perspective. The 11 km route turns off of the main trail at El Capitan meadow while the 21 km loop option proceeds to the Pohono Bridge with an awesome view of the entire valley. After the hike make time for souvenirs and snacks at Yosemite Lodge. There are several restroom opportunities along the way. In the winter months it's possible to do this as a Snowshoe event when conditions permit. Snow occasionally blankets the Valley, but it is open year round.**Yuba City - Historic Yuba City - Sutter County****10K and 6K Year Round Walk (2017/Y0593) 1/1/2017 - 12/31/2017****Award:** B Award **Strollers:** None **Restroom:** Yes**Rating:** 1B **Wheelchair:** None **Pets:** No**Sponsor:** AVA-0720 Sonoma County Stompers [www.SonomaCountyStompers.org](http://www.SonomaCountyStompers.org)**Contact:** Don Deal, sonomastompers@yahoo.com, (707)762-4148, 718 B St , Petaluma, CA, 94952**Start Point:** CVS Drug Store- 906 E St Marysville, CA 95701 S-Taking CA Hwy 70 N to Marysville turn left to 9th. Right to parking lot in one-half block. CVS left. FROM W- Hwy 20 thru Yuba City, cross bridge to Marysville. Hwy 20 is also 10th. Right to F and one-half block left to parking lot. CVS on right. CVS open 24hrs a day. Walk box at front desk.**Event Info:** Dawn to dusk. Trail takes you over the Feather River, through an older established neighborhood and through the 'Original Heart' of Yuba City. Late 1800 homes, businesses, and Court House. Several interesting shopping opportunities including antiques. Back across the river and through an established neighborhood in Marysville back to the Start Point.

**Zamora - Rural Yolo County****5k, 10k or 12k Year Round Walk (2017/Y1429) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, United States Post Offices, Volcanoes, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes

**Rating:** 1B **Wheelchair:** hard **Pets:** Yes

**Sponsor:** AVA-0265 Sacramento Walking Sticks [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)

**Contact:** Jim & Judy Tischer, [judy.tischer@gmail.com](mailto:judy.tischer@gmail.com); [jim\\_tischer@yahoo.com](mailto:jim_tischer@yahoo.com), (530)383-1370, PO Box 277303, Sacramento, CA, 95827-7303

**Start Point:** Zamora Mini Mart- 9920 County 99-W, Zamora, CA 95698, (530) 662-5551. From S or E, I-5 N to Zamora exit (about 10 miles N of Woodland). Right, then left on Rd 99-W to start point. From W, I-80 E to I-505, exit Rd 14. Right to Zamora, crossing over I-5, left 99-W to start.

**Event Info:** Store open daily Mon-Sat 6:00 am-8:00 pm, Su 7:00 am-8:00 pm, call for holiday hours. Ask customer service staff for registration binder. Route is in a rural setting on paved and gravel roads through the town of Zamora with views of the Dunnigan Hills and Sutter Buttes. No sidewalks. Little shade so it is best to do walk early on hot days. Restrooms, water, and food available at the start point only.

**COLORADO****Arvada - Arvada****5 km/10km Year Round Walk (2017/Y1941) 1/1/2017 - 12/31/2017**

Animal Safari, Cities in Song, Doin' The Louisiana Purchase, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, United States Post Offices, Walking the USA A - Z, Water Towers

**Award:** B Award **Strollers:** Medium **Restroom:** No

**Rating:** 2A **Wheelchair:** Hard **Pets:** Yes

**Sponsor:** AVA-0024 Rocky Mountain Wanderers [www.rockymountainwanderers.org](http://www.rockymountainwanderers.org)

**Contact:** Clifford Wigfield, [bigreddog69@rocketmail.com](mailto:bigreddog69@rocketmail.com), (303)668-0287, 7589 W. 72nd Ave. #12, Arvada, CO, 80204

**Start Point:** Rheinlander Bakery- 5721 Olde Wadsworth Blvd., Arvada, CO 80002. (303)467-1810. From I-70 N on Wadsworth (about 2 miles). Left on Ralston, and then left on Olde Wadsworth Blvd. The Rheinlander Bakery will be on your right just after Grant Place.

**Event Info:** Hours, Mon 9-5, Tues-Sat - 8-7, Sun 9-5. 6am-dusk. Call to check on holiday hours. Start point elevation is 5,203 ft.

**Aurora - Cherry Creek State Park****5K and 10K Year Round Walk (2017/Y1953) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes

**Rating:** 2A **Wheelchair:** medium **Pets:** Yes

**Sponsor:** AVA-0024 Rocky Mountain Wanderers [www.rockymountainwanderers.org](http://www.rockymountainwanderers.org)

**Contact:** Rhonda Bershok, [bershok@hotmail.com](mailto:bershok@hotmail.com), (720)318-1867, 123 Update Later, Aurora, CO, 80014

**Start Point:** Radisson Hotel- 3185 S. Vaughn Way (I-225 & Parker Rd) - Aurora, CO 80014 (303)695-1700. Exit to hotel not apparent; must exit Parker to Vaughn Way/Dam Rd. Traveling NW on Parker, exit after Hampden. End of exit, take right at light; hotel entrance on left approx, 100 yards. Traveling SE on Parker, pass hotel on left before coming to Vaughn Way/Dam exit. Exit loops back direction you came; at light take right, continue under Parker overpass, hotel on left. (If you end up on dam embankment road, you missed the turn.) Traveling I-225, exit Parker (S) take Vaughn Way/Dam exit. Hotel adjacent to I-225, but no exit from I-225 directly to hotel.

**Event Info:** Hours limited to Cherry Creek State Park. Current hours are: Summer 5am-10pm; Winter 6am-7pm.

### Aurora - Cherry Creek State Park Bike

27K Year Round Bike (2017/Y2054) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0024 Rocky Mountain Wanderers www.rockymountainwanderers.org  
**Contact:** Rhonda Bershok, bershok@hotmail.com, (720)318-1867, 123 Update Later, Aurora, CO, 80014  
**Start Point:** Radisson Hotel- 3185 S. Vaughn Way (I-225 & Parker Rd), Aurora, CO 80014. (303)695-1700. Exit to hotel not apparent; must exit Parker to Vaughn Way/Dam Rd. Traveling NW on Parker, exit after Hampden. End of exit, take right at light; hotel entrance on left approx, 100 yards. Traveling SE on Parker, pass hotel on left before coming to Vaughn Way/Dam exit. Exit loops back direction you came; at light take right, continue under Parker overpass, hotel on left. (If you end up on dam embankment road, you missed the turn.) Traveling I-225, exit Parker (S) take Vaughn Way/Dam exit. Hotel adjacent to I-225, but no exit from I-225 directly to hotel.  
**Event Info:** Park is home to wildlife including coyotes and rattlesnakes. Cacti grow in grasslands. Please stay on the paved trail. Also effects of sun and altitude may be experienced. Please use sun protection.  
Trail is rate 2 because of altitude. It is primarily on paved multi-use recreational trails through the Cherry Creek State Park.

### Black Hawk/Central City - Casino towns

5/10km Year Round Walk (2017/Y0898) 1/1/2017 - 12/31/2017

Animal Safari, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Points of Reference, State Street Sashay, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone  
**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 3C      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0671 Colorado High Country Hikers  
**Contact:** Cliff Wigfield, chch0671@gmail.com, (303)668-0287, 2615 Ingalls St, #302, Edgewater, CO, 80214  
**Start Point:** Black Hawk- REMOTE REGISTRATION ONLY - contact POC for Waiver/Pre-Registration Form. Driving Directions to the start point, start card, and walk instructions will be emailed to each participant when they pre-register.  
**Event Info:** Elevation 8,537 ft. The walk will be in two of Colorado's gaming town passing by many casino and historical sites.  
No pets allowed in the casinos.

**Boulder****5 km/10km Year Round Walk (2017/Y1052) 1/1/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walking the Path of Inventions, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** Medium      **Pets:** No

**Sponsor:** AVA-0024 Rocky Mountain Wanderers [www.rockymountainwanderers.org](http://www.rockymountainwanderers.org)

**Contact:** Cecelia Lutz, [clutz2540@aol.com](mailto:clutz2540@aol.com), (303)447-0983, 2960 Shadow Creek Dr. #303, Boulder, CO, 80303

**Start Point:** Boulder University Inn- 1632 Broadway, Boulder, CO 80302 (303)417-1700 From Denver: Hwy 36 to Boulder. Exit Baseline. Left to Broadway. Right approx 1.5 miles to Boulder University Inn at Broadway/Arapahoe. From N of Boulder: S on I-25 to exit 235 (Hwy 52). Turn right to Hwy 119 (Diagonal Hwy). Left on Hwy 119 and follow to Boulder. Continue straight as highway becomes Foothills Pkwy. Right to Arapahoe, continue about 1.5 miles to Broadway. Left on Broadway. Boulder University Inn directly on corner on left.

**Event Info:** Daily, dawn to dusk. Free parking on street Sunday and major holidays. Parking available at library one block W of Arapahoe/Broadway 3 hours for a fee. Overtime fee is \$10.00. Pets not allowed on Pearl St Mall.

**Breckenridge****5km/10km Seasonal Walk (2017/Y0336) 5/31/2017 - 9/30/2017**

Cities in Song, Honoring Our Flag, National Register of Historic Places, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** B Award      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 3B      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0024 Rocky Mountain Wanderers [www.rockymountainwanderers.org](http://www.rockymountainwanderers.org)

**Contact:** Carol Barrons, [cbarrons@aol.com](mailto:cbarrons@aol.com), (970)668-8270, 1513 Legend Lake Circle, Silverthorne, CO, 80498

**Start Point:** Valdoro Mountain Lodge- 500 Village. 970-453-4880 From Denver: Take I-70 W to Exit 203. Go around roundabout, across bridge. Continue 9 miles S to Breckenridge. Follow Hwy 9 S as you enter town. Becomes Park. Cross Ski Hill to right turn on Village. Valdoro Mountain Lodge on right. Park in front of lodge while you register.

**Event Info:** Daily, 9am-5pm. Ask for box at concierge desk in lobby, check where you should park car while you walk. The Valdoro Mountain Lodge has special packages, call 970-453-4880. Altitude 9,600 ft affects the difficulty rating. Mountain conditions can change rapidly. Sunscreen and raingear are recommended. Pets are not allowed in buildings.

**Brighton - Brighton City Park****5/10km Year Round Walk (2017/Y0551) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, United States Post Offices, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0671 Colorado High Country Hikers

**Contact:** Cliff Wigfield, [chch0671@gmail.com](mailto:chch0671@gmail.com), (303)668-0287, 2615 Ingalls St, #302, Edgewater, CO, 80214

**Start Point:** Brighton City Park- REMOTE REGISTRATION ONLY - contact POC for Waiver/Pre-Registration Form. Driving Directions to the start point, start card, and walk instructions will be emailed to each participant when they pre-register.

**Event Info:** Elevation 4,984 ft. This walk will include the Brighton City Park & surrounding neighborhood.



### Broomfield - Newest & smallest County of Colorado

#### 5/10km Year Round Walk (2017/Y0871) 1/1/2017 - 12/31/2017

Amphitheatres, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Points of Reference, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0671 Colorado High Country Hikers

**Contact:** Cliff Wigfield, chch0671@gmail.com, (303)668-0287, 2615 Ingalls St, #302, Edgewater, CO, 80214

**Start Point:** Broomfield- REMOTE REGISTRATION ONLY - contact POC for Waiver/Pre-Registration Form. Driving Directions to the start point, start card, and walk instructions will be emailed to each participant when they pre-register.

**Event Info:** Elevation 5,420 ft. Enjoy Colorado's newest county, including the stroll around Stearns Lake & fine trails.

### Canon City - Arkansas River

#### 5K / 10K Year Round Walk (2017/Y0277) 1/1/2017 - 12/31/2017

Doin' The Louisiana Purchase, National Register of Historic Places, Trekking With the Trees, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0072 Falcon Wanderers [www.falconwanderers.org](http://www.falconwanderers.org)

**Contact:** Connie Dueker, insulatorlady@gmail.com, (719)337-9434, P. O. Box 17162, Colorado Springs, CO, 809357162

**Start Point:** In N Out Conoco Station- 2801 East Main Street-Entering Canon City from E US 50, the gas station/convenience store will be south (left) of the highway. Turn left (south on North Reynolds Avenue). The destination is immediately on your left. The phone number for the In N Out Conoco Station is 719-276-3333.

**Event Info:** Dawn to dusk - At the start/finish point, pick up map with driving directions how to get to walk trailhead. Elevation 5,332 ft. County Fremont

### Castle Rock - Plum Creek Trail

#### 5km/7km/10km/12km Year Round Walk (2017/Y1033) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 2C      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0915 Woodland Wanderers [woodlandwanderers.org](http://woodlandwanderers.org)

**Contact:** Sherry Sayers, [Woodland.Wanderers@woodlandwanderers.org](mailto:Woodland.Wanderers@woodlandwanderers.org), (719)640-6745, 1020 Parkway Lane, Woodland Park, CO, 80863

**Start Point:** DazBog Coffee- 202 Wilcox. Colorado Springs head N on I-25, exit 181, Plum Creek Pkwy. Right on Plum Creek Pkwy, immediate left to Wilcox. Continue .4 miles to DazBog coffee on right. From Denver I-25 head S to exit 182 for Wilcox/Wolfensberger. Left at end of ramp, follow Wilcox approx .7 miles to DazBog Coffee on left.

**Event Info:** Elevation 6,202 ft. Hours M-F 6am-6pm, Sat 7am-5:30pm, Sun 7:30am-12:30pm. Closed Thanksgiving, Christmas.

### Colorado Springs - Bear Creek Park

**5K/10KM Seasonal Walk (2017/Y0095) 4/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2C      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0072 Falcon Wanderers [www.falconwanderers.org](http://www.falconwanderers.org)  
**Contact:** Rebecca Wainright, [bigbendr@gmail.com](mailto:bigbendr@gmail.com), (719)648-6934, PO Box 17162, Colorado Springs, CO, 80935  
**Start Point:** Alta Store (Conoco)- 2105 West Colorado Avenue - From I-25, take exit 141 (Hwy 24 West). Go west on Hwy 24, one and one half (1 1/2) miles to 21st Street. Turn north (right) and go two blocks to Colorado Avenue. The Alt store is on the left (southwest corner of West Colorado Avenue and 21st Street).  
**Event Info:** Daily, Dawn to Dusk. At start/finish, pick up map with driving directions on how to get to walk trailhead. Large wheeled strollers can complete the trail. Wheelchairs are not recommended. Pets must be leashed. Carrying your own water highly

### Colorado Springs - Black Forest/Fox Run Park

**5KM/10KM Seasonal Walk (2017/Y1058) 4/1/2017 - 12/31/2017**

Animal Safari, Doin' The Louisiana Purchase, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2C      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0072 Falcon Wanderers [www.falconwanderers.org](http://www.falconwanderers.org)  
**Contact:** Jan Converse, [Janconverse@centurylink.net](mailto:Janconverse@centurylink.net), (719)591-8193, PO Box 17162, Colorado Springs, CO, 809351765  
**Start Point:** Loaf 'N Jug- 161 North Gate Blvd. From I-25, take exit 156 (Air Force Academy/Gleneagle). Proceed east approximately 1/2 mile on North Gate Blvd to the Southwest corner of North Gate Blvd and Meadowgrass Drive.  
**Event Info:** Dawn to dusk. No walking in inclement weather. After registering you must drive to the start. Directions are in the box. County roads and natural trail through pine forest at 7300 foot elevation. Rolling terrain precludes wheelchairs and non-jogging strollers. Leashed pets only! Restrooms at trailhead. Carry water.

### Colorado Springs - Broadmoor

**6KM/10KM Year Round Walk (2017/Y1329) 1/1/2017 - 12/31/2017**

Animal Safari, Doin' The Louisiana Purchase, Points of Reference, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0072 Falcon Wanderers [www.falconwanderers.org](http://www.falconwanderers.org)  
**Contact:** Jack & Annette Kester, [anjakester@comcast.net](mailto:anjakester@comcast.net), (719)392-1834, PO Box 17162, Colorado Springs, CO, 809357162  
**Start Point:** King Sooper's Grocery Store- 815 Cheyenne Meadows Road. I-25 (N or S) exit 138 , go W on Lake Avenue towards mountains. At the interchange of CO Hwy 115, turn left, going S on Hwy 115 to second traffic light to Cheyenne Meadows Road. Left on Cheyenne Meadows Road, then left into King Sooper's Grocery Store parking lot. Volksmarch box located at the service counter (be sure to ask for the Broadmoor Box). If the service counter is closed, ask a cashier to get th box from behind the counter at the service desk. Pets must be leashed and cleaned up after.  
**Event Info:** Daily, dawn to dusk. PETS MUST BE LEASHED.

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### Colorado Springs - Cheyenne Mountain State Park

5K/10K Year Round Walk (2017/Y0909) 1/2/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 3C      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0904 Colorado Springs Walking Club  
**Contact:** Lynette Reagan, lynwalks@hotmail.com, (719)201-7554, 6530 Delmonico Drive #301, Colorado Springs, CO, 80919  
**Start Point:** Cheyenne Mountain State Park Visitor's Center- St Pk Rd off Hwy 115, across from Ft Carson Main Gate. I-25 S of Colorado Springs, Exit 135, Academy/Hwy 83. Go W [toward mountains] on Academy to Hwy 115, S (left). Traffic light at St Pk Rd turn right to park, to Visitor Center. Ask at desk for Walk Box.  
**Event Info:** 9am-4pm daily. Visitors Center hours change, call park to confirm (719-576-2016) hours for day you plan to walk. Bring binoculars, sun screen and water! Enjoy all natural unpaved trails through this beautiful Colorado State Park!

### Colorado Springs - Downtown Colorado Springs

5K/10K Year Round Walk (2017/Y0246) 1/2/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** easy      **Pets:** Yes  
**Sponsor:** AVA-0904 Colorado Springs Walking Club  
**Contact:** Lynette Reagan, lynwalks@hotmail.com, (719)201-7554, 6530 Delmonico Drive #301, Colorado Springs, CO, 80919  
**Start Point:** Downtown YMCA- 207 N Nevada, Colorado Springs, CO 80903 Exit I-25 exit 142, Bijou E. Follow Bijou to right as it becomes Kiowa; stay on Kiowa 4 blocks to Weber, turn left; go 1 block to Bijou, turn left; YMCA free parking garage on right. Enter through alley main entrance.  
**Event Info:** Start time: M-Sat 9am-dusk; Sun 1pm-dusk; Closed on legal holidays. Call YMCA (719)471-9790 for hours. Trail is through downtown Colorado Springs. The street art is described in a brochure accompanying trail map. Some of the trail is on unpaved path. Many restroom and restaurant opportunities in the downtown area!

### Colorado Springs - Fort Carson

6KM/11KM Year Round Walk (2017/Y1274) 1/1/2017 - 12/31/2017

Animal Safari, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Treasure Hunt - A way to walk our precious trails, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0072 Falcon Wanderers www.falconwanderers.org  
**Contact:** Jack & Annette Kester, anjakester@comcast.net, (719)392-1834, PO Box 17162, Colorado Springs, CO, 80935-7162  
**Start Point:** King Sooper's Grocery Store- 815 Cheyenne Meadows Road, Colorado Springs, CO- From I-25, exit 138, go W to Lake towards the mountains. At the interchange for CO Hwy 115. turn left going south to Hwy 115 to second traffic light to Cheyenne Meadows Road. Left on Cheyenne Meadows Road, then right into King Soopers Grocery Store parking lot. Volksmarch box located at service counter (be sure to ask for Ft Carson box). If the Service Counter is closed, ask a cashier to get the box from behind the counter at the service desk. Driving directions to start point on Fort Carson are on walk directions. You will leave the King Soopers parking lot turn left and then left at traffic light onto Hwy 115 going South. All Non-Government (DOD) card holders must enter through gate One off HWY 115. All Non-DOD card holders just be in the right hand lane and proceed to the Visitors Center at the right of the Main Gate. You will need to have a background check done. This should only take a few minutes. Remember to have your drivers license/proof of insurance/car registration with you. All persons/vehicles entering the post are subject to random search. All non-DOD participants enter Ft Carson through Gate #1  
**Event Info:** Daily, Dawn to Dusk. Elevation 5,840 ft.

### Colorado Springs - Garden of the Gods

**11KM/5KM Year Round Walk (2017/Y0464) 1/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Take a Walk In a City Park, Walking the USA A - Z

**Award:** A Award **Strollers:** hard **Restroom:** Yes  
**Rating:** 3C **Wheelchair:** None **Pets:** Yes  
**Sponsor:** AVA-0072 Falcon Wanderers [www.falconwanderers.org](http://www.falconwanderers.org)  
**Contact:** Steve Sandridge, [bbqrater@gmail.com](mailto:bbqrater@gmail.com), (719)337-9434, PO Box 17162, Colorado Springs, CO, 809357162  
**Start Point:** Garden of the Gods Trading Post- 324 Beckers Lane-From I-25, exit 141 (Hwy 24 W), proceed West. Exit Hwy 24 Business Rt, Manitou sign, left on to Manitou Ave. First traffic light (Beckers), turn N (left), continue to Trading Post. Summer, ride trolley from Manitou Springs to Trading Post for a small fee.  
**Event Info:** Leashed pets only! Summer: daily, 8 am - 8:30 pm. Summer grill hours: 11 AM - 7 PM. Winter: daily 9 am - 5 pm. Winter grill hours: 11 am - 4 PM. Closed Thanksgiving and Christmas. Altitude 6,412 ft. Carrying water highly recommended.

### Colorado Springs - Monument Valley Park /Downtown Colorado Springs

**5KM/10KM Year Round Walk (2017/Y0465) 1/1/2017 - 12/24/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Make a Wish at a Water Fountain, Take a Walk In a City Park, Walking the USA A - Z

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1B **Wheelchair:** None **Pets:** Yes  
**Sponsor:** AVA-0072 Falcon Wanderers [www.falconwanderers.org](http://www.falconwanderers.org)  
**Contact:** Jean Foran, [wjeanforan@aol.com](mailto:wjeanforan@aol.com), (719)683-7495, PO Box 17162, Colorado Springs, CO, 809357162  
**Start Point:** 7-11 Store- Uintah & 1-25 - From I-24, exit 143 (Unitah), proceed E one block to Glen. Left, 7-11 on corner of Glen/Uintah. From US 24 E or W, on I-25 N, follow above directions.  
**Event Info:** Daily, dawn to dusk. The box is against the back wall opposite the coffee machines. It may have some cups in front or on top, so just look around. We no longer have to bother the clerks at the store. There is a lock box, so you no longer have to mail your fee. Start/finish, will provide map of driving directions to get to walk trailhead (approx 1 mile - DO NOT PARK AT 7-11). RV parking on side streets near trailhead. Elevation 6,012 ft.

### Colorado Springs - Pikes Peak Greenway & New Santa Fe Trail

**5KM/10KM Year Round Walk (2017/Y1794) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Lady Liberty Special Program, Points of Reference, Walking the USA A - Z

**Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes  
**Rating:** 2B **Wheelchair:** NO **Pets:** Yes  
**Sponsor:** AVA-0072 Falcon Wanderers [www.falconwanderers.org](http://www.falconwanderers.org)  
**Contact:** Connie & Chris Dueker, [Walking@falconwanderers.org](mailto:Walking@falconwanderers.org), (719)337-9434, PO Box 17162, Colorado Springs, CO, 80935-7162  
**Start Point:** Criterium Bicycles- 6150 Corporate Dr. -From 1-25, exit 148a (Nevada). Nevada becomes Corporate at new interchange. Proceed less than a block (N) of interchange to bike shop with bright blue roof.  
**Event Info:** Hours 8am-8pm M-Sat, Sun 10am-6pm, closed Thanksgiving, Christmas and New Year's; holiday hours may vary. Call (719) 599-0149 for times. The trail has views of Pikes Peak, Monument Creek, natural areas along the creek, and the railroad.

**Colorado Springs - Prospect Lake****6KM/10KM Year Round Walk (2017/Y0777) 1/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Make a Wish at a Water Fountain, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the Path of Inventions, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0072 Falcon Wanderers [www.falconwanderers.org](http://www.falconwanderers.org)  
**Contact:** Penny Brown, [Naturegal43@gmail.com](mailto:Naturegal43@gmail.com), (719)494-9188, PO Box 17162, Colorado Springs, CO, 80935  
**Start Point:** 7-11 Store- 331 S Hancock-From I-25, exit 141, turn East on Cimarron. Drive .6 miles to Wahsatch, turn N (left). Drive 1 block to Costilla, turn E (right). Drive .9 miles to Hancock. 7-11 on corner. PLEASE DO NOT PARK IN DRIVEWAY WHILE YOU WALK. PARK JUST EAST IN PAVED PARKING LOT AT WEST END OF LAKE.  
**Event Info:** Daily, Dawn to Dusk. Altitude 6,200 ft. Leashed pets only! Things to see on the walk: Prospect Lake, Fallen Firefighter's Memorial, Deaf and Blind School, and (10K) Uncle Wilber's Fountain.

**Colorado Springs - Red Rock Canyon Open Space****5km/10K Seasonal Walk (2017/Y0515) 4/1/2017 - 9/30/2017**

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0915 Woodland Wanderers [woodlandwanderers.org](http://woodlandwanderers.org)  
**Contact:** Sherry Sayers, [Woodland.Wanderers@woodlandwanderers.org](mailto:Woodland.Wanderers@woodlandwanderers.org), (719)640-6745, 1020 Parkway Ln, Woodland Park, CO, 80863  
**Start Point:** Red Rock Canyon Open Space- Travelodge of Colorado Springs, 2625 Ore Mill; CO. From I-25 Colorado Springs exit 141 (Cimarron/US Hwy 24) proceed W (left at end of ramp) on Hwy 24 for 2.1 miles to 26th. Left, then immediate right on St Anthony, immediate right on Ore Mill. Travelodge on left. After registering drive W on Hwy 24 to main Red Rock Canyon Open Space trail head at High St.  
**Event Info:** Altitude 6,000 ft. Water and sunscreen highly recommended. Dress in layers as weather can change quickly.

**Colorado Springs - USAF Academy****5 KM/10KM Seasonal Walk (2017/Y0197) 4/1/2017 - 11/30/2017**

Doin' The Louisiana Purchase, State Capital, Walking the Path of Inventions, Walking the USA A - Z

**Award:** A Award      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0072 Falcon Wanderers [www.falconwanderers.org](http://www.falconwanderers.org)  
**Contact:** Curt Converse, [Cdconverse@centurylink.net](mailto:Cdconverse@centurylink.net), (719)591-8193, PO Box 17162, Colorado Springs, CO, 80935-7162  
**Start Point:** Loaf 'N Jug- 161 North Gate Blvd. From I-25, take exit 156 (Air Force Academy/Glennedale). Proceed east approximately 1/2 mile on North Gate Blvd to the Southwest corner of North Gate Blvd and Meadowgrass Drive.  
**Event Info:** Daily, 9am to 5pm. No walking in inclement weather. Two volksmarches register here, ask for the Air Force Academy Volksmarch box. After registering you must drive to the start. Directions will be in the box. The Air Force Academy is one of our country's National Historic Landmarks. Trail is hilly at an altitude of 7,280 ft and includes dirt trails, roadsides, and sidewalks. The 5k and 10k trails pass by the Chapel, and Visitor Center. The 10k trail also passes the Cadet Field House.

### Denver - Capital

#### 5km/11 km Year Round Walk (2017/Y1083) 1/1/2017 - 12/31/2017

Amphitheatres, Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, State Capital, Take a Walk In a City Park, Trekking With the Trees, Underground Railroad, Walk the USA - Street by Street, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** A Award **Strollers:** Medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0024 Rocky Mountain Wanderers [www.rockymountainwanderers.org](http://www.rockymountainwanderers.org)

**Contact:** Katherine Svoboda, [ksvoboda11@comcast.net](mailto:ksvoboda11@comcast.net), (303)680-7118, 4766 S. Helena Way, Aurora, CO, 80015

**Start Point:** Courtyard by Marriott- 934 16th, Denver, CO (303)571-1114 From I-25 NB, exit Auraria Pkwy, right on 14th, left on Curtis. From I-25 SB, exit Speer S, left on Lawrence, right on 14th, left on Curtis.

**Event Info:** Altitude 5,280 ft. Daily, 7am to dusk. Valet parking available at hotel but downtown has many less expensive parking lots. Light rail and bus service is also available at a reasonable cost.

### Denver - Denver Zoo

#### 5/10km Year Round Walk (2017/Y0870) 1/1/2017 - 12/31/2017

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Make a Wish at a Water Fountain, Points of Reference, State Street Sashay, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only **Strollers:** Easy **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Easy **Pets:** No

**Sponsor:** AVA-0671 Colorado High Country Hikers

**Contact:** Cliff Wigfield, [chch0671@gmail.com](mailto:chch0671@gmail.com), (303)668-0287, 2615 Ingalls St, #302, Edgewater, CO, 80214

**Start Point:** Denver Zoo- REMOTE REGISTRATION ONLY - contact POC for Waiver/Pre-Registration Form. Driving Directions to the start point, start card, and walk instructions will be emailed to each participant when they pre-register.

**Event Info:** Elevation 5,130 ft. The walk will go through the Denver Zoo and the surrounding City Park area. Admission is REQUIRED except on Free Days. No pets allowed inside the Zoo.

### Denver - Regis University Arboretum

#### 5k10k Year Round Walk (2017/Y0564) 1/1/2017 - 12/31/2017

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Walking the USA A - Z

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0671 Colorado High Country Hikers

**Contact:** Clifford Wigfield, [chch0671@gmail.com](mailto:chch0671@gmail.com), (303)668-0287, 2615 Ingalls St, #302, Edgewater, CO, 80214

**Start Point:** Regis University- REMOTE REGISTRATION ONLY - contact POC for Waiver/Pre-Registration Form. Driving Directions to the start point, start card, and walk instructions will be emailed to each participant when they pre-register.

**Event Info:** Elevation 5,130 ft. The 5k will stay in the Regis University Arboretum Campus while the 10k will include a segment in the surrounding community including the Rocky Mountain Lake Park.

### Denver - University of Denver

#### 10 km Year Round Walk (2017/Y1704) 1/1/2017 - 12/31/2017

Cities in Song, Doin' The Louisiana Purchase, Honoring Our Flag, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0024 Rocky Mountain Wanderers [www.rockymountainwanderers.org](http://www.rockymountainwanderers.org)  
**Contact:** Lois Brick, lbrick2@juno.com, (303)741-1732, 8010 S. Columbine Court, Centennial, CO, 80122

**Start Point:** 24 Hour Fitness  
PLEASE NOTE: NEW STARTING POINT- 2270 S Colorado, (303)757-3224, I-25 exit 204 (Colorado) S on Colorado about 1 mile to E. Amherst Ave. Left on Amherst Ave. 24 Hour Fitness is in the free-standing building on corner of S. Colorado Blvd and E. Amherst Ave.

**Event Info:** Sun-Sat Open 24 Hours. For safety, always walk during daylight hours. Closed Christmas - closes early on major holidays. Ask at counter for the volksmarch box.

### Durango - Historic

#### 5K/10K Seasonal Walk (2017/Y1520) 4/1/2017 - 9/30/2017

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0915 Woodland Wanderers [woodlandwanderers.org](http://woodlandwanderers.org)  
**Contact:** Sherry Sayers, [walking@woodlandwanderers.org](mailto:walking@woodlandwanderers.org), (719)640-6745, 1020 Parkway Ln, Woodland Park, CO, 80863

**Start Point:** Durango Community RC- 2700 Main, Durango, CO (970)375-7300 Located at intersection of US Hwy 160/US Hwy 550 in SW Colorado. RC on E side of street at US Hwy 550/W 27th. Event Elevation: 6,512

**Event Info:** M-Th 5:30am-9pm, F:5:30am-8pm, Sat 8am-8pm, Sun 9am-6pm. Durango to Silverton narrow gauge railway is Durango.  
[Http://www.durangogov.org/reccenter/index.cfm](http://www.durangogov.org/reccenter/index.cfm)

### Estes Park - Estes Park Walk

#### 5 and 10 Km. Seasonal Walk (2017/Y1636) 4/1/2017 - 9/30/2017

**Award:** A Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0859 Northern Front Range Wanderers  
**Contact:** Valerie Heady, [valerie.HEADY@colostate.edu](mailto:valerie.HEADY@colostate.edu), (970)222-2233, 3717 S. Taft Hill Rd N72, Fort Collins, CO, 80526

**Start Point:** Beaver Meadows VC, Rocky Mountain Natl Pk- From Estes Park: Hwy 36 through Estes Pk, follow signs to Rocky Mountain Natl Pk. VC on left. After Signing in at Beaver Creek VC then drive to Starting point at Estes Pk VC at corner of US Hwy 34/US Hwy 36. A Natl Pk Pass will not be required for this walk. Elevation: 7654 Ft.

**Event Info:** Daily dawn-dusk.

### Estes Park - Rocky Mountain National Park - Cub Lake

10 km Seasonal Walk (2017/Y0301) 4/1/2017 - 9/30/2017

**Award:** A Award                      **Strollers:** NO                      **Restroom:** Yes  
**Rating:** 2C                      **Wheelchair:** Hard                      **Pets:** No  
**Sponsor:** AVA-0859 Northern Front Range Wanderers  
**Contact:** Valerie Heady, valerie.HEADY@colostate.edu, (970)222-2233, 3717 S. Taft Hill Rd N72 , Fort Collins , CO, 80526  
**Start Point:** Beaver Meadows Visitor's Center, Rocky Mountain Natl Pk- From Estes Park: Hwy 36 through Estes Pk, follow signs to Rocky Mountain Natl Pk. VC on left. Natl Pk Fee Required. Golden Age Passport available for nominal fee for those 62 and older. Drive 4.7 miles to trailhead or use RMNP bus system from Memorial Day weekend through Oct 3. Both routes are based at Park & Ride shuttle bus parking areas across from Glacier Basin Campground. First bus departs 7am, last bus leaves 7pm.  
**Event Info:** Be patient with the desk staff and ask for walk box. Elevation gain of 540 ft. Carry water - no water available on the route. Privy and restrooms are available at the trailhead

### Estes Park - Rocky Mountain National Park - Ouzel Falls

10 km Seasonal Walk (2017/Y0270) 4/1/2017 - 9/30/2017

**Award:** A Award                      **Strollers:** None                      **Restroom:** No  
**Rating:** 2C                      **Wheelchair:** None                      **Pets:** No  
**Sponsor:** AVA-0859 Northern Front Range Wanderers  
**Contact:** Valerie Heady, Valerie.HEADY@colostate.edu, (970)222-2233, 3717 S. Taft Hill Rd N72 , Fort Collins , CO, 80526  
**Start Point:** Beaver Meadows Visitor's Center, Rocky Mountain Natl Pk- From Estes Pk: Hwy 36 through Estes Pk, follow signs to Rocky Mountain Natl Pk. VC on left. Natl Pk Fee required. Age 62 and above can purchase a Lifetime Golden Age Passport for nominal fee. Drive 19 miles from VC to trailhead.  
**Event Info:** Please be courteous and ask the Staff at VC for walk box. This is a very popular Natl Pk and may have to wait a few minutes. Get directions at start point and drive to trailhead. CARRY WATER-no water available on trail. Hiking boots and walking stick are recommended as well as snacks, sunscreen and camera. Restrooms available at trailhead.

### Fort Collins - Colorado State U and Historic Fort Collins

6, 11, 12 Year Round Walk (2017/Y1350) 1/1/2017 - 12/31/2017

**Award:** B Award                      **Strollers:** Medium                      **Restroom:** Yes  
**Rating:** 1A                      **Wheelchair:** Medium                      **Pets:** Yes  
**Sponsor:** AVA-0859 Northern Front Range Wanderers  
**Contact:** Hugh Metcalf, nfrwvm@earthlink.net, (970)207-0267, 512 Holyoke Ct., Fort Collins, CO, 80525  
**Start Point:** Fort Collins Club- 1307 E Prospect. From I25 exit 268 (Prospect) W approx 2.5 miles to Ft Collins Club. Left (S) to parking lot. Start/Finish point is at club information desk inside front door.  
**Event Info:** Daily, dawn to dusk.



### Fort Collins - Fort Collins Parks and Trails

#### 5 and 11 Km. Year Round Walk (2017/Y1715) 1/1/2017 - 12/31/2017

Doin' The Louisiana Purchase

**Award:** B Award **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes  
**Sponsor:** AVA-0859 Northern Front Range Wanderers  
**Contact:** Hugh Metcalf, nfrwvm@earthlink.net, (970)207-0267, 512 Holyoke Ct., Fort Collins , CO, 80525  
**Start Point:** Fort Collins Senior Center, 1200 Raintree Dr. Fort Collins, CO- From I25, exit 265 (Harmony Rd) west 5 1/2 miles to Shields St. north 2 1/4 miles to Raintree Drive, west to Senior Center. Enter parking lot at second entrance and park in the west lot. Enter lobby through east doors. Ask for Volksmarch Box at information desk in the Lobby.  
**Event Info:** Walk through Rolland Moore Park and along Spring Creek Trail west to Cotton Glen Park and Spring Canyon park. Restrooms available at Senior Center, and in Parks. Elevation 5000 ft.

### Fountain

#### 5KM/10KM Year Round Walk (2017/Y0153) 1/1/2017 - 12/31/2017

Doin' The Louisiana Purchase, Walking the USA A - Z

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1B **Wheelchair:** None **Pets:** Yes  
**Sponsor:** AVA-0072 Falcon Wanderers [www.falconwanderers.org](http://www.falconwanderers.org)  
**Contact:** Russ Kester, ruke1156@comcast.net, (719)641-9107, PO Box 17162, Colorado Springs, CO, 80935  
**Start Point:** Loaf 'N Jug- 102 S Santa Fe-From 1-25, exit 128, go E to Hwy 85/87 (Santa Fe). Follow Hwy 85/87 (Santa Fe) which turns N, to Loaf'N Jug on right after second traffic light.  
**Event Info:** Daily, Dawn to Dusk. Start/finish pick up map with driving directions to walk trailhead. Carrying water is highly recommended. PETS ARE NOT ALLOWED ON THE NATURE TRAIL LOOP. Elevation: 5,546

### Franktown - East Canyon Preservation Trail

3K/6K/10K Seasonal Walk (2017/Y1506) 5/1/2017 - 9/30/2017

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 3C      **Wheelchair:** hard      **Pets:** No  
**Sponsor:** AVA-0915 Woodland Wanderers woodlandwanderers.org  
**Contact:** Sherry Sayers, walking@woodlandwanderers.org, (719)640-6745, 1020 Parkway Ln, Woodland Park, CO, 80863  
**Start Point:** Castlewood Canyon State Park Visitor Center- Visitor Center, 2989 South State Highway 83; Franktown, CO 80116. To reach the main entrance of Castlewood Canyon State Park, take I-25 to Castle Rock, exit onto Founders Parkway eastbound, exit 184. Take Founders Parkway to Hwy 86, go east on Hwy 86 four miles to Franktown. Turn RIGHT (south) on Hwy 83 and go five miles to the main park entrance. Coming from the South you can take I-25 Exit 153 Interquest parkway and follow Hwy 83 20 miles to the park. <b>ENTRANCE FEE: \$7.00</b>. Elevation: 6,600.

**Event Info:** 0800-1700. Gates locked promptly at 2000. Elevation 6600. Castlewood Canyon State Park is a Colorado state park near Franktown, Colorado. The park protects a unique part of Colorado's history (the Castlewood Canyon Dam). This event was sanctioned especially for Susan so she can do it on the way to the AVA Convention. East Canyon Trail is newly opened, but has some rules. Dogs are NOT allowed on the East Canyon Preservation Trail. Please note that rattlesnakes are present on the park. Also remember that dogs are required to be on a leash (no greater than six feet) at all times. Doing the 10K Trail-Due to the fragile nature of this area, the following regulations are strictly enforced: Visitors must remain on the trails. No Dogs or other pets are permitted. No climbing, traversing, or rappelling on or from rock formations.

### Frisco

5k & 10k Seasonal Walk (2017/Y1997) 5/1/2017 - 10/31/2017

**Award:** B Award      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 3B      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0024 Rocky Mountain Wanderers www.rockymountainwanderers.org  
**Contact:** Carol Rickauer, rickauer5@hotmail.com, (970)668-3737, P.O. Box 857, Frisco, CO, 80443  
**Start Point:** Frisco Information Center, 300 Main St, Frisco, CO (970)668-0524- From Denver: Take I-70 W, Exit 201. Left, go under highway and continue on Main to 3rd. Right on 3rd to park. Information Center on corner of 3rd/Main. Parking on side streets recommended.

**Event Info:** Altitude 9,067 ft. Daily 9am-5pm.

### Georgetown

5km/10km Seasonal Walk (2017/Y0541) 5/1/2017 - 10/31/2017

Cities in Song, Doin' The Louisiana Purchase, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, Walking the USA A - Z, You'll Never Walk Alone

**Award:** A Award      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 3B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0024 Rocky Mountain Wanderers www.rockymountainwanderers.org  
**Contact:** Carol Barrons, cbarrons@aol.com, (970)668-8270, 1513 Legend Lake Circle, Silverthorne, CO, 80498  
**Start Point:** Georgetown Gateway VC- 1491 Argentine, Georgetown, CO (303)569-2405 From Denver: Go W on I-70 about 45 miles to Georgetown (Exit 228) Left driving under I-70 to VC.  
**Event Info:** Elevation 8,530 ft. Memorial Day to Sep 30, weekdays 8am-7pm, weekends 8am-8pm. During May and Oct: weekdays 9am-5:30pm; weekends 8am-7pm. Call ahead. Parking at Center. Mountain weather changeable so dress accordingly. Sunscreen and water are advised.

**Golden****5km/10km Year Round Walk (2017/Y1945) 1/2/2017 - 12/31/2017**

Alternative Capitals, Amphitheatres, Animal Safari, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, State Street Sashay, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** A Award **Strollers:** Hard **Restroom:** Yes  
**Rating:** 2B **Wheelchair:** None **Pets:** Yes  
**Sponsor:** AVA-0024 Rocky Mountain Wanderers [www.rockymountainwanderers.org](http://www.rockymountainwanderers.org)  
**Contact:** Jeanne Tucker, [jeannetucker12@yahoo.com](mailto:jeannetucker12@yahoo.com), (303)420-4633, 5159 Arbutus Street, Arvada, CO, 80002

**Start Point:** Golden Chamber of Commerce- 1010 Washington, Golden, CO 80402 (303)279-3113 From I-70 WB: Exit 265 (Hwy 58) Left on Washington. Right on 10th, then left to parking lot. From I-70 EB: Exit 260 Follow signs for W 6th/US 6 W. A long exit with sharp curve. Merge to US 6 W. Follow US 6 to Hwy 58. Right on Hwy 58, right on Washington. Right on 10th, left to parking lot. From C-470 W: C470 ends at W 6th/US 6. Merge to W 6th/US 6. Right on Hwy 58. Right on Washington. Right on 10th, left to parking lot.

**Event Info:** M-F 8:30am-5pm; Sat 10am-4pm. Closed all holidays and Sundays. Daily hours may shorten since volunteer staff center. PLEASE CALL AHEAD. Elevation 5,675 ft.

**Idaho Springs - Historic Idaho Springs****5/10km Year Round Walk (2017/Y0861) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Food For Thought, Points of Reference, State Street Sashay, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes  
**Rating:** 2B **Wheelchair:** Hard **Pets:** Yes  
**Sponsor:** AVA-0671 Colorado High Country Hikers  
**Contact:** Cliff Wigfield, [chch0671@gmail.com](mailto:chch0671@gmail.com), (303)668-0287, 2615 Ingalls St, #302, Edgewater, CO, 80214

**Start Point:** Idaho Springs- REMOTE REGISTRATION ONLY - contact POC for Waiver/Pre-Registration Form. Driving Directions to the start point, start card, and walk instructions will be emailed to each participant when they pre-register.

**Event Info:** Elevation 7,526 ft. City walk through one of Colorado's historical old mining towns, including the Argo Gold Mine & Mill and the Indian Hot Springs.

**Lakewood - Lakewood Heritage Center at Belmar Park****5k/10k Year Round Walk (2017/Y0571) 1/1/2017 - 12/31/2017**

Amphitheatres, Doin' The Louisiana Purchase, Points of Reference, State Street Sashay, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the USA A - Z, Water Towers

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Hard **Pets:** Yes  
**Sponsor:** AVA-0671 Colorado High Country Hikers  
**Contact:** Cliff Wigfield, [chch0671@gmail.com](mailto:chch0671@gmail.com), (303)668-0287, 2615 Ingalls St, #302, Edgewater, CO, 80214

**Start Point:** Lakewood Heritage Center at Belmar Park- REMOTE REGISTRATION ONLY - contact POC for Waiver/Pre-Registration Form. Driving Directions to the start point, start card, and walk instructions will be emailed to each participant when they pre-register.

**Event Info:** Elevation 5,518 ft. The 5k walk will be within the boundaries of the Belmar Park/Lakewood Heritage Center - a 20th Century Museum. The 10k walk will extend out the Addenbrooke Park.

#### Littleton - Carson Nature Center

##### 5k & 10k Year Round Walk (2017/Y1551) 1/2/2017 - 12/31/2017

Cities in Song, Lakes and Reservoirs, Take a Walk In a City Park, Walking the USA A - Z, You'll Never Walk Alone

**Award:** B Award **Strollers:** NO **Restroom:** Yes  
**Rating:** 3C **Wheelchair:** NO **Pets:** Yes

**Sponsor:** AVA-0024 Rocky Mountain Wanderers [www.rockymountainwanderers.org](http://www.rockymountainwanderers.org)

**Contact:** Diana Boyles, [djsboyles@gmail.com](mailto:djsboyles@gmail.com), (720)344-1232, 9726 S. Red Oakes Drive, Highlands Ranch, CO, 80122

**Start Point:** Carson Nature Center, 3000 W Carson, Littleton, CO 80120, (303)730-1022- From I-25 exit 207B, merge to S Platte River/US 85 S toward Santa Fe. Follow US 85 S for 9.3 miles. Right at W Mineral. Right at S Platte River Pkwy. Carson Nature Center on left.

**Event Info:** Elevation 5,351 ft. Tu-F 12pm-4:30pm, Sat/Sun 9:30am-4:30pm.  
 Closed Mondays and National holidays. Call to insure Center is open.

#### Littleton - Chatfield Start Park

##### 5k/10k Year Round Walk (2017/Y0568) 1/1/2017 - 12/31/2017

Amphitheatres, Doin' The Louisiana Purchase, Make a Wish at a Water Fountain, Points of Reference, Walking the USA A - Z

**Award:** IVV Credit Only **Strollers:** Hard **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Hard **Pets:** Yes

**Sponsor:** AVA-0671 Colorado High Country Hikers

**Contact:** Cliff Wigfield, [chch0671@gmail.com](mailto:chch0671@gmail.com), (303)668-0287, 2615 Ingalls St, #302, Edgewater, CO, 80214

**Start Point:** Discovery Pavilion/Audubon Center- REMOTE REGISTRATION ONLY - contact POC for Waiver/Pre-Registration Form. Driving Directions to the start point, start card, and walk instructions will be emailed to each participant when they pre-register. No state park fee will be charged as the event starts outside of the park area.

**Event Info:** Elevation 5,351 ft. The walk will be within the boundaries of the Chatfield Start Park area.

#### Littleton - Columbine Memorial

##### 5k/10k Year Round Walk (2017/Y0569) 1/1/2017 - 12/31/2017

Doin' The Louisiana Purchase, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Walking the USA A - Z

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0671 Colorado High Country Hikers

**Contact:** Cliff Wigfield, [chch0671@gmail.com](mailto:chch0671@gmail.com), (303)668-0287, 2615 Ingalls St, #302, Edgewater, CO, 80214

**Start Point:** Columbine Memorial at Clement Park- REMOTE REGISTRATION ONLY - contact POC for Waiver/Pre-Registration Form. Driving Directions to the start point, start card, and walk instructions will be emailed to each participant when they pre-register.

**Event Info:** Elevation 5,351 ft. The walk will be through the Clement Park area, to include reflection time at the Columbine Memorial.

### Longmont - Longmont Historical District

#### 6k/10k Year Round Walk (2017/Y0563) 1/1/2017 - 12/31/2017

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes

**Sponsor:** AVA-0671 Colorado High Country Hikers

**Contact:** Cliff Wigfield, chch0671@gmail.com, (303)668-0287, 2615 Ingalls St, #302, Edgewater, CO, 80214

**Start Point:** Boulder County Fairgrounds- REMOTE REGISTRATION ONLY - contact POC for Waiver/Pre-Registration Form. Driving Directions to the start point, start card, and walk instructions will be emailed to each participant when they pre-register.

**Event Info:** Elevation 4,984 ft. The 6k walk will be along the St. Vrain Greenway , while the 10k will be in the Historical District of Longmont.

### Louisville

#### 5km, 10km Year Round Walk (2017/Y0025) 1/1/2017 - 12/31/2017

Cities in Song, Doin' The Louisiana Purchase, Honoring Our Flag, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0024 Rocky Mountain Wanderers [www.rockymountainwanderers.org](http://www.rockymountainwanderers.org)

**Contact:** Alecia McClure, aleciaandpete@yahoo.com, (303)494-2733, 1397 E. Riverbend St., Superior, CO, 80027

**Start Point:** Louisville RC- 900 Via Appia Way, Louisville, CO 80027 (303)666-7400 [www.louisvillerecreation.com](http://www.louisvillerecreation.com) From Denver: N I-25 to US36 to Boulder. Exit US 36 at Superior/Louisville Exit (CO-170 W) Right on McCaslin. 4th traffic light (about one mile) turn right on Via Appia Way. Proceed 0.4 miles to RC on right.

**Event Info:** Elevation 5,335 ft. Closed major holidays (call first to check). Sat 7am-6pm, Sun 8am-6pm, M-Th 5:45am-9pm, F 5:45am-7pm. Hours may shorten winter months. CALL TO CONFIRM. Water, sunscreen, hat recommended, much of trail is open/exposed. Jog strollers are best suited to gravel paths.

### Loveland - Benson Sculpture Garden and Lake Loveland

#### 5 and 11 Km. Year Round Walk (2017/Y2010) 1/1/2017 - 12/31/2017

**Award:** B Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0859 Northern Front Range Wanderers

**Contact:** Hugh Metcalf, nfrwvm@earthlink.net, (970)207-0267, 512 Holyoke Ct., Fort Collins, CO, 80525

**Start Point:** Safeway (formerly Albertson's) Supermarket, 1451 W Eisenhower (US Hwy 34)- From I-25 turn W on US Hwy 34 (Exit 257). Follow US Hwy 34 (Eisenhower) W approx 4 miles from I-25 to Taft. Albertson's located on NW corner of Eisenhower/Taft.

**Event Info:** Ask for Volksmarch box at Safeway Service Desk.

**Manitou Springs****5KM/10KM Year Round Walk (2017/Y0353) 1/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Ice Cream Parlors, Make a Wish at a Water Fountain,  
Take a Walk In a City Park, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0072 Falcon Wanderers [www.falconwanderers.org](http://www.falconwanderers.org)

**Contact:** Russ & Flo Bechhold, [russbe@earthlink.net](mailto:russbe@earthlink.net), (719)667-5662, PO Box 17162,  
Colorado Springs, CO, 809357162

**Start Point:** Magnuson Grand Pikes Peak- 45 Manitou Avenue. From I-25, exit 141 (Hwy 24 W),  
proceed W (left) 1.3 miles. Exit US 24 at "Highway 24 Business Rt, Manitou" . at  
the traffic light at the foot of the ramp, turn left (east) on Manitou Avenue and drive  
.3 miles to the Comfort Inn on your right, just past the traffic light at Beckers Lane.

**Event Info:** Daily, Dawn to Dusk. Altitude 6,412 ft. Large wheel strollers can complete the trail.  
Wheelchairs not recommended. Pets must be leashed. Ask the desk personnel for  
the "WALK BOX."

**Monument - New Santa Fe Trail****Distance 10/20 km Year Round Walk (2017/Y0466) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0915 Woodland Wanderers [woodlandwanderers.org](http://woodlandwanderers.org)

**Contact:** Sherry Sayers, [Woodland.Wanderers@woodlandwanderers.org](mailto:Woodland.Wanderers@woodlandwanderers.org), (719)640-6745,  
1020 Parkway Ln, Woodland Park, CO, 80863

**Start Point:** Safeway Store- 624 Highway 105. MONUMENT, COLORADO 20 miles N of  
Colorado Springs, 40 miles S of Denver on I-25. S I-25 (to Colorado Springs) exit  
161 (Hwy 105). Ramp will loop around to N. Continue through light approx 1/2 mile  
past fast food to SAFEWAY store on right. N I-25 (to Denver) exit 161. At end of  
ramp turn left (W) to mountains. Cross over bridge, turn right at light (Hwy 105).  
Follow approx 1/2 mile past fast food to SAFEWAY store on right. After registration,  
drive approx 1/4 mile to start point at New Santa Fe Trail.

**Event Info:** Ask for start box at Customer Service counter (may be in room behind). Open 8am-  
7pm.

**Niwot****5km/10km Year Round Walk (2017/Y0334) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Honoring Our  
Flag, National Register of Historic Places, Take a Walk In a City Park, United States Post  
Offices, Walking the USA A - Z, You'll Never Walk Alone

**Award:** A Award      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0024 Rocky Mountain Wanderers [www.rockymountainwanderers.org](http://www.rockymountainwanderers.org)

**Contact:** Peg Fletcher, [pfletch51@gmail.com](mailto:pfletch51@gmail.com), (303)652-1189, 8753 Niwot Road, Longmont,  
CO, 80503

**Start Point:** Niwot Market- 7980 Niwot Rd., Niwot, CO 303-652-0919 From I-25, take Exit 235  
SB. Go west (toward mountains) on Hwy 52 for 6.5 miles. Turn right (north) on Hwy  
287. Go 2 miles and turn left (west) on Niwot Rd. Go for 3.5 miles. Niwot Market  
will be on your left.

**Event Info:** Daily, 7 a.m. - dusk Trail is on the streets of this small historic town and on  
walking/biking trails. There are many restaurants and small interesting shops. Plan  
to have either breakfast or lunch while you're in town. You'll walk through a  
wonderful bird habitat; look closely. 3 gates that push open will make this difficult for  
wheelchairs.

### Palmer Lake - Regional Trail

6km/11km Seasonal Walk (2017/Y0326) 4/1/2017 - 9/30/2017

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0915 Woodland Wanderers woodlandwanderers.org  
**Contact:** Sherry Sayers, Woodland.Wanderers@woodlandwanderers.org, (719)640-6745, 1020 Parkway Lane, Woodland Park, CO, 80863  
**Start Point:** Rock House Ice Cream Parlor- 24 S. Hwy 105; Palmer Lake, CO 80133. 719-488-6917. Coming from the NORTH take I-25 south to Exit 163-County Line Rd. Turn RIGHT off the exit and head west towards the mountains to the railroad tracks. Cross the tracks and turn LEFT on S. Spruce Mountain Rd (AKA Hwy 105), following until you just pass Middle Glenway St. Rock House Ice Cream Parlor is on the right. Coming from the SOUTH take I-25 north to Exit 161-Hwy 105 Monument. Turn LEFT at the light from the right lane. Stay in the right lane over the bridge, then turn RIGHT. Continue through Monument, past Safeway (YRE here) and continue several miles on Hwy 105 to Palmer Lake. The Rock House Ice Cream Parlor will be on your left just after you pass Lower Glenway St.  
**Event Info:** Store hours: 7 days a week, 1000-2130. Elevation: 7225. Trail is mostly natural surface with some hills.

### Pueblo - Downtown

11KM/5KM Year Round Walk (2017/Y0480) 1/1/2017 - 12/31/2017

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Make a Wish at a Water Fountain, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0072 Falcon Wanderers www.falconwanderers.org  
**Contact:** Karen Seay, Walking@falconwanderers.org, (719)632-9320, PO Box 17162, Colorado Springs, CO, 80935-7162  
**Start Point:** Loaf 'N Jug- 120 South Santa Fe - From I-25, take exit 98B. Proceed west on City Center Drive one block to Santa Fe Avenue. Turn south (left) and the Loaf'N Jug will be on the left.  
**Event Info:** Event Info: Daily, Dawn to Dusk. Trail is rated 1A. Trail is along city streets and sidewalks of historic Pueblo. Strollers can complete the course. Wheelchairs are not recommended. Pets must be leashed. Restrooms are available at the start/finish and the checkpoint area. Water and Food: Water is available at the start/finish. Food and drink are available at the start/finish and along the trail. Carrying water is highly recommended. Expired 2016 Special Programs: Trekking with Trees and Honoring our Flag. County: Pueblo. Elevation: 4,695

### Salida

5KM/10KM Seasonal Walk (2017/Y1956) 4/1/2017 - 9/30/2017

Doin' The Louisiana Purchase, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0072 Falcon Wanderers www.falconwanderers.org  
**Contact:** Roger Minke, Walking@falconwanderers.org, (719)539-4135, POB 17162, CS, CO, 80935  
**Start Point:** Super 8 Motel- 525 W Rainbow Blvd. (US Hwy 50). 1-719-539-6689. From Colorado Springs, drive W on US Hwy 24 to Buena Vista, S on Hwy 285 to Poncha Springs. E on Hwy 50 to Salida. Super 8 Motel on right (across from Centennial Park).  
**Event Info:** Start/Finish, pick up map with driving directions to walk trailhead at Centennial Park.

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### Trinidad - El Corazon de Trinidad National Historic District

5km/10km Seasonal Walk (2017/Y1947) 4/1/2017 - 9/30/2017

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0915 Woodland Wanderers woodlandwanderers.org  
**Contact:** Sherry Sayers, Woodland.Wanderers@woodlandwanderers.org, (719)640-6745, 1020 Parkway Lane, Woodland Park, CO, 80863  
**Start Point:** Colorado Welcome Center - Renovations are Complete. The Start/Finish has returned to the Colorado Welcome Center, located at 309 Nevada Ave. From I-25 take Exit 13B, left or right off the exit onto Main St to the first Stop Sign. Turn LEFT onto N. Carbon St. Continue through the Round-a-Bout and the Welcome Center is on your left. Once you have registered you will be driving back to Safeway by the Train to park and start the walk. Directions in the box. 719-846-9512. Call Welcome Center if questions on directions or check out the link below.  
**Event Info:** Start/Finish times: Apr 1-May 28 & Sep 1-Sep 30: 8am-5pm; May 29-Aug 31: 8am-6pm. Daylight hours. PETS MUST BE LEASHED and cleaned up after. Open July 4th.

### Vail

5km/10km Seasonal Walk (2017/Y1484) 6/1/2017 - 10/31/2017

Amphitheatres, Cities in Song, Honoring Our Flag, Make a Wish at a Water Fountain, Walking the USA A - Z, You'll Never Walk Alone

**Award:** A Award      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 3B      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0024 Rocky Mountain Wanderers www.rockymountainwanderers.org  
**Contact:** C Rickauer, rickauer5@hotmail.com, (970)668-3737, POB 857, Frisco, CO, 80443  
**Start Point:** Sonnenalp Resort- 20 Vail. 970-476-5656. 100 miles W of Denver on I-70. Vail exit 176 to roundabout. Around roundabout, under I-70, around 2nd roundabout (until you appear to be going back toward Denver), take S Frontage to Vail Transportation Center, and Public Parking. Walk down steps to parking structure to road, turn right, walk on E Meadow to Vail. Left on Vail to Sonnenalp.  
**Event Info:** Daily, dawn to dusk. Walk box located with concierge. Be respectful of staff when with customers.

### Westminster - Arts Walk

5/10km Year Round Walk (2017/Y0859) 1/1/2017 - 12/31/2017

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0671 Colorado High Country Hikers  
**Contact:** Cliff Wigfield, chch0671@gmail.com, (303)668-0287, 2615 Ingalls St, #302, Edgewater, CO, 80214  
**Start Point:** Westminster- REMOTE REGISTRATION ONLY - contact POC for Waiver/Pre-Registration Form. Driving Directions to the start point, start card, and walk instructions will be emailed to each participant when they pre-register.  
**Event Info:** Elevation 5,384 ft. The walk will be around the artistic Westminster City office & shopping area, including the bell tower.



### Westminster - Butterfly Pavilion

#### 5/10km Year Round Walk (2017/Y0858) 1/1/2017 - 12/31/2017

Animal Safari, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Points of Reference, Take a Walk In a City Park, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0671 Colorado High Country Hikers

**Contact:** Cliff Wigfield, chch0671@gmail.com, (303)668-0287, 2615 Ingalls St, #302, Edgewater, CO, 80214

**Start Point:** Westminster Butterfly Pavilion- REMOTE REGISTRATION ONLY - contact POC for Waiver/Pre-Registration Form. Driving Directions to the start point, start card, and walk instructions will be emailed to each participant when they pre-register.

**Event Info:** Elevation 5,384 ft. View the magnificent collection of butterflies & other critters that call the Butterfly Pavilion home. The optional tour of the Butterfly Pavilion requires an Admission Fee. The facility is open everyday except Thanksgiving & Christmas fro 9:00 A.M. - 5:00 P.M. Visit their website at [www.butterflies.org](http://www.butterflies.org) for more details.

### Windsor - Windsor Historical Walk

#### 5 and 11 Km. Year Round Walk (2017/Y1840) 1/1/2017 - 12/31/2017

**Award:** B Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0859 Northern Front Range Wanderers

**Contact:** Richard Perry, rfperry44@gmail.com, (970)224-4135, 2211 W Mulberry #238, Fort Collins, CO, 80521

**Start Point:** Windsor Community Recreation Center- From I-25 exit 262 (Windsor Exit). Go east on Colo. Highway 392 approx. 3 miles to Windsor. Turn left (North) on 11th Street to the Recreation Center. Ask for Start/Finish Box at the front desk.

**Event Info:** Open hours are M-F from 7 AM - 8 PM; Sat. 8 AM - 6 PM; Sun. 1 PM - 6 PM.

### CONNECTICUT

#### Cheshire

#### 5km/10Km/13Km Year Round Walk (2017/Y1915) 1/15/2017 - 12/31/2017

Bridges - Spanning the USA, Food For Thought, Points of Reference, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** A Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0784 Connecticut Valley Volkssport Club [www.avaclubs.org/cvvc/](http://www.avaclubs.org/cvvc/)

**Contact:** Eileen & Peter Anderson, eilande@comcast.net, (203)314-5401, PO Box 251, Glastonbury, CT, 06033

**Start Point:** Dunkin Donuts- 1041 S Main St. (203) 250-7711. Hours: Daily, dawn to dusk. Water available. From I-91N/S: Exit 18 (I-691W) to Exit 3 Cheshire. Left onto Rt 10S (Highland) for 6 mi. to Everybody's Market Big Y shopping center on right. Dunkin Donuts south end of parking lot. From I-84E: Exit 26. At end of ramp, go straight at light for 5 mi. At top of hill, go right onto Main St. and proceed 4 blocks to intersection with Rt. 10. Take right (south) to Everybody's Market - see above. From I-84W: Exit 27 (I-691). Proceed .25 mi. to Exit 3 Cheshire. Take right onto Rt. 10 (south) for about 6 mi. to Everybody's Market

**Event Info:** Cheshire a typical New England colonial town, its 18th century white clapboard church on center green. Trail includes 3 mi. of Linear Trail rail trail, runs along 19th century Farmington Canal & passes picturesque/well-restored "Lock12."

**Guilford****10Km Year Round Walk (2017/Y0542) 1/15/2017 - 12/31/2017**

Bridges - Spanning the USA, Food For Thought, Points of Reference, State Street  
Sashay, United States Post Offices, Walk the USA - Street by Street

**Award:** A Award **Strollers:** Easy **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Easy **Pets:** Yes  
**Sponsor:** AVA-0784 Connecticut Valley Volkssport Club [www.avaclubs.org/cvvc/](http://www.avaclubs.org/cvvc/)  
**Contact:** Carol West, [carol.west@sbcglobal.net](mailto:carol.west@sbcglobal.net), (860)721-1185, P.O. Box 251, Glastonbury, CT, 06033

**Start Point:** CVS Pharmacy- 1057 Boston Post Rd. (Rt. 1). (203)458-1444. Hours: 8am - 10pm.  
FROM NORTH: Take Exit 58 off I-95S (Rt. 77/Guilford). At end of exit ramp, take right, going south on Rt. 77/Church St. FROM SOUTH: Take Exit 58 off I-95N (Rt. 77/Guilford). At end of exit ramp, take left, going south on Rt. 77/Church St. From either exit, go south on Rt. 77 for about 1/2 mi., and watch for driveway on right to CVS, which is on the corner of Rt. 77 (Church St.) and Rt. 1/Boston Post Rd.

**Event Info:** A typical New England Green, where the Puritan settlers had their meeting house, burying ground, and whipping post. A great variety of architectural styles can be observed in the 120+ historic houses along the walk dating from the 17th through 19th centuries. The trail takes walkers past the oldest stone house in New England and then down to Guilford Harbor and the town marina. A unique feature of the trail is an option to take an elevator or stairs to cross over the railroad tracks for the commuter and Amtrak intercity trains.

**Hartford - Capital - River****5km/10km Year Round Walk (2017/Y0658) 1/15/2017 - 12/31/2017**

Bridges - Spanning the USA, Food For Thought, Make a Wish at a Water Fountain, Points of Reference, United States Post Offices, Walking America's Ports of Call

**Award:** A Award **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes  
**Sponsor:** AVA-0784 Connecticut Valley Volkssport Club [www.avaclubs.org/cvvc/](http://www.avaclubs.org/cvvc/)  
**Contact:** Lee West, [LFWest@sbcglobal.net](mailto:LFWest@sbcglobal.net), (860)721-1185, P.O. Box 251, Glastonbury, CT, 06033-0251

**Start Point:** Homewood Suites Hartford Downtown- 338 Asylum. (860) 524-0223. Hours: Daily, dawn to dusk. Water available. From I-84: Exit 48. At end of ramp westbound (I-84W) turn left and proceed to the first light at Spruce St. (At end of ramp eastbound (I-84E), go straight through light onto Spruce St.) The Union Station (buses and trains) will be on your right. Go to the end of the street and turn right onto Church St. (being careful to avoid bus lane on your right). Proceed 3 blocks to the light at Ann Uccello St. Turn right. Go 1 block and turn right on Allyn St. Go halfway down the block and turn into the Homewood Suites' pay parking lot (at booth) on your left, which is behind the hotel. I-91S or I-91N: Take I-84W (Waterbury), Exit 32A. Follow directions for I-84W.

**Event Info:** Downtown/Riverfront walk includes Old State House (designed by Charles Bullfinch, in 1796), the gothic revival state capitol, plus Wadsworth Atheneum (one of oldest art museums in country). Two bridges over the CT River. The U.S.S. Hartford bell is located on Constitution Plaza.

**Middletown****10km Year Round Walk (2017/Y0624) 1/15/2017 - 12/31/2017**

Bridges - Spanning the USA, Food For Thought, Underground Railroad, Walking America's Ports of Call, Walking the USA A - Z

**Award:** A Award **Strollers:** Medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0784 Connecticut Valley Volkssport Club [www.avaclubs.org/cvvc/](http://www.avaclubs.org/cvvc/)

**Contact:** Bob McDougall, cvvc@snet.net, (860)342-3062, P. O. Box 251, Glastonbury, CT, 06033

**Start Point:** Dunkin' Donuts- 152 Main, Portland. (860)342-1490. Hours: Daily, dawn to dusk. Water and snacks available. From I-91N or I-91S: Take Rte. 9 S to Middletown. Turn right at light. Proceed to next light and turn right to cross the bridge to Portland. Immediately after bridge Dunkin' Donuts on left.

**Event Info:** Start in Portland & cross the Arrigoni Bridge. At 3,428', longest bridge in CT; built 1938, won first prize in AISC large bridge category. Spans CT River to Middletown & Wesleyan University campus.

**Mystic****10km Year Round Walk (2017/Y1508) 1/15/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Food For Thought, Ice Cream Parlors, Underground Railroad, United States Post Offices

**Award:** A Award **Strollers:** Medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0784 Connecticut Valley Volkssport Club [www.avaclubs.org/cvvc/](http://www.avaclubs.org/cvvc/)

**Contact:** Torie Langer, torie\_22@hotmail.com, (860)572-9559, P.O. Box 251, Glastonbury, CT, 06033-0251

**Start Point:** Howard Johnson Inn- 253 Greenmanville. (860)536-2654. Hours: Daily, dawn to dusk. From I-95S: Take Exit 90. Left at end of ramp. The Inn is the 1st hotel on right. From I-95N: Exit 90. Right at end of ramp. The Inn is the 1st hotel on right.

**Event Info:** Shipbuilding center; lively Main St, 75+ shops/restaurants & former sea captains' homes. Seaport Museum; Marinelife Aquarium; Olde Mystic Village top CT attraction. Picturesque views Mystic River. Sp. Events: Lobsterfest Memorial weekend; Sea Music Festival 2nd Jun weekend; Antique/Class Boats 4th July weekend; Melville Marathon July last weekend; Chowderfest 2nd Oct weekend; Lantern Light Tours early to mid-Dec; Outdoor Art Festival 2nd Aug weekend). Info <http://www.mysticchamber.org/>

**Portland****10km Year Round Walk (2017/Y1347) 1/15/2017 - 12/31/2017**

Bridges - Spanning the USA, Food For Thought, United States Post Offices, Walking America's Ports of Call, Walking the USA A - Z

**Award:** B Award **Strollers:** Medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0784 Connecticut Valley Volkssport Club [www.avaclubs.org/cvvc/](http://www.avaclubs.org/cvvc/)

**Contact:** Bob McDougall, cvvc@snet.net, (860)342-3062, P.O. Box 251, Glastonbury, CT, 06033

**Start Point:** Dunkin' Donuts- 152 Main. (860)342-1490. Hours: Daily, dawn to dusk. Water and snacks available. From I-91N or I-91S: Rt 9 S to Middletown. Turn right at light. Proceed to next light and turn right to cross the bridge to Portland. Immediately after bridge, Dunkin' Donuts on left.

**Event Info:** Trail pass many historic homes/churches reflecting areas rich history as home of Nat'l Historic Landmark Brownstone Quarries & site of famous Gildersleeve. <http://www.town-usa.com/connecticut/middlesex/portland.html> & <http://www.portlandct.org>

**Simsbury****5km and 11 km Year Round Walk (2017/Y1269) 1/15/2017 - 12/31/2017**

Bridges - Spanning the USA, Food For Thought, Ice Cream Parlors, Take a Walk In a City Park, United States Post Offices, Walking the USA A - Z

**Award:** A Award **Strollers:** medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** medium **Pets:** Yes

**Sponsor:** AVA-0784 Connecticut Valley Volkssport Club [www.avaclubs.org/cvvc/](http://www.avaclubs.org/cvvc/)

**Contact:** Lee & Carol West, LFWest@sbcglobal.net, (860)721-1185, P.O. Box 251, Glastonbury, CT, 06033

**Start Point:** Fitzgerald's Foods- 710 Hopmeadow St. (860) 658-2271. Hours: Daily, 8am - 9pm. Water available. From I-91N or S: Exit 40 for Rt. 20. Go west 9 mi. to Granby and south on Rt. 10 for almost 6 mi. (name changes to Hopmeadow St. in town). Turn left into Drake Hill Shopping Center. From I-84: Exit 39 for Rt. 4 to Farmington. Turn right (north) on Rt. 10 for 11 mi. (name changes to Hopmeadow St. in town). Turn right into Drake Hill Shopping Center.

**Event Info:** The 5 km and 11 km walking trails, as well as the 25 km bike trail, located 13 miles northwest of Hartford, begin with a stretch of the Farmington Canal Heritage Trail. The route continues through Simsbury's historic town center, with buildings representing 4 centuries of architecture, a 19th century railroad station (now Plan B Burger Bar), the old Drake Hill Flower Bridge (featured on the A-award), 17th century grist mill and a 19th century explosives factory.

**Simsbury - Bike****25km & 31km Seasonal Bike (2017/Y1231) 4/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Food For Thought, Take a Walk In a City Park, United States Post Offices, Walking the USA A - Z

**Award:** A Award **Strollers:** medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** medium **Pets:** Yes

**Sponsor:** AVA-0784 Connecticut Valley Volkssport Club [www.avaclubs.org/cvvc/](http://www.avaclubs.org/cvvc/)

**Contact:** Lee & Carol West, LFWest@sbcglobal.net, (860)721-1185, P.O. Box 251, Glastonbury, CT, 06033

**Start Point:** Fitzgerald's Foods - 710 Hopmeadow St. (860) 658-2271. Hours: Daily, 8am - 9pm. Water available. From I-91N or S: Exit 40 for Rt. 20. Go west 9 mi. to Granby and south on Rt. 10 for almost 6 mi. (name changes to Hopmeadow St. in town). Turn left into Drake Hill Shopping Center. From I-84 - Exit 39 for Rt. 4 to Farmington. Turn right (north) on Rt. 10 for 11 mi. (name changes to Hopmeadow St. in town). Turn right into Drake Hill Shopping Center.

**Event Info:** The 25 km & 31 km bike trail, located 13 miles northwest of Hartford. Bike runs along the Farmington Canal Heritage Trail.

**Tariffville****5Km / 10Km Year Round Walk (2017/Y0540) 4/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Food For Thought, United States Post Offices

**Award:** A Award

**Strollers:** NO

**Restroom:**

**Rating:** 3B

**Wheelchair:** NO

**Pets:**

**Sponsor:** AVA-0784 Connecticut Valley Volkssport Club [www.avaclubs.org/cvvc/](http://www.avaclubs.org/cvvc/)

**Contact:** Carol West, [carol.west@sbcglobal.net](mailto:carol.west@sbcglobal.net), (860)721-1185, P.O. Box 251, Glastonbury, CT, 06033

**Start Point:** Fitzgerald's Foods- 710 Hopmeadow St., (860) 658-2271. Hours: Daily, 8am - 9pm. Water available.

From I-91N of S: Exit 40 for Rt. 20. Go west 9 mi. to Granby and south on Rt. 10 for almost 6 mi. (name changes to Hopmeadow St. in town). Turn left into Drake Hill Shopping Center. From I-84: Exit 39 to Rt. 4 to Farmington. Turn right (north) on Rt. 10 for 11 mi. (name changes to Hopmeadow St. in Town). Turn right into Drake Hill Shopping Center. After registering you must drive to the Start. The Mill (intersection Tunxis Rd. and Rt. 189).

**Event Info:** The 10km trail is rated 3B, with a 5km option rated 1A. The 10km walk is a combination of flat sidewalks with some small hills, another portion on wooded trail along the Farmington River, and one steep rocky trail section which leads to a scenic cliff overlooking the Village. The 10km route is not recommended for strollers/wheelchairs, but the 5km trail is easily accessible. Tariffville is a "Census Designated Place" (CDP) within the town of Simsbury. This 19th century village is on the National Register of Historic Places and its eight square blocks are as they were originally laid out in the 1820s. The town got its name from the Tariff Manufacturing Company that built a brick mill on the river in 1825 to weave carpets. This was the first carpet mill in the country.

**Wallingford****10Km & 5km Year Round Walk (2017/Y1401) 1/15/2017 - 12/31/2017**

Bridges - Spanning the USA, Food For Thought, Ice Cream Parlors, Make a Wish at a Water Fountain, Take a Walk In a City Park, United States Post Offices

**Award:** A Award

**Strollers:** Medium

**Restroom:** Yes

**Rating:** 2A

**Wheelchair:** NO

**Pets:** Yes

**Sponsor:** AVA-0784 Connecticut Valley Volkssport Club [www.avaclubs.org/cvvc/](http://www.avaclubs.org/cvvc/)

**Contact:** Eileen and Peter Anderson, [eilande@comcast.net](mailto:eilande@comcast.net), (203)314-5401, P. O. Box 251, Glastonbury, CT, 06033

**Start Point:** YMCA- 81 S. Elm St. (203) 269-4497. Hours M-F: 4:30am - 9:30pm; Sat. 5am - 6pm; Sun. 7am - 5pm. Water and restrooms available. Note: YMCA will be closed the week before Labor Day. From I-9N: Take exit 14 to Center St. Go left at end of ramp, straight thru light to intersection of Woodhouse with Center, & turn left on Center St. (Rt 150) to S Elm. Turn left, drive 1/4 mi. to YMCA on right. From I-91S: Take exit 14 to Center St. Go west on Center St. (Rt. 150) to S Elm. Turn left and drive 1/4 mile to YMCA on right.

**Event Info:** 10K trail, some gentle but extended hills. Founded by farmers; home of pewter & silver companies; 1871 RR station; Victorian architect; coed private boarding school Choate Rosemary Hall; Paul Mellon Arts Center, designed by Chinese-Am. architect I.M.Pei. Wallingford native, Lyman Hall signed Declaration of Independence for GA (gravestone in Center Cemetery). Geo. Washington came here twice in late 1700s. Gouveia Vineyards a few miles east of town. [www.town.wallingford.ct.us](http://www.town.wallingford.ct.us)

**DELAWARE****Bethany Beach****Two 5k trails Year Round Walk (2017/Y1361) 1/4/2017 - 12/29/2017**

Boardwalks, United States Post Offices, Walking the USA A - Z

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes**Rating:** 1A **Wheelchair:** Medium **Pets:** No**Sponsor:** AVA-0065 First State Webfooters www.mdvolks.org/FSW**Contact:** Margie MacLeish, tmmac4sons@aol.com, (302)222-8269, 7 Woodcock Ct., Wyoming, DE, 19934**Start Point:** Holiday Inn Express, 39642 Jefferson Bridge Rd., Bethany Beach, DE 19930- (800) 315-2621 <http://www.ihg.com/holidayinnexpress/hotels/us/en/bethany-beach/bhnde/hoteldetail/information/rates>. Rt 1 to Jefferson Bridge Rd. Hotel is close to Walgreen's. Parking on both sides.**Event Info:** Dawn-dusk. Walk box at front desk. NO DOGS ON BOARDWALK MAY 15-SEP 30. Bethany Beach is a treasure! The walk includes the boardwalk, right on the Atlantic Ocean, a small park, beach cottages (large and small), shops and restaurants, a band stand, and plenty of fresh, salt air. Second 5k is at new Assawoman Canal Trail. Directions to start (not far) in walk box. Come visit and walk!**Dover - Capital - YMCA****5k and 10k Year Round Walk (2017/Y1756) 1/4/2017 - 12/29/2017**

State Capital, State Street Sashay, Take a Walk In a City Park, Walking the USA A - Z

**Award:** IVV Credit Only **Strollers:** Easy **Restroom:** Yes**Rating:** 1A **Wheelchair:** Easy **Pets:** Yes**Sponsor:** AVA-0065 First State Webfooters www.mdvolks.org/FSW**Contact:** L Fair, No email listed, (302)697-7487, 116 Broad St., Wyoming, DE, 19934**Start Point:** Central Delaware YMCA, Lat 39 Degree 8 Min 40 Sec N Lon 75 Degree 31 Min 19 Sec W- 1137 S State St., Dover, DE 19901.  
From DC/Maryland: Bay Bridge to US Rt 50/301. N on US Rt 50/301, US Rt 301 after split, to MD Rt 304; Right (E) on MD Rt 304 to Bridgetown/MD Rt 312; Left (N) on MD Rt 312 to MD Rt 313; Right (E) on MD 313 to Goldsboro/MD Rt 287; E on MD Rt 287 to Delaware/Del Rt 10; E on Del Rt 10 to Camden/US Rt 13; left (N) on US Rt 13 to intersection S State (US Rt 113A); Carroll's Corner Shopping Center/Dover Pool). Left (N) on S State, over 1 block, YMCA parking on right, after light.  
Wilmington/points N: exit I-95 W of Wilmington to Del Rt 7/Del Rt 1 S to Smyrna rest area (toll road). On US Rt 13 to Dover-do Not get back on Del Rt 1. In Dover, continue on US Rt 13 S intersection S State (US Rt 113A); (CCSC/DP). Right (N) on S State, over 1 block, YMCA parking on right, after light. S: US Rt 13 N to Dover, intersection of S State (US Rt 113A); (CCSC/DP). Left (N) on S State, over 1 block, YMCA parking on right, after light.**Event Info:** 5:30am-10pm M-F, 7am-6pm Sat & Sun  
10k starts at YMCA; 5k starts at Silver Lake directions in start box  
Dover is the Capital of Delaware. This walk is stock full of historic buildings and sites. Delaware is the First State, after all. There's also a park with a lake, tree-lined streets, a very old cemetery and the State Legislature and Archive buildings. A truly remarkable walk!

**Lewes****5k and 10k Year Round Walk (2017/Y1425) 1/4/2017 - 12/29/2017**

Bridges - Spanning the USA, Ice Cream Parlors, Make a Wish at a Water Fountain, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0065 First State Webfooters [www.mdvolks.org/FSW](http://www.mdvolks.org/FSW)  
**Contact:** Kathy Kresko, [ksk928@aol.com](mailto:ksk928@aol.com), (302)653-6017, 928 Massey Church Road, Smyrna, DE, 19977

**Start Point:** Lemon Tree Restaurant (Shoppes Center) 302-645-0481 - Lat 38 Deg 46 Min 41 Sec N Lon 75 Deg 8 Min 6 Sec W- 416 E Savannah Rd., Lewes, DE 19958.  
 From DC/MD: Bay Bridge to US Rt 50/301 split. Right on US Rt 50 to US Rt 50/MD Rt 404 intersection. Left on MD Rt 404, to circle in Georgetown. Right on Del Rt 404/US Rt 9. Cross Del Rt 1, to Bus US Rt 9, becomes Savannah. N: Exit I-95 W of Wilmington to Del Rt 7/Del Rt 1 S to Dover (toll road). Del Rt 1 S (Delaware shore points) through Dover to end of limited access rd, merges with US Rt 113. S on US Rt 113 to Del Rt 1 Bypass at Milford. Bear left on Del Rt 1, intersection US Rt 9/Bus US Rt 9. Left on Bus Rt 9, becomes Savannah. S: US Rt 13 N to US Rt 13/113 split @ Pocomoke City, MD. Right on US Rt 113 to Del Rt 24 in Millsboro, right on Del Rt 24 to Del Rt 1. Left on Del Rt 1 to intersection US Rt 9/Bus US Rt 9. Right on Bus US Rt 9, becomes Savannah. Savannah over drawbridge, to Lemon Tree Restaurant (open 6:00 am to 3:00 pm, 7 days a week). Left to parking lot.

**Event Info:** Walkers will enjoy the wonderful town of Lewes, Delaware, with a canal full of boats, many varieties of beach cottages, shops, restaurants, a museum, and the beach (Atlantic Ocean). A wonderful wander.

**New Castle - Colonial Capital****10k/5k Year Round Walk (2017/Y0912) 1/2/2017 - 12/31/2017**

Alternative Capitals, Fraternal Organizations, Honoring Our Flag, National Parks Centennial Challenge, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Underground Railroad, United States Post Offices, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0238 Liberty Bell Wanderers [www.libertybellwanderers.net](http://www.libertybellwanderers.net)  
**Contact:** Ron Nelson, [Rnel699@aol.com](mailto:Rnel699@aol.com), (717)806-7343, 1108 Hastings Hill, Quarryville, PA, 17566

**Start Point:** A Pizza History- 625 Delaware St., New Castle 19720 (302-322-2662). NJ and I-295: exit for US-13 S to DE-141 (Basin Rd.) to New Castle. \*\*Left on DE-273 (Delaware St.) Cross RR tracks, left at traffic island, start point on right. North and South on I-95, take DE-141 (Basin Rd.) exit to New Castle. \*\*Continue as above. Due to limited parking in front of the restaurant, walkers are requested to park in the shopping center lot across the street.

**Event Info:** Mon-Sat 6am-10pm; Sun 6am-6pm. (Owner occasionally closes earlier than posted closing times.) Closed Christmas. Walk goes through the historical section of New Castle, along a paved greenway, and a paved trail along the Delaware River. There are several older uneven brick sidewalks.

## Newark

### 5k and 10k Year Round Walk (2017/Y1758) 1/4/2017 - 12/29/2017

Ice Cream Parlors, Vice Presidential Walks, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0065 First State Webfooters [www.mdvolks.org/FSW](http://www.mdvolks.org/FSW)  
**Contact:** Kathy Szczesiak, kbs331@aol.com, (302)388-5740, P.O. Box 9348, Wilmington, DE, 19809

**Start Point:** Courtyard Marriott Hotel-Newark, 400 David Hollowell Dr., Newark, DE 19710 (302)737-0900. [www.marriott.com/ILGUD](http://www.marriott.com/ILGUD)- Take I-95 South to Delaware Exit 1B. Follow 896 North into Newark, (road is re-named South College Ave.). Go to the dead end of College Ave. and turn left onto Main St. Staying in the right lane, go one (1) block at the fork in road bear right over the railroad tracks. Proceed through traffic light at Cleveland Ave. Heading up the hill look to right for signs to University of Delaware-Laird Campus. Turn right on David Hollowell Dr. DC/Baltimore. Take I-95 North and take Delaware Exit 1B (896 North), and follow direction above. Lancaster PA. Take 896 South into Delaware. Look for Courtyard Marriott on your left.

**Event Info:** GPS info use 200 New London Rd. Newark DE 19711. Lat. 39 Degrees 41 min 16 sec North. Lon. 75 Degrees 45 min 35 sec West. Open 24/7. This walk features the very best of Main Street Newark as well as the University of Delaware, a very picturesque college. There's history, natural beauty, restrooms, and great restaurants.

## Rehoboth Beach

### 5k and 10k Year Round Walk (2017/Y0741) 1/4/2017 - 12/29/2017

Boardwalks, Ice Cream Parlors, Take a Walk In a City Park, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0065 First State Webfooters [www.mdvolks.org/FSW](http://www.mdvolks.org/FSW)  
**Contact:** Paul Missfeldt, pwm1957@netzero.net, (302)628-1744, 24468 Old Meadow Rd., Seaford, DE, 19973

**Start Point:** Sussex Family YMCA, Rehoboth Beach DE. Lat 38 Degree 42 Min 43 Sec North Lon 75 Degree 5 Min 53 Sec West- 105 Church St. Rehoboth Beach, DE 19971 Left on MD. Rt. 404 & continue to the circle in Georgetown, DE. Right on Del. Rt. 404/US Rt. 9 to Del. Rt. 1. South on Del. Rt. 1 to Del. Rt. 1a & follow into Rehoboth Beach RIGHT ON CHURCH ST. From the North: Exit I-95 west of Wilmington onto Del. Rt. 7/Del. Rt. 1 south to Dover (toll road). Stay on Del. Rt. 1 southbound (Del. shore points) through Dover to the end of the limited access road, where it merges with US Rt. 113. Continue south on US Rt. 113 to the Del. Rt. 1 bypass at Milford. Bear left on Del. Rt. 1 and continue to the intersection with Del. Rt. 1a & follow into Rehoboth Beach (see below). From the South: US. RT. 13 north to the US Rt. 13/113 split @ Pocomoke City, MD. Right on US Rt. 113 to Del. Rt. 24 in Millsboro, right on Del. Rt. 24 to Del. Rt. 1; right on Del. Rt. 1 to Del. Rt. 1a (see below). Rt. 1a./Rehoboth Ave. take first right, Church St. is first to the right, YMCA is on right.

**Event Info:** M-F 6am-9:30pm Sat 7:30am-6pm Sun 8:30am-6pm. Rehoboth Beach, Delaware, is known as the Nation's Summer Capital. The Atlantic Ocean coastline is a wonderful feature, with the one mile boardwalk. Also, Henlopen Acres, a wooded development of large beach "cottages" includes shade and lots of trees to enjoy. The Visitor's Center with restrooms is a great stop and includes tons of information for other nearby activities. Rehoboth Avenue has many (famous) restaurants, brewpubs, and shops. Rehoboth is a great place to visit (and walk in) any time of the year!



**DISTRICT of COLUMBIA****Washington - Embassy****Distance 5/10/20 km Year Round Walk (2017/Y0553) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Food For Thought, Ice Cream Parlors, Make a Wish at a Water Fountain, Take a Walk In a City Park, United States Post Offices, Vice Presidential Walks, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** medium      **Pets:** No  
**Sponsor:** AVA-0419 Seneca Valley Sugarloafers [www.sugarloafers.org](http://www.sugarloafers.org)  
**Contact:** J Parr, [jone.p@comcast.net](mailto:jone.p@comcast.net), (301)385-0054, POB 3617, Gaithersburg, MD, 20885  
**Start Point:** McDonald's - 2616 Connecticut Ave NW, 202-462-8773. Start Point adjacent to Metro escalators; 2 entrances: Connecticut and rear entrance on 24th (wheelchair accessible at rear entrance). BY METRO: Red Line to Woodley Park-Zoo/Adams Morgan Station. BY CAR: I-495 (Capital Beltway) to Exit 33, Connecticut S, about 6 miles to Calvert. Right on Calvert. Park on streets weekends only or Omni Shoreham Hotel parking at Calvert (hourly rates). START BOX: From Conn. Ave entrance, go down stairs to McDonalds. Look LEFT; Start Box usually kept on floor by Trash containers.  
**Event Info:** McDonald's hours, Daily 5:30am-11pm; closed 3pm on Thanksgiving & Christmas. RESTROOMS/WATER are available at the Start Point & the Cathedral. PETS are NOT allowed in the Start Point or on the Cathedral grounds. Cathedral Hours: 10 AM to 4:30 PM. The trail is on sidewalks & paved surfaces.

**Washington - Georgetown****10/11 km Year Round Walk (2017/Y1395) 1/1/2017 - 12/31/2017**

Animal Safari, Border Crossings, Bridges - Spanning the USA, Food For Thought, Ice Cream Parlors, Make a Wish at a Water Fountain, National Parks Centennial Challenge, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, United States Post Offices, Vice Presidential Walks, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the Path of Inventions

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0419 Seneca Valley Sugarloafers [www.sugarloafers.org](http://www.sugarloafers.org)  
**Contact:** J Parr, [jone.p@comcast.net](mailto:jone.p@comcast.net), (301)385-0054, POB 3617, Gaithersburg, MD, 20885  
**Start Point:** McDonald's - 2616 Connecticut Ave, NW, 202-462-8773. Start Point adjacent to Metro escalators; 2 entrances: Connecticut and rear entrance on 24th (wheelchair accessible at rear entrance). BY METRO: Red Line to Woodley Park-Zoo/Adams Morgan Station. BY CAR: I-495 (Capital Beltway) Exit 33, Connecticut S, about 6 miles to Calvert. Right on Calvert. Park on streets weekends only or Omni Shoreham Hotel parking on Calvert (hourly rates). START BOX: From Conn Ave entrance, go down stairs to McDonalds. Look LEFT; Start Box usually on floor by Trash containers.  
**Event Info:** McDonald's hours, Daily 5:30am-11pm, closed 3pm on Thanksgiving & Christmas. The trail is mostly on paved surfaces except in the Park. RESTROOMS/WATER are available at Start Point & in Georgetown as noted in the walking instructions. PETS on leash are allowed on this trail.  
The trail goes to historic Georgetown through some of the finest neighborhoods in the Washington DC, to Georgetown University & through scenic Rock Creek Park. An additional 1 km option visits the C&O Canal & the Georgetown waterfront at Potomac River.

**Washington - Iwo Jima Memorial****10/12 KM Year Round Walk (2017/Y1563) 1/2/2017 - 12/31/2017**

National Parks Centennial Challenge, National Register of Historic Places, Walk the USA - Street by Street, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** B Award **Strollers:** Medium **Restroom:** Yes  
**Rating:** 2A **Wheelchair:** hard **Pets:** Yes  
**Sponsor:** AVA-0481 Great Greenbelt Volksmarchers, Inc.  
**Contact:** Yvonne Pennington, greenbeltnva@gmail.com, (571)217-9851, 2126 Gatewood Place, Silver Spring, MD, 20903

**Start Point:** Columbia Plaza Apartments - Reception Desk, The Consul, W Lobby, 2400 Virginia Ave NW. I-495 (Capital Beltway) in VA, Exit 44 to George Washington Memorial Pkwy (1st exit in VA from MD). Exit from Pkwy at Memorial Bridge/Arlington Cemetery exit (approx 8.5 miles). Right at stop sign. Right lane in traffic circle to cross Memorial Bridge. On Bridge, get in right lane. Immediately after crossing Bridge, exit Rock Creek Pkwy/Kennedy Center exit, follow signs. Road will pass under Kennedy Center by river, pass by Watergate complex on right. Next light (yield sign to right of light) make right to Virginia. After 3 lights (0.3 miles) make right on 24th to parking garage at Columbia Plaza. Limited parking on street during day (metered) and weekend (free). Via Metro [recommended]: Exit Foggy Bottom-GWU (Orange/Blue Lines) Station to 23rd. Right, remain on 23rd, walk 4 blocks to Virginia. Cross Virginia, turn right, walk 1/2 block, left to drive at Columbia Plaza Apartments across from parking.

**Event Info:** Walk daylight hours.

**Washington - National Arboretum****10K and 5K Year Round Walk (2017/Y1236) 1/1/2017 - 12/31/2017**

Boardwalks, Honoring Our Flag, Make a Wish at a Water Fountain, State Capital, Treasure Hunt - A way to walk our precious trails, Walking the USA A - Z

**Award:** IVV Credit Only **Strollers:** hard **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** hard **Pets:** Yes  
**Sponsor:** AVA-0595 Annapolis Amblers [www.annapolisamblerswalk.com](http://www.annapolisamblerswalk.com)  
**Contact:** John Carolus, johncarolus@yahoo.com, (410)224-0907, 626C Admiral Dr #156, Annapolis, MD, 21401

**Start Point:** Fairfield Inn and Suites- 2305 New York Ave NE, 20002. VA: Rt 495, exit to 395N, Wash DC. Follow directions thru tunnel to New York Ave, turn right. Hotel on right at Bladenburg intersection. MD: 95S to Wash DC. Exit 2B to MD295, exit to 50W, New York Ave. Hotel on left, before Bladensburg intersection.

**Event Info:** The walk is in the United States National Arboretum. The 10k trail covers the entire grounds, going through most exhibits. It is on paved surfaces, and natural paths. The one 5k trail is rated 1A. They are entirely on paved surfaces. The Arboretum Grounds close daily at 5:00 PM. The walks must be completed by then.

**Washington - National Mall****7/11/17 KM Year Round Walk (2017/Y0231) 1/2/2017 - 12/31/2017**

Make a Wish at a Water Fountain, National Parks Centennial Challenge, National Register of Historic Places, Points of Reference, Walk the USA - Street by Street, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** B Award **Strollers:** Easy **Restroom:** Yes  
**Rating:** 1B **Wheelchair:** Medium **Pets:** Yes  
**Sponsor:** AVA-0481 Great Greenbelt Volksmarchers, Inc.  
**Contact:** Yvonne Pennington, greenbeltmva@gmail.com, (571)217-9851, 2126 Gatewood Place, Silver Spring, MD, 20903

**Start Point:** Columbia Plaza Apartments- Reception Desk, The Consul, W Lobby, 2400 Virginia Ave NW. I-495 (Capital Beltway) VA, Exit 44 to George Washington Memorial Pkwy (1st exit in VA from MD). Exit from Pkwy at Memorial Bridge/Arlington Cemetery exit (approx 8.5 miles). Right turn at stop sign. Right lane in traffic circle to cross Memorial Bridge. After the Bridge, get in right lane. Immediately after crossing Bridge, exit Rock Creek Pkwy/Kennedy Center exit, follow signs. Road passes under Kennedy Center by river, pass by Watergate complex on right. Next light (yield sign to right of light) right turn to Virginia. After 3 lights (0.3 miles) right on 24th to parking garage at Columbia Plaza. Limited parking on street during day (metered) and weekend (free). Via Metro [recommended]: Exit Foggy Bottom-GWU (Orange/Blue Lines) Station to 23rd. Right, remaining on 23rd, walk 4 blocks to Virginia. Cross Virginia, turn right, walk 1/2 block, turn left to drive at Columbia Plaza Apts across from parking.

**Event Info:** Walk daylight hours.

**Washington - Zoo/Adams Morgan****Distance 5/10/20 km Year Round Walk (2017/Y0552) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Ice Cream Parlors, Make a Wish at a Water Fountain, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, United States Post Offices, Vice Presidential Walks, Walk the USA - Street by Street

**Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes  
**Rating:** 2A **Wheelchair:** medium **Pets:** No  
**Sponsor:** AVA-0419 Seneca Valley Sugarloafers www.sugarloafers.org  
**Contact:** J Parr, jone.p@comcast.net, (301)385-0054, POB 3716, Gaithersburg, MD, 20885  
**Start Point:** McDonald's- 2616 Connecticut Ave NW, 202-462-8773. Start Point adjacent Metro escalators; 2 entrances: Connecticut and a rear entrance on 24th (wheelchair accessible at rear entrance). BY METRO: Red Line to Woodley Park-Zoo/Adams Morgan Station. BY CAR: I-495 (Capital Beltway) to Exit 33, Connecticut S, about 6 miles to Calvert. Right on Calvert. Park on streets weekends only or if necessary in Omni Shoreham Hotel parking lot on Calvert (hourly rates).  
**START BOX:** From Conn. Ave entrance, go down stairs to McDonalds. Look LEFT; Start Box usually kept on floor by Trash containers.

**Event Info:** McDonald's hours, Daily 5:30 am to 11 pm; closed 3pm on Thanksgiving & Christmas. RESTROOMS/WATER are available at the start point, the Cathedral & the Zoo. PETS are not allowed in the Start Point, on the Cathedral grounds or in the National Zoo. Cathedral Hours: 10 AM to 4:30 PM. Zoo Hours: 10 AM to 6 PM April through Oct.; 10 AM to 4:30 PM Nov - March; closed Christmas Day. The Zoo may close due to ice or snow. If in doubt, call the Zoo at 202-633-4800.  
The Zoo / National Cathedral 10 km trail goes through the Zoo, some of the finest neighborhood in Washington, DC, and the grounds of the National Cathedral. The trail is mostly on paved surfaces. The 5 Km trial goes to and around in the Zoo. The Adams Morgan 10 km trail includes the U St. areas of DC. Highlights of this walk are great architecture of buildings, an abundance of musical history, many restaurants of ethnic varieties, Ben's Chili Bowl & many other historical & interesting sights. The two 10km sections can be combined to complete the entire 20 km trail.

**FLORIDA****Bagdad - Bagdad Stroll****10K / 5K Year Round Walk (2017/Y0147) 1/1/2017 - 12/31/2017**

National Register of Historic Places, Trekking With the Trees, United States Post Offices

**Award:** A Award                      **Strollers:** Medium                      **Restroom:** No  
**Rating:** 1B                              **Wheelchair:** Hard                      **Pets:** Yes

**Sponsor:** AVA-0240 Pensacola Volksmarch Club

**Contact:** Dick & Polly Wonson, ac4ka@mediacombb.net, (850)623-3939, 5533 Birch St, Milton, FL, 32570

**Start Point:** Pic-N-Sav- 5221 Stewart, Milton, FL. I-10 exit 26, Milton/Bagdad. Travel N (through Bagdad), reach US-90 at light. Turn left (W). Next light, Burger King on corner, Right (N) on Stewart. 2nd block, left to Pic-N-Sav store. Sets back on large parking area. Ask clerk for walk box. Store OPENS 8am. Walk daylight hours only.

**Event Info:** Start/finish 2.1 miles from registration. Driving directions to start/finish are at top of walk directions. Carry water. Stock up on supplies while you register. Store is CLOSED on Christmas Day.

**Boca Raton****6 & 10km Year Round Walk (2017/Y1752) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Lady Liberty Special Program, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only                      **Strollers:** medium                      **Restroom:** Yes  
**Rating:** 1C                              **Wheelchair:** medium                      **Pets:** Yes

**Sponsor:** AVA-0629 Mid-Florida Milers Walking Club [www.midfloridamilers.org](http://www.midfloridamilers.org)

**Contact:** MFM Tralmaster, mlanpher@gmail.com, (407)304-6394, Post Office Box 4575, Winter Park, FL, 32793

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) - START: Boca Raton walk is at Mizner Park (shopping area), Garage D.- REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user. DIRECTIONS - Map <http://tinyurl.com/MiznerParkMFM>; GPS: 26.3559416,-80.084235. From I-95N or S take exit 44 and turn left (right from south) on Palmetto Park Rd. Drive to Federal Hwy (US 1). Turn left at Federal Hwy. to 5th St. Turn right on 5th St.. From FL Turnpike use exit 75, Glades Rd. Turn left to US1S/Federal Hwy. Turn left on 5th St. From both directions pass Plaza Real and Museum (on left) to the D Garage; park on the 2d or 3d floor.

**Event Info:** Boca Raton is located in Southeast Florida along the famous Gold Coast. Boca Raton is a 6 or 10K walk in a city through the intercoastal residential areas, two beach parks, the beach, and upscale Mizner Park. The 6K walks from Mizner Park into intercoastal residential areas. Restrooms available at Starbucks, 300m from garage, and city parks. 6k trail rating is 1A; 10K trail rating 1C for Beach part.

**Cocoa Beach - Cocoa Beach Year Round Walk Event****5/10km Year Round Walk (2017/Y0634) 1/1/2017 - 12/31/2017**

Boardwalks, Food For Thought, Honoring Our Flag, Take a Walk In a City Park, Trekking With the Trees, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 1C      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0717 Happy Wanderers [www.happywanderersfl.org](http://www.happywanderersfl.org)  
**Contact:** Debbie Olinick, [dolinick@yahoo.com](mailto:dolinick@yahoo.com), (321)525-0379, PO Box 290153, Port Orange, FL, 32129

**Start Point:** Courtyard by Marriott - 3435 N Atlantic Ave. (A1A). N I-95 exit 205A E to SR528. E on SR528 turns into A1A. S on A1A to start point. S I-95 exit 201 E to SR520. E on SR520 to A1A. Right (S) on A1A. Courtyard by Marriott on left (ocean side) of A1A, approx 0.5 miles S of A1A/SR520 intersection.

**Event Info:** Daily, dawn-dusk. The Johnnie Johnson Nature Trail, which is on the walk route, is open daily 7 AM to dark. Part of trail is on the beach and is unsuitable for strollers/wheelchairs due to soft sand; use alternate route available on sidewalk. No pets allowed on beach. Walk a nature trail and high end river front residential area.

**Daytona Beach - Daytona Beach Year Round Walk Event****6/11KM Year Round Walk (2017/Y1134) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 1C      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0717 Happy Wanderers [www.happywanderersfl.org](http://www.happywanderersfl.org)  
**Contact:** Dave Wasko, [dwasko7@gmail.com](mailto:dwasko7@gmail.com), (386)589-2357, PO Box 290153, Port Orange, FL, 32129

**Start Point:** Silver Beach Club- 1025 S Atlantic. I-95 Exit 261 (US Hwy 92/Intl Speedway), E on US 92/ISB to S Atlantic (US Hwy A1A) cross Intracoastal Waterway (approx 5 miles). Right to S Atlantic, approx 1.9 miles to Silver Beach. Silver Beach Club on left. Ask for box at desk.

**Event Info:** Daily, dawn-dusk. Beach not suitable for strollers/wheelchairs; sidewalk alternative available. Pets not allowed on beach.

**DeLand - DeLand Year Round Walk Event****6/11km Year Round Walk (2017/Y0440) 1/2/2017 - 12/31/2017**

Amphitheatres, Food For Thought, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0717 Happy Wanderers [www.happywanderersfl.org](http://www.happywanderersfl.org)  
**Contact:** Pat Burke, [gloriajpratt@gmail.com](mailto:gloriajpratt@gmail.com), (386)747-2597, PO Box 290153, Port Orange, FL, 32129

**Start Point:** Volusia County Public Library- 130 E Howry Ave. I-4 Exit 118, follow signs to DeLand. Approx 4.3 miles to Amelia. Left to Amelia, one block to Howry, right about 2 blocks to library on left. Volkssport box on 2nd floor at Service Desk.

**Event Info:** Sun 1-5pm, M-Th 9:30am-7:30pm, F/Sat 9:30am-5pm. Closed holidays. Strollers/wheelchairs some difficulty.

**DeLand - Hontoon Island State Park****10km Year Round Walk (2017/Y0549) 1/2/2017 - 12/31/2017**

Boardwalks, Honoring Our Flag, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0717 Happy Wanderers [www.happywanderersfl.org](http://www.happywanderersfl.org)**Contact:** John McClellan, [johnmc82@cfl.rr.com](mailto:johnmc82@cfl.rr.com), (386)256-2160, PO Box 290153, Port Orange, FL, 32129-0153

**Start Point:** Hontoon Island State Park Administration Buildings- 2309 River Ridge Rd. (386) 736-5309. From I-4 take exit 118; SR 44 west about 7 miles thru DeLand; bear left on CR 4110 for 1.9 miles; left on CR 4125 for 3.4 miles. Turn left into the Hontoon Island State Park parking lot. Walk to the nearby boat dock. The ferry will come for you as soon as the captain sees you waiting. After exiting the ferry boat, walk to the buildings near the landing. There is no fee for either the short ferry ride, or for entry into the state park. Please inform the boat captain or a ranger at the buildings that you are a Volksmarcher who needs the walk-box. The box is located in the office to the right of the park store, but the park staff has requested that walkers ask for the box before entering that door.

**Event Info:** The park opens at 8 a.m. Trail is rated 2B and is not suitable for strollers or wheelchairs. The island is accessible only by private boat or free park ferry.

**Delray Beach****5 & 10km Year Round Walk (2017/Y0278) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** No  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0629 Mid-Florida Milers Walking Club [www.midfloridamilers.org](http://www.midfloridamilers.org)**Contact:** MFM Trailmaster, [mlanpher@gmail.com](mailto:mlanpher@gmail.com), (407)304-6394, PO Box 4575, Winter Park, FL, 32793

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) - START: Delray Beach at Publix at 555 NE 5th Ave.- REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user.  
 DIRECTIONS: Map: <http://tinyurl.com/DelrayPublix>; GPS: 26.4710652,-80.0673911. To Publix at 555 NE 5th Ave. from I-95S/N use exit 52. Turn left from 1-95S (right from I-95N), crossing Swinton Ave., to NE 6th Ave. (US 1 one way north). Turn left on NE 6th Ave. Turn left into Publix after crossing NE 4th St.

**Event Info:** There are 6 & 10 km walks in Delray Beach. The routes are in residential areas bordering the intracoastal waterway. Walk through the Downtown area along Atlantic Blvd. Many restaurants and shopping opportunities are available.

**Dunedin - Historic Dunedin Stroll****5 & 10K Year Round Walk (2017/Y1992) 1/2/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Boardwalks, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the Path of Inventions, Walking the USA A - Z, You'll Never Walk Alone

**Award:** B Award **Strollers:** Easy **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Easy **Pets:** Yes  
**Sponsor:** AVA-0219 Suncoast Sandpipers Volkssport Club suncoastsandpipers.org  
**Contact:** Bonnie Theall, theallsport@yahoo.com, (727)734-1325, 526 Vine Ave., Dunedin, FL, 34698

**Start Point:** Anytime Fitness- 1471 Main. US 19, W (N left; S right) on SR 580/Main to Dunedin. 5th light (about 1.6 miles), left on Keene, immediate right to Walgreen's parking lot. Anytime Fitness between Walgreen's/Bank of America. Fitness club hours M-F 10 am-7 pm; Sat 10 am-3 pm, closed Sun, New Year's Day, Thanksgiving, Christmas and may have shorter hours on Federal holidays. Call club (727)733-1100 if considering walk on a holiday to determine its hours. Complete walk in daylight.

**Event Info:** After registration, participants drive 1.8 miles to Edgewater Park for walk start. Everyone is invited to enjoy a stroll in this charming village-like town which reflects a rich American and Scottish heritage. Along the way, walkers can look out for the Dunedin oranges: murals painted by local artist Steven L. Spathelf.

**Fernandina Beach - Egan's Creek Greenway Walk****5k & 10k Year Round Walk (2017/Y1786) 1/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Boardwalks, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** Hard **Restroom:** Yes  
**Rating:** 2C **Wheelchair:** None **Pets:** Yes  
**Sponsor:** AVA-0868 First Coast Trail Forgers Walking Club  
 www.FirstCoastTrailForgersWalkingClub.org

**Contact:** Cathy & Bob Burch, msengland44@gmail.com, (904)742-6985, 2915 Warrior Dr., Middleburg, FL, 32068

**Start Point:** Residence Inn- 2301 Sadler, Fernandina Beach, FL 32034 (904)277-2440. I-95, exit 373 head E to SR 200/A1A to Fernandina Beach. Across Intracoastal Waterway Bridge, go to 2nd traffic light, right to Sadler. Go 1.0 mile. Residence Inn on left.

**Event Info:** Start box at Front Desk of Residence Inn. Once registered, drive to back left corner of parking lot. Designated parking spaces for Greenway walkers. 8am-dusk. Bring extra shoes-Greenway trails tend to be very wet after rain. The Greenway Walk on Amelia Island is truly a unique walk along the Egan's Creek Greenway. As you stroll along the greenway you will see a variety of wildlife from birds to armadillos. In addition you will notice all kinds of flora. Both walks includes a portion on the beach.

**Fernandina Beach - Historic Downtown****5k & 10k Year Round Walk (2017/Y1755) 1/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking the USA A - Z, Water Towers

**Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes

**Rating:** 1B **Wheelchair:** medium **Pets:** Yes

**Sponsor:** AVA-0868 First Coast Trail Forgers Walking Club  
www.FirstCoastTrailForgersWalkingClub.org

**Contact:** Cathy & Bob Burch, msengland44@gmail.com, (904)742-6985, 2915 Warrior Dr., Middleburg, FL, 32068

**Start Point:** Hampton Inn & Suites- 19 S Second, (904)491-4911. I-95 exit 373 head E to SR 200/A1A to Fernandina Beach. At Centre St/Atlantic, left to Centre to Front. Front turn left. Left on Ash. Left on Second, Hotel on left.

**Event Info:** Start box in lobby, behind registration desk. Daily dawn-dusk. The Walk Box contains 2 walks. Historic Downtown and The Lighthouse Walk. The city's old town on Amelia Island will captivate you with its variety of architectural styles. You'll pass part of the Victorian District, wonder at the many varied and inviting Bed/Breakfast establishments and delight in the proliferation of quaint stores and restaurants on Centre St.

**Fernandina Beach - The Light House Walk****5K and 10K Year Round Walk (2017/Y0576) 1/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Boardwalks, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** Hard **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Hard **Pets:** Yes

**Sponsor:** AVA-0868 First Coast Trail Forgers Walking Club  
www.FirstCoastTrailForgersWalkingClub.org

**Contact:** Cathy & Bob Burch, msenglad44@gmail.com, (904)742-6985, 2915 Warrior Dr., Middleburg, FL, 32068

**Start Point:** Hampton Inn & Suites (registration only) Walk starts at Wolf Park 4 N Fletcher, Fernandina Beach, FL - Registration point at 19 S Second St. I-95 Fernandina Beach exit 373 (SRA200/A1A) Head East. At Centre St/Atlantic, left on Centre to Front. At Front turn left. Left on Ash. Left on Second. Hotel on left. Registration box at front desk. Once registered, drive to Centre St. and make right. Continue on Centre/Atlantic to N Fletcher. Approx. 1.6 miles. At light, turn left on N Fletcher. Wolf Park on left. Park in back of parking lot by skate board park. Begin walk from here.

**Event Info:** Walk dawn-dusk 7 days a week. The Walk Box contains 2 walks. The Lighthouse Walk and Historic Downtown. The Lighthouse has limited access. When closed the Lighthouse can be seen and you may have Lighthouse Passport stamped at Ameila Island Museum of History located at 233 S Third. The Light House Walk takes you through 1950-70s neighbor hoods of Fernandina Beach. The middle of the route you will walk through a beautiful canopy of trees passing our historic Lighthouse.



**Flagler Beach - Flagler Beach Year Round Event****5/11KM Year Round Walk (2017/Y1904) 1/2/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, Take a Walk In a City Park, Trekking With the Trees, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 1C      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0717 Happy Wanderers [www.happywanderersfl.org](http://www.happywanderersfl.org)  
**Contact:** Mary-Ann Westbrook, [jm.westbrook@aol.com](mailto:jm.westbrook@aol.com), (386)441-1839, PO Box 290153, Port Orange, FL, 32129 0153  
**Start Point:** Big Al's Bait & Tackle- 323 North 2nd St. Nov-Feb 6 to 6, Mar-Oct 6 to 7:30. From I-95, take Exit 284 onto SR100. Drive east on SR100 for about 3.5 miles crossing the high rise bridge to traffic light at N. Flagler Ave. Turn left onto N. Flagler Ave. Big Al's is on your right. Please do not park in his lot; park in nearby public parking. Ask for box at the counter.  
**Event Info:** Enjoy this beautiful and quaint beachside village as you stroll along the golden sands of the Atlantic Ocean beach. Wander through the wetlands preserve out to the Matanzas River. Delight in the historic downtown and visit the museum. Active Farmers' Market open on Saturday mornings.

**Fort Myers****6K & 10km Year Round Walk (2017/Y0446) 1/3/2017 - 12/31/2017**

Honoring Our Flag, Make a Wish at a Water Fountain, Take a Walk In a City Park, Walking the Path of Inventions

**Award:** B Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0755 Meandering Manatees  
**Contact:** Beverley MacNeill, [bevmneill@aol.com](mailto:bevmneill@aol.com), (239)368-1673, 324 Elmwood Ave, Lehigh Acres, FL, 33936  
**Start Point:** Publix Supermarket - 2160 McGregor Blvd in Fort Myers. From the north or south on I-75 take Exit 138. Turn left from the south and right from the north and follow Martin Luther King Blvd for about 5 miles. Drive in the left lane until after Fowler St. After the underpass this becomes McGregor. Turn right on Altamont (traffic signal) then RIGHT again. The Publix parking lot will be on your left.  
**Event Info:** Open daily except major holidays. Event is mostly on city streets and sidewalks and features the winter homes of Thomas Edison and Henry Ford. Tours could be taken during the walk if time permits. On Sunday the Edison Home doesn't open until Noon. Walk instructions provide an alternate route for this section.

**Ft Lauderdale****6 & 10 Km Year Round Walk (2017/Y0257) 1/1/2017 - 12/31/2017**

Alternative Capitals, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only                      **Strollers:** hard                      **Restroom:** Yes

**Rating:** 1A                      **Wheelchair:** NO                      **Pets:** Yes

**Sponsor:** AVA-0629 Mid-Florida Milers Walking Club [www.midfloridamilers.org](http://www.midfloridamilers.org)

**Contact:** MFM Trailmaster, [mlanpher@gmail.com](mailto:mlanpher@gmail.com), (407)304-6394, PO Box 4575, Winter Park, FL, 32793

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) - START: Ft. Lauderdale walk is at Esplanade Park at 400 SW 2d St.- REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user. DIRECTIONS Map: <http://tinyurl.com/MFM-FtLauderdale>; GPS: 26.1208861,-80.1451197. To Esplanade Park at 400 SW 2d St. between SW 4th and SW 5th Avenues (opposite the Museum of Discovery and Science at 401 SW 2d St), take Exit 27 from I-95S onto W. Broward Blvd. Turn left on W. Broward for 1.2 miles to SW 7th Ave. Turn right on SW 7th Ave to Himmarshee St. (also called SW 2nd St.). Turn left on Himmarshee St./SW 2nd St to parking garage at 151 Himmarshee (\$2 1st hr, \$1/hr afterwards is near park; street parking (on street meters at \$1.50/hr). Directions are \$2 and credit walks are \$3 paid by credit card through Paypal.

**Event Info:**

These are 6 & 10 km walks in Ft. Lauderdale. The route is on the beautiful Riverwalk along the New River and on Las Olas Blvd. as well as the areas surrounding Las Olas Blvd. across the New River areas south of the river. Fee parking required. Restrooms at start, in Las Olas Center (on riverwalk), Publix (10K). Strollers on 10k have one set of stairs to climb. Wheelchairs 6K only.

**Ft Walton Beach - Neighborhoods****5/10K Year Round Walk (2017/Y1613) 1/3/2017 - 12/29/2017**

Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, Walking the USA A - Z, Water Towers

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0110 Emerald Coast Volkssport Club

**Contact:** DJ Moore, dj.tyc1949@gmail.com, (850)628-4016, 390 S. Tyndall Parkway, #121, Panama City, FL, 324046724

**Start Point:** Visitor's Center, 1540 Miracle Strip Pkwy, Ft Walton Beach. Located between Destin Bridge to east and Brooks Bridge to west. Center is on Gulf side of highway.- Miracle Strip Pkwy (US Hwy 98) Okaloosa Island is between Marler Bridge on East, Brooks Bridge, Ft. Walton Bch on West. Island is approximately 5 miles long. A blue and white Visitor's sign marks driveway on Gulf side. A smaller sign marks Visitor's Center on westbound lane. Ask for Volksmarch Box, which is kept behind/below the staffed counter. Drive to Ferry Park to start walk. Directions included on instructions. Club Emergency #: 850-628-4016.

**Event Info:** Easy beautiful Florida walk. Begins in a small city park (Ferry Park). 10K continues along Bud & Dorie Day Walkway, on thru residential areas, passing Historical Indian Mound, an old schoolhouse, and Ft. Walton Landing (waterfront park). You will pass one of the most interesting McDonald's anywhere, filled with the best McD's historical memorabilia in the country. Be sure to go in and look around. Restaurants and restrooms are available along route. Restroom at start of walk in the park is not always unlocked. Public restroom on 10K also. 5K circles same park and veers off into \$\$ neighborhood for a major portion of the walk.

**Gainesville****5K & 10km Year Round Walk (2017/Y0577) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Points of Reference, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** easy      **Pets:** Yes

**Sponsor:** AVA-0868 First Coast Trail Forgers Walking Club  
www.FirstCoastTrailForgersWalkingClub.org

**Contact:** Kathy Rapacki, catwalk77@aol.com, (352)359-1706, 4605 NW 25th Dr., Gainesville, FL, 32605

**Start Point:** Holiday Inn- 1250 W University, 352-376-1661. I-75 exit 384 E to FL 24 (Archer). Archer to SW 13th. (Note: VA Hospital on right of Archer as you approach town). Left to SW 13th. Holiday Inn located on right at corner of W University/SW 13th. Start box at front desk, register, drive to VA Hospital on Archer. Park in visitor's parking off SW 16th. Accessible from Archer. Start walk at hospital picnic pavilion. City is crowded on Gator home game weekends. Call ahead to check.

**Event Info:** Daily, dawn-dusk. Pets must be leashed, under control. Extreme caution must be exercised at busy street crossings. Part of this trail is on a boardwalk path to Lake Alice and is not recommended to be done alone or at near dusk. The walk is around the beautiful University of Florida campus, home of the Florida Gators. The University is the oldest in the state of Florida. The northeast quadrant of the campus is on the Register of Historic Places.

**Jacksonville - Atlantic Beach****5K & 10K Year Round Walk (2017/Y1085) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Honoring Our Flag, Ice Cream Parlors, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1C      **Wheelchair:** hard      **Pets:** No  
**Sponsor:** AVA-0868 First Coast Trail Forgers Walking Club  
[www.FirstCoastTrailForgersWalkingClub.org](http://www.FirstCoastTrailForgersWalkingClub.org)  
**Contact:** Kristin Raasch, [kraasch1725@gmail.com](mailto:kraasch1725@gmail.com), (904)221-2021, 1725 Indian Springs Drive, Jacksonville, FL, 32246  
**Start Point:** Homespun Kitchen (formerly Happy Cup), 299 Atlantic Blvd., Atlantic Beach, FL- 299 Atlantic Blvd, Atlantic Beach, FL. Free parking on several streets around the start point. Map:<https://goo.gl/maps/vURh2fSm4yo>  
**Event Info:** For Homestyle Kitchen hours go to [homespunkitchen.com](http://homespunkitchen.com). Walk box on wall to the right as you walk in. Daily Dawn-Dusk. Pets not allowed on the beach. Trail is on paved sidewalks/streets and sandy beach. Both the 10k and 5k walks will begin at Homespun Kitchen. The walk goes through charming residential areas of Atlantic Beach as well as a walk on the beach. Need to check tide schedule to determine whether to walk beach first or last. This area is a delightful change of pace from much of coastal FL. Restrooms, restaurants and shops are located in the Town Centre area where the walk begins and ends.

**Jacksonville - Fort Caroline****5K & 10K Year Round Walk (2017/Y1524) 1/2/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, National Parks Centennial Challenge, National Register of Historic Places, Points of Reference, Trekking With the Trees, Walking America's Ports of Call, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1C      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0868 First Coast Trail Forgers Walking Club  
[www.FirstCoastTrailForgersWalkingClub.org](http://www.FirstCoastTrailForgersWalkingClub.org)  
**Contact:** David Yarbrough, [gatour@earthlink.net](mailto:gatour@earthlink.net), (904)230-6436, 560 Redberry Lane, St. Johns, FL, 32259  
**Start Point:** Timucuan Preserve at Ft Caroline Natl Memorial VC- 12713 Ft Caroline, (904)641-7155. S on I-95, exit I-295 (Exit 362). I-295 crosses St Johns River via Napoleon Bonaparte Broward bridge at Dames Point. Exit at Monument, follow brown signs to left, travel to Ft Caroline. Right, follow Ft Caroline curves to left at bottom of hill. Entrance to Ft Caroline Natl Memorial ahead, on left. N on I-95, leave at I-295 (Exit 337). Follow I-295 to Monument, follow directions above.  
**Event Info:** Daily 9am-5pm. Closed Thanksgiving, Christmas and New Years Day. Start/Walk box located inside VC behind Ranger's desk. Visit [www.nps.gov/timu](http://www.nps.gov/timu). Fort Caroline memorializes the short-lived French presence in sixteenth century Florida. Here you will find stories of exploration, survival, religious disputes, territorial battles, and first contact between American Indians and Europeans. Located at Fort Caroline National Memorial, the Timucuan Preserve visitor center hosts the exhibit "Where the Waters Meet." This exhibit showcases the richness of the environment in northeast Florida and how humans have interacted with this environment for thousands of years. The Visitor Center hosts a bookstore and information desk, and activities are available to do while exploring the exhibits.

**Jacksonville - Riverside****5K & 10K Year Round Walk (2017/Y0451) 1/2/2017 - 12/31/2017**

Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0868 First Coast Trail Forgers Walking Club  
www.FirstCoastTrailForgersWalkingClub.org

**Contact:** Diana Sherrill, diana.sherrill3@gmail.com, (904)608-4689, 9123 Sugar Meadow Trail, Jacksonville, FL, 32256

**Start Point:** Publix Super Market- 2033 Riverside Ave., Jacksonville, FL 32204. For directions, highlight and right click URL below and then click on the go to option:  
<https://goo.gl/maps/ho0KL>

**Event Info:** 7am-Dusk. Start box located at Customer Service desk. Pets must be leashed/under control and picked up after. Uneven sidewalks create challenges for strollers/wheelchairs. Walk along shady tree lined sidewalks through historically significant neighborhoods and scenic parks in Riverside. Browse through unique shops or stop for a snack in a restaurant in Five Points. Stroll along the National Heritage St. Johns River.

**Jacksonville - Riverwalk****6K & 10K Year Round Walk (2017/Y1660) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Food For Thought, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0868 First Coast Trail Forgers Walking Club  
www.FirstCoastTrailForgersWalkingClub.org

**Contact:** Therese Lee, tmlee621@gmail.com, (904)707-6823, 3429 Newcastle Creek Dr., Jacksonville, FL, 32277

**Start Point:** Hampton Inn- 1331 Prudential, Jacksonville, FL 32207. For directions, highlight the URL below, right click and then select the go to option. <https://goo.gl/maps/oT2h5>.

**Event Info:** Start box is located at front desk. Daily dawn-dusk. This event covers both shores of the Jacksonville riverfront. You will cross two bridges with panoramic views of the St. Johns River and Jacksonville. You will experience the Jacksonville Landing with its many shops and restaurants and see Friendship Fountain and the centuries old, magnificent Treaty Oak.

**Jacksonville - San Marco****6K & 10K Year Round Walk (2017/Y1661) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0868 First Coast Trail Forgers Walking Club  
www.FirstCoastTrailForgersWalkingClub.org

**Contact:** Therese Lee, tmlee621@gmail.com, (904)707-6823, 3429 Newcastle Creek Dr, Jacksonville, FL, 32277

**Start Point:** Hampton Inn- 1331 Prudential, Jacksonville, FL 32207. Start box located at front desk. For directions, highlight and right click the URL below and then click on the go to option: <https://goo.gl/maps/oT2h5>

**Event Info:** Daily dawn-dusk. Trail is rated 1A and is not suitable for strollers and wheelchairs. This walk takes you through San Marco, one of Jacksonville's older exclusive neighborhoods with beautiful waterfront homes. You will pass Friendship Fountain and the famous Treaty Oak. There are many shops and restaurants available on this walk.

**Jacksonville Beach - Jacksonville Beach****10K and 5K Year Round Walk (2017/Y0572) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Points of Reference, Take a Walk In a City Park, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 1C      **Wheelchair:** None      **Pets:** No

**Sponsor:** AVA-0868 First Coast Trail Forgers Walking Club  
www.FirstCoastTrailForgersWalkingClub.org

**Contact:** Kristin Raasch, kraasch1725@gmail.com, (904)563-6953, 1725 Indian Springs Dr., Jacksonville, FL, 32246

**Start Point:** Homespun Kitchen. Walk Box located on shelf just to right of entry. Walk 8AM-Dusk.- Homespun Kitchen, 299 Atlantic Blvd, Atlantic Beach, FL. If parking not available in immediate area, surrounding streets in area offer street parking. For directions highlight and right click URL below and select the go to option: <https://goo.gl/maps/vURh2fSm4yo>

**Event Info:** Walk begins in the Town Centre of Neptune Beach, a small beach community that has many local restaurants and shops, including Pete's Bar made famous in John Grisham's novel "The Brethren". After leaving the Town Centre, you head to the beach walking south toward Jacksonville Beach. Leave the beach at the Pier and continue heading south through more local restaurants and shops and on to Ocean Front Park. After leaving the Park, you'll head back to Neptune Beach, walking through eclectic residential areas with many 1950 and 1960's style beach homes.

**Key West****5 & 10 Km Year Round Walk (2017/Y1716) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Vice Presidential Walks, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** No

**Sponsor:** AVA-0629 Mid-Florida Milers Walking Club [www.midfloridamilers.org](http://www.midfloridamilers.org)

**Contact:** MFM Trailmaster, [mlanpher@gmail.com](mailto:mlanpher@gmail.com), (407)304-6394, PO Box 4575, Winter Park, FL, 32793

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) - START: Key West walk is at 300 Grinnell Parking Garage- REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user. DRIVE TO START. Map: <http://tinyurl.com/MFMKeyWest>, GPS 24.561111,-81.7985001; Parking at 300 Grinnell at \$2/hr; accepts CC. From US 1/Overseas Hiway enter Key West and turn right on N Roosevelt. Follow Roosevelt to and turn right on Palm Ave. Palm becomes Eaton St. at White St. In 2 blocks turn right on Grinnell St. You must enter from 300 Grinnell St. CRUISE TO START: Go to walk instruction #10 to start.

**Event Info:** Route will feature many of the attractions that draw thousands of visitors to this unique city every year. Such as the beaches, vibrant Duval Street, Fort Zachary Taylor State Park, Harry Truman's "Little White House", Ernest Hemingway's House & Museum, and many more. Please carry water. Fee parking required and restroom in parking garage. Can be started from the cruise dock.

**Largo - Belleair/Largo****5/10/16 km Year Round Walk (2017/Y0969) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** B Award      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes

**Sponsor:** AVA-0219 Suncoast Sandpipers Volkssport Club [suncoastsandpipers.org](http://suncoastsandpipers.org)

**Contact:** Ralph Money, [rmbhgd@outlook.com](mailto:rmbhgd@outlook.com), (727)585-6910, 2305 Canterbury Lane, Largo, FL, 33779

**Start Point:** McDonald's Restaurant- 1250 W Bay, 33770, (727)584-5885. From I-275 S, exit 31, (Clearwater/St Petersburg Airport-Largo/SR 688/SR 686). Take SR 686 W (Roosevelt, then E/W Bay) to beaches about 11 miles to McDonalds on right. From I-275 N, exit 30, following signs to SR 686/688. Take SR 686 W (Roosevelt, then E/W Bay) to beaches about 11 miles to McDonald on right. McDonalds open daily 6 am-10 pm except Christmas. Complete walk in daylight.

**Event Info:** After registration, 5K walkers drive about 3 miles to walk start. The Largo/Belleair walk is on the Pinellas Trail, a paved rails to trail route, and city streets, with beautiful homes and breathtaking views. The 16K will take walkers over the Belleair Beach Causeway Bridge. Sure to be seen are a dolphin or two, or perhaps even a manatee. This part of the walk is rated 3A.

**Largo - Honeymoon Island State Park****5 & 10 Km Seasonal Walk (2017/Y1892) 1/1/2017 - 3/31/2017**

Animal Safari, Food For Thought, Honoring Our Flag, Points of Reference, Trekking With the Trees

**Award:** B Award **Strollers:** hard **Restroom:** Yes  
**Rating:** 1C **Wheelchair:** NO **Pets:**  
**Sponsor:** AVA-0219 Suncoast Sandpipers Volkssport Club suncoastsandpipers.org  
**Contact:** Alice Lawrence, bpschlies@tampabay.rr.com, (727)595-2173, PO Box 2514, Largo, FL, 33779-2514  
**Start Point:** Honeymoon Island State Park- #1 Causeway Blvd. Dunedin, FL 34698. (727)469-5942. Pay the entrance fee and ask for the location of the walk box. It could be at the entrance station or at the Visitors Center.  
**Event Info:** Start time: daily 8 a.m. to sunset. Rating 1C (soft sand). After registration at park entrance gate, participants drive 1 mile to picnic area. Follow the brown sign that says Picnic area/Nature Trail. The walks takes you through a 407-acre island park on unpaved trail road, along sun-drenched Gulf beaches, mangrove swamps, and tidal flats. There are numerous species of plants and animals identified, including ospreys. Approximately 50% of the 10k walk is on the beach, 30% is shaded. Pets only allowed in certain areas of park and not along the walk route.

**Lehigh Acres - Highlands Hammock State Park****10km Year Round Walk (2017/Y1123) 1/3/2017 - 12/31/2017**

Amphitheatres, Boardwalks, Food For Thought, Honoring Our Flag, Points of Reference, Trekking With the Trees, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1B **Wheelchair:** Medium **Pets:** No  
**Sponsor:** AVA-0755 Meandering Manatees  
**Contact:** Beverley MacNeill, bevmneill@aol.com, (239)368-1673, 324 Elmwood Avenue, Lehigh Acres, FL, 33936  
**Start Point:** Highlands Hammock State Park- 5931 Hammock Rd, Sebring, FL. Park is located off US 27 in the vicinity of Sebring. Watch for brown state park signs. At Hammock Road, turn west and go about 4 miles to the park entrance. Pay the park entrance fee of \$4.00 and park just beyond the Guard Shack. Go inside and ask a ranger for the volkswalk box. The walk starts here.  
**Event Info:** Daily, 8am until dusk. This walk is on natural trails, boardwalks, a narrow cat-walk and on park roads. It is rated 1+ and could be difficult for baby strollers or wheelchairs. Pets are not allowed on the boardwalks. For trail conditions call the park at 863-386-6094.

**Lehigh Acres - Oscar Scherer State Park****10/11km Year Round Walk (2017/Y0642) 1/2/2017 - 12/31/2017**

Honoring Our Flag, Walking the Path of Inventions, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** None **Restroom:** Yes  
**Rating:** 1B **Wheelchair:** None **Pets:** Yes  
**Sponsor:** AVA-0755 Meandering Manatees  
**Contact:** Beverley MacNeill, bevmneill@aol.com, (239)368-1673, 324 Elmwood Avenue, Lehigh Acres, FL, 33936  
**Start Point:** Oscar Scherer State Park- Entrance Station-1843 S Tamiami Trail. (863)483-5956. I-75 S Exit 200; SR 681 W 3.2 miles; right on US 41 for 1.7 miles; right to park. I-75 N, Exit 195, left on Laurel; right on US 41. Register at park's Entrance Station.  
**Event Info:** Daily, 8 to dusk. Pay park entrance fee. Pets allowed overnight in camping areas.



**Miami South Beach****6 and 11 Km Year Round Walk (2017/Y0249) 1/1/2017 - 12/31/2017**

Ice Cream Parlors, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street, Walking the Path of Inventions, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0629 Mid-Florida Milers Walking Club [www.midfloridamilers.org](http://www.midfloridamilers.org)  
**Contact:** MFM Trailmaster, mlanpher@gmail.com, (407)304-6394, PO Box 4575, Winter Park, FL, 32793

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) - START: Garage at 640 17th Street, Miami South Beach- REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user.  
 DIRECTIONS - Map: <http://tinyurl.com/SouthBch-MFM>; GPS: 25.792202, -80.1350125. The start point is at the garage at 640 17th Street, Miami South Beach signed "Lincoln Road Mall City of Miami Beach". The entrance is directly across from City Hall at Convention Center Drive. From I-95 southbound exit at I-195, exit 4 (not available from express lanes), to Miami Beach. Turn right on Alton Rd./FL907 as you enter Miami Beach. Go about 1.4 miles and turn left on 17th St. to garage past Meridian. Cost is \$1 per hour up to 8 hours.

**Event Info:** Restrooms are in some businesses (i.e. Starbucks), Lummus Park and Publix (10K). Restrooms are not publicly available in most stores or at the start. These are 6 & 11 km walks in South Beach. The route includes the Lincoln Ave. Mall, Collins Ave, shops and restaurants, Marina walk, the beautiful Atlantic, Ocean Ave. Ocean Ave. art deco buildings, and the spectacular South Pointe Park. Some Art Deco building descriptions are provided. Stop into any of the restaurants on Ocean, Collins, or Lincoln Rd Mall. No pets on beach.

**Milton - BHST Walk****10km / 5km Year Round Walk (2017/Y1409) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Food For Thought, National Register of Historic Places, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** A Award      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0240 Pensacola Volksmarch Club  
**Contact:** Polly & Dick Wonson, [ac4ka@mediacombb.net](mailto:ac4ka@mediacombb.net), (850)623-3939, 5533 Birch St, Milton, FL, 32570

**Start Point:** Pic-n-Sav Super Market - BHST- 5221 Stewart, Milton, FL. From I-10 exit 26, Milton/Bagdad. Turn go N thru Bagdad. Continue to US-90 at traffic light. Left, W. At next traffic light, Burger King on corner, right to Stewart. At 2nd block turn left to Pic-N-Sav Store parking lot (very large). Ask clerk for walk box. Box is also start for Bagdad Stroll Walk. Be careful/register properly. Walk both while you are here. Store CLOSED on Christmas day.

**Event Info:** Recommended you carry water.

**Mt Dora - Mt. Dora Year Round Event Walk****5/10km Year Round Walk (2017/Y0726) 1/2/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes

**Rating:** 1C      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0717 Happy Wanderers [www.happywanderersfl.org](http://www.happywanderersfl.org)

**Contact:** Jan Van Vlack, [jvanvlack@gmail.com](mailto:jvanvlack@gmail.com), (317)300-0526, PO Box 290153, Port Orange, FL, 32129 0153

**Start Point:** The Lakeside Inn- 100 N. Alexander St. From I-4W take Exit 101C (I-4E Exit 101B) (SR46) and drive west to North Highland St in Mt Dora (approximately 18.5 miles). Turn right onto N. Highland St and drive 4 blocks to traffic signal at E. 5th Ave. Turn left onto E. 5th Ave and drive approximately 0.5 mile to Donnelly St. Turn Left on Donnelly St. Park in the public parking garage on Donnelly St. which is behind The Lakeside Inn. Please do not park in the hotel parking lot because of limited space for guests only.. Walkbox is located at the Inn's front desk.

**Event Info:** Open daily dawn to dusk. Rated 1C. Not suitable for wheelchairs. Strollers will have difficulty on hills. Moderately easy walk with some uncut curbs, short distances with no sidewalks. This bright, cheerful city has been voted as one of the Top 10 cities in which to live in America. You will see why as you stroll through the historic downtown area (an antique hunter's paradise); wander through the magnificently restored historic neighborhoods; trod the boardwalk along Lake Dora where alligators live, and absorb the strong evidence of civic pride.

**Naples****10km and 6K Year Round Walk (2017/Y1235) 1/3/2017 - 12/31/2017**

Ice Cream Parlors

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0755 Meandering Manatees

**Contact:** Beverley Mac Neill, [bevmneill@aol.com](mailto:bevmneill@aol.com), (239)368-1673, 324 Elmwood Ave, Lehigh Acres, FL, 33936

**Start Point:** Regina's Ice Cream Pavilion- 824 Fifth Ave South. Take I-75 to Exit 107, Pine Ridge. Go west about four miles and turn left (south) on US 41. In about five miles, turn right on Fifth Ave South. Turn left at the first street and park in the parking garage on the left and enter the back of the building to Regina's.

**Event Info:** Open 11:30 AM daily. Trail is on sidewalks, paved roads, and the beach. It goes through Old Naples shopping area, the yacht basin, past magnificent homes, and the famous Naples Pier and beaches. There is an alternate route for pets and wheelchairs and others to avoid walking on the beach.

**Naples****10km and 6K Year Round Walk (2017/Y1459) 1/3/2017 - 12/31/2017**

Boardwalks, Ice Cream Parlors

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0755 Meandering Manatees  
**Contact:** Beverley Mac Neill, bevmeill@aol.com, (239)368-1673, 324 Elmwood Ave, Lehigh Acres, FL, 33936

**Start Point:** Ben & Jerry's Ice Cream- 4320 Gulf Shore Blvd. Take I-75 to Exit 107, Pine Ridge. Go west about four miles and turn left (south) on US 41. In about 1.5 miles turn right on Park Shore Dr. Go about 1 mile and turn right into the Village Shopping just before Gulfshore Blvd. Ben & Jerry's is straight across the parking lot.

**Event Info:** Open 11am daily, except Noon on Sun. The trail is rated a 1+ and is suitable for baby strollers and wheelchairs, if they by-pass the beach. The route gives walkers an overview of this paradise, Venetian Bay with its magnificent residences, Gulf of Mexico beaches via a boardwalk through a mangrove forest and unique shopping areas. NO PETS on the beach or boardwalk. An alternative is mentioned regarding the beach and boardwalks if traveling with pets.

**New Smyrna Beach - Doing the New Smyrna Beach Waterfront Loop****5/10km Year Round Walk (2017/Y1129) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Ice Cream Parlors, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 1C      **Wheelchair:** hard      **Pets:** No  
**Sponsor:** AVA-0717 Happy Wanderers www.happywanderersfl.org  
**Contact:** Joanne Wright, wright.joanne@yahoo.com, (518)265-3929, PO Box 290153, Port Orange, FL, 32129 0153

**Start Point:** Publix Supermarket - 709 E 3rd. 386-428-6465. From I-95 Exit 249 to Hwy 44. E on Hwy 44 for 5.8 miles. Past Sun Trust Bank right to Publix parking lot. Walk box is at Customer Service counter.

**Event Info:** Daily 7am-Dusk, Closed Easter, Christmas and Thanksgiving. Go to great photos at www.nsbwaterfrontloop.com

**Orange City - Blue Spring State Park****10km 5km Seasonal Walk (2017/Y0581) 1/3/2017 - 12/31/2017**

Boardwalks, Honoring Our Flag, National Register of Historic Places, Walking America's Ports of Call, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0717 Happy Wanderers www.happywanderersfl.org  
**Contact:** John McClellan, bill1000@aol.com, (386)256-2160, PO Box 290153, Port Orange, FL, 32129-0153

**Start Point:** Blue Spring St Pk Entrance Gate- 2100 W French. (386)775-3663. From I-4 W, exit 114; SR 472 W 3.1 miles; US 17-92 S. 1.7 miles; right on West French. 2.0 miles, left to Park. From I-4 E, exit 111B, W on Saxon. 1.3 miles; right on Enterprise one mile; right on US 17-92 two miles; left on West French two miles, left to Park. Pay entrance fee, ask for Volkssport box. Attendant will tell you where to park.

**Event Info:** Daily, 8am-dusk. Pets are not allowed in campgrounds and concessions or on beaches and boardwalks. Must pay park entrance fee.

**Orlando - Altamonte Mall****5 & 10 Km Year Round Walk (2017/Y1728) 1/1/2017 - 12/31/2017**

Make a Wish at a Water Fountain, Points of Reference, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** No  
**Sponsor:** AVA-0629 Mid-Florida Milers Walking Club [www.midfloridamilers.org](http://www.midfloridamilers.org)  
**Contact:** Ron Barna, [barnarfb@yahoo.com](mailto:barnarfb@yahoo.com), (407)247-4548, 1931 Hobson, Longwood, FL, 32750

**Start Point:** Altamonte Springs, Altamonte Mall - To Starbucks at Renaissance Centre, 355 E Altamonte Drive, 1700, Altamonte Springs, FL on I-4E/W use exit 92, FL436, turn right (left from I-4W) for 0.5 mile. Merge to left lane crossing Crane's Roost Blvd, Festival Dr., and at 3d light (across from Toys R Us), turn left and then immediately left to Starbucks close to Whole Foods. When entering Starbucks, go to the order counter and on the wall to your right are black cubicles. In the lower right cubical the MFM Walk box is located with the AVA logo taped to the box. Register and walk or drive to the Mall following route Instructions. Contact: Ron Barna, [barnarfb@yahoo.com](mailto:barnarfb@yahoo.com), 407.247.4548.

**Event Info:** NOTE: WALK is AVAILABLE effective 5/1/2017. Location is new. Mall opens at 8:30 am-7 pm for walking. Walk outside (7K or 12K) or drive 1/3 mile from Starbucks to the Mall and enjoy this upscale mall with 2 floors. Walk and drive instructions are in the walk instructions. The 5K & 10K (3.1 & 6.2 mi) walk routes are inside the mall. Leashed pets are not allowed. Wheelchairs and strollers allowed (must use elevator to 2d level). Walk 8:30am - 7 pm. Before 10:00 am, enter thru a mall entrance. After 10:00 am (noon on Sunday) enter thru any store. Trail rated 1A. Please carry water. Event: Y1728. Walks must be completed during mall hours. Contact: Ron Barna, 407.247.4548, [barnarfb@yahoo.com](mailto:barnarfb@yahoo.com).

**Orlando - Celebration Walk #1****6 & 11 km Year Round Walk (2017/Y1345) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Cities in Song, Ice Cream Parlors, Lakes and Reservoirs, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0629 Mid-Florida Milers Walking Club [www.midfloridamilers.org](http://www.midfloridamilers.org)  
**Contact:** Bill Paugh, [wpaugh1@verizon.net](mailto:wpaugh1@verizon.net), (817)507-6042, 3507 Ibis Drive, Orlando, FL, 32803

**Start Point:** Celebration Town Walk #1 at Starbucks, 715 Bloom St.- Map: <http://tinyurl.com/Celebration-MFM>; GPS: 28.3176718,-81.541410. From Tampa go on I-4E to Exit 64, US 192, Kissimmee, right to US 192 to 2d right. Right on Celebration Ave. From Daytona/ Orlando use I-4W to Exit 64, Kissimmee, circle onto US 192 towards Kissimmee. Right on 2nd light, Celebration Ave. From Kissimmee on US 192, left on Celebration Ave. From Cocoa/E Orlando on SR 417 take exit 2, Celebration; turn left.  
 ALL: Enter Celebration, go to 1st stop sign at Sun Trust Bank; turn left to Front. Right on Front and Starbucks is ahead at Bloom. Park in any available place. Registration box is to far right of door on shelf.  
 Starbucks hours: M - Th and Sun. 6am to 10pm Fri & Sat 6am to 11pm

**Event Info:** The two different 5K & 11K walks are within the town of Celebration whose first residents moved there in June 1996. The walk weaves by different areas including homes, wetlands, parks, lakes and businesses. Disney took the best ideas and practices from yesterday's and today's towns and adapted them to Celebration. Unique architecture in the Town. Water and food are available. Restrooms are available at the Start/Finish and rear of Golf Club; walk during daylight hours. Wheelchairs and strollers acceptable. Pets are allowed on a leash. MFM suggests all walkers carry water.

**Orlando - Celebration Walk #2****6 & 11 Km Year Round Walk (2017/Y1817) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Cities in Song, Ice Cream Parlors, Lakes and Reservoirs, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only

**Strollers:** Easy

**Restroom:** Yes

**Rating:** 1A

**Wheelchair:** easy

**Pets:** Yes

**Sponsor:** AVA-0629 Mid-Florida Milers Walking Club [www.midfloridamilers.org](http://www.midfloridamilers.org)

**Contact:** Bill Paugh , [wpaugh1@verizon.net](mailto:wpaugh1@verizon.net) , (817)507-6042, 3507 Ibis Drive , Orlando, FL, 32803

**Start Point:** Celebration Walk #2 at Starbucks, 715 Bloom St.- From Tampa go on I-4E to Exit 64, US 192, Kissimmee, right to US 192 to 2d right. Right on Celebration Ave. From Daytona/Orlando use I-4W to Exit 64, Kissimmee, circle onto US 192 towards Kissimmee. Right at 2nd light, Celebration Ave. From Kissimmee on US 192, left on Celebration Ave. From Cocoa/E Orlando on SR 417 take exit 2, Celebration; turn left. ALL: Enter Celebration, go to 1st stop sign at Sun Trust Bank; turn left to Front. Right on Front and Starbucks is ahead at Bloom. Park in any available place. Hours: M-Th and Sun 6am-10pm, Fri & Sat 6am-11pm. Registration box is to far right of door on shelf.

**Event Info:** Try the restaurants in town and of course the ice cream shop near the theater. Water, cokes, pastries, and great coffee are at Starbucks before and after the walk. Walk in the 17 year old town 5 miles from and developed by Disney. Disney took the best ideas and practices from yesterday's and today's towns and adapted them to Celebration. Unique architecture in the Town. The walks are within the town of Celebration whose first residents moved there in June 1996. The two different walks weave by different areas showcasing the homes, schools, wetlands, parks, and businesses. Restrooms are available at the Start/Finish and Golf Club; walk during daylight hours. Wheelchairs and strollers acceptable. Pets are allowed on a leash. MFM suggests all walkers carry water. Walk in daylight hours: 7am - 6pm.

**Orlando - Downtown****5km & 10km Year Round Walk (2017/Y0152) 1/1/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Food For Thought, Ice Cream Parlors, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the Path of Inventions, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0629 Mid-Florida Milers Walking Club [www.midfloridamilers.org](http://www.midfloridamilers.org)

**Contact:** JoAnne Cross, [beachfan10478651@aol.com](mailto:beachfan10478651@aol.com), (407)706-3034, 285 Uptown Blvd. #507, Altamonte Springs, FL, 32701

**Start Point:** Beardall Senior Center (Downtown Walk)- \*Note Interstate 4 is undergoing a major reconstruction thru 2021; delays normally downtown between exits s80-85. To 800 N Delaney from I-4W, use exit 82B, Anderson. Left to Orange. Right on Orange to 3rd light, Gore. Left, then left at mid block into the Senior Center. From I-4E use exit 82B. Right on South St. Right on Orange go to 3rd light, Gore. Left and then left at mid block to the Senior Center. From SR 408W take exit 11, Rosalind and stay in left lane. Left on Orange to 4th light, Gore. Left and then left at mid block to Senior Center. From E SR 408E, exit 10C, Downtown. Left lane to Delaney. Right on Delaney and go to 1st light, Gore. Right, right at mid block to Senior Center. Enter Center thru door facing Gore and box under table to right of info desk. CLOSED SUNDAY. Map: <http://tinyurl.com/OrlandoDTown-MFM>, GPS: 28.5316611,-81.3755015

**Event Info:** The route instruction's & notes are courtesy of JoAnne Cross. See historic downtown Orlando, Lake Eola and its new art sculptures, City Hall, new Performing Arts Center, Amway Center, and the County Courthouse. The large fountain in Lake Eola, was completely refurbished in 2011 providing a nightly light show with music. Look for the famous "black swans" or take a ride in the swan paddle boats. Restrooms in Lake Eola. Leashed pets are allowed. All walkers must carry water.

**Orlando - Lake Buena Vista****6 Km & 10 Km Year Round Walk (2017/Y0841) 1/1/2017 - 12/31/2017**

Amphitheatres, Boardwalks, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Lakes and Reservoirs, Make a Wish at a Water Fountain, Points of Reference, Trekking With the Trees, Walk the USA - Street by Street, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** easy      **Pets:** No

**Sponsor:** AVA-0629 Mid-Florida Milers Walking Club [www.midfloridamilers.org](http://www.midfloridamilers.org)

**Contact:** Joyce Taylor, [shadesfan@aol.com](mailto:shadesfan@aol.com), (407)222-1290, 5975 Windhover Drive, Orlando, FL, 32819

**Start Point:** Lake Buena Vista - Map: <http://tinyurl.com/Lake-BuenaVista-MFM>; GPS: 28.3834527,-81.5006590. To Pirate's Cove Adventure Golf at 12545 State Road 535 from Orlando use I4W (from Tampa use I4E). Take Exit 68 and travel north right from Orlando (left from Tampa) on SR 535 (Apopka-Vineland Rd.) to the first traffic light. Turn right into the Crossroads Shopping Center. Continue straight ahead to the Pirate's Cove Adventure Golf Course. Hours are daily 9am-11pm except hours may change on Thanksgiving Day, Christmas Day or New Years Day (call 407-827-1242). You will drive 2 miles to the Start at the Orange Garage.

**Event Info:** These popular walks are enjoyable all year. The 6K & 10K (3.7/6.2 mi) walks are in areas near and in the new Disney Spring in Lake Buena Vista. Lake Buena Vista encompasses the eastern side of Walt Disney World. The walk takes you through the new & unique Disney Spring entertainment and shopping complexes. Enjoy dining, shopping, browsing, and strolling through this completely renovated complex. The walk is suitable for strollers and wheelchairs. Pets are not allowed. Always carry water. Walk in daylight hours.

**Orlando - Lakes****5Km & 10km Year Round Walk (2017/Y0395) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0629 Mid-Florida Milers Walking Club [www.midfloridamilers.org](http://www.midfloridamilers.org)

**Contact:** JoAnne Cross, beachfan10478651@aol.com, (407)706-3034, 285 Uptown #507, Altamonte Springs, FL, 32701

**Start Point:** Beardall Senior Center- Map: <http://tinyurl.com/OrlandoLakes-MFM>; GPS: 28.5316611,-81.3755015 \*Note Interstate 4 is undergoing a major reconstruction thru 2021; delays normally downtown between exit 80-85 are normal. To 800 Delaney from I-4W, use exit 82B, Anderson. Left to Orange. Right on Orange to 3rd light, Gore. Left, then left at mid block into the Senior Center. From I-4E use exit 82B. Right on South St. Right on Orange go to 3rd light, Gore. Left and then left at mid block to the Senior Center. From SR 408W take exit 11, Rosalind and stay in left lane. Left on Orange to 4th light, Gore. Left and then left at mid block to Senior Center. From E SR 408E, exit 10C, Downtown. Left lane to Delaney. Right on Delaney and go to 1st light, Gore. Right, right at mid block to Senior Center. Enter Center thru door facing Gore and box under table to right of info desk. CLOSED SUNDAY

**Event Info:** The route instruction's historical notes are courtesy of JoAnne Cross. The Lakes area south of downtown Orlando displays 100 year old neighborhoods, seven lakes, and shaded avenues. MFM suggests all walkers carry water. Leashed pets allowed.

**Orlando - Maitland****6km & 10km Year Round Walk (2017/Y1124) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Food For Thought, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0629 Mid-Florida Milers Walking Club [www.midfloridamilers.org](http://www.midfloridamilers.org)

**Contact:** Terry Sewell, sewelltrio@yahoo.com, (321)765-4885, 886 Woodcrest, Oviedo, FL, 32765

**Start Point:** Maitland Walgreens- Map: <http://tinyurl.com/Walgreens-MFM>; GPS: 28.6254765,-81.3631535. Walgreens Pharmacy, 330 S. Orlando (US 17-92), Maitland 32803. From on Orlando I-4E use Exit 90A, Maitland/SR 414. exit right (from Daytona on I-4W use exit 90, turn left) to 2nd light, Maitland Ave. Go right, 1.3 miles to Packwood (1 block past Horatio). Left, past fire station on left, cross US 17-92, turn into Wagreen's parking lot. Sanford/Orlando drive on US 17/92 to Walgreen's at corner of US 17-92/Packwood.

**Event Info:** Opens 8am daily. The gray file Walk Box is at right side of the Photo Counter. Ask for help if needed. Walk must be accomplished in daylight hours. Leashed pets allowed.

**Orlando - Orlando North****5 & 10 Km Year Round Walk (2017/Y1242) 1/2/2017 - 12/31/2017**

Boardwalks, Food For Thought, Ice Cream Parlors, Lady Liberty Special Program, Lakes and Reservoirs, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0629 Mid-Florida Milers Walking Club [www.midfloridamilers.org](http://www.midfloridamilers.org)

**Contact:** Cathy Metherall, [mcbmetherell@aol.com](mailto:mcbmetherell@aol.com), (407)375-2387, 10157 Tikimber Ln., Orlando, FL, 32825

**Start Point:** Orlando North @ Marks Street Senior Center- Map: <http://tinyurl.com/OrlandoNorth-MFM>; GPS: 28.5573616,-81.3775669. To Marks St Senior Center, 99 E Marks St., from Sanford on I-4W, Exit 84, Ivanhoe, go right at bottom of ramp. Turn right & curve right on Legion Place; merge onto Orange, one-way street. Go to left lane and after RR tracks, turn left on Marks St. to Senior Center on left. From Disney/Tampa via I-4E to Orlando, Exit 83A, Amelia; straight at bottom of ramp. Keep right and turn right at next light onto Colonial (SR 50E). Left on Magnolia at 2nd traffic light, one-way street. Left at first traffic light, Marks St., to Senior Center, a pink building immediately on right.

From SR 408W/E use the instructions for I-4E. Enter thru door at courtyard. Black file Walk Box in Cardio Room in Fitness Center, on lower shelf to right of TV. The Fitness Center is at the end of the long hall that runs through the center of the building. Once in the Fitness Center, turn right to go to the Cardio room.

**Event Info:** The walk must be accomplished in daylight hours. Pets are allowed but not in the Senior Center. This 5 and 10 km walk route is a treelined and shaded walk near lakes, through residential areas, through Loch Haven Park, and along Ivanhoe Antique Row. Restrooms are available at start, Fresh Market. Also restrooms are available at Mead Garden and Panera on 10km. MFM recommends all walkers carry water on Florida walks.

**Orlando - Winter Park****5 Km & 10 Km Year Round Walk (2017/Y0394) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street, Walking the Path of Inventions, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0629 Mid-Florida Milers Walking Club [www.midfloridamilers.org](http://www.midfloridamilers.org)

**Contact:** Gail Brooks, [gvbrosks@bellsouth.net](mailto:gvbrosks@bellsouth.net), (407)620-6581, PO Box 4575, Winter Park, FL, 32793

**Start Point:** Winter Park Lakemont YMCA- Map: <http://tinyurl.com/LakemontYMCA-MFM> ; GPS: 28.6095115,-81.3288606. The 5K start is a 3 mile drive after registration. To Lakemont YMCA at 1201 N. Lakemont Ave. from Orlando take I-4E to Exit 87, Fairbanks Ave. and turn right (east) for 3.5 miles thru Winter Park (becomes Aloma Ave.). Turn left on Lakemont Ave. at Mobile station. The YMCA is on the left just past the light at Palmer. From SR 417 use Exit 38, Aloma, and turn left, drive 6 miles. Turn right on Lakemont (Mobil is on the corner). The YMCA is on the left (just past the light) at Palmer. Park in the left lot.

**Event Info:** New route for 2016. This 5 & 10 km walk (3.1 & 6.2 mi) along oak shaded Winter Park downtown and residential neighborhoods. Walk around the shaded, oak lined streets. Walk by downtown Winter Park's fine shops and the excellent restaurants along Park Avenue past the Morse Museum with its permanent display of Tiffany glass and into the Rollins College campus. Always carry water.



**Orlando-Apopka - Wekiwa Springs State Park****6 & 10km Year Round Walk (2017/Y0267) 1/2/2017 - 12/31/2017**

Amphitheatres, Boardwalks, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Lakes and Reservoirs, Points of Reference, Trekking With the Trees, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes

**Rating:** 3C      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0629 Mid-Florida Milers Walking Club [www.midfloridamilers.org](http://www.midfloridamilers.org)

**Contact:** Bill Woolgar, puttees191009@gmail.com, (321)277-8327, 1260 Park Rd, Casselberry, FL, 32707

**Start Point:** Wekiwa Springs St Pk Entrance- 1800 Wekiwa Circle. (407)884-2009. I-4E/W exit 94; Left from I-4E on SR 434 W 1.0 mile; right on Wekiwa Springs for 4.2 miles; right into park. Register inside Ranger Station. Drive to start near pavilions is noted in walk instructions.

**Event Info:** Daily, 8am-dusk. Pets not allowed in swimming area. The trail is designated as multi-use, so be prepared to encounter the occasional bicyclist. Pay park entry fee of \$4 for one person and \$6 for 2-8 in one vehicle.

**Ormond Beach - Historic Ormond Beach Year Round Walk Event****6/11km Year Round Walk (2017/Y0977) 1/2/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 1C      **Wheelchair:** NO      **Pets:** No

**Sponsor:** AVA-0717 Happy Wanderers [www.happywanderersfl.org](http://www.happywanderersfl.org)

**Contact:** Salley Hobling, gloriajpratt@gmail.com, (386)677-7387, P O Box 290153, Port Orange, FL, 32129 0153

**Start Point:** Granada Pier Bait & Tackle Shop- 1 South Beach St, Ormond Beach, FL. From I-95 take Exit 268 (SR40) and drive east on Granada Ave (SR40) to Beach St (approximately 4.3 miles). Turn right onto S. Beach St and drive 1/2 block and turn left into the parking lot at the bait and tackle shop. Park in the parking lot to the left side of bait shop.

**Event Info:** Nov-Feb 7 to 7 Daily, Mar-Oct 7 to 8 M-F, 6 to 8 Sat & Sun. Walk by gardens, galleries, John D. Rockefeller's winter home, The Casements, and onto the beach at Ormond, "the birthplace of speed" (alternate route: sidewalk on A1A runs parallel to the beach). You will pass by an Ancient Timucuan Indian Burial Mound.

**Palm Beach****6 & 10 Km Year Round Walk (2017/Y1753) 1/1/2017 - 12/31/2017**

Food For Thought, Honoring Our Flag, Ice Cream Parlors, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Trekking With the Trees, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** No  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0629 Mid-Florida Milers Walking Club [www.midfloridamilers.org](http://www.midfloridamilers.org)  
**Contact:** MFM Trailmaster, [mlanpher@gmail.com](mailto:mlanpher@gmail.com), (407)304-6394, PO Box 4575, Winter Park, FL, 32793

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) - START: Palm Beach walk is at Royal Poinciana Plaza, 313 Royal Poinciana Way near Toojays.- REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user.  
DIRECTIONS - Map: <http://tinyurl.com/PalmBch-MFM>; GPS: 26.716941,-80.042406. Take From I-95S use Exit 70, Okeechobee Blvd, and turn left. Go 3.2 mi crossing bridge onto Royal Palm Way. At the 1st light, turn left on Cocoanut Row for 0.6 mi passing Flagler Museum and the Palm Beach Towers on the left to the office center. Turn left into the retail area and left again parking in the area near Toojays (Royal Poinciana Plaza, 313 Royal Poinciana Way, Palm Beach, FL). Do not cross Royal Poinciana Ave. You can buy drinks and bakery items at Toojays but they are not a sponsor. There are restrooms at Breakers and Green P.

**Event Info:** This procedure approved by AVA provides for an online waiver, ability to download your own instructions and display on a phone or tablet, and receive insert cards from the online system. Directions only are \$2 and credit walks are \$3 paid by credit card through Paypal.

**Palm Coast - Palm Coast Bike Year Round Event****13 & 31 km Year Round Bike (2017/Y1874) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Make a Wish at a Water Fountain, Take a Walk In a City Park, Trekking With the Trees, Walking the USA A - Z, Water Towers

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0717 Happy Wanderers [www.happywanderersfl.org](http://www.happywanderersfl.org)  
**Contact:** Robert St. Hilaire, [Rsthilaire@gmail.com](mailto:Rsthilaire@gmail.com), (508)259-5450, P.O. Box 290153, Port Orange, FL, 32129

**Start Point:** Publix Supermarket- 250 Palm Coast Pkwy NE. From I-95 take Exit 289. Drive East on Palm Coast Pkwy to Florida Park Dr. (approximately 0.6 mile). Turn left onto Florida Park Dr. and continue to the entrance to Island Walk Shopping Center on the left. Park in front of the Publix Supermarket and go inside to the Customer Service Counter and ask for the Volkssport Box.

**Event Info:** Daily 7 am to Dusk.

**Palm Coast - Palm Coast Year Round Walk****5 & 10 km Year Round Walk (2017/Y1885) 1/1/2017 - 12/31/2017**

Amphitheatres, Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Take a Walk In a City Park, Trekking With the Trees, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0717 Happy Wanderers [www.happywanderersfl.org](http://www.happywanderersfl.org)

**Contact:** Robert St. Hilaire, [Rsthilaire@gmail.com](mailto:Rsthilaire@gmail.com), (508)259-5450, P.O. Box 290153, Port Orange, FL, 32129

**Start Point:** Publix Supermarket- 250 Palm Coast Pkwy NE From I-95 take Exit 289. Drive East on Palm Coast Pkwy to Florida Park Dr (approximately 0.6 mile). Turn left onto Florida Park Dr. to the entrance to Island Walk Shopping Center on the left. Park in front of the Publix Supermarket and go inside to the Customer Service Counter and ask for the Volkssport Box.

**Event Info:** Daily 7 am to Dusk. Closed Thanksgiving and Christmas. This walk takes you through lovely shaded residential areas and along the St. Joe Trail. Visits the east side shopping district with restaurants and shops. Stroll along a scenic walking path through the woods and along the Matanzas River. Several Nature Trails add to this beautiful walk.

**Panama City - Camp Helen State Park****10K and 5K Year Round Walk (2017/Y1480) 1/2/2017 - 12/31/2017**

Animal Safari, Boardwalks, Honoring Our Flag, Lakes and Reservoirs, Walking the USA A - Z, Water Towers

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** Medium      **Pets:** No

**Sponsor:** AVA-0110 Emerald Coast Volkssport Club

**Contact:** DJ Moore, [dj.tyc1949@gtmail.com](mailto:dj.tyc1949@gtmail.com), (850)628-4016, 390 S. Tyndall Parkway, #121, Panama City, FL, 32404

**Start Point:** Panama City Beach- Camp Helen State Park, 23937 Panama City Beach Parkway, 850-233-5059. West on US 98W about 15 miles from Panama City. Turn left on Camp Helen Rd. There is an Honor System Fee Entry. Register at the Ranger Station.

**Event Info:** Daily, 8am to dusk. (Closed major holidays) The walk is primarily shaded except for the portion on the beach. It overlooks Lake Powell and the Gulf of Mexico. The trails provide access to the environmental wonders of the park, winding beneath giant magnolias and live oaks. Bug spray is advisable.

**Panama City - Grayton Beach State Park Walk****5/10K Year Round Walk (2017/Y1697) 1/2/2017 - 12/29/2017**

Amphitheatres, Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes

**Rating:** 2C      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0110 Emerald Coast Volkssport Club

**Contact:** DJ Moore, dj.tyc1949@gmail.com, (850)628-4016, 390 S. Tyndall Parkway, #121, Panama City, FL, 32404

**Start Point:** Grayton Beach State Park, 357 Main Park Road, Santa Rosa Beach FL 32459. Park phone: 850-267-8300. Open daily from 8 a.m. to dusk. There is a campground in the park.- Park is off Hwy 30A between Seaside and Grayton Beach, south of Hwy 98. Traveling west from Panama City, turn left on Hwy 395. Turn Right at Hwy 30A and proceed past the communities of Seaside and Watercolors to park entrance on water side of Hwy 30A. Traveling from Ft Walton Beach, turn right on Hwy 283 and turn left on Hwy 30A. Park is on water side of Hwy 30A.

**Event Info:** Walk is combination of park roads, sugar white beach sand, and delightful community sidewalks/roads in Seaside (location of Truman movie with Jim Carey). Pets on leash with clean-up (Special Pet Route Instructions in box). NO PETS on beach-protected bird nesting. A stroller could do the special Pet Route. A wheelchair could not!

**Panama City - Historic St Andrews****5/10K Year Round Walk (2017/Y0643) 1/7/2017 - 12/28/2017**

Boardwalks, Cities in Song, Honoring Our Flag, Take a Walk In a City Park, Trekking With the Trees, Walking America's Ports of Call, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1C      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0110 Emerald Coast Volkssport Club

**Contact:** DJ Moore, dj.tyc1949@gmail.com, (850)628-4016, 390 S. Tyndall Parkway, #121, Panama City, FL, 32404

**Start Point:** Panama City FL (Bay County)- Destination Panama City Visitor's Center, 1000 Beck Avenue Panama City FL 32401. From Hwy 98 (aka 15th St) which runs east/west thru town, turn south on Beck Avenue. Drive to "T" at 10th & Beck. Park in lot at the "T"; its the lot for Oaks by the Bay Park. Walk across intersection to visitor's center. Ask for "Walk" box at the counter. It should be on floor, right side as you walk back a touch from door. HOURS: 8-5 weekdays, 10-2 Saturdays.

**Event Info:** Walk proceeds thru much of "old" St Andrews on sidewalks/streets along the Bay. Route passes thru neighborhoods and 10K follows a portion of a walking track in the Womens' Garden Club. Historical site info accompanies route instructions/map. Walk is accessible to strollers, but wheelchairs may have some difficulty. Strollers will have difficulty for about 100' on sand, at end of Oaks by the Bay Park and near Garden Club if doing 10K. A pet water bowl is usually placed outside St Andrew's Coffeehouse on sidewalk. Pets allowed on 6' leash with pick up.

**Pensacola - Bayou Chico Bridge/Maritime Park****5, 10, 12 K Year Round Walk (2017/Y0400) 1/1/2017 - 12/31/2017**

Amphitheatres, Cities in Song, Honoring Our Flag, Take a Walk In a City Park, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** No  
**Sponsor:** AVA-0240 Pensacola Volksmarch Club  
**Contact:** P Skaggs, psdaggs39@cox.net, (850)474-9012, 4302 Montage, Pensacola, FL, 32504

**Start Point:** Register at Pensacola Police Dept, 711 N Hanye- I-10 exit 12, merge to I-110 S 5.8 miles to exit 2. Turn left to Cervantes and go to Alcaniz (next block). Right on Alcaniz for 2 blocks to Jackson. Right on Jackson to dead end, turn right to Haney. Immediately turn left to Police Dept parking lot. Walk box inside door on left. Box contains information on Downtown Meander walk. Register (and STAMP) properly. Follow directions on map to START of walk.

**Event Info:** Walk 7:30am to 6pm daily.

**Pensacola - Historic****10km / 5 Km Year Round Walk (2017/Y0274) 1/1/2017 - 12/31/2017**

Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, United States Post Offices, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** A Award      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0240 Pensacola Volksmarch Club  
**Contact:** Carol Michalski, carol.flinco@yahoo.com, (850)748-1433, 710 Scenic Hwy, # 202, Pensacola, FL, 32503

**Start Point:** Pensacola Police Department - Downtown Historic Walk- 711 N Hayne. I-10 exit 12, merge to I-110 S 5.8 miles to exit 2. Turn left to Cervantes, go to Alcaniz (next block). Turn right on Alcaniz 2 blocks to Jackson. Turn right on Jackson and turn right to Haney. Immediately turn left to Police Dept parking lot. Walk box inside door on left. Box contains information on Joe Patti Walk. Register properly. Follow directions to START of walk and enjoy Pensacola Experience.

**Event Info:** Start/finish 1.2 miles from registration (corner of 9th/Romana). Driving directions to start/finish at top of walk directions.

**Pensacola - NAS Walk****10km / 5 km Year Round Walk (2017/Y0345) 1/2/2017 - 12/31/2017**

Honoring Our Flag, National Parks Centennial Challenge, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** B Award **Strollers:** hard **Restroom:** Yes**Rating:** 1A **Wheelchair:** None **Pets:** No**Sponsor:** AVA-0240 Pensacola Volksmarch Club**Contact:** JoAnn McKay, annette.baisden@hotmail.com.com, (850)438-3906, 6411 Fairfield Dr, Pensacola, FL, 32507**Start Point:** National Museum of Naval Aviation (NAS)- 1750 Radford Blvd. Suite C, N.A.S. Pensacola, FL 32508. DIRECTIONS: FROM I-10 take Exit 7, get on SR-297 South (Pine Forest) for 2.5 miles. Turn right on Blue Angel Pkwy, SR-173 South. Follow for 12.3 miles to the back gate of NAS. STOP and show ID and ask for a pass to drive to the Museum. Then drive 3 miles to the Museum which is on your left. Enter Museum and go left to the Library. The Walk Box is on your left.**Event Info:** Open daily 9-5. Closed Thanksgiving, Christmas and New Years. Pets are not allowed. Route is mostly level with paved and non-paved roads, sidewalks and marked trail. Pass forts, the National Cemetery, and a lighthouse dating from 1821 that is still in use today. The Museum houses the aircraft flown in WWII by Past President GW Bush and a model of the soon-to-be-constructed aircraft carrier USS George H. W. Bush, CVN-77. Restrooms and water are available at the Museum and at the Fort Barrancas visitor center. It is recommended you carry water**Ponce Inlet - Ponce Inlet Year Round Walk Event****5/11Km Year Round Walk (2017/Y0725) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Honoring Our Flag, National Register of Historic Places, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** hard **Restroom:** Yes**Rating:** 1C **Wheelchair:** NO **Pets:** No**Sponsor:** AVA-0717 Happy Wanderers [www.happywanderersfl.org](http://www.happywanderersfl.org)**Contact:** Ken & Joanne Beauregard, [ken.joanne@verizon.net](mailto:ken.joanne@verizon.net), (386)492-4416, P O Box 290153, Port Orange, FL, 32129 0153**Start Point:** Ponce de Leon Inlet Lighthouse Gift Shop- 4931 S. Peninsula Dr. From I-95 take Exit 256. Drive east on Dunlawton Ave.(SR421). Cross Intracoastal Waterway to S. Atlantic Ave (Hwy A1A) approximately 5.2 miles. Right on S. Atlantic Ave and drive approximately 5.3 miles to Beach St. Right on Beach St then one block to S. Peninsula. Left approximately 3/10 of a mile to parking lot at Lighthouse Park and Gift Shop.**Event Info:** Memorial Day to Labor Day 10-8; Labor Day to Memorial Day 10-6. Closed Thanksgiving and Christmas. Trail rated 1C, not suitable for strollers or wheelchairs due to beach sand; an alternate route is available. Walk is on a long section of hard packed sand, in addition to designated scenic routes and lovely residential neighborhoods, Lighthouse Point County Park, nature trails, and the Marine Science Center with its seabird and sea turtle rehabilitation activities.

**Port Orange - Port Orange Year Round Bike Event****13 & 26 km Year Round Bike (2017/Y1853) 1/1/2017 - 12/31/2017**Food For Thought, Take a Walk In a City Park, Trekking With the Trees, Walking the USA  
A - Z

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0717 Happy Wanderers [www.happywanderersfl.org](http://www.happywanderersfl.org)  
**Contact:** Daniel Spink, [dspink2@cfl.rr.com](mailto:dspink2@cfl.rr.com), (386)265-4289, P.O. Box 290153, Port Orange, FL, 32129  
**Start Point:** Port Orange YMCA- 4701 City Center Pkwy. From I-95 take Exit 256. Drive East on Dunlawton Ave (SR421) to traffic signal at City Center Pkwy. Turn Left onto City Center Pkwy and drive about 0.5 mile to YMCA parking lot on your right.  
**Event Info:** This ride takes you through quiet neighborhoods and on bike paths through this "Tree City USA". Helmets are encouraged. Children under 16 are required by law to wear helmets.

**Port Orange - Port Orange Year Round Swim Event****300m Year Round Swim (2017/Y1351) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0717 Happy Wanderers [www.happywanderersfl.org](http://www.happywanderersfl.org)  
**Contact:** John McClellan, [johnmc82@cfl.rr.com](mailto:johnmc82@cfl.rr.com), (386)256-2160, 995 Mori Ct, Port Orange, FL, 32127  
**Start Point:** Port Orange YMCA- 4701 City Center Pkwy. From I-95 take Exit 256. Drive east on Dunlawton Ave (SR 421) approx. 1.2 miles to City Ctr Pkwy. Turn left and drive .5 mile to YMCA on your right just after the Palmer Chiropractic College. Box is located inside to the right, behind the business counter in the break area.  
**Event Info:** Mon-Sat: 7-Dusk; Sun: 12-5. Closed all National Holidays. Use the YMCA pool to swim. Non-members guest passes are \$10/visit, but you may swim for only \$3 during Community Swim times -- SAT: 2-4.

**Port Orange - Port Orange Year Round Walk Event****5/10/12Km Year Round Walk (2017/Y1132) 1/2/2017 - 12/31/2017**

Amphitheatres, Boardwalks, Food For Thought, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, Walking the Path of Inventions, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0717 Happy Wanderers [www.happywanderersfl.org](http://www.happywanderersfl.org)  
**Contact:** Dan Spink, [dspink2@cfl.rr.com](mailto:dspink2@cfl.rr.com), (386)265-4289, PO Box 290153, Port Orange, FL, 32129 0153  
**Start Point:** Port Orange YMCA- 4701 City Center Pkwy. From I-95 take Exit 256. Drive east on Dunlawton Ave (SR421) to City Center Pkwy (approximately 1.2 miles). Turn left onto City Center Pkwy and drive approximately 0.5 mile to YMCA on your right just past the Palmer Chiropractic College. Volkssport box is located in office behind business counter inside the YMCA.  
**Event Info:** Mon-Fri: 6 - 9, Sat: 7 - 5, Sun: 12-5. Closed all National Holidays. Takes you through the beautiful campus of Palmer Chiropractic College; around and through the lovely City Center Complex and into quiet, shaded neighborhoods. Loops around Jackson Lake Park. 12K is through the historic Sugar Mill Gardens where you may encounter a dinosaur or two as well as the ruins of an old sugar mill and the lovely gardens.

**Punta Gorda****10 K and 6K Year Round Walk (2017/Y1589) 1/3/2017 - 12/31/2017**

Honoring Our Flag, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0755 Meandering Manatees

**Contact:** Steve & Elinor Kline, elijo924@centurylink.net, (941)575-2001, PO Box 511166, Punta Gorda, FL, 33951-1166

**Start Point:** Military Heritage and Aviation Museum- From the north or south on I-75 take Exit 164 and go west. (Right from the north, left from the south) . This is US 17/ Punta Gorda/Arcadia. Travel about 3.5 miles on US 17 (Marion Ave.) to Fisherman's Village on the right. Inside the building you will see the Museum on the LEFT. Ask for the walkbox behind the counter. The museum is open daily from 10am to 6pm, and may have extended hours in the winter.

**Event Info:** Fisherman's Village, 1200 Retta Esplanade, Punta Gorda 33950. Phone 941-575-9002. The walk will be along Charlotte Harbor and in the Historic Downtown Area. Many of the 14 Historic Murals will be included along your walk.

**Quincy****6K and 11K Year Round Walk (2017/Y1984) 1/1/2017 - 12/31/2017**

Honoring Our Flag, National Register of Historic Places, Points of Reference, Trekking With the Trees, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0868 First Coast Trail Forgers Walking Club  
[www.FirstCoastTrailForgersWalkingClub.org](http://www.FirstCoastTrailForgersWalkingClub.org)

**Contact:** Robert Daniels, ROBTDANIELS@comcast.net, (850)294-5726, 2805 Roscommon Dr., Tallahassee, FL, 32309

**Start Point:** Hardees, 100 W Jefferson St, Quincy, FL 32351. - Open M-F 6am -10pm, Sat 6 am - 11pm and Sun 7 am -10 pm. For directions, highlight and right click on URL below and click on the go to option: <https://goo.gl/maps/D9TMv>

**Event Info:** Quincy is an old Florida town twenty miles west of Tallahassee which dates back to 1828. The walk is both sunny and shady, mostly on sidewalks through the town square, suburbs and historic neighborhoods and is rated 2B due to hills. Large wheel strollers o.k., not suitable for wheelchairs.

**Safety Harbor****5/10K Year Round Walk (2017/Y0661) 1/2/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, United States Post Offices, Walking the USA A - Z, You'll Never Walk Alone

**Award:** B Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0219 Suncoast Sandpipers Volkssport Club [suncoastsandpipers.org](http://suncoastsandpipers.org)

**Contact:** Ann dela Fuente, walkan2003@yahoo.com, (727)842-6328, 6123 Halifax Drive, New Port Richey, FL, 34653

**Start Point:** Safety Harbor Bar and Grill- 997 Main St. From Tampa, take SR 60 west (towards Clearwater). Turn right on Bayshore Dr.; drive 2.5 miles to Main St. (stop sign); turn left and go .6 mile. Restaurant will be on right. From north or south Pinellas County, take US 19 to Sunset Point/Main St. NB turn right, SB turn left & go 2 miles to restaurant on left.

**Event Info:** Walkers will stroll though quaint city streets, along the beautiful Tampa Bay, and through the shady trails of Phillippe Park.



**San Antonio****5/10K Year Round Walk (2017/Y1137) 1/2/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Lady Liberty Special Program, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** B Award **Strollers:** hard **Restroom:** Yes

**Rating:** 3B **Wheelchair:** Hard **Pets:** Yes

**Sponsor:** AVA-0219 Suncoast Sandpipers Volkssport Club suncoastsandpipers.org

**Contact:** Jack Thiele, jack.thiele@verizon.net, (352)523-1485, 37111 Suwanee Way, Dade City, FL, 33523

**Start Point:** The Jiffy Store & Deli- 32951 College Ave., San Antonio, Pasco County, 352-588-3463. From I-75, take exit 285, Dade City/SR 52. Turn right (from north-bound) or left (from southbound) on SR 52 to Dade City. After about 3 miles, SR 52 takes a sharp right. Jiffy is straight ahead.

**Event Info:** Start hours are Mon-Fri, 6 a.m.9 p.m.; Sat, 7 a.m.9 p.m.; Sun, 7:30 a.m.8 p.m. Closed Christmas and New Year's Day.

**Sanford - Sanford Year Round Walk Event****5/10 KM Year Round Walk (2017/Y1510) 1/2/2017 - 12/31/2017**

Honoring Our Flag, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walking America's Ports of Call, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** Easy **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Easy **Pets:** Yes

**Sponsor:** AVA-0717 Happy Wanderers www.happywanderersfl.org

**Contact:** Bill Ellis, bili1000@aol.com, (386)960-7511, PO Box 290153, Port Orange, FL, 32129-0153

**Start Point:** Monroe Harbour Marina- 531 N. Palmetto Ave. From I-4 take Exit 101C onto SR46. Drive east on SR46 for approx. 4.2 miles, crossing Hwy 17-92 to Palmetto Ave. Turn left onto Palmetto Ave. and drive 0.3 miles to marina on right. Ask for walk box which is located behind the counter.

**Event Info:** Sanford is at the edge of Lake Monroe, one of many lakes that are part of the St. Johns River (the River of Lakes) flowing very slowly northward through the east side of Florida. This walk will take you along the beautiful Lake Monroe Waterfront Strollway and through the wonderfully restored historic Downtown District circa 1887. Also stroll through many of the city's parks and past the preserved and varied historic homes.

**Sanibel Island****10K Year Round Walk (2017/Y0457) 1/3/2017 - 12/31/2017**

**Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes

**Rating:** 1B **Wheelchair:** Medium **Pets:** No

**Sponsor:** AVA-0755 Meandering Manatees

**Contact:** Beverley MacNeill, bevmneill@aol.com, (239)368-1673, 324 Elmwood Ave, Lehigh Acres, FL, 33936

**Start Point:** Sanibel Seashell Industries- 905 Fitzhugh St. From I-75, Exit 131, Airport/Daniels, go west. In about three miles turn left on Six Mile Cypress Pkwy. After crossing US 41 this becomes Gladiolus. At Summerlin turn left and drive over the Sanibel Causeway (paying toll \$6.00). Turn right on Periwinkle and go about 2 miles and turn right on Fitzhugh. The Shell Shop is immediately on the left.

**Event Info:** Open 10-5 Mon-Sat. Closed Sunday and many holidays. Store phone is 239-472-1603. This walk has a long portion of beach, but may be avoided according to walk directions if walking with PETS or with baby strollers. ALTERNATE REGISTRATION. Due to Sunday closure you may register for this walk at 2160 McGregor, Publix Market, in Fort Myers. See the Fort Myers listing.

**Sarasota - Downtown****5/10K Year Round Walk (2017/Y0486) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Walking the USA A - Z, You'll Never Walk Alone

**Award:** B Award **Strollers:** Easy **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes  
**Sponsor:** AVA-0219 Suncoast Sandpipers Volkssport Club suncoastsandpipers.org  
**Contact:** Lee Ann Pelea, lapelea@msn.com, (941)993-2346, 2917 29th Ave W., Bradenton, FL, 34243

**Start Point:** Whole Foods - 1451 1st St. 34236 (941) 955-8500. From I-75 north or south, take Exit 210/Fruitville Rd., southbound turning right; northbound turning left. Follow Fruitville Rd. about 7 miles, crossing US 301 (Washington Blvd.) and Orange Ave. to Lemon Ave. Turn left on Lemon Ave. and right on 2nd St. to driveway into Whole Foods. Whole Foods is open 8 a.m. to 9 p.m., Mon-Sat; 9 a.m. to 9 p.m., Sun. Please complete walk in daylight. Parking at Whole Foods is limited to 2 hours. The 2nd St. Garage (between Central Avenue and Whole Foods Drive) offers 4 hours of free parking on its second level. If more time is needed, follow directions in box to lot with longer parking and start walk from there. Box is located in a cabinet in customer service.

**Event Info:** Walkers enjoy a tour of beautiful bay front neighborhoods, renowned cultural facilities, and colorful shops. Please complete walks in daylight.

**Sarasota - Lido Key****5/10K Year Round Walk (2017/Y1509) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** B Award **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes  
**Sponsor:** AVA-0219 Suncoast Sandpipers Volkssport Club suncoastsandpipers.org  
**Contact:** Lee Ann Pelea, lapelea@msn.com, (941)752-2218, 2917 29th Ave W., Bradenton, FL, 34205

**Start Point:** Whole Foods- 1451 1st St. 34236 (941) 955-8500. From I-75 north or south, take Exit 210/Fruitville Rd., southbound turning right; northbound turning left. Follow Fruitville Rd. about 7 miles, crossing US 301 (Washington Blvd.) and Orange Ave. to Lemon Ave. Turn left on Lemon Ave. and right on 2nd St. to driveway into Whole Foods. Whole Foods is open 8 a.m. to 9 p.m., Mon-Sat; 9 a.m. to 9 p.m., Sun. The store is closed on Christmas and has shortened hours on other holidays. Please call: 941-955-8500.

**Event Info:** After registering, participants will drive about 4 miles to the walk start on Lido Key (directions will be provided in the walk box). Enjoy a beautiful walk on Lido Key, with views of sugar sand beaches, sparkling gulf waters, and beautiful residences.

**St Augustine - St. Augustine Year Round Walk Event****6/10KM Year Round Walk (2017/Y1128) 1/2/2017 - 12/31/2017**

Animal Safari, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Parks Centennial Challenge, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walking America's Ports of Call, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** Medium      **Pets:** No

**Sponsor:** AVA-0717 Happy Wanderers [www.happywanderersfl.org](http://www.happywanderersfl.org)

**Contact:** Gerry and Shirley Laird, [glaird3@cfl.rr.com](mailto:glaird3@cfl.rr.com), (386)445-9841, P O Box 290153, Port Orange, FL, 32129 0153

**Start Point:** Double Tree by Hilton- 116 San Marco Ave. Start box at Registration Desk in Hotel Lobby. N on I-95 Exit 311 to SR207. Right (NE) to SR207. Drive 5.1 miles to US Hwy 1. Left to US1, Drive 1.4 miles to traffic signal at W Castillo. Turn right to W Castillo. Drive 0.3 miles to San Marco. Turn left to San Marco, drive 0.4 miles to Ocean. Turn right to Ocean, drive 0.1 mile to first entrance to parking lot. Turn right to parking lot, Shrine Gift Shop on left. S on I-95 Exit 318 to Hwy 16, Green Cove Springs/St Augustine exit (also Outlet Mall exit). Left € to Hwy 16. Drive 5.6 miles to San Marco, turn right (S) to San Marco. Drive 0.9 Double Tree by Hilton on the Left.

**Event Info:** Daily - Dawn to Dusk

**St. Petersburg - Central/Roser Park St. Pete****6/10K Year Round Walk (2017/Y1717) 1/2/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Walking America's Ports of Call, Walking the USA A - Z, You'll Never Walk Alone

**Award:** B Award      **Strollers:** hard      **Restroom:** Yes

**Rating:** 3B      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0219 Suncoast Sandpipers Volkssport Club [suncoastsandpipers.org](http://suncoastsandpipers.org)

**Contact:** Alice Lawrence, [pipers@tampabay.rr.com](mailto:pipers@tampabay.rr.com), (727)542-9742, 19651 Gulf Blvd. A-13, Indian Shores, FL, 33785

**Start Point:** GFS Marketplace- 3131 4th N. 33704, (727)821-1902. Tampa and points N: I-275S, exit 25 for 38th N. Keep left at fork in ramp. Turn left to 38th N, follow to 4th N. Turn right to 4th N. Sarasota and points S: I-275N, exit 24 for 22nd N. Turn right to 22nd N, follow to 4th N. Turn left to 4th N. From N Pinellas County and points E: follow any major artery to 4th N. Ask Marketplace staff for box. GFS Market Place hours: Mon-Sat, 7 am-8 pm; Sun, 8 am-6 pm. Closed New Year's Day, Easter, Thanksgiving, and Christmas. Complete walk in daylight.

**Event Info:** After registering, drive 3 miles to free public parking in a waterfront city park. From there, walkers will enjoy a route with views of Tampa Bay, the Dali Museum, historic Roser Park, and the downtown USF campus.

**St. Petersburg - Northeast St. Petersburg****5/11 km Year Round Walk (2017/Y1143) 1/2/2017 - 12/31/2017**

Animal Safari, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Walking America's Ports of Call, You'll Never Walk Alone

**Award:** B Award **Strollers:** Easy **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0219 Suncoast Sandpipers Volkssport Club suncoastsandpipers.org

**Contact:** Alice Lawrence, pipers@tampabay.rr.com, (727)542-9742, 19651 Gulf Blvd, Indian Shores, FL, 33785

**Start Point:** GFS Market Place.- 3131 4th St. 33704/ (727) 821-1902. From Tampa and points north: on I-275S, take exit 25 for 38th Ave N. Keep left at fork in ramp. Turn left onto 38th Ave. N and follow it to 4th St. N. Turn right onto 4th St N. From Sarasota and points south: on I-275N, take exit 24 for 22nd Ave N. Turn right onto 22nd Ave N and follow it to 4th St N. Turn left onto 4th ST N. From north Pinellas County and points east: follow any major artery to 4th St. N. Park in 4th St. Center parking lot. Ask Marketplace staff person for box. GFS Marketplace hours are: Mon-Sat: 7 AM-8 PM; Sun: 8 AM-6 PM. Closed Easter, Thanksgiving, Christmas and New Year's Day. Complete walk in daylight.

**Event Info:** After registering, participants will drive .5 mile to nearby Coffee Pot Park to start the walk along beautiful Tampa Bay and through historic St. Petersburg commercial, recreational, and residential areas. The 5K walkers will drive about 3 miles to Demens Landing.

**Tallahassee - Capital - FSU Campus****10K/5K Year Round Walk (2017/Y1985) 1/1/2017 - 12/31/2017**

Amphitheatres, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, State Capital, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** Hard **Restroom:** Yes

**Rating:** 2B **Wheelchair:** Hard **Pets:** Yes

**Sponsor:** AVA-0868 First Coast Trail Forgers Walking Club  
www.FirstCoastTrailForgersWalkingClub.org

**Contact:** Robert Daniels, ROBTDANIELS@comcast.net, (850)294-5726, 2805 Roscommon, Tallahassee, FL, 32309

**Start Point:** Governors Inn Hotel- 209 S. Adams St., Tallahassee. Use the following URL address to get directions from your starting location.  
<https://goo.gl/maps/ybZ8s>. Some public parking is available on streets near start point. Meter parking is free on weekends.

**Event Info:** Ask front desk for walk box. FSU is home of FSU Seminoles. Gameday weekends may be crowded. Check gameday schedules at <http://www.fbschedules.com>. Walk Florida's premier Capital City walk through Capitol grounds, state museums, Florida State University Campus and downtown Tallahassee. Pass by the Visitor Center, FSU Circus, athletic training facilities, and Bobby Bowden Field mostly on sidewalks, promenades and greenways.

**Tampa - Downtown Tampa****Distance 5/10/20 km Year Round Walk (2017/Y0163) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the Path of Inventions, Walking the USA A - Z, You'll Never Walk Alone

**Award:** B Award **Strollers:** hard **Restroom:** Yes

**Rating:** 2A **Wheelchair:** medium **Pets:** Yes

**Sponsor:** AVA-0219 Suncoast Sandpipers Volkssport Club suncoastsandpipers.org

**Contact:** Joan Jarrett, joanjarrett@hotmail.com, (352)588-9895, 29402 Marker Loop, San Antonio, FL, 33576

**Start Point:** The Barrymore Hotel Tampa Riverwalk- 111 W Fortune St., 33602, (813)223-1351. I-275N, Exit 44/ Dntn W, taking Ashley Dr. to Straz Center for Performing Arts. Keep in right-most lane to turn right at first street (once off ramp, it comes quickly and is unmarked Fortune St.). Hotel on right about 1/2 a block down. I-275 S, Exit 45A/Dntn E - W to very long ramp. At first opportunity, get in right-most lane and follow Downtown West. After passing Downtown East ramp, continue traveling on Downtown West ramp but now follow Ashley Dr. signs. As you leave ramp to travel on Ashley, move to right-most lane, turn right to first street (once off ramp, it comes quickly and is unmarked Fortune St.). Hotel on right about 1/2 a block down. Use metered street side parking (parking is free on weekends). Hotel is open every day, 24 hours a day. Regular hours 7:30 am-5 pm. Complete walks during daylight hours.

**Event Info:** The walk is a tour of the Hillsborough River shoreline, the University of Tampa, Hyde Park dining and shopping area, and Bayshore Dr. The 20K route takes walkers to historic Ybor City and back through the Channelside shopping district (not recommended during summer due to unshaded areas).

**Tarpon Springs - Howard Park****5/10K Year Round Walk (2017/Y0031) 1/2/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Walking the USA A - Z, You'll Never Walk Alone

**Award:** B Award **Strollers:** medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** medium **Pets:** No

**Sponsor:** AVA-0219 Suncoast Sandpipers Volkssport Club suncoastsandpipers.org

**Contact:** Bonnie Theall, pipers@tampabay.rr.com, (727)734-1325, 526 Vine Ave., Dunedin, FL, 34698

**Start Point:** Bayou Cafe- 118 E. Tarpon Ave. Tarpon Springs, Pinellas County, FL 34689. From Tampa, take SR 60 to US 19. Right on US 19 about 15 miles to Tarpon Ave. Left on Tarpon Ave. 1 mile to free public parking lot on corner of Alt 19 and Tarpon Ave. From other points, take US 19 or Alt US 19 to Tarpon Ave. Park in public parking lot or, weekends only, in bank lot at corner of Ring and Tarpon Aves. Please do not use restaurant parking!

**Event Info:** The cafe is open 7 AM to 2 PM, daily (closed Christmas ). Cafe may close on other holidays. To check, call ahead 727-514-2617. After registering at the Cafe, walkers will drive 2.5 miles to Howard Park, the walk start. Complete walks in daylight hours.

**Tarpon Springs - Sponge Docks****5/10K Year Round Walk (2017/Y0815) 1/2/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Boardwalks, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Vice Presidential Walks, Walking the USA A - Z, You'll Never Walk Alone

**Award:** B Award **Strollers:** medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** medium **Pets:** Yes

**Sponsor:** AVA-0219 Suncoast Sandpipers Volkssport Club suncoastsandpipers.org

**Contact:** Bonnie Theall, pipers@tampabay.rr.com, (727)734-1325, 526 Vine Ave., Dunedin, FL, 34698

**Start Point:** Bayou Cafe- 118 E Tarpon, 34689. Tampa, take SR 60 to US 19. Right on US 19 about 15 miles to Tarpon. Left on Tarpon. 1 mile to free public parking lot on corner of Alt 19 and Tarpon. From other points, take US 19 or Alt US 19 to Tarpon. Park in public parking lot or, weekends only, in bank lot at corner of Ring and Tarpon. Please do not use restaurant parking!

**Event Info:** 7 am-2 pm, daily (closed New Year's Day, Thanksgiving and Christmas). Cafe may close on other holidays. Call ahead 727-514-2617. Complete walks in daylight hours.

**The Villages - Lake Sumter Landing****5 & 10 Km Year Round Walk (2017/Y1470) 1/1/2017 - 12/31/2017**

Boardwalks, Ice Cream Parlors, Lakes and Reservoirs, Points of Reference, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0629 Mid-Florida Milers Walking Club www.midfloridamilers.org

**Contact:** Jan Van Vlack, jvanvlack@gmail.com, (317)300-0526, 2633 English Ivy Cir., The Villages, FL, 32162

**Start Point:** The Villages-Lake Sumter Landing- The Villages' The Waterfront Inn is at 1105 Lake Shore Drive, hours 7am-6pm daily. Do not park in the lot in front of the Inn. From Orlando use FL408W to the Turnpike to exit 304. Turn right on US 301. Go 3.4 mi to County Rd 472. Turn right for 2.5 mi. At Buena Vista Blvd. turn right for 1.5 mi. Turn left on Old Mill Run to Inn on left. From US 441N go left at County Rd. 466 in Lady Lake 2.9 mi. Turn left on Morse Blvd. across bridge to first round about. Turn right on Lake Sumter Lndg, go around the square and Left on Lake Shore Dr. to The Waterfront Inn on the right.. From I75N/S use exit 329, FL44, and turn right from south (left from north). Turn left on US 301 and go 4.4 mi. Turn right on County Rd 472 for 2.5mi. At Buena Vista Blvd. turn right for 1.5 mi. Turn left on Old Mill Run to Inn on left.

**Event Info:** The 5 and 10km self-paced walk at The Villages starting at The Waterfront Inn. The Villages is one of the fastest growing cities in the USA, It is a retirement community in central Florida south of Ocala. The route on sidewalks and multi modal trails provides views of the Cherry Lake/Lake Sumter, Lake Sumter Landing Town Square, gardens, residential, business, and athletic areas of The Villages. Restrooms at the start, pools, & rec centers. Strollers and wheelchairs welcomed. Leashed pets are allowed. Please carry water. Walk in daylight hours. The walk registration box is at located on the floor in "The Market" to the right just inside the main door.

**The Villages - Spanish Springs****5 & 10 Km Year Round Walk (2017/Y1433) 1/1/2017 - 12/31/2017**

Ice Cream Parlors, Make a Wish at a Water Fountain, Points of Reference, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only

**Strollers:** Easy

**Restroom:** Yes

**Rating:** 1A

**Wheelchair:** Easy

**Pets:** Yes

**Sponsor:** AVA-0629 Mid-Florida Milers Walking Club [www.midfloridamilers.org](http://www.midfloridamilers.org)

**Contact:** Gerry Vannienwenhove, [toadnfrog@live.com](mailto:toadnfrog@live.com), (240)727-2753, 1618 Carrera Dr., The Villages, FL, 32159

**Start Point:** The Villages-Spanish Springs- Map: <http://tinyurl.com/SpainSprgs-MFM> GPS: 28.9410824,-81.9519569

The TownePlace Suites is at 1141 Alonzo Ave.\*\* The Villages FL 32159. From Gainesville on I75 S. use exit 341, County Rd. 484. Turn left, cross County Road 475 and US 301 to US 27/441. Turn right on US 27/441 to Avenida Central in Lady Lake. Turn right on Avenida Central, cross Paige Place, and turn left on Alonzo Avenue to TownePlace Suites. From Tampa on I-75 N use exit 329, State Rd. 44. Turn right on State Road 44 to US 301. Turn left on US 301. Turn right on County Road 466 to Buena Vista Boulevard. Turn left on Buena Vista Boulevard to roundabout at El Camino Real. Turn right on El Camino Real to roundabout and cross Morse Boulevard to Avenida Central. Turn right on Avenida Central to Alonzo Avenue. Turn left on Alonzo Avenue to TownePlace Suites. From Orlando on Florida turnpike north use exit 304, Wildwood. Turn right on US 301 to County Rd. 466. Turn right on County Road 466 to Buena Vista Boulevard. Turn left on Buena Vista Boulevard to roundabout at El Camino Real. Turn right on El Camino Real to roundabout at Morse Boulevard proceeding through the roundabout to Avenida Central. Turn right on Avenida Central to Alonzo Avenue. Turn left on Alonzo Avenue to TownPlace suites. From Leesburg & Orlando on US 441/27 turn left in Lady Lake on Avenida Central and cross Paige Place. Turn left on Alonzo Avenue to TownePlace Suites. Park in the rear and enter from that direction. From Ocala on US 27/441 S. enter Lady Lake and turn right on Avenida Central and cross Paige Place. Turn left on Alonzo Avenue to TownePlace Suites.

\*\*All - turn right into TownePlace Suites and walk box is next to computer terminal in meeting room.

**Event Info:** The 5 and 10km self-paced walk is new in 2017 at The Villages' Spanish Springs area. The Villages is one of the fastest growing cities in the USA, It is a retirement community in central Florida south of Ocala. The route on sidewalks and multi-modal trails provides views of the Spanish Springs Town Square, gardens, residential, restaurants, shops, businesses, and athletic areas of The Villages. Restrooms at the start, pools, & rec centers. Strollers and wheelchairs welcomed. Leashed pets are allowed. Please carry water. Walk in daylight hours.

**Venice****10km and 6K Year Round Walk (2017/Y0206) 1/3/2017 - 12/31/2017**

Bridges - Spanning the USA

**Award:** IVV Credit Only**Strollers:** Medium**Restroom:** Yes**Rating:** 1A**Wheelchair:** Medium**Pets:** Yes**Sponsor:** AVA-0755 Meandering Manatees**Contact:** Beverley Mac Neill, bevmneill@aol.com, (239)368-1673, 324 Elmwood Ave, Lehigh Acres, FL, 33936**Start Point:** CVS Pharmacy- Venice Ave at US 41. From either north or south on I-75 take Exit 193, Venice/Jacaranda Blvd. Turn left from the south, turn right from the north. In about 0.75 mile turn right on Venice Ave. Go three miles (just before US 41) and the store is on the right. Ask for the volkssport box at the counter just to the right of the entrance.**Event Info:** Open 24 hours, daily and most holidays. The trail is rated 1, but the beach can be avoided by baby strollers, wheelchairs and pets on leashes. This is a city walk through "old" Venice, along Venice Beach known for its many sharks teeth, and a delightful stroll on Venice Ave with its chic shops and sidewalk cafes. An alternative to the beach is in the Walk Directions.



**West Palm Beach****6 & 11km Year Round Walk (2017/Y1818) 1/1/2017 - 12/31/2017**

Food For Thought, Honoring Our Flag, Ice Cream Parlors, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0629 Mid-Florida Milers Walking Club [www.midfloridamilers.org](http://www.midfloridamilers.org)

**Contact:** MFM Trailmaster, [mlanpher@gmail.com](mailto:mlanpher@gmail.com), (407)304-6394, Post Office Box 4575, Winter Park, FL, 32793

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) - START: West Palm Beach walk is at CityPlace or Banyan St. garages. See Parking Options.- REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user. PARKING OPTIONS: If walking 10K and eating (\$4 for 4 hrs vs \$6-7 at CityPlace), we suggest using Banyan garage (rest rooms at Waterfront Visitor Center on route). There are meters on side streets but have time maximums; street parking is free on Sundays. DIRECTIONS: To CityPlace CityPlace Map: <http://tinyurl.com/WPB-CityPlaceMFM>; GPS: 26.7077481,-80.0564825 From I-95S use exit 70 & turn left (Right from I-95N) for 1.2 miles at 1st left past Rosemary to Park in the CityPlace Garage. garage charges a fee-- First Hour in before 10 pm= FREE, 61 to 80 minutes in before 10 pm= \$2; First Hour in after 10 pm= \$1, 61 to 80 minutes in after 10 pm= \$3, Each additional 20 minutes= \$1 (or any part thereof), Daily maximum = \$10 (per ticket). There are restrooms in CityPlace, 1st level behind escalators. To Banyan St Garage, cost is \$1/hour, 200 Banyan Blvd, Map: <http://tinyurl.com/WestPalm-MFM>; GPS: 26.7141571,-80.0515317. From I-95S use exit 70 & turn left (Right from I-95N) for 1.6 miles. Turn left on Flagler Ave. (do not go over bridge). At the Marina turn left on 1st St/Banyan to parking just before Olive Ave.

**Event Info:** These are 6 & 11 km walks in West Palm Beach. The route is on the beautiful and historic Intracoastal Waterway. Walk through the renovated and vibrant downtown area including CityPlace, housing multiple shopping opportunities, eateries, and entertainment venues. Plan for a leisurely walk, lunch, and a cooling stroll on the Intracoastal Waterway. Visit Norton Museum of Art and the 100 year old St. Anne's Church. Pay for Parking at the CityPlace garage, Banyan St garage or metered parking on side streets (time limited). No fee for street parking on Sunday.

**West Pensacola - Big Lagoon State Park****10K Year Round Walk (2017/Y1502) 1/3/2017 - 12/31/2017**

Amphitheatres, Boardwalks, Lakes and Reservoirs, Water Towers

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0964 Perdido Key Volksmarch Club [www.WalkPerdidoKey.com](http://www.WalkPerdidoKey.com)

**Contact:** Rod Powell, [roderick.2002@yahoo.com](mailto:roderick.2002@yahoo.com), (850)637-1876, 5468 North Shore Rd, Pensacola, FL, 32507

**Start Point:** Big Lagoon State Park- 12301 Gulf Beach Highway. I-10, Exit 7, SR 297 (Pine Forest) S 2.5 miles. Right on Blue Angel Pkwy (SR 173), (Longleaf on left). Follow Pkwy left about 10 miles. Right on SR 292 (Sorrento) 3 miles, left on SR 293 (Baur) 1.5 miles to Park. Pay entrance fee, park, register in Entrance Station before driving to start point.

**Event Info:** Tel # for the park is 850-492-1595

**GEORGIA****Athens****10 K Year Round Walk (2017/Y1107) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, National Register of Historic Places, Trekking With the Trees, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** hard      **Pets:** No

**Sponsor:** AVA-0178 Georgia Walkers georgiawalkers.homestead.com/

**Contact:** H Weber, harold@netweber.org, (904)704-8402, 104 Waterford PL, Athens, GA, 30607

**Start Point:** Marriott Courtyard- 166 N Finley. Atlanta go N I-85, exit 106 (Hwy 316), about 45 miles. Hwy 316 ends, continue on Epps Bridge, merges on Atlanta Hwy/Broad (Business Rt 78). Stay on Hwy 78. Marriott Courtyard on corner of Business Rt 78 (Broad) and Finley (across from Holiday Inn Parking Lot). SC I-85, take Hwy 441 S to Athens. Go under Loop 10, right on College to Broad, right. Marriott on right about 4 blocks. S of Athens, heading N US 441, take US 78 W through Athens to Finley, right to Marriott.

**Event Info:** Daily 8:30am-5:30pm. Avoid walk on UGA home football game days. Football schedule available at [www.georgiadogs.com](http://www.georgiadogs.com) or 706-542-1621.

**Atlanta - Capital****Distance 20/10/5 km Year Round Walk (2017/Y0557) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Lady Liberty Special Program, Make a Wish at a Water Fountain, State Capital, Take a Walk In a City Park, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0178 Georgia Walkers georgiawalkers.homestead.com/

**Contact:** Connie Clark, Walkn4Life@att.net, (469)713-4712, 1496 Elizabeth Lane, East Point, GA, 30344

**Start Point:** Quality Hotel- 89 Luckie, 30303, 404-524-7991. S of Atlanta, I-75/85 exit 248C, left on International, left on Courtland, right on Auburn, becomes Luckie. Hotel on right 1 block past Peachtree. Commercial parking on Luckie. N, I-75/85 exit 249A, right on Courtland, right on Auburn, becomes Luckie. From Marta Peachtree Center Station (N1)-walk to S end of station following signs to Atlanta-Fulton Cty Library and W Peachtree. Exit station, cross Carnegie Way, walk down Forsyth (front of Library) 2 blocks to Luckie, right on Luckie. Quality Hotel at end of block.

**Event Info:** Walk dawn to dusk - daylight hours only!

**Atlanta - Capital****11 km Year Round Walk (2017/Y0096) 1/1/2017 - 12/31/2017**

Alternative Capitals, Cities in Song, Food For Thought, Honoring Our Flag, National Register of Historic Places, Trekking With the Trees, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0178 Georgia Walkers georgiawalkers.homestead.com/  
**Contact:** Connie Clark, Walkn4Life@att.net, (469)713-4712, 1496 Elizabeth Lane, East Point, GA, 30344  
**Start Point:** Quality Hotel- 89 Luckie, 30303, 404-524-7991. S of Atlanta, I-75/85 exit 248C, left on International, left on Courtland, right on Auburn, becomes Luckie. Hotel on right 1 block past Peachtree. Commercial parking on Luckie. N, I-75/85 exit 249A, right on Courtland, right on Auburn, becomes Luckie. From Marta Peachtree Center Station (N1) walk to S end of station following signs to Atlanta-Fulton Library and W Peachtree. Exit station, cross Carnegie Way, walk down Forsyth (front of Library) 2 blocks to Luckie, right on Luckie. Quality Hotel at end of block.

**Event Info:** Daily - Dawn to Dusk

**Atlanta - Fayetteville****10k Year Round Walk (2017/Y2103) 1/1/2017 - 12/31/2017**

Amphitheatres, Food For Thought, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0178 Georgia Walkers georgiawalkers.homestead.com/  
**Contact:** Al Moore, alqdm12@gmail.com, (404)434-0828, 6206 Stinson Way, Riverdale, GA, 30296  
**Start Point:** Holiday Inn Express, Historic Downtown Square- 140 E Lanier, Fayetteville, GA. Atlanta, I-75 S 8 miles to Exit 237A toward GA 85/Riverdale. Merge on GA-85S, follow almost 13 miles. Fayetteville, take SH54 E (Stonewall-Courthouse Square) 1 block, turn left. Go 1 block, Holiday Inn Express straight ahead. I-85 S, exit 61, or going N exit 47 toward Peachtree City, take SH54 to Fayetteville. After passing SH85 in Fayetteville, take first left as above. Ask for walk box at Front Desk. No problem with parking in parking lot.

**Event Info:** Daily - Dawn to Dusk. Water/rest rooms available at start point.

**Atlanta - Mableton****Distance 20/10 km Year Round Walk (2017/Y1101) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Treasure Hunt - A way to walk our precious trails, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** easy      **Pets:** Yes  
**Sponsor:** AVA-0178 Georgia Walkers georgiawalkers.homestead.com/  
**Contact:** Duncan Brantley, duncan7596@aol.com, (770)914-9404, 113 Sweet Gum Trail, McDonough, GA, 30252  
**Start Point:** Silver Comet Cycles (Bike Shop)- 4342 Floyd SW. I-20 W to Fulton Industrial (Exit 49, near Six Flags) - exit right. N for .5 mile, turn left on MLK, Jr (GA139). About 7 miles (MLK turns into Floyd after Hwy 78, GA139 ends at 78) and S.C.D. Cycle on left before crossing Silver Comet Trail. W of Atlanta off I-20, exit 49, left and follow above directions. E of Atlanta, I-20 to exit 49, turn right, follow above directions.  
**Event Info:** See <http://silvercometcycles.com/> for latest times. Sun-M 10:30am-5pm, Tu-F 10:30am-6pm, Sat 9am-6pm. Times might change for summer.

**Atlanta - Peachtree City****Distance 20/10 km Year Round Walk (2017/Y0508) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs,  
Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0178 Georgia Walkers georgiawalkers.homestead.com/  
**Contact:** Al Moore, alqdm12@gmail.com, (404)434-0828, 6206 Stinson Way, Riverdale, GA, 30296  
**Start Point:** Kroger Grocery Store/Pharmacy Dept- Braelinn Shopping Ctr, 564 Crosstown. I-85 exit 61 (Fairburn/Peachtree Cty), follow GA-74 S. Continue on GA-74 (cross GA-54 Hwy) until reaching Crosstown. Left, .3 mile to Kroger on left. I-75 exit 237A (GA-85) S 13 miles. Right on GA-54 10 miles, turn left to GA-74. Go to traffic light at Crosstown, turn left, .3 mile to Kroger on left in Braelinn Village Shopping Center. Start Box on counter of Pharmacy Department.  
**Event Info:** Daily - Dawn to Dusk. Strollers/wheelchairs can be used on golf cart paths. Littering STRICTLY PROHIBITED. All rules of Peachtree City MUST BE STRICTLY ADHERED TO.

**Atlanta - Roswell****10km, 5km Year Round Walk (2017/Y1700) 1/2/2017 - 12/31/2017**

Cities in Song, Honoring Our Flag, Make a Wish at a Water Fountain, National Parks Centennial Challenge, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, Vice Presidential Walks, Walk the USA - Street by Street, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0178 Georgia Walkers georgiawalkers.homestead.com/  
**Contact:** Linda Becker, LBecker@psu.edu, (404)695-7530, 350 Shelli Lane, Roswell, GA, 30075  
**Start Point:** Roswell Visitors Center- 617 Atlanta, Roswell, GA 30075, 770-640-3253 or 1-800-776-7935. Atlanta take I-85 N to GA 400 N. Go N on GA 400. Exit 6 for Northridge, slight right at Northridge. 1st right to Dunwoody. Right at Roswell, continue to S Atlanta. Right on Sloan for parking behind VC, on corner of Atlanta and Sloan.  
**Event Info:** M-F 9am-5pm, Sat 10am-4pm, Sun 12pm-3pm. Closed on normal holidays. See website <http://www.visitroswellga.com> for town information.

**Atlanta - Stone Mountain****10km / 6km Year Round Walk (2017/Y0387) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0178 Georgia Walkers georgiawalkers.homestead.com/  
**Contact:** Duncan Brantley, duncan7596@aol.com, (770)914-9404, 113 Sweet Gum Trail, McDonough, GA, 30252  
**Start Point:** Sweet A'roma Bakery & Cafe- 975 Main. Atlanta: I-285 to Exit 39B (Stone Mountain Fwy). Proceed on Hwy 78 to Hwy 10 Stone Mountain Village/Memorial exit. Hwy 10, take 1st right (E Ponce DeLeon/Stone Mountain/Clarkston). Top of ramp, left, go over Hwy 78. Straight through light on Main to parking lot adjacent to VC (Red Caboose) down street from Train Depot. Ask for Walk Box at front counter.  
**Event Info:** Monday-Thursday 9:00 AM - 5:00 PM, Fri-Sat 9:00 AM - 6:00 PM Sunday-Closed

**Columbus - Oxbow Meadows / Infantry Museum****10km / 6km Year Round Walk (2017/Y0385) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Cities in Song, Honoring Our Flag, Trekking With the Trees, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** easy **Restroom:** Yes**Rating:** 1C **Wheelchair:** NO **Pets:** Yes**Sponsor:** AVA-0178 Georgia Walkers georgiawalkers.homestead.com/**Contact:** Linda Lovelette, lindakaleylovelette@yahoo.com, (706)366-7265, 1400 Biggers Road, Columbus, GA, 31904**Start Point:** Fountain City Coffee- 1007 Broadway, Columbus, GA. Entering Columbus from NORTH (on I-185): Take exit 7, US 27/GA Rte 85, Manchester Expressway into Columbus. Continue until you reach 2nd Avenue and turn LEFT. Continue down 2nd Avenue until you reach 12th Street, and turn RIGHT. Drive two blocks to Broadway, and turn LEFT. You will pass Fountain City Coffee on your right between 10th and 11th Streets. Entering Columbus from Hwy 280/431: Take Highway 280 toward Columbus and watch for 4th Avenue (also US 27 / Veterans Parkway), across from the Columbus Civic Center. Turn onto 4th Avenue (LEFT if you're traveling east, RIGHT if you're traveling west) and drive to 11th Street. Turn LEFT onto 11th Street and drive four blocks to Broadway. Turn LEFT on Broadway and you will pass Fountain City Coffee on your right, between 10th Street and 11th**Event Info:** Half of this event is on grassy/rooted nature trails of Oxbow Meadows Environmental Learning Center. It provides exhibits & displays and offers formal and informal educational programs about the ecology and natural history of the region. Here, you can see alligators, tortoises, bees, snakes, and many other forms of aquatic birds & mammals. The second half of the route is on paved sidewalks & biking routes leading to & around the National Infantry Museum and Soldier Center; Heritage Walk, parade field, Walk of Honor and an authentically recreated World War II Company Street

**Columbus - River Walk & Historic Downtown****10k / 5k Year Round Walk (2017/Y1705) 1/1/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Boardwalks, Border Crossings, Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, United States Post Offices, Walking the Path of Inventions, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0178 Georgia Walkers georgiawalkers.homestead.com/

**Contact:** Linda Lovelette, lindakaleylovelette@yahoo.com, (706)366-7265, 1400 Biggers Road, Columbus, GA, 31904

**Start Point:** Fountain City Coffee- 1007 Broadway, Columbus, GA. Entering Columbus from NORTH (on I-185): Take exit 7, US 27/GA Rte 85, Manchester Expressway into Columbus. Continue until you reach 2nd Avenue and turn LEFT. Continue down 2nd Avenue until you reach 12th Street, and turn RIGHT. Drive two blocks to Broadway, and turn LEFT. You will pass Fountain City Coffee on your right between 10th and 11th Streets.

Entering Columbus from Hwy 280/431: Take Highway 280 toward Columbus and watch for 4th Avenue (also US 27 / Veterans Parkway), across from the Columbus Civic Center. Turn onto 4th Avenue (LEFT if you're traveling east, RIGHT if you're traveling west) and drive to 11th Street. Turn LEFT onto 11th Street and drive four blocks to Broadway. Turn LEFT on Broadway and you will pass Fountain City Coffee on your right, between 10th Street and 11th Street. Two hour free parking on Broadway weekdays (unavailable during special events). Parking Garage 919 Broadway for \$2.00 weekday with exact change.

**Event Info:** The walk follows the River Walk on both sides of the Chattahoochee River in Georgia & Alabama and through the historic district of downtown Columbus. This event is mostly on paved sidewalks, with exception of one long set of stairs, making it difficult for wheelchairs.

**Dahlonega****10 K and 5 K Year Round Walk (2017/Y1797) 1/1/2017 - 12/31/2017**

Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** None      **Pets:** No

**Sponsor:** AVA-0178 Georgia Walkers georgiawalkers.homestead.com/

**Contact:** Nancy Mitchell, mitchellnancys@aol.com, (770)363-6585, 5464 Linger Longer Rd, Cumming, GA, 30041

**Start Point:** The Smith House- 84 South Chestatee St. Dahlonega, GA  
From Atlanta area, go up GA 400/US-19N to exit for Dahlonega. Turn left on S Chestatee (Hwy 19) and go approximately 5.5 miles. The Smith House will be on your left. The box will be at the hotel desk.

**Event Info:** The 10k walking course follows streets around Dahlonega, University of North Georgia, Mount Hope Cemetery, Yahoola Creek Park and other areas. Dahlonega is the site of the first major U.S. Gold Rush and the Heart of Georgia Wine Country.

**Helen****12 K Year Round Walk (2017/Y0570) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, United States Post Offices, Walking the USA A - Z, Water Towers

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 3C      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0178 Georgia Walkers georgiawalkers.homestead.com/  
**Contact:** Harold Weber, harold@netweber.org, (904)704-8402, 104 Waterford Place, Athens, GA, 30607  
**Start Point:** Helen - White County Convention & VB- 706-878-2181 (800-858-8027) 726 Bruckenstrasse, 30545. Main in Helen, go S end of town to US Post Office. 1 building behind Post Office is Welcome Center.  
**Event Info:** M-Sat 9am-5pm, Sun 10am-4pm.

**Madison****10km Year Round Walk (2017/Y0384) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z, Water Towers

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0178 Georgia Walkers georgiawalkers.homestead.com/  
**Contact:** Harold Weber, harold@netweber.org, (904)704-8402, 104 Waterford Place, Athens, GA, 30607  
**Start Point:** Morgan Memorial Hospital- 1077 S Main. From I-20 E, Exit 113 (Hwy 83/Madison/Monticello) and turn left at end of ramp. Follow to end and turn right on Hwys 278/83. Bear left at fork (83/278/12). Turn left on Cornwall and left again into Morgan Memorial Hospital parking lot. From I-20 W, exit 113, turn right at end of ramp and continue as above. At the hospital, enter at the Emergencyroom/Registration/Main door. The walk box is on the left of the entrance under a table against the wall in the waiting area.

**Event Info:** Daily 8am-6pm.

**Savannah - Historic Downtown Savannah Year Round Walk Event****5/10km Year Round Walk (2017/Y1366) 1/2/2017 - 12/31/2017**

Alternative Capitals, Cities in Song, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Vice Presidential Walks, Walking America's Ports of Call, Walking the Path of Inventions, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0717 Happy Wanderers www.happywanderersfl.org  
**Contact:** John Sewell, joncwell@aol.com, (912)925-3892, P O Box 290153, Port Orange, FL, 32129 0153  
**Start Point:** Savannah History Museum- 303 Martin Luther King, Jr Blvd. I-95 Exit 99 on I-16. Drive E to the end of I-16 (becomes Montgomery) approx 8.8 miles. Go to Liberty (first traffic light). Turn left on Liberty and drive one block to Martin Luther King Jr. Turn right onto MLK Jr and make an immediate left into the Visitor Information Center parking lot. Use the Side Entrance to the Museum and go to the information counter in the lobby as you enter. Ask for the Walkbox.  
**Event Info:** 9AM-5PM Daily Closed Thanksgiving, Christmas and New Year's Day.

**St. Marys****5K & 10K Year Round Walk (2017/Y1734) 1/2/2017 - 12/31/2017**

Alternative Capitals, Boardwalks, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0868 First Coast Trail Forgers Walking Club  
www.FirstCoastTrailForgersWalkingClub.org

**Contact:** Diana Sherrill, diana.sherrill@gmail.com, (904)608-4689, 9123 Sugar Meadow Trail, Jacksonville, FL, 32256

**Start Point:** St. Marys Conv & Visitors Bureau- 400 Osborne, St. Marys, GA 31558. For directions highlight and right click URL and select go to option.  
<https://goo.gl/maps/OADwX>.

**Event Info:** Walk Box is located on floor to right of sofa at entrance to VC. Open 9am-5pm M-Sat, Sun 12-5pm. Closed Thanksgiving, Christmas Eve & Day, New Years Eve & Day and Easter. Website orientation: [www.stmaryswelcome.com](http://www.stmaryswelcome.com). St. Marys, GA is a small coastal village located in SE Georgia. It is rich in history, natural beauty, and southern hospitality. St. Marys is the gateway to the Cumberland Island National Seashore, a pristine barrier island accessible via ferry only and a wonderful day trip. Our walk will take you through the historic area, the Oak Grove Cemetery with graves dating back to 1801, and along the scenic waterfront with glimpses of Cumberland Island in the distance.

**HAWAII****Haleakala Crater, Maui - Sliding Sands Trail****12km one way Year Round Walk (2017/Y2002) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes

**Rating:** 4C      **Wheelchair:** NO      **Pets:** No

**Sponsor:** AVA-0534 Four-Plus Foolhardy Folks <http://fourplushikers.weebly.com>

**Contact:** Dorman L Batson, dlbatsonfedwy@comcast.net, (253)517-9634, 35806 1st Ave S, Federal Way, WA, 98003

**Start Point:** REMOTE Registration form may be found on <[fourplushikers.weebly.com](http://fourplushikers.weebly.com)>.- Remote Registration: IVV Credit fee is \$3.00. Directions and information will be e-mailed/mailed upon receipt of fees for each event. There is NO award.

**Event Info:** Walk from the crater rim down well defined sandy trail into crater floor. View eerie volcanic landscapes of prehistory vents, one of a kind plants and possibly a nene, a goose found only in this area. Cross the crater floor to exit the eastern slope, climbing through a rainforest of ferns to the rim.



**Hana/Huloa Loop Ranger Station, Maui - Seven Sacred Pools of Ohe'O****11km Year Round Walk (2017/Y2000) 1/1/2017 - 12/31/2017**

- Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0534 Four-Plus Foolhardy Folks <http://fourplushikers.weebly.com>  
**Contact:** Dorman L Batson, [dlbatsonfedwy@comcast.net](mailto:dlbatsonfedwy@comcast.net), (253)517-9634, 35806 1st Ave S, Federal Way, WA, 98003  
**Start Point:** REMOTE REGISTRATION: IVV Credit fee is \$3.00. Directions will be provided after appropriate fees have been submitted.- Remote Registration: Registration forms may be found on the Fourplushikers.weebly.com web page. Inquires send to Four-Plus Foolhardy Folks V.C. % Dorman L Batson, 35806 1st Ave S., Federal Way, WA 98003, <[dlbatsonfedwy@comcast.net](mailto:dlbatsonfedwy@comcast.net)>. Upon receipt of appropriate fees directions and instructions will be e-mailed/mailed to participant(s). There is NO award for these events.  
**Event Info:** The Pools of Ohe'O offers a pleasant hike along the meandering stream up to 400 foot Waimoku Falls. This trail goes from the Kuloa Ranger Station and an ancient Hawaiian archaeological site overlooking the Pacific Ocean, past several natural pools, a huge Banyon tree, through a bamboo forest to the spectacular water fall. A two kilometer walk to the church and burial site for Charles Lindberg is part of this walk. Carry Water.

**Honolulu - Ala Moana Beach Park****10K Year Round Walk (2017/Y0600) 1/1/2017 - 12/31/2017**

- Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0456 Menehune Marchers [www.avaclubs.org/MenehuneMarchers/](http://www.avaclubs.org/MenehuneMarchers/)  
**Contact:** Faye Miyamasu, [fmiyamasu@hotmail.com](mailto:fmiyamasu@hotmail.com), (808)395-9041, 926 Kaahue Street, Honolulu, HI, 96825  
**Start Point:** McDonalds at Manoa Marketplace- 2915 East Manoa Rd, 96822-1803. H-1, Exit #24B (same exit # going E or W). Proceed uphill toward mountains on University Ave. At intersection of University, Oahu & East Manoa, turn right to East Manoa. Proceed to Manoa Market Place (on right). McDonalds on left as you enter parking lot. Via TheBus: Take Bus #6 from Ala Moana Shopping Center. After registering, you must drive 3 miles to the start point.  
**Event Info:** Daylight hours. Start box behind food counter. Please wait your turn to ask for box. Route takes you through Ala Moana Beach Park and two major shopping centers (Ward Center and Ala Moana Shopping Center). Exceptional views of Diamond Head and Waikiki as you circle Magic Island in Ala Moana Park.

### Honolulu - Capital

#### 10K Year Round Walk (2017/Y1312) 1/1/2017 - 12/31/2017

**Award:** A Award **Strollers:** NO **Restroom:** Yes  
**Rating:** 2B **Wheelchair:** NO **Pets:** No  
**Sponsor:** AVA-0456 Menehune Marchers [www.avaclubs.org/MenehuneMarchers/](http://www.avaclubs.org/MenehuneMarchers/)  
**Contact:** Gordon Tyau, [gordon@pauoa.net](mailto:gordon@pauoa.net), (808)531-2255, 2505 Kekuanoni, Honolulu, HI, 96813  
**Start Point:** YMCA Nuuanu Branch- 1441 Pali Highway, 96813-2050. H-1 going W, exit 22 (Vineyard). Continue W on Vineyard to Pali Hwy. Right to Pali Hwy. YMCA on right. H-1 going E, exit 20B (Vineyard). Continue E to Pali Hwy. Left to Pali Hwy. YMCA on right. Parking available on Vineyard or side streets. The YMCA limits parking to 2.5 hours. Ask for parking pass. Via TheBus: Bus #55, 56, or 57 from Ala Moana Shopping Center to front of YMCA.  
**Event Info:** Start M-Sat from dawn to dusk. Sun open from 10am-5pm. Closed holidays (Dec 24 & 25, Dec 31 & Jan 1, July 4, Easter, Memorial Day, Labor Day, and Thanksgiving). Ask receptionist at front lobby for walk box. Walk takes you by many of the State's significant historic sights: State Capitol, War Memorials, Art Museums, Courthouse, Iolani Palace, Aloha Tower, and Chinatown. Many eating places along the route. Allow at least 3 hrs.

### Honolulu - Diamond Head

#### 12K Year Round Walk (2017/Y0523) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only **Strollers:** NO **Restroom:** Yes  
**Rating:** 3C **Wheelchair:** NO **Pets:** No  
**Sponsor:** AVA-0456 Menehune Marchers [www.avaclubs.org/MenehuneMarchers/](http://www.avaclubs.org/MenehuneMarchers/)  
**Contact:** Mark Brown, [brownm009@hawaii.rr.com](mailto:brownm009@hawaii.rr.com), (808)234-0476, 44-103 Bayview Haven Place, Kaneohe, HI, 96744  
**Start Point:** New Otani Kaimana Beach Hotel - 2863 Kalakaua Avenue, Honolulu, HI 96815-4028. This hotel is located on the east end (Diamond Head) of Kalakaua Avenue, across the street from Kapiolani Park. Kalakaua Avenue is the primary street through Waikiki. Street parking is available. Via TheBus: Take TheBus #2 (Waikiki-Kapiolani Park) from Ala Moana Shopping Center.  
**Event Info:** Daylight hours. Start box is located behind the concierge desk. Walk goes clockwise around Diamond Head Crater, passing the Waikiki Aquarium, Honolulu Zoo, and Kapiolani Community College (KCC). Enter Diamond Head Crater State Park through a tunnel, and continue on a steady uphill .7 miles to the summit. Spectacular views from the top! Two options to the summit, through a bunker or the "new" bypass trail. Nominal fee to enter park. On Saturday mornings, enjoy the Farmer's Market at KCC. Recommend early start as it is often hot at midday, hiking stick, water, and camera.

### Honolulu - Kahala

#### 10K Year Round Walk (2017/Y0988) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes  
**Rating:** 2B **Wheelchair:** NO **Pets:** Yes  
**Sponsor:** AVA-0456 Menehune Marchers [www.avaclubs.org/MenehuneMarchers/](http://www.avaclubs.org/MenehuneMarchers/)  
**Contact:** Mark Brown, [brownm009@hawaii.rr.com](mailto:brownm009@hawaii.rr.com), (808)234-0476, 44-103 Bayview Haven Place, Kaneohe, HI, 96744-2502  
**Start Point:** New Otani Kaimana Beach Hotel- 2863 Kalakaua, 96815-4028. Refer to Diamond Head (Y0523) for directions to start location.  
**Event Info:** Start box behind concierge desk. Daylight hours. Walk along Diamond Head Road to the upscale Kahala District. Several lookout points along Diamond Head Road. During whale season (December to April), it is a great place to see humpback whales and always a great place to watch the sunset!. Restrooms at start/finish only.

**Honolulu - Manoa Valley****10K Year Round Walk (2017/Y0097) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0456 Menehune Marchers [www.avaclubs.org/MenehuneMarchers/](http://www.avaclubs.org/MenehuneMarchers/)  
**Contact:** Joanne Funasaki, JTFunasaki@aol.com, (808)988-6055, 3315 Pinao Street, Honolulu, HI, 96822  
**Start Point:** McDonalds at Manoa Market Place- 2915 East Manoa Rd, 96822-1803. H-1, Exit #24B (same exit # going E or W). Proceed uphill toward mountains on University Ave. At intersection of University, Oahu & East Manoa, turn right to East Manoa. Proceed to Manoa Market Place (on right). McDonalds on left as you enter parking lot. REGISTER AND MOVE YOUR CAR TO ON STREET PARKING. Via TheBus: Take Bus #6 from Ala Moana Shopping Center.  
**Event Info:** Daylight hours. Start box behind food counter. Please wait your turn to ask for box. Walk is in Manoa Valley, an older attractive residential neighborhood, and the University of Hawaii Manoa campus. On your return, stop at one of the many good eating places in the neighborhood.

**Honolulu - Waikiki****10K Year Round Walk (2017/Y0166) 1/1/2017 - 12/31/2017**

Volcanoes, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0456 Menehune Marchers [www.avaclubs.org/MenehuneMarchers/](http://www.avaclubs.org/MenehuneMarchers/)  
**Contact:** Mark Brown, brownm009@hawaii.rr.com, (808)234-0476, 44-103 Bayview Haven Place, Kaneohe, HI, 96744  
**Start Point:** New Otani Kaimana Beach Hotel- 2863 Kalakaua, 96815-4028. Refer to Diamond Head (Y0523) for directions to start location.  
**Event Info:** Daylight hours. Start box behind concierge desk. Two options are available (one stamp). Option 1 "Waikiki Beach" - Short sections of this walk is on the sandy beaches of Waikiki & the boardwalk along the ocean. Gorgeous views of the Diamond Head & Waikiki shoreline; return is through the heart of Waikiki. Option 2 "Waikiki" - Walk through Kapiolani Park, along the Ala Wai Canal, Hilton Hawaiian Hotel lagoon, and through the heart of Waikiki on Kalakaua Ave.

**Kailua - Oahu****10K Year Round Walk (2017/Y1149) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0456 Menehune Marchers [www.avaclubs.org/MenehuneMarchers/](http://www.avaclubs.org/MenehuneMarchers/)  
**Contact:** Maria Brasher, mariabrshr@aol.com, (808)261-3583, 388 Auwinala, Kailua, HI, 96734  
**Start Point:** Private Residence - 388 Auwinala Rd, Kailua, Island of Oahu. Take Pali Highway toward Kailua. Continue onto HI-61N/HI-72/Kalaniana'ole Hwy. Continue onto Kailua Rd. At Kailua Town, turn right to stay on Kailua Rd. Continue onto Wanaao Rd. Turn right onto Auwinala Rd. Start point is on your right. Via TheBus: #57 (stops at Auwinala Rd)  
**Event Info:** Daylight hours. Walk box is located in the front yard (behind the mailbox) at 388 Auwinala Road. Walk the windward and sunny side of Oahu. Along the route, you will pass through Kailua Town, beautiful Kailua Beach, Kawainui Marsh, and Ulu Po Heiau. At Aala Point, the turnaround point, you will have a gorgeous view of Kailua Bay. After the walk, stop at one of the many eating places for local grinds. Recommend an early start as Kailua is often hot at midday.

### Kehie, Maui - Cape Hanamanoia Lava Flow/Kings Highway Walk

11km Year Round Walk (2017/Y0713) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** No  
**Rating:** 1C      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0534 Four-Plus Foolhardy Folks <http://fourplushikers.weebly.com>  
**Contact:** Dorman L Batson, [dlbatsonfedwy@comcast.net](mailto:dlbatsonfedwy@comcast.net), (253)517-9634, 35806 1st Ave S, Federal Way, WA, 98003  
**Start Point:** REMOTE REGISTRATION: Credit Only fee is \$3.00. After appropriate fees are submitted event directions will be mailed/e-mailed.- Send inquiries to Four-Plus Foolhardy Folks Volkssport Club c/o Dorman L Batson, 35806 1st Ave S, Federal Way, WA 98003, <[dlbatsonfedwy@comcast.net](mailto:dlbatsonfedwy@comcast.net)>. Registration form can be found on [Fourplushikers.weebly.com](http://fourplushikers.weebly.com). Directions and instruction will be e-mailed/mailed upon receipt of appropriate fees. There is NO award for these events.  
**Event Info:** Walk on sparsely defined trail marked with white bread loaf sized rocks through a lava field amongst four foot high stacks of old volcanic lava with views of the Pacific Ocean and Haleakala Mountain. This trail in out in the open with little shade. Meandering through lava mounds on the trail that leads to "Old Kings Highway", (mark where you access the Kings Highway so you can find the trail when you return) used to herd cattle down to Keawanaku Bay for loading onto ships. After a respite at the shady bay return to La Perouse Bay's small parking lot and site of an original historic village.

### Kona - Old Walua Road

10K Year Round Walk (2017/Y1181) 1/1/2017 - 12/31/2017

Volcanoes, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** No  
**Rating:** 1B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0456 Menehune Marchers [www.avaclubs.org/MenehuneMarchers/](http://www.avaclubs.org/MenehuneMarchers/)  
**Contact:** Carol Romig, [dcromig@hotmail.com](mailto:dcromig@hotmail.com), (808)626-3575, 95-211 Kemu Place, Mililani, HI, 96789  
**Start Point:** Kona- Registration is by mail or email only (e-mail preferable). Register by sending a signed waiver form, and applicable fees to: Carol Romig, 95-211 Kemu Place, Mililani, HI 96789. Please make check payable to Menehune Marchers. IVV credit is \$3. Walk directions and stamped inserts to be mailed. Kailua-Kona is on the Big Island of Hawaii. Driving directions to trailhead: South on Highway 11 from Kailua Kona. Turn left on Lako Street (by the Shell Station and after MM 120). Look for bike/walking path on the right.  
**Event Info:** Daylight hours. Walk starts on Old Walua Road Bicycle and Pedestrian Scenic Route and changes from a bike path/road several times. Along the route are nicely landscaped homes, coffee plantation, and great views of the coastline. Recommend early start as Kailua-Kona can be hot at midday. There is partial shade on the route. No restrooms at start/finish and along route. However, restrooms are available at nearby shopping center and service station.

### Lahaina, Maui - Lahaina City/Historic Whaling Port Walk

10km Year Round Walk (2017/Y2001) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0534 Four-Plus Foolhardy Folks <http://fourplushikers.weebly.com>  
**Contact:** Dorman L Batson, dlbatsonfedwy@comcast.net, (253)517-9634, 35806 1st Ave S, Federal Way, WA, 98003  
**Start Point:** REMOTE REGISTRATION: IVV Credit fee is \$3.00. Directions will be sent after receipt of appropriate fees. Mail to Dorman L Batson.- Remote Registration: Inquires sent to Four-Plus Foolhardy Folks V.C., % Dorman L Batson, 35806 1st Ave S., Federal Way, WA 98003. Upon receipt of appropriate fees, directions and instructions will be e-mailed/mailed to participant(s). There is NO award for these events.  
**Event Info:** This walk is on sidewalks, road shoulders, and paths through this historic sea port town. Walk past many points of interest and history such as Banyon Tree Park, Old Prison, Old Fort, Old Courthouse, Kamehameha Iki Park, Lahaina Harbor and many picturesque and varied shops of interest.

### Mililani Mauka - Oahu

10K Year Round Walk (2017/Y1798) 1/1/2017 - 12/31/2017

Volcanoes, Walking the USA A - Z

**Award:** B Award      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0456 Menehune Marchers [www.avaclubs.org/MenehuneMarchers/](http://www.avaclubs.org/MenehuneMarchers/)  
**Contact:** Carol Romig, dcromig@hotmail.com, (808)626-3575, 95-211 Kemu Place, Mililani, HI, 96789  
**Start Point:** Private Residence - 95-211 Kemu Place, Mililani, HI 96789 - From Honolulu, take H-1 West to H-2 (North Shore/Wahiawa), exit Mililani Mauka onto Meheula Parkway. Continue on Meheula Parkway until it ends at Kapanoe Street. Turn left on Kapanoe, left on Ahoka, and right on Kemu Place to 2nd house on left. Please register and move your car to street parking on Kapanoe or Ahoka Street. BUS: #52 from Ala Moana Shopping Center to Mililani Mauka Park & Ride, then #501 to corner of Kapanoe & Meheula Parkway. Short walk to start point (left on Kapanoe, left on Ahoka, and right to Kemu Place)  
**Event Info:** Daylight hours. Registration box in front yard next to mail box. Enjoy a "cool" (1000' elevation) walk in one of Central Oahu's newest developments Mililani Mauka. Bring umbrella as light showers often occur in the early morning. Restrooms not available at start/finish but available on the route. Fast food and local restaurants at the halfway point.

**Volcano****12K Year Round Walk (2017/Y1072) 1/1/2017 - 12/31/2017**

National Parks Centennial Challenge, Volcanoes, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 5D      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0456 Menehune Marchers [www.avaclubs.org/MenehuneMarchers/](http://www.avaclubs.org/MenehuneMarchers/)  
**Contact:** Carol Romig, dcromig@hotmail.com, (808)626-3575, 95-211 Kemu Place, Mililani, HI, 96789

**Start Point:** Volcano Art Center- Hawaii Volcanoes National Park, 96785. On the Big Island. From Hilo, take Hawaii Belt Road (HI-11 SW) and follow the signs to National Park (about 30 miles/45 minutes). From Kailua-Kona, take Hawaii Belt Road (H-11 SE) and follow the signs to National Park (about 95 miles/2.5 hours). The Volcano Art Center is located a next to the Kilauea Visitors Center. Hours vary. There is a fee to enter the Hawaii Volcanoes National Park.

**Event Info:** Daylight hours. Volcano Art Center open daily 9-5 except major holidays. The route is entirely within the Hawaii Volcanoes National Park. On the trail, you will enjoy spectacular sights as you walk through two craters, lava fields, lava tube, rainforest, and along the crater rim. Part of the trail is rocky with some up and down hill climbs. The Park is at 4000' elevation and is cool in the early morning hours. CHECK WITH THE PARK RANGERS BEFORE STARTING WALK FOR THE LATEST UPDATE ON TRAIL CONDITIONS AND LAVA FLOW. THERE IS VOLCANIC ACTIVITY IN THE CRATER AND THE VOLCANIC FUMES (VOG) MAY BE STRONG. SECTIONS OF THE PARK MAY BE CLOSED. Recommend hiking stick, rain gear, water, snack, and camera. Allow at least 4 hours for the 12K walk.

**IDAHO****Boise - Albertson Park****11km Year Round Walk (2017/Y1006) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** easy      **Pets:** Yes  
**Sponsor:** AVA-0766 Treasure Valley Volkssports  
**Contact:** Juliann Fritchman, avaboi@aol.com, (208)345-8259, 5524 S. Onaga Place, Boise, ID, 83716

**Start Point:** Boise Family YMCA- N 11th and W State. I-84 City Center exit. Stay on left side of hwy. Turn left on 11th. Proceed straight on 11th to State. YMCA on right.

**Event Info:** YMCA (Phone: 344-5501) closed major holidays including New Years, Easter, Memorial Day, Fourth of July, Labor Day, Thanksgiving and Christmas. (Start cards and route information may be picked up ahead of time.)

**Boise - Capital - Micro-Brewery****12km Year Round Walk (2017/Y1553) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** easy      **Pets:** Yes  
**Sponsor:** AVA-0766 Treasure Valley Volkssports  
**Contact:** Juliann Fritchman, avaboi@aol.com, (208)345-8259, 5524 S. Onaga Place, Boise, ID, 83716

**Start Point:** Boise Family YMCA- N 11th and W State. Take I-84, City Center exit. Stay on left side of hwy. Turn left on 11th. Proceed straight on 11th to State. YMCA on right.

**Event Info:** Hours M-F 6am-9:30pm, Sat 7am-5:30pm, Sun 10am-6pm. YMCA (Phone: 344-5501) Closed major holidays. (Start cards and route information may be picked up ahead of time.) Rated 1A, suitable for strollers and wheel chairs. A moderately easy walk on city sidewalks and streets through older residential areas, the Historic Hyde Park District, the State Capitol, three micro-breweries and a park.

### Boise - Old Penn

#### 10km Year Round Walk (2017/Y0613) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** easy      **Pets:** Yes  
**Sponsor:** AVA-0766 Treasure Valley Volkssports  
**Contact:** Juliann Fritchman, avaboi@aol.com, (208)345-8259, 5524 S. Onaga Place, Boise, ID, 83716  
**Start Point:** Boise Family YMCA- N 11th St. and W State St. Take I-84 City Center exit. Stay on left side of hwy. Turn left on 11th St. Proceed on 11th St. to State St. YMCA is on the right.  
**Event Info:** The YMCA (Phone: 344-5501) is closed for major holidays including New Years, Easter, Memorial Day, Fourth of July, Labor Day, Thanksgiving and Christmas. (Start cards and route information may be picked up ahead of time.) M-F, 6am-9:30pm; Sa-7am-5:30pm; Su, Noon-4:30. Rated 1+, suitable for strollers and wheelchairs. The trail goes through parks along the Boise River Greenbelt to the Old Penitentiary. Pets are not allowed in the MK Nature Center and one park, but there is a route around this area.

### Boise - Oregon Trail

#### 11km Year Round Walk (2017/Y0089) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0766 Treasure Valley Volkssports  
**Contact:** Juliann Fritchman, avaboi@aol.com, (208)345-8259, 5524 S. Onaga Place, Boise, ID, 83716  
**Start Point:** Boise Family YMCA- N 11th and W State. I-84 City Center exit. Stay on left side of hwy. Turn left on 11th. Proceed straight on 11th to State. YMCA on right.  
**Event Info:** YMCA (Phone: 344-5501) closed major holidays including New Years, Easter, Memorial Day, Fourth of July, Labor Day, Thanksgiving and Christmas. (Start cards and route information may be picked up ahead of time.)

### Coeur d'Alene - Trail of the Coeur d'Alenes

#### Distance 5K/10K/115K Year Round Walk (2017/Y0310) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0326 Lilac City Volkssport Assn. lilaccityvolks.com  
**Contact:** Allan G. Heritage, agheritage@hotmail.com, (509)465-2690, 12508 N. Denver Drive, Spokane, WA, 99218  
**Start Point:** Coeur d'Alene Resort- 115 S. Second, Coeur d'Alene, Idaho. Eastbound I-90 Exit 11 (Northwest Blvd). Turn right on Northwest Blvd to Sherman Avenue and the Coeur d'Alene Resort. Parking is either before or after the resort in public parking. Westbound I-90 Exit 15 (Sherman Ave). Turn left on Sherman Ave. and proceed to Second, turn left to City Parking. The registration box is located in the Business Office near the middle of the hotel lobby.  
**Event Info:** The Trail of the Coeur d'Alenes is 73 miles (115K) across the panhandle of Idaho. Select a trailhead from the Trail of the Coeur d'Alenes Map. Drive from the resort to the chosen trailhead and walk the desired distance for the day as an out and back. The trail is marked every mile starting from mile 0 at the west end of the trail. Record the actual distance walked.

### Coeur d'Alene - Trail of the Coeur d'Alenes-Bike

Distance 115 K Year Round Bike (2017/Y2075) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:**      **Pets:** Yes  
**Sponsor:** AVA-0326 Lilac City Volkssport Assn. lilaccityvolks.com  
**Contact:** Allan G. Heritage, agheritage@hotmail.com, (509)465-2690, 12508 N. Denver Drive, Spokane, Wa, 99218  
**Start Point:** Coeur d'Alene Resort- 115 S. 2nd Street, Coeur d'Alene, Idaho East Bound I-90 Exit 11 turn right on Northwest Blvd and head to the downtown area. Resort is on your right at the lake.  
**Event Info:** Once registered, pick up a map of the Trail of the Coeur d'Alenes and drive to the trailhead of your choice.

### Coeur d'Alene - Tubbs Hill

Distance 5K/10K/20K Year Round Walk (2017/Y2023) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 3C      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0326 Lilac City Volkssport Assn. lilaccityvolks.com  
**Contact:** Allan Heritage, agheritage@hotmail.com, (509)465-2690, 12508 N Denver, Spokane, WA, 99218  
**Start Point:** The Coeur d'Alene Resort, 115 S Second- 115 S Second. I-90 W take Sherman Exit #15, turn left to downtown area. Turn left on S Third Street and proceed to city parking lot, E of the Coeur d'Alene Resort. I-90 E, take Northwest Blvd, Exit #11, turn right and proceed to downtown. Turn right at Third Street and go to city parking lot. E of the Coeur d'Alene Resort. Registration for walk at Business Office near middle of hotel lobby.  
**Event Info:** Note: the first two hours are free in the parking lot. Just follow the instructions on the automated ticket dispenser.

### Farragut State Park

10k, 5k Seasonal Walk (2017/Y1682) 4/1/2017 - 9/30/2017

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 2C      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0326 Lilac City Volkssport Assn. lilaccityvolks.com  
**Contact:** Norm Merrill, none, (509)448-4125, 1612 E 59th Ave, Spokane, WA, 99223  
**Start Point:** Farragut State Park Visitors Center- 13400 E Ranger Road, Athol, ID 83801. Located midway between Coeur d'Alene and Sandpoint, ID. From I-90 take Exit Hwy 95 N to Sandpoint. Travel 20 miles to Athol. Take the Athol/Farragut SP Exit, turn right on Idaho 54 and travel 4 miles to Park entrance and proceed to Visitors Center and register. Pay parking fee . Check with HQ for park hours before June 1 and after September 1.  
**Event Info:** 8am to 5pm. Park hours may vary. Weather conditions determine the Farragut experience, starting at the Park Visitors Center. The walk is a wilderness scenic trail through meadows, old growth woods, cedar groves, along one of America's beautiful Lakes rated 2C for trail and hills.. Water and restrooms are available at Park Visitors Center and Beaver Bay Swimming area (when open). Advisable to carry water. Walking sticks would be helpful. Not suitable for wheelchairs or strollers.



### Moscow - U of I

5k/10k Year Round Walk (2017/Y0544) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** None      **Pets:** No

**Sponsor:** AVA-0326 Lilac City Volkssport Assn. lilaccityvolks.com

**Contact:** Allan Heritage, agheritage@hotmail.com, (509)465-2690, 12508 N. Denver Dr., Spokane, WA, 99218

**Start Point:** Palouse Family Medicine Building 825 SE Bishop Blvd Pullman WA- Drive approximately 8 miles into Moscow ID. South on US195 to WSH27. Left on WSH27 to Bishop Blvd. Right on Bishop to Fairmount Dr. Right on Fairmount Dr. and then left into the medical offices parking lot. From the south, north on US195 to WSH27 to Bishop Blvd. and follow as above. From Moscow west on Idaho 8 (becomes WSH270 at state line) to Bishop Blvd. Left on Bishop to Fairmount Dr. Left on Fairmount Drive and then left into medical offices parking lot. The start box is located inside to the right of the main doors.

**Event Info:** Walk through the University of Idaho, Arboretum downtown and historic residential areas of Moscow. Pets not allowed in the Arboretum or Campus Buildings.

### Near American Falls - Massacre Rocks

13km Seasonal Walk (2017/Y0868) 4/1/2017 - 9/30/2017

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes

**Rating:** 3B      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0766 Treasure Valley Volkssports

**Contact:** Juliann Fritchman, avaboi@aol.com, (208)345-8259, 5524 S. Onaga Place, Boise, ID, 83716

**Start Point:** Massacre Rocks State Park - Take I-84 (east or west) to I-86. Proceed on I-86 to exit 28. Follow signs to park headquarters.

**Event Info:** Memorial Day to Labor Day, 9-7. Other times the box is in the park HQ vestibule near the telephone. Phone:208 548-2672. Trail rated 3 and is suitable for strollers but not wheelchairs. Pets are not allowed on trails during bird nesting season. Park has an entrance fee, and a campground is available. Walkers should carry water. Most of the walk is on dirt trails along the Snake River and includes a segment of the Oregon Trail.

**ILLINOIS****Belleville - Downtown, Historic Districts & Richland Creek Greenway****5k 10k Year Round Walk (2017/Y0904) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Make a Wish at a Water Fountain, Take a Walk In a City Park, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0047 Illinois Trekkers Volkssport Club [www.illinois-trekkers.org](http://www.illinois-trekkers.org)

**Contact:** Susan Hodgson, lkcs246@gmail.com, (618)334-6304, 2182 Southern Oak Cir, Belleville, IL, 62226

**Start Point:** Balance Coffee and Tea (Train Depot)- 732 S. Illinois Street (Highway 159), Belleville, Illinois. Walk binder is available on the shelf to the left of the cashier. Driving directions: I-64, Exit 12 (IL-159) S. Continue through Swansea to downtown Belleville, around the Fountain, staying on Illinois Street (IL-159) to Balance Coffee and Tea (Train Depot) on your left at 732 S. Illinois. Balance Coffee and Tea is open seven days a week. Free parking is available. More information at [balancecoffeeandtea.com](http://balancecoffeeandtea.com).

**Event Info:** Daily, dawn to dusk. Check payment preferred. Restrooms and water are available at the start/finish and at several locations along the trail. On the 10k, the Richland Creek Greenway connects six city parks. After leaving the greenway you will traverse through two historic districts and a beautifully renovated downtown streetscape. The 5k takes you past the shops and restaurants on Main Street and through Belleville's Old Historic District. The Fountain square is host to many events throughout the year. Saturdays, May-October, you can catch the Farmer's Market. The weekend after Mother's Day in May is "Art on the Square," voted #1 and #2 in the nation for the past nine years. The last weekend in June is the "Jazz and Wine Festival." September brings the Oktoberfest and the first weekend in October is the Chili Cook-Off. Info [www.belleville.net](http://www.belleville.net).

**Belleville - Oakland Historic District****5K, 10K Year Round Walk (2017/Y0019) 1/2/2017 - 12/31/2017**

Make a Wish at a Water Fountain, State Street Sashay, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0974 Gateway Milers NFP [www.gatewaymilers.org](http://www.gatewaymilers.org)

**Contact:** Rosalie Maul, rosalie.maul@gmail.com, (618)622-0892, 1779 Bentwater Lane, O'Fallon, IL, 62269

**Start Point:** Downtown Belleville YMCA-Kern Center (618) 233-1243- 200 South Illinois St, Belleville, Illinois 62220. Driving directions: from I-64 exit 12, drive south until you reach downtown Belleville where you will go around the fountain, taking the 2nd right. The Downtown YMCA will be on your left 1 1/2 blocks past the fountain. Park in the fenced parking lot at the rear of the YMCA. Ask for the walk binder at the front counter.

**Event Info:** Belleville's Highland Neighborhood where the majority of homes were built in the 1920's. The walk will pass through Walnut Hill Cemetery and Oakland Historic district with its "Belleville Bungalows" and streets named for states.

**Belleville - Shrine****5/10km Year Round Walk (2017/Y0226) 1/1/2017 - 12/31/2017**

Amphitheatres

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0047 Illinois Trekkers Volkssport Club [www.illinois-trekkers.org](http://www.illinois-trekkers.org)  
**Contact:** Dale Gerlach, balddad50@gmail.com, (618)560-0420, 309 Adele, Cahokia, IL, 62206  
**Start Point:** Shrine Hotel of Our Lady of the Snows- Toll Free 1-800-682-2879 or local 618-397-1162. 451 S De Mazenod. I-64, I-55 or I-70 take I-255 S to exit 17 to Illinois Hwy 15. Follow Hwy 15 E to entrance of Shrine on right. Belleville, take Hwy 15 W to entrance of Shrine on left. On grounds, follow signs to Shrine Hotel. Walk Binder located at hotel check-in desk. The hotel desk is open 24/7.  
**Event Info:** Daily, dawn to dusk. Please pay by check only. Many beautiful sites on location as well as The Shrine Restaurant and The Shrine Gift Shop and Book Store. Walk is on paved streets with some gradual hills. They are tree lined with beautiful landscaping, inspirational sculptures, and religious buildings. Water and restrooms are available at the start/finish as well as certain locations along the walk.

**Belleville - YMCA - Bike****25km Year Round Bike (2017/Y1517) 1/2/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0047 Illinois Trekkers Volkssport Club [www.illinois-trekkers.org](http://www.illinois-trekkers.org)  
**Contact:** Charles/Susan Botula, packysuba@juno.com, (618)236-9521, 372 Breckenridge Dr, Belleville, IL, 62221  
**Start Point:** YMCA - East Belleville- 618-236-9983. 2627 Carlyle Ave. From I-64 take exit 16 onto Greenmount Rd in the direction of Shiloh. Proceed South for approximately four miles. Turn left at the light onto Carlyle Ave. (IL-161). The YMCA will be on your left at the third light. Reception desk will have the Blue "Volksmarch Binder". The start is also accessible by Metrolink at College station.  
**Event Info:** Center Hours: Mon-Thurs: 5 a.m.-10 p.m.; Fri: 5 a.m.-9 p.m. (3rd Friday of the month the center will host Parents Night Out); Sat: 6 a.m.-6 p.m.; Sun: 12noon-6 p.m. Closed on major holidays. Trail generally level, incorporating country roads, paved streets through neighborhoods, Southwestern Illinois College and the Richland Creek Greenway. Water and Restrooms are available at the start/finish and along the trail at the Belleville Metrolink station. Suggest you carry water. Check payment is preferred.

**Belleville - YMCA - Walk****5/10km Year Round Walk (2017/Y1513) 1/2/2017 - 12/31/2017**

Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0047 Illinois Trekkers Volkssport Club [www.illinois-trekkers.org](http://www.illinois-trekkers.org)  
**Contact:** Charles/Susan Botula, [packysuba@juno.com](mailto:packysuba@juno.com), (618)236-9521, 372 Breckenridge Dr, Belleville, IL, 62221  
**Start Point:** YMCA - East Belleville- 618-236-9983. 2627 Carlyle Ave. From I-64 take exit 16 onto Greenmount Rd in the direction of Shiloh. Proceed South for approximately four miles. Turn left at the light onto Carlyle Ave. (IL-161). The YMCA will be on your left at the third light. Reception desk will have the Blue "Volksmarch Binder". The start is also accessible by Metrolink at College station.  
**Event Info:** Center Hours: Mon-Thurs: 5 a.m.-10 p.m.; Fri: 5 a.m.-9 p.m. (3rd Friday of the month the center will host Parents Night Out); Sat: 6 a.m.-6 p.m.; Sun: 12 noon-6 p.m. Closed on major holidays. The trail is generally level, incorporating portions of the Metolink bike trail and passing through Southwestern Illinois College. The 20k option also includes neighborhoods. Restrooms/water are available at the start/finish and in a city park along the trail. Suggest you carry water. Check payment is preferred.

**Champaign****10km Year Round Walk (2017/Y1195) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0609 Ridgewalkers Walking Club  
**Contact:** Kimberly Bradley, [kimibradley@comcast.net](mailto:kimibradley@comcast.net), (217)778-1718, 3109 Valerie Dr., Champaign, IL, 61822  
**Start Point:** CVS Pharmacy- 243 S Mattis Ave., Champaign, IL 61821, (217) 352-9665. Via the I-57 interstate, take University Ave. East at the I-57/I-72 Junction. At the second traffic light, turn right on Mattis Ave. You will see the Country Fair Shopping Center on your right, just before you reach Springfield Ave. Look for CVS Pharmacy in the strip mall as the mall is set back from Mattis Ave. Ample parking is available.  
**Event Info:** Walk during daylight hours. CVS Pharmacy is open: Mon-Sat.: 8:00 am-8:00 pm, Sun.: 9:00 am 6:00 pm. Open all year long.

**Chicago - Frankfort****10km Year Round Walk (2017/Y0831) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Ice Cream Parlors, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street

**Award:** B Award      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** easy      **Pets:** Yes  
**Sponsor:** AVA-0722 Windy City Walkers  
**Contact:** Roy Kaelin, [kaelroy@netzero.net](mailto:kaelroy@netzero.net), (708)925-6162, 1243 Baythorne Drive, Flossmoor, IL, 60422  
**Start Point:** White Street Cafe- 11 S. White Street, Frankfort, IL. from store . I-80 exit 145 (Rt 45, LaGrange/96th S). Go S to Frankfort. Cross Rt 30, continue on Rt 45 as it bends right. Take 1st left to Old Frankfort Way/Honorary Glen Waring Drive. Right on White Street to start point.  
**Event Info:** The trail takes you on Old Plank Road, now a bike trail, through the Frankfort historic downtown area and through new-home subdivisions. You will pass Breidert's Green Garden and the Frankfort Firehouse

**Chicago - Gold Coast****5/11Km Year Round Walk (2017/Y1942) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, State Street Sashay, Take a Walk In a City Park, Trekking With the Trees, Underground Railroad, Walk the USA - Street by Street, Water Towers, You'll Never Walk Alone

**Award:** A Award **Strollers:** Medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0722 Windy City Walkers

**Contact:** Therese Glatzhofer, tglatz30@yahoo.com, (708)425-0211, 9725 S. Karlov Ave. #610, Oak Lawn, IL, 60453

**Start Point:** Hostelling International USA- 24 E. Congress Parkway, Chicago, IL 60605, 312-360-0300. From I-90/94, take the I-290 exit (Congress Expressway) East to State St. or Wabash Ave. Turn right (south) on either street where there are surface parking lots. There is a fee. From I-55, take Lake Shore Drive North, stay LEFT to Congress Parkway to either Wabash or State. Turn left to the surface parking lots. -- Return to Congress Parkway to hostel. Open 24 hours, 7 days.

**Event Info:** The Chicago Gold Coast walk takes you on Chicago's famed Michigan Avenue past the Art Institute of Chicago and Millennium Park. The 11K option continues over the Chicago River along the Magnificent Mile to the Gold Coast neighborhood. Gracious townhomes line the streets leading to the Chicago History Museum. Return via Rush Street, known for nightlife, to State Street. The 5K option will take you along Chicago's new Riverwalk to LaSalle Street, Chicago's center for government and finance.

**Chicago - Hinsdale****5/10KM Year Round Walk (2017/Y1534) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Trekking With the Trees

**Award:** B Award **Strollers:** medium **Restroom:** Yes

**Rating:** 1B **Wheelchair:** medium **Pets:** No

**Sponsor:** AVA-0722 Windy City Walkers

**Contact:** B Lashus, lashusb@aol.com, (630)470-9411, 1608 Prague Ct, Naperville, IL, 60563

**Start Point:** Whole Foods Market - 500 E Ogden, Hinsdale. 630-986-8500. Please park on street or away from store entrance. From I-294 exit W at Ogden, make immediate left-hand turn (S) on County Line and left to parking lot of Whole Foods Market. From Rt 83, exit E on Ogden and take Ogden past York and turn right at County Line, last street before crossing I-294, then immediate left to parking lot of Whole Foods Market.

**Event Info:** M-F 8am-10pm, Sat 8am-9pm, Sun 8am-8pm. Closed Christmas Day. Hinsdale is an old established, very elegant western suburb. The trail passes many beautiful new and old homes and has some low hills and uneven sidewalks.

**Chicago - Lakefront****11km Year Round Walk (2017/Y0783) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, State Street Sashay, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Water Towers, You'll Never Walk Alone

**Award:** A Award **Strollers:** medium **Restroom:** Yes

**Rating:** 1B **Wheelchair:** medium **Pets:** Yes

**Sponsor:** AVA-0722 Windy City Walkers

**Contact:** Therese Glatzhofer, tglatz30@yahoo.com, (708)425-0211, 9725 S Karlov Avenue #610, Oak Lawn, IL, 60453-3341

**Start Point:** Hostelling International USA- 24 East Congress Parkway, Chicago 60605 From I-90/94 take I-290 exit (Congress Xway) eastbound to State St. or Wabash Ave. Turn right (south) on either street where there are surface parking lots. There is a fee. From I-55 take Lakeshore Drive North, stay LEFT to Congress Parkway to either Wabash or State. Turn left to parking lots. Return to Congress Parkway to hostel. Open 24 hours, 7 days.

**Event Info:** This trail takes you to the Chicago Loop, Northwestern Univ., Museum of Natural History, Shedd Aquarium, Buckingham Fountain, Navy Pier (eat at the many restaurants inside Navy Pier), Museum of Contemporary Art, near the John Hancock building, Michigan Avenue's Magnificent Mile (a lot of shopping) and along beautiful Lake Michigan.

**Chicago - Oak Park****5/10KM Year Round Walk (2017/Y1194) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Trekking With the Trees, United States Post Offices, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** easy **Restroom:** Yes

**Rating:** 1A **Wheelchair:** medium **Pets:** Yes

**Sponsor:** AVA-0722 Windy City Walkers

**Contact:** Mary Ann Ciesla, macies35@yahoo.com, (630)325-0624, 7707 Sussex Creek Drive, Darien, IL, 60561

**Start Point:** Oak Park Visitors Center- 1010 Lake, Oak Park, IL. 708-848-1500. 10 miles due W of Chicago's Loop. Visitor Center Hours: 10am-4pm daily. Closed most holidays. I-290, exit left to Harlem (Ill 43). Left on Harlem to Lake. Right on Lake to Visitor Center. Watch for city parking lot signs. There is a fee. By public transportation from Chicago, call RTA/Metra 312-836-7000 for schedule information.

**Event Info:** The trail takes you through Oak Park and River Forest - two communities that boast one of the finest collections of late 19th and early 20th century American architecture. Oak Park contains the largest collection of Frank Lloyd Wright designed buildings in the world, 30 in all, including Wright's own home and studio, and Unity Temple. There are many historic sites and museums including the Hemingway Museum and birthplace.

**Decatur - Decatur Indoor Sports Center****11km - 1A Year Round Walk (2017/Y0175) 1/1/2017 - 12/31/2017****Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes**Sponsor:** AVA-0609 Ridgewalkers Walking Club**Contact:** Phil Schmuck, KimiBradley@comcast.net, (217)898-5687, 617 Clark St., Rantoul, IL, 61866**Start Point:** Decatur Indoor Sports Center- 1295 West Wood St. (Located on Millikin University Campus), (217)-429-3472 From the West: (I-72) take exit 133 and follow Rt. 36 east to second traffic light. Turn right on W. Eldorado St. Turn left at traffic light (Fairview Ave.) and go to next traffic light (Main St.). Go one more block (Wood St.) and turn left. Park in parking lot on left side of street. From the East: Follow Rt. 36 (Eldorado St.) to Oakland Ave. Get into left lane and turn left (W. Eldorado St.) at the next traffic signal. Turn left at Fairview Ave. and proceed as above.**Event Info:** Event Info: Closed all major holidays and some days before and after. Call to verify. Regular Hours (Sept - mid-May). M-Th 5:30am - 10pm, Fri 5:30am - 9pm. Sat 6am - 9pm, Sun 7am - 10pm. Summer (mid-May - Sept) Mon-Fri-5:30am - 9pm, Sat 7am - 6pm Sun 8am - 6pm**Downers Grove****10K, 6K, 5K Year Round Walk (2017/Y0360) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Underground Railroad, United States Post Offices, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes**Sponsor:** AVA-0722 Windy City Walkers**Contact:** Irena Paronis, irenamp@att.net, (630)985-5311, 7936 Stewart Dr, Darien, IL, 60561**Start Point:** Downers Grove Public Library-1050 Curtiss Street- From the South: Exit I-55 at the Lemont Rd. North exit 271B and proceed approximately 6 Miles to Curtiss in downtown Downers Grove. Right on Curtiss, right on Mochel Dr. to the parking garage. Lemont Rd. becomes Main St. as you travel north of 75th St. From the North: Take Ogden Avenue to Main St. and head south approximately 1.5 Miles to Curtiss. Left on Curtiss, right on Mochel Dr. to the parking garage. Exit parking garage, walk to Curtiss. Left on Curtiss to Library.**Event Info:** The Downers Grove walk is made up of 2 loops, both of which pass through the downtown area and continue through leafy neighborhoods and village parks. The first loop also takes you through Maple Grove Forest Preserve, one of the oldest preserves in DuPage County. The second loop includes Blodgett House - a stop on the Underground Railroad. The Downers Grove History Museum campus, which includes the Blodgett House, has informative displays about the Underground Railroad.

Downers Grove is home to about 100 Sears-Roebuck Catalog homes, built using purchased kits between 1908 and 1940. Both loops of the walk include examples of various Catalog home models.

**Edwardsville****5k,10k Year Round Walk (2017/Y0092) 1/2/2017 - 12/31/2017**

Make a Wish at a Water Fountain, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0974 Gateway Milers NFP [www.gatewaymilers.org](http://www.gatewaymilers.org)

**Contact:** William Badger, [wbadger@sbcglobal.net](mailto:wbadger@sbcglobal.net), (618)692-4337, 220 Cleawater Dr., Belleville, IL, 62220

**Start Point:** Edwardsville Public Library, 112 S Kansas St, Edwardsville, IL 62025- I-270 and Rt 159 (I-270 Exit 12) N on Rt 159 for 4 miles to Vandalia, right on Vandalia to Kansas, right on Kansas to library parking lot on right.

**Event Info:** Ask for walk folder at front desk. Library hours: M-Thu: 9am-9pm; F-Sat 9am-5pm; Sun 1pm-5pm. Closed major holidays. The 5k and 10k walks are on city streets and paved bike trails in Edwardsville, IL, recently designated as best city in the state for young families. Edwardsville was first settled in 1805. When Illinois became a territory in 1809, the city's namesake, Ninian Edwards became the first territory governor. Five residents of Edwardsville have since been governor of Illinois. The walks will take you through downtown, past the first brick house in Edwardsville, built in 1820 by Benjamin Stephenson and on the National Historic Register (10k), through the St. Louis Street Historic District and on bike/walking trails. There are restrooms at the start/finish and plenty of places to eat downtown. Come enjoy our beautiful, vibrant city!

**Fairview Heights - St Clair Square Mall****5k, 10k Year Round Walk (2017/Y0805) 1/1/2017 - 12/31/2017**

Ice Cream Parlors

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** No

**Sponsor:** AVA-0047 Illinois Trekkers Volkssport Club [www.illinois-trekkers.org](http://www.illinois-trekkers.org)

**Contact:** Trudy Duffman, [trudyduffman@yahoo.com](mailto:trudyduffman@yahoo.com), (618)670-6920, 432 Timberline Ct, O'Fallon, IL, 62269

**Start Point:** Schnucks Fairview Heights Market- Schnucks Market, 625 Lincoln Hwy, Fairview Heights, IL. From I64 take route 159 south. Turn left onto Lincoln Hwy (Scott Credit Union is on the left) and the Schnucks Market will be on the right. The Illinois Trekkers box is at the service counter. Please be courteous of store customers. Store hours are 6:00 a.m to 1:00 a.m. After registering for the walk drive two blocks to the Food Court entrance of the Mall on the north side of the parking lot on the upper level. Start times are Monday-Saturday 7:00 am to 9:00 pm and Sunday 7:00 a.m. to 6:00 pm. The YRE is closed on Easter, Thanksgiving, and Christmas.

**Event Info:** Walkers are encouraged to walk when the weather is too hot, cold, rainy, etc. This walk is entirely inside the mall. Restrooms are available on each level and there is a full food court that opens at 10:00 am. Security is always available at the mall. Personal items left in the mall are the walker's responsibility. Do not leave valuables on chairs or benches unattended. Only service animals permitted inside the mall.



**Geneva****5/10 Year Round Walk (2017/Y1976) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, State Street Sashay, United States Post Offices

**Award:** B Award **Strollers:** Medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0722 Windy City Walkers

**Contact:** Judy Schlueter, judykrs@gmail.com, (630)289-5754, 611 Golfers Lane, Bartlett, IL, 60103

**Start Point:** Geneva Public Library- 127 James St., Geneva, IL 60134. From I-80 exit onto SR 47; go north to SR 38. Turn east onto SR 38 (towards Chicago) and continue for 9 miles to Geneva. In downtown Geneva turn right onto S. Second St. From Chicago travel west on Route 88 (toll) to Winfield Road. North (right) on Winfield Rd to SR 38. West (left) on SR 38 to Geneva. After crossing the Fox River bridge, turn left onto S. Second St. to Geneva Library. The walk box is at the upstairs circulation desk. Hours: Mon-Thurs 9am - 9pm, Fri. 9am - 6 pm, Sat. 9am - 5pm, Sun 12-5pm.

**Event Info:** Geneva is a quaint, historic town with many eating and shopping opportunities along the walk. You will want to spend the day! The 5k trail will take you by the Fox River, through the cemetery, downtown on the Lincoln Heritage Highway (LHH), passing a family bakery, beautiful homes in the historic district and the library. The 10K route passes the train depot, into Fabian Preserve Park onto hike/bike trails across the island. Return passing the lighthouse and windmill along the Fox River and on through the Historic District. Wheel chairs and strollers will want to start in the park. An award patch is available.

**Genoa****10KM, 6KM Year Round Walk (2017/Y1706) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Hard **Pets:** Yes

**Sponsor:** AVA-0973 Kishwaukee Valley Wanderers

**Contact:** Carolyn Tobinon, kvwanderers@gmail.com, (815)761-4660, 403 Holly Ct, Genoa, IL, 60135

**Start Point:** Ace Hardware is location of walk box. Drive to start point at Citizen's Park. - Ace Hardware, 361 Sycamore Rd., 60135. From east or west on Hwy 72, take Hwy 23 south. Turn (right) west on Pearson Dr. and turn (right) north on Hadsall St. Park in front parking lot. Walk box is located inside the front entrance of the business.

**Event Info:** The 6K portion of the trail winds along the Kishwaukee River, through Russell Woods Forest Preserve to the reconstructed original Miller 1835 log cabin. To complete the 10K, the trail also runs through Genoa's scenic neighborhoods and historic downtown.

**Glen Carbon - A Walk in "Old Town" Glen Carbon****5k, 10k Year Round Walk (2017/Y0808) 1/2/2017 - 12/30/2017**

Bridges - Spanning the USA, Ice Cream Parlors, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0047 Illinois Trekkers Volkssport Club www.illinois-trekkers.org  
**Contact:** Susan Hodgson, lkcs246@gmail.com, (618)416-5533, PO Box 603, O'Fallon, IL, 62269

**Start Point:** Casey's General Store, 70 W. Main St., Glen Carbon, Illinois- 70 W Main St, Glen Carbon, Illinois. From I-64 take I-255N to IL 162E (exit 29). Follow 162E to left on IL 157 to right on Main Street. Ask for the walk binder. Casey's General Store is open 5:00 am to 11:00 pm every day. After registering, drive 0.1 miles to Glen Carbon Centennial Library.

**Event Info:** Trail is along historic streets, past local businesses and restaurants and on two scenic Rails-to-Trails. The route is two 5K loops from Centennial Library. Glen Carbon is listed on 100 Best Places to Live in USA and 50 safest cities in Illinois. Walk is open daily dawn to dusk. Restrooms and water are available at the start/finish. Pets are welcome but you must pick up after your pet.

**Hartford****5K; 10K Year Round Walk (2017/Y1824) 1/2/2017 - 12/30/2017**

Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0397 Lebanon Cedar Cruisers  
**Contact:** Bill Malina, wmalina@charter.net, (618)588-4097, 604 Marcia , New Baden, IL, 62265

**Start Point:** Lewis & Clark Historic Site- Rt. 3 - Hartford, IL. 62048; From I-270 take IL Rt. 3 north approximately 3 miles. Historic site on left.

**Event Info:** Walk is along site that honors Lewis & Clark and their exploration to find a waterway to the Pacific Ocean. Will see wildlife, Chain of Rock Ship Canal, Lewis & Clark campsite and museum. Trail is combination of asphalt and limestone, rating 1 with some difficulty for strollers and wheelchairs. Start Point is open 9:00 to 4:00 Wednesday thru Sunday and closed on Monday, Tuesday and holidays. Due to the State of Illinois in a budget crisis, you may want to call ahead to be sure of the days and times they are open (618/251-5811).

**Litchfield****5K, 10k Year Round Walk (2017/Y1104) 1/2/2017 - 12/30/2017**

United States Post Offices, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0397 Lebanon Cedar Cruisers  
**Contact:** Bill Malina, wmalina@charter.net, (618)588-4097, 604 Marcia Blvd., New Baden, IL, 62265

**Start Point:** Walgreens Drugstore- 1202 West Union Ave., Litchfield, IL.  
 From north or south, use I-55, exit 52, go east on IL Rt. 16 approximately 1/2 mile .  
 From East or West use IL. Rte. 16, go east from junction Rt. 16 and I55 approximately 1/2 mile. Walgreen's is located on the south side of IL. Rte. 16.

**Event Info:** Ask for walk binder at photo counter. Walgreen's hours: M-Sat 8am-10pm; Sun 9am-9pm. This walk is within the City of Litchfield, IL. Gives one a taste of rural life with some industry in a community in middle Illinois. Visit the History Museum and Route 66 Welcome Center opened in 2013! Parts of the trail would be difficult for strollers or handicapped conveyances. Walk dawn to dusk only.

**Maryville****5k, 10k Year Round Walk (2017/Y0903) 1/2/2017 - 12/31/2017**

Ice Cream Parlors, Make a Wish at a Water Fountain, Take a Walk In a City Park,  
Treasure Hunt - A way to walk our precious trails, Walk the USA - Street by Street,  
Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0047 Illinois Trekkers Volkssport Club [www.illinois-trekkers.org](http://www.illinois-trekkers.org)  
**Contact:** Vickie Ridgeway, [ridgeway410@msn.com](mailto:ridgeway410@msn.com), (618)792-3881, 2721 Fieldstone Drive,  
Maryville, IL, 622062  
**Start Point:** Collinsville-Maryville-Troy (CMT) YMCA- 618-346-5600. 1 Town Center Dr.  
Maryville, IL 62062. From the intersection of I-55/70 and IL Route 159, go North on  
IL 159 and turn LEFT (West) onto Town Center Dr. Follow the road to YMCA parking  
lot. Ask for the dark blue 'Walk Binder' at the reception desk.  
**Event Info:** Center Hours: Mon- Fri: 5 am-9 pm; Sat: 7 am-5 pm; Sun: 12 noon-5 pm; closed on  
major holidays. Suggest you carry water. Please pay by check only. The trail has  
restrooms/water at the start/finish and at least one other point along the trail. The  
trail is a combination of the MCT Schoolhouse Bike trail and city streets of Maryville.  
This trail passes Maryville's favorite custard stand "Bobby's Frozen Custard" (web  
site: [www.bobbysfrozenscustard.com](http://www.bobbysfrozenscustard.com)). Madison County has some of the best bike  
trails you will find in the country with over 100 miles of asphalt bike trails. For more  
information on the bike trails please visit: [www.mcttrails.org](http://www.mcttrails.org).

**Maryville - Bike****20 km,30 km, 50 km Year Round Bike (2017/Y1898) 1/2/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0047 Illinois Trekkers Volkssport Club [www.illinois-trekkers.org](http://www.illinois-trekkers.org)  
**Contact:** Vickie Ridgeway, [ridgeway410@msn.com](mailto:ridgeway410@msn.com), (618)792-3881, 2721 Fieldstone Drive,  
Maryville, IL, 622062  
**Start Point:** Collinsville-Maryville-Troy (CMT) YMCA- 618-346-5600. 1 Town Center Dr.  
Maryville, IL 62062. From the intersection of I-55/70 and IL Route 159, go North on  
IL 159 and turn LEFT (West) onto Town Center Dr. Follow the road to YMCA  
parking lot. Ask for the dark blue 'Walk Binder' at the reception desk.  
**Event Info:** Center Hours: Mon-Fri: 5 am-9 pm; Sat: 7 am-5 pm; Sun: 12 noon-5 pm; closed on  
major holidays. Suggest you carry water. Please pay by check only.  
Restrooms/water are available at the start/finish. 1 or 2 restrooms are available on  
the trail depending on the length of trail selected. All of the trails are entirely on the  
Madison County Transit (MCT) Bikeway trails. Madison County has some of the  
best bike trails you will find in the country with over 100 miles of bike trails. For  
more information on the bike trails please visit: [www.mcttrails.org](http://www.mcttrails.org).

**Millstadt - Millstadt Village & Nature Park Walk****5k, 10k Year Round Walk (2017/Y1111) 1/1/2017 - 12/31/2017**

Ice Cream Parlors, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only **Strollers:** Easy **Restroom:** Yes**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes**Sponsor:** AVA-0047 Illinois Trekkers Volkssport Club www.illinois-trekkers.org**Contact:** Jackie McKay, jjmck1985@gmail.com, (618)616-1330, 4109 Old Hickory Lane, Millstadt, IL, 62260**Start Point:** Millstadt, IL IGA, 625 E. Washington Street- Register at Millstadt IGA, 625 E. Washington St, any time Mon-Sat 7am-8pm; Sun 7am-7pm. Start box is at third cash register by the produce. All IGA staff know where the box is located. Restrooms are next to the cold case. Drive to start location - right onto E. Washington St. from IGA. Continue to N. Main St. (Subway) and turn right. Continue to parking area by ball field fence. The restrooms are to the left across from the school.**Event Info:** Walk is on paved trails, city sidewalks, and a gravel nature path. Two 5k trails that start/end at Millstadt Village Park. The village is known for its German heritage. More than half of the residents of Millstadt are of German descent. Enjoy the interesting neighborhoods in this amazing, but small, village! Note the old "Tin Man" water tower the village is working to restore. Restrooms are open year around at the park and near the pool. Water available at registration location, start and finish.**Morris****6/10K Year Round Walk (2017/Y0843) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** hard **Restroom:** Yes**Rating:** 1B **Wheelchair:** hard **Pets:** Yes**Sponsor:** AVA-0722 Windy City Walkers**Contact:** Bonnie Carlson, gbcarlson@comcast.net, (815)942-0357, 3120 Gateway Gorge, Morris, IL, 60450**Start Point:** Morris Hospital - 150 W. High St, Morris IL Phone: 815/942-2932. Hours: 7 a.m. - 8 p.m. daily. From I-80, take IL 47- Exit 112, south. Follow IL 47 to High St. (5th stoplight - Morris Credit Union on corner). Turn right on High. Hospital parking lot is one block on right. Walk across circular drive into main entrance to Visitor's Desk. From the south on IL 47: cross the Illinois River and continue to High St. (just past Dairy Queen). Turn left to hospital.**Event Info:** The trail will take you past beautiful new and old homes, into the historic downtown business area (listed on the National Register of Historic Places), and along the Illinois River and Illinois Michigan Canal. The trail is on paved walkways & roads. The Illinois Michigan Canal path is gravel. Wheelchairs and strollers may experience some difficulty. During winter months, the snow may not be cleared from the entire trail.

**Oak Brook****10K, 6K Year Round Walk (2017/Y0355) 1/1/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, National Register of Historic Places, Trekking With the Trees, Underground Railroad, Walking the Path of Inventions, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0722 Windy City Walkers

**Contact:** Irena , irenamp@att.net, (630)985-5311, Paronis, Darien, IL, 60561

**Start Point:** Whole Foods Hinsdale- 500 E Ogden, Hinsdale. 630-986-8500. Please park on street or away from store entrance. From I-294 exit W at Ogden, make immediate left-hand turn (S) on County Line and left to parking lot of Whole Foods Market. From Rt 83, exit E on Ogden and take Ogden past York and turn right at County Line, last street before crossing I-294, then immediate left to parking lot of Whole Foods Market.

**Event Info:** Fullersburg Woods in Oak Brook is a part of the DuPage County Forest Preserve District. The trail through Fullersburg Woods follows Salt Creek through woods and prairie. In the 1930's, the Forest Preserve was the site of a Civilian Conservation Corps (CCC) camp. There is a wonderful CCC-built Visitor Center/Nature Center at the beginning of the trail, and a number of CCC-era stone and wood shelters scattered along the way. There are frequent sightings of delightful woodland creatures along the way, and a large variety of migrating and resident birds. The trail leads to Graue Mill and Museum - a working grist mill and a National Historic Landmark. The museum offers the exhibit "Graue Mill and the Road to Freedom" which uses photographs, documents, a computer interactive system and additional displays to illustrate the issue of slavery, the Underground Railroad and the importance of Graue Mill and DuPage County in assisting fugitive slaves to escape to freedom.

The 10K trail also passes the Oak Brook Public Library, Butler National Golf Course, and Oak Brook Golf Course, using part of the Salt Creek Greenway Trail before returning to Fullersburg Woods.

**Oak Brook - Fullersburg Snow Shoe****5K Seasonal Snow Shoe (2017/Y0305) 1/4/2017 - 3/31/2017**

**Award:** IVV Credit Only      **Strollers:**      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0722 Windy City Walkers

**Contact:** Irena Paronis, irenamp@att.net, (630)985-5311, 7936 Stewart Dr, Darien, IL, 60561

**Start Point:** Fullersburg Woods Nature Education Center- 3609 Spring Road, Oak Brook. From I-294: West on Ogden Ave to York Road. North on York to Spring Rd, left on Spring Rd to Forest Preserve entrance.

**Event Info:** Snow Shoe on the trails of DuPage County's Fullersburg Woods Forest Preserve. Up to 5K of looped trails are available for exploring.

**O'Fallon - Town Walk****5km/10km Year Round Walk (2017/Y2112) 1/2/2017 - 12/31/2017**

Make a Wish at a Water Fountain, State Street Sashay, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** easy      **Pets:** Yes  
**Sponsor:** AVA-0974 Gateway Milers NFP [www.gatewaymilers.org](http://www.gatewaymilers.org)  
**Contact:** Lois LaFleur, [fleurs@gmail.com](mailto:fleurs@gmail.com), (618)660-6396, 1106 Illini Drive, O'Fallon, IL, 62269  
**Start Point:** YMCA- 284 North Seven Hills Rd, O'Fallon, IL 62269, Phone 618-628-7701. From I-64 take exit 16 (North Greenmount Rd O'Fallon/Shiloh). At end of exit turn toward O'Fallon on N Greenmount Rd. Turn right on U.S. Hwy 50 (CVS on the corner). Continue thru town on Hwy 50 passing the O'Fallon Community Park, O'Fallon High School and Schnucks grocery store to Seven Hills Rd. Turn left on Seven Hills Rd (First Baptist church on corner). Follow Seven Hills going straight through the "roundabout". YMCA is on the right. Walk box is located behind the front counter.  
**Event Info:** Welcome to O'Fallon, IL, founded in 1854, located next to Scott Air Force Base and only 15 minutes from St. Louis. The walk will pass through city parks, a bike trail, historic district, restaurants and shops. Check out [www.ofallon.org](http://www.ofallon.org) for information on festivals throughout the year. Restrooms and water are available at the start/finish and several points along the trail. Check payment is preferred. Leashed pets are allowed, but not in the YMCA. Please pick up after your pet. YMCA hours: Mon-Thurs: 4:30 a.m.-10:00 p.m.; Fri: 4:30 a.m. -9:00 p.m.; Sat: 7:00 a.m. to 6:00 p.m.; Sun: 12:00 p.m. -6:00 p.m.; closed on major holidays.

**Paxton****10km Year Round Walk (2017/Y0946) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0609 Ridgewalkers Walking Club  
**Contact:** Kimberly Bradley, [kimibradley@comcast.net](mailto:kimibradley@comcast.net), (217)778-1718, 3109 Valerie Dr., Champaign, IL, 61822  
**Start Point:** Hardees Restaurant- 451 W. Ottawa St, Paxton, IL 60957. Phone: (217) 379-9903. From North or South on I-57, take Exit 261 (Paxton) and follow Rt 9 East for about a half mile; the restaurant is on the left.  
**Event Info:** Hours and Holidays: Walk during daylight hours. Mon – Sat: 5:00 am – 11:00 pm, Sundays: 6:00 am – 11:00 pm. , Holidays: Open same hours. THE TRAIL: The trail is 10 kilometer (6.2 miles). The degree of difficulty is a 1 on a 5-point scale (with 5 being the hardest). Most of the trail is on paved surfaces and will accommodate baby strollers. Those in wheelchairs would have difficulty making the transition between paved trails, especially during the inclement weather. An American Heartland walk, the trail includes the brick-paved streets of the historic downtown area, Carnegie Library, Ford County Courthouse, numerous large Victorian homes (some dating back to the 1870s) and an old city park. Settled by Swedes and Finns, Paxton carries on some Scandinavian traditions through the present day. REGISTRATION BOX: Ask for the Walking Box. It should be behind the counter. All participants must fill out a start card and carry it on the walk. Please follow instructions in the Walk Box.

**Springfield - Capital Walk****5 and 10 K Year Round Walk (2017/Y0058) 1/2/2017 - 12/30/2017**

National Parks Centennial Challenge, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** No

**Sponsor:** AVA-0397 Lebanon Cedar Cruisers**Contact:** William E. Malina, wmalina@charter.net, (618)588-4097, 604 Marcia Blvd., New Baden, IL, 62265**Start Point:** Carpenter Street Hotel- 525 N 6th St.; Take I-55 to Springfield. Exit on SR36/72 west (Exit 98/Clearlake Ave.) Follow through to 6th Street. Turn right on 6th. For motel reservations only call 1-(888) 779-9100. If coming from the south on I-55 exit to downtown and stay on 6th street to hotel. Hotel address is 525 North 6th Street**Event Info:** Walk daily, dawn to dusk. The route takes you over city streets and sidewalks, past Lincoln's Tomb, State Capitol,, Lincoln's home and law office. ID is required to enter the Capitol building. Memorials are closed New Year's, Thanksgiving and Christmas. Wheelchairs and strollers may need to detour around some steps.**Wilmington****5/10 Seasonal Walk (2017/Y0177) 5/12/2017 - 9/30/2017**

Boardwalks, Bridges - Spanning the USA, Walking the Path of Inventions

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0722 Windy City Walkers**Contact:** Bonnie Carlson, gbcarlson@comcast.net, (815)942-0357, 3120 N. Gateway Gorge, Morris, IL, 60450-9775**Start Point:** Midewin National Tallgrass Prairie Welcome Center - 30239 South Illinois Route 53 Wilmington, IL (815)423-6370, [www.fs.fed.us/mntp/](http://www.fs.fed.us/mntp/) From I-55, exit 241. At top of ramp turn left or east. Travel 3.8 miles on New River Rd to IL Rt 53. Left on Rt 53 1.0 miles to Midewin on right. From I-57, exit 327, Peotone. From northbound ramp turn left from southbound turn right.. Travel 15 miles on Wilmington-Peotone Rd to IL Rt 53. Right on Rt 53 and travel 1.5 miles to Midewin. From I-80, exit 132, IL Rt 53 and Chicago St. At end of ramp (eastbound and westbound) turn right. Travel south on Rt 53 for 15 miles. Midewin Welcome Center is on left. After registration you will drive to the start point on Route 66, now IL 53, which is on the National Register of Historic Places.**Event Info:** Start Times 8 a.m. - 4:30 p.m. Monday through Saturday. Closed Federal holidays. Trails are on old roads and railroad beds surfaced with crushed gravel; one mowed grass section. Walks pass through large open fields, some shaded areas, restored prairie, and past old ammunition bunkers -- the remnants of the long-closed Joliet Army Ammunition Plant. Open bunkers are viewable. One trail passes over the WWII-designed Bailey Bridge and another trail passes a bison herd. Parts of the trail are shared with bicyclists and equestrians. As with any outdoor activity in the field, it is wise to use insect repellent and bring your own water supply.

**INDIANA****Angola - Pokagon State Park****10km/6km Year Round Walk (2017/Y0012) 1/1/2017 - 12/31/2017**

Amphitheatres, Boardwalks, Lakes and Reservoirs, Points of Reference

**Award:** A Award **Strollers:** hard **Restroom:** Yes

**Rating:** 2C **Wheelchair:** NO **Pets:** Yes

**Sponsor:** AVA-0062 Three Rivers Strollers

**Contact:** Tom Crabill, tjcrabill@comcast.net, (260)409-1659, 10434 Oak Trail Road, Fort Wayne, IN, 46845

**Start Point:** Pokagon State Park - Potawatomi Inn- Lake James N or S: I-69 exit 354. Park entrance W of interstate at exit. Indiana Toll Road (I80/90): exit 144 S on I-69. Travel 2 miles to exit 354. Park entrance right.

**Event Info:** Daily, dawn to dusk. Carry drinking water. \$7 gate fee for Indiana licensed vehicles, \$9 gate fee for vehicles which do not have Indiana plates. \$2 fee for each passenger in a commercial vehicle (bus).

**Bedford - Bedford Limestone****5K and 10K Year Round Walk (2017/Y1127) 1/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Food For Thought, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, United States Post Offices, Walk the USA - Street by Street

**Award:** IVV Credit Only **Strollers:** hard **Restroom:** Yes

**Rating:** 2B **Wheelchair:** None **Pets:** Yes

**Sponsor:** AVA-0453 Bedford Hiking Club [www.bedfordhikingclub.com](http://www.bedfordhikingclub.com)

**Contact:** L Gates, hikerusa@comcast.net, (812)279-3397, 2423 N, Bedford, IN, 47421

**Start Point:** Hardees "fast food" Restaurant 1510 16th Street- N or S, take SR 37 to US 50 E. E on US 50 (16th) to "O" St. Start/finish at Hardees. E or W, take US 50 (16th) to Hardees at corner of 16th and "O" St.

**Event Info:** Pets not allowed in cemetery, however you can bypass cemetery and still do 10K.



**Bloomington - Hoagy Carmichael Tour****5 or 10 K Year Round Walk (2017/Y0897) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, National Register of Historic Places, State Street Sashay, Trekking With the Trees, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** B Award**Strollers:** hard**Restroom:** Yes**Rating:** 1A**Wheelchair:** hard**Pets:** Yes**Sponsor:** AVA-0067 Bloomington Flying Fish Volkssports btownflyingfish.blogspot.com/**Contact:** Carol Parkinson, btownflyingfish@gmail.com, (812)498-1560, 3956 S. Bushmill Dr., Bloomington, IN, 47403

**Start Point:** Courtyard by Marriott- 310 S College Ave. (Ask Front Desk for the walk box that is kept under the fax machine behind the kiosk closest to the pool.)  
 From Indianapolis: 37 South to the second Bloomington exit. Go east on Hwy 46 to College Ave. Go south on College to just past 3rd St. Turn right into Courtyard by Marriott parking lot south of the Hotel.  
 From I-65: Take the Bloomington/Columbus exit. Follow 46 (which is 3rd St.) West into Bloomington. Follow 3rd St through the IU campus to College Ave. Turn left on College Ave and the Courtyard by Marriott will be on your right.  
 From Bedford: 37 North to 2nd St exit. Head east to Walnut St. Turn left onto Walnut St. Turn left onto 3rd St Street and go one block to College Ave. Turn left on College Ave the Courtyard by Marriott will be on your right.

**Event Info:** The trail begins in downtown Bloomington, meanders through city streets, and passes by historic buildings and city landmarks, many of which are related to the legendary musician Hoagland (Hoagy) Carmichael who was born in Bloomington in 1899. Carmichael eventually earned his law degree at Indiana University and went on to become one of the most famous musicians of all times. The trail passes by the Hoagy Carmichael statue on the IU campus and the Hoagy Carmichael gravesite at Rose Hill Cemetery.

**Bloomington - Pate Hollow/Paynetown State Recreation Area Hike****5/10/15 km Year Round Walk (2017/Y0851) 1/1/2017 - 12/31/2017**

Animal Safari, Lakes and Reservoirs

**Award:** A Award**Strollers:** Hard**Restroom:** Yes**Rating:** 2B**Wheelchair:** NO**Pets:** Yes**Sponsor:** AVA-0067 Bloomington Flying Fish Volkssports btownflyingfish.blogspot.com/**Contact:** Carol Parkinson, btownflyingfish@gmail.com, (812)498-1560, 3956 S. Bushmill Dr., Bloomington, IN, 47403

**Start Point:** Paynetown State Recreation Area- 4850 South State Rd 446, Bloomington, IN 47401. From the north, State Rd 37 south to State Rd. 46 east to State Rd. 446 south to property. From the south, State Rd. 37 north to State Rd. 50 east to State Rd. 446 north to property. From the east, State Rd. 46 west to State Rd. 446 south to property. From the west, State Rd. 46 east to State Rd. 446 south to property.

**Event Info:** The trail is a joint effort between the Hoosier National Forest and the Indiana DNR. Hike on challenging trails through a beautiful forest of mixed hardwoods with views of Lake Monroe. Start times: From mid-April thru October: daily, 8:00 am to 4:00 pm. From November thru mid-April: Mon-Fri, 8:00 am to 4:00. Alternate start point is available daily from dawn until dusk, Courtyard by Marriott, 310 S. College Ave., Bloomington, IN.

**Carmel - Monon Greenway (walk)****5K or 10K Year Round Walk (2017/Y1662) 1/2/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Cities in Song, Food For Thought, Fraternal Organizations, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Water Towers

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0089 Indy 'G' Walkers  
**Contact:** J Blessing, jasbless@gmail.com, (317)848-7278, POB 269001, Indianapolis, IN, 46226

**Start Point:** Soho Cafe & Gallery, - Monon Square Shopping Square, 620 South Rangeline Road, Carmel, Indiana 46032. From Indy, take I-465 north to Keystone Parkway (exit 33). Turn west on 126th Street round about to Rangeline Rd. Right on Rangeline Road and turn left into Monon Square Shopping Center. Drive to the back of Shopping Center, Soho is on the right-hand side. Event Box is kept in Soho Cafe. Ask at counter for Walk/Bike Box, if you can't find it. Bottled water is available at Soho Cafe

**Event Info:** Soho Cafe & Gallery is open Mon thru Fri 7am-7pm; Sat 7am-5pm; and Sun 10am-5pm. Please call Soho at 317-564-4800 to confirm the open hours. The trail passes by the Carmel Civic Center, the Palladium, and the Carmel Arts and Design District, which includes art galleries, sidewalk cafe restaurants, pubs, and trendy boutiques. Enjoy the public art of J Seward Johnson Jr., the Norman Rockwell of American Sculpture, including the famous statue of Sailor Kissing Girl. This walk is on multi-use trails, over natural park paths, and some city sidewalks. The walk wanders along a beautiful woodland trail in Central Park, and on the Monon Trail, an exemplary Midwest rail-trail, which has been recognized as a Rail-Trail Hall of Fame.

**Carmel - Monon Greenway (bike)****16 or 25K Year Round Bike (2017/Y1647) 1/2/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Cities in Song, Fraternal Organizations, National Register of Historic Places, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0089 Indy 'G' Walkers  
**Contact:** J Blessing, jasbless@gmail.com, (317)848-7278, POB 269001, Indianapolis, IN, 46226

**Start Point:** Soho Cafe & Gallery - Monon Square Shopping Square, 620 South Rangeline Road, Carmel, IN 46032. Refer to Carmel- Monon Greenway -walk (Y1647) for directions. Bike rentals (which includes helmets and locks) are available at nearby Carmel Cyclery at 230 West Carmel Drive, Carmel. Bike repairs are also available at this location.

**Event Info:** Soho Cafe & Gallery is open Mon thru Fri 7am-7pm; Sat 7am-5pm; and Sun 10am-5pm. Please call Soho at 317-564-4800 to confirm the open hours. This bike event is on the Carmel/Indianapolis/Westfield Monon Trail Greenway. The short distance option is also on the Hagan-Burke Trail and a multi-use trail. The Monon Greenway connects to various other trails in the area including the Fall Creek Trail, Central Canal Trail, White River Trail and Indianapolis Cultural Trail. Riders can combine this event with other trails to increase the distance covered. The Monon Trail, an exemplary Midwest rail-trail, which has been recognized as a Rail-Trail Hall of Fame.

### Chesterton - Prairie Duneland Trail

30 km Seasonal Bike (2017/Y0842) 4/1/2017 - 10/31/2017

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0723 Hoosier Hikers  
**Contact:** Bob Buzolich, sonofbuzz@prodigy.net, (574)339-9140, PO Box 11101, South Bend, IN, 46634

**Start Point:** Round The Clock Restaurant, 1607 South Calumet Road, Chesterton, IN 46304.- From I-80/90 (Indiana Toll Road) exit at Toll Plaza 31, and travel North on SR 49. At the intersection of SR 49 and E CR 1100 N turn left onto E CR 1100 N. Then, make an immediate right turn onto Calumet Road. You will see the Round-the-Clock to your right from Calumet Road. 2) Event open only during daylight hours. The restaurant is open 6 am to 9 pm (Central Time) 7 days a week. Its only day of closure is Christmas Day. 3) Upon entering the restaurant, ask the hostess for the BIKE box. Upon registering for the event you will receive two sets of maps and directions. The first to get you to the Start/Finish Point and the second for the bike route.

**Event Info:** This seasonal bike event incorporates the Prairie Duneland Trail between Chesterton and Portage, Indiana. The route is a Rail-to-Trail project that provides an improved multi-use trail in Northwest Indiana. Several museums, restaurants and parks are along the route. Daylight hours.

### Columbia City - Lincoln Highway

10 km Year Round Walk (2017/Y0807) 1/2/2017 - 12/31/2017

Bridges - Spanning the USA, Points of Reference, Take a Walk In a City Park, Vice Presidential Walks

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0062 Three Rivers Strollers  
**Contact:** Cheryl Elser, elserfam@frontier.com, (260)749-6304, 2909 Rolling Meadow Ln., New Haven, IN, 46774

**Start Point:** Whitley Co. Family YMCA- 950 E. Van Buren Street, Columbia City, IN 46725-1917. From I-69 get off at Exit 309-B and go west on US 30 / US 33 toward Columbia City. Stay on US 30 and go 15.7 miles to SR 205 South. Turn left at the traffic light and go 1/2 mile on 205 South (Van Buren Street) to the YMCA on your left. From the West or Central Indiana: Take US 30 east to Columbia City and turn right on 205 South (traffic light) and go 1/2 mile to the YMCA on your left.

**Event Info:** Hours of operation: M-F: 5 am to 9 pm; Sat: 7 am to 9 pm; Sun: noon to 5 pm. Closed most major holidays. To check whether the YMCA is open, please call 260-244-9622 during business hours.

**Columbus - Architectural walk****10K, 5K - 1A Year Round Walk (2017/Y0429) 1/1/2017 - 12/31/2017**

Cities in Song, Food For Thought, Ice Cream Parlors, National Register of Historic Places, State Street Sashay, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes

**Sponsor:** AVA-0458 River City Ramblers [sites.google.com/site/rivercityramblers1/](http://sites.google.com/site/rivercityramblers1/)

**Contact:** Carol Bussel, rondbussell@att.net, (812)390-9229, 3810 Camelot Lane, Columbus, IN, 47203

**Start Point:** Columbus Visitors Center- 500 Franklin St., corner of 5th St. From I-65 N or S use exit 68. Turn east to downtown approx. 1-1/2 miles. After crossing bridge stay in left lane to Franklin, turn left & go 3 blocks to Visitors Center; ample free parking. From SR-46 west, after passing I-65 follow above directions. From SR-46 east, turn right on Franklin (1 block past DQ) and follow above directions.

**Event Info:** Walk through well known architectural downtown area and neighborhoods as well as the People Trails.

**Evansville - Historic****10K, 5K Year Round Walk (2017/Y1622) 1/1/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** A Award      **Strollers:** hard      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0458 River City Ramblers [sites.google.com/site/rivercityramblers1/](http://sites.google.com/site/rivercityramblers1/)

**Contact:** Linda Neu, stan-linda.n@juno.com, (812)425-3886, 2003 N. Heidelberg Av, Evansville, IN, 47711

**Start Point:** Casino Tropicana Hotel Lobby- 421 NW Riverside. 812-433-4400 or 800-342-5386. N take US 41 or I-164 to Lloyd Expressway (SR 62) W to Fulton exit, turn left (S). At curve Fulton becomes Riverside. S exit US 41 to Veterans Memorial Pkwy. W to Riverside. Follow Casino Tropicana signs. Free parking available in Tropicana hotel parking garage.

**Event Info:** Daily - dawn to dusk. Ask hotel desk for walk box. Carry water, especially in summer. Award is an enamel pin with a river boat depicted on it. Cost for award and credit \$7. Credit only \$3.

**Evansville - Wesselman Nature Preserve****10K, 5K Year Round Walk (2017/Y1812) 1/1/2017 - 12/31/2017**

Boardwalks, Make a Wish at a Water Fountain, Trekking With the Trees

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes

**Rating:** 1C      **Wheelchair:** NO      **Pets:** No

**Sponsor:** AVA-0458 River City Ramblers [sites.google.com/site/rivercityramblers1/](http://sites.google.com/site/rivercityramblers1/)

**Contact:** Linda Neu, stan-linda.n@juno.com, (812)483-4612, 2003 N Heidelberg Ave, Evansville, IN, 47711

**Start Point:** Wesselman Park- Wesselman Woods Nature Preserve 551 N Boeke. 812-479-0771 (no phone weekends) N or S on US 41 take Loyd Expressway (SR 66) E. I-164 take Lloyd, Rt 66, W. Follow Expressway to Boeke exit. N on Boeke about 2 blocks to park entrance on right. Nature center in back of park. Parking at nature center and recycling center.

**Event Info:** NOTE: Beginning April 1, 2016 there is an entry fee to the Nature Preserve. The fee is \$5 for adults 13 and older, \$3 for children 3 to 12, and free for 3 and under. Alternate trail for muddy days and inclement weather. Caution: board walks become slick in rainy weather. Hours start point 9am-5pm Tu, W, Th, F and Sat. Noon to 5PM Sun. Closed Monday and some holidays Call 812-479-0771. Phone not manned on weekends

**Franklin - Town walk****10km & 5km Year Round Walk (2017/Y1591) 1/2/2017 - 12/30/2017**

Bridges - Spanning the USA, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, State Street Sashay, Take a Walk In a City Park, Trekking With the Trees, Underground Railroad, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0724 Goodtime Trailblazers

**Contact:** T Martin, fritzmartin@mw.net, (317)787-9776, 5958 Cross Creek, Indianapolis, IN, 46217

**Start Point:** Franklin Branch, Johnson County Library- 401 S State St. I-65 take SR 44 W (exit 90) 1.5 miles to Franklin to red flasher (Forsythe). Left and go 1 block to Jefferson. Turn right and go 4 blocks to Branigin. Turn left and go 3 blocks to South St. Branigin becomes State. Library on left across from Indiana Masonic Home grounds. US 31 on Southside of town at cemetery, (look for Indiana Masonic Home sign), turn E on South St and go 0.8 mile to end at State St. Library in front across from Indiana Masonic Home grounds.

**Event Info:** M-Th & Sat 9am-5pm; F 9am-6pm; Sun 1-5pm. Closed major holidays and 1st Friday in Nov. The trail will pass through the grounds of the Indiana Masonic Home, Franklin College, Greenlawn Cemetery, use part of the Greenway Trail, pass through downtown and by the Court House.

**Ft Wayne - Hall's Drive-In****10 km or 6 km Year Round Walk (2017/Y1813) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Points of Reference, Take a Walk In a City Park

**Award:** B Award **Strollers:** medium **Restroom:** Yes

**Rating:** 2A **Wheelchair:** medium **Pets:** Yes

**Sponsor:** AVA-0062 Three Rivers Strollers

**Contact:** Wilma Fuelling, lizardw13@gmail.com, (260)432-4253, 5908 Westhills Road, Fort Wayne, IN, 46804

**Start Point:** Hall's Original Drive-In Restaurant- 1502 Bluffton Road From the West, NW, and North: At US 24 and I-69, continue east to Engle Road and turn south. At Engle Road and Bluffton Road, turn left and proceed to Start Point. From the East, NE and South: Take I-469 to Hwy IN # 1. Turn north and proceed to start.

**Event Info:** Walk registration box is on shelf above coat rack. Daily, 8 to dusk. Closed New Year's Day, Memorial Day, July 4th, Labor Day, Thanksgiving and Christmas. The walk is through park gardens and residential areas. Most of the walk is on sidewalks.

**Ft Wayne - Jorgensen Family YMCA****10K or 6K Year Round Walk (2017/Y0317) 1/1/2017 - 12/31/2017**

Boardwalks, Take a Walk In a City Park

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes

**Rating:** 1B **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0062 Three Rivers Strollers

**Contact:** Wilma Fuelling, lizardw13@gmail.com, (260)432-4253, 5908 Westhills Road, Fort Wayne, IN, 46804

**Start Point:** Jorgensen Family YMCA,- 10313 Aboite Center Road, Fort Wayne, IN 46804. Ask for walk box at counter. I-69 to Exit 302 going east. Pass Lutheran Hospital on your left and continue to stoplight (Aboite Center goes left/Engle goes right). Take a left on Aboite Center and go across I-69, you will see Indian Trails Park and Jorgensen Family YMCA on your left.

**Event Info:** Closed Thanksgiving, Easter and Christmas. Holiday hours: New Year's Day, Memorial Day, Fourth of July, Labor Day - 8am - 4pm. Regular hours: Mon. - Thurs. 5am - 10pm, Fri. 5am - 9pm, Sat. 7am - 6pm., Sun. 10am - 6pm.

**Ft Wayne - VA Hospital****10 & 6 Year Round Walk (2017/Y0907) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Make a Wish at a Water Fountain, Points of Reference,  
Take a Walk In a City Park, Underground Railroad, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0062 Three Rivers Strollers

**Contact:** Sue Budd, susanbudd2008@yahoo.com, (260)434-5847, 2310 N. Anthony Blvd., Ft Wayne, IN, 46805-0000

**Start Point:** Veterans Administration Northern Indiana Health Care- 2121 Lake Avenue, Fort Wayne, IN. From the North: Exit I-69 at the Coldwater exit (#312). Proceed south on Coldwater Rd. and it will merge into Clinton St. Continue south and turn left on State Blvd. Go approx. 1 1/4 miles to Randallia Dr. and turn right. Go four blocks to the VA Hospital. From the South: Exit I-69 at U.S. 27 and go north (the name change will be Lafayette and then Spy Run). Turn right on State Blvd. and turn right on Randallia Dr. Go 4 blocks to the V.A. Hospital. From the West: Come in on Jefferson Blvd. (I-69 Exit 302) and turn north on Lafayette St. Turn right on State Blvd. Continue to Randallia Dr. Turn right and go 4 blocks to the V.A. Hospital. From the East: U.S. 30 to IN 930. Turn left at Lake Ave. and go to Randallia Dr. Turn right. Ask for the walk box at the Emergency Entrance.

**Event Info:** Walk box is at the Emergency Room entrance- ask for it at the desk. Trail is mostly on sidewalks and river greenway, going through residential areas, parks and the downtown area.

**Greenwood - Old Greenwood****10km & 5km Year Round Walk (2017/Y0965) 1/2/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag,  
National Register of Historic Places, Points of Reference, Take a Walk In a City Park,  
Trekking With the Trees, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0724 Goodtime Trailblazers

**Contact:** Tom Martin, fritzmartin@mw.net, (317)787-9776, 5958 Cross Creek Blvd., Indianapolis, IN, 46217-3700

**Start Point:** Greenwood Community Center- 100 Surina Way, (317)881-4545. 10 miles S of dntn Indianapolis. N or S, I-65 exit 99 (Greenwood), then W (left from S; right from N); continue on Main/E Main about 1.7 miles to S Meridian; left on S Meridian; left on Surina Way; Community Center on left.

**Event Info:** M-F, 5:30am-10:00pm; Sat, 8:00am-8:00pm; Sun, 10:00am-8:00pm, Closed major holidays and during Freedom Festival (Jun 24, 2017). The event route covers Old Greenwood, city parks, and an All-Purpose paved path. An indoor option is available at the Greenwood Park Mall 1.4 miles from the start point. Register at the start point for full IVV credit.

**Indianapolis - Capital - White River SP Visitor's Center****11km Year Round Walk (2017/Y0259) 1/1/2017 - 12/31/2017**

Alternative Capitals, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, State Capital, Take a Walk In a City Park, Underground Railroad, United States Post Offices, Vice Presidential Walks, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** A Award **Strollers:** Hard **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Hard **Pets:** Yes

**Sponsor:** AVA-0089 Indy 'G' Walkers

**Contact:** Paul Mullen, clamdigger30@hotmail.com, (317)545-9061, PO Box 269001, Indianapolis, IN, 46226-9001

**Start Point:** White River State Park Visitor's Center- 801 W Washington. N (Chicago): I 65 S exit 114. S on Dr. Martin L. King/West St to Washington. Right to Washington. Parking lot right on curve. E (Dayton/Columbus OH) I 70 W to I-65 N exit 114. S on Dr. MLK/West St to Washington. Right. S (Louisville) I 65 N to I 70 W. Go W on I-70 exit 79A (Missouri/West). Right on Missouri and go to Washington. Left to Washington. Right to parking lot at curve. W (St Louis) I-70 E exit 79A (Missouri/West). Right on Missouri and go to Washington. Left to Washington. Right to parking lot at curve.

**Event Info:** 9am-5pm (M-Sat) 11am-5pm (Sun) after Labor Day thru Memorial Day. 9am-7pm (M-Sat) 11am-7pm (Sun) after Memorial Day thru Labor Day. Call (317)233-2434 for holiday hours as they change without notice.

**Indianapolis - Crown Hill Cemetery****10 K Year Round Walk (2017/Y0179) 1/1/2017 - 12/31/2017**

Animal Safari, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Trekking With the Trees, Underground Railroad, Vice Presidential Walks

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes

**Rating:** 2A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0089 Indy 'G' Walkers

**Contact:** Cliff Terry, clifferry@sbcglobal.net, (317)776-1848, 152 Stony Creek Overlook, Noblesville, IN, 46060

**Start Point:** Crown Hill Cemetery- Community Mausoleum, 700 W 38th Street, Indianapolis, Indiana. The start point is located on the north side of the cemetery, near 38th Street and Clarendon Rd. From I-65, exit at Meridian Street/US 31 (exit 113) and travel north approximately 3 miles to 38th Street. Turn left on 38th Street to Clarendon Road (sign for Crown Hill Funeral Home on the corner). Turn right on Clarendon and then left to enter the cemetery. Follow the road to the right into parking area for the Mausoleum. From the East or West, take I 70 to I-65 North (Exit 83) in downtown Indy and follow the above directions. From the North, take I-465 to Meridian Street/US 31 (exit 31).and travel south approximately 6 miles to 38th Street. Turn right on 38th St., then right on Clarendon.

**Event Info:** 9:00 AM to 5:00 PM (Oct – March), 9:00 AM to 6:00 PM (Apr – September) 7 days per week. The start box is located in the lobby of the Mausoleum. .



**Indianapolis - Eagle Creek Park****5 or 11 K Year Round Walk (2017/Y0091) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, Take a Walk In a City Park

**Award:** A Award **Strollers:** NO **Restroom:** Yes  
**Rating:** 2B **Wheelchair:** NO **Pets:** Yes  
**Sponsor:** AVA-0089 Indy 'G' Walkers  
**Contact:** Clarence Wright , indywright@sbcglobal.net, (317)357-8464, PO Box 269001, Indianapolis, IN, 46226-9001

**Start Point:** Eagle Creek Park- 71st St. Gatehouse. Park is located on the NW side of Indianapolis and can be reached from I-65 and I-465. Take the 71st St exit from either and travel west. Park entrance is 1.2 miles from I-465 and just 500 meters from I-65. Start point is the gatehouse at the northern entrance of the park. There is a fee for using the park. When entering the park, tell the attendant that you are doing the walk. Park your vehicle in the parking area, just inside the gate. Walk to the gatehouse and ask the attendant for the registration book and start card(s). The award is a 2 inch enamel medallion of the parks logo with a bar for each year. Cost is \$8.00 for header and bar, \$6.00 for bar only, and \$3.00 for IVV credit only.

**Event Info:** 9:00 AM to dusk. Closed Thanksgiving and Christmas. The 11K trail follows red markers and a 5K trail follows blue markers. The trails are mostly on natural paths and some park road surfaces. It wanders through rolling wooded terrain and past a picturesque reservoir.

**Kokomo - City of Firsts****5 or 10 K Year Round Walk (2017/Y0090) 1/2/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, State Street Sashay, Take a Walk In a City Park, Walking the Path of Inventions, Water Towers

**Award:** B Award **Strollers:** Hard **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Hard **Pets:** Yes  
**Sponsor:** AVA-0089 Indy 'G' Walkers  
**Contact:** Larry Schwindt, larry.julan@gmail.com, (765)461-7512, 3125 Congress Drive, Kokomo, IN, 46902

**Start Point:** Kokomo-Howard County Public Library- 220 N. Union St. Kokomo IN 46901. From Indianapolis and points south, take US 31 north to Kokomo, approximately 50 miles. Exit at IN 931 going north into the city. Turn left on Sycamore Street. Continue 0.8 miles to Union St. Turn right on Union Street. The library is on the right. From South Bend and points north, take US 31 south to Kokomo exit for IN 931. Follow IN 931 to Sycamore St. Turn right on Sycamore Street. Continue 0.8 miles to Union St. Turn right on Union Street. The library is on the right. Parking is in the rear behind the Library.

**Event Info:** Hours - Mon Thurs: 9am to 8pm, Fri & Sat: 9am to 5:30pm, open Sun only between Labor and Memorial Days: 2pm to 5:30pm. Closed on major holidays (call 765.457.3242) Walk box is at the second floor information desk. Kokomo is known as the "City of Firsts" thanks to its rich automotive heritage and history of technological discoveries. The trail wanders through historic downtown, the Industrial Heritage Trail, beautiful Highland Park, the Elwood Haynes Museum, and Foster Park. The trail also passes by the world's largest Sycamore stump, Old Ben- the world's largest preserved steer, and a 17 foot tall Praying Mantis bug. A local rail-with-trail links together historic industrial sites in Kokomo's history. Along the trail was where leaders of industry are and were once located. The Kokomo Rubber Company, produced the first pneumatic rubber tire in the United States. Traveling south, the Haynes Automobile Company introduced America to the automobile. The former Chrysler and Kokomo Opalescent Glass plants are also located along the trail

**Middlebury - Pumpkinvine Trail****30 km Seasonal Bike (2017/Y0801) 4/1/2017 - 10/31/2017****Award:** IVV Credit Only**Strollers:** Medium**Restroom:** Yes**Rating:** 1A**Wheelchair:** Medium**Pets:** Yes**Sponsor:** AVA-0723 Hoosier Hikers**Contact:** Bob Buzolich, sonofbuzz@prodigy.net, (574)339-9140, PO Box 11101, South Bend, IN, 46634

**Start Point:** Long's Convenience Store (Marathon) 995 US Highway 20, Middlebury, IN 46540. 574-825-9601- 995 US-20. From Indiana 80-90 East/West Tollway, take exit #107. Proceed south on SR 13 approximately 4 miles through Middlebury to US-20. Turn right and proceed to stop light at Das Dutchman Essenhaus. Proceed 1 more block and Long's is on your left. Leaving Long's go east approximately 1 mile to CR 22. Turn right on CR 22 to CR 35 (1.2 miles). Turn left on CR 35 for .6 miles with parking lot for the trail on your left. Trail crossing signage. Or you can go back to SR 13, turn right and proceed to CR 20. Take CR 20 to CR 35. Turn right to parking lot.

**Event Info:** The Pumpkinvine Trail is a rail-to-trails project that provides an asphalt trail. This ride includes Right Tree, Right Place Aboretum, Krider Gardens (World's Fair Garden), Amish farms and businesses along a mostly shaded route with rolling hills. Middlebury is also the home of Jayco and Coachman mobile home manufacturing. Das Dutchman Essenhaus Amish restaurant is located on US-20 1 block east of Start Point.

**Mitchell - Spring Mill State Park****5K and 10K Year Round Walk (2017/Y1325) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Lakes and Reservoirs, Trekking With the Trees, Walking the USA A - Z

**Award:** A Award**Strollers:** NO**Restroom:** Yes**Rating:** 3C**Wheelchair:** NO**Pets:** Yes**Sponsor:** AVA-0453 Bedford Hiking Club www.bedfordhikingclub.com**Contact:** Rowena Mount, rowena1231@comcast.net, (812)279-4862, 1428 14th St., Bedford, IN, 47421-0000

**Start Point:** Spring Mill State Park Inn (lobby desk)- State Rd 60, Mitchell, IN. On SR 60 approx 18 miles west of Salem and 3.4 miles east of SR37/SR60 junction just south of Mitchell. No gate fee from November 1 through March 31. The walk box is located in the inn lobby at the desk.

**Event Info:** Daily, dawn to dusk. Carry water. This shaded trail includes uneven paths, stairs and inclines. It passes thru a virgin forest, a restored pioneer village and a grist mill. The trail goes by a stream, sinkholes, caves and around a lake. Accomodations and a restaurant is available at the lovely inn where you register. No pets allowed in the village, but an alternate route is available with the directions.

**Noblesville - Riverview Hospital****11 km / 5 Km Year Round Walk (2017/Y0164) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Make a Wish at a Water Fountain,  
National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees,  
You'll Never Walk Alone

**Award:** B Award **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes  
**Sponsor:** AVA-0089 Indy 'G' Walkers  
**Contact:** C Terry, cliffterry@sbcglobal.net, (317)776-1848, POB 269001, Indianapolis, IN, 46060

**Start Point:** Riverview Hospital, Women's Pavilion- 355 Westfield. 10 miles NE of Indianapolis. For Indy and points S, take I 465 to I-69 exit. I-69 N to Exit 205 (116 St/Noblesville) Take IN 37 exit to Noblesville for 7 miles to IN 32/38 (Conner). Left on Conner, 1 1/2 miles to hospital. Riverview on left, past bridge over White River. N (Ft Wayne, Muncie) I-69 S Exit 210 (Noblesville/IN238). Right follow 238 W 5 miles to IN 37. Right on IN 37, follow 2 miles to IN 32/38 (Conner.) Left to hospital.

**Event Info:** Dawn to dusk - 7 days per week. Start box is in lobby of the Women's Pavilion at entrance #11 on the south side of hospital complex. The walk box is at the information desk on the floor.

**Plymouth - Historic Hoosier Backroads & Hometowns****10 km / 5 km Year Round Walk (2017/Y0980) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Take a Walk In a City Park, Walk the USA - Street by Street, Water Towers

**Award:** IVV Credit Only **Strollers:** Hard **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** None **Pets:** Yes  
**Sponsor:** AVA-0723 Hoosier Hikers  
**Contact:** Bob Buzolich, sonofbuzz@prodigy.net, (574)339-9140, POB 11101, South Bend, IN, 46634

**Start Point:** Christos Family Dining Restaurant, 2227 N Michigan, Plymouth, IN 46563- US 30 to intersection with SR 17. SR 17 S to Plymouth. Start Point right. At register ask for Volksmarch/Walk box. Plymouth in center of N Indiana along US 30. W or E take US 30 (Lincoln Highway) get off at SR 17 in Plymouth. E, exit ramp off SR 17 to Michigan and Christos Restaurant ahead; turn right and then quick left to parking lot. Central Indiana: N on US 31 approx 116 miles from Indianapolis. W on US 30 about 2 miles to SR 17/Plymouth exit. Get off, a stop sign turn left on Michigan. 1 block and Christos Restaurant on right. Christos Family Dining open M-Sun 6am-10pm (Eastern Time Zone). Phone at Christo's is 574-935-5100. ALTERNATE POC: Charles Lightner at trekincharlie@gmail.com

**Event Info:** Route is map guided and incorporates relatively level sidewalks and paved streets beneath the mighty oaks and maples of Plymouth, Indiana, a stopover along the historic 1928 route of the Lincoln Highway

**South Bend - Notre Dame University****5/11km Year Round Walk (2017/Y0291) 1/1/2017 - 12/31/2017**

Lakes and Reservoirs, Make a Wish at a Water Fountain, Walking the Path of Inventions, Walking the USA A - Z, Water Towers

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** No  
**Sponsor:** AVA-0723 Hoosier Hikers  
**Contact:** Bob Buzolich, sonofbuzz@prodigy.net, (574)339-9140, POB 11101, South Bend, IN, 46634

**Start Point:** Ivy Court Inn & Suites, 1404 Ivy Court, South Bend, Indiana 46637- Intersection of SR 933 (Bus US 31/Michigan) and Angela, turn E on Angela, continue on Angela past main entrance to Notre Dame. Intersection of Angela and Twyckenham, turn left to Ivy Court, turn right on Ivy Court. Start Point, Ivy Court Inn & Suites lobby. Guest parking available.

**Event Info:** Event Credit Only. Read instructions at Start Point. Start Box kept at reservation counter in lobby of Ivy Court Inn & Suites. Ask for Volksmarch box.

**Valparaiso - Historic Hoosier Backroads & Hometowns****11 km / 6 km Year Round Walk (2017/Y1254) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Ice Cream Parlors, Make a Wish at a Water Fountain, Take a Walk In a City Park, United States Post Offices, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0723 Hoosier Hikers  
**Contact:** Bob Buzolich, sonofbuzz@prodigy.net, (574)339-9140, POB 11101, South Bend, IN, 46634

**Start Point:** Fairfield Inn & Suites, 2101 E Morthland, Valparaiso, Indiana 46383- Intersection of US 30 & Silhavy (frontage road to N of US 30 which is used to access Bob Evans), and follow Silhavy W to the blue Fairfield sign. Central Indiana go N of Indianapolis on US 31 approx 116 miles to US 30. W 40 miles to Valparaiso. Fairfield Inn on right a quarter mile past SR 49. Fairfield Inn & Suites serves as Start Point. Open 24 hours per day, seven days per week (Central Time Zone). Registration desk ask for Volksmarch/Walk box.

**Event Info:** Trail will begin with a campus walk through Valparaiso University and through the downtown area. Route is map guided and incorporates relatively level sidewalks and paved streets beneath the mighty oaks and maples of Valparaiso, Indiana, a stopover along the historic 1928 route of the Lincoln Highway.

**Winona Lake - Grace College****5 & 12 km Year Round Walk (2017/Y0647) 1/2/2017 - 12/31/2017**

Boardwalks, Honoring Our Flag, Lakes and Reservoirs, United States Post Offices,  
Walking the USA A - Z, Water Towers

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0723 Hoosier Hikers  
**Contact:** Bob Buzolich, sonofbuzz@prodigy.net, (574)339-9140, POB 11101, S B, IN, 46634  
**Start Point:** Winona Mercantile, 700 Park Avenue, Winona Lake, Indiana 46590- From the intersection of US 30 and Center St. turn west onto Center St. to head into Warsaw. At the intersection of Center St. & Argonne Rd. (second stoplight), turn left and follow the signs into Winona without leaving the road. After passing under the rail trestle continue straight on Park Ave. As you go into Winona Lake, you will see The Boathouse on your right. The Winona Mercantile is located in The Boathouse.  
**Event Info:** Mon 10 am to 2 pm Tue thru Sat 10 am - 6 pm, Sun noon - 4 pm. The route consists of village streets and sidewalks beneath old growth hardwoods that will take you along the shores of Winona Lake, through the campus of Grace College, and past a number of historic sites associated with Billy Sunday. (You may even see some ghosts along the route). Read instructions at the Start Point.

**Zionsville - Village and Nature Parks walk****5/11 km Year Round Walk (2017/Y1814) 1/2/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Take a Walk In a City Park, United States Post Offices, Walking the USA A - Z, Water Towers

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0089 Indy 'G' Walkers  
**Contact:** Paul Mullen, clamdigger30@hotmail.com, (317)545-9061, PO Box 269001, Indianapolis, IN, 46226-9001  
**Start Point:** Endurance House (new location)- 640 S. Main Street, Zionsville, IN, 46077. Start point is located on the NW side of the Indianapolis metro area. Take I-465 to US 421/Michigan Rd (exit 27). Go north on 421 to 106th St. Turn left and follow to Zionsville Rd/Main St. Turn right on Main St. and make left into parking lot in the back of the building.  
**Event Info:** Hours; Mon-Fri 10 AM to 7 PM, Sat 9 AM to 5 PM, Sun noon to 5 PM. Ask for walk box. Get your "Z" by walking the 5 or 11 K trail in this charming village. Both trails wander over the village's sidewalks and paths and cover several different parks, upscale neighborhoods, and unique brick lined Main Street. The 11 K trail also covers the Zionsville Rail Trail and Starkey Nature Park which is challenging with natural paths and a wooden staircase with 64 steps. The 5 K walk is flat and is mostly on the village's sidewalks and has a 1A rating (you can do this trail twice to avoid the steps). The 11 K trail has a 2B rating and is not suitable for strollers and wagons.

## IOWA

### **Altoona**

#### **5K & 10K Year Round Walk (2017/Y1023) 1/2/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Honoring Our Flag, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0250 Greater Des Moines Volkssport Assn. [sites.google.com/site/walkgdmva](http://sites.google.com/site/walkgdmva)  
**Contact:** Peggy Doane, pjohusker@gmail.com, (515)967-5169, 1307 6th Ave SE, Altoona, IA, 50009  
**Start Point:** The Campus- 1500 8th St SW. I-80 Exit 143, go S approx 2 miles to stop light at cross street 8th St SW. Turn right. Going W through 2 stop lights. Campus on S side of 8th St SW. Altoona 12 miles E of Des Moines on I-80.  
**Event Info:** This walk is on multi-purpose trails and city sidewalks. The 10K route starts on a pretty shaded trail, through "Old Towne Altoona" and residential areas and back on the trail by the handicap accessible Enabling Garden and past a War Memorial.

### **Amana - Amana Colonies**

#### **5 & 10 km Year Round Walk (2017/Y0709) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Ice Cream Parlors, National Register of Historic Places, Water Towers

**Award:** B Award      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0250 Greater Des Moines Volkssport Assn. [sites.google.com/site/walkgdmva](http://sites.google.com/site/walkgdmva)  
**Contact:** Mary Abbey, mzabbey@imonmail.com, (319)389-4668, 3715 Elmwood Dr NE, Cedar Rapids, IA, 52402  
**Start Point:** Millstream Brau Haus  
- 741 - 47th Avenue, Amana, IA From I-80, take Exit 225, proceed N on Hwy 151. At junction with Hwy 6 (about 5 miles) turn right, continuing on Hwy 151 to Amana. At traffic signal in Amana (220th Trail) turn right. At "Y" in road keep right on 47th Ave. Continue to Brau Haus on right. Park behind bldg.  
**Event Info:** Hours: Everyday from 10:00 AM - 10:00 PM. In Amana and Middle Amana you will see unique shops and residences, as well as a historic museum that shares the story of a time of communal living in the 1850's.

### **Ames - Ames Walk**

#### **6K & 10K Year Round Walk (2017/Y0772) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Trekking With the Trees, United States Post Offices, Vice Presidential Walks, Walking the Path of Inventions, Water Towers

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0250 Greater Des Moines Volkssport Assn. [sites.google.com/site/walkgdmva](http://sites.google.com/site/walkgdmva)  
**Contact:** Sharon/Jan Haugen, janhaugen@mediacombb.net, (515)290-3122, 2200 Fillmore Av., Ames, IA, 50010  
**Start Point:** Kum & Go Convenience Store- 111 N Duff Av. 28 miles N of Des Moines. I-35 exit 111B (Hwy 30). Go W on Hwy 30 to Hwy 69 (Duff Av) Go N on Duff Av about 1 mile to Kum & Go on left. Box is on top of freezer.  
**Event Info:** Daily, dawn to dusk. Trail goes through historic residential neighborhoods, the beautiful Iowa State Campus, the Farm House Museum and passes through the central business district of shops and restaurants. Also passes Reiman Gardens and Butterfly Conservatory (fee charged).

### Boone

#### 5 & 10km Year Round Walk (2017/Y0243) 1/1/2017 - 12/31/2017

Doin' The Louisiana Purchase, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, United States Post Offices, Water Towers

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0250 Greater Des Moines Volkssport Assn. [sites.google.com/site/walkgdmva](http://sites.google.com/site/walkgdmva)  
**Contact:** Sharon & Jan Haugen, [janhaugen@mediacombb.net](mailto:janhaugen@mediacombb.net), (515)290-3122, 2200 Fillmore Ave, Ames, IA, 50010

**Start Point:** Kum & Go Convenience Store- 1704 S Story St. 12 miles W of Ames on US Hwy 30. From Hwy 30 turn N to Boone at 4-way stop (Story St). Kum & Go is on right about 1 block.

**Event Info:** Daily, dawn to dusk. Walk on city sidewalks along the historic Lincoln Highway and pass the birthplace of Mamie Doud Eisenhower. Her home and museum are available for tours. Visit the Historic Depot and Boone and Scenic Valley Railway Museum. Train rides are available. Trail goes through McHose Parks.

### Coon Rapids - White Rock Conservancy Walk

#### 5K & 10K Seasonal Walk (2017/Y1570) 4/1/2017 - 10/31/2017

Animal Safari, Bridges - Spanning the USA, Doin' The Louisiana Purchase, National Register of Historic Places, Treasure Hunt - A way to walk our precious trails

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0250 Greater Des Moines Volkssport Assn. [sites.google.com/site/walkgdmva](http://sites.google.com/site/walkgdmva)  
**Contact:** Diana Whited, [diwhited1969@gmail.com](mailto:diwhited1969@gmail.com), (515)783-5251, 7402 SE 23rd Street #5, Des Moines, IA, 50320

**Start Point:** Bur Oak Visitor Center, White Rock Conservancy- 1436 Hwy 141, Coon Rapids, IA From I-35N/I-80W, take Hwy 141 exit. Turn North on Hwy 141 for approximately 60 miles toward Coon Rapids. The Bur Oak Visitors Center is located East of Coon Rapids.

**Event Info:** The 5K route is a multi-use gravel trail crossing the Middle Raccoon River, past the former home of Roswell Garst and past several ponds located on the property. The 5K walk is suitable for strollers but to wheel chairs. Roswell Garst facilitated the creation of hybrid seed corn and was visited by Nikita Khrushchev in 1959. The 10K route is on a multi-use gravel/grass trail passing by the rock outcropping for which the property is named, several ponds and the Middle Raccoon River. Visitor Center is open 24 hours - walk during daylight hours, any day. 5K walk will begin at the Visitor Center and the 10K walk will be a remote start at 1313 Fig Avenue

### Council Bluffs

#### 5 & 10 km Year Round Walk (2017/Y1099) 1/2/2017 - 12/31/2017

Doin' The Louisiana Purchase, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, You'll Never Walk Alone

**Award:** B Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0016 Nebraska Wanderfreunde Trailblazers [www.netrailblazers.club](http://www.netrailblazers.club)  
**Contact:** J/S Goeltz, [goeltzjs@cox.net](mailto:goeltzjs@cox.net), (712)323-5874, POB 8147, Omaha, NE, 68108

**Start Point:** Lansky's Restaurant- 1131 N Broadway. W and N: I-80 and 29 to Manawa exit 3, turn left on 192. N to Kanessville (1 block N of Broadway). At Kanessville, turn right (E) to N Broadway. Turn left 1/2 block to start. E and S: I-80 and 29 to Manawa exit 3, turn right and follow 192 N to Kanessville (1 block N of Broadway). At Kanessville, turn right to N Broadway. Left 1/2 block.

**Event Info:** M-Thu 11am-10pm; F and Sat 11am-11pm: Sun 11am-9pm. Closed major holidays. Oct-May restaurant may open earlier. Call (712)329-5400. If you desire to start earlier contact Point of Contact. Trail is on city streets, two hills, many historical sites.

**Davenport - Along the Mississippi River****5 & 10 km Year Round Walk (2017/Y0925) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Ice Cream Parlors,  
Underground Railroad, Walk the USA - Street by Street, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0250 Greater Des Moines Volkssport Assn. [sites.google.com/site/walkgdmva](http://sites.google.com/site/walkgdmva)  
**Contact:** P. Brinker, pbrinker53@yahoo.com, (309)788-5771, 1537 26th St, Rock Island, IL, 61201

**Start Point:** Hotel Blackhawk- 200 E 3rd. I-80 E: Exit 278 (I-74) to Exit 4. Follow exit ramp onto 13th to Grant. Turn right on Grant (Hwy 67) which becomes E River in Davenport. After 3 miles, turn right on E. 4th, continue to Pershing (3 intersections). Parking behind Hotel Blackhawk. I-80 W: Straight on I-74/I-280. Follow I-74 to Exit 4 (1st exit in Iowa) to Grant (1-way, Hwy 67 S) to Davenport. Becomes E. River in Davenport. After 3 miles, turn right on E 4th, continue to Pershing (3 intersections). Parking behind Hotel Blackhawk.

**Event Info:** Open 24/7. You will walk along the Mississippi River and through downtown Davenport and the Village of East Davenport.

**Des Moines - Capital****5K & 6K & 10K Year Round Walk (2017/Y0021) 1/2/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Honoring Our Flag, Lady Liberty Special Program, Make a Wish at a Water Fountain, National Register of Historic Places, State Capital, Take a Walk In a City Park, Vice Presidential Walks, You'll Never Walk Alone

**Award:** B Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0250 Greater Des Moines Volkssport Assn. [sites.google.com/site/walkgdmva](http://sites.google.com/site/walkgdmva)  
**Contact:** Deb Gaskins, gaskins.deb@gmail.com, (515)238-2486, 1416 Oak Park Ave., Des Moines, IA, 50313

**Start Point:** Greater Des Moines Botanical Garden- 909 Robert D Ray Dr. From W I-235 Exit E 6th St go right (S) to Des Moines St. Turn right on Des Moines St 5 blocks to Robert D Ray Dr and turn right. From E I-235 Exit E 6th St go left (S) to Des Moines St. Turn right on Des Moines St 5 blocks to Robert D Ray Dr and turn right.

**Event Info:** The trail goes through the Capitol Gardens, around the State Capitol and several war memorials on the Capitol grounds. It tours the East Village featuring unique shops and eateries and crosses the river to go through downtown Des Moines and the Pappajohn sculpture park and recrosses the Des Moines River on the Principal Riverwalk pedestrian bridge



**Des Moines - Waterways****5K & 11K Year Round Walk (2017/Y1464) 1/2/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** B Award

**Strollers:** Medium

**Restroom:** Yes

**Rating:** 1A

**Wheelchair:** Medium

**Pets:** Yes

**Sponsor:** AVA-0250 Greater Des Moines Volkssport Assn. [sites.google.com/site/walkgdmva](http://sites.google.com/site/walkgdmva)

**Contact:** Deb Gaskins, [gaskins.deb@gmail.com](mailto:gaskins.deb@gmail.com), (515)238-2486, 1416 Oak Park Ave., Des Moines, IA, 50313

**Start Point:** Greater Des Moines Botanical Garden- 909 Robert D Ray Dr. From West I-235 Exit E 6th St go right (S) to Des Moines St. Turn right on Des Moines St 5 blocks to Robert D Ray Dr and turn right. From East I-235 Exit E 6th St go left (S) to Des Moines St. Turn right on Des Moines St 5 blocks to Robert D Ray Dr and turn right.

**Event Info:** This walk is on city sidewalks and multi-purpose trails along the Des Moines and Raccoon Rivers and around Gray's Lake. It returns to the finish through the Court Avenue District in downtown Des Moines and across the Principal Pedestrian Bridge. Hours 10am-5pm daily; closed New Years Day, Memorial Day, 4th of July, Labor Day, Thanksgiving and Christmas.

**Iowa City - Historic and Literary Walk****5 & 10 km Year Round Walk (2017/Y1815) 1/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Bridges - Spanning the USA, Doin' The Louisiana Purchase, National Register of Historic Places, Walk the USA - Street by Street

**Award:** B Award

**Strollers:** Medium

**Restroom:** Yes

**Rating:** 2B

**Wheelchair:** Medium

**Pets:** Yes

**Sponsor:** AVA-0250 Greater Des Moines Volkssport Assn. [sites.google.com/site/walkgdmva](http://sites.google.com/site/walkgdmva)

**Contact:** Beverly Prem, [bjwprem@q.com](mailto:bjwprem@q.com), (319)338-2071, 2423 Walden Ct, Iowa City, IA, 52246

**Start Point:** Sheraton Hotel- 210 S. Dubuque St. Iowa City, IA. From I-80, take Exit 244 south on Dubuque St. for 1.5 miles into Iowa City. Go right on Church St. for one block, turning left at bend in road onto Clinton St. Continue south eight blocks, then turn left on Burlington St. Turn left one block later (Dubuque St.) and park in the parking ramp on your right.

**Event Info:** Open 24/7. Route passes through downtown Iowa City, and includes several residential neighborhoods, including historic "Goose Town." There are 16 buildings and two neighborhoods listed on the National Register of Historic Places. You will walk through the University of Iowa campus, view the Iowa Writers' Workshop and enjoy a Literary Walk. Most of the trail is on city sidewalks.

### Madrid - High Trestle Bridge Trail

**10K Seasonal Walk (2017/Y2033) 4/1/2017 - 11/30/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0250 Greater Des Moines Volkssport Assn. [sites.google.com/site/walkgdmva](http://sites.google.com/site/walkgdmva)  
**Contact:** Peggy Welter, [welter@windstream.net](mailto:welter@windstream.net), (515)795-3800, 509 N Kennedy, Madrid, IA, 50156

**Start Point:** Git N' Go Convenience Store- 501 E 2nd St, Madrid IA From the east and north, take I-35 and exit 102 (Hwy 210, Cambridge/Huxley) west approx 10 miles to T intersection of Hwy 17. Turn left for 2 blocks. From the south and west take I-80/I-35 and exit 127 (Hwy 141) north to Hwy 17. Go north on Hwy 17 approx 9 miles.

**Event Info:** This walk is an out and back on hard surface Heart of Iowa Nature Trail. Converted rail trail crosses the Des Moines River on the beautiful 13 story High Trestle Bridge. Lighted bridge is spectacular at night. Because of heavy bike traffic a flashlight and/or reflective clothing is a MUST at night.

### Mason City

**5K & 10K Seasonal Walk (2017/Y1843) 4/1/2017 - 10/31/2017**

Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Honoring Our Flag, State Street Sashay, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** No  
**Sponsor:** AVA-0250 Greater Des Moines Volkssport Assn. [sites.google.com/site/walkgdmva](http://sites.google.com/site/walkgdmva)  
**Contact:** Susan & Steve Urbatsch, [surbatsch@hotmail.com](mailto:surbatsch@hotmail.com), (641)423-1670, 1627 7th Place SW, Mason City, IA, 50401

**Start Point:** The Historic Park Inn Hotel- 15 W State St, Mason City, IA 50401 N: exit 194 on I-35, left (E) on IA Hwy 122 to US 65 (S Federal Ave). Left (N) on US 65 (S Federal Ave angles right to become Delaware Ave). S: exit 190 on I-35 (US 18 E), then exit 186 on US 18 (US 65), turn left (N) on US 65 (S Federal Ave angles right to become Delaware Ave). Park in SouthBridge Mall parking lot and walk straight through mall or around mall on sidewalk to hotel.

**Event Info:** The start point is the only remaining Frank Lloyd Wright hotel in the world; other FLW homes along the route including the Stockman House. Visit Meredith Willson's boyhood home and Music Man Square. The trail is on sidewalks and multi-use trails.

### Mount Vernon/Lisbon - Lincoln Highway Walk

**5 & 10 km Year Round Walk (2017/Y0122) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, Water Towers

**Award:** B Award      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0250 Greater Des Moines Volkssport Assn. [sites.google.com/site/walkgdmva](http://sites.google.com/site/walkgdmva)  
**Contact:** Nancy Pugh, [nancypugh@gmail.com](mailto:nancypugh@gmail.com), (319)350-2784, 523 Knollwood Dr, Cedar Rapids, IA, 52403

**Start Point:** Gary's Foods- 715 - 1st Ave. SW, Mt. Vernon, Iowa From Interstate 80 take Exit 246 (Hwy 1). Go N on Hwy 1 approx 23 miles to intersection of Hwy 1 and Hwy 30. Cross Hwy 30. Gary's Foods will be on the W side of Hwy 1, approx 1/2 block N of this roundabout intersection.

**Event Info:** Daily 6am-10pm. Walk follows a portion of the original Lincoln Highway, touring the historic downtown business district and Cornell College campus in Mt. Vernon and passing mid-1850's homes in Lisbon (10k).

### Pella

#### 5K & 10K Year Round Walk (2017/Y1186) 1/1/2017 - 12/31/2017

Doin' The Louisiana Purchase, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0250 Greater Des Moines Volkssport Assn. [sites.google.com/site/walkgdmva](http://sites.google.com/site/walkgdmva)  
**Contact:** Jeanne Van Houweling, [j.vanhouweling@mchsi.com](mailto:j.vanhouweling@mchsi.com), (515)287-0215, 8041 Crestview Dr, Des Moines, IA, 50320

**Start Point:** Git 'n Go Convenience Store- 209 Oskaloosa St. (Bus 163). Pella IA. From Des Moines take Hwy 163 E to exit 42, go left (N) to Oskaloosa St and turn right. From the E follow business 163 to Oskaloosa St.

**Event Info:** This walk is on city sidewalks and multi-purpose trails, but short stretches may require walking in the street. Along the trail will be shaded residential areas, Central College Campus, parks, Dutch windmills and canal, step-gabled buildings and Dutch bakeries.

### Polk City - Big Creek State Park

#### 5K & 10K Seasonal Walk (2017/Y0810) 4/1/2017 - 11/30/2017

Doin' The Louisiana Purchase, Lakes and Reservoirs

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0250 Greater Des Moines Volkssport Assn. [sites.google.com/site/walkgdmva](http://sites.google.com/site/walkgdmva)  
**Contact:** Deb Gaskins, [gaskins.deb@gmail.com](mailto:gaskins.deb@gmail.com), (515)238-2486, 1416 Oak Park Ave., Des Moines, IA, 50313

**Start Point:** Kum & Go Shop, Polk City IA 50226- 303 W Broadway, Polk City is located north of Des Moines on Hwy 415. From I-80/I-35 take Exit 135 north on Hwy 415. From the north on I-35 take Exit 96 west to Polk City.

**Event Info:** Daily, dawn to dusk. Register at the Kum & Go then drive 2 miles to the entrance of Big Creek State Park. This is an out/back walk on a paved trail along the lake. Swimming, fishing and picnic areas available. For children, a large wooden play structure available at the beach.

### Prairie City - Neal Smith National Wildlife Refuge

#### 5K & 10K Year Round Walk (2017/Y1782) 1/2/2017 - 12/31/2017

Amphitheatres, Animal Safari, Doin' The Louisiana Purchase, Honoring Our Flag, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2C      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0250 Greater Des Moines Volkssport Assn. [sites.google.com/site/walkgdmva](http://sites.google.com/site/walkgdmva)  
**Contact:** Peggy Doane, [pjohusker@gmail.com](mailto:pjohusker@gmail.com), (515)967-5169, 1307 6th Ave. SE, Altoona, IA, 50009

**Start Point:** Neal Smith National Wildlife Refuge Prairie Learning Center Book Store- 9981 Pacific St, Prairie City, IA 50228 NSNWR is 25 miles east of Des Moines on Hwy 163. Exit at Prairie City. Follow blacktop 4.5 miles to Learning Center. From I-80 take Exit 155 (Colfax) south on Hwy 17 eight miles to Prairie City.

**Event Info:** This walk is on trails of blacktop, gravel road, woodchips, and tall grass firebreak with small hills and tall grass natural prairie. Be aware the grass may be wet. Visit the Learning Center (free admission) to learn about the restoration of Iowa's natural prairies. Herds of Buffalo and Elk may be seen from the trails as they roam their vast fenced prairies. Closed major holidays. Pets are NOT allowed on the refuge.

**Rock Valley - Rock River****5K/11K Seasonal Walk (2017/Y0906) 4/1/2017 - 10/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Honoring Our Flag, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, United States Post Offices, Water Towers

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0160 Prairie Wanderers Volkssport Club [www.AVAClubs.org/prairiewanderers](http://www.AVAClubs.org/prairiewanderers)  
**Contact:** Pat Kosters, pkosters@gmail.com, (712)476-1038, 1406 17th Street, Rock Valley, IA, 51247

**Start Point:** Pump 'n Pak- 1004 Main Street From I-29. Take Exit 62 onto US Hwy 18. Proceed east through Canton and Inwood. Stay on Hwy 18 to Rock Valley (approx 30 miles from I-29). Left on Main to start point. From I-90 Take Exit 12 onto US Hwy 75 south approx 30 miles to US Hwy 18. Turn right 6 miles to Rock Valley. Right on Main to start point.

**Event Info:** Walk is on city sidewalks and recreation trails, through historic and park areas including the Rock Valley Trails System. New additions to the cities superb recreation trail system included. Must drive 3 blocks to start of walk.

**Shelby - Old Stone Arch Trail****5 KM & 10 KM Year Round Walk (2017/Y1950) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, United States Post Offices, Water Towers, You'll Never Walk Alone

**Award:** B Award      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0016 Nebraska Wanderfreunde Trailblazers [www.netrailblazers.club](http://www.netrailblazers.club)  
**Contact:** S Spaulding, SpldngS@aol.com, (712)322-2797, POB 8147, Omaha, NE, 68108

**Start Point:** The Corn Crib - BP Gas Station- 12 East. E or W, Exit 34 from I-80. Turn N short distance and Corn Crib - BP Gas Station on left.

**Event Info:** Daily dawn to dusk. Trail is along the Old Stone Arch Nature Trail (former bed of the Rock Island Railroad), dotted with wildflowers and through a wetlands area, sidewalk through small town Iowa and through a picturesque cemetery. Restrooms in city park during summer months. Roadside. Trail may not be cleared after snowstorms. Trail may be slippery during cold weather. Use sunscreen and bug spray during warm months. Carry water on the trail. There is a restaurant and a Dairy Queen near the start/finish.

**West Branch - Herbert Hoover President Walk****5 & 10 km Year Round Walk (2017/Y1244) 1/1/2017 - 12/31/2017**

Boardwalks, Doin' The Louisiana Purchase, National Parks Centennial Challenge, Trekking With the Trees, United States Post Offices, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0250 Greater Des Moines Volkssport Assn. [sites.google.com/site/walkgdmva](http://sites.google.com/site/walkgdmva)  
**Contact:** Walt Prem, bjwprem@q.com, (319)338-2071, 2423 Walden Ct, Iowa City, IA, 52246

**Start Point:** Dewey's Jack & Jill Grocery Store- 115 E Main - West Branch is 10 miles E of Iowa City. From I-80, take Exit 254. Drive N 1/2 mile, turn left to parking lot of Herbert Hoover Visitors Center. From parking lot, walk 1 block N to Dewey's Jack and Jill Store. Ask for walk box at checkout/service counter in SE corner of store.

**Event Info:** Daily 7am-9pm (Must be off trail by sundown.) This walk incorporates the Herbert Hoover Presidential Library/Museum, Hoover birthplace and gravesite, and a nature trail through Iowa prairie.

**West Des Moines - Valley Junction****5K & 10K Year Round Walk (2017/Y1253) 1/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Honoring Our Flag, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Water Towers

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0250 Greater Des Moines Volkssport Assn. [sites.google.com/site/walkgdmva](http://sites.google.com/site/walkgdmva)  
**Contact:** Susan Pinneke, [susanpinneke@gmail.com](mailto:susanpinneke@gmail.com), (515)277-3653, 221 Prospect, West Des Moines, IA, 50265  
**Start Point:** Git n Go- 1325 Grand Av, West Des Moines, IA 50265 From I-235 take the 8th Street (West Des Moines) exit; go south to Grand Av; turn right (west) on Grand Av for 5 blocks. Git n Go is on the right.  
**Event Info:** The walk is on city sidewalks in residential areas and through historic Valley Junction which has many eclectic shops and eateries. Other sights include a historic ballroom, Sikh Temple, a train caboose and Vietnam War Memorial.

**West Des Moines - Valley View Aquatic Swim****300 meters Seasonal Swim (2017/Y1560) 6/1/2017 - 8/15/2017**

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0250 Greater Des Moines Volkssport Assn. [sites.google.com/site/walkgdmva](http://sites.google.com/site/walkgdmva)  
**Contact:** Deb Gaskins, [gaskins.deb@gmail.com](mailto:gaskins.deb@gmail.com), (515)238-2486, 1416 Oak Park Ave., Des Moines, IA, 50313  
**Start Point:** Valley View Aquatic Center- 255 S 81st Street, West Des Moines, IA - From I-80, take exit 121 and turn south on Jordan Creek Pkwy. Drive 1.7 miles and turn right on Bridgewood Blvd. Drive 0.5 miles and turn right on S 81st Street. Destination will be on your left. From I-35, take exit 70 and turn west on Mills Civic Pkwy. Drive 2.2 miles to S 81st Street and turn right. Drive 2 miles and destination will be on your left.  
**Event Info:** Lazy River (Current walking) Available ONLY SUNDAY through FRIDAY 5:45 PM to 6:30 PM (no Saturdays), \$4.00 admission fee to the aquatic center Plus \$3.00 IVV Credit. Lazy River is available for walking during this period. Water is 4 feet deep, must wear swimsuit, shorts not allowed. Participants may stay for normal aquatic center activities after Lazy River Current Walking period. After August 1, check to see if pool is open.

**Winterset - John Wayne/Bridges of Madison County Walk****6K & 10K Seasonal Walk (2017/Y2021) 4/1/2017 - 9/30/2017**

Doin' The Louisiana Purchase, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0250 Greater Des Moines Volkssport Assn. [sites.google.com/site/walkgdmva](http://sites.google.com/site/walkgdmva)  
**Contact:** Jeanne Van Houweling, [j.vanhouweling@mchsi.com](mailto:j.vanhouweling@mchsi.com), (515)287-0215, 8041 Crestview Dr, Des Moines, IA, 50320  
**Start Point:** Casey's General Store- 1021 John Wayne Dr, Winterset, IA 50273. From I-35 southbound take Exit 56 - Hwy 92 west 13 miles to Hwy 169/92 intersection. Casey's on Left. From I-80 Westbound take Exit 110 (US Hwy 169-Winterset). Turn Left (south) 14 miles to Winterset. Casey's is on the SE corner of Hwy 92/John Wayne Dr (Hwy 169)  
**Event Info:** Remote start point. After registering at Casey's, turn Left (south) on John Wayne Dr 10 blocks to Washington St. Turn Left and continue to 9th St. Turn Right into Winterset City Park. Walk will be on park roads and city sidewalks. You may climb Clark's Tower for a view of Iowa's rolling terrain. Walk by the birthplace of John Wayne and one of the covered bridges of Madison County.

**KANSAS****Abilene****5/10kms Year Round Walk (2017/Y0282) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, United States Post Offices, Walking the USA A - Z

**Award:** B Award **Strollers:** Medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0234 Sunflower Sod Stompers

**Contact:** Terri Tyler, tityler50@gmail.com, (785)233-4385, PO Box 2576, Topeka, KS, 66601

**Start Point:** Holiday Inn Express- 110 East Lafayette 67410 785-263-4049 From I-70, exit #275, go north on K-15 one block and turn right on East Lafayette

**Event Info:** Daily, dawn to dusk. This course will lead through residential areas of Abilene as well as business areas. Numerous historical sites will be located along the route. The Eisenhower Complex is part of the course along with the Greyhound Museum. The residential areas will include some Victorian mansions along with homes of the rich and famous of this Kansas "cowtown". The trail is mostly city sidewalks or paved streets on flat terrain. Pets should not be taken if participant plans on visiting any museums and/or businesses. Please plan accordingly for you and your pet when walking in Kansas heat, humidity, and wind. Walk box is located up on a shelf behind the registration desk, to the desk personnels' right when facing the desk. Abilene is located in Dickinson County and is the county seat.

**Atchison - Art & Architecture****10km and 5km Year Round Walk (2017/Y0778) 1/2/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Food For Thought, Ice Cream Parlors, Points of Reference, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes

**Rating:** 2A **Wheelchair:** hard **Pets:** Yes

**Sponsor:** AVA-0037 Kansas JayWalkers [sites.google.com/site/avaleavenworth/](https://sites.google.com/site/avaleavenworth/)

**Contact:** Lucy/Les Yother, yotherL@yahoo.com, (913)250-0866, PO Box 153, Leavenworth, KS, 66048-153

**Start Point:** Atchison Santa Fe Depot Visitor Center & Museum, 200 South 10th St- Located at the intersection of Hwy 59 and Hwy 73. Go two blocks north on Hwy 73 to Santa Fe Depot Visitors Center and Museum on right.

**Event Info:** Mon-Fri, 9 to 5; Sat, 10 to 4; Sun, noon to 4. Must finish before office closes. Closed New Years, Easter, Thanksgiving and Christmas. Route takes you to the Lewis and Clark riverfront site, past the Amelia Earhart home, St. Benedict's College, and Victorian and Gothic homes and museums.

**Baxter Springs - Civil War****10K/5K Year Round Walk (2017/Y0784) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Take a Walk In a City Park,  
Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0765 Dogwood Trailblazers [www.sites.google.com/site/dogwoodtrailblazers/](http://www.sites.google.com/site/dogwoodtrailblazers/)  
**Contact:** Glen/Doris Conyers, glenconyers@sbcglobal.net, (417)434-0977, PO Box 8012, Joplin, MO, 64802  
**Start Point:** Baxter Springs Heritage Center and Museum- 740 East Avenue, Baxter Springs, Kansas 66713 (620) 856-2385 From Exit 1 off of I-44 take the US-400 W/US-166 towards Baxter Springs, Ks. Turn left onto US-400/US-166. Continue to follow US-166 and turn right onto East Avenue.  
**Event Info:** Start Point hours: Tues-Sat 10-4:30, Sun. 1-4:30 Closed Mondays. Often closed at short notice, call ahead to verify. Closed all holidays. Walk in Baxter Springs is mostly along residential streets and is highlighted by Fort Blair and several Civil War historical markers scattered along the walk.

**Council Grove****5/10 kms Seasonal Walk (2017/Y1206) 4/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walking the USA A - Z

**Award:** B Award      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0234 Sunflower Sod Stompers  
**Contact:** Terri Tyler, tityler50@gmail.com, (785)233-4385, PO Box 2576, Topeka, KS, 66601-2576  
**Start Point:** Hershberger Residence- 214 East Market Street - From US 56, go to the stoplighted intersection with Ks-177. Turn north on Ks 177 (Union Street), go 1 block & turn right on East Market & drive to the address. Hershberger residence will be on the north side of the street.  
**Event Info:** Daily, dawn to dusk. Trail is rated 1+ but various surfaces will make it difficult for strollers or wheelchairs. Pets should not be taken if you are planning on visiting any museums and/or businesses. This course will lead through shaded, residential areas of Council Grove as well as the business district. Numerous historical sites will be located on the route highlighting the Santa Fe Trail. It is mostly city sidewalks or paved roads on fairly flat terrain.

**Emporia****10/6kms Year Round Walk (2017/Y1285) 1/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, United States Post Offices, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0234 Sunflower Sod Stompers  
**Contact:** Terri Tyler, tlyler50@gmail.com, (785)233-4385, P.O. Box 2576, Topeka, KS, 66601  
**Start Point:** Holiday Inn Express- 3007 West 18th Avenue 620-343-1111 - Remote Start Point From Interstate 35, use Exit #128 for Industrial Road. North on Industrial Road to West 18th Avenue. Turn left (in front of McDonald's) and follow West 18th to entrance of Holiday Inn Express. Start area for the walk will be 1.5 miles away from HIE.  
**Event Info:** Daily, dawn to dusk. This course will lead through shaded, residential areas of Emporia as well as the downtown businesses. Most of the course will be on city sidewalks or paved streets on fairly flat terrain. Emporia is the birthplace for the Veterans Day Parade. It is also the hometown of well-known newspaper editorialist/writer William Allen White. The Emporia Gazette Building and the home of W.A. White will be included on the route. Part of the trail will go through the campus of Emporia State University. Restroom facilities could be limited. Please plan accordingly for Kansas heat and humidity especially our 4-legged friends. Emporia is located in Lyons County and is the county seat.

**Fort Scott****5/10/11kms Year Round Walk (2017/Y1088) 1/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, National Parks Centennial Challenge, National Register of Historic Places, Underground Railroad, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0234 Sunflower Sod Stompers  
**Contact:** Cheryl Adamson, info@courtlandhotel.com, (620)223-0098, 121 East 1st Street, Fort Scott, KS, 66701  
**Start Point:** The Courtland Hotel - 121 East 1st Street 66701, (620)223-0098. From the intersection of US 69 & U.S. 54 East, take Wall Street west 2 blocks to South Scott Street. Turn left on South Scott to East 1st Street. Turn right on East 1st.  
**Event Info:** Daily, dawn to dusk. The walk will be on the sidewalks and roads (with some shade) of historic Fort Scott. The course is fairly flat with some small inclines. The older sidewalks might make it difficult for wagons &/or carriages. The trail will include some of Fort Scott's handsome commercial buildings and elegant Victorian residences that were built from the 1850s to the 1920s. The Fort Scott National Historic Site and U.S. National Cemetery No. 1 are also included in the route. Please plan accordingly for you and for your pet when walking in Kansas heat, humidity, and wind. Fort Scott is the county seat of Bourbon County.



**Hiawatha - Brown County****10/5kms Seasonal Walk (2017/Y1574) 4/2/2017 - 6/30/2017**

Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0234 Sunflower Sod Stompers

**Contact:** Terri Tyler, tlyler50@gmail.com, (785)233-4385, PO Box 2576, Topeka, Ks, 66601

**Start Point:** Best Western Plus Hiawatha Hotel- 119 East Lodge Road - The Best Western is located at the interchange of US 36 & US 73/159. From US 36, go north one block and turn right on Lodge Road & motel is just past the McDonald's. Best Western Plus Hiawatha Hotel phone number for rooms only: 785-740-7000

**Event Info:** Daily, dawn to dusk. Both walking trails will include the historic downtown square of Hiawatha besides shaded, residential areas featuring some stately homes. More than 100 varieties of maple trees, planted & cultivated by local citizens, line the streets of Hiawatha. The 5km trail has a different start point which is a short drive from the Best Western. The 10km route will start at the Best Western & will include open areas on Hiawatha's fitness course along with an out & back to the cemetery. Plan accordingly for the Kansas heat & humidity especially for our 4-legged walking friends. Please take water with you. Restrooms could be limited.

**Junction City****5/10kms Year Round Walk (2017/Y1841) 1/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0234 Sunflower Sod Stompers

**Contact:** Terri Tyler, tlyler50@gmail.com, (785)233-4385, PO Box 2576, Topeka, KS, 66601

**Start Point:** Holiday Inn Express- I-70 Exit 298 - 120 North East Street - 66441 The Holiday Inn Express is visible from I-70, approximately 1 block away from the interchange.

**Event Info:** Walking trail covers the downtown area with many old limestone buildings, Opera House, Courthouse, Geary County Historical Museum, and Heritage Park. The remaining areas would include older residential areas featuring shaded streets, Franklin School, and several historic churches. The 10 km has one long substantial hill along with 2 other short inclines. Junction City is the county seat of Geary County.

**Kansas City****5/10kms Seasonal Walk (2017/Y1650) 4/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** B Award **Strollers:** NO **Restroom:** Yes

**Rating:** 2B **Wheelchair:** NO **Pets:** Yes

**Sponsor:** AVA-0234 Sunflower Sod Stompers

**Contact:** Carol Carley, cac744@aol.com, (913)342-8748, 1831 North 19th, Kansas City, KS, 66104-5710

**Start Point:** Hilton Garden Inn- 520 Minnesota Ave. 66101, 913-342-7900. Coming from the west on I-70, follow I-70 east (do not follow I-670) to the 5th St. exit (#423A) on your left. Turn left (west) on Minnesota Ave., the second stoplight. Hilton Garden Inn is in the middle of the block. Coming from the east, take I-70 (not I-670) west across the Lewis & Clark Viaduct & follow to exit #423C, the Minnesota Avenue exit straight into downtown Kansas City, Kansas. Just past 5th St., the first stoplight, the Hilton Garden Inn will be on your right side. Parking lot across the street from the Hilton is free.

**Event Info:** Daily, dawn to dusk. Strollers and wheelchairs may have difficulty with this course. Trail rated 2B, is on parts of the Lewis & Clark Heritage Trail which includes Kaw Point, and downtown streets of Kansas City, Kansas. Other sites include the Huron Indian Cemetery, the Strawberry Hill district, murals, Grananda Theatre, WPA projects, and an overlook of the Kansas River bottoms where the "Kaw" River joins the Missouri River. Please consider your pet's health with the Kansas heat and humidity. Please take drinking water for you and your pet. Take precautions for the sun and humidity. Road construction might alter the walking course.

**Lansing - Lansing Historical Walk****6/10 K Year Round Walk (2017/Y2080) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Food For Thought, Walk the USA - Street by Street

**Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** medium **Pets:** Yes

**Sponsor:** AVA-0037 Kansas JayWalkers sites.google.com/site/avaleavenworth/

**Contact:** Rick Dodson, rdodson@kc.rr.com, (913)240-5302, 306 Bambi Court, Lansing, KS, 66043

**Start Point:** Petro Deli Conoco Station, 601 South Main Street- From Kansas City, take I-70 West to Leavenworth/Bonner Springs Exit, Hwy 73 (K-7). North on Hwy 7/73 to start point, on the right side. From North and East: from Platte City, follow Hwy 92 to Leavenworth. After you cross the bridge over the Missouri River, at the first traffic light turn left (4th St/Hwy 7/73). Continue South on 7/73 to Lansing and the start point, on the left side (becomes Main St in Lansing).

**Event Info:** After registering, you will drive a short distance to walk start point. Lansing is located in NE Kansas. Lansing was ranked 88 in the top 100 of Money magazine's 2007 list of best places to live. Walk is on paved sidewalks and streets, past the Lansing Activity Center, Lansing Correctional Facility built by prison labor in the 1860s, Lansing Historical Museum (built in 1887 as the Atchison, Topeka, and Santa Fe depot), main commercial district in Lansing, along a 3/4 mile long sidewalk through a wooded area, and along our newest wooded path (Angel Falls Trail).

**Lawrence****5/6/10 kms Year Round Walk (2017/Y0082) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Food For Thought, National Register of Historic Places, Take a Walk In a City Park, Underground Railroad, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** B Award **Strollers:** hard **Restroom:** Yes

**Rating:** 2A **Wheelchair:** NO **Pets:** Yes

**Sponsor:** AVA-0234 Sunflower Sod Stompers

**Contact:** Terri Tyler, tlyler50@gmail.com, (785)233-4385, PO Box 2576, Topeka, KS, 66601

**Start Point:** Eldridge Hotel- 701 Massachusetts 66044 785-749-5011 From I-70, take the east Lawrence exit #204. From the toll booth, turn left on US 59 and go toward Lawrence. Cross the Kansas River and continue on Vermont St. to 7th. Turn left and go 1 block to Massachusetts. The Eldridge Hotel will be on the corner. Parking will be in lots along Vermont Street. Start box is at the registration desk.

**Event Info:** Daily, dawn to dusk. This course will lead through shaded, residential areas of Lawrence as well as the downtown business area. Most of the course will be on city sidewalks or paved streets on fairly flat terrain. Be prepared for uneven and /or brick sidewalks. Part of the trail will have hills as it goes through the University of Kansas main campus. Civil War historians will enjoy this walk. There are many state-named streets in Lawrence for those walkers enrolled in that special program.

**Leavenworth****6/10km Year Round Walk (2017/Y0043) 1/2/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Food For Thought, Lady Liberty Special Program, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0037 Kansas JayWalkers [sites.google.com/site/avaleavenworth/](https://sites.google.com/site/avaleavenworth/)

**Contact:** Lucy/Les Yother, yotherL@yahoo.com, (913)250-0866, PO Box 153, Leavenworth, KS, 66048-153

**Start Point:** Riverfront Community Center, 123 Esplanade- From Kansas City, take I-70 West to Leavenworth/Bonner Springs Exit, Hwy 73 (K-7). North on Hwy 73 to Delaware St. Right on Delaware for three blocks to start point. From North and East: from Platte City, follow Highway 92 to Leavenworth. After you cross the bridge over the Missouri River, at the first traffic light turn left (4th St). Left on Delaware for three blocks to start point.

**Event Info:** Closed ALL Federal holidays. Mon-Fri, 6am to 9pm; Sat, 9am to 5pm; Sun, 1pm to 5pm. City trail is rated 1A and suitable for strollers and wheelchairs. It goes through Riverfront Park, a Lewis and Clark historic site, past Courthouse, and follows trail markers giving details of the history of Leavenworth.

**Leavenworth - Fort Leavenworth****6/10km Year Round Walk (2017/Y1331) 1/2/2017 - 12/31/2017**

Animal Safari, Doin' The Louisiana Purchase, Food For Thought, Lady Liberty Special Program, Points of Reference, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0037 Kansas JayWalkers [sites.google.com/site/avaleavenworth/](http://sites.google.com/site/avaleavenworth/)  
**Contact:** Lucy/Les Yother, [yotherL@yahoo.com](mailto:yotherL@yahoo.com), (913)250-0866, PO Box 153, Leavenworth, KS, 66048

**Start Point:** Riverfront Community Center, 123 Esplanade- From Kansas City, take I-70 West to Leavenworth/Bonner Springs Exit, Hwy 73 (K-7). North on Hwy 73 to Delaware St. Right on Delaware for three blocks to start point. From North and East: from Platte City, MO, follow Hwy 92 to Leavenworth. Take the first left (4th St). Continue South until you reach Delaware. Left for three blocks to start point. You will sign up at the Riverfront Community Center for the walk and drive a short distance to the walk start point (details in folder).

**Event Info:** Closed ALL Federal holidays. Mon-Fri, 6am-9pm; Sat, 9am to 5pm; Sun, 1pm to 5pm. Fort trail is rated 2A and follows historic sites on the Army post, including the National Cemetery, Oregon Trail site, the US Command and General Staff College, and the Frontier Army Museum. To access Fort Leavenworth, you will need to pass through the security gate. You will need a state issued driver's license photo ID or a photo ID issued by the US government (military ID card or passport) and vehicle registration. All vehicles are subject to search at the discretion of the Military Police.

**Lindsborg****5/10kms Year Round Walk (2017/Y0269) 1/1/2017 - 12/31/2017**

Amphitheatres, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, Walking the USA A - Z

**Award:** B Award      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0234 Sunflower Sod Stompers  
**Contact:** Terri Tyler, [ttyler50@gmail.com](mailto:ttyler50@gmail.com), (785)233-4385, PO Box 2576, Topeka, KS, 66601

**Start Point:** Scott's Hometown Foods- 215 North Harrison (785-227-2296) is located on I-135 Business Loop also known as K-4 or Harrison Street. Coming from the north on I-135 use exit #78 & follow K-4 into Lindsborg. Use exit #72 when coming from the south. Please park away from the grocery store's main entrance.

**Event Info:** Store hours: Monday - Saturday 7am-9, Sunday 11am-6pm. Holidays may cause store to alter hours; please check. You may walk daily, dawn to dusk. Start cards may be picked up the night before if walking early. Lindsborg is known as "Little Sweden-USA". The Swedish culture of this area will be depicted in numerous ways along the route. The trail will go through shaded residential areas, the campus of Bethany College, and the business area of Lindsborg. Trail is rated 1, suitable for strollers and wheelchairs with some difficulty from surfaces and curbing. The flat terrain trail is mostly city sidewalks & paved streets along with the Valkommen Rail-Trail. Pets should not be taken on the trail if you are planning on visiting museums and/or businesses. Please be considerate of your pet's health in extreme heat conditions found in Kansas. No shade available in the parking lot. Lindsborg is located in McPherson County.

**Manhattan****10/6kms Year Round Walk (2017/Y1310) 1/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0234 Sunflower Sod Stompers

**Contact:** Terri Tyler, tlyler50@gmail.com, (785)233-4385, P.O. Box 2576, Topeka, KS, 66601

**Start Point:** Holiday Inn Express & Suites- 115 Blue Earth Place. Traveling Interstate 70 West toward Salina take Exit #313 on to Ks. Hwy. 177 North to Manhattan - 9 miles. When approaching town stay in left lane over the Kansas River bridge. 3rd Street will be at the base of the bridge. Go left and travel 2 blocks to Blue Earth Place. Turn left and Holiday Inn Express & Suites will be on the right behind some businesses. Traveling I-70 East toward Topeka take Exit #303. Continue on Fort Riley Boulevard. Left on 3rd Street, then right on Blue Earth Place. HIE will be on the right.

**Event Info:** Daily, dawn to dusk. This course will lead through shaded, residential areas of Manhattan as well as the downtown business area. Most of the course will be on city sidewalks on fairly flat terrain. The 10km trail will have some inclines as it goes through the Kansas State University campus. The 6km course will be highlighted with businesses and churches built out of native limestone. Please plan accordingly for the Kansas heat and humidity especially our 4-legged walking friends. Manhattan is the county seat for Riley County.

**Marysville - Marshall County****10/5kms Seasonal Walk (2017/Y1587) 4/1/2017 - 6/30/2017**

Amphitheatres, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, United States Post Offices, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0234 Sunflower Sod Stompers

**Contact:** Terri Tyler, tlyler50@gmail.com, (785)233-4385, PO Box 2576, Topeka, Ks, 66601

**Start Point:** Heritage Inn Express- 1155 Pony Express Highway - This motel is located on US 36 2 miles east of Marysville.

**Event Info:** Daily, dawn to dusk. After registering, you will need to drive 2 miles to City Park. The walk will start in City Park near the large children's play structure & pool complex. This route will lead through shaded, residential areas of Marysville along with the historic buildings of downtown. The historic Marshall County courthouse and the original Pony Express Home Station #1 will be included on the trail. Marysville is known as "Black Squirrel City" so they might be seen while walking. The new rail-trail will lead walkers to the impressive Pony Express statue in the downtown area. The 10km course will have a few more hills than the 5km, and will have more areas being in the full sun. Plan accordingly for the Kansas heat and humidity especially for our 4-legged walking friends. Please take water with you. Heritage Inn Express phone number for rooms only: 785-562-2763. Rooms are well-kept and are very reasonable rates (breakfast included).

**Merriam - Turkey Creek Trail****5K & 10 KM Year Round Walk (2017/Y0812) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Food For Thought, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** easy      **Pets:** Yes  
**Sponsor:** AVA-0739 Clay-Platte Trackers of Kansas City [www.clayplattetrackers.org](http://www.clayplattetrackers.org)  
**Contact:** Don Mulik, [don.mulik@sbcglobal.net](mailto:don.mulik@sbcglobal.net), (913)362-3206, 4725 El Monte Street, Roeland Park, KS, 66205

**Start Point:** Irene B. French Community Center, 5701 Merriam Drive, Merriam, KS 66203-  
 Directions to the walk: Take the I-35 Exit 229 in Kansas, turn West onto Johnson Dr. for 0.1 mile. Turn right (north) onto Merriam Dr. for 0.3 mile.

**Event Info:** Walkers will enjoy a very flat walk along the scenic Turkey Creek Walking trail in Merriam, Kansas. The route leaves the Irene B. French Community Center and heads towards a beautiful waterfall, as you progress along the trail you forget that you are with a mile of I-35. On the weekends from May to October, there is a great farmers market with live entertainment near the end of the route, just the right distance to carry some fresh fruits and vegetables home for dinner. Qualifies for "Johnson County" in the Kansas Special County Walk Program.

**Olathe - Olathe Bike****13/25K Seasonal Bike (2017/Y1065) 4/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Take a Walk In a City Park, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0739 Clay-Platte Trackers of Kansas City [www.clayplattetrackers.org](http://www.clayplattetrackers.org)  
**Contact:** Andrew Banton, [andrewbmbbox@gmail.com](mailto:andrewbmbbox@gmail.com), (816)719-4628, PO BOX 10130, Olathe, KS, 66051

**Start Point:** Andrew Banton  
 (Remote Location)  
 email for directions and stamping- PO BOX 10130  
 Olathe, KS 66051

**Event Info:** This route will take bikers from the historic Mahaffie Statecoach historic site along a bike trail throughout Olathe, KS. The Mahaffie Trail leads to the larger Indian Creek Trail on paved paths with few hills. Qualifies for "Johnson County" in the Kansas Special County Walk Program.

**Overland Park - Indian Creek Trail****63 KM Year Round Bike (2017/Y0826) 1/1/2017 - 12/31/2017**

Border Crossings, Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0644 Pace Setters Volkssport Club  
<https://sites.google.com/site/pacesetterswalkingclub/home>  
**Contact:** Barb Ramsay, bramsay55@gmail.com, (816)694-8598, 16711 Branson Dr, Belton, MO, 64012  
**Start Point:** Prairie Life Center- 10351 Barkley , Overland Park, KS . From east or west on I-435: Go north on Metcalf Ave to 103rd St, go right on 103rd to Barkley, the center is on your left. Plenty of parking  
**Event Info:** \* PLEASE BE CAREFUL IF RIDING THRU MUD\*  
 Ride on the Blue River Greenway Trail in Kansas City MO that connects to the Indian Creek & Tomahawk Creek Trails in Johnson County Kansas. There are directions for a 13, 25 & 35 km round trip from the start point east towards Kansas City MO. Most of the trail is paved with a few spots that are fine gravel. Be careful after heavy rain as parts of the trail can flood. Here are links to other trailheads:  
[www.opkansas.org/things-to-see-and-do/bike-and-hike-trails/](http://www.opkansas.org/things-to-see-and-do/bike-and-hike-trails/)  
[www.opkansas.org/wp-content/uploads/downloads/indiantomahawk-creek-bike-and-hike-trail-map.pdf](http://www.opkansas.org/wp-content/uploads/downloads/indiantomahawk-creek-bike-and-hike-trail-map.pdf)    [kcparks.org/recreation/blue-river-greenway-trail/](http://kcparks.org/recreation/blue-river-greenway-trail/)

**Overland Park - Indian Creek Trail****5/10/15/20/25k Year Round Walk (2017/Y1854) 1/1/2017 - 12/31/2017**

Border Crossings, Cities in Song, Doin' The Louisiana Purchase, Make a Wish at a Water Fountain

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0644 Pace Setters Volkssport Club  
<https://sites.google.com/site/pacesetterswalkingclub/home>  
**Contact:** Barb or Chris Ramsay, bandcramsay@earthlink.net, (816)694-8598, 16711 Branson Drive, Belton, MO, 64012  
**Start Point:** Prairie Life Center- 10351 Barkley St, Overland Park, KS 66212. From east or west on I-435: Go North on Metcalf Avenue to 103rd St., go right on 103rd to Barkley, (about two blocks), go right on Barkley, the Center is on your left. Plenty of places to park.  
**Event Info:** Prairie Life Center is open dawn to dusk every day except Christmas Day. Closes at 4 pm on New Years Eve, July 4th & Thanksgiving & 2pm on Christmas Eve. Phone 913-648-8077 for Center info only. The route is on a hike-bike trail, meandering beside Indian Creek on an asphalt trail with a few hills. The 15 k loop goes east crossing the border into Kansas City MO. The west loop is entirely in Overland Park KS. Sections of the trail might be closed in times of heavy rains. Water and restrooms are available at start. There are a few porta-potties along the way.

**Seneca - Nemaha County****10/5kms Seasonal Walk (2017/Y1585) 4/1/2017 - 6/30/2017**

Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Take a Walk In a City Park, United States Post Offices, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0234 Sunflower Sod Stompers  
**Contact:** Terri Tyler, tlyler50@gmail.com, (785)-23-4385, PO Box 2576, Topeka, Ks, 66601  
**Start Point:** Starlite Motel- US 36 in Seneca - 2 blocks west of McDonald's when coming from the east. The Starlite Motel will be on the south side of the highway - decorated with large hanging floral baskets in the warmer months.  
**Event Info:** Daily, dawn to dusk. The walking course will lead through shaded, residential areas of Seneca as well as the historic downtown area. City sidewalks or paved roads will take you through this Kansas farming community. There will be some areas in the full sun so plan accordingly for the Kansas heat & humidity especially our 4-legged friends. Please take water with you. Restrooms will be available in City Park; not at the Starlite Motel. After registering, you will drive 1 mile to City Park. Starlite Motel phone number for rooms only: 785-336-2191. Rooms are well kept and very reasonable in cost.

**Shawnee - Mill Creek Streamway****5, 10, 15, 20 k Year Round Walk (2017/Y2026) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Lakes and Reservoirs

**Award:** IVV-Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0644 Pace Setters Volkssport Club  
<https://sites.google.com/site/pacesetterswalkingclub/home>  
**Contact:** John Zoellner, pacesetters644@gmail.com, (913)441-3964, 27351 W 87th St, Lenexa, KS, 66227  
**Start Point:** Mill Creek Activity Center, 6518 Vista Drive, Shawnee, KS 66218- From I-435 take exit 6B for Shawnee Mission Pkwy W. Go 1.8 miles to Vista Dr. Turn right on Vista Dr. Turn left to Mill Creek Activity Center.  
**Event Info:** Walk along the streamway bike/hike trail. Trail is wooded for half the trail and follows a creek. The 10 k goes to Shawnee Mission Lake. The terrain is mostly flat.



**Topeka - Capital****5/10km Year Round Walk (2017/Y0008) 1/1/2017 - 12/31/2017**

Alternative Capitals, Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Lady Liberty Special Program, National Parks Centennial Challenge, National Register of Historic Places, State Capital, Take a Walk In a City Park, Underground Railroad, United States Post Offices, Vice Presidential Walks, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** B Award **Strollers:** medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** medium **Pets:** Yes

**Sponsor:** AVA-0234 Sunflower Sod Stompers

**Contact:** Terri Tyler, tlyler50@gmail.com, (785)233-4385, PO Box 2576, Topeka, KS, 666012576

**Start Point:** Ramada Inn- 6th & Madison 66607. Topeka from the E on I-70, use the 10th Ave exit. Proceed 4 blocks N. If approaching from the W, exit at 3rd Ave and proceed three blocks to 6th Ave. Turn left and cross over the Interstate to the start.

**Event Info:** Checkpoint hours are usually 8 am to dusk. May be closed due to some functions. Suitable for strollers and wheelchairs but some difficulty with curbs and brick sidewalks. This course will lead through shaded, residential areas of Topeka as well as the downtown area. It will be mostly city sidewalks or paved streets on fairly flat terrain. Please inquire for special rates for rooms. Topeka is located in Shawnee County, and is the county seat.

**Troy - Doniphan County****10/5kms Seasonal Walk (2017/Y1516) 4/2/2017 - 6/30/2017**

Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Lady Liberty Special Program, Walking the USA A - Z

**Award:** IVV Credit Only **Strollers:** None **Restroom:** No

**Rating:** 2A **Wheelchair:** None **Pets:** Yes

**Sponsor:** AVA-0234 Sunflower Sod Stompers

**Contact:** Terri Tyler, tlyler50@gmail.com, (785)233-4385, PO Box 2576, Topeka, KS, 66601

**Start Point:** Best Western Plus Hiawatha Hotel- 119 East Lodge Road - The Best Western is located at the interchange of US 36 & US 73/159. From US 36, go north one block & turn right on Lodge Road & motel is just past the McDonald's. Best Western Plus Hiawatha Hotel phone number for rooms only: 785-740-7000. After registering, you will drive 25 miles east from Hiawatha on US 36. Coming from either direction on US 36, use the Troy exit. Go south 0.3 mile to 195th Road. Right on 195th Road then an immediate left on North Boden Street 0.3 mile and turn on the first road into the Donipah County Fairgrounds. Park near the concessions building. Port-a-potties might be available.

**Event Info:** Daily; dawn to dusk. The trails will lead through shaded, residential areas of Troy and the historic courthouse square with a Statue of Liberty and a unique wood carving by PeterToth. There will be some hills to encounter and areas of full sun on both courses. Plan accordingly for Kansas heat & humidity especially for our 4-legged walking friends. Please take water with you. Restrooms will be limited.

**Wichita - Delano-River Walk-Old Town****5/10/20 km Year Round Walk (2017/Y0072) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0644 Pace Setters Volkssport Club  
<https://sites.google.com/site/pacesetterswalkingclub/home>

**Contact:** Megan Rittmiller, ramsay.meg@gmail.com, (918)813-8597, 1014 N Edgemoor St, Wichita, KS, 67208

**Start Point:** Hotel at WaterWalk- 711 S Main St (Kellogg & Main). From Kellogg/US 54. Take the Central Business District (CBD) exit. From the East go west 3 blocks to Main and turn left 1/2 block to the Hotel at WaterWalk. From the west exit & turn right on Main to the hotel .

**Event Info:** Front Desk Hours 7 am - 11 pm. 2 10 km loops  
 First loop passes Lawrence-Dumont Stadium, the home of the Wichita Wingnuts minor league baseball team and on to the Kansas Masonic Home, a beautiful senior living community that opened in 1896. You will then walk through the Historic Delano District, once part of the Chisolm trail, with many local businesses. While walking along the Arkansas River you will pass The Keeper of the Plains, a Wichita landmark, on your way to Riverside park. The 2nd loop takes you through downtown Wichita and into Oldtown, a collection of brick warehouses dating back to the mid 1800s that have been turned into restaurants, business, museums, theaters, galleries & shops. There is a farmer's market on Saturday mornings in the summer. You will also walk through part of the Douglas Design District which has over 300 locally owned businesses. Throughout the walk you will pass by historical buildings including the Orpheum Theatre and the Scottish Rite building.

**Wichita - College Hill Halloween & Christmas Lights walk****5 & 10 K Seasonal Walk (2017/Y0371) 10/1/2017 - 12/31/2017**

Cities in Song, Doin' The Louisiana Purchase, Take a Walk In a City Park

**Award:** IVV-Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0644 Pace Setters Volkssport Club  
<https://sites.google.com/site/pacesetterswalkingclub/home>

**Contact:** Megan Rittmiller, rittmiller.megan@gmail.com, (918)813-8597, 1014 N Edgemoor St, Wichita , KS, 67208

**Start Point:** Hotel at Waterwalk 711 S Main St Wichita KS- 711 S Main St (Kellogg & Main). From Kellogg/US 54. Take the Central Business District (CBD) exit. From the East go west 3 blocks to Main and turn left 1/2 block to the Hotel at WaterWalk. From the west exit & turn right on Main to the hotel .

**Event Info:**

**Z Bar Ranch near Strong City - Flint Hills****5K, 10K Year Round Walk (2017/Y1760) 1/2/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Food For Thought, Points of Reference, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** hard      **Pets:** No

**Sponsor:** AVA-0037 Kansas JayWalkers [sites.google.com/site/avaleavenworth/](http://sites.google.com/site/avaleavenworth/)

**Contact:** Lucy/Les Yother, [yotherL@yahoo.com](mailto:yotherL@yahoo.com), (913)250-0866, PO Box 153, Leavenworth, KS, 66048-153

**Start Point:** Tallgrass Prairie National Preserve (TPNP) Visitor Center Information Desk - TPNP is on Hwy 177 about 3 miles north of Strong City, which is about 75 miles northeast of Wichita. From S take I-35 to Exit 92 and go north on Hwy 177 (Flint Hills Scenic Byway) 31 miles. From N or E take I-35 to Exit 127 and go west on US 50 22 miles to Hwy 177, then north. From W take US 50 to Hwy 177, then north.

**Event Info:** Qualifies for Z in Walking the USA A-Z Special Program. Backcountry trails (9 AM-4:30 PM). Closed New Year's, Martin Luther King Day, Presidents' Day, Memorial Day, Fourth of July, Labor Day, Columbus Day, Veteran's Day, Thanksgiving, and Christmas. May be closed Sundays NOV-MAR. CALL AHEAD 620-273-8494 to verify hours and status. Gravel roads and mowed paths through the beautiful Flint Hills that surround the historic mansion. Wheelchairs, strollers, and pets are NOT allowed in the backcountry. Difficulty Level 2. Frontcountry trails (open 24/7): If backcountry trails are closed, Fox Creek, Southwind, and Bottomland Trails may be walked (multiple times or in combination, if desired) to total 5K or 10K. Not suitable for strollers or wheelchairs if ground is wet; possible, but difficult if ground is dry. Pets are allowed, but must be on a visible, 6' or shorter leash; attended at all times; and picked up after. Z Bar (Spring Hill) Ranch is a 10,894 acre cattle ranch. The preserve protects 10,862 acres, most of it under control of the Nature Conservancy. The National Park Service currently operates 32 acres including the 1881 historic ranch house, three-story limestone barn and outbuildings, and nearby one room schoolhouse - Lower Fox Creek School (built 1882). Numerous natural springs, hence the name "Spring Hill," are found on the ranch, which also includes two permanent streams, Fox Creek and Palmer Creek. The ranch house is an imposing three story, eleven-room building constructed in the Second Empire style, a rare architectural style in the region, and executed in native materials. The 6,480 square foot, three-story barn is nearly as impressive as the house.

**KENTUCKY****Covington - Historic****10km and 5km Year Round Walk (2017/Y0078) 1/1/2017 - 12/31/2017**

Points of Reference, Take a Walk In a City Park, Underground Railroad, Walking the USA  
A - Z

**Award:** B Award **Strollers:** hard **Restroom:** Yes  
**Rating:** 2A **Wheelchair:** NO **Pets:** Yes  
**Sponsor:** AVA-0694 Derby City Walkers sites.google.com/site/derbycitywalkers  
**Contact:** Ginny Drumm, queencityskywalkers@hotmail.com, (513)471-7029, 4432 Carnation Ave., Cincinnati, OH, 45238

**Start Point:** Hampton Inn Cincinnati-Riverfront- 200 Crescent Ave, Covington, KY 41011. From North or South, take I75 to Covington/5th St. exit (#192). Bear left and proceed East (straight ahead) on 5th St. to the first traffic light. Turn left on Philadelphia St. Turn left on Third St. At end of Third St, turn right on Crescent and immediately turn right into the Hampton Inn.

**Event Info:** The Historic Covington Walk is along city streets and roads. Beautifully renovated historic riverfront homes, historic statues and plaques line the trail giving interesting history of the area. The route offers fabulous views of the Cincinnati Skyline and the Ohio River. Covington Landing at River Center offers a variety of places to eat. Restrooms are at Start/Finish and businesses along the way. Trail is paved, mostly flat with some steps and one moderate hill. Pets not allowed inside start. 5km route has no steps and is wheelchair/stroller easy.

**Covington - Two State Trail****11km & 7km Year Round Walk (2017/Y0787) 1/1/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Border Crossings, Bridges - Spanning the USA, Ice Cream Parlors, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Underground Railroad, Walking America's Ports of Call, Walking the USA A - Z

**Award:** B Award **Strollers:** hard **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** NO **Pets:** Yes  
**Sponsor:** AVA-0694 Derby City Walkers sites.google.com/site/derbycitywalkers  
**Contact:** Ginny Drumm, queencityskywalkers@hotmail.com, (513)471-7029, 4432 Carnation Ave., Cincinnati, OH, 45238

**Start Point:** Hampton Inn Cincinnati-Riverfront- 200 Crescent Ave, Covington KY 41011. From North or South, take I75 to Covington/5th St. exit (#192). Bear right and proceed East (straight ahead) on 5th St. to the first traffic light. Turn left on Philadelphia St. Turn left on Third St. At end of Third, turn right on Crescent Ave and immediately turn right into Hampton Inn.

**Event Info:** The Two-State Walk takes walkers along city streets and over three bridges from Covington KY to Cincinnati OH to Newport KY. Cincinnati's Bicentennial Commons (a riverside park) and Newport's Levee with Aquarium are the attractions along the river. This 11KM walk gives a panoramic view of the riverfront on both sides of the Ohio. Short trail is 7 KM in order to get two state credit. Restrooms are available at Start/Finish and businesses along the way. Park restrooms are available in warmer months only. Two sets of stairs make this trail wheelchair inaccessible. Pets not allowed inside start.

**Frankfort - Capital****10/6km Year Round Walk (2017/Y1228) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, State Capital, State Street Sashay, Vice Presidential Walks, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** None      **Pets:** No

**Sponsor:** AVA-0694 Derby City Walkers [sites.google.com/site/derbycitywalkers](http://sites.google.com/site/derbycitywalkers)

**Contact:** Jan Wahrer, [fkftgal@aol.com](mailto:fkftgal@aol.com), (502)695-2993, 1001 Quarter Mile Way, Frankfort, KY, 40601

**Start Point:** Frankfort YMCA- 402 W. Broadway. (502) 227-9637 From Louisville or Lexington: Take I-64 (Frankfort/Lawrenceburg) exit 53B. Go north on US 127 approximately 5 miles. After crossing the Kentucky River stay in right lane and do not follow US 127 left. Go straight ahead across intersection onto Clinton and make an immediate right turn into free parking garage. Go to second level and park close to opening in wall at the top of the entrance ramp. Walk through opening and turn left to YMCA entrance. The YMCA can also be entered from the rear door on the second level. Parking is also available in front of YMCA.

**Event Info:** Mon.-Fri. 5:30 a.m.-9 p.m.; Sat., 8 a.m.-7 p.m.; Sun., noon-6 p.m. Closed holidays. Check with YMCA when in doubt. Route leads through downtown, past shops, museums, older residential/historical areas, across bridges, circles the Capitol, and through the Frankfort Cemetery, passing Daniel Boone's burial site. Carry water. There is one long steep hill. No dogs in cemetery. [www.visitfrankfort.com](http://www.visitfrankfort.com)

**Henderson - Downtown****10K, 5K Year Round Walk (2017/Y1602) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0458 River City Ramblers [sites.google.com/site/rivercityramblers1/](http://sites.google.com/site/rivercityramblers1/)

**Contact:** Linda Neu, [stan-linda.n@juno.com](mailto:stan-linda.n@juno.com), (812)425-3886, 2003 N. Heidelberg Av., Evansville, IN, 47711

**Start Point:** Chuckles Gas Station/Wendy's- 202 N. Green St. Phone 270-830-9370 From the North take US 41 South to exit 81, US 60 West. US 60 West becomes Green Street in Henderson. From the South, take the Pennyrile/Edward T. Brethitt Parkway North to exit 81, US 60 West turns into Green Street in Henderson. Take Green Street to Second Street. Chuckles/Wendy's is on the corner of Green and Second Streets.

**Event Info:** Henderson is located on the south bank of the beautiful Ohio river. At one time Henderson was the second richest city per capita in the world, and as a result there remains today many charming and elaborate homes built in the early 1800's. The walk is on city streets and park walking paths. You will walk through City Park, the first park west of the Allegheny mountains, Audubon Mill Park with it's views of the Ohio River, and Atkinson park. Walking through downtown Henderson you may want to stop and shop at some of the specialty shops. It's a sure bet you will enjoy this unique Kentucky town.

**Henderson - John James Audubon State Park****10K, 5K Year Round Walk (2017/Y1754) 1/1/2017 - 12/31/2017**

Boardwalks, Honoring Our Flag, National Register of Historic Places, Trekking With the Trees, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** NO **Restroom:** Yes

**Rating:** 3C **Wheelchair:** NO **Pets:** No

**Sponsor:** AVA-0458 River City Ramblers [sites.google.com/site/rivercityramblers1/](http://sites.google.com/site/rivercityramblers1/)

**Contact:** Linda Neu, stan-linda.n@juno.com, (812)425-3886, 2003 N. Heidelberg Av, Evansville, IN, 47711

**Start Point:** John James Audubon State Park Office- 3100 US HWY 41N 270-826-2247 John James Audubon Park is located on the northern outskirts of Henderson, KY. Coming from the north or south take US 41 to 1/2 mile south of the Ohio River Bridges. The entrance is on the east side of Hwy 41.

**Event Info:** The trail consists of 2 different 5 K loops with varying degrees of difficulty and winds through the nature preserve of the park. This peaceful hard wood forest is where the famed naturalist John James Audubon walked as he observed the subjects of his paintings. You may see belted kingfishers, green heron, woodpeckers, warblers and many water fowl. If you are lucky you may get a glimpse of a deer. When you have finished the walk you may wish to visit the John James Audubon museum and nature center. (Fee Charged.) The museum houses a unique collection of Audubon's watercolors, oils, engravings, and personal memorabilia. The park has camping, rental cabins, fishing, golf, and tennis

**Louisville - City Walk****10/5km Year Round Walk (2017/Y0087) 1/2/2017 - 12/31/2017**

Make a Wish at a Water Fountain, Take a Walk In a City Park, Underground Railroad, Walking the Path of Inventions, Walking the USA A - Z

**Award:** A Award **Strollers:** easy **Restroom:** Yes

**Rating:** 1A **Wheelchair:** medium **Pets:** Yes

**Sponsor:** AVA-0694 Derby City Walkers [sites.google.com/site/derbycitywalkers](http://sites.google.com/site/derbycitywalkers)

**Contact:** Pat O'Connor, kentuckypat@gmail.com, (502)896-4127, 129 N. Ewing Ave. #17, Louisville, KY, 40206

**Start Point:** Downtown YMCA-City- 555 S. Second St., 502-587-6700. Parking meters and garage are available nearby. Free parking in garage next to YMCA on Saturdays and Sundays. Southbound I-71 take I-64 West and exit at Third St. and River Rd. Go south(straight) on 3rd St. to Chestnut St. and turn left. At the next light turn left onto 2nd St. to YMCA on the right. Southbound on I-65 take Jefferson St. exit #136c to Second St. Turn left on Second St. going south to YMCA on left. Northbound on I-65 take the Broadway exit, go to first traffic light and turn left onto Broadway. Go two blocks and turn right at Second St. YMCA is one block on the right. Eastbound on I-64 take the 9th St. downtown exit #4 to Roy Wilkins Blvd. Continue straight south to Chestnut St. and turn left. Go east eight blocks to Second St. Turn left and YMCA will be on your right.

**Event Info:** Open Mon - Sat 7 to 5; Sun 9 to 5. Closed most holidays. The YMCA closes one week for maintenance in August. Check in advance with the YMCA before coming for holiday hours. Route meanders through city streets, passes by historic buildings, city landmarks, the University of Louisville campus, and turn-of-the-century Victorian houses in the Old Louisville neighborhood. A coaster with a picture of the fountain in St. James Court is available for the award. A award & credit, \$8; B award & credit \$4. Credit only \$3.

**Louisville - Clermont****10/5K with optional 2K ex Year Round Walk (2017/Y1335) 1/2/2017 - 12/31/2017**

Amphitheatres, Boardwalks, Bridges - Spanning the USA, Food For Thought, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0694 Derby City Walkers sites.google.com/site/derbycitywalkers  
**Contact:** Bob Miller, carolbobm@aol.com, (502)459-4929, 3616 Fincastle Road, Louisville, KY, 40213  
**Start Point:** Bernheim Visitor Center- KY245, Clermont, KY (502)955-8512. 17 miles S of Louisville, KY. From I-65N or S take Bardstown-Clermont exit 112. 1 mile E on KY 245, entrance on right.  
**Event Info:** Daily 7am-sunset, except Dec. 25 & Jan 1. Closed for a period during November for hunting. Call Bernheim in Nov. for closing hours. Visitors Center, 9-5 daily. Free admission M-F. Sat/Sun/holidays, admission \$5 car, \$10 passenger van, RV's & \$25 buses. Website: www.bernheim.org

**Louisville - Oxmoor Center****10K/5K Year Round Walk (2017/Y1391) 1/2/2017 - 12/31/2017**

Food For Thought, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** No  
**Sponsor:** AVA-0694 Derby City Walkers sites.google.com/site/derbycitywalkers  
**Contact:** Bob Miller, CarolBobM@aol.com, (502)459-4929, 3616 Fincastle Road, Louisville, KY, 40213  
**Start Point:** The Walking Co Store- 7900 Shelbyville Road, Louisville, KY 40222. From North, take I-65 S to I-64 E. Take I-264 E to Rt 60 E (Shelbyville). Bear right on ramp, turn right at first traffic light. Turn left at next light to shopping mall parking lot. From West, take I-64 E, follow above directions. From East, take I-64 W to I-264 E. Take Rt 60 (Shelbyville Road) exit bearing right on ramp. Turn right at first light then left at next light to mall parking lot. From South, take I-65 North to I-264 East. Exit at Rt 60 (Shelbyville Road) follow above directions.  
**Event Info:** Mall opens 7:30am Mon.-Sat., 10am Sun. for walkers. The Walking Co Store hours 10am-9pm M-Th; 10am-10pm F; 8am-10pm Sat; noon-6pm Sun.

**Louisville - Two State Bridge Walk****7/11/14/17 km Year Round Walk (2017/Y0083) 1/2/2017 - 12/31/2017**

Amphitheatres, Border Crossings, Bridges - Spanning the USA, Ice Cream Parlors,  
Underground Railroad, Walk the USA - Street by Street, Walking America's Ports of Call,  
Walking the USA A - Z

**Award:** B Award **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** NO **Pets:** Yes  
**Sponsor:** AVA-0694 Derby City Walkers sites.google.com/site/derbycitywalkers  
**Contact:** Frances Taylor, frant98@bellsouth.net, (502)494-3594, 4943 Winding Spring Circle,  
Louisville, KY, 40245  
**Start Point:** YMCA- 555 S Second, (502)587-6700, Parking meters & garage available nearby.  
Free parking in garage next to YMCA on Sat & Sun. FROM CINCINNATI: Take I-71  
S to I-64 W toward St Louis. Exit on 3rd, stay in left lane as you exit. Continue  
straight on 3rd, turn left on Chestnut, turn left on 2nd. YMCA on immediate right.  
FROM INDIANAPOLIS: Take I-65 S to I-64 W. Exit on 3rd, follow above directions.  
FROM ST LOUIS: Take I-64 E across the Sherman Minton Bridge. Exit on Roy  
Wilkins, exit 4, continue straight on Roy Wilkins, left on Chestnut, left on 2nd. YMCA  
on immediate right. FROM NASHVILLE: Take I-65 N, exit Broadway, first traffic light,  
turn left on Broadway. Go two blocks, turn right on 2nd. YMCA one block on right.  
**Event Info:** M-Sat 7-5; Sun 9-5. Closed holidays. Sometimes the YMCA closes for one week in  
August for annual maintenance work. The Two State walk closes third weekend in  
April (F-Sun) due to bridge closing for Thunder Over Louisville. Call YMCA in  
advance if in doubt.

**LOUISIANA****Baton Rouge - Capital****10km/6km Year Round Walk (2017/Y2077) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Honoring Our Flag, Lakes  
and Reservoirs, National Register of Historic Places, State Capital

**Award:** IVV Credit Only **Strollers:** Easy **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Easy **Pets:** Yes  
**Sponsor:** AVA-0863 East Texas Trekkers, Inc. www.Walktx.org/EastTexasTrekkers/  
**Contact:** Helen Hull, helenthehun@yahoo.com, (972)530-1026, P. O. Box 7042, Tyler, TX,  
75711  
**Start Point:** Belle Hotel/Casino/Gift Shop 103 France St. Baton Rouge, LA.- 102 France, W, I-  
10 E Baton Rouge, Exit 155B (I-110 N) Exit 1B Left exit bottom of ramp N Ninth .3  
mi. then E Blvd. Traffic signal, right Government .4 mi. 4th signal, left St Phillip .1  
mi. Right Mayflower. Left parking. Cross Mayflower. Front doors of Hotel & Casino.  
Gift shop near front door. From E, I-10 W Baton Rouge. Exit 155B (I-110 N). Exit 1A  
Left Government .6 mi. (6 signals) Left St Phillip .1 mi. Right Mayflower, left parking.  
Follow directions above.  
**Event Info:** Walk Daylight Hours Only - Call Daralyn Marshall at 225-202-7206 for local  
conditions. Capital area on highground and is not normally affected by flooding.



**Baton Rouge - LSU Campus****6K/10K Year Round Walk (2017/Y0439) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0863 East Texas Trekkers, Inc. [www.Walktx.org/EastTexasTrekkers/](http://www.Walktx.org/EastTexasTrekkers/)  
**Contact:** Helen Hull, [helenthehun@yahoo.com](mailto:helenthehun@yahoo.com), (972)530-1026, 2334 Saharah Dr, Garland, TX, 75044

**Start Point:** Belle Hotel- 103 France St - See Baton Rouge Capital walk for directions. Call Daralyn Marshall at 225-202-7206 about local conditions.

**Event Info:** Walk the LSU campus, home of the Tigers, and tree shaded neighborhood. After registering, you will drive 5 miles to the start point, driving directions included on walk directions.

**Natchitoches - El Camino Real****10km/6km Year Round Walk (2017/Y2037) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0863 East Texas Trekkers, Inc. [www.Walktx.org/EastTexasTrekkers/](http://www.Walktx.org/EastTexasTrekkers/)  
**Contact:** H Hull, [helenthehun@yahoo.com](mailto:helenthehun@yahoo.com), (972)530-1026, 2334 Saharah, Garland, TX, 75044

**Start Point:** Church Street Inn- 120 Church St, 71457. I-49, LA-6 E Natchitoches to Rue Jefferson (Front) Left (N) Jefferson, to Church St, then left 1 block to inn on right. Parking on streets, and river walk Area east of Front St.

**Event Info:** Walk passes historic houses, churches, Fort Jean Baptiste, and 'Steel Magnolia' movie sites. 10K continues thru Northwestern Louisiana University. Open daily, dusk to dawn.

**Shreveport - Historic****10km/6km Year Round Walk (2017/Y0845) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Honoring Our Flag, National Register of Historic Places, United States Post Offices, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0863 East Texas Trekkers, Inc. [www.Walktx.org/EastTexasTrekkers/](http://www.Walktx.org/EastTexasTrekkers/)  
**Contact:** H Hull, [helenthehun@yahoo.com](mailto:helenthehun@yahoo.com), (972)530-1026, 2334 Saharah, Garland, TX, 75044

**Start Point:** Shreveport Holiday Inn- 102 Lake, 71101. I-20, exit 19A (Spring) N on Spring to Lake. Downtown Shreveport Hotel on RIGHT. Open daily, dusk till dawn.

**Event Info:** Visit historic downtown Shreveport with historic buildings. 10K route continues across the Red River to Bossier City.

**MAINE****Augusta - Capital****11K/5K Seasonal Walk (2017/Y1975) 4/1/2017 - 10/31/2017**

Ice Cream Parlors, State Capital, Underground Railroad

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes**Rating:** 2A      **Wheelchair:** Hard      **Pets:** Yes**Sponsor:** AVA-0193 Southern Maine Volkssport Assn. smva.mysite.com**Contact:** Wally and Sandy Johnson, sjohns1@maine.rr.com, (207)839-2057, P.O. Box 722, Westbrook, ME, 04098-0722**Start Point:** Viles State Arboretum- Rt 9, 153 Hospital, 04338. Box on left side of small 1-car garage; "SMVA" painted on box. From S: I-295 to I-95 to Augusta. Exit 51; follow Rt 9 E to Gardiner. Left at light, stay right. Next light/cross bridge, move left. Left at end of bridge/measure 5 mi. Arboretum immediately after "35 mph" sign. From N: I-95, Exit 109, stay right; follow signs to Augusta. From exit ramp, 1 mi to rotary. Halfway around, follow signs to Waterville. Cross bridge/take immediate right to Rt 9. About 1 mi to Arboretum on left. Park end of parking lot. 7a - 2hrs before dusk.**Event Info:** Pass State Capitol, historic fort on river front & part of arboretum. Pets: leashed at all times, not allowed in buildings; owners responsible for clean up. Chamber Commerce (207) 623-4559.**Brunswick****5K and 10K Seasonal Walk (2017/Y0044) 4/1/2017 - 10/31/2017**

Bridges - Spanning the USA, Ice Cream Parlors, Underground Railroad, United States

Post Offices, Walk the USA - Street by Street, Walking the Path of Inventions

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes**Rating:** 2A      **Wheelchair:** medium      **Pets:** Yes**Sponsor:** AVA-0193 Southern Maine Volkssport Assn. smva.mysite.com**Contact:** Roberta Schwartz, rschwartz@bowdoin.edu, (207)729-4389, P.O. 722, Westbrook, ME, 04048**Start Point:** Hannaford- 35 Elm Street, Brunswick, ME. Box at Customer Service Desk. From the South: Take Rte. 95N to 295N at Exit 44 (S.Portland/Portland) Take Exit 28 (Rte. 1/Brunswick/Bath) towards Brunswick. Route 1 becomes Pleasant Street. Stay in right lane. At the traffic light at Stanwood Street (on your right with a Laundromat and Police Station on either corner), go straight to remain on Pleasant Street. At the end of Pleasant Street, you will come to Maine Street in Brunswick. Turn right onto Maine Street. Take your second right onto Elm Street. Hannaford will be on your left. From the North: Take Rte. 95S to Rte. 295 S at Exit 103. Stay on Rte. 295S to Exit 31A (Topsham/Brunswick). Merge onto Rte. 196. Pass the Topsham Fair Mall on your right. Travel through the light at Mallett Drive, and then the light at the Irving station. Get into the right lane and turn right at the Nissan dealership onto Rte. 201/Main Street in Topsham. Follow 201/Main Street across the green bridge where it becomes Maine Street in Brunswick. Follow Maine Street through the major intersection at Pleasant Street. After Pleasant Street, take your second right onto Elm Street. Hannaford will be on your left.**Event Info:** Welcome to Brunswick, the gateway to Maine's magnificent mid-coast. This livable community has a lot to offer visitors yet remains a community rather than a bustling and noisy city. The 5K route takes you on the Brunswick Walking/Bike path along the Androscoggin River. The 10K route takes you through historic downtown Brunswick, passing the homes of General Joshua Chamberlain - Civil War hero, four-term Governor of Maine, and President of Bowdoin College and Harriet Beecher Stowe - author and social activist best known for her popular anti-slavery novel "Uncle Toms Cabin". You will cross a pedestrian bridge designed by John Roebling, who designed the Brooklyn Bridge.

**Kennebunk****10K/5K Seasonal Walk (2017/Y1691) 4/1/2017 - 10/31/2017**

Bridges - Spanning the USA, Ice Cream Parlors, Underground Railroad, United States Post Offices, Vice Presidential Walks, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0193 Southern Maine Volkssport Assn. smva.mysite.com

**Contact:** Denise Macaronas, SMVA2005@yahoo.com, (207)774-3415, PO Box 722, Westbrook, ME, 04098

**Start Point:** Maytag Laundromat & Cleaners- 169 Port, Rt 35, Lower Village Market Place, 04043. Plz do not park in from of, park at rear of lot. Box near TV to left entering building. From I-95 NorS: Exit 25. Rt 35S, cross US Rt 1 downtown Kennebunk. Rt 35S another 3.4 mi. Entrance to Village Market Pl on right, beyond fire station. Contact POC for holiday closings.

**Event Info:** Pass St. Anthony's Monastery; a stretch of Gooch's Beach & Dock Square. Daily 8a-2 hrs before dusk. Pets not allowed Monastery grounds nor Gooch's Beach 9a-5p in summer; owners must pick up after pets. Chamber Commerce: visitthekennebunks.com or (207)967-0857.

**Portland****10K/5K Year Round Walk (2017/Y0029) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Ice Cream Parlors, State Street Sashay, Take a Walk In a City Park, Underground Railroad, United States Post Offices, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0193 Southern Maine Volkssport Assn. smva.mysite.com

**Contact:** Sondra Taylor, sondrataylor190@gmail.com, (207)856-6464, 190 Forest St., Westbrook, ME, 04092

**Start Point:** Hannafords Supermarket- 295 Forest Ave, 04101. Box at Customer Service. From S: I-95 N to I-295 N. Exit 6B merge to US-302/ME-100/Forest Ave. From N: I-295 S, Exit 6B merge to US-302/ME-100/Forest Ave. Go 0.1mi; Hannafords on right.

**Event Info:** View islands of Casco Bay, walk through Old Port to enjoy Maine-made products. Pets: must be leashed, not allowed in buildings; owners responsible for cleaning up. 7a- until 2-hrs before dusk. Closed Thanksgiving & Christmas. See www.visitportland.com

**South Portland - Lighthouse/Green Beltway****10K/5K Seasonal Walk (2017/Y2089) 4/1/2017 - 10/31/2017**

Bridges - Spanning the USA, Ice Cream Parlors, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0193 Southern Maine Volkssport Assn. smva.mysite.com

**Contact:** Elaine Johnson, elmcjj@aol.com, (207)774-2971, PO Box 722, Westbrook, ME, 04098

**Start Point:** Hannaford Supermarket- 50 Cottage Rd, 04106 Box at Customer Service. From S: I-95 (ME Tpk) Exit 45. At tollbooth, follow divided hwy to US Rt 1, Left on Rt 1, go to Broadway, bear right to Cottage Rd. (About 5 mi from tollbooth to Cottage Rd w/ Dry Cleaners on left.) At Cottage Rd, turn left; Hannaford is on right. From N via I-95 (ME Tpk): Exit 45, follow directions above. From Portland/E (from Freeport on I-95): Continue to Portland on I-295 to Exit 6A (Forest Ave) from I-295, follow Rt 77 towards S Portland. On bridge, continue to traffic lights at Broadway. Left at 2nd set of lights to Cottage Rd. Hannafords on right.

**Event Info:** Pass two lighthouses & scenic college campus. 7a- until 2-hrs before dusk. Pets: must be leashed, not allowed in building; owners responsible for cleaning up.

**MARYLAND****Aberdeen****5K/10K Year Round Walk (2017/Y1894) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Vice Presidential Walks, Water Towers

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes**Sponsor:** AVA-0418 Baltimore Walking Club [www.baltimorewalkingclub.com](http://www.baltimorewalkingclub.com)**Contact:** Susan Osborn, [farleyfam@comcast.net](mailto:farleyfam@comcast.net), (410)272-2654, 167 Mt Royal Ave, Aberdeen, MD, 21001**Start Point:** Home of Susan Osborn- 167 Mt Royal Ave, Aberdeen, MD 21001, (410)272-2654. From I-95, exit 85 to Aberdeen. Left on MD Rte 22. Right on Mt Royal Ave. The start point is on the left, the 3rd house after the Lutheran church. Street parking is available. The walk box will be on the porch. No restrooms at the start point.**Event Info:** Aberdeen is nicknamed "The All-America City", and is located in Harford County, Maryland. There are no restrooms available at the start point.**Annapolis - Capital - Downtown Annapolis - USNA****5k & 11k Year Round Walk (2017/Y0264) 1/2/2017 - 12/31/2017**

Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, State Capital, United States Post Offices, Walking America's Ports of Call, Walking the USA A - Z

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes**Sponsor:** AVA-0595 Annapolis Amblers [www.annapolisamblerswalk.com](http://www.annapolisamblerswalk.com)**Contact:** Betty Davis, [spunkya54@yahoo.com](mailto:spunkya54@yahoo.com), (410)458-1302, 30 Heartstone Ct., Annapolis, MD, 21403**Start Point:** Annapolis and Anne Arundel County Conference & Visitors Bureau- 26 West St, Annapolis, MD 21401 Phone 410-280-0445. When near Annapolis I-97 and MD-2 will merge into US-50/301. Continue on US-50/301 and take Exit 24 marked MD-70 South, Rowe Blvd., Annapolis. Continue south on Rowe Blvd. cross Weems Creek. Stay alert-the remaining directions go quickly: After crossing College Creek Rowe Blvd. veer right, then veer left onto Northwest Street. Stay in right lane. Visitors Bureau parking garage is a short distance on right. Parking is charged.**Event Info:** Dogs are not encouraged due to USNA restrictions. Photo ID needed to enter the Naval Academy and State House. Visitor Bureau hours are: 9-5 daily except Christmas, Thanksgiving and New Year's Day,**Annapolis - Downtown Annapolis - Alt. Trail****5k & 10k Year Round Walk (2017/Y1172) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, State Capital, Walking America's Ports of Call

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes**Sponsor:** AVA-0595 Annapolis Amblers [www.annapolisamblerswalk.com](http://www.annapolisamblerswalk.com)**Contact:** Betty Davis, [spunkya54@yahoo.com](mailto:spunkya54@yahoo.com), (410)458-1302, 30 Heathstone Ct, Annapolis, MD, 21403**Start Point:** Annapolis and Anne Arundel County Conference and Visitors Bureau- 26 West St, Annapolis, MD 21401. Phone 410-280-0445. When near Annapolis, both I-97 and MD-2 will merge into US-50/301. Continue on US-50/301 and take Exit 24, marked MD-70 South, Rowe Blvd. Continue south on Rowe Blvd. Cross Weems Creek. Stay alert-the remaining directions go quickly. After crossing College Creek, veer right, then veer left onto Northwest Street. Stay in right lane. Visitors Center parking garage is a short distance on the right. Parking is charged.**Event Info:** Visitor Center hours are 9-5 daily except Christmas, Thanksgiving and New Year's Day.

**Annapolis - Quiet Waters Park****5km & 10km Year Round Walk (2017/Y1176) 1/1/2017 - 12/31/2017**

Boardwalks, Honoring Our Flag, Make a Wish at a Water Fountain, Treasure Hunt - A way to walk our precious trails

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** Easy      **Pets:** Yes

**Sponsor:** AVA-0595 Annapolis Amblers [www.annapolisamblerswalk.com](http://www.annapolisamblerswalk.com)

**Contact:** Dianne Messer, [dcmesser@verizon.net](mailto:dcmesser@verizon.net), (410)224-0907, 626C Admiral Drive #156, Annapolis, MD, 21401

**Start Point:** McDonalds Restaurant - Quiet Waters Park- 897 Bay Ridge Rd, Annapolis, MD 21403, 410-268-3889. Driving Directions: take 50 to exit 22, Rte 665 (Aris T. Allen Blvd), Follow Rte 665 until it ends and merges with Forest Drive. Follow Forest Drive approx 2 miles. Continue past the Exxon Station at Hillsmere Dr.

**Event Info:** The trail follows roads and paved paths inside the park, except for one small section from the start point to the park entrance. Park personnel request that you walk only during park hours. We recommend walking with a friend. There is a special Dog Park which has two enclosures for small and large dogs to roam unleashed. There is no longer a dog beach due to erosion. Note a sign in front of the Exxon saying Quiet Waters Park, next right). The McDonald's is located on the Right, 1/2 block past the Exxon Station.

**Baltimore - Fort McHenry****5K/11K/14K Year Round Walk (2017/Y1070) 1/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Boardwalks, Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, National Parks Centennial Challenge, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Vice Presidential Walks, Walking America's Ports of Call, Water Towers

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes

**Sponsor:** AVA-0418 Baltimore Walking Club [www.baltimorewalkingclub.com](http://www.baltimorewalkingclub.com)

**Contact:** John Nolan & Donna Helm, [johnnolan@comcast.net](mailto:johnnolan@comcast.net), (410)719-7032, 5925 Foxhall Manor Dr, Baltimore, MD, 21228

**Start Point:** McDonald's- 825 East Fort Ave, Baltimore, MD, 410-385-5364. From I-95 take Exit 55, Key Hwy. Follow Ft McHenry signs. Go 1/2 mile to Laurence St; left on Laurence, straight at the light into the Southside Marketplace (crossing Fort Ave.). McDonald's is on your right. Ask for the walk box at the counter. Do not park in the area right next to the McDonald's or you will be towed.

**Event Info:** Fort is closed on Christmas and New Year's Day. The trail goes through Fort McHenry, a national monument park, to Baltimore's Inner Harbor and downtown areas. The beautiful, new Visitor's Center is open. Everything is on the trail that makes walking in Baltimore special -- history, neighborhoods, and the harbor.

**Baltimore - Hopkin's Deli****5K/6K/10K Year Round Walk (2017/Y1157) 1/1/2017 - 12/31/2017**

Animal Safari, Cities in Song, Food For Thought, Honoring Our Flag, Lakes and Reservoirs, Vice Presidential Walks

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0418 Baltimore Walking Club [www.baltimorewalkingclub.com](http://www.baltimorewalkingclub.com)  
**Contact:** Frank & Marie Kupres, [fkupres@comcast.net](mailto:fkupres@comcast.net), (410)592-3171, 12 Ridgecliff Ct., Kingsville, MD, 21087  
**Start Point:** Hopkin's Deli- 110 West 39th St., Baltimore, MD, (410)366-6603. Baltimore Beltway, I-695 to exit 25 Charles St. Proceed south on Charles to 39th St. Turn right. The Deli is on the right. Parking is on the street.  
**Event Info:** Deli is open 8am - 11pm daily but closed some holidays. Call for verification. Trail goes through prestigious communities and landmarks that are so much a part of N. Baltimore. Trail goes through the Johns Hopkins and Loyola University campuses and to the Sherwood Gardens which are particularly lovely in the spring when the tulips and azaleas are in bloom.

**Baltimore - Patterson Park****6K/10K Year Round Walk (2017/Y1833) 1/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Bridges - Spanning the USA, Cities in Song, Food For Thought, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, United States Post Offices, Vice Presidential Walks

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0418 Baltimore Walking Club [www.baltimorewalkingclub.com](http://www.baltimorewalkingclub.com)  
**Contact:** Frank & Marie Kupres, [fkupres@comcast.net](mailto:fkupres@comcast.net), (410)592-3171, 12 Ridgecliff Ct., Kingsville, MD, 21087  
**Start Point:** High Grounds Coffee Roasters- 3201 Eastern Ave, Baltimore, 21224. (410)342-7611. Hours: 7am-5 pm M-Sat, 8 am-1 pm Sun. I-95, exit 59, Eastern, to Highlandtown. 2 miles on Eastern to start point on corner of Eastern and East Ave.  
**Event Info:** Street parking usually available. Walk travels through historic Patterson Park, the neighborhoods of Highlandtown, Canton, Butcher's Hill, Fells Point, Little Italy and into the Inner Harbor. Restrooms available at the start point and along the route.

**Bel Air - Bel Air****6/10/11/12/16 km Year Round Walk (2017/Y0566) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Trekking With the Trees, Water Towers

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0418 Baltimore Walking Club [www.baltimorewalkingclub.com](http://www.baltimorewalkingclub.com)  
**Contact:** James Farley, [farleyfam@comcast.net](mailto:farleyfam@comcast.net), (410)638-7043, 624 Camelot Drive, Bel Air, MD, 21015  
**Start Point:** Bel Air Episcopal Church- Bel Air Episcopal Church, 303 North Main Street, Bel Air, MD 21014, (410)838-7699. Take I-95 exit 77, MD Rte 24, toward Bel Air for about 4 miles. Turn right onto Ring Factory Road, and then left onto MD Rte 924. After passing Shop Rite store and the store on right, turn right onto East Ellendale Street. Turn right onto parking pad northwest of church. The walk box is in the gazebo between the parking pad and the church.  
**Event Info:** 9am-2 hours before dusk. Walk through the town of Bel Air on sidewalks and along the Maryland and Pennsylvania rail trail (Ma and Pa trail), a converted railroad bed which is primarily dirt and badly affected by adverse weather. The 6, 10 and 16 options walk thru the town of Bel Air and on the Ma and Pa trail. The 11 & 12 Km options walk the Ma and Pa trail.

**Bethesda - Kenwood Cherry Blossoms/Spring Flowers****5/10 km Seasonal Walk (2017/Y1091) 3/11/2017 - 5/9/2017**

Bridges - Spanning the USA, Food For Thought, Points of Reference

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes**Rating:** 2A      **Wheelchair:** NO      **Pets:** Yes**Sponsor:** AVA-0419 Seneca Valley Sugarloafers [www.sugarloafers.org](http://www.sugarloafers.org)**Contact:** Maribeth Evans, [evansm0612@gmail.com](mailto:evansm0612@gmail.com), (301)946-5496, PO Box 3716, Gaithersburg, MD, 20855-3716**Start Point:** Starbucks Coffee, Bethesda, MD- 4611-E Sangamore Rd, The Shops at Sumner Place, 20816; 301-320-9845. DIRECTIONS: Washington Beltway (495), exit 39, River (MD 190) to Washington. RIGHT on Goldsboro (MD 614). LEFT on Massachusetts (MD 396). RIGHT on Sangamore at firehouse. Continue past The Shops at Sumner Place (4701 Sangamore) to STOP sign in front of Defense Intelligence Agency. LEFT 1 block, then turn LEFT again to The Shops at Sumner Place. RIGHT at 1st intersection. Starbucks in middle of strip of stores.**Event Info:** Hours: M-F 6am-8pm; Sat & Sun 7am-8pm. WALK DURING DAYLIGHT HOURS ONLY. The 5 km trail, rated 1A, requires driving 3.2 miles to a different start point; driving directions are on the walk instructions. The 5 km trail is on the streets through the Kenwood neighborhood with beautiful cherry blossoms/spring flowers. The 10 km trail, rated 2A is on the Capital Crescent Trail and streets through the Kenwood neighborhood. This trail has some hills. Restrooms are available in the shopping center and along the 10 km trail; restrooms available only in the shopping center for the 5 km trail.**Bethesda - Montgomery Mall - Cabin John Park Walk****Distance 5/10/20 km Year Round Walk (2017/Y1539) 1/1/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Ice Cream Parlors

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes**Rating:** 1A      **Wheelchair:** Easy      **Pets:** No**Sponsor:** AVA-0419 Seneca Valley Sugarloafers [www.sugarloafers.org](http://www.sugarloafers.org)**Contact:** Anna Nevius, [nevius@comcast.net](mailto:nevius@comcast.net), (240)994-1748, P O Box 3716, Gaithersburg, MD, 20885-3716**Start Point:** Aroma Espresso Bar, Montgomery Mall, Bethesda, MD- Westfield Montgomery Mall, 7101 Democracy Blvd, 20817. From VA: I-495 N to I-270 N (Rockville/Frederick). Exit 1 (Democracy); keep left at fork, follow signs for Democracy W. \*Turn LEFT at Democracy \*\*Turn RIGHT at Westlake Dr. RIGHT at Westlake Terrace, RIGHT at 1st entrance to WMM. Go 1 short block; entrance 5 straight ahead next to Cheesecake Factory; LEFT to park. Use entrance 5 & walk to end of corridor. Turn LEFT & walk to Icing store. Turn LEFT to Aroma Espresso Bar. From E: I-495 W to Exit 36-Old Georgetown to Rockville/Bethesda. N on Old Georgetown. Follow \* above. From N: I-270 S to VA. Stay right lane at split; exit Democracy. RIGHT & follow from \*\* above.**Event Info:** M-F 7:30am-8pm; Sat 8am-9pm; Sun 8am-7pm. Holiday hours may vary; call to verify - 301.312.6376. Walk includes an indoor mall trail (5/10km - rated 1A) & an outdoor trail through Cabin John Park (5/10km - rated 2C); natural trail with many hills & exposed tree roots. The file box marked "Walk Box" is located by the wall at end of eating counter on right near the entrance.

**Bowie - Allen Pond and Blacksox Park****6/10 Km Year Round Walk (2017/Y0390) 1/1/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Boardwalks, Honoring Our Flag, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Walk the USA - Street by Street, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** A Award **Strollers:** Easy **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Easy **Pets:** Yes

**Sponsor:** AVA-0190 Freestate Happy Wanderers [www.mdvolks.org/freestate/](http://www.mdvolks.org/freestate/)

**Contact:** Mike Quinlan, mikemq41@gmail.com, (301)661-3826, 12508 Caswell Lane, Bowie, MD, 20715

**Start Point:** Starbucks Coffee- 3924 Town Center Wy, Bowie, MD 20716. I-95 (I-495/Washington Beltway), Exit 19A (Bowie)/US 50 E. Take US 50 6 miles to Exit 11 S (MD 197/Collington). Right at 3rd light to Town Center Wy.\*\*\* From east, take MD 3/301 N or S, exit at MD 197 N (Rip's restaurant at intersection). Turn N on MD 197. Left at 3rd light to Town Center Way.\*\*\*

\*\*\*Left at 1st intersection at bottom of hill. Right to parking lot behind DuClaw Brewing Pub and park. Walk through walkway to left of DuClaw, turn left at sidewalk.

**Event Info:** SP open M-T 5am-9pm, F, Sat 5:30am-9:30pm, Sun 6am-7:30pm. Walk on paved paths and sidewalks around ponds, through city parks, and past playgrounds. Pets are not permitted on the mall main street or in the SP. They are allowed on the trail and must be leashed at all times and cleaned up after.

**Brandywine - Cedarville State Forest****5K, 10k Year Round Walk (2017/Y1071) 1/1/2017 - 12/31/2017**

Amphitheatres, Boardwalks, Treasure Hunt - A way to walk our precious trails, Water Towers

**Award:** IVV Credit Only **Strollers:** NO **Restroom:** Yes

**Rating:** 1B **Wheelchair:** None **Pets:** Yes

**Sponsor:** AVA-0595 Annapolis Amblers [www.annapolisamblerswalk.com](http://www.annapolisamblerswalk.com)

**Contact:** Thomas Dehetre, thomasdehetre@aol.com, (301)848-9475, 6417 Fisher Ct. #8, Waldorf, MD, 20603

**Start Point:** 7- Eleven, 16400 Crain Hwy. Brandywine, MD 20613. 301-782-4036- From southbound Maryland Route 5 or 301 proceed to the traffic light at the intersection of Routes 5/301 and Cedarville Road. Turn left onto Cedarville Road and then an immediate left into the 7-Eleven. From northbound Maryland Route 301, proceed to the intersection with Cedarville Road and make a right turn onto Cedarville Road and then an immediate left into the 7-Eleven. Ask for the walk box at the counter. Driving directions to the start point are attached to the walk directions.

**Event Info:** A \$3 park entrance fee per car. Walk during daylight hours.



**C & O Canal - Georgetown, DC to Noland's****Distance 10/21 km Year Round Walk (2017/Y0747) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, National Parks Centennial Challenge, Treasure Hunt - A way to walk our precious trails

**Award:** IVV Credit Only **Strollers:** Hard **Restroom:** Yes**Rating:** 2B **Wheelchair:** hard **Pets:** Yes**Sponsor:** AAA-MD Maryland Volkssport Assn. [www.mdvolks.org/](http://www.mdvolks.org/)**Contact:** Darrell Neily, dneily333@gmail.com, (301)466-4547, 3223 Cherry Mill Dr, Adelphi, MD, 20783**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) START: C & O Canal-REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user.**Event Info:** Trail is on the well maintained gravel surface of the C&O canal towpath.**C & O Canal - Little Orleans to Cumberland****Distance 10/24 km Year Round Walk (2017/Y0753) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, National Parks Centennial Challenge, Treasure Hunt - A way to walk our precious trails

**Award:** IVV Credit Only **Strollers:** Hard **Restroom:** Yes**Rating:** 2B **Wheelchair:** None **Pets:** Yes**Sponsor:** AAA-MD Maryland Volkssport Assn. [www.mdvolks.org/](http://www.mdvolks.org/)**Contact:** Darrell Neily, dneily333@gmail.com, (301)466-4547, 3223 Cherry Mill Dr, Adelphi, MD, 20783**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) START: C & O Canal-REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user.**Event Info:** Trail is on the well-maintained gravel surface of the C&O canal towpath.**C & O Canal - McMahon's Mill to Little Orleans****Distance 10/27 km Year Round Walk (2017/Y0749) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, National Parks Centennial Challenge, Treasure Hunt - A way to walk our precious trails

**Award:** IVV Credit Only **Strollers:** Hard **Restroom:** Yes**Rating:** 2B **Wheelchair:** hard **Pets:** Yes**Sponsor:** AAA-MD Maryland Volkssport Assn. [www.mdvolks.org/](http://www.mdvolks.org/)**Contact:** Darrell Neily, dneily333@gmail.com, (301)466-4547, 3223 Cherry Mill DR, Adelphi, MD, 20783**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) START: C & O Canal-REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user.**Event Info:** Trail is on the well-maintained gravel surface of the C&O canal towpath.

**C & O Canal - Noland's Ferry to Big Slackwater****Distance 10/20 km Year Round Walk (2017/Y0748) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, National Parks Centennial Challenge, Treasure Hunt - A way to walk our precious trails

**Award:** IVV Credit Only **Strollers:** Hard **Restroom:** Yes**Rating:** 2B **Wheelchair:** hard **Pets:** Yes**Sponsor:** AAA-MD Maryland Volkssport Assn. [www.mdvolks.org/](http://www.mdvolks.org/)**Contact:** Darrell Neily, dneily333@gmail.com, (301)466-4547, 3223 Cherry Mill Dr, Adelphi, MD, 20783**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) START: C & O Canal-REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user.**Event Info:** Trail is on the well maintained gravel surface of the C&O canal towpath.**C&O Canal - Towpath Bike Event****13K to 300K Year Round Bike (2017/Y0699) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, National Parks Centennial Challenge

**Award:** IVV Credit Only **Strollers:** hard **Restroom:** Yes**Rating:** 2A **Wheelchair:** hard **Pets:** Yes**Sponsor:** AAA-MD Maryland Volkssport Assn. [www.mdvolks.org/](http://www.mdvolks.org/)**Contact:** Darrell Neily, dneily333@gmail.com, (301)466-4547, 3223 Cherry Mill Dr, Adelphi, MD, 20783**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) START: C & O Canal-REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user.**Event Info:** Pick your distance from a leisurely 13K on Sunday afternoon to a 300K camping adventure. Another option is "supported cycling" using the Roads Scholar program (details and prices at <https://www.roadsscholar.org/find-an-adventure/13306/biking-the-c-o-canal-towpath>)

**Cambridge - Historic Eastern Shore Town****5 km, 6 km, 10 km Year Round Walk (2017/Y1046) 1/4/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, Points of Reference, Underground Railroad, United States Post Offices, Walk the USA - Street by Street, Walking America's Ports of Call

**Award:** A Award      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0190 Freestate Happy Wanderers [www.mdvolks.org/freestate/](http://www.mdvolks.org/freestate/)  
**Contact:** Barbara Esker, [besker58@hotmail.com](mailto:besker58@hotmail.com), (443)721-0337, 715 210th Street, Pasadena, MD, 21122

**Start Point:** Dorchester County Family YMCA- 201 Talbot Ave, 21613, 410-221-0505. Take US Route 50 East past Easton and cross Choptank River Bridge. RIGHT at 1st light to Maryland Ave. Continue on Maryland Ave. to 3rd light. RIGHT on Academy, which becomes Spring at next light. At High (light and large church on corner), turn RIGHT. Continue to Water (just before Harbor Park) and turn LEFT. Follow street (now Hambrooks) around slight jog to LEFT at Choptank and slight jog to right at Belvedere. After two more blocks, turn LEFT on Talbot. The YMCA is on right in 2nd block. Ask desk clerk for "WALK BOX".

**Event Info:** M-Th 5am-9pm, Fri 5am-8pm, Sat 7am-6pm, Sun 10am-6pm. Daylight Savings Time weekend hours change to 7am-5pm on Sat and 1-5pm on Sun. Major holidays CLOSED. YMCA hours subject to change w/o notice, especially in summer. Call to confirm. 5/10 km trail goes through a quaint town and by the Harriett Tubman Museum. The 10 km continues past the Dorchester Co. Visitors Center to the LaGrange Plantation and Museum. The 6 km trail is called The Riverwalk as 80% of it borders the Choptank River. It passes the Annie Oakley residence where she spent her early retirement from 1913-1917.

**Chesapeake Beach - Boardwalks views of the Chesapeake Bay****5 - 10 km Year Round Walk (2017/Y1087) 1/2/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Water Towers

**Award:** A Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0190 Freestate Happy Wanderers [www.mdvolks.org/freestate/](http://www.mdvolks.org/freestate/)  
**Contact:** Bill Hassell, [wahasse1798@verizon.net](mailto:wahasse1798@verizon.net), (410)437-2164, 8256 Camion Rd, Pasadena, MD, 21122

**Start Point:** Chesapeake Beach Resort and Spa- 4165 Mears Ave, 20732. (410) 257-4464. From I-495/I-95 (DC) - Take exit 11, Rt 4 S. Just before Calvert County line, exit right to Rt 260. Proceed approx 8 miles to Chesapeake Beach. When Rt 260 intersects Rt 261, at light, turn RIGHT to next traffic light, turn LEFT to Mears. Chesapeake Beach Resort and Spa is at the end of the street. From Baltimore I-695 - Take I-97/Rt 3/Rt 301 corridor S to Rt 4, near Upper Marlboro. Go S on Rt 4 and proceed as above.

**Event Info:** Daily start 6am-6pm. Start box at registration desk. Please complete registration outside on deck. No pets allowed in Chesapeake Beach Resort and Spa; however, they are allowed on trails. Owners must clean up after pets. The trail is on roads, sidewalks and boardwalks with bay views for much of the walk.

**Chestertown****5Km & 10km Year Round Walk (2017/Y1354) 1/2/2017 - 12/31/2017**

Honoring Our Flag, Make a Wish at a Water Fountain, Take a Walk In a City Park,  
Treasure Hunt - A way to walk our precious trails, Water Towers

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0595 Annapolis Amblers [www.annapolisamblerswalk.com](http://www.annapolisamblerswalk.com)  
**Contact:** Frank & Marie Kupres, [fkupres@comcast.net](mailto:fkupres@comcast.net), (410)274-8407, 12 Ridgecliff Ct.,  
 Kingsville, MD, 21087

**Start Point:** Kent Athletic and Wellness Center- 800 High St., Chestertown, MD 21620 (On Dixon Valve Corporation grounds) W of Bay Bridge on US 50 E: Cross Chesapeake Bay Bridge. Continue on US 50/301. At split follow US 301 N to MD213 N to Chestertown. Cross Chester River Bridge, Left on Cross (1st light). Right on High to 800 block. Cross railroad tracks, immediate right turn to DVC, proceed to back lot and Wellness Center. Baltimore 1-695: Exit 4 to I-97 S, to US 50 E. Follow above directions. Delaware/Philadelphia: Follow US 301 S to MD 290 S (Chestertown, Galena Exit). Continue to MD 213S in Galena. Take MD 213 to MD 291, turn right. Left on MD 20 (High). Approx 1 mile, passing cemetery before DVC. Left before railroad tracks to DVC. Proceed to back lot and Wellness Center.

**Event Info:** Hours M-Th 5am-9pm, F 5am-8pm, Sat/Sun 8am-4pm. 410-778-3148. Closed January 1, July 4, and Christmas day.

**Chestertown - Bike****32km Year Round Bike (2017/Y1353) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, Take a Walk In a City Park, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0595 Annapolis Amblers [www.annapolisamblerswalk.com](http://www.annapolisamblerswalk.com)  
**Contact:** Frank & Marie Kupres, [fkupres@comcast.net](mailto:fkupres@comcast.net), (410)274-8407, 12 Ridgecliff Ct.,  
 Kingsville, MD, 21087

**Start Point:** Kent Athletic and Wellness Center- 800 High St. Chestertown, MD 21620 (on Dixon Valve Corporation grounds). W of Bay Bridge on US 50 E: Cross Chesapeake Bay Bridge. Continue US 50/301. At fork follow US 301 N to MD213 N to Chestertown. Cross Chester River Bridge, turn left on Cross (1st light). Right on High to 800 block. Cross railroad tracks, immediate right to DVC. Proceed to back lot and Wellness Center. Baltimore 1-695: Exit 4 to I-97 S, to US 50 E. Delaware/Philadelphia: US 301 S to MD 290 S (Chestertown, Galena Exit). Continue to MD 213 S in Galena. Take MD 213 to MD 291, turn right. Left on MD 20 (High). Approx 1 mile, passing cemetery before DVC. Left before railroad tracks to DVC. Proceed to back lot and Wellness Center.

**Event Info:** Hours M-Th 5am-9pm, F 5am-8pm, and Sat/Sun 8am-4pm. Closed January 1, July 4, and Christmas day.

**College Park - College Park Airport****5km/10km Year Round Walk (2017/Y1045) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0481 Great Greenbelt Volksmarchers, Inc.  
**Contact:** Yvonne Pennington, greenbeltmva@gmail.com, (301)431-6668, 2126 Gatewood Pl, Silver Spring, MD, 20903-1506  
**Start Point:** College Park Airport Operations Building, Inside Pilots Area, through front door of the operations building go through door to left and enter pilots area back door on left- Cpl. Frank Scott Dr. From I-95 exit 23, Kenilworth Ave. South (Rt 202) then right on Paint Branch Parkway. Go right on Cpl. Frank Scott Drive - 3 blocks to start. Closed New Years Day, Thanksgiving, & Christmas  
**Event Info:** Daily dawn to dusk. The trails are on paved and natural surfaces through the town of College Park, including sections in the University of Maryland campus and Lake Artemesia.

**College Park - College Park Bike****25km Year Round Bike (2017/Y1044) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0481 Great Greenbelt Volksmarchers, Inc.  
**Contact:** Yvonne Pennington, greenbeltmva@gmail.com, (301)431-6668, 2126 Gatewood Pl, Silver Spring, MD, 20903  
**Start Point:** College Park Airport Operations Building Pilot Area, through front door, door at back left, if front door locked, use door on left side of building- Cpl. Frank Scott Dr. From I-95 exit 23, Kenilworth S (Rt 201), right on Paint Branch Pkwy. Right on Cpl. Frank Scott - 3 blocks to start. Start box is inside the Pilot area behind the desk.  
**Event Info:** Daily dawn to dusk. Closed New Years Day, Thanksgiving, and Christmas

**Columbia - Columbia Mall, Starbucks Coffee****Distance 10/5/20 km Year Round Walk (2017/Y1663) 1/1/2017 - 12/31/2017**

Boardwalks, Cities in Song

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** easy      **Pets:** No  
**Sponsor:** AVA-0264 Columbia Volksmarch Club [www.mdvolks.org/CVC](http://www.mdvolks.org/CVC)  
**Contact:** John Dye, johndye@comcast.net, (410)290-6510, 6887 Garland Lane, Columbia, MD, 210454616  
**Start Point:** Columbia Mall, Starbucks Coffee- 10300 Little Patuxent Parkway, Columbia, MD 21044.  
From Washington, DC, take I-95 North. From Baltimore, take I-95 South. From I-95, take Route 175 West toward Columbia (Exit 41B). Follow approximately 5 miles. After crossing MD Rte 29, Route 175 becomes Little Patuxent Parkway. Continue towards the Mall in Columbia for two traffic lights and turn right onto Governor Warfield Parkway. At first traffic light, turn left toward Mall. Turn right past Nordstrom's & AMC theatres. Starbucks is in the Mall on the second level between Sears and Seasons "52".  
**Event Info:** Trail is suitable for strollers and wheelchairs. No pets allowed. There are two 10KM trails. One completely inside; one completely outside. You may walk either or both. Only one event credit allowed, even if completing both routes. Restrooms and water are available in the Mall but not on outdoor trail.

**Columbia - King's Contrivance****5/10/16 km Year Round Walk (2017/Y0740) 1/1/2017 - 12/31/2017****Award:** IVV Credit Only **Strollers:** hard **Restroom:** Yes**Rating:** 2A **Wheelchair:** hard **Pets:** Yes**Sponsor:** AVA-0264 Columbia Volksmarch Club [www.mdvolks.org/CVC](http://www.mdvolks.org/CVC)**Contact:** John Dye, johndye@comcast.net, (410)290-6510, 6887 Garland Lane, Columbia, MD, 210454616

**Start Point:** McDonald's of King's Contrivance- 8600 Guilford Rd, Columbia, MD 21046-2616.  
 From North, South, and East - from I-95 take exit 38B, (Route 32) west to the second exit (Shaker Drive) and turn right to pass over Rt. 32. Go past two traffic lights and turn left into the King's Contrivance Village Center.  
 From West - from I-70, take Exit 80 (Route 32) east to Columbia. Exit at Eden Brook Drive (one exit past MD Rt. 29) and turn right onto Old Columbia Road. Turn left at first traffic light, Eden Brook Drive. Continue straight at next traffic light and turn left into the King's Contrivance Village Center. Park in the vicinity of McDonalds. The start box is out on the counter on the left.

**Event Info:** The 10km walk is along sidewalks and pathways in the community of Huntington, with a scenic segment parallel with the Little Patuxent River on the Patuxent Branch Trail with the Historic Truss Bridge.  
 The 16km trail continues on the Patuxent Branch Trail and circles Lake Elkhorn.

**Columbia - River Hill****10/05km Year Round Walk (2017/Y0370) 1/1/2017 - 12/31/2017**

Cities in Song, Honoring Our Flag

**Award:** IVV Credit Only **Strollers:** Easy **Restroom:** Yes**Rating:** 2A **Wheelchair:** Medium **Pets:** Yes**Sponsor:** AVA-0264 Columbia Volksmarch Club [www.mdvolks.org/CVC](http://www.mdvolks.org/CVC)**Contact:** J Dye, johndye@comcast.net, (410)290-6510, 6887 Garland, Columbia, MD, 21045

**Start Point:** Feet First Athletic Footwear- ON OCTOBER 16, FEET FIRST RELOCATE TO: Wilde Lake Village Center, 5305 Village Center Dr., Columbia, MD 21044.  
 Directions: From Baltimore, MD, take I-95 South.  
 From Washington D.C., take I-95 North.  
 From Interstate 95, take Route 175 West (Exit 41) toward Columbia for 5 miles.  
 After crossing over Route 29, Route 175 becomes Little Patuxent Parkway.  
 Continue towards Columbia Town Center for two traffic lights and turn right onto Governor Warfield Parkway. At the second traffic light, turn right onto Twin Rivers Rd. After 1/2 mile (2nd traffic light), turn left onto Lynx Lane into the Wilde Lake Village Center. Pass CVS and Left to far end of Village Center parking lot. Park and cross Village Center Dr to Feet First.

**Event Info:** Not wheelchair accessible.

**Columbia - Wilde Lake (formerly Hickory Ridge)****10km/05km Year Round Walk (2017/Y1042) 1/1/2017 - 12/31/2017**

Cities in Song

**Award:** IVV Credit Only**Strollers:** Easy**Restroom:** Yes**Rating:** 2A**Wheelchair:** Medium**Pets:** Yes**Sponsor:** AVA-0264 Columbia Volksmarch Club [www.mdvolks.org/CVC](http://www.mdvolks.org/CVC)**Contact:** J Dye, johndye@comcast.net, (410)290-6510, 6887 Garland, Columbia, MD, 21045

**Start Point:** Feet First Athletic Footwear- ON OCTOBER 16, FEET FIRST RELOCATE TO:  
 Wilde Lake Village Center, 5305 Village Center Dr., Columbia, MD 21044.  
 Directions: From Baltimore, MD, take I-95 South.  
 From Washington D.C., take I-95 North.  
 From Interstate 95, take Route 175 West (Exit 41) toward Columbia for 5 miles.  
 After crossing over Route 29, Route 175 becomes Little Patuxent Parkway.  
 Continue towards Columbia Town Center for two traffic lights and turn right onto  
 Governor Warfield Parkway. At the second traffic light, turn right onto Twin Rivers  
 Rd. After 1/2 mile (2nd traffic light), turn left onto Lynx Lane into the Wilde Lake  
 Village Center. Pass CVS and Left to far end of Village Center parking lot. Park and  
 cross Village Center Dr to Feet First.

**Event Info:** These trails feature the Village of Wilde Lake and Beaverbrook. The 10 km trail  
 continues through Columbia Town Center. It is along sidewalks, asphalt paths and  
 lightly traveled residential streets; Suitable for strollers but not wheelchairs.

**Damascus - Damascus Regional Park****Distance 5/7/10/20km Year Round Walk (2017/Y1368) 1/2/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA

**Award:** IVV Credit Only**Strollers:** Easy**Restroom:** Yes**Rating:** 2A**Wheelchair:** Medium**Pets:** Yes**Sponsor:** AVA-0419 Seneca Valley Sugarloafers [www.sugarloafers.org](http://www.sugarloafers.org)**Contact:** Kathy Dove, robcdove@comcast.net, (301)233-1870, PO Box 3716, Gaithersburg, MD, 20885

**Start Point:** Damascus Liberty Gas Station & Convenience Store - 26241 Ridge Rd (Rt 27),  
 20872. 301-253-3670. I-270, take Father Hurley, Exit 16A E to MD-27/Damascus.  
 Father Hurley becomes Ridge (MD-27) crosses MD-355. Approx 7 miles from I-270  
 exit. Liberty Gas Station on right before 8th traffic light at Main. Street parking  
 available in Damascus before Liberty Gas Station. Walk start point ~ 3.4 mile drive  
 from gas station.  
 START BOX located immediately left in station, on floor near Ice machine.

**Event Info:** Daily: dawn-dusk M-F; opens 7am Sat/Sun. Closed New Years Day.  
 Restrooms available at park shelters (in season). 10km / 5km Park trail out & back  
 on the Magruder Branch Trail; shady; cool in the summer.

10km/7km interesting Neighborhood trail.

**Denton - Eastern Shore "Gem"****5/11km Year Round Walk (2017/Y1707) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Underground Railroad, Water Towers

**Award:** A Award **Strollers:** Medium **Restroom:** Yes

**Rating:** 2A **Wheelchair:** hard **Pets:** Yes

**Sponsor:** AVA-0190 Freestate Happy Wanderers [www.mdvolks.org/freestate/](http://www.mdvolks.org/freestate/)

**Contact:** C Middleton, [cmiddleton0@gmail.com](mailto:cmiddleton0@gmail.com), (443)786-4052, 24707 Pinetown, Denton, MD, 21629

**Start Point:** McDonald's - 605 North Sixth St., Denton, MD 21629. Drive Directions: US RT 50 E across Chesapeake Bay Bridge, toward Ocean City. Bear right as US 50 leaves US Route 301. Turn LEFT on RT 404 (about 12 miles past 50/301 split). (signs to Cape May/Lewes Ferry/Denton/Rehoboth Beach.) Approaching Denton, MD; ignore Business 404, River Road (W328) exits and take the Exit for North Sixth Street. Box under end of Order counter. Please patronize our gracious hosts, McDonalds. Employees are not able to answer volksmarching questions about walk.

**Event Info:** Daylight Hours 8am-4pm. The trail uses city sidewalks and the shoulders of generally rural roads to pass scenic Choptank River views, historic homes, period museums (the Rural Life Museum and the Denton Maritime Museum), and the Caroline County Courthouse in the flavorful town of Denton. Watts Creek and Choptank River exposures at Martinak State Park offer chances to experience scenes as depicted by James Michener's "Chesapeake". Denton is included in the Harriet Tubman Underground Railroad Trail. Sports strollers can navigate the trail. Pets on leash permitted in state park. Trail directions have ~one mile drive directions to 404 Market St, Caroline Arts Council, the walking start point.

**Easton****5km, 10km Year Round Walk (2017/Y0882) 1/2/2017 - 12/31/2017**

Honoring Our Flag, National Register of Historic Places, Points of Reference, Underground Railroad, United States Post Offices, Walking the USA A - Z

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0595 Annapolis Amblers [www.annapolisamblerswalk.com](http://www.annapolisamblerswalk.com)

**Contact:** Richard & Trudy Perkins, [raperki739@gmail.com](mailto:raperki739@gmail.com), (410)761-9110, 909 Merriweather Way, Severn, MD, 21144

**Start Point:** Talbot County YMCA- 202 Peach Blossom Rd., 21601, 410-822-0566. N or S, US 50 to Easton. Exit MD 322. (Easton Pkwy). 3.5 miles left on MD 333 (Peach Blossom). YMCA immediately on right.

**Event Info:** Mon-Thurs 4:45 am to 10 pm.  
Friday 4:45 am to 8 pm.  
Saturday 7:00 am to 6:00 pm.  
Sunday 11 am to 6 pm.  
Closed New Years Day, Easter, Thanksgiving and Christmas.



**Ellicott City - Centennial Lake****5/10/15 km Year Round Walk (2017/Y1757) 1/1/2017 - 12/31/2017**

National Register of Historic Places, Points of Reference

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0264 Columbia Volksmarch Club [www.mdvolks.org/CVC](http://www.mdvolks.org/CVC)  
**Contact:** J Dye, [johndye@comcast.net](mailto:johndye@comcast.net), (410)290-6510, 6887 Garland, Columbia, MD, 21045  
**Start Point:** Roger Carter Community Center- 3000 Milltowne Drive (formerly Mt. Ida Drive), Ellicott City, MD 21043. From the North: From the Baltimore Beltway (I-695), take Exit 16, I-70 West toward Frederick. Follow I-70 about 4.5 miles and take Exit 87-A, Route 29 South toward Columbia. Follow directions "From Route 29" below. From the South and East: From I-95, take Route 100 West toward Ellicott City (Exit 43B). At end of Route 100, take Route 29 North toward Ellicott City. Follow directions From Route 29 below.  
From Route 29, Follow Route 29 to the Route 40 East, Ellicott City exit. Exit Route 29 and follow Route 40 East to the traffic signal at Rogers Ave. Turn RIGHT on Rogers Ave and follow for half mile to intersection of Rogers Ave and Court House Drive. Keep LEFT and follow Court House Drive. Turn RIGHT just past the Howard County Office Complex toward Ellicott City Historic Dist. On Ellicott Mills Drive. Turn RIGHT onto Milltowne Drive.

**Event Info:** Daily, Daylight hours.**Ellicott City - Ellicott City / Oella****Distance 10/5/20 km Year Round Walk (2017/Y0216) 1/1/2017 - 12/31/2017**

Boardwalks, Honoring Our Flag, National Register of Historic Places

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0264 Columbia Volksmarch Club [www.mdvolks.org/CVC](http://www.mdvolks.org/CVC)  
**Contact:** John Dye, [johndye@comcast.net](mailto:johndye@comcast.net), (410)290-6510, 6887 Garland Lane, Columbia, MD, 21045  
**Start Point:** Roger Carter Community Center- 3000 Milltowne Drive (formerly Mt. Ida Drive), Ellicott City, MD 21043. From the North: From the Baltimore Beltway (I-695), take Exit 16, I-70 West toward Frederick. Follow I-70 about 4.5 miles and take Exit 87-A, Route 29 South toward Columbia. Follow directions "From Route 29" below. From the South and East: From I-95, take Route 100 West toward Ellicott City (Exit 43B). At end of Route 100, take Route 29 North toward Ellicott City. Follow directions From Route 29 below.  
From Route 29, Follow Route 29 to the Route 40 East, Ellicott City exit. Exit Route 29 and follow Route 40 East to the traffic signal at Rogers Ave. Turn RIGHT on Rogers Ave and follow for half mile to intersection of Rogers Ave and Court House Drive. Keep LEFT and follow Court House Drive. Turn RIGHT just past the Howard County Office Complex toward Ellicott City Historic Dist. On Ellicott Mills Drive. Turn RIGHT onto Milltowne Drive.

**Event Info:** The 5KM trail goes through downtown Ellicott City. The trail is along sidewalks. The 10km continues into Oella. It uses a converted Trolley Trail. DUE TO CONSTRUCTION the Trolley Trail is not accessible. An Alternate using Church & Park Streets in Ellicott City is now in use

**Frederick - Mount Olivet Cemetery - Francis Scott Key Burial Site****6/10 K Year Round Walk (2017/Y1899) 1/2/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Water Towers

**Award:** A Award **Strollers:** Easy **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Medium **Pets:** No  
**Sponsor:** AVA-0190 Freestate Happy Wanderers [www.mdvolks.org/freestate/](http://www.mdvolks.org/freestate/)  
**Contact:** Melissa Mooney, melmoons78@gmail.com, (410)428-0867, 13894 Forsythe Road, Sykesville, MD, 21784

**Start Point:** Frederick Visitor's Center- 151 South East St, 21701. (800) 999-3613. Take I-70, Exit 54 N, to Downtown Frederick. Go through round-about, past traffic light at E South St to Visitor Center on left, approx 0.5 miles from I-70. Parking at the VC is limited. Go past VC, pass Commerce, turn left on E All Saints to park in parking garage ahead on right (125 E All Saints St). Take parking ticket with you, and return to the VC to register for walk. You can have parking ticket validated for 3 hours of free parking (M-F) if not a resident of Frederick County. Weekend parking in garage - Saturday \$1 all day, Sunday \$1 after 2pm. On Sunday park free all day on street at meters.

**Event Info:** VC open daily 9:00-5:30. Closed New Years, Easter, Thanksgiving and Christmas. Trail is on sidewalks and roadsides and includes numerous places of interest, historical and otherwise. Start Box located at counter inside Visitor Center. Ask attendant.

**Frostburg - Historic Frostburg****10K Year Round Walk (2017/Y0470) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, State Street Sashay, Take a Walk In a City Park, Underground Railroad, United States Post Offices, Walking the USA A - Z

**Award:** IVV Credit Only **Strollers:** hard **Restroom:** Yes  
**Rating:** 2B **Wheelchair:** hard **Pets:** Yes  
**Sponsor:** AAA-MD Maryland Volkssport Assn. [www.mdvolks.org/](http://www.mdvolks.org/)  
**Contact:** Robert Schmick, marktim@erols.com, (410)960-6226, 824 Buckingham Dr, Severna Park, MD, 21146

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) START: Sheetz Store- REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user.

**Event Info:** Store open 7x24. The walk winds its way past war memorials, a functioning railroad turntable and train station, historic homes, an old cemetery, Frostburg State University, and a number of interesting shops and restaurants. The trail is rated 2B for one steep down hill and the long but not so steep return back up hill. There are several less significant hills along the way. Trail is on city streets and sidewalks and is not suitable for strollers or wheelchairs.

**Gaithersburg - Lakeforest Mall****5/10 km Year Round Walk (2017/Y1367) 1/1/2017 - 12/31/2017**

Ice Cream Parlors

**Award:** IVV Credit Only **Strollers:** easy **Restroom:** Yes**Rating:** 1A **Wheelchair:** easy **Pets:** No**Sponsor:** AVA-0419 Seneca Valley Sugarloafers [www.sugarloafers.org](http://www.sugarloafers.org)**Contact:** Sue Greenberg, [sgreenberg2@hotmail.com](mailto:sgreenberg2@hotmail.com), (240)246-7286, PO Box 3716, Gaithersburg, MD, 20885**Start Point:** Lakeforest Mall- Starbucks Coffee, 701 Russell Ave, 20877; (240)683-9680.  
DRIVING DIRECTIONS: From I-270, take exit 11 and follow Route 124 north (Montgomery Village Ave). Cross Frederick Rd (Rt 355). At next light, turn right onto Russell Ave. Take 1st left road (no name) to dead end. Turn left (follow JC Penney sign). Turn right into parking lot near JC Penney. Use Mall Entrance (on lower level) between JC Penney and Macy's. Walk to end of hall; turn RIGHT to center of Mall to Starbucks....near escalator. Start box behind the service counter; will need to ask Barista. There are tables behind Starbucks for registering.**Event Info:** Starbucks hours: Mon-Sat 9-9; Sun 9-6. Closed Christmas; call for hours on other holidays and Christmas Eve. Please be considerate, keeping in mind the patrons of Starbucks come first. The employees cannot help with registration.**Gaithersburg - Montgomery Village****Distance 5/10/20 km Year Round Walk (2017/Y0889) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Food For Thought, United States Post Offices

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes**Rating:** 2A **Wheelchair:** Medium **Pets:** Yes**Sponsor:** AVA-0419 Seneca Valley Sugarloafers [www.sugarloafers.org](http://www.sugarloafers.org)**Contact:** Maria Inocencio, None, (301)990-8831, P.O. Box 3716, Gaithersburg, MD, 20885**Start Point:** Denny's Restaurant- 19290 Montgomery Village Ave, Montgomery Village, MD 20886, restaurant in parking area (301-987-8432).  
FROM N & S: I-270 Gaithersburg, Exit 11, Rt 124 N, Montgomery Village Ave., CROSS Rt 355 (N. Frederick Ave.), \*\*\*pass Lakeforest Mall on right. Continue on Montgomery Village Ave. passing Lake Whetstone on right; left lane; pass Stedwick Rd. on left; at 2nd traffic signal (Centerway Rd) left into Montgomery Village Center. Left at stop sign, Denny's on left. PARK on right side of Denny's.  
FROM BALTIMORE: I-70 E to Rt 27 S to Damascus, to Rt 355 S. Left on Rt 124 (Montgomery Village). Continue from \*\*\* above**Event Info:** Start Point OPEN 24 hours every day including Christmas. Walk trails daylight hours. The trail goes through residential & recreational areas of Montgomery Village on paved bike paths & sidewalks (a few small hills). RESTROOMS/WATER are available at the start point. PETS on leash are permitted on trails. One trail visits Lake Whetstone, the other visits North Creek Lake. A 5km option is available for each trail.

**Gaithersburg - Seneca Creek State Park****Distance 5/10/20 km Year Round Walk (2017/Y0339) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes**Rating:** 2C      **Wheelchair:** Medium      **Pets:** Yes**Sponsor:** AVA-0419 Seneca Valley Sugarloafers [www.sugarloafers.org](http://www.sugarloafers.org)**Contact:** Maria Inocencio, None, (301)990-8831, P.O. Box 3716, Gaithersburg, MD, 20885**Start Point:** Denny's Restaurant- 19290 Montgomery Village Ave, Montgomery Village, MD 20886, restaurant in parking area (301-987-8432). FROM N & S: I-270 Gaithersburg, Exit 11, Rt 124 N, Montgomery Village, CROSS Rt 355 (Frederick), \*\*pass Lakeforest Mall on right. Continue on Rt 124 passing Lake Whetstone on right; left lane; pass Stedwick on left; next traffic signal (Centerway) left to Montgomery Village Center. Left at stop sign, Denny's on left, opposite strip mall. FROM BALTIMORE: I-70 E to Rt 27 S to Damascus, to Rt 355 S. Left on Rt 124 (Montgomery Village). Continue from \*\* above.**Event Info:** Start Point OPEN 24 hours everyday including Christmas. Seneca Creek State Pk (301-924-2127) daily 8am to sunset April-Oct; 10am to sunset Nov-March. Drive approx 3.25 miles to Park. Directions at beginning of walk instructions. There are three trails. 1: Creek Trail follows scenic Seneca Creek & parts of Clopper Lake, mostly on natural terrain, with a few challenging hills, very scenic with occasional sightings of wildlife. This trail is Rated 2C. 2: Lake Trail goes around Clopper Lake with many scenic sights, wildlife & natural trails. 3: Road Trail follows park roads offering scenic views & wildlife sightings without the challenge of the natural wooded trails. (Rating: 2A)**Glen Burnie - BWI Aircraft Observation Overlook Trail****5km-10km Year Round Walk (2017/Y1360) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Points of Reference, Trekking With the Trees, You'll Never Walk Alone

**Award:** A Award      **Strollers:** Medium      **Restroom:** Yes**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes**Sponsor:** AVA-0190 Freestate Happy Wanderers [www.mdvolks.org/freestate/](http://www.mdvolks.org/freestate/)**Contact:** Bill Hassell, wahasse1798@verizon.net, (410)533-5805, 8256 Camion Road, Pasadena, MD, 21122**Start Point:** Starbucks Coffee - Southdale Shopping Center- 4 Mountain Road, 21060. From Rts I-95 & I-295, take MD 100 E, Exit 16B (Rts 2 & 10 N). N on Rt 2 (Ritchie Hwy) to 2nd traffic signal at Americana Circle. Right on Americana Circle, after a short block turn right to shopping center. Starbucks 1 block on left. Walk box in table area. Register here, then drive 2.4 miles to start point. (You may also register for the Kinder Farm Park walk, YR1896, here as well.)**Event Info:** Starbucks open daily 7am-dusk. Fee for IVV credit or non-IVV is \$3. Children 12 and under walk free (IVV credit included) courtesy of Freestate Happy Wanderers.**Glen Burnie - Kinder Farm Park****5km-10km Year Round Walk (2017/Y1896) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, You'll Never Walk Alone

**Award:** A Award      **Strollers:** Medium      **Restroom:** Yes**Rating:** 1B      **Wheelchair:** NO      **Pets:** Yes**Sponsor:** AVA-0190 Freestate Happy Wanderers [www.mdvolks.org/freestate/](http://www.mdvolks.org/freestate/)**Contact:** Bill Hassell, wahasse1798@verizon.net, (410)533-5805, 8256 Camion Road, Pasadena, MD, 21122**Start Point:** Starbucks Coffee - Southdale Shopping Center- See directions for Glen Burnie - BWI Trail event (YR 1360). There is a 3.8 mile drive to the walk start point.**Event Info:** Daily 7am-dusk. PARK CLOSED ON TUESDAYS. Fee for IVV credit or non-IVV is \$3. Children 12 and under walk free (IVV Credit included) courtesy of Freestate Happy Wanderers.

**Grantsville - New Germany State Park****10K Year Round Walk (2017/Y0467) 1/1/2017 - 12/31/2017**

Lakes and Reservoirs, National Register of Historic Places, Points of Reference, Trekking  
With the Trees, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 3C      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AAA-MD Maryland Volkssport Assn. [www.mdvolks.org/](http://www.mdvolks.org/)  
**Contact:** Robert Schmick, [marktim@erols.com](mailto:marktim@erols.com), (410)960-6226, 824 Buckingham Dr, Severna Park, MD, 21146

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) START: New Germany State Park-REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user.

**Event Info:** Daily 8am-dusk. Pets are allowed in park.  
Park entrance fees are imposed only from Memorial Day to Labor Day PLUS cross-country ski-able weekends in the cold months. The new fees are as follows, and are per person not per vehicle: \$2 per Maryland resident, \$4 per non-Maryland resident, \$0 per Golden Age Pass holder. Free for everyone the rest of the year.

**Greenbelt - Greenbelt Park Walk****5K/10km with 2km option Year Round Walk (2017/Y0296) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2C      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0481 Great Greenbelt Volksmarchers, Inc.  
**Contact:** John Holloman, [greenbeltmva@gmail.com](mailto:greenbeltmva@gmail.com), (301)937-3549, 4617 Lincoln Ave, Beltsville, MD, 20705

**Start Point:** Greenbelt Aquatics and Fitness Center- 101 Centerway. Take I-95 (495) to exit 23, Rt 193 east to Southway. Southway to Centerway. Baltimore-Washington Parkway traffic: Northbound, exit MD193. Remain in the far right lane of exit and bear right at end of ramp on Greenbelt Rd. Bear right before next traffic light onto Southway. Continue straight ahead to Greenbelt Center. Southbound: exit MD 193. Remain in far right lane of exit and bear right at end of ramp onto Southway, continue straight ahead to Greenbelt Center. You must make a short drive from the Aquatics and Fitness Center to the park where the event starts.

**Event Info:** M-F, 6AM to 10PM; Sat and Sun, 8AM-9:45 PM. Open all holidays but call ahead for hours. The Park is closed at dark. This trail is entirely on natural surfaces with a few brief departures from level. Wear adequate walking shoes. A walking stick is helpful if the trail is wet. There is one minor hill.

**Greenbelt - Greenbelt YRE Swim****300 M Year Round Swim (2017/Y1453) 1/2/2017 - 12/31/2017****Award:** IVV Credit Only**Strollers:** easy**Restroom:** Yes**Rating:** 1A**Wheelchair:** easy**Pets:** No**Sponsor:** AVA-0481 Great Greenbelt Volksmarchers, Inc.**Contact:** Yvonne Pennington, greenbeltmva@gmail.com, (301)431-6668, 2126 Gatewood Pl, Silver Spring, MD, 20903**Start Point:** Greenbelt Athletic Club- 101 Centerway, Greenbelt, MD 20705 From 495 E take exit 23 for MD 201 N/Kenilworth Ave towards Greenbelt. Use the left two lanes to turn left onto MD-201 N/Kenilworth Ave. Turn Right onto Crescent Rd. Turn right onto Centerway. From 495 W Take exit 22A for BWP Parkway Exit onto MD 193W/Greenbelt Road. Slight Right towards Southway (Signs for BWParkway Washington) slight right onto Southway, continue onto Centerway.**Event Info:** Please check Aquatic Center website for any changes to pool hours. <http://www.greenbeltmd.gov/Facilities/Facility/Details/Greenbelt-Aquatic-and-Fitness-Center-5>. Swim is not available on Saturday and Sundays from Memorial Day weekend to Labor day.**Greenbelt - Historical City Walk****5/10km Year Round Walk (2017/Y0928) 1/1/2017 - 12/31/2017****Award:** IVV Credit Only**Strollers:** Medium**Restroom:** Yes**Rating:** 2B**Wheelchair:** medium**Pets:** Yes**Sponsor:** AVA-0481 Great Greenbelt Volksmarchers, Inc.**Contact:** Yvonne Pennington, greenbeltmva@gmail.com, (301)431-6668, 2126 Gatewood Pl, Silver Spring, MD, 20903**Start Point:** Greenbelt Aquatics & Fitness Center box under metal bench- 101 Centerway Greenbelt, MD. From I-95/495 Beltway, take exit 23, Kenilworth Avenue to Route 193-EAST to Southway. Straight to Greenbelt Center. From the Baltimore-Washington Parkway; Northbound-Exit MD 193. Remain in far right lane of exit ramp and bear RIGHT at end of ramp onto Greenbelt Rd. Bear RIGHT before the next traffic light onto Southway. Continue straight ahead to Greenbelt Center.**Event Info:** A Historic City Walk in Prince George's County Maryland. The Walk is on city streets and around Greenbelt Lake.**Hanover - Mall Walk at Arundel Mills****5 km / 10 km Year Round Walk (2017/Y0383) 1/3/2017 - 12/31/2017**

Ice Cream Parlors, Points of Reference, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only**Strollers:** Easy**Restroom:** Yes**Rating:** 1A**Wheelchair:** Easy**Pets:** No**Sponsor:** AVA-0595 Annapolis Amblers [www.annapolisamblerswalk.com](http://www.annapolisamblerswalk.com)**Contact:** Debra Peak, dlpeak@comcast.net, (410)695-1031, 8608 Aspen Ct., Odenton, MD, 21113**Start Point:** General Nutrition Center Store (GNC) 410-540-5100- 7000 Arundel Mills Circle, Space 323, Hanover, MD (443) 755-1760. From I-95, exit at Rt. 100 East, then exit at Arundel Mills Blvd in the far right lane. Turn right into the mall at the first light, turn right again, and follow the curve around the mall, past the theater, to the mall entrance next to Modell Sports. From I-295, exit at Arundel Mills Blvd, straight through two lights, then turn left on Arundel Mills Circle, through two lights, past the casino, and park near the Modell Sports mall entrance. Inside the mall, turn right to GNC on your right. Ask the store employees for the walkbox behind the counter.**Event Info:** Daily from 10 am to 9 pm, except on Sundays when stores open at 11 am. Closed rarely on holidays, so call the store if in doubt. Route almost entirely indoors through the mall, but one loop will briefly cross a service road to enter and loop through the casino and back. Walkers must be 21 years of age or older to enter the casino, so an alternate route will be available for others. Restrooms and eateries abound throughout both the mall and the casino.

**Havre de Grace - Havre de Grace****5K/10K Year Round Walk (2017/Y0131) 1/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Walking America's Ports of Call, Water Towers

**Award:** IVV Credit Only                      **Strollers:** Easy                      **Restroom:** No  
**Rating:** 1A                                      **Wheelchair:** Easy                      **Pets:** Yes  
**Sponsor:** AVA-0418 Baltimore Walking Club [www.baltimorewalkingclub.com](http://www.baltimorewalkingclub.com)  
**Contact:** Frank & Marie Kupres, [fkupres@comcast.net](mailto:fkupres@comcast.net), (410)592-3171, 12 Ridgecliff Ct., Kingsville, MD, 21087

**Start Point:** The Spencer Silver Mansion Bed & Breakfast- 200 S Union Ave, HdG, (410)939-1097. I-95 exit 89, MD Rt 155, Superior, to Havre de Grace. Superior ends at Juniata. Right on Juniata to Bourbon (past high school on left). Left on Bourbon to Union. Start on near right corner. Start box on front porch.

**Event Info:** Daylight hrs. Dogs not allowed on boardwalk - may walk all other sections of walk leashed with clean up. Trail is on sidewalks through a historic town on the Susquehanna River. This is the duck decoy capital of the US and offers the Decoy Museum, a historic lighthouse, and a boardwalk along the river. No restrooms at the start point; however, facilities are available in the hospital within the first few blocks of the walk, and at the marina just before you enter the Promenade.

**Indian Head - Bike****25/42 K Year Round Bike (2017/Y1690) 1/2/2017 - 12/31/2017**

Honoring Our Flag, Make a Wish at a Water Fountain, United States Post Offices

**Award:** A Award                                      **Strollers:** None                                      **Restroom:** Yes  
**Rating:** 1A                                      **Wheelchair:** None                                      **Pets:** No  
**Sponsor:** AVA-0190 Freestate Happy Wanderers [www.mdvolks.org/freestate/](http://www.mdvolks.org/freestate/)  
**Contact:** Susan DeHetre, [SusanDeHetre@aol.com](mailto:SusanDeHetre@aol.com), (301)848-9475, 6417 Fisher Court, Waldorf, MD, 20603

**Start Point:** Burger King, Bryans Rd, MD 20616- 3165 Marshall Hall Road. See directions for Indian Creek walk (Y 0129). Drive to bike start point is 5.5 miles to Indian Head Trail Head or 9.4 miles to White Plains Trail Head. Start point is open from 6 AM to 10 PM. Please bike only during daylight hours.

**Event Info:** Bike trail is out-and-back along Mattawoman Creek on the Indian Head Rails to Trails (IHRT) with trail starting in either Indian Head or White Plains, MD. Bikers are invited to call POC a day or two before, for latest park notices and trail conditions. BE SURE TO BRING YOUR OWN WATER!

**Indian Head - Mattawoman Creek****5-km and 10-km Year Round Walk (2017/Y0129) 1/2/2017 - 12/31/2017**

Boardwalks, Honoring Our Flag, Make a Wish at a Water Fountain, United States Post Offices, Water Towers

**Award:** A Award **Strollers:** easy **Restroom:** Yes  
**Rating:** 1B **Wheelchair:** easy **Pets:** Yes  
**Sponsor:** AVA-0190 Freestate Happy Wanderers [www.mdvolks.org/freestate/](http://www.mdvolks.org/freestate/)  
**Contact:** Susan DeHetre, SusanDeHetre@aol.com, (301)848-9475, 6417 Fisher Court, Waldorf, MD, 20603

**Start Point:** Burger King, Bryans Rd, MD- 3165 Marshall Hall Road, 20616. Take Washington Capital Beltway (I-495, I-95) to Indian Head Hwy (MD 210) S to Indian Head (from VA Exit 2; from MD Exit 3A). At mile 14 on MD 210, Burger King on RIGHT after traffic light at MD 227. Ask employees for walk/bike box, which should be underneath front counter at far right of counter. There is an approx 5.6 mile drive from Burger King to walk start point. Start point open 6 AM to 10 PM. Please walk during daylight hours only.

**Event Info:** The main part of the trail is an out-and-back on a bike path along the Matawoman Creek. There is one long set of wooden stairs.  
**BE SURE TO BRING YOUR OWN WATER!** Walkers invited to call POC a day or two before, to get latest park notices and trail conditions. Those using strollers and wheelchairs may also call POC for information on how to reach the top of the road without using the stairs. Please be considerate of Burger King employees and consider purchasing food or drink.

**Joppatowne - Joppatowne****5K/6K/10K Year Round Walk (2017/Y1273) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, Points of Reference, United States Post Offices, Walking America's Ports of Call

**Award:** IVV Credit Only **Strollers:** Easy **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Easy **Pets:** Yes  
**Sponsor:** AVA-0418 Baltimore Walking Club [www.baltimorewalkingclub.com](http://www.baltimorewalkingclub.com)  
**Contact:** J Farley, farleyfam@comcast.net, (443)504-5552, 624 Camelot Dr, Bel Air, MD, 21015

**Start Point:** Redner's Warehouse Market- 1002 Joppa Farm Rd, Joppatowne, MD 21085. I-95 to Exit 74. S 1 mile on MD Rt 152 to US Rt 40. Right (W) 2 miles, left on Joppa Farm. Right at 1st light to Joppatowne Shopping Plaza parking lot. Limited parking at Redner's, lots of parking in Joppatowne Shopping Plaza parking lot on right. Redner's on left. Walk box by service desk area.

**Event Info:** Redner's Market open 24 hrs a day, except under limited hrs-Christmas, Thanksgiving, New Year's Eve and Day, and Easter. Walks on the shores of the Gunpowder River. Goes through residential areas with river views, Mariner Point Park with its black squirrels, past an historic church. Pets are not allowed in the start point. Walks through the scenic town of Joppatowne on the shores of the Gunpowder River. Goes through residential areas with river views, Mariner Point Park with its black squirrels, past an historic church. Pets are not allowed in the start point and should be leashed at all times with clean-up



**Kensington - Kensington Fall Colors & Holiday Lights****Distance 5/10/15/20km Seasonal Walk (2017/Y2060) 10/15/2017 - 12/30/2017**

Bridges - Spanning the USA, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0419 Seneca Valley Sugarloafers [www.sugarloafers.org](http://www.sugarloafers.org)  
**Contact:** M Evans, [evansm0612@gmail.com](mailto:evansm0612@gmail.com), (301)787-5410, POB 3716, Gaithersburg, MD, 20885

**Start Point:** Safeway - 10541 Connecticut Ave, 20895; 301-945-4273. Washington Capital Beltway (I-495) Exit 33 (MD-185N), Conn to Kensington. About 1.8 miles on Conn, turn RIGHT to Knowles at traffic signal. Stop sign at Knowles & Armory, Turn LEFT to Armory & make immediate LEFT to Safeway garage (limited parking available). OR turn RIGHT to Armory; go 1 block to Mitchell. Turn LEFT to Mitchell, Turn RIGHT to Public Parking area at Kensington Town Hall. Street parking in residential area & Antique Row available.

**Event Info:** Walk Dawn-Dusk. Store Hours: Daily M-Sun 5am-Midnight. Walk box at Customer Service Desk. Limited parking in Safeway garage, additional parking at Town Hall & along streets. Restrooms are available in Safeway & the Mormon Temple Visitors Center. The trails are two 10k loops & two 5k loops that take walkers through Historic Kensington, Howard Ave Antique Row & up to the Mormon Temple Visitors Center to view annual Holiday light decorations & displays in December. The trails also include a walk through Garrett Park & along Rock Creek Park's hiker/biker trail to enjoy the fall foliage as well. Trails are on sidewalks, paved roadway shoulders & asphalt hiker/biker trail.

**Laurel - Crossroads of Maryland****5/10/11km Year Round Walk (2017/Y0219) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, Points of Reference, Take a Walk In a City Park, United States Post Offices

**Award:** A Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0190 Freestate Happy Wanderers [www.mdvolks.org/freestate/](http://www.mdvolks.org/freestate/)  
**Contact:** Rita Goerling, [Laurelvolsyre@gmail.com](mailto:Laurelvolsyre@gmail.com), (301)776-6484, 12407 Radnor Ln., Laurel, MD, 20708

**Start Point:** Holiday Inn Express- 14402 Laurel Place (Holiday Inn Express) 20727. From I-95, exit 33A, Rt 198 E to Laurel. At Route 1 turn RIGHT, continue south on US Rt 1 just under 1 mile. At Mulberry (PotBelly sandwich shop on corner) turn RIGHT 1 block to Laurel Place. Turn RIGHT on Laurel Place, Holiday Inn Express on LEFT. Park in back lot. Ask desk clerk for walk box. Hotel guests come first.

**Event Info:** Daily dawn-dusk. 10/11 K trail plus three 5K Trails available. Trails are relatively flat and are mostly on sidewalks and streets in the town of Laurel. The 10/11 K trail and one of the 5 K trails include a walk through Riverfront Park. One 5 K trail requires a drive of 1.7 miles from Holiday Inn Express.

**Mt Airy - Main Street Community****5 / 10 K Year Round Walk (2017/Y1359) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places,  
Take a Walk In a City Park, Trekking With the Trees, Water Towers, You'll Never Walk  
Alone

**Award:** A Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0190 Freestate Happy Wanderers [www.mdvolks.org/freestate/](http://www.mdvolks.org/freestate/)**Contact:** Phill Wilder, kindfellow1@comcast.net, (301)717-3604, 9462 Glen Ridge Drive, Laurel, MD, 20723

**Start Point:** McDonalds Restaurant- 1706 Ridgeside Dr 21771, 301-829-5718. I-70, Exit 68 to Mt. Airy. From E: exit becomes Main St. Go through light at end of exit ramp crossing Ridge Rd (MD-27), next right is Ridgeside Dr. From W: Stay left on exit ramp to Mt Airy. Left at light at end of exit ramp to Ridge Rd (MD-27). Left at next light to Main, 1 block, next right on Ridgeside to McDonalds. From I-270: take Father Hurley Blvd, Exit 16A to MD27/Damascus. Father Hurley becomes Ridge Rd(MD-27) crosses MD-355 Rockville Pike. Mount Airy is approx. 12 miles N of I-270. Go under I-70 overpass, turn left at next light onto Main for 1 block, take right on Ridgeside. Start point is open 24 hours. Please walk only during daylight hours.

**Event Info:** Trail is on sidewalks, pathways and roadsides in town of Mount Airy. Main Street, Mount Airy is a NRHP National Historic District featuring the development of transportation from the time of the National Road, the B & O Railroad 1838 to present time. One side of Main Street is in Frederick County (W) and the other Carroll County (E).

**Myersville - Appalachian Trail to Washington Monument****10km Seasonal Walk (2017/Y1958) 4/1/2017 - 12/31/2017**

Appalachian Trail, Bridges - Spanning the USA, National Parks Centennial Challenge

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** No  
**Rating:** 3C      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0419 Seneca Valley Sugarloafers [www.sugarloafers.org](http://www.sugarloafers.org)**Contact:** Alice Filemyr, [alice.filemyr@gmail.com](mailto:alice.filemyr@gmail.com), (240)753-0009, P.O. Box 3716, Gaithersburg, Md, 20885

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) - Parking lot for Appalachian Trail on Rte 40; 1/2mile west of Pleasant Walk Rd (39.53555, -77.60408)-  
REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user.

For more Trail information: [www.appalachiantrail.org](http://www.appalachiantrail.org) and  
[https://en.wikipedia.org/wiki/Washington\\_Monument\\_State\\_Park](https://en.wikipedia.org/wiki/Washington_Monument_State_Park)

**Event Info:** The walk follows the Appalachian Trail along the South Mountain Ridge and then ascends to Monument Knob and the monument. The monument was first built in 1827 by the citizens of Boonsboro and has been rebuilt at least twice. The tower was rebuilt in its present form by members of the Civilian Conservation Corps in 1936. Mid-September is a peak time for spotting migratory birds such as hawks, eagles and falcons. The monument is the turnaround point for the walk and is an ideal place to plan a picnic lunch.

**NCR Ashland - NCR - Bike****76K Year Round Bike (2017/Y0996) 1/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0418 Baltimore Walking Club [www.baltimorewalkingclub.com](http://www.baltimorewalkingclub.com)

**Contact:** James Farley, [farleyfam@comcast.net](mailto:farleyfam@comcast.net), (410)638-7043, 624 Camelot Drive, Bel Air, MD, 21015

**Start Point:** Holiday Inn Express- 11200 York Rd, Cockeysville, MD, 410-527-1500. I-83, exit 20A, Shewan E, to York Rd, MD Rte 45. Right on York Rd to 1st light at Ashland. Inn on right.

**Event Info:** Trail greatly affected by inclement weather. Shorter distances are divided into 3 sections: Ashland 25K, Monkton 26K, and Freeland 25K. After registering you must drive to the start. Directions will be in the box. The total distance of the bike is 76 Km and is on a converted railroad bed of finely crushed stone and packed dirt. Much of trail is in the shade beside streams. All participants must wear a bicycle helmet.

**NCR Ashland - NCR Ashland****5K/12K Year Round Walk (2017/Y0183) 1/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Bridges - Spanning the USA, Lakes and Reservoirs

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0418 Baltimore Walking Club [www.baltimorewalkingclub.com](http://www.baltimorewalkingclub.com)

**Contact:** James Farley, [farleyfam@comcast.net](mailto:farleyfam@comcast.net), (410)638-7043, 624 Camelot Drive, Bel Air, MD, 21015

**Start Point:** Holiday Inn Express- 11200 York Rd, Cockeysville, MD, 410-527-1500. I-83, exit 20A, Shewan E, to York Rd, MD Rt 45. Right on York Rd to 1st light at Ashland. Inn on right. Directions to start of trail will be on walk directions.

**Event Info:** Daily, dawn to dusk. Walks on the Northern Central Rail (NCR) trail; a converted railbed of finely crushed stone. There is a great deal of shade along the trail, which frequently parallels a stream. Natural surface trail is greatly affected by inclement weather. Pets must be leashed with clean up. After registering you must drive to the start. Directions will be in the box.

**NCR Bentley Springs - NCR Bentley Springs****5K/10K Year Round Walk (2017/Y1893) 1/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Bridges - Spanning the USA, Points of Reference

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0418 Baltimore Walking Club [www.baltimorewalkingclub.com](http://www.baltimorewalkingclub.com)

**Contact:** James Farley, [farleyfam@comcast.net](mailto:farleyfam@comcast.net), (410)638-7043, 624 Camelot Drive, Bel Air, MD, 21015

**Start Point:** Holiday Inn Express- 11200 York Rd, Cockeysville, MD, 410527-1500. Refer to the NCR - Ashland (Y0183) for directions to start location.

**Event Info:** Daily, dawn to dusk. Walks on the NCR trail; a converted railbed of finely crushed stone. There is a great deal of shade along the trail, which frequently parallels a stream. Natural surface trail is greatly affected by inclement weather. Pets must be leashed with clean up. After registering you must drive to the start. Directions will be in the box.

**NCR Freeland - NCR Freeland****5K/10K Year Round Walk (2017/Y1454) 1/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Border Crossings, Bridges - Spanning the USA, Points of Reference

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0418 Baltimore Walking Club [www.baltimorewalkingclub.com](http://www.baltimorewalkingclub.com)

**Contact:** James Farley, [farleyfam@comcast.net](mailto:farleyfam@comcast.net), (410)638-7043, 624 Camelot Drive, Bel Air, MD, 21015

**Start Point:** Holiday Inn Express- 11200 York Rd, Cockeysville, MD, 410-527-1500. Refer to the NCR - Ashland (Y0183) for directions to start location.

**Event Info:** Walks on the NCR trail; a converted railroad bed of finely crushed stone and packed dirt. There is a great deal of shade along the trail which frequently parallels a stream. The trail goes north to the Mason/Dixon line (MD/PA border) back to the start and then south about 2.5 Km and back to the start. After registering you must drive to the start. Directions will be in the box.

**NCR Monkton - NCR Monkton North****6K/10K Year Round Walk (2017/Y0130) 1/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Bridges - Spanning the USA, Points of Reference

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0418 Baltimore Walking Club [www.baltimorewalkingclub.com](http://www.baltimorewalkingclub.com)

**Contact:** James Farley, [farleyfam@comcast.net](mailto:farleyfam@comcast.net), (410)638-7043, 624 Camelot Drive, Bel Air, MD, 21015

**Start Point:** Holiday Inn Express- 11200 York Rd, Cockeysville, MD 410-527-1500. Refer to the NCR - Ashland (Y0183) for directions to start location.

**Event Info:** Walks on the NCR trail; a converted railroad bed of finely crushed stone and packed dirt. Much of the trail is in the shade often beside streams. Trail is greatly affected by inclement weather. Pets must be leashed with clean up. After registering you must drive to the start. Directions will be in the box.

**NCR Monkton - NCR Monkton South****5K/11K Year Round Walk (2017/Y1158) 1/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Bridges - Spanning the USA, Points of Reference

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0418 Baltimore Walking Club [www.baltimorewalkingclub.com](http://www.baltimorewalkingclub.com)

**Contact:** James Farley, [farleyfam@comcast.net](mailto:farleyfam@comcast.net), (410)638-7043, 624 Camelot Drive, Bel Air, MD, 21015

**Start Point:** Holiday Inn Express- 11200 York Rd, Cockeysville, MD 410-527-1500. Refer to the NCR - Ashland (Y0183) for directions to start location.

**Event Info:** Walks on the NCR trail; a converted railroad bed of finely crushed stone and packed dirt. Much of the trail is in the shade often walking beside streams. Walks south toward northern Baltimore. Trail is greatly affected by inclement weather. Pets must be leashed with clean up. After registering you must drive to the start. Directions will be in the box.

**NCR Parkton - NCR Parkton****5K/10K Year Round Walk (2017/Y1806) 1/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0418 Baltimore Walking Club [www.baltimorewalkingclub.com](http://www.baltimorewalkingclub.com)  
**Contact:** James Farley, [farleyfam@comcast.net](mailto:farleyfam@comcast.net), (410)638-7043, 624 Camelot Drive, Bel Air, MD, 21015  
**Start Point:** Holiday Inn Express- 11200 York Rd, Cockeysville, MD 410-527-1500. Refer to the NCR - Ashland (Y0183) for directions to start location.  
**Event Info:** Walks on the NCR trail; a converted railroad bed of finely crushed stone and packed dirt. There is a great deal of shade along the trail which frequently parallels a stream. Natural surface trail is greatly affected by inclement weather. Pets must be leashed with clean up. After registering you must drive to the start. Directions will be in the box.

**Ocean City - Boardwalk on Atlantic Ocean****6/10/12km Year Round Walk (2017/Y1572) 2/14/2017 - 12/31/2017**

Boardwalks, Honoring Our Flag, Ice Cream Parlors, Walk the USA - Street by Street, Walking America's Ports of Call, Water Towers

**Award:** A Award      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** No  
**Sponsor:** AVA-0190 Freestate Happy Wanderers [www.mdvolks.org/freestate/](http://www.mdvolks.org/freestate/)  
**Contact:** Debbie Bourke, [jdbourke2@gmail.com](mailto:jdbourke2@gmail.com), (410)227-2727, 38243 Bayberry Lane, Selbyville, DE, 19975  
**Start Point:** Sea Bay Inn- 6007 Coastal Hwy, Ocean City, MD 21842 (410) 524-6100. From US 50, follow Route 90 east into Ocean City, turn right at Coastal Highway and make an immediate right onto 61st Street at the Sea Bay Inn. There is an about 10 minute drive (20 short blocks) to the walk start at the Convention Center.  
**Event Info:** Daily, dawn to dusk. The 6 and 10 Km trails are out and back on the Boardwalk along the Atlantic Ocean beach front. The 12 Km trail makes a loop going out along Synepuxent Bay and returns the entire length of the Boardwalk. The trails are flat, at sea level, mostly along paved sidewalks and the Boardwalk.

**Pasadena - Downs Park****5 K & 10K Year Round Walk (2017/Y0527) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0595 Annapolis Amblers [www.annapolisamblerswalk.com](http://www.annapolisamblerswalk.com)  
**Contact:** Dick Paronto, [dickalta@msn.com](mailto:dickalta@msn.com), (410)353-0333, 2006 Bunker Hill Ct., Odenton, MD, 21113  
**Start Point:** Angels Food Market- 4681 Mountain Rd., 21122. 410-255-6800. On MD 100 E to MD 177 (Mountain Rd.). MD 100 E reached from N or S via I-95, US 1, BW Pkwy (MD 295) or MD 2. On MD 177, 2.2 miles to Angels Food Market on right.  
**Event Info:** Market open 7am-9pm. Park open 9am-dusk daily, except Tue, when main and pedestrian gates closed. Walk daylight hours. Notice: Drive 1 mile from Market to walk start. Directions in top of walk directions.

**Perryville - Perryville****6K/10K Year Round Walk (2017/Y1807) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places,  
Take a Walk In a City Park, United States Post Offices, Walking America's Ports of Call,  
Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0418 Baltimore Walking Club [www.baltimorewalkingclub.com](http://www.baltimorewalkingclub.com)  
**Contact:** Susan Osborn, [farleyfam@comcast.net](mailto:farleyfam@comcast.net), (410)272-2654, 167 Mt Royal Ave,  
Aberdeen, MD, 21001

**Start Point:** Food Lion Grocery Store- 5301 Pulaski Hwy, Perryville, 21903, (410)642-3453. I-95 S: exit 93 to Perryville/Port Deposit. Left to MD Rte 275/Perryville, becomes MD Rte 222, Perryville. 2nd light turn left to Rte 40 E. Next light turn left to shopping center and Food Lion. I-95 N: exit 89, MD Rte 155 to Havre de Grace. Follow signs to Rte 40 E. Crossing Susquehanna River, 2nd light turn left to shopping center and Food Lion. After registering you must drive to the start. Directions will be in the box.

**Event Info:** 8am-2 hours before dusk. Pets leashed at all times with clean up. Cecil County event. Trail goes through Perryville Community Park and Perry Point VA.

**Port Republic - American Chestnut Land Trust****5km, 10km Year Round Walk (2017/Y1069) 1/1/2017 - 12/31/2017**

Boardwalks, Treasure Hunt - A way to walk our precious trails

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** No  
**Rating:** 3C      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0595 Annapolis Amblers [www.annapolisamblerswalk.com](http://www.annapolisamblerswalk.com)  
**Contact:** Tom Perry, [ThomPerry@comcast.net](mailto:ThomPerry@comcast.net), (301)283-0531, 15829 Livingston Rd,  
Accokeek, MD, 20607

**Start Point:** American Chestnut Land Trust- Scientists Cliff Rd., 20676. Capital Beltway (I-495) to Exit 11 (Pennsylvania, Rt 4 S), S on Rt 4 to Prince Frederick (about 35 miles), passing Upper Marlboro, crossing Rt 301 and Patuxent River. Rt 2 joins Rt 4 S of Dunkirk. 4 miles S on Rt 2-4, from intersection with Rt 231 in Prince Frederick. Passing traffic light at Rt 264 (Broomes Island) in Port Republic, turn LEFT to Parker's Creek. Cross Rt 765 (St Leonard), proceed to intersection of Scientists Cliffs and Parker's Creek. RIGHT to Scientists Cliffs, proceed 0.8 miles to American Chestnut Land Trust parking lot on LEFT.

**Event Info:** Daily dawn-dusk. Wet weather will make trail more difficult.

**Rockville - Rock Creek Park****Distance 5/10/20 km Year Round Walk (2017/Y0887) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Points of Reference, Treasure Hunt - A way to walk our precious trails

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0419 Seneca Valley Sugarloafers [www.sugarloafers.org](http://www.sugarloafers.org)  
**Contact:** L Powell, [powellbl@aol.com](mailto:powellbl@aol.com), (301)424-4261, POB 3716, Gaithersburg, MD, 20885  
**Start Point:** Subway- 5548 Norbeck Rd, 20853. Rock Creek Village Shopping Center at Bauer. I-270 to Exit 6 (Rt 28). Turn E to Rt 28 to Rockville 1.7 miles (follow signs for Veirs Mill/Wheaton). 1st light crossing Rt 355, turn LEFT on Rt 28 at 1st, approx 1.5 miles to Bauer. Turn RIGHT to Bauer. Turn RIGHT to shopping center parking lot. Start point far left corner. FROM Silver Spring: N on Georgia (Rt 97) to Rt 28. LEFT to Rt 28. LEFT on Bauer, RIGHT to shopping center parking lot. Start point far left corner.  
**Event Info:** Start Point Hours: MF 7am 9pm; Sat 8am 9pm; Sun 9am 9pm. Hours may vary for holidays. Call to verify 240-292-0488. The Walk Box is kept in the back. You must ask an employee for it. Please be considerate of Subway's customers. Needwood 5km rated 1A; 10km rated 2A. Parklawn 10k/12k rated 2A; Parklawn 5km rated 1A. Parklawn trail has restrooms in the Memorial Park Office; hours available vary. Lake Needwood has restrooms at the lake (which may not always be open). PETS are NOT allowed in Parklawn Memorial Park. However, there is an optional 12 km trail which bypasses Parklawn Memorial Park.

**Savage - Early 19th Century Mill****5km - 10km Year Round Walk (2017/Y0575) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Vice Presidential Walks, Walk the USA - Street by Street

**Award:** A Award      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0190 Freestate Happy Wanderers [www.mdvolks.org/freestate/](http://www.mdvolks.org/freestate/)  
**Contact:** Donald Conway, [donjoy5@comcast.net](mailto:donjoy5@comcast.net), (301)572-5574, 3411 Dunnington Road, Beltsville, MD, 20705  
**Start Point:** Paymasters Office, Savage Mill- 8600 Foundry Street, 20763. From I-95, exit 38 A, Rt 32 E, approx 1 mile to US Rt 1 S Exit. Turn RIGHT at end of exit, follow Rt 1 to Gorman. Turn RIGHT, proceed to Foundry. Turn RIGHT, pass truss bridge, LEFT to Washington, LEFT to 1st parking lot facing Savage Mill.  
**Event Info:** Walk Box in PAYMASTERS OFFICE, located to LEFT of courtyard near Rams Head Tavern Entrance. WALK BOX under table. Mill hours Daily 10am-6pm (Sun 11am-6pm). Mill closed Easter, Thanksgiving and Christmas. Paymasters office should be open at 9am. Information <http://www.savagemill.com>. Trails are a combination of residential and wooded areas. The residential part of the trail is on sidewalks, paved streets with a few stairs. Warning: there is poison ivy along some sections of the trail.

**Severna Park - B & A Trail****5/10 km Year Round Walk (2017/Y0746) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Ice Cream Parlors, Treasure Hunt - A way to walk our precious trails,  
Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0595 Annapolis Amblers [www.annapolisamblerswalk.com](http://www.annapolisamblerswalk.com)

**Contact:** Robert P. Schmick, [marktim@erols.com](mailto:marktim@erols.com), (410)960-6226, 824 Buckingham Dr.,  
Annapolis, MD, 21146

**Start Point:** Severna Park Community Center- 623 B&A Blvd, Severna Park MD 21146. 410-647-5843. Annapolis using Rt 2/Governor Ritchie Hwy N: Turn left at Cypress Creek (Stop light), 1-1/2 blocks to Summit, turn right, to 1st stop sign. Turn left at stop sign, then left again in 1/2 block to Severna Park Community Center parking lot (marked with sign at entrance). Also park in Woods Memorial Presbyterian Church parking lot, walk down using stairs or driveway.

It is suitable for heavy duty strollers. Wheelchairs may have some difficulty on short sections. There are several places to buy food and drinks near the Start, as well as restrooms. There are no restrooms or water available on the trail. Participants should carry water in warm weather. The route includes portions of the historic Baltimore & Annapolis Railway Trail (B&A Trail), with a wide, smooth, blacktop surface, and neighborhood streets. It passes through neighborhoods near the Severn River, to include Old Severna Park, Linstead on the Severn, West Severna Park, and Evergreen Estates.

**Event Info:** Start Point open M-F 7am-9pm, Sat 7am-5pm, Sun 1-5pm. Center closed New Year's Day, Good Friday, Thanksgiving, and Christmas Day.

**Severna Park - Bike****26K, 37K, 50K Year Round Bike (2017/Y0883) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Treasure Hunt - A way to walk our precious trails

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0595 Annapolis Amblers [www.annapolisamblerswalk.com](http://www.annapolisamblerswalk.com)

**Contact:** Robert P. Schmick, [marktim@erols.com](mailto:marktim@erols.com), (410)960-6226, 824 Buckingham Dr.,  
Annapolis, MD, 21146

**Start Point:** Severna Park Community Center- 623 B&A Blvd, Severna Park 21146. 410-647-5843. Annapolis using Rt 2/Governor Ritchie Hwy Headed N: Turn left at Cypress Creek (Stop light), 1-1/2 blocks to Summit, turn right, to 1st stop sign. Turn left at stop sign, then left again in 1/2 block to Severna Park Community Center parking lot (marked with sign at entrance). Also park in Woods Memorial Presbyterian Church parking lot, walk down using stairs or driveway.

**Event Info:** Start Point open M-F 8am-9pm, Sat 7am-9pm, Sun 1-5pm. Center closed New Year's Day, Good Friday, Thanksgiving, and Christmas Day.  
There are water and restrooms available at the B&A Trail Park Ranger Station, near the Start Point, and at several locations on or near all trail options. The 26 Km trail goes south on the B&A Trail, a wide, paved path. There are some road crossings.



**Sharpsburg - Antietam National Battlefield****6 km & 12km Year Round Walk (2017/Y0524) 1/1/2017 - 12/31/2017**

National Parks Centennial Challenge, Points of Reference, Walking the USA A - Z

**Award:** IVV Credit Only**Strollers:** Hard**Restroom:** Yes**Rating:** 1A**Wheelchair:** Hard**Pets:** Yes**Sponsor:** AVA-0976 Antietam Pathfinders Volksmarch Club, Inc.**Contact:** Anne Kat Dittrich, kdballou@gmail.com, (240)675-1028, P.O. Box 596, Sharpsburg, MD, 21782**Start Point:** Anne Kat Dittrich's Front porch - 116 East Main St. Sharpsburg, MD 21782.

Direction to walk start point at the Visitors Center. As you leave my home turn right, at next road turn left (RT. 65), visitors Center is approximately 1 mile on your left. From 70E take exit 49 onto US 40 alt toward Braddock Heights and Middletown take left on 40 alt toward Middletown. Go through Middletown, over south mountain to Boonsboro. At approximately 11 miles at traffic light make left onto Route 34. Go approximately 6 miles to Sharpsburg. 116 E Main is a green house with white porch house across from Captain Bender's. If you get to square you have gone too far. Box will be right side of porch.

From 70W take exit 29 onto MD-65S turning towards Sharpsburg traveling approximately 11 miles. At the stop sign in Sharpsburg turn right 116E Main is green house with white porch across from Captain Bender's. If you hit square you have gone too far. Box will be on right side of porch.

**Event Info:** Visitor Center hours are: Daily 9am - 5pm. Grounds open during daylight hours. Closed Thanksgiving, Christmas & New Years Day. One 6k starts at Visitor Center. It explores the West Woods and Bloody Lane. You must drive about 2 1/2 miles from the Visitors Center to reach the start point above Burnside Bridge for the second 6k. This trail follows the First Attack and Snively Ford trails. Trails are on Paved roads and grassy paths.

**Silver Spring - Silver Spring/Takoma Park****Distance** 5/6/10/15/20k Seasonal Walk (2017/Y2031) 6/1/2017 - 10/14/2017

Border Crossings, Bridges - Spanning the USA, Make a Wish at a Water Fountain, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Walk the USA - Street by Street

**Award:** IVV Credit Only**Strollers:** easy**Restroom:** Yes**Rating:** 2A**Wheelchair:** medium**Pets:** Yes**Sponsor:** AVA-0419 Seneca Valley Sugarloafers [www.sugarloafers.org](http://www.sugarloafers.org)**Contact:** Maribeth Evans, [evansm0612@gmail.com](mailto:evansm0612@gmail.com), (301)787-5410, PO Box 3716, Gaithersburg, MD, 20885-3716

**Start Point:** Thayer Ave Safeway - DOWNTOWN 909 Thayer Ave, Silver Spring, MD 20910; 301-565-0686. Start Box is located in the foyer at the front of the store...first entrance way. Directions to Start Point: Points North & West: Take I-495 East; at exit 31B, take ramp right for Rt 97 South/Georgia Ave toward Silver Spring; bear right onto Rt 97 /Georgia Ave. See\*\* Points East: Take I-495 West; at exit 31, take ramp right for Rt 97/Georgia Ave toward Wheaton / Silver Spring, stay to the left & at traffic signal turn left onto Rt 97 /Georgia Ave. See\*\* Remain on Georgia Ave, going south, cross Colesville Rd, Wayne Ave and Bonifant St, move into left lane and take left turn lane at Thayer Ave traffic signal. Continue on Thayer Ave, passed Safeway on left, turn left onto Fenton St and turn left again into Safeway's garage. Points South: Take I-395N to US 1 North (signs for 14th St), Turn right at Constitution Ave NW, Turn left at 7th St NW, stay on 7th which becomes Georgia Ave near Howard University, continue on Georgia Ave (approximately 5.3 miles), turn right onto Thayer Ave. Continue on Thayer Ave, passed Safeway on left, turn left onto Fenton St and turn left again into Safeway's garage. Parking available in garage below Safeway. In addition, there are two county garages located on Wayne Ave & Ellsworth Dr that offer free parking on weekends. Both are in walking distance from the Safeway

**Event Info:** Hours: Mon-Sat: 7am to Midnight/Sun: 7am to 10pm. The 5km/10km Silver Spring trails are on sidewalks through downtown Silver Spring's retail area and residential areas. The 6km/10km Takoma Park trails are on sidewalks through the south end of Silver Spring and into Historic Takoma Park. The 10km has one steep hill and includes the border crossing into DC. 6km/10km trails along Sligo Creek Trail and back to Downtown Silver Spring. Create additional distance by combining individual loops. Restrooms are available in Safeway, Whole Foods & other places noted in walking instructions. Pets are not allowed in the shops or other buildings unless otherwise noted.

**St. Mary's City - Maryland's First Capital****5km-10km Seasonal Walk (2017/Y1620) 4/1/2017 - 10/31/2017**

Alternative Capitals, Animal Safari, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, National Register of Historic Places, Trekking With the Trees, United States Post Offices, Walking America's Ports of Call, You'll Never Walk Alone

**Award:** A Award **Strollers:** Hard **Restroom:** Yes  
**Rating:** 2B **Wheelchair:** NO **Pets:** No  
**Sponsor:** AVA-0190 Freestate Happy Wanderers [www.mdvolks.org/freestate/](http://www.mdvolks.org/freestate/)  
**Contact:** Susan DeHetre, SusanDeHetre@aol.com, (301)848-9475, 6417 Fisher Court, Waldorf, MD, 20603

**Start Point:** St. Mary's City Visitor's Center- 18559 Hogaboom Ln, 20686, 800-762-1634 or 240-895-4990. Web site - <http://www.hsmcdigshistory.org>  
 Pick your favorite route to MD Route 5 and follow it through Leonardtown and Great Mills (e.g., from I-495/I-95 take exit 7A). After passing St Mary's College on left, turn RIGHT on Rosecroft, RIGHT on Hogaboom to Visitor Center. Ask staff for walk box. Each walker must pay entrance fee for Historic St Mary's City to participate in and complete walk. 2017 prices - \$10 adults, \$9 seniors over 60, \$6 kids over 6 and students with ID, kids 5 and under FREE). \$1.00 discount for AAA, Military ID, St Mary's College alumni card, and Maryland Welcome Passport printed coupon.

**Event Info:** Visitor Center hours - Summer, W-Sun 10am-5pm (closed M and Tue). Spring/Fall, Tue-Sat 10am-5pm (closed Sun & M). Call or visit web site to confirm hours. Trail is on natural paths along the St. Mary's River and through the historic area of Maryland's first capital.

**Stevensville - Cross Island Trail Bike****16km & 25km Year Round Bike (2017/Y1867) 1/1/2017 - 12/31/2017**

National Register of Historic Places, Points of Reference, United States Post Offices, Water Towers

**Award:** IVV Credit Only **Strollers:** Easy **Restroom:** Yes  
**Rating:** 1B **Wheelchair:** Easy **Pets:** Yes  
**Sponsor:** AVA-0595 Annapolis Amblers [www.annapolisamblerswalk.com](http://www.annapolisamblerswalk.com)  
**Contact:** Mike & Carolyn Quinlan, mikemq41@gmail.com, (301)661-3826, 12508 Caswell Lane, Bowie, MD, 20715

**Start Point:** Shore Stop Fuel and Convenience Store- 100 Main St. Stevensville, MD, 410-643-7229  
 Annapolis and West: Rt. 50 E over Bay Bridge to Exit 37, Stevensville/Rt. 8. Turn left at top of ramp and cross over Rt. 50 for 0.3 mi to second traffic light (Rt. 18/Main Street). Turn right to ShoreStop on right. E: Rt. 50 W to last exit before Bay Bridge, Exit 37, Stevensville/Rt. 8. Turn right at top of ramp for 0.3 mi to first traffic light (Rt. 18/Main Street). Turn right to ShoreStop on right.

**Event Info:** Dawn-dusk. Notice: Start walk from the start poi GPS coordinates 38-58.935'N, 76-19.141'W.nt.

**Stevensville - Terrapin Nature Park/Stevensville Adventure****5km & 10km Year Round Walk (2017/Y1790) 1/1/2017 - 12/31/2017**

National Register of Historic Places, Points of Reference, Take a Walk In a City Park,  
Treasure Hunt - A way to walk our precious trails, United States Post Offices, Walking the  
USA A - Z, Water Towers

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0595 Annapolis Amblers [www.annapolisamblerswalk.com](http://www.annapolisamblerswalk.com)  
**Contact:** Mike & Carolyn Quinlan, mikemq41@gmail.com, (301)661-3826, 12508 Caswell  
Lane, Bowie, MD, 20715

**Start Point:** Shore Stop - Fuel and Convenience Store GPS coordinates 38-58.934'N, 76-19.141'W.- 100 Main St, Stevensville, MD, 410-643-7229.  
Annapolis and West: Rt. 50 E over Bay Bridge to Exit 37, Stevensville/Rt. 8. Turn left at top of ramp and cross over Rt. 50 for 0.3 mi to second traffic light (Rt. 18/Main Street). Turn right to ShoreStop on right. E: Rt. 50 W to last exit before Bay Bridge, Exit 37, Stevensville/Rt. 8. Turn right at top of ramp for 0.3 mi to first traffic light (Rt. 18/Main Street). Turn right to ShoreStop on right.

**Event Info:** Dawn-dusk. Notice: Start walk from the start point.  
GPS coordinates 38-58.934'N, 76-19.141'W

**Sykesville - Sykesville Historic District****5/10 K Year Round Walk (2017/Y0218) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Make a Wish at a Water Fountain,  
National Register of Historic Places, Points of Reference, Trekking With the Trees, United  
States Post Offices, Water Towers, You'll Never Walk Alone

**Award:** A Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0190 Freestate Happy Wanderers [www.mdvolks.org/freestate/](http://www.mdvolks.org/freestate/)  
**Contact:** Melissa Mooney , melmoons78@gmail.com, (410)428-0867, 13894 Forsythe Road,  
Sykesville, MD, 217845811

**Start Point:** The Inn at Norwood- 7514 Norwood Avenue, Sykesville, MD 21784. From Baltimore Beltway (I-695), Exit 16 to I-70 W. Take exit 80, MD 32 N, to Sykesville, keeping right off ramp (N), 3.5 miles. Go left at sign, Sykesville Main Street, 1/2 mile, and take 3rd street on left, Church Street. Inn at Norwood is house ahead up hill. Park on left, St Paul's parking (ONLY WHILE REGISTERING), and go to front porch where Start Box located under bench. There is a drive of a few blocks to the start of the walk.

**Event Info:** Trail is on sidewalks, roadsides and includes a linear trail that is through a mostly wooded and shady area.

**Thurmont - Catoctin Park****5K & 10K Year Round Walk (2017/Y0049) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, National Parks Centennial Challenge, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes

**Rating:** 3C      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0236 York White Rose Wanderers  
www.sites.google.com/site/yorkwhiterosewanderers

**Contact:** Dave & Linda Peters, dandlpeters@comcast.net, (717)642-9829, 51 Swamp Creek Ln, Fairfield, PA, 17329

**Start Point:** 7-11 Convenience Store at Mountain Plaza - 140 Frederick St, 21788. S: N on US Rt 15 to MD Rt 806. Turn right at stop sign, left at traffic light to Frederick. Immediate right to 7-11 Convenience Store across street from Mountain Gate Family Restaurant. N: Exit US Rt 15 at MD 806. Turn left at stop sign, proceed as above. Start box located to left of door, near ATM, on window sill.

**Event Info:** Store is open 7x24. After registering, you must drive about 3 miles to the Park Office for Catoctin Park (National Park Service). The trail is through the woods in the park. It visits Cunningham Falls which has a 78 ft drop and is the highest waterfall in Maryland. It visits overlooks at Hog Rock and Thurmont Vista. The trail has significant hills with lots of rocks and roots. You should be wearing sturdy shoes and carrying water. If you have hiking sticks, you probably want to bring them. This walk is not suitable for wheelchairs and strollers.

**Thurmont - Town****5K & 10K Year Round Walk (2017/Y0051) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Water Towers

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0236 York White Rose Wanderers  
www.sites.google.com/site/yorkwhiterosewanderers

**Contact:** Dave & Linda Peters, dandlpeters@comcast.net, (717)642-9829, 51 Swamp Creek Ln, Fairfield, PA, 17320

**Start Point:** 7-11 Convenience Store at Mountain Plaza - 140 Frederick St, 21788. S: N on US Rt 15 to MD Rt 806. Turn right at stop sign, left at traffic light to Frederick. Immediate right to 7-11 Convenience Store across street from Mountain Gate Family Restaurant. N: Exit US Rt 15 at MD 806. Turn left at stop sign, proceed as above.

**Event Info:** 7-11 is open 7x24. The trail is on sidewalks and road shoulders around business and residential areas.

**Towson - Towson****5K/11K Year Round Walk (2017/Y1407) 1/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Bridges - Spanning the USA, Honoring Our Flag,  
National Register of Historic Places

**Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** hard **Pets:** Yes

**Sponsor:** AVA-0418 Baltimore Walking Club [www.baltimorewalkingclub.com](http://www.baltimorewalkingclub.com)

**Contact:** D Koch, tjmerkk2000@verizon.net, (443)955-4008, 408 Chumleigh Rd., Baltimore, MD, 21212

**Start Point:** Towson YMCA- 600 W Chesapeake Ave., Towson, 21204, (410)823-8870. On Baltimore Beltway (I-695), Exit 25 (Charles St.) South on Charles St., left on Kenilworth Ave. to 2nd traffic light (Bosley Ave.). Right on Bosley Ave., at 4th traffic light, turn right to Chesapeake Ave. After 3 blocks, right to YMCA parking lot.

**Event Info:** Ask for walk box at front desk. Call Y to verify holiday schedules. Trail is on sidewalks through downtown Towson past civic buildings, historic churches, restaurants, the Towson Mall and returning to the YMCA. Pets must be leashed at all times and cleaned up after.

**Westminster - Historic City and College****5km/10km Year Round Walk (2017/Y0886) 1/1/2017 - 12/31/2017**

Food For Thought, Make a Wish at a Water Fountain, Points of Reference, Take a Walk  
In a City Park, Walk the USA - Street by Street

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes

**Rating:** 2A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0419 Seneca Valley Sugarloafers [www.sugarloafers.org](http://www.sugarloafers.org)

**Contact:** Iris Wingert, irwing0141@gmail.com, (410)871-0148, PO Box 3716, Gaithersburg, MD, 20885

**Start Point:** Shell Gas Station & Subway- 74 W Main St, 21157 (410)876-9977. MD140 to intersection with Englar (BB&T bank/Denny's intersection). W, turn Right on Englar. E, turn Left, away from bank/Denny's. Straight on Englar, changes to Carroll, continue 0.6 miles to Stop sign at W Main. Shell station on left, public parking available across Main from Shell station. S, take MD 97 Georgia N to Westminster. Turn Left on E Main 1.4 miles to Shell Station on right. Public Parking directly across Main from Shell station.

**Event Info:** Daily dawn-dusk, every day. START BOX: Enter station, go to far right FRONT corner; box sits on the window sill. Trail is on city sidewalks & streets through the county seat of Carroll County. It passes the courthouse, historic homes & churches & goes through the McDaniel College campus. FYI: Church of the Ascension serves an All You Can Eat breakfast, from 7am-11am the first Saturday of most months. Address: 23 N. Court St, Westminster.

**Wheaton - Brookside Gardens - Residential Trail****Distance** 5/10/11/22km Year Round Walk (2017/Y1619) 1/2/2017 - 12/31/2017

Boardwalks, Bridges - Spanning the USA, Lakes and Reservoirs, Trekking With the Trees

**Award:** A Award                      **Strollers:** medium                      **Restroom:** Yes  
**Rating:** 2B                              **Wheelchair:** NO                      **Pets:** No

**Sponsor:** AVA-0190 Freestate Happy Wanderers [www.mdvolks.org/freestate/](http://www.mdvolks.org/freestate/)**Contact:** Bob Wolfe, [rwolfe61@comcast.net](mailto:rwolfe61@comcast.net), (301)523-6098, 2311 Hidden Valley Lane, Silver Spring, MD, 20904**Start Point:** Brookside Gardens Visitors Center - Wheaton Brookside Gardens - 1800 Glenallan Avenue, 20902, 301-962-1400. Capital Beltway (I-495) exit 31A. follow Georgia/Rt 97 N to Wheaton about 3.1 miles. At Randolph turn right. At 2nd traffic light, turn right on Glenallan, to Brookside Gardens on right. Park in 1st lot. If full, return to Glenallan, turn right, park in 2nd lot off Glenallan or in lot near Nature Center. The box containing the registration materials is located at the information counter in the Visitors Center.**Event Info:** The Visitor Center is open daily 9 to 5. Closed on holidays from Veterans Day through Presidents Day. Call the Visitor Center to confirm holiday hours (phone - 301-962-1400, website <http://www.montgomeryparks.org/brookside/> ). PETS ARE NOT ALLOWED in Brookside Gardens. The trail is primarily on paved pathways, sidewalks, street shoulders with some natural surfaces (rated 2B). This trail has some hills and has one section not suitable for strollers. A second different 11km loop can be walked for 22km. The 5km trail is primarily on sidewalks in the neighborhood next to the gardens (rated 2A).**Wheaton - Brookside Gardens - Woods Trail****Distance** 5/10/20 km Year Round Walk (2017/Y0144) 1/2/2017 - 12/31/2017

Boardwalks, Bridges - Spanning the USA, Lakes and Reservoirs, Trekking With the Trees

**Award:** A Award                      **Strollers:** NO                      **Restroom:** Yes  
**Rating:** 2C                              **Wheelchair:** NO                      **Pets:** No

**Sponsor:** AVA-0190 Freestate Happy Wanderers [www.mdvolks.org/freestate/](http://www.mdvolks.org/freestate/)**Contact:** Bob Wolfe, [rwolfe61@comcast.net](mailto:rwolfe61@comcast.net), (301)523-6098, 2311 Hidden Valley Lane, Silver Spring, MD, 20904**Start Point:** Brookside Gardens Visitors Center - Wheaton Brookside Gardens - 1800 Glenallan Avenue, 20902. 301-962-1400. See directions for Wheaton - Residential Trail (Y1619)**Event Info:** The Visitor Center is open daily 9 to 5. Closed on holidays from Veterans Day through Presidents Day. Call the Visitor Center to confirm holiday hours (phone 301-962-1400, website <http://www.montgomeryparks.org/brookside/> ). PETS ARE NOT ALLOWED in Brookside Gardens. The trail is primarily on natural surfaces, with some rocky stretches, and some paved paths. The trail has a number of hills and is not suitable for strollers. In wet weather, the trails may be muddy. The 5km trail is a shortened version of the 10km loop. A second different 10km loop can be walked for 20km.

**Wheaton - Sligo Creek Park****5/11 km Year Round Walk (2017/Y1167) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** Easy      **Pets:** Yes

**Sponsor:** AVA-0419 Seneca Valley Sugarloafers [www.sugarloafers.org](http://www.sugarloafers.org)**Contact:** Maribeth Evans, [evansm0612@gmail.com](mailto:evansm0612@gmail.com), (301)787-5410, PO Box 3716, Gaithersburg, MD, 20878**Start Point:** Caramelo Bakery- 11301 Georgia Ave, Wheaton, MD 20902, 301-942-9330. Start Point: I-495 to Exit 31A. N to Wheaton to Price on Right. Start/finish at corner of Georgia and Price. BY METRO SUBWAY: Take Red Line to Wheaton Metro Station, 1 block S of Start/Finish. Parking at two Metro garages near Start/Finish.

**Event Info:** Hours: M-Sat 7am-7pm; Sun 7am-3pm; closed most major Holidays.  
 The 5km trail leads through Sligo Creek Park and starts from Shalom Kosher Market in the Kemp Mill Shopping Center but registration and walking instructions are at Caramelo Bakery. Kemp Mill Shopping Center is 2 miles from the Bakery (driving directions to Shalom Kosher Market are on the 5km walk instructions).  
 No restrooms or water at Bakery start point. Restrooms at Safeway, 1 block south of Bakery at Georgia & Reddie and on trail as noted in instructions.

**White Marsh - White Marsh Mall****5K/10K Year Round Walk (2017/Y0184) 1/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Food For Thought, Honoring Our Flag

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** No

**Sponsor:** AVA-0418 Baltimore Walking Club [www.baltimorewalkingclub.com](http://www.baltimorewalkingclub.com)**Contact:** Frank and Marie Kupres, [fkupres@comcast.net](mailto:fkupres@comcast.net), (410)592-3171, 12 Ridgecliff Ct, Kingsville, MD, 21087**Start Point:** GNC Store- 8200 Perry Hall Blvd., 21236. (410)931-7100. I-95 to White Marsh Exit 67. Left at 2nd traffic light, Perry Hall Blvd. Left lane to mall. Right on Mall to Food Court parking area on left. GNC Store on Upper Level between Food Court and JC Penney.

**Event Info:** GNC hours M- Sat 10am-9:30pm; Sun Noon-6pm. Closed Christmas day. No pets allowed in the mall except service dogs. Trail is completely inside the mall. An additional 5 km trail outside the mall is available.

**Williamsport - Williamsport - Downtown & C&O Canal Towpath****5 km & 10 km Seasonal Walk (2017/Y2114) 10/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Ice Cream Parlors, National Parks Centennial Challenge, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0976 Antietam Pathfinders Volksmarch Club, Inc.**Contact:** Anne Kat Dittrich, [kdballou@gmail.com](mailto:kdballou@gmail.com), (240)675-1028, P. O. Box 596, Sharpsburg, Md, 21782**Start Point:** McDonald's- McDonald's, 313 E. Potomac St., Williamsport, MD 21795. From I-70, take exit 26A (I-81S) to Exit 2 (U.S. 11 S/E). McDonald's will be on the right. Open 6 am-11 pm Monday through Sunday.

**Event Info:** Trail goes through the old canal town of Williamsport and onto the C&O Canal Towpath.



**MASSACHUSETTS****Bedford - Bike****13km or 25km or 36km Seasonal Bike (2017/Y2020) 4/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Lakes and Reservoirs, National Parks Centennial Challenge, National Register of Historic Places, Trekking With the Trees, United States Post Offices, Vice Presidential Walks, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only                      **Strollers:** None                      **Restroom:** No

**Rating:** 1A                      **Wheelchair:** None                      **Pets:** No

**Sponsor:** AVA-0269 Walk 'N Mass Volkssport Club [www.walknmass.org](http://www.walknmass.org)

**Contact:** Jack Allen, [jeallen@gmail.com](mailto:jeallen@gmail.com), (781)333-8129, 127 Wyoming Ave., Malden, MA, 02148

**Start Point:** Bikeway Source, - 111 South Rd, Bedford, MA 01730, 781-275-7799, [www.bikewaysource.com](http://www.bikewaysource.com) Mon/Tues 10 AM-6 PM, Wed 10 AM-8 PM, Thurs 10 AM-7 PM, Fri/Sat 10 AM-6 PM, Sun 12 PM-5 PM; call or check Bikeway Source website as hours subject to change. Trail not plowed or shoveled after snowfalls; do not use trail when ice or snow may be present. From Rt 95/128: Take 4/225 West to Bedford for about 1.5 mi. LEFT onto Loomis St to end at South Rd. Bikeway Source is across street at start of bike trail. From North/West: Rt 62, 4 or 225 East toward Bedford. RIGHT onto South Rd to junction of Loomis St & Railroad Ave. Bikeway Source on right.

**Event Info:** Route entirely on Minuteman Recreation Trail, paved & fairly flat. Trail passes through historic Lexington into Arlington with restored Jefferson Cutler House, Uncle Sam memorial & 7 trail signs beautifully displaying Arlington's history in pictures & words. Heavily used rails-to-trails path parallels Paul Revere's famous ride on April 18, 1775. Bike rentals available at start. Helmets mandatory. Port-a-potty typically available at start point.

**Beverly****6km & 10km Year Round Walk (2017/Y1656) 1/14/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, Take a Walk In a City Park, Underground Railroad, Walking the USA A - Z

**Award:** IVV Credit Only                      **Strollers:** Medium                      **Restroom:** Yes

**Rating:** 1B                      **Wheelchair:** Medium                      **Pets:** Yes

**Sponsor:** AVA-0573 Two Town Walking Club

**Contact:** Mary Saratora, [mesara6@aol.com](mailto:mesara6@aol.com), (978)777-0148, 9 Cole Rd., Danvers, MA, 01923

**Start Point:** Stop & Shop- 224 Elliott St, Beverly MA 01915; 978-232-0021. From I-95: Exit 45 in Peabody onto Rt 128 North towards Gloucester. In Beverly, Exit 20B, Rt 1A. At bottom of ramp, Turn Right; follow Rt 1A. NOTE: About 1.4 mi, Rt 1A turns right at traffic light & railroad crossing; Burger King on corner. At intersection of Rantoul & Elliott Sts (62W), Turn Right. At 4th traffic light, turn left into Stop & Shop parking lot.

**Event Info:** Settled 1626, waterfront community with rich history; links to birth of Am. Navy. In its growing years, incorporated progress of Am. Industrialization & construction of beautifully landscaped summer estates. In 1900's, Pres. William Howard Taft's Summer White House. Today, "Garden City" boasts one of country's finest mixed use restoration projects, The Cummings Center, a transformation of former United Shoe Machinery Complex. 6K route has a few stairs so rated 2B. Daily Dawn to dusk. Closed Major Holidays

**Boston - Boston & Beyond****Distance 30(12/9/9)km Year Round Walk (2017/Y1179) 1/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Parks Centennial Challenge, National Register of Historic Places, Points of Reference, State Capital, State Street Sashay, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Vice Presidential Walks, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the Path of Inventions, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0269 Walk 'N Mass Volkssport Club [www.walknmass.org](http://www.walknmass.org)

**Contact:** Jack Allen, [jeallen@gmail.com](mailto:jeallen@gmail.com), (781)333-8129, 127 Wyoming Ave., Malden, MA, 02148

**Start Point:** Boston National Historical Park Visitor Center, - 1 Faneuil Hall Square, 1st Floor. Open daily 9AM-5PM. Closed New Year's Day, Thanksgiving & Christmas. Refer to Boston Freedom Trail (Y730) for directions to start location.

**Event Info:** Walk through Boston, Newton, Watertown and Cambridge. Route begins at historic Faneuil Hall, passes old State House, crosses Boston Common and Public Garden, follows Commonwealth Ave through Boston's Back Bay, down Beacon St through Coolidge Corner and Cleveland Circle, by Boston College to Newton Centre then traces Charles River past Harvard and MIT in Cambridge. MBTA stations along route include Newton Centre at 12km and Harvard Station at 21km, allowing walkers to return to finish by subway if necessary or complete 30km in three segments. 2nd PoC: Bonnie & Tom (781-483-6115 or [narcavage@verizon.net](mailto:narcavage@verizon.net)).

**Boston - Capital - Back Bay****10km and 5km Year Round Walk (2017/Y1090) 1/1/2017 - 12/26/2017**

Alternative Capitals, Animal Safari, Boardwalks, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Ice Cream Parlors, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Parks Centennial Challenge, National Register of Historic Places, Points of Reference, State Capital, State Street Sashay, Take a Walk In a City Park, Trekking With the Trees, Underground Railroad, United States Post Offices, Vice Presidential Walks, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A - Z, You'll Never Walk Alone

**Award:** A Award      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0269 Walk 'N Mass Volkssport Club [www.walknmass.org](http://www.walknmass.org)

**Contact:** Jack Allen, [jeallen@gmail.com](mailto:jeallen@gmail.com), (781)333-8129, 127 Wyoming Avenue, Malden, MA, 02148

**Start Point:** Boston National Historical Park Visitor Center, - 1 Faneuil Hall Square, 1st Floor. Open daily 9AM-5PM. Closed New Year's Day, Thanksgiving & Christmas. Refer to Boston Freedom Trail (Y730) for directions to start location.

**Event Info:** On city sidewalks & park pathways, walk explores posh Back Bay & Beacon Hill sections of Boston, includes Newbury St & Copley Square, near Boston Marathon finish line & Public Garden. Portion of route inside Copley Place & Prudential Center. 2nd PoC: Bonnie & Tom (781-483-6115 or [narcavage@verizon.net](mailto:narcavage@verizon.net)).

**Boston - Capital - Freedom Trail****11km and 6km Year Round Walk (2017/Y0730) 1/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Boardwalks, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Parks Centennial Challenge, National Register of Historic Places, Points of Reference, State Capital, State Street Sashay, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Vice Presidential Walks, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A - Z, You'll Never Walk Alone

**Award:** A Award **Strollers:** Hard **Restroom:** Yes

**Rating:** 1B **Wheelchair:** Hard **Pets:** Yes

**Sponsor:** AVA-0269 Walk 'N Mass Volkssport Club [www.walknmass.org](http://www.walknmass.org)

**Contact:** Jack Allen, [jeallen@gmail.com](mailto:jeallen@gmail.com), (781)333-8129, 127 Wyoming Avenue, Malden, MA, 02148

**Start Point:** Boston National Historical Park Visitor Center, - 1 Faneuil Hall Square, 1st Floor. Open daily 9AM-5PM. Closed New Year's Day, Thanksgiving & Christmas. From North: I-93 South to Exit 24A (Government Center). At end of ramp bear RIGHT onto Clinton St (Government Center Parking Garage on right). Either walking or driving to Visitor Center, continue on Clinton St to end. LEFT onto North St. \*\*LEFT on Congress St. Visitor Center on left in Faneuil Hall. From South: I-93 North to Exit 23 (Government Center). \*LEFT on North St to end. Follow from \*\* above. From West: I-90 (Mass Pike) to I-93 North. I-93 North to Exit 23 (Government Center). Follow from \* above under From South directions. Public transportation highly recommended due to construction & limited parking. For maps & info on public transit: [www.mbta.com](http://www.mbta.com). Boston has an excellent commuter rail & subway system with three subway stations near start: Hay Market on Green Line, Government Center on Green & Blue Lines, and State Street on Orange & Blue Lines.

**Event Info:** Freedom Trail is on downtown streets & walkways. Pass the State Capitol & explore a plethora of historic sites, monuments, museums and landmarks. One short, steep hill. Boston, America's Walking City, is rich in history & tradition. 2nd PoC: Bonnie & Tom (781-483-6115 or [narcavage@verizon.net](mailto:narcavage@verizon.net)).

**Concord - Historic North Bridge Walks****10, 11, 12km & 6, 7, 8km Seasonal Walk (2017/Y0223) 4/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Parks Centennial Challenge, National Register of Historic Places, Points of Reference, Trekking With the Trees, Underground Railroad, United States Post Offices, Walking the Path of Inventions, Walking the USA A - Z, You'll Never Walk Alone

**Award:** A Award **Strollers:** Hard **Restroom:** Yes

**Rating:** 1B **Wheelchair:** NO **Pets:** Yes

**Sponsor:** AVA-0269 Walk 'N Mass Volkssport Club [www.walknmass.org](http://www.walknmass.org)

**Contact:** Miriam Boucher, [mdcb16@verizon.net](mailto:mdcb16@verizon.net), (781)248-6695, 252 Lincoln Street, Lexington, MA, 02421

**Start Point:** Rite Aid Pharmacy, - 71 Lowell Rd, Concord, MA 01742, 978-369-5695. Mon-Sat: 8 AM-8 PM, Sun: 9 AM-8 PM. No restrooms at start, but available within a few blocks at Concord Visitor Center. From Rt 128/95: Rt 2 West for 6.7 mi to Rt 62 East. Turn RIGHT \*\* onto Rt 62 East for 1.3 miles. Turn LEFT onto Keyes Rd between cemetery & bank. Rite Aid on right, shortly after parking lot.

From Rt 495: Rt 2 East to rotary. Stay on Rt 2 East past rotary for 1.5 miles & turn LEFT onto Rt 62 East. Follow from \*\* above.

Public Transit: From Concord RR Station, RIGHT on Thoreau St; LEFT on Sudbury Rd; RIGHT on Main St; & LEFT on Keyes Rd. Rite Aid on right after parking lot.

**Event Info:** Historic route traverses Minute Man Nat'l Historical Park, North Bridge, Concord Museum, Emerson House & Sleepy Hollow Cemetery. More sites include residential neighborhoods, Concord & Sudbury Rivers, Colonial Inn, Old Manse & quaint downtown Concord's many unique shops. Two separate 1km optional loops can extend either 10km or 6km routes.

**Danvers - Danvers Historical Walk****6K/10K Year Round Walk (2017/Y0299) 1/14/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, Underground Railroad, Walking the Path of Inventions, Walking the USA A - Z, You'll Never Walk Alone

**Award:** B Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0573 Two Town Walking Club  
**Contact:** Joseph/Kathryn Piffat, jpiffat@aol.com, (978)777-4619, 56 LedgeWood Drive, Danvers, MA, 01923

**Start Point:** Peabody Institute Library, 15 Sylvan St, Danvers, MA Open M-Th 9a-9p; Fr 1p-5p; Sa 9p-5p; Sun 1p-5p mid Sept - mid May. Closed Holidays & Sun. Mid May-mid Sept.- From North: I-95 South to exit 48; left on Centre St; bear left at fork onto Holten St straight thru lights to 4-way stop, right onto Sylvan St and right into library parking across from Holy Trinity Church. From South: I-95 North bearing left onto Rte 128 at exit 45; Continue to exit 24. Right onto Endicott St; Straight to Sylvan Street; Turn Right onto Sylvan and after passing pond take 2nd left into library parking. Additional parking available on other side of lot along Peabody & Pond Sts.

**Event Info:** Danvers, once called Salem Village, settled by Puritans 1626 to provide farm products and lumber to Salem port 1692 epicenter of Witchcraft Hysteria 19 persons executed; 1752 separated from Salem and named Danvers. Did shipbuilding, brickmaking and later carpet weaving, leather tanning & shoemaking. Now, headquarters of Osram Sylvania & other tech companies. Both trails pass Rebecca Nurse House.

**Fall River - Battleship Cove Walks****10km and 5km Seasonal Walk (2017/Y0711) 4/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Lady Liberty Special Program, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Underground Railroad, United States Post Offices, Walking America's Ports of Call, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0269 Walk 'N Mass Volkssport Club www.walknmass.org  
**Contact:** Ann Plichta, amplic@comcast.net, (508)673-6553, 79 Archer Street, Fall River, MA, 02720

**Start Point:** Battleship Cove Gift Shop, - 5 Water St, Fall River, MA 02721, 508-678-1100. Open daily 9 AM-5 PM, mid-April to Columbus Day; otherwise closes at 4:30 PM. Closed Thanksgiving & Christmas Day; open abbreviated hours Dec. 24 & 31: 9 AM-Noon only. Walk Box in rear of store near register.  
 From North & Northwest: Rt 495 South or Rt 128/95 South to Rt 24 South to Exit 7 (Rt 79 South). Follow signs to Battleship Cove. Rt 79 South to third exit (Rt 6 East/New Bedford). Straight on Davol St to second parking lot on right at Heritage State Park.  
 From Cape Cod: I-195 West into Fall River to Exit 5 before Braga Bridge. Merge and stay LEFT to go straight into Battleship Cove.  
 From West: I-195 East into Fall River. Take Exit 6 (Hartwell St, Downtown Fall River). Bear RIGHT at stop sign and follow detour signs for Rts 79/138 to Battleship Cove.

**Event Info:** Battleship Cove has world's largest collection of historic naval ships. Route visits historic neighborhoods, Lizzie Borden's House, city parks designed by Frederick Law Olmsted & returns via Heritage State Park with magnificent Iwo Jima sculpture; traverses boardwalk which hugs Taunton River & overlooks Battleship Cove. 2nd PoC: Karen Plichta (508-673-2374 or karenp53@verizon.net).

**Gloucester****10km, 5km Year Round Walk (2017/Y1249) 1/14/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Fraternal Organizations, Ice Cream Parlors, National Register of Historic Places, Trekking With the Trees, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0573 Two Town Walking Club

**Contact:** Karen Campbell, kwcsoup@hotmail.com, (978)468-1327, 23 Appaloosa Lane, Hamilton, MA, 01982

**Start Point:** Market Basket at Gloucester Crossing- 101 Gloucester Crossing. Hrs: M-S 7a-9p, Sun 7a-7p. Holiday hrs may vary. Rt 128 N to Gloucester. Just after 2nd traffic circle turn right into Gloucester Crossing. Market Basket is at back right of center.

**Event Info:** Welcome to Gloucester, Am's oldest seaport, still an authentic working waterfront community. Many museums, scenic vistas, shops & restaurants along route. Steep hill at beginning & end.

**Greenfield - Pioneer Valley Walks****10km and 5km Seasonal Walk (2017/Y1178) 4/1/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, Points of Reference, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0269 Walk 'N Mass Volkssport Club [www.walknmass.org](http://www.walknmass.org)

**Contact:** Jan & Bob Varnon, jcvarnon@yahoo.com, (413)244-4128, 22 Madison Circle, Greenfield, MA, 01301

**Start Point:** CVS Pharmacy, - 137 Federal St, Greenfield, MA 01301, 413-774-7201. Open 24 hours; walk only in daylight. Walk box near register. From I-91 North: Exit 26 toward Greenfield Center & go into town. At stop light, corner Main St & Federal St (Rts 5/10), turn LEFT. Go about 2 blocks; CVS on right. From I-91 South: Exit 27 to Rt 2 East via left ramp. RIGHT ramp to Rts 5/10 toward Greenfield/Bernardston Rd. Bernardston (Rts 5/10) becomes Federal St. Continue to CVS on left. Please park away from building in CVS lot.

**Event Info:** Route explores town, mostly on sidewalks, some uneven, & a few places walking along side of road. Stroll down Main St where Wilson's, old-fashioned department store, still flourishes. Restaurants, cute shops, a town triangle & Farmers' Market on Sat morns May to Oct on town square. Several views of Poet's Seat Tower along route may inspire you to drive out after finishing walk.

**Hyannis - JFK Cape Museum Walks****11km and 6km Seasonal Walk (2017/Y1519) 4/1/2017 - 12/31/2017**

Boardwalks, Cities in Song, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, United States Post Offices, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0269 Walk 'N Mass Volkssport Club [www.walknmass.org](http://www.walknmass.org)  
**Contact:** Pat Damiani, PMDWalks@aol.com, (508)888-7366, 16 Shells Way, Sagamore Beach, MA, 02562

**Start Point:** Heritage House Hotel, - 259 Main St, Hyannis, MA 02601, 508-775-7000. Open daily; walk during daylight. From Rt 128/95 to Rt 93 North to Rt 3 South over Sagamore Bridge, which becomes Rt 6 East (Mid-Cape Highway). Follow from \*\* below. From Rt 495 South (becomes Rt 25), go over Bourne Bridge. Go 3/4 around rotary to Rt 6A E (Hyannis/Provincetown). RIGHT on Rt 6 East. \*\*Rt 6 East to Exit 7 (Willow St/Yarmouth Rd). LEFT on Willow St/Yarmouth Rd for about 2 mi to Rt 28. CROSS Rt 28 & follow Yarmouth Rd straight to Stop sign at Main St. RIGHT on Main St. Parking lot entrance for Heritage House on left. Park in back facing fence.

**Event Info:** Both routes pass JFK Museum and Cape Cod Baseball League Hall of Fame; beautiful old & new homes; JFK & Korean War Memorials located on Veterans' Beach; & harbor area. The 11km trail also travels by street leading to Kennedy Family Compound, summer homes of Kennedy family.

**Ipswich****10km Year Round Walk (2017/Y1964) 1/14/2017 - 12/31/2017**

Bridges - Spanning the USA, Ice Cream Parlors, Trekking With the Trees, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0573 Two Town Walking Club  
**Contact:** Karen Campbell, kwcsoup@hotmail.com, (978)468-1327, 23 Appaloosa Lane, Hamilton, MA, 01982

**Start Point:** Ipswich Family YMCA- 110 County Rd, Ipswich, MA Hrs: M-F 5:45 AM to 10:00 PM, Sat 7:00 AM to 8:00 PM, Sun 8:00 AM to 5:00 PM. From I-95 North or South: Exit 54 onto Rt 133 East toward Rowley. Follow Rts 1A & 133 through center of Ipswich. At traffic light, turn left into YMCA parking lot, back from road. From Rt 128 North or South: Exit 20A Rt 1A North to Ipswich. In Ipswich, pass Whittier Motel on right. Turn right at traffic light to YMCA parking lot, back from road.

**Event Info:** On roads, sidewalks, & paths through town of Ipswich. Settled 1630, here the cry "no taxation without representation" was 1st heard. "Birthplace of Am. Independence" boasts more 17th century buildings than any other place in America.

**Lexington - Battle Road Walks****10km and 6km Seasonal Walk (2017/Y1900) 4/1/2017 - 10/29/2017**

Amphitheatres, Boardwalks, Honoring Our Flag, National Parks Centennial Challenge,  
National Register of Historic Places, Points of Reference, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0269 Walk 'N Mass Volkssport Club [www.walknmass.org](http://www.walknmass.org)  
**Contact:** Joanne Izbicki, [jizbicki@alum.bu.edu](mailto:jizbicki@alum.bu.edu), (781)402-0058, 25 Frances Road, Lexington, MA, 02421

**Start Point:** Minute Man National Historical Park Visitor Center, - Rt 2A (Lincoln/Lexington Town Line), Lexington, MA, 978-369-6993x22, [www.nps.gov/mima](http://www.nps.gov/mima). For GPS, use 250 North Great Road, Lincoln, MA. Hours 10AM-4PM. From Rt 95/128: Exit 30B Rt 2A West (Hanscom Field/Concord) for 2/3 mi to Minute Man Nat'l Historical Pk Visitor Center parking (follow brown signs) located on right. From Rt 495: Exit 29A toward Boston & merge onto Rt 2 East. After 7.5 mi enter rotary and 2nd exit onto Rt 2 East. Go 4.5 mi and LEFT toward Rt 2A/Concord Turnpike then immediate RIGHT onto Rt 2A East. Continue to follow Rt 2A/Concord Turnpike 1 mi to Visitor Center parking (brown sign) located on left.

**Event Info:** Historic Battle Road travels part of route Paul Revere & Samuel Prescott rode to warn colonists that "The Regulars are coming! The Regulars are Coming!" Along this same route, colonial Minute Men chased British back to Boston. Route passes site of Revere's brief capture, historic homes & Hartwell Tavern with furnishings typical of Revolutionary era; all set in beautiful woods & fields of Nat'l Historical Park.

**Lowell - Historic Waterways Walks****10km and 5km Year Round Walk (2017/Y1518) 1/1/2017 - 12/31/2017**

Amphitheatres, Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, National Parks Centennial Challenge, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, United States Post Offices, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** A Award      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0269 Walk 'N Mass Volkssport Club [www.walknmass.org](http://www.walknmass.org)  
**Contact:** Ernie/Agnes Laviolette, [ealavio@verizon.net](mailto:ealavio@verizon.net), (978)562-7023, 5 Kent Drive, Hudson, MA, 01749

**Start Point:** Lowell National Park Visitor Center, - 246 Market St, Lowell, MA 01852, 978-970-5000; (parking at 304 Dutton St) [www.nps.gov/lowe/index.htm](http://www.nps.gov/lowe/index.htm) Open daily 9AM-5PM. Closed Thanksgiving, Christmas & New Year's Day. From West: I-90 East toward Boston to Exit 11A (495 N). 495 N to Exit 35C (Lowell Connector). \*\* Lowell Connector to Exit 5B (Thorndike St). Follow Thorndike St as it bends right & becomes Dutton St. RIGHT into Visitor Center parking lot on Dutton St. Go through toll gate; take ticket. Rangers will validate ticket for free parking. From North: I-93 S to Exit 44B (495 S). 495 S to Exit 35C (Lowell Connector). Follow from \*\* above. From I-95 N or S: 95 to Rt 3 N toward Burlington. Exit 30B for Lowell Connector. Follow from \*\* above. From Providence RI: I-95 N to 495 N to Exit 35C (Lowell Connector). Follow from \*\* above.

**Event Info:** Two 5km loops. Pawtucket Falls Loop: thru business area, past 2 churches over 100 yrs old, into neighborhoods, Pawtucket Falls & across Merrimack River to UMass-Lowell campus & Whistler Museum. Rivers & Canals Loop: Pawtucket Canal, Lower Gate Locks, business area to Boott Mills & along Merrimack River, passing Tsongas Arena & Le Lacheur Stadium, to Northern Canal, Merrimack Canal, B&M steam locomotive #410 & New England Quilt Museum.

**Newton Centre - Walks in the Garden City****10km and 5km Year Round Walk (2017/Y1036) 1/3/2017 - 12/31/2017**

Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Underground Railroad, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** A Award **Strollers:** hard **Restroom:** Yes  
**Rating:** 2A **Wheelchair:** hard **Pets:** Yes  
**Sponsor:** AVA-0269 Walk 'N Mass Volkssport Club www.walknmass.org  
**Contact:** Marianne Marshall, MRBwalker@verizon.net, (781)899-5975, 55 Harland Road, Waltham, MA, 02453

**Start Point:** Newton Free Library, - 330 Homer St, Newton Centre, MA 02459, 617-796-1360, www.newtonfreelibrary.net. Mon-Thur 9-9; Fri 9-6; Sat 9-5; Sun 1-5. CLOSED holidays plus Sun, July 1-Labor Day + other closures: check with POC/ Library website. Park in library lot on right (across from Newton City Hall). Walk Box on table across from circulation desk. From North or South: Rt 128/I-95 to exit for Rt 30, Newton (Exit 24 from North; Exit 23 from South). RIGHT at top of ramp to Rt 30 East (Commonwealth Ave) \*\* for 3.4 mi. RIGHT on Homer St. From West: I-90 (Mass Pike) East to Exit 14 in Weston. Follow signs to Rt 30 East. Proceed from \*\* above. From East: I-90 (Mass Pike) West to Exit 17. Straight at top of ramp, then bear right on Washington St for 1.3 mi. LEFT on Walnut St for 0.9 mi. Cross Commonwealth Ave (Newton City Hall on right). RIGHT on Homer St.

**Event Info:** This year's 10K and 5K routes include a very short stretch of Commonwealth Avenue on which the Boston Marathon is run each April; Bullough's Pond, formerly the site of a commercial ice business and now used for bird watching & winter skating; architecturally interesting residential neighborhoods; a small business area; and the new Newton High School. The 10K also passes Jackson Homestead, a well-preserved federal-style home which served as a station on the Underground Railroad, and Farlow Park, Newton's first public park designed by George Frederick Meacham, architect of the Boston Public Gardens.

**Plymouth - Walks in the Footsteps of the Pilgrims****10km and 5km Seasonal Walk (2017/Y1018) 4/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Ice Cream Parlors, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Walking the USA A - Z

**Award:** IVV Credit Only **Strollers:** NO **Restroom:** Yes  
**Rating:** 2B **Wheelchair:** NO **Pets:** Yes  
**Sponsor:** AVA-0269 Walk 'N Mass Volkssport Club www.walknmass.org  
**Contact:** Margo Craven, magoo249@comcast.net, (508)222-1152, 249 Pearl St Ext., Attleboro, MA, 02703

**Start Point:** Rite Aid Pharmacy, - 179 Court St. (Rt 3A), Plymouth, MA 02360, 508-746-2227. Mon-Sat 8 AM-9 PM, Sun 9 AM-5 PM. Ask for Walk Box at store counter. No restrooms at start, but available after driving to route trailheads. Return start cards & fee by postal mail using envelopes provided.  
 From North: Rt 95/128 S to Rt 93 N to Rt 3 S. From Rt 3, Exit 9 (Rt 3A). LEFT on Rt 3A (becomes Court St) to Rite Aid on right.  
 From West: Rt 495 S to Rt 44 E. Continue from \*\* below.  
 From Providence: Rt 44 E. Continue from \*\* below.  
 \*\* From Rt 44 E: Exit at MA-80/Cherry St. LEFT atop ramp. RIGHT on Nicks Rock Rd (becomes Cherry St). At end, RIGHT on Rt 3A (Court St) to Rite Aid on left.

**Event Info:** Historic sites abound on walk through downtown Plymouth & include Forefathers' Monument; Burial Hill; a 1622 fort site; working Jenney Gristmill; Plymouth Rock; & Mayflower II, reproduction of ship that crossed Atlantic to bring Pilgrims to New World. 2nd PoC: Verna DeVine (508-399-8512 or vernadvn@yahoo.com).



**Quincy - City of Presidents Walks****10km and 5km Seasonal Walk (2017/Y1903) 4/22/2017 - 11/4/2017**

Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Make a Wish at a Water Fountain, National Parks Centennial Challenge, National Register of Historic Places, Take a Walk In a City Park, Vice Presidential Walks, Walking the USA A - Z, You'll Never Walk Alone

**Award:** B Award**Strollers:** Hard**Restroom:** Yes**Rating:** 2A**Wheelchair:** None**Pets:** Yes**Sponsor:** AVA-0269 Walk 'N Mass Volkssport Club [www.walknmass.org](http://www.walknmass.org)**Contact:** Helen Tolbert, Htolbert2@comcast.net, (508)574-2807, 80 Pinehurst Ave., Brockton, MA, 02302

**Start Point:** Adams National Historical Park Visitor Center (in Presidents Place Galleria), - 1250 Hancock St, Quincy, MA 02169, 617-770-1175; 9AM-5PM daily. From North: Rt 128 South to Rt 93 North to Rt 3 South (Braintree/Cape Cod). \*Take first exit, #18 (Washington St/Quincy Ctr), off Rt 3. \*\*Bear LEFT on Burgin Parkway for 1.8 miles (7 traffic lights). RIGHT on Dimmock St. RIGHT at next intersection on Hancock St. LEFT on Saville Ave to Presidents Place Parking Garage. From West: I-90 East (Mass Pike) to Rt 128/95 South to 93 North to 3 South. Follow from \* above. From Boston: Rt 93 South to Exit 7 Rt 3 South (left exit). Follow from \*\* above. From South: Rt 3 North to Exit 19 (Quincy Ctr). Follow from \*\* above. From Presidents Place Parking Garage: Enter elevator. Press L. Exit into the Galleria. Turn RIGHT. Visitor Center at end of hallway on left. Have parking ticket validated at Visitor Center service desk. Public Transit (MBTA): Red Line to Quincy Center station. Top of stairs, LEFT, & depart station via Hancock St exit. Walk through bus pick-up/drop-off area onto Hancock St. Visitor Center across street in Presidents Place Galleria.

**Event Info:** Quincy, City of Presidents, was home to 2nd & 6th presidents, John & John Quincy Adams. Both routes include Adams historic sites, Mount Wollaston Cemetery, Ginger Betty's Bakery plus downtown area. 10km route also sees Quincy's coastline.

**Salem****10km, 5km Year Round Walk (2017/Y0809) 1/14/2017 - 12/31/2017**

Boardwalks, Food For Thought, Fraternal Organizations, Ice Cream Parlors, National Parks Centennial Challenge, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, Underground Railroad, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the Path of Inventions, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only**Strollers:** Medium**Restroom:** Yes**Rating:** 1A**Wheelchair:** Medium**Pets:** Yes**Sponsor:** AVA-0573 Two Town Walking Club**Contact:** Karen Campbell, kwcsoup@hotmail.com, (978)468-1327, 23 Appaloosa Lane, Hamilton, MA, 01982

**Start Point:** Brothers Taverna- 283 Derby St, Salem; 978-741-4648, Daily 6:00 am to 9:00 pm. Holiday Hrs may vary. Please call to confirm. From I-95 North or South: Exit 45 onto Rt 128 towards Beverly & Gloucester. Exit 26 Tr 114 & follow US National Park signs through Peabody into Salem until Rt 1A. Take Rt 1A, passing Salem Common & Hotel Hawthorne on left. Take right onto Derby St; Brothers Taverna is short distance on left.

**Event Info:** A very bewitching city, settled 1626. Historic Salem is noted for 1692 Witchcraft hysteria, its maritime tradition & architectural splendor of its McIntire Era Federal homes. Salem frigates opened Far East trade & provided wealth which produced Am's first millionaires. Trail passes Derby Wharf Lighthouse & Maritime Nat'l Historic Site & Nathaniel Hawthorne's House of Seven Gables.

**Sandwich - Bike****25km Seasonal Bike (2017/Y1442) 4/1/2017 - 11/11/2017**

Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Points of Reference, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** None      **Pets:** No

**Sponsor:** AVA-0269 Walk 'N Mass Volkssport Club www.walknmass.org

**Contact:** Pat Damiani, PMDWalks@aol.com, (508)888-7366, 16 Shells Way, Sagamore Beach, MA, 02562

**Start Point:** Stop & Shop, - 65 Rt 6A, Sandwich, MA 02563, 508-833-3288. Daily 8AM-10PM. Closed Thanksgiving & Christmas. Bike only in daylight. Box located at Customer Service Desk. Refer to Sandwich Walk (Y1035) for directions to start location.

**Event Info:** Entire route on paved Cape Cod Canal Recreation Trail, passing a vertical plate railroad lift bridge, Aptucxet Trading Post, Sagamore & Bourne Bridges. Requires 0.6 mi drive to start of bike route. Helmets mandatory.

**Sandwich - Olde Cape Cod Walks****10 or 11km and 6km Year Round Walk (2017/Y1035) 1/1/2017 - 12/31/2017**

Boardwalks, Cities in Song, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Treasure Hunt - A way to walk our precious trails, Walking the Path of Inventions, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0269 Walk 'N Mass Volkssport Club www.walknmass.org

**Contact:** Pat Damiani, PMDWalks@aol.com, (508)888-7366, 16 Shells Way, Sagamore Beach, MA, 02562

**Start Point:** Stop & Shop, - 65 Rt 6A, Sandwich, MA 02563, 508-833-3288. Daily 8AM-10PM. Closed Thanksgiving & Christmas. Box at Customer Service Desk. From Rt 495 South (becomes Rt 25): Go to end & cross over Bourne Bridge. Go 3/4 around rotary to Rt 6A East. Take 6A East for about 5 mi. Stop & Shop Plaza on left. From Rt 3 South: cross Sagamore Bridge & take Exit 1C onto Rt 6A East toward Sandwich for 3 mi. Stop & Shop Plaza on left.

**Event Info:** Nature, history and charm abound in Sandwich, Cape Cod's oldest town. Route traverses old & new neighborhoods, explores town's center to include Dexter's Grist Mill, Glass Museum, historic churches & antique shops. Boardwalk over salt marshes leads to spectacular view of Cape Cod Bay. Optional 1km extension on 10km goes to Sandwich Fish Hatchery.

**Shelburne Falls - Bridge of Flowers Walks****10km and 5km Seasonal Walk (2017/Y1462) 4/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Lakes and Reservoirs, Trekking With the Trees, Walking the USA A - Z

**Award:** B Award **Strollers:** medium **Restroom:** Yes  
**Rating:** 2A **Wheelchair:** NO **Pets:** Yes  
**Sponsor:** AVA-0269 Walk 'N Mass Volkssport Club [www.walknmass.org](http://www.walknmass.org)  
**Contact:** Jan & Bob Varnon, [jcvarnon@yahoo.com](mailto:jcvarnon@yahoo.com), (413)244-4128, 22 Madison Circle, Greenfield, MA, 01301

**Start Point:** McCusker's Market, - 3 State Street, Shelburne Falls MA 01370, 413-625-9411. Open 7 AM-8 PM daily, closed Christmas. Walk box in dining area under corner table on right. From Rt 91 North/South: Exit 26 to rotary and Rt 2 West. Continue 10 miles, LEFT on Maple St (after State Police barracks & gas station) and follow signs for Bridge of Flowers/Shelburne Falls. Continue on Maple to LEFT at Bridge St. Go through town & cross Iron Bridge. McCusker's directly across bridge on State St at corner of Clement St. PARKING options: (1) 2-hour parking on State Street; (2) Cross Iron Bridge and right on State St to parking lot on right after Eagles Hall to Lot A or B; (3) Upon entering Shelburne Falls on Bridge St, turn right on Main St and immediate left into parking lot. Walk to Bridge St & RIGHT over Iron Bridge to McCusker's straight ahead at corner of State St and Clement St.

**Event Info:** Walk circles through Shelburne Falls village including neighborhoods & downtown. Route passes impressive glacial potholes and crosses Deerfield River into Buckland with up & down hills. Stop at Trolley Museum before heading to Bridge of Flowers. Lots of cute shops & places to eat in town.

**Wellesley - College Town Walks****10km and 5km Seasonal Walk (2017/Y0722) 4/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Lakes and Reservoirs, National Register of Historic Places, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes  
**Rating:** 1B **Wheelchair:** NO **Pets:** Yes  
**Sponsor:** AVA-0269 Walk 'N Mass Volkssport Club [www.walknmass.org](http://www.walknmass.org)  
**Contact:** Marianne Marshall, [MRBwalker@verizon.net](mailto:MRBwalker@verizon.net), (781)899-5975, 55 Harland Road, Waltham, MA, 02453

**Start Point:** Wellesley Free Library, - 530 Washington St (Rt 16), Wellesley, MA 02482, 781-235-1610, [www.wellesleyfreelibrary.org](http://www.wellesleyfreelibrary.org). Mon-Thur 9-9; Fri 9-6; Sat 9-5; Sun 1-5. CLOSED holidays plus Sun, mid-June-Labor Day. Other closures, check with POC/Library web. Library across from Town Hall; park in garage under library or outside at rear of library. Box along central corridor near info desk. From South: Rt 95/128 to Rt 9 W to Rt 16 W. From North: Rt 95/128 to Rt 16 W. From West: Rt 495 to Rt 9 E, Weston Rd Exit. RIGHT on Weston Rd to traffic light. LEFT on Central St (becomes Washington St). From Mass Pike: Exit 14 (Rt 95/128 S) to Rt 9 W to Rt 16 W. Public Transit (MBTA): Commuter trains from Boston's South Station & Back Bay or Worcester's Union Station stop at Wellesley Square Station, across street & 1 block from start.

**Event Info:** Two 5km loops: neighborhoods of well-maintained, landscaped homes; busy downtown, many exclusive shops & restaurants, attractive Wellesley College campus and Fuller Brook Trail, a well kept walking path.

**Williamstown - WILLIAMSTOWN****10/6 km Seasonal Walk (2017/Y0867) 4/1/2017 - 11/30/2017**

Boardwalks, Bridges - Spanning the USA, Food For Thought, Ice Cream Parlors, Points of Reference, Underground Railroad, United States Post Offices

**Award:** A Award **Strollers:** medium **Restroom:** Yes  
**Rating:** 2B **Wheelchair:** medium **Pets:** No  
**Sponsor:** AVA-0410 Empire State Capital Volkssporters [www.walkescv.org](http://www.walkescv.org)  
**Contact:** Sue Grey, [williamstownwalk@walkescv.org](mailto:williamstownwalk@walkescv.org), (518)399-0159, 134 Acorn Dr.,  
 Glenville, NY, 12302

**Start Point:** The Williams Inn- 1090 Main St., Williamstown, MA. 413-458-9371.  
 From Albany & West: NYS Thruway to I-87 North, Exit 7; Rt 2 East in Latham. Rt 2 East through Troy into Williamstown. Turn left at southerly junction of Rt 2 & 7. Continue 2 mi. north. Williams Inn on left of Village Green at northern junction of Rt 7 and 2.  
 From North:I-87 (Northway) South to Exit 7, Rt 2 East Latham. Follow directions from Albany.  
 From Boston/ Mass Pike & points east: Take Mass Pike West (I- 90) to Exit 2, (Lee/Lenox). Take Rt 20 West to Rt 7 North. Continue on Rt 7 North into Williamstown

**Event Info:** Daily: 8 am to Dusk. Walk passes thru the Williams College campus, Williamstown Theatre, Williams College Art Museum, the Clark Art Institute and the picturesque Village of Williamstown. No pets allowed in the cemetery only.

**MICHIGAN****Ann Arbor****5k, 10k Seasonal Walk (2017/Y2055) 5/1/2017 - 10/15/2017**

**Award:** IVV Credit Only **Strollers:** **Restroom:**  
**Rating:** 1A **Wheelchair:** **Pets:**  
**Sponsor:** AVA-0930 Washtenaw Wanderers Volkssporting Club  
[www.facebook.com/WashtenawWanderers/](http://www.facebook.com/WashtenawWanderers/)  
**Contact:** John Yodhers, [jyodhes@gmail.com](mailto:jyodhes@gmail.com), (734)677-4036, 3104 Turnberry Lane, Ann Arbor, MI, 48108

**Start Point:** Gallup Canoe Livery, Gallup Park- 3000 Fuller Road, Ann Arbor, MI  
 From US23, north or south, use Exit 39 (Geddes Road). Go west on Geddes (which will become Fuller) to the Gallup Park Canoe Livery entrance, on your left. From I-80/90, take I-75 North to US23; continue as above.

**Event Info:** Canoe Livery open every day from 9:00 am to 9:00 pm.

**Ann Arbor - "Fairywalk" - Downtown/Central UM Campus****5K, 10K Year Round Walk (2017/Y0849) 1/2/2017 - 12/31/2017**

**Award:** IVV Credit Only **Strollers:** **Restroom:**  
**Rating:** 2A **Wheelchair:** **Pets:**  
**Sponsor:** AVA-0930 Washtenaw Wanderers Volkssporting Club  
[www.facebook.com/WashtenawWanderers/](http://www.facebook.com/WashtenawWanderers/)  
**Contact:** Amy Williams, [a2amylou@hotmail.com](mailto:a2amylou@hotmail.com), (734)417-2076, 1910 Coronada, Ann Arbor, MI, 48103

**Start Point:** Peoples Food Co-op (downtown)- 216 N Fourth Ave. From I-94, exit #177 State, right on State, left on Packard, right on S 4th Ave. Parking is free on Sunday.

**Event Info:** Closed Thanksgiving, Christmas & New Years Day. Shortened hours on other holidays. Call 734-994-9174 or [peoplesfood.coop/](http://peoplesfood.coop/). The trail goes along the Huron River, through Historic Kerrytown District, downtown, central University of Michigan campus. 10K & 12K go into Nichols Arboretum also.

**Blissfield - River Raisin Ramble I****10K and 5K Year Round Walk (2017/Y1229) 1/2/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0532 Maumee Valley Volkssporters  
**Contact:** Dorothy Steedle, dsteedle@aol.com, (517)682-1056, 209 Gasner Street, Blissfield, MI, 49228  
**Start Point:** Blissfield MI - Cakes n' Shakes- 135 S. Lane Street, Blissfield MI 49228. From SR 23 take Exit 5 (Adrian/Blissfield). Turn left on SR 223 and continue 10 miles to Blissfield. At the traffic light, turn left on Lane Street. Cakes n' Shakes is on the left. Park on street or behind the building. Open every day except Thanksgiving, Christmas and Easter (possibly New Year's Day). Walk box will be located on a shelf on the wall, straight across from the entrance.  
**Event Info:** Walk on city sidewalks and park paths through historic Blissfield and along the River Raisin. Many Victorian, Queen Anne, and Craftsman houses in this green and pleasant town.

**Chelsea - Exploring Historic Chelsea****10K, 5K Seasonal Walk (2017/Y1740) 4/1/2017 - 12/31/2017**

Make a Wish at a Water Fountain, National Register of Historic Places, Walking the USA  
 A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0930 Washtenaw Wanderers Volkssporting Club  
[www.facebook.com/WashtenawWanderers/](http://www.facebook.com/WashtenawWanderers/)  
**Contact:** Tom Jacobson, tomjacobson@comcast.net, (734)476-3441, 6108 N. Maple Rd., Saline, MI, 48176  
**Start Point:** Zou Zou's Cafe- 101 Main Street. From SR-23 take Exit 35, I-94, toward Chicago (west). Take Chelsea exit, No. 159. Left on Main. Continue a few miles to Zou Zou's, on the left, at the intersection of W. Middle. Street parking.  
**Event Info:** Chelsea, listed on the National Register of Historic Places, has a charming, well preserved downtown. Trail passes the Clock Tower complex, Jiffy baking mixes factor, and the Purple Rose Theater, owned by Jeff Daniels, a well known actor.

**Iron Mountain - Historic****10/5 K Seasonal Walk (2017/Y0403) 4/1/2017 - 12/31/2017**

**Award:** B Award      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0864 Menominee River Volkssport Club  
[menomineerivervolkssporters.webs.com](http://menomineerivervolkssporters.webs.com)  
**Contact:** Gilbert Engel, gilengel@hotmail.com, (715)251-3300, 1249 Garfield St., Niagara, WI, 54151  
**Start Point:** Holiday Inn Express- 1535 N. Stephenson Ave. (US 2), 49801 The motel is close to the bowling alley and some eating options. Iron Mountain is located about 90 miles to the north of Green Bay, WI. From GreenBay follow U.S. 141 and U.S. 2 to Iron Mountain, U.S. 2 is renamed Stephenson Ave. in the city. The Starting Point is on the north west side of Iron Mountain  
**Event Info:** The trail offers a panoramic view of the area as it leads you thru the historic area, by two museums and Lake Antoine. You will pass a bat cave that was originally a large mine shaft. The walk involves hills that may be difficult for some, and city streets, a part of which do not have sidewalks. The area has an important mining history. There is limited water on the walk with some restaurants at the beginning and toward the end of the walk. There is a very nice carved tree along the route.

**Lansing - Capital****10km, 5km Year Round Walk (2017/Y0953) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Make a Wish at a Water Fountain, State Capital, Walking the USA A - Z

- Award:** A Award **Strollers:** hard **Restroom:** Yes  
**Rating:** 2A **Wheelchair:** hard **Pets:** Yes  
**Sponsor:** AVA-0930 Washtenaw Wanderers Volkssporting Club  
[www.facebook.com/WashtenawWanderers/](http://www.facebook.com/WashtenawWanderers/)  
**Contact:** Roxie & Rob Weaver, geiserweaver@gmail.com, (616)745-9624, 126 S. Reese St, South Lyon, MI, 48178  
**Start Point:** Michigan Historical Museum- 702 W. Kalamazoo St., (517) 373-3559, [www.michiganhistory.org](http://www.michiganhistory.org). The start box is at the Information Counter. FROM I-96, take Exit 101 (Logan/ML King). Go north on ML King for several miles, crossing I-496. FROM I-496, take Exit 5 (Logan/ML King). Turn north on ML King, following the "Capitol Loop" signs. ALL-Turn right on Kalamazoo Street (first light after crossing I-496). The parking lot is 2 blocks on the left. There is a nominal parking fee on weekdays.  
**Event Info:** The route begins in downtown Lansing & travels past many of the buildings in the State Office Complex (including the restored century-old State Capitol building); through the campus of Lansing Community College; through historic neighborhoods, and along the Grand River Trail. Plan to spend two hours exploring the Michigan Historical Museum (\$6 adult admission fee).

**Mackinac Island - Mackinac Island, MI****13K, 6K Seasonal Walk (2017/Y1851) 5/29/2017 - 9/4/2017**

- Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** medium **Pets:** Yes  
**Sponsor:** AVA-0930 Washtenaw Wanderers Volkssporting Club  
[www.facebook.com/WashtenawWanderers/](http://www.facebook.com/WashtenawWanderers/)  
**Contact:** Dennis Wenzel, doubleddd@comcast.net, (734)787-7475, PO BOX 972002, Ypsilanti, MI, 48197  
**Start Point:** Coffman Hardware, <http://www.coffmancaseknives.com/>- The start point is the same as the Mackinaw City walk - Please note that you should stamp your books prior to taking the ferry to the island: 227 Central Ave., Mackinaw City, MI 49701  
From I-75 North: Exit at 338 and turn left. At the light (Central Avenue), turn right. Coffman is on the North side of the street.  
From I-75 South: Exit 339 and turn left on Louvigny (spelling might be slightly different). Turn left on Central Avenue and cross under the overpass. Pass Nicolet Street. Coffman is on the North side of the street.  
**Event Info:** Town and trail walks. Historic Mackinac area. Shops, Mackinac Island ferries, historic Mackinac fort, world famous Mackinac Bridge. Be sure to sample the fudge shops.

**Mackinaw City - Mackinaw City, Michigan****10K, 6K Seasonal Walk (2017/Y0080) 5/29/2017 - 9/4/2017**

**Award:** B Award **Strollers:** medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** medium **Pets:** Yes  
**Sponsor:** AVA-0930 Washtenaw Wanderers Volkssporting Club  
[www.facebook.com/WashtenawWanderers/](http://www.facebook.com/WashtenawWanderers/)  
**Contact:** Dennis Wenzel , doubleddd@comcast.net, (734)787-7475, P.O. Box 972002,  
Ypsilanti, MI, 48197  
**Start Point:** Coffman Hardware, <http://www.coffmancaseknives.com/>- 227 Central Ave.,  
Mackinaw City, MI 49701  
From I-75 North: Exit at 338 and turn left. At the light (Central Avenue), turn right.  
Coffman is on the North side of the street.  
From I-75 South: Exit 339 and turn left on Louvigny (spelling might be slightly  
different). Turn left on Central Avenue and cross under the overpass. Pass Nicolet  
Street. Coffman is on the North side of the street.  
**Event Info:** Town and trail walk. Historic Mackinac area. Shops, North Country Trail, Mackinac  
Island ferries, historic Mackinac lighthouse and fort, world famous Mackinac Bridge.  
Be sure to sample the fudge shops.

**Marquette - Presque Isle****10/5 K Seasonal Walk (2017/Y1289) 4/1/2017 - 12/31/2017**

**Award:** B Award **Strollers:** medium **Restroom:** Yes  
**Rating:** 2B **Wheelchair:** medium **Pets:** No  
**Sponsor:** AVA-0864 Menominee River Volkssport Club  
[menomineerivervolkssporters.webs.com](http://menomineerivervolkssporters.webs.com)  
**Contact:** Gilbert Engel, gilengel@hotmail.com, (715)251-3300, 1249 Garfield St., Niagara,  
WI, 54151  
**Start Point:** BP Convenience Food Mart- 301 W. Fair Ave., 49855. Take US 41 to Marquette, MI.  
Take West Washington exit if coming from the West or the South Front Street exit  
(straight ahead) if coming from the South on US 41. If on West Washington, turn left  
onto 4th for several blocks (4th becomes Presque Isle Blvd) to W. Fair Ave turning  
right for one block to the start. If from the South on Front St., turn left onto W. Fair  
Ave. (end of Front St.) away from the lake for 2 blocks to the start. Presque Isle is  
about 2 miles from the BP Convenience Mart, where the Start box is located. To get  
to the start of the walk, come out of the parking lot on W. Fair Ave., take a right  
towards Lake Superior, go to the end and take a left on E. Lakeshore Blvd. to the  
Presque Isle Entrance. Park in the parking lot to the left in front of the grassy area  
and shelter.  
**Event Info:** The trail is along the Lake Superior shoreline, and around Presque Isle, partly on a  
bike path, and partly on a circle drive or (my preferred walk) on the walking path that  
overlooks the cliffs and lake. The area of Presque Isle is wooded with some  
wonderful panoramaic views. There is no water on the Presque Isle portion of the  
trail. Presque Isle is a city park area. No pets are allowed on Presque Isle but can be  
on the first part of the walk. If you follow the road around Presque Isle, the walk is  
rated at 2A. If you follow my preferred route, the walk is 3C but be very careful when  
by the cliffs.

**Marquette - University City****10 /5 K Seasonal Walk (2017/Y0128) 4/1/2017 - 12/31/2017****Award:** B Award **Strollers:** Medium **Restroom:** Yes**Rating:** 1B **Wheelchair:** Medium **Pets:** Yes**Sponsor:** AVA-0864 Menominee River Volkssport Club  
menomineerivervolkssporters.webs.com**Contact:** Gilbert Engel, gilengel@hotmail.com, (715)251-3300, 1249 Garfield St., Niagara, WI, 54151**Start Point:** BP Convenience Mart- 301 W. Fair Ave., 49855. Take US 41 to Marquette, MI. Take West Washington exit if coming from the West or the South Front Street exit (straight ahead) if coming from the South on US 41. If on West Washington, turn left onto 4th for several blocks (4th becomes Presque Isle Blvd) to W. Fair Ave turning right for one block to the start. If from the South on Front St., turn left onto W. Fair Ave. (end of Front St.) away from the lake for 2 blocks to the start.**Event Info:** The walk is a city walk covering part of Northern Michigan University, a historic residential area, the Lake Superior shoreline, the tomb of Bishop Baraga, and the historic courthouse where - The Anatomy of a Murder - was filmed. The walk is almost entirely on sidewalk or paved bike path. The 5K walk does not include walking on the University grounds.**Monroe - River Raisin Ramble IV****10K, 5K Seasonal Walk (2017/Y0954) 4/1/2017 - 12/31/2017****Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes**Rating:** 1A **Wheelchair:** medium **Pets:** Yes**Sponsor:** AVA-0930 Washtenaw Wanderers Volkssporting Club  
www.facebook.com/WashtenawWanderers/**Contact:** Dorothy Steedle, dsteedle@aol.com, (517)879-7602, 209 Gasner Street, Blissfield, MI, 49228**Start Point:** YMCA- 1111 West Elm St. From SR-23, take Exit 17 (M-50) and proceed east. Continue through Dundee to Monroe (about 15 miles). Left on Telegraph Road (Hwy 24) to Custer St. Right to Elm. Left to YMCA on right. From I-75 north or south, take Exit 14 west to East Elm Ave. Continue to YMCA on West Elm. Large parking lot.**Event Info:** Trail is along the River Raisin on a paved Riverwalk and through a park. Explores downtown Monroe, birthplace of George Custer (of Last Stand fame) and visits his family grave site in Woodland Cemetery.**Norway - Fumee Lake****11/14/5 km Seasonal Walk (2017/Y0779) 4/1/2017 - 12/31/2017****Award:** B Award **Strollers:** NO **Restroom:** Yes**Rating:** 1A **Wheelchair:** NO **Pets:** Yes**Sponsor:** AVA-0864 Menominee River Volkssport Club  
menomineerivervolkssporters.webs.com**Contact:** Gilbert Engel, gilengel@hotmail.com, (715)251-3300, 1249 Garfield St., Niagara, WI, 54151**Start Point:** BP Quinnesec Food Shop- 3550 S. US Hwy 2, Quinnesec, MI. The BP Quinnesec Food Shop is at the light on the corner of US Hwy 2 and Quinnesec Ave. Register there then drive about 2.2 miles east on US 2 to Upper Pine Creek Rd. on your left. The entrance is about 1 mile down the road. Directions are at the starting box. Look for a sign on U.S.2 indicating Fumee Lake Natural Area. The 14k route is rated at a 3B and the 5k is rated a 2B.**Event Info:** This is a walk around two small lakes, Little and Big Fumee. It is in the 1,092 acre Fumee Lake Natural Area home to a wide variety of flora and fauna. The walk is on dirt trails and not suitable for wheel chairs. The 11 km walk is flat around the two lakes. The 14 km trail is around the two lakes and up and down a ridge that can be difficult. The 14 km trail rating is around a 3B. There is spring water at one end of the large lake. This is all in undeveloped area with outhouses at both ends of the lake. The 5k is rated 2B due to some elevation.



**MINNESOTA****Austin - Spam Capital****5k & 10k Seasonal Walk (2017/Y0881) 4/15/2017 - 10/31/2017**

Alternative Capitals, Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, You'll Never Walk Alone

**Award:** B Award **Strollers:** medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** medium **Pets:** No

**Sponsor:** AVA-0956 Lake Country Wanderers <http://lakecountrywanderers.wix.com/lcw>

**Contact:** Dee Whalen, davedeewhalen@gmail.com, (507)440-2417, 207 - 1st St NE, Rose Creek, MN, 55970

**Start Point:** Kwik Trip- 1509 10th Place NE, Austin, MN 55912. Exit 179 off I-90 in Austin.

**Event Info:** The route goes around Eastside Lake, past the Hormel Historic Home, on paved trails and sidewalks near the new Spam Museum and into historic downtown Austin located in Mower County.

**Baudette - Lake of the Woods County****5K & 10K Seasonal Walk (2017/Y0639) 5/1/2017 - 9/30/2017**

Alternative Capitals, Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0956 Lake Country Wanderers <http://lakecountrywanderers.wix.com/lcw>

**Contact:** BONNIE JOHNSON, bonjohn@comcast.net, (763)229-3584, 25 66TH WAY NE, FRIDLEY, MN, 55432

**Start Point:** AmericInn Motel- 1179 Main St W, Baudette, MN 56623 The AmericInn is located west of Baudette approximately one mile on Hwy 11. Reservations call: 218-634-3200

**Event Info:** Walk by the Rainy River-look across into Ontario, Canada, beautiful parks, downtown, Baudette Bay and by Willie the Walleye with some neighborhoods and also walk on a new bike trail.

**Bemidji - Beltrami County****5K & 10K Seasonal Walk (2017/Y0650) 5/1/2017 - 9/30/2017**

Animal Safari, Bridges - Spanning the USA, Lakes and Reservoirs, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0956 Lake Country Wanderers <http://lakecountrywanderers.wix.com/lcw>

**Contact:** BONNIE JOHNSON, bonjohn@comcast.net, (763)229-3584, 25-66TH WAY NE, FRIDLEY, MN, 55432

**Start Point:** Bemidji Chamber of Commerce- 300 Bemidji Ave, Bemidji, MN 56601. At the Hwy 2/71/197 junction, go north on Hwy 197 to the start on the SW end of Lake Bemidji

**Event Info:** Start next to Paul Bunyon and his Blue Ox. Walk along Lake Bemidji, through BSU, and historic parts of the city.

**Bloomington - Mall of America****5 & 10 km. Year Round Walk (2017/Y0381) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Ice Cream Parlors, Make a Wish at a Water Fountain, Points of Reference

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** easy      **Pets:** No  
**Sponsor:** AVA-0114 Twin Cities Volkssport www.tcvwalking.com  
**Contact:** Kevin Carlson, carlsonkev@earthlink.net, (651)487-1634, ., ., .,  
**Start Point:** Country Inn & Suites/Bloomington- 2221 Killebrew Dr. 494 East or West to 77/Cedar exit. South to Killebrew Dr. Take Killebrew Dr. to Country Inn & Suites, south side of the Mall. Enter Mall near Macy's-- From South: North on Cedar/77 to Killebrew Dr. exit  
**Event Info:** Daily 7 am to dusk, Walk is entirely within the first three levels of the Mall of America.

**Bloomington - Nine Mile Creek****5 & 10km. Seasonal Walk (2017/Y1467) 4/1/2017 - 10/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** No  
**Rating:** 1B      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0114 Twin Cities Volkssport www.tcvwalking.com  
**Contact:** Ken and Jane Legaard, kjlegaard@peoplepc.com, (952)881-5524, ., ., .,  
**Start Point:** Nine Mile Creek/Bloomington- 10000 Colfax Avenue South, Bloomington, MN. FROM I-494 (East or West) exit on I-35W South to 98th Street exit. Continue across 98th Street (continuing on Dupont Ave). Veer to left around tennis center to 100th St (1st street behind tennis center) turn right on 100th St one block to Colfax Ave. Start point at private home at 10000 Colfax Ave. FROM SOUTH traveling north on I-35W exit at 98th St exit. Turn left at stop light, cross over the bridge, turn left on DuPont. Veer to left around tennis center to 100th Street (1st turn behind tennis center). Turn right one block to Colfax Ave. Park on street. Start Box is located in back yard of a private home(poc) at 10000 Colfax Avenue, attached to picnic table.  
**Event Info:** Walk is through residential area to park trail along Nine Mile Creek. Sidewalks and hard packed trail.

**Duluth - Duluth Lake Superior Walk****10km & 5km Seasonal Walk (2017/Y1032) 4/1/2017 - 10/31/2017**

Boardwalks, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Take a Walk In a City Park, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0114 Twin Cities Volkssport www.tcvwalking.com  
**Contact:** John Hamper, vmarcher@msn.com, (651)486-2002, ., ., .,  
**Start Point:** Duluth Comfort Suites- 408 Canal Park Dr, Duluth MN 55802. From I-35, take exit 256B for 5th Ave W. Keep straight to the Lake Ave ramp. Follow Lake Ave which becomes Canal Park Dr after turning towards the lake.  
**Event Info:** Trail starts at Canal Park and winds along the boardwalk on the shore of Lake Superior. Route includes downtown area and crosses the historic Aerial Lift Bridge. Walk box is located on a lower shelf near the sofa in the front lobby. Please do not unnecessarily distract the staff at this very busy hotel, and do not park in the hotel parking lot unless you are a registered guest. Public parking is available nearby.

### Elbow Lake - Elbow Lake Walk

**5K & 10K Seasonal Walk (2017/Y1397) 4/1/2017 - 9/30/2017**

**Award:** B Award **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes  
**Sponsor:** AVA-0114 Twin Cities Volkssport [www.tcvwalking.com](http://www.tcvwalking.com)  
**Contact:** Paul Stachour, pStachour@acm.org, (952)884-5977, ., ., .,  
**Start Point:** Country Inn- 411 East MN79, Elbow Lake, MN 56531 Tel (218) 685-4511. 7am-8pm daily during daylight hours. From the Twin Cities, about 150 miles via MN55. Or via I94, Exit 82 to MN79.

**Event Info:** Walk to the airport/seaplane port and around town.

### Erskine - Polk County

**5K & 10K Seasonal Walk (2017/Y0737) 5/1/2017 - 9/30/2017**

Animal Safari, Boardwalks, Doin' The Louisiana Purchase, Food For Thought, Lakes and Reservoirs, Points of Reference, Treasure Hunt - A way to walk our precious trails, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes  
**Sponsor:** AVA-0956 Lake Country Wanderers <http://lakecountrywanderers.wix.com/lcw>  
**Contact:** BONNIE JOHNSON, bonjohn@comcast.net, (763)229-3584, 25-66TH WAY NE, FRIDLEY, MN, 55432

**Start Point:** Rydell Wildlife Refuge- 17788 - 349th St SE, Erskine, MN 56535. From Erskine, Drive west on Hwy #2 for 2.5 mi and 2.5 mi south on Hwy 210. Watch for signs. Walk box is located outside the Visitor Center by the front entrance door. Visitor Center hours are variable. The public is allowed to use the Refuge seven days a week, from sunrise to sunset. Office hours are from 7:30 am to 4:00 pm. Dogs must be on a leash.

**Event Info:** Rydell National Wildlife Refuge was established in 1992 and includes a combination of forests, bogs, tall grass prairie and wetlands. Observation decks along the paved and natural trails provide opportunities to watch and photograph wildlife. Trumpeter swans nest here yearly, along with an abundance of other migratory and resident bird species. In addition to birds, keep an eye peeled for mammals like otters, white-tailed deer, black bear, and beavers. Walk on five different trails (four of them paved) that range in length from 0.5 to 2.25 miles each.

### Faribault

**5k, 11k Seasonal Walk (2017/Y1153) 4/1/2017 - 10/31/2017**

Alternative Capitals, Amphitheatres, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Points of Reference, Take a Walk in a City Park, Trekking With the Trees, United States Post Offices, Walking the Path of Inventions, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** hard **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** hard **Pets:** Yes  
**Sponsor:** AVA-0956 Lake Country Wanderers <http://lakecountrywanderers.wix.com/lcw>  
**Contact:** Bonnie Johnson, bonjohn@comcast.net, (763)229-3584, 25 - 66th Way NE, Fridley, MN, 55432

**Start Point:** Parks & Rec Community Center- 15 W Division St, Faribault, Mn 55021 Drive 35W south of Twin Cities approx 45 miles. Exit 59, then left on Hwy 21 (becomes Lyndale Ave) to Division St. Left on Division St just past 2nd Ave to Community Center on right. Faribault is located in Rice County

**Event Info:** Walk through beautiful Historic Downtown, along the Straight River and to the River Bend Nature Center on hike/bike and nature trails.

**Fergus Falls****6k, 11k Seasonal Walk (2017/Y1954) 4/15/2017 - 9/30/2017**

Animal Safari, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Lakes and Reservoirs, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0956 Lake Country Wanderers <http://lakecountrywanderers.wix.com/lcw>

**Contact:** Bonnie Johnson, bonjohn@comcast.net, (763)229-3584, 25 66th Way NE, Fridley, MN, 55432

**Start Point:** Casey's Convenience Store- 625 E Vernon Ave, Fergus Falls 56537. Exit 57 off I-94 onto north St Hwy 210. Left on Pebble Lake Rd (Cty Rd 82) to Vernon Ave. Casey's is on the right. Fergus Falls is located in Ottertail County

**Event Info:** Walk takes you on the Riverwalk through Historic Downtown, various parks, by Lake Alice, Adams Park on Grotto Lake with the large otter and Children's Memorial

**Forest Lake - Washington County****10k, 5k Seasonal Walk (2017/Y1538) 4/1/2017 - 10/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Ice Cream Parlors, Take a Walk In a City Park, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0114 Twin Cities Volkssport [www.tcvwalking.com](http://www.tcvwalking.com)

**Contact:** Rita Holland, 10ritaholland@gmail.com, (763)232-9878, ., ., .,

**Start Point:** Kodiak Coffee- 44 Lake St S, Forest Lake MN 55025. From I-35, take exit 131 for County Hwy 2. Turn right on Hwy 2. Drive 1 mile to roundabout, then turn right to Lake St. Coffee shop is on right immediately after roundabout.

**Event Info:** Walk along the beautiful lake shore and the Hardwood Creek Regional Trail.

**FRIDLEY - Springbrook Nature Center****5K & 10K Year Round Walk (2017/Y0685) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Trekking With the Trees

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Hard      **Pets:** No

**Sponsor:** AVA-0956 Lake Country Wanderers <http://lakecountrywanderers.wix.com/lcw>

**Contact:** BONNIE JOHNSON, bonjohn@comcast.net, (763)229-3584, 25-66TH WAY NE, FRIDLEY, MN, 55432

**Start Point:** Springbrook Nature Center- 100 - 85th Ave NW, Fridley, MN 55432. From I-694 east or west, Exit 37 north onto University Ave (Hwy 47) to 85th Ave NE.

Left on 85th Ave NE approx 1/3 mile to Nature Interpretive Center on left. Free parking. Hours 9-5 daily. Check holiday schedule by calling 763-572-3588

**Event Info:** Walk on trails through forest, prairie, savannah and wetland including floating boardwalks. Includes overlook kiosks, ponds, trail benches and Meditation Garden.

### Glenwood - Glenwood Walk

6k, 10k Seasonal Walk (2017/Y1394) 4/1/2017 - 9/30/2017

**Award:** B Award **Strollers:** Hard **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** None **Pets:** Yes  
**Sponsor:** AVA-0114 Twin Cities Volkssport [www.tcvwalking.com](http://www.tcvwalking.com)  
**Contact:** Paul Stachour, pStachour@acm.org, (952)884-5977, ., ., .,  
**Start Point:** Gas Mart - 237 Minnesota Ave W, Glenwood MN 56334. Tel (320) 634-4272. 7am-8pm daily during daylight hours. From the Twin Cities, take I94, Exit 127 at Sauk Center, then MN28 west to MN29 in Glenwood, then 2 1/2 blocks west.  
**Event Info:** Walk through Barsness City Park and along Lakeshore Dr, city streets and woodchip trail.

### Hallock - Kittson County

5K & 10K Seasonal Walk (2017/Y0782) 5/1/2017 - 9/30/2017

Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walking the Path of Inventions, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes  
**Sponsor:** AVA-0956 Lake Country Wanderers <http://lakecountrywanderers.wix.com/lcw>  
**Contact:** BONNIE JOHNSON, bonjohn@comcast.net, (763)229-3584, 25-66TH WAY NE, FRIDLEY, MN, 55432  
**Start Point:** Budget Host Caribou Inn- 203 E Broadway, Hallock, MN 56728. Motel is one block south on Hwy 75 on E Broadway (Hwy 175). Reservations call: 218-843-3702. Hours Dawn to Dusk  
**Event Info:** Walk through the city on streets and sidewalks, natural paths, through parks and cemetery. City of Hallock is near the Canadian border in the NW corner of the state.

### Lake Benton - Lincoln County

5K & 10K Seasonal Walk (2017/Y1474) 5/1/2017 - 9/30/2017

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Honoring Our Flag, Take a Walk In a City Park, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** **Restroom:**  
**Rating:** 1A **Wheelchair:** **Pets:**  
**Sponsor:** AVA-0956 Lake Country Wanderers <http://lakecountrywanderers.wix.com/lcw>  
**Contact:** BONNIE JOHNSON, bonjohn@comcast.net, (763)229-3584, 25-66TH WAY NE, FRIDLEY, MN, 55432  
**Start Point:** BP Station & Mini Mart- 117 E Benton, Lake Benton, MN 56149 . Located on Hwy 75, 19 miles north of Pipestone and 20 miles east of Brookings, SD  
**Event Info:** Walk goes through small town lake community of Lake Benton and into Hole in the Mountain Park with hiking trails. 10K rating is 3C within the park (approx 3k of the walk.)

### Luverne - Luverne Walk

10k, 4k Seasonal Walk (2017/Y1147) 4/1/2017 - 9/30/2017

Doin' The Louisiana Purchase, Make a Wish at a Water Fountain, Take a Walk In a City Park

**Award:** IVV Credit Only **Strollers:** **Restroom:**  
**Rating:** 1A **Wheelchair:** **Pets:**  
**Sponsor:** AVA-0114 Twin Cities Volkssport [www.tcvwalking.com](http://www.tcvwalking.com)  
**Contact:** Paul Stachour, PStachour@acm.org, (952)884-5977, ., ., .,  
**Start Point:** Quality Inn Luverne- 801 S Kniss Ave, Luverne MN 56156. From I-90, take exit 12 for US 75. Drive north through town 1/2 mile to motel on the right.  
**Event Info:** Walk in and around city of Luverne.

### Maple Grove

#### 5k, 10k Year Round Walk (2017/Y1576) 1/1/2017 - 12/31/2017

Boardwalks, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Lakes and Reservoirs, Make a Wish at a Water Fountain, Take a Walk In a City Park, Trekking With the Trees

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0956 Lake Country Wanderers <http://lakecountrywanderers.wix.com/lcw>  
**Contact:** Bonnie Johnson, bonjohn@comcast.net, (763)229-3584, 25 - 66th Way NE, Fridley, MN, 55432

**Start Point:** Maple Grove Community Center- 12951 Weaver Lake Rd, Maple Grove 55369  
 Going East or West on I-94, take Exit 215 (Weaver Lake Rd-east) Drive approx one mile to the Community Center(watch for green roof) is on the right. Located in Hennepin County

**Event Info:** Walk on new walk/bike paths in the beautiful Arbor Lakes/Maple Grove newly developed areas. Some residential, lakeside and suburban highlights.New 5K route. Hours M-Th 7am-8pm, Fr 7am-9pm, Sa 8:30am-9pm, Su 10am-6pm

### Maplewood - Eagle's Nest Walk

#### 10k, 5k Seasonal Walk (2017/Y1521) 4/1/2017 - 10/31/2017

Animal Safari, Boardwalks, Doin' The Louisiana Purchase, Food For Thought

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0114 Twin Cities Volkssport [www.tcvwalking.com](http://www.tcvwalking.com)  
**Contact:** Ken Johnson, johnsonck@centurylink.net, (651)774-9607, 1994 Payne Ave, Maplewood, MN, 55117

**Start Point:** Johnson Residence- 1994 Payne Ave, Maplewood, MN 55117. Start point is a private residence with walkbox on front porch. Take I-35E exit 110B to Roselawn Ave. Go east 3/4 mile. Payne Ave is the first street (dead end) past the stoplight at Edgerton St. Start point is the last house on the right at the end of the street.

**Event Info:** Walk regional park trails and boardwalk around multiple lakes. Includes vantage point for viewing an eagle's nest on the north side of Keller Lake. Seasonal restroom available in park.

### Minneapolis - Cedar Lake

#### 10k, 7k Seasonal Walk (2017/Y1485) 4/1/2017 - 9/30/2017

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0114 Twin Cities Volkssport [www.tcvwalking.com](http://www.tcvwalking.com)  
**Contact:** Terry Glanz, terryglanz@centurylink.net, (651)646-5940, ., ., .,

**Start Point:** The Kenwood Restaurant- 2115 W 21st St, Minneapolis MN 55405. Hours 8am-8pm Tues thru Sun (closed Mondays). From I-94 take Lyndale Ave exit 231B. Follow signs for southbound Lyndale Ave and bear right onto Hennepin Ave S. At first stoplight, turn right onto W Franklin Ave. Drive 3/4 mile and turn left onto Penn Ave S. Start point is 1 block away on corner of Penn & 21st St. On-street parking.

**Event Info:** Walk through the lovely Kenwood neighborhood including a circuit around lightly-used Cedar Lake.

### Minneapolis - Grand Rounds Scenic Byways

#### 110K Seasonal Walk (2017/Y2115) 6/20/2017 - 9/26/2017

Doin' The Louisiana Purchase

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0956 Lake Country Wanderers <http://lakecountrywanderers.wix.com/lcw>  
**Contact:** Bonnie Johnson, bonjohn@comcast.net, (763)229-3584, 25 - 66th Way NE, Fridley, MN, 55432  
**Start Point:** Hill Valley Cafe or Guided Walk with remote location listed weekly- 3301 Central Ave NE, Minneapolis, MN 55432 (box location) From I-694 east or west, exit 38 south on Central Ave (Hwy 65) to 33rd Ave NE. Cafe on left across from Columbia Golf Course.  
**Event Info:** Walk 31 miles of one of the Grand Rounds Scenic Byways which circles the City of Minneapolis in 5 & 10k segments. Beginning on Tuesdays there will be guided walks with registration @9:45 and starting @10 am on the following dates August 1,8,15,29 Sept 5,12,19,26. Locations change each week. We will walk out 3.1 mile and return for 10k and 1.6 mile for the 5k. Start points will be posted for each weekly walk.

### Minneapolis - Lake Nokomis

#### 11k, 6k Year Round Walk (2017/Y1218) 1/1/2017 - 12/31/2017

Doin' The Louisiana Purchase

**Award:** B Award      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0114 Twin Cities Volkssport [www.tcvwalking.com](http://www.tcvwalking.com)  
**Contact:** Lee Moisant, l.moisant@comcast.net, (612)861-3053, ., ., .,  
**Start Point:** Caribou Coffee- 4745 Cedar Ave S, Minneapolis MN 55407. Mon-Fri 6am-9pm, Sat-Sun 6:30am-9pm. Open holidays. Located on the NE corner of Cedar Ave and Minnehaha Pkwy. Take Cedar Ave approximately 3 miles south of I-94 or 2 miles north of Crosstown Hwy 62. Park behind Supervalu grocery store next door.  
**Event Info:** This is on a paved trail around Lake Nokomis and its lagoon.

### Minneapolis - Minnehaha Creek

#### 10k, 5k Seasonal Walk (2017/Y0375) 4/1/2017 - 9/30/2017

Bridges - Spanning the USA, Doin' The Louisiana Purchase

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** easy      **Pets:** Yes  
**Sponsor:** AVA-0114 Twin Cities Volkssport [www.tcvwalking.com](http://www.tcvwalking.com)  
**Contact:** Lee Moisant, l.moisant@comcast.net, (612)861-3053, ., ., .,  
**Start Point:** Caribou Coffee- 4745 Cedar Ave S, Minneapolis 55407 (612-724-1234 to verify hours). Located on the NE corner of Cedar Ave S and E Minnehaha Pkwy. From I-94 go south on Cedar Ave S approx 3 miles; from Crosstown Hwy 62 go north on Cedar Ave S approx 2 miles. Park behind SuperValu grocery store next door.  
**Event Info:** Hours: Mon-Fri 6am-9pm, Sat-Sun 6:30am-9pm. Open holidays. Walk along beautiful Minnehaha Creek. 10K includes the historic Longfellow House and Minnehaha Depot.

### Minneapolis - Nicollet Island

#### 6K & 10K Year Round Walk (2017/Y1776) 1/1/2017 - 12/31/2017

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0114 Twin Cities Volkssport www.tcvwalking.com  
**Contact:** Terry Glanz, terryglanz@centurylink.net, (651)646-5940, ., ., .,  
**Start Point:** Minneapolis Convention Center- 1301 Second Ave S, Minneapolis, MN 55403. Walk box is at the Information Desk at the main entrance on 2nd Ave South and Grant St. W. Information. Tel number 612-335-6000. Call to verify that the information desk is open. It may not be if there is no event scheduled there. See Y0416 Minneapolis - University of Minnesota for directions to the Convention Center start.  
**Event Info:** The walk begins on the Nicollet Mall, goes through the St Anthony Falls area, refurbished Nicollet Island, the Mississippi River walkways and parts of "Nordeast" and downtown Minneapolis.

### Minneapolis - University of Minnesota

#### 11k, 5k Year Round Walk (2017/Y0416) 1/1/2017 - 12/31/2017

Bridges - Spanning the USA, Doin' The Louisiana Purchase

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0114 Twin Cities Volkssport www.tcvwalking.com  
**Contact:** Terry Glanz, terryglanz@centurylink.net, (651)646-5940, ., ., .,  
**Start Point:** Minneapolis Convention Center - 1301 2nd Ave S, Minneapolis, MN 55403. Walk box is at the Information desk at the main entrance on 2nd Ave South and Grant St. W. Tel 612-335-8000. Call to verify that the information desk is open. It may not be if there is no event scheduled.  
From the West (I-94): Take the 4th Street exit from I-94 and proceed to 2nd Avenue South. (Do NOT turn right onto 2nd Avenue North.) Turn right on 2nd Avenue South and go 8 blocks to Convention Center.  
From the West (I-394): Take Downtown exit (12th Street): follow 12th Street South to 2nd Avenue South and turn right. The Convention Center is on your left.  
From the East (I-94): Take the 11th Street exit: follow 11th Street South until you reach 2nd Avenue South, turn left onto 2nd Avenue South and cross 12th Street South. The Convention Center is on your left. The Underground Plaza Parking Ramp is on your right.  
From the South (I-35W): Follow downtown exit signs to the 11th Street exit and follow 11th Street to 2nd Avenue South. Turn left on 2nd Avenue South and go 1 block to Convention Center.  
From the North (I-35W): Take I-35W to Hwy 280. Follow Hwy 280 to I-94 west. Follow I-94 to the 11th Street exit (NOT 11th Avenue exit). Follow 11th Street to 2nd Avenue South. Turn left on 2nd Avenue South and go 1 block to the Convention Center.  
**Event Info:** Historic Minneapolis walk. Walk along Nicollet Ave, over the Stone Arch Bridge, walk along and over the Mississippi River, through the campus of the University of Minnesota and under the new I-35 Bridge.



### Moorhead

#### 10km/5km Seasonal Walk (2017/Y0762) 4/1/2017 - 9/30/2017

Border Crossings, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Lady Liberty Special Program, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0032 Red River Volkssport Assn.  
**Contact:** Chuck Wanzek, amywanzek@yahoo.com, (701)306-7676, 3045 40th Ave. S., Unit B, Fargo, ND, 58104  
**Start Point:** Biltmore Hotel and Suites- 3800 Main Ave, Fargo, ND 58102. On the north/south I-29 Interstate, take exit 65, Main Ave. Drive west 0.1 miles to the Biltmore.  
**Event Info:** From the Biltmore, you will have to drive approximately 3 miles to the Start Point. After crossing the river into Moorhead, turn into the parking lot of the Moorhead Center Mall. The start point is at the SW corner of the parking lot at the corner of 4th St. and Center Ave.

### New Ulm

#### 6k,10k & 12k Seasonal Walk (2017/Y1901) 4/1/2017 - 10/31/2017

Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, State Street Sashay, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, United States Post Offices, Walk the USA - Street by Street, Walking the Path of Inventions, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0956 Lake Country Wanderers <http://lakecountrywanderers.wix.com/lcw>  
**Contact:** Bonnie Johnson, bonjohn@comcast.net, (763)229-3584, 25 - 66th Way NE, Fridley, MN, 55432  
**Start Point:** Microtel Inn & Suites by Wyndham- 424 - 20th St South, New Ulm, MN 56073. From Minneapolis/St Paul take Hwy 169 South to W Co Rd 99 in St Peter to MN Hwy 14 west. From Hwy 14 W near New Ulm turn Left on Co Rd 37 (448th St). One mile to Microtel on the right. Reservations 507-354-9800  
**Event Info:** Walk in an authentic German and Bohemian heritage city, through parks, past Herman the German monument, the Glockenspiel, Heritage Tree and some residential. (optional 2k is to Schell's Brewery)

**Pipestone****5k, 10k Seasonal Walk (2017/Y1208) 5/1/2017 - 9/30/2017**

Amphitheatres, Doin' The Louisiana Purchase, Honoring Our Flag, Ice Cream Parlors, National Parks Centennial Challenge, National Register of Historic Places, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, United States Post Offices, Walking the Path of Inventions, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0956 Lake Country Wanderers <http://lakecountrywanderers.wix.com/lcw>

**Contact:** Bonnie Johnson, bonjohn@comcast.net, (763)229-3584, 25 - 66th Way NE, Fridley, MN, 55432

**Start Point:** Calumet Inn Hotel and Restaurant- 104 West Main St, Pipestone, Mn 56164 From I-90, Exit north on Hwy 75.

From Hwy 75 in Pipestone, turn Left onto Main St, Inn located on the corner of Main St and Hiawatha Ave. Pipestone is in Pipestone County. Reservations at the Calumet Inn - call 507-825-5871

**Event Info:** Walk through Historic Downtown and to the Pipestone National Monument, around the Circle Trail, through parks and residential. Dogs not allowed in the National Monument park. Located in Pipestone County There is a fee for entry to the National Monument. Senior Passes are accepted

**Red Lake Falls - Red Lake County****6K and 10K Seasonal Walk (2017/Y0672) 5/1/2017 - 9/30/2017**

Animal Safari, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Honoring Our Flag, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** No

**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0956 Lake Country Wanderers <http://lakecountrywanderers.wix.com/lcw>

**Contact:** BONNIE JOHNSON, bonjohn@comcast.net, (763)229-3584, 25-66TH WAY NE, FRIDLEY, MN, 55432

**Start Point:** Chateau Motel- 1203 State Hwy 32 N, Red Lake Falls, MN 56750. Located on Hwy 32 on the north end of the city. No public restroom available at start. Reservations: 218-253-4144. Hours 8am - dusk

**Event Info:** Walk on bike trail (rail to trails) overlooking the Clearwater and Red Lake Rivers, through downtown, some residential, parks, and by the historic courthouse.

**Rochester****5k 11k Seasonal Walk (2017/Y1475) 4/1/2017 - 10/31/2017**

Cities in Song, Doin' The Louisiana Purchase, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Vice Presidential Walks, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0956 Lake Country Wanderers <http://lakecountrywanderers.wix.com/lcw>

**Contact:** Bonnie Johnson, bonjohn@comcast.net, (763)229-3584, 25 66th Way NE, Fridley, MN, 55432

**Start Point:** Guest House Inn & Suites- 435 16th Ave NW, Rochester 55901. From Hwy 52 north or south, Wxit on Civic Center Dr and go east. At the first stoplight (16th Ave) turn right and go to the 3rd driveway, turning right to the motel. Next to Famous Dave's Restaurant.

**Event Info:** Trail winds through parks, downtown area, by the Mayo Clinic and some residential. Walk is in Olmsted County.

### St. Cloud - Mississippi River Bridges & Gardens

**5K & 10K Year Round Walk (2017/Y1227) 1/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, United States Post Offices, Vice Presidential Walks, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** A Award **Strollers:** Medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0697 Central Minnesota Volkssports [centralmnvolkssports.wix.com/cmv](http://centralmnvolkssports.wix.com/cmv)

**Contact:** Chuck & Lois Head, [lmhead@stcloudstate.edu](mailto:lmhead@stcloudstate.edu), (320)252-7348, 2810 Island View Ct, St. Cloud, MN, 56301

**Start Point:** Best Western Kelly Inn 100 4th Ave S Downtown St Cloud MN 56301- From Hwy 10 northbound, turn left onto Hwy 23 (Division St). Turn right onto 5th Ave S then right onto 4th St. S to the Inn.

**Event Info:** Over the bridges and along the banks of the Mississippi River, with close-up views of the dam and the Beaver Islands as well as our famous gardens and our historic commercial district.

### St. Paul - Capital

**10k, 7k Year Round Walk (2017/Y1004) 1/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, State Capital

**Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes

**Rating:** 2A **Wheelchair:** medium **Pets:** Yes

**Sponsor:** AVA-0114 Twin Cities Volkssport [www.tcvwalking.com](http://www.tcvwalking.com)

**Contact:** Lynne Grigor, [lynndesignflow@gmail.com](mailto:lynndesignflow@gmail.com), (763)780-4567, ., ., .,

**Start Point:** Super America Station- 925 Grand Ave St. Paul, MN From I-94 East or I-94 West, take Dale St exit. South on Dale to Grand Ave. West (right) on Grand Ave to Milton Ave. Station is on the corner of Grand and Milton. On street parking only.

**Event Info:** \*\*MN STATE CAPITOL WALK\*\* This walk is mostly on flat, paved sidewalks with some inclines, it winds through historic areas of St Paul, past Historic Churches, Veterans Memorials, the MN State Capitol, Minnesota History Center, and the Excel Energy Center (St Paul Civic Center).

### St. Paul - Summit Ave & Bakeries

**10k, 5k Year Round Walk (2017/Y1003) 1/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Ice Cream Parlors, Vice Presidential Walks

**Award:** IVV Credit Only **Strollers:** Easy **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Easy **Pets:** Yes

**Sponsor:** AVA-0114 Twin Cities Volkssport [www.tcvwalking.com](http://www.tcvwalking.com)

**Contact:** Lynne Grigor, [lynndesignflow@gmail.com](mailto:lynndesignflow@gmail.com), (763)780-4567, ., ., .,

**Start Point:** Super America Station- 925 Grand Ave. St. Paul, MN Take I-94 East or I-94 West to Dale St Exit. South on Dale to Grand Ave. West (right) on Grand to corner of Milton and Grand. Street parking only.

**Event Info:** This trail is along beautiful and historic Summit and Grand Avenues with views of the Governor's Mansion and local college campuses.

### St. Paul - Three College Campus

5k, 10k Year Round Walk (2017/Y1362) 1/1/2017 - 12/31/2017

Vice Presidential Walks

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0114 Twin Cities Volkssport [www.tcvwalking.com](http://www.tcvwalking.com)  
**Contact:** Beth Montgomery, bgmontg@hotmail.com, (952)926-3426, ., ., .,  
**Start Point:** Super America- 2051 Grand Ave. St. Paul, MN From I-94 East or I-94 West, take Cretin/Vandalia exit south to Grand Ave. Go east on Grand to Cleveland Ave. Super America is on the corner of Cleveland and Grand. On street parking only.  
**Event Info:** This walk is through St. Catherine's College, St. Thomas University and Macalester College and by the Mississippi River.

### St. Peter

5k, 11k Seasonal Walk (2017/Y1155) 4/1/2017 - 10/31/2017

Amphitheatres, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking the Path of Inventions, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0956 Lake Country Wanderers <http://lakecountrywanderers.wix.com/lcw>  
**Contact:** Bonnie Johnson, bonjohn@comcast.net, (763)229-3584, 25 - 66th Way NE, Fridley, MN, 55432  
**Start Point:** AmericInn Motel & Suites - 700 N Minnesota Ave, St Peter, MN 56082 From theTwin Cities, go South on Hwy 169 approx 70 miles. AmericInn on right as you enter St Peter. Reservations: 507-931-6554  
**Event Info:** Walk in the rebuilt town of St Peter following the March 1998 devastating tornado. Walk through the Historic District, parks, Gustavus Adolphus College, Arboretum and Sculpture Garden. St Peter is located in Nicollet County.

### Stillwater - Stillwater Walk

10k, 5k Seasonal Walk (2017/Y1554) 5/1/2017 - 10/31/2017

Amphitheatres, Boardwalks, Border Crossings, Doin' The Louisiana Purchase, Ice Cream Parlors, Make a Wish at a Water Fountain, Take a Walk In a City Park, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0114 Twin Cities Volkssport [www.tcvwalking.com](http://www.tcvwalking.com)  
**Contact:** Stan Miller, shopper55082@yahoo.com, (651)439-8597, ., ., .,  
**Start Point:** Ann Bean Bed & Breakfast- 319 W. Pine Street, Stillwater, MN (reservations only 651-430-0355). From I-35 East or I-694 take Hwy 36. Go east to Stillwater and to 4th St. Left on 4th St. Go one mile to 3rd stop sign which is W Pine. Turn left (west) and go 2 blocks to 6th St. Inn is on the corner of 6th and W Pine. On street parking only. Walk box is located on the front porch of the Bed and Breakfast. Start time: Dawn to dusk  
**Event Info:** The walk goes by the St. Croix River, riverfront parks, historic homes, lift bridge and antique shops. There is something for everyone in this historic lumber town. There will be hills.

**Thief River Falls - Pennington County****5K & 10K Seasonal Walk (2017/Y0674) 5/1/2017 - 9/30/2017**

Animal Safari, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0956 Lake Country Wanderers <http://lakecountrywanderers.wix.com/lcw>

**Contact:** BONNIE JOHNSON, [bonjohn@comcast.net](mailto:bonjohn@comcast.net), (763)229-3584, 25-66TH WAY NE, FRIDLEY, MN, 55432

**Start Point:** Quality Inn- 1060 Hwy 32 South, Thief River Falls, MN 56701 Located on Hwy 32 approximately 1 mile south of Junction 59, 32 and 1.  
Reservations call: 218-681-7555

**Event Info:** Walk passed the Artic Cat test track, some residential, beautiful parks, along the Red Lake River, to the college and Pioneer Village. Hours: Dawn to Dusk

**Two Harbors - Two Harbors****10k, 5k Seasonal Walk (2017/Y1169) 4/1/2017 - 10/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Points of Reference, Take a Walk In a City Park, Walking America's Ports of Call

**Award:** IVV Credit Only **Strollers:** Hard **Restroom:** Yes

**Rating:** 1A **Wheelchair:** None **Pets:** Yes

**Sponsor:** AVA-0114 Twin Cities Volkssport [www.tcvwalking.com](http://www.tcvwalking.com)

**Contact:** John Hamper, [vmarcher@msn.com](mailto:vmarcher@msn.com), (651)483-4030, ., ., .,

**Start Point:** Country Inn of Two Harbors- 1204-7th Ave, Two Harbors 55616. (218-834-5557 or 877-604-5332 reservations and info only [www.countryintwoharbors.com](http://www.countryintwoharbors.com)) Located 22 miles north of Duluth on Hwy 61 next to McDonald's. Walk from dawn to dusk.

**Event Info:** Walk through the historical city of Two Harbors, past the ore docks & lighthouse, along the beautiful shores of Lake Superior on sidewalks and unpaved road and gravel trail, small hills.

**Waite Park - Quarry Park & Nature Preserve****5K & 10K Seasonal Walk (2017/Y1223) 4/1/2017 - 10/31/2017**

Alternative Capitals, Boardwalks, Doin' The Louisiana Purchase, Points of Reference, Treasure Hunt - A way to walk our precious trails, Walking the USA A - Z, You'll Never Walk Alone

**Award:** A Award **Strollers:** Hard **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Hard **Pets:** No

**Sponsor:** AVA-0697 Central Minnesota Volkssports [centralmnvolkssports.wix.com/cmv](http://centralmnvolkssports.wix.com/cmv)

**Contact:** Chuck & Lois Head, [lmhead@stcloudstate.edu](mailto:lmhead@stcloudstate.edu), (320)252-7348, 2810 Island View Ct, St. Cloud, MN, 56301

**Start Point:** Quarry Park & Nature Preserve, 7th St S Co Rd 137 Waite Park MN 56387- From Hwy 10 northbound, turn left (west) onto Hwy 23. At 10th Ave S, turn left. At 7th St S (Co Rd 137), turn right. In about 1 mile, Quarry Park will be on your left. Park fee required.

**Event Info:** Trails include scenic woodlands, prairie, wetlands, and 25 granite quarries which form picturesque, rock-fringed ponds.

**Warren - Marshall County****5K & 10K Seasonal Walk (2017/Y0770) 5/1/2017 - 9/30/2017**

Animal Safari, Bridges - Spanning the USA, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0956 Lake Country Wanderers <http://lakecountrywanderers.wix.com/lcw>

**Contact:** BONNIE JOHNSON, [bonjohn@comcast.net](mailto:bonjohn@comcast.net), (763)229-3584, 25-66TH WAY NE, FRIDLEY, MN, 55432

**Start Point:** Elm Crest Motel- 107 E Eau Claire Ave, Warren, MN 56762. Located on the north end of the City of Warren on Hwy 75 (N 2nd St) by the sign 2479 miles to Alaska. Reservations: 218-745-4721. Hours 8am-dusk.

**Event Info:** Walk through city parks, cemetery, near fairgrounds and by Settlers Museum (open Mon-Fri 10-5 and free) See how life on the prairie used to be. Nice rural town in the midst of farming community

**Warroad - Roseau County****5K & 10K Seasonal Walk (2017/Y0697) 5/1/2017 - 9/30/2017**

Alternative Capitals, Animal Safari, Honoring Our Flag, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, State Street Sashay, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0956 Lake Country Wanderers <http://lakecountrywanderers.wix.com/lcw>

**Contact:** BONNIE JOHNSON, [bonjohn@comcast.net](mailto:bonjohn@comcast.net), (763)229-3584, 25-66TH WAY NE, FRIDLEY, MN, 55432

**Start Point:** Super 8 Motel- 909 N State St, Warroad, MN 56763. Located in NW MN near the Canadian Border on Hwy 11 on the west end of town.. Reservations call: 218-386-3723 Hours: Dawn to Dusk

**Event Info:** Walk by Indian Burial Grounds (above ground tombs), along the Warroad River, by Lake of the Woods and on a bike trail which follows streams, ponds and winds through the campgrounds and parks.

**MISSISSIPPI****Biloxi - Downtown Biloxi****5K and 10K Year Round Walk (2017/Y0084) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** medium **Pets:** No

**Sponsor:** REG-SE AVA - Southeast Region

**Contact:** John McClellan, [se\\_rd@ava.org](mailto:se_rd@ava.org), (781)686-0660, 995 Mori Ct, Port Orange, FL, 32127

**Start Point:** Biloxi Visitors Center- 1050 Beach Blvd, Biloxi, MS (across from Lighthouse on Hwy 90).

**Event Info:** Explore downtown Biloxi and walk along our scenic beachfront with its lighthouse that has survived many a hurricane!

### Jackson - Capital

10km and 5km Year Round Walk (2017/Y0790) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** No  
**Sponsor:** REG-SE AVA - Southeast Region  
**Contact:** David Neilsen, dlnelsen@att.net, (662)213-3024, 113 Redpoll, Tupelo, MS, 38804  
**Start Point:** Jackson-Mississippi Agricultural Museum,- 1150 Lakeland Dr. 601-713-3365. From I-55, take the Lakeland Dr Exit 98B. Go East to the 1st traffic light (Cool Papa Bell Drive) and turn left. Entering the parking area, go to the extreme far left, cross the wooden pedestrian bridge to the Jim Ross Building for the box. There is a short drive (2 miles) to 1125 State Street for the actual start point.  
**Event Info:** Ag Museum open Mon-Sat 9-5, Closed on Sundays. These times are subject to change. Once you've picked up your start card and stamped your book at the Ag Museum, drive west to State Street and then south to the Baptist Memorial Health Center parking lot (1125 State) to park. New walk route has 2 loops. North loop goes past Belhaven University and Millsaps College and Eudora Welty home museum (5K). South loop goes past the Old Capital Museum, the Governor's Mansion and the Mississippi State Capital.

### Ocean Springs - Downtown Ocean Springs

5K and 10K Year Round Walk (2017/Y1205) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** REG-SE AVA - Southeast Region  
**Contact:** John McClellan, se\_rd@ava.org, (781)686-0660, 995 Mori Ct, Port Orange, FL, 32127  
**Start Point:** Waffle House- 2992 Bienville Blvd (Hwy 90 East), Ocean Springs, MS 39564, Phone #228-875-7466. On I-10 West, take exit 50 South to Hwy 90 East, turn left (east). Go east on Bienville Blvd (Hwy 90 East) for approximately 2.5 miles.  
**Event Info:** Walk through historic downtown Ocean Springs, a charming community of specialty shops, restaurants, and home of the annual Peter Andersen Festival. Continue into the neighborhoods to enjoy quiet streets, homes, churches, and ancient oaks.

### Ocean Springs - Gulf Islands National Seashore

5K and 10K Year Round Walk (2017/Y0053) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** REG-SE AVA - Southeast Region  
**Contact:** John McClellan, se\_rd@ava.org, (781)686-0660, 995 Mori Ct, Port Orange, FL, 32127  
**Start Point:** Waffle House- 2992 Bienville Blvd (Hwy 90 East), Ocean Springs, MS 39564, Phone #228-875-7466. From I-10 West, take exit 50 South to Hwy 90 East, turn left (east). Go east on Bienville Blvd (Hwy 90 East) for approximately 2.5 miles.  
**Event Info:** Restaurant is on right hand side. Open 24 Hrs.

**MISSOURI****Blue Springs - Burr Oak Woods Conservation Nature Center****5 & 10 k Year Round Walk (2017/Y0824) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Trekking With the Trees

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0644 Pace Setters Volkssport Club  
<https://sites.google.com/site/pacesetterswalkingclub/home>  
**Contact:** Barb or Chris Ramsay, Pacesetters644@gmail.com, (816)694-8598, 16711 Branson Dr, Belton, MO, 64012  
**Start Point:** Price Chopper-1305 NW State Route 7, Blue Springs, MO.- From I-70 take exit 20 Blue Springs/Lake Lotawana MO 7. Go north towards Burr Oak Woods Conservation Area. Turn left into the Price Chopper parking lot just beyond Quik Trip. Ask for box at customer service.  
**Event Info:** After registering drive to the start. Directions in box. Walk during daylight hours only. Trails are available 7 days a week but the nature center is only open Tues-Sat. During hunting seasons please call ahead to see if the trails are open 816-228-3766. Walk on the trails of Burr Oak Woods Nature Center by woodlands, glades, fields and ponds.

**Branson - Branson Town & Holiday Lights****10km/6km Seasonal Walk (2017/Y1112) 11/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0561 Global Adventurers  
**Contact:** Josie Lehman, ramblinjosie@hotmail.com, (417)559-3721, 3000 Green Mountain Dr #107-112, Branson, MO, 65616  
**Start Point:** Private Residence overlooking Lake Taneycomo and the Ozark Mountains- 350 Woodland Dr. S. Unit LD, Branson, MO 65616. West on Hwy 76 (the strip). Left turn before American Bandstand Theater to Fall Creek Rd, approx. two + miles to Maple Leaf Dr. (The Woodlands). Left to Woodland Dr., Left and follow winding drive to Bldg.  
**Event Info:** Daily, dawn to dusk. Walk takes you along Lake Taneycomo, through a park, residential area, historic downtown Branson and Branson Landing. Paved surfaces with a few hills. Qualifies for Taney County in the Walking the Counties of Missouri program.

**Branson - Table Rock Lakeshore Trail****5/10 KM Year Round Walk (2017/Y1608) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0561 Global Adventurers  
**Contact:** Josie Lehman, ramblinjosie@hotmail.com, (417)559-3721, 3000 Green Mountain Dr #107-112, Branson, MO, 65616  
**Start Point:** Private Residence overlooking Lake Taneycomo and the Ozark Mountains.- Private Residence -350 Woodland Dr. S. Unit LD, Branson, MO 65616. West on Hwy 76 (the strip). Left turn before American Bandstand Theater to Fall Creek Rd, approx. two + miles to Maple Leaf Dr. (The Woodlands). Left to Woodland Dr., Left and follow winding drive to Bldg  
**Event Info:** 5/10 KM Flat Paved Trail along Table Rock Lake, connecting the Dewey Short Visitor Center Showboat Branson Belle and Table Rock State Park Marina, and Campground and return. Walk Hours - Daylight Hours. Qualifies for "Stone County" in the Walking MO County Special Program.



**Cameron - Wallace State Park****10km and 5km Seasonal Walk (2017/Y1918) 4/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase

**Award:** ZZ **Strollers:** NO **Restroom:** Yes**Rating:** 3B **Wheelchair:** NO **Pets:** Yes**Sponsor:** AVA-0739 Clay-Platte Trackers of Kansas City [www.clayplattetrackers.org](http://www.clayplattetrackers.org)**Contact:** Carmelita Stone, carma1206@hotmail.com, (816)539-3104, 701 Bluebird Place, Plattsburg, MO, 64477**Start Point:** Wallace State Park- YMCA of Cameron1903 N Walnut St  
Cameron, MO 64429Hours:  
M-F 5-9  
Sat 7-9  
Sun 12-7

From KC: Take I35N towards Iowa. Take exit 54 and turn left. Take first exit ramp right for US-69 / I-35-BL toward Winston / Cameron. Turn right onto US-69/Walnut St. to destination.

From Iowa: Take I35S towards Kansas City. Take exit 54 and turn right. Take first exit ramp right for US-69 / I-35-BL toward Winston / Cameron. Turn right onto US-69/Walnut St. to destination.

Directions to start point:

As you leave YMCA turn right on Walnut (69 Hwy). Turn left onto 36 Highway. Turn right on I-35. Take exit 48 and turn left on 69 Hwy. Turn left on MO-121. Follow MO-121 to entrance to Wallace State Park. Park opens at 7 a.m. Drive to 2nd Day Area/shelter.

**Event Info:** Wallace State Park is one of the crown jewels of the Missouri State Park System. It's hard to believe that just a few miles off one of the busiest interstates in the US, you can find an oasis of peace and quiet while you meander through some of the trails in this park.

The trails are all well marked, but they are nature trails. Therefore, insect repellent, hiking poles and shoes are recommended.

**Carl Junction****10km/5km Year Round Walk (2017/Y1800) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Take a Walk In a City Park, United States Post Offices

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes**Rating:** 1B **Wheelchair:** Medium **Pets:** Yes**Sponsor:** AVA-0765 Dogwood Trailblazers [www.sites.google.com/site/dogwoodtrailblazers/](http://www.sites.google.com/site/dogwoodtrailblazers/)**Contact:** Dan Houser, wdouser@mchsi.com, (417)649-6404, PO Box 8012, Joplin, MO, 64802

**Start Point:** Carl Junction Community Center- 303 N Main. From I-44 take 249 north at exit 11 to Hwy 171. West on Hwy 171 and follow through Webb City and the Village of Airport Drive. You will go straight through two traffic circles. Continue on 171 as it curves to the right (north). Turn left (west) on State Hwy. Z/ Pennell St. Follow Hwy. Z/Pennell St. to N. Main St. Right on N Main. The Carl Junction Community Center will be directly ahead. The walk box is located behind the desk in the lobby.

**Event Info:** Mon-Sat 7:30 - dusk, Sun 10 - 6, closed Easter and Christmas. New trails incorporate Ruby Jack Trail and Thom Station trail to connect 10k to beautiful residential areas, some of which border Briarbrook Golf Course. Qualifies for Jasper County in the Walking the Counties of Missouri program.

**Carthage****10km/5km Year Round Walk (2017/Y1002) 1/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0765 Dogwood Trailblazers [www.sites.google.com/site/dogwoodtrailblazers/](http://www.sites.google.com/site/dogwoodtrailblazers/)  
**Contact:** Glen/Doris Conyers, [glenconyers@sbcglobal.net](mailto:glenconyers@sbcglobal.net), (417)434-0977, PO Box 8012, Joplin, MO, 64802-8012

**Start Point:** Casey's General Store- 917 W. Central From I-44 take I-49 north to MO Hwy 96 and US 71 junction. Turn right (east) on Hwy 96/Central Ave. Casey's is ahead on your left. From I-49 from the north, turn left (east) on Hwy 96/Central Ave. and proceed as above.

**Event Info:** Walk dawn to dusk. New trails pass historic homes and the Carthage square. Qualifies for Jasper County in the Walking the Counties of Missouri program.

**Carthage - Bike****25k Year Round Bike (2017/Y1120) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** No  
**Rating:** 1B      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0765 Dogwood Trailblazers [www.sites.google.com/site/dogwoodtrailblazers/](http://www.sites.google.com/site/dogwoodtrailblazers/)  
**Contact:** Jim Gant, [jimgant40@gmail.com](mailto:jimgant40@gmail.com), (417)291-4432, PO Box 8012, Joplin, MO, 64802  
**Start Point:** Casey's General Store- 917 W. Central From I-44 take I-49 north to MO Hwy 96 & US 71 junction. Turn right (east) on Hwy 96/Central Ave. Casey's is ahead on the left. From I-49 to the north, turn left (east) on Hwy 96/Central Ave. and proceed as above.

**Event Info:** The Ruby Jack Trail is a Rail-to-Trail project following an old railroad bed from Carthage on the east to Oronogo on the west. Trail is mostly flat and the surface is packed gravel leading through prairie land. Vehicular traffic is not allowed on the trail, so cyclists only need to watch for vehicles at cross roads. Hybrid, mountain and wider tired bikes are better suited for the trail than road bicycles. After registering, you will drive to trailhead.

**Caruthersville - Pemiscot County****5k/10k Seasonal Walk (2017/Y2004) 7/5/2017 - 12/29/2017**

Doin' The Louisiana Purchase, National Register of Historic Places, United States Post Offices, Vice Presidential Walks, Walking America's Ports of Call, Water Towers

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0765 Dogwood Trailblazers [www.sites.google.com/site/dogwoodtrailblazers/](http://www.sites.google.com/site/dogwoodtrailblazers/)  
**Contact:** Glen Conyers, [glenconyers@sbcglobal.net](mailto:glenconyers@sbcglobal.net), (417)434-0977, PO Box 8012, Joplin, Mo, 64802

**Start Point:** Caruthersville Public Library- 707 W. 13th St. 573-333-2480 South on I-55, take Exit 19 for MO-84. Left on MO-84. Right on Truman Blvd. Left on W. 13th St. Northbound on I-55, Exit 14 for MO-U. Right on MO-U. Left on S. Truman Blvd. Right on W. 13th St. Library will be on your right. Walk Box is on the floor to your right at the entry.

**Event Info:** Trail goes through town and on River Walk providing a view of the Mississippi River. Walkers pass lighthouse water tower and Grizzly Jig Co.

**Charleston - Mississippi County****5k/10k Seasonal Walk (2017/Y1986) 7/5/2017 - 12/29/2017**

National Register of Historic Places, State Street Sashay, Take a Walk In a City Park,  
United States Post Offices, Walk the USA - Street by Street, Water Towers

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** easy      **Pets:** Yes  
**Sponsor:** AVA-0765 Dogwood Trailblazers [www.sites.google.com/site/dogwoodtrailblazers/](http://www.sites.google.com/site/dogwoodtrailblazers/)  
**Contact:** Glen Conyers, glenconyers@sbcglobal.net, (417)434-0977, PO Box 8012, Joplin, Mo, 64802  
**Start Point:** Clara Drinkwater Newnam Public Library- 105 E. Marshall 573-683-6748 Eastbound on US-60/I-57, take Exit 10 for MO-105. Left on I-57Bus/S. Main St. Southbound on I-55, take Exit 80 for MO-77. Left on MO-77S. Left on US-60E. Cross S. Main. Library is on the right. Walk Box is on front desk counter.  
**Event Info:** Charleston is located at the top of Missouri's Bootheel near the confluence of the OH & MS Rivers. Trail goes through downtown & residential areas. For over 40 years, the Dogwood-Azalea Festival has been held in April.

**Chillicothe - Livingston County****10/5kms Seasonal Walk (2017/Y1469) 4/9/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Honoring Our Flag, National Register of Historic Places,  
Take a Walk In a City Park, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0234 Sunflower Sod Stompers  
**Contact:** Terri Tyler, tityler50@gmail.com, (785)233-4385, PO Box 2576, Topeka, KS, 66601-2576  
**Start Point:** Days Inn Chillicothe- 606 West Business 36  
From US 36 go north on US 65 0.25 mile to first stop light. Turn right on Business 36, go approximately 0.1 pass Casey's to Days Inn on the right side. Days Inn phone number for rooms only: 660-646-6590 Reasonable rates that include breakfast.  
**Event Info:** Daily; dawn to dusk. The routes will lead through shaded, residential areas of Chillicothe and the downtown area which includes courthouse square. There are approximately 20 wall murals to be seen in this area along the course. There will be some slight inclines to encounter and areas of full sun. Plan accordingly for heat & humidity in the summer months for you & your 4-legged walking friends. Please take water with you. Restrooms could be limited. Chillicothe is the "home" of sliced bread. Walk will start & finish in Simpson Park; approximately 3 miles north of the Days Inn.

**Dexter - Stoddard County****5k/10k Seasonal Walk (2017/Y2003) 7/5/2017 - 12/29/2017**

Doin' The Louisiana Purchase, Ice Cream Parlors, Lakes and Reservoirs, United States  
Post Offices, Water Towers

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0765 Dogwood Trailblazers [www.sites.google.com/site/dogwoodtrailblazers/](http://www.sites.google.com/site/dogwoodtrailblazers/)  
**Contact:** Glen Conyers, [glenconyers@sbcglobal.net](mailto:glenconyers@sbcglobal.net), (417)434-0977, PO Box 8012, Joplin,  
Mo, 64802

**Start Point:** Keller Public Library- 402 W. Grant 573-624-3764 Dexter is located on US-60  
between Poplar Bluff & Sikeston. From US-60, exit onto One Mile Rd. & drive south.  
Cross RR tracks & continue to 4-way stop at W. Grant. Left on W. Grant to Park Ln.  
Library is on the left & driveway is off Park Ln. Walk Box is to your right in the  
Genealogy Room.

**Event Info:** Dexter is the largest town in the county, but is not the county seat. Settled in 1873  
and named for a racehorse. The WWII Pith helmet was designed and made here.  
Trail goes through residential areas & downtown. Annual Stoddard Co. 100 Mile  
Yard Sale is held in May along Hwy. 25.

**Florissant - Old Towne Florissant****5k/10k Year Round Walk (2017/Y0247) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0355 St Louis-Stuttgart Volksmarch Club  
[www.sites.google.com/site/stlouisava/](http://www.sites.google.com/site/stlouisava/)  
**Contact:** Donna Dasho, [DONAWBR@AOL.COM](mailto:DONAWBR@AOL.COM), (314)831-0726, 1980 Avon Dr., Florissant,  
MO, 63033-1223

**Start Point:** Dierberg's Supermarket- 222 North Hyway 67 (Lindbergh Blvd) Florissant, MO. From  
I-270 exit 25 - Lindbergh North - proceed about 2 miles to Dierberg's Supermarket,  
on your right. The walk box is in the break area, (across from the customer service  
counter), on top of the microwave.

**Event Info:** The trail goes through historic and Old Town Florissant, with it's many landmark  
buildings.

**Gladstone - Shoal Creek Trail****5K & 10K Year Round Walk (2017/Y1788) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0739 Clay-Platte Trackers of Kansas City [www.clayplattetrackers.org](http://www.clayplattetrackers.org)  
**Contact:** Barbara Buehrer, [walkerbarb7@gmail.com](mailto:walkerbarb7@gmail.com), (816)734-7192, 404 NE 96th Terrace, Kansas City, MO, 64151

**Start Point:** Hy-Vee Food Store- 7117 N. Prospect Ave., Gladstone, MO 64119. From M-152 take Hwy. 1 Exit & turn south Store is on the left at 72nd St. From south: Take M71/I49 N. Merge onto I-35 N towards Des Moines, IA. Take Exit 8C, MO1-NE Antiock Rd. Turn left onto M01-Antiock Rd. Continue on Antiock Rd. to 72nd St. Turn right into the parking lot. Walk box is located at the customer service counter.

The walk start will be at Happy Rock Park in Gladstone. It's about a 5 minute drive to the actual start point of the walk.

**Event Info:** Although surrounded by the City of Gladstone and the greater Kansas City metro area, Maple Woods Conservation Area and the woodlands surrounding the Shoal Creek Trail are a reminder of the wild lands that once dominated this area just 200 years ago. This old-growth forest is a National Natural Landmark and contains impressive black maple (a variety of sugar maple), northern red, white and bur oaks; bitternut and shagbark hickory, red elm, basswood, black walnut, and white ash. Because of the abundance of sugar maples the fall colors are typically outstanding. You will also get to see the famous Missouri Pawpaws which are abundant in the forests understory. These small trees are relatives of tropical trees that produce fruit and is the largest tree fruit native to the U.S. This walk will also take you through the campus of Maple Woods Community College where you can take a quick break before heading back to the trail. You'll be in the city and never know it! Qualifies for "Clay County" in the Walking MO County Special Program.

**Greenfield****10km/5km Year Round Walk (2017/Y0283) 1/8/2017 - 12/16/2017**

Ice Cream Parlors, State Street Sashay, Take a Walk In a City Park, United States Post Offices, Water Towers

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0765 Dogwood Trailblazers [www.sites.google.com/site/dogwoodtrailblazers/](http://www.sites.google.com/site/dogwoodtrailblazers/)  
**Contact:** Glen/Doris Conyers, [glenconyers@sbcglobal.net](mailto:glenconyers@sbcglobal.net), (417)434-0977, PO Box 8012, Joplin, MO, 648028012

**Start Point:** Hot Spot Greenfield- 515 W. College North or South on I-49, take Exit 70 for MO-126 east toward Golden City. Turn right on US-160 E. Left on Hwy. 39/US-160/Grand Ave. Hot Spot is on your right at College. East or West on I-44, take Exit 44 to Hwy. 39 north to Greenfield. Hot Spot is on your right at College.

**Event Info:** Walk dawn to dusk. Closed Christmas Day. Trail is through a small town on a plateau with a few hills and some sidewalks. An 1888 Opera House is under renovation on the town square. Missouri's largest Fescue seed buyer, Pennington Seed, is located here. Qualifies for Dade County in the Walking the Counties of Missouri Program.

**HANNIBAL - Historic Hannibal, MO****6K & 10K with 1k option Seasonal Walk (2017/Y1862) 4/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, United States Post Offices, Walking America's Ports of Call, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0355 St Louis-Stuttgart Volksmarch Club  
[www.sites.google.com/site/stlouisava/](http://www.sites.google.com/site/stlouisava/)  
**Contact:** DAVE LANAHAN, WALKSTL@CHARTER.NET, (636)379-4493, 134 WESTGATE DR, ST. PETERS, MO, 63376  
**Start Point:** The Mark Twain Museum and INTERPRETIVE CENTER, 415 N. MAIN ST, HANNIBAL, MO 63401- The INTERPRETIVE CENTER at 415 N. MAIN ST. is at the north end of downtown just 2 blocks from the river. Ask at the front desk for the Walk Box.  
**Event Info:** A walk through the boyhood home of Mark Twain. The 6 and 10k walks take you through the historic part of town including many historic Tom Sawyer locations. They also go through the Sodalis Nature Preserve, home to 168,000 endangered Indiana bats. Town parks and the Mississippi riverfront are also visited on the 10k walk.

**Harrisonville - Historic Downtown Harrisonville****6km & 11km Year Round Walk (2017/Y0829) 1/1/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Take a Walk In a City Park, United States Post Offices, Water Towers

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0644 Pace Setters Volkssport Club  
<https://sites.google.com/site/pace setters walking club/home>  
**Contact:** Barb Ramsay, bramsay55@gmail.com, (816)694-8598, 16711 Branson Dr, Belton, MO, 64012  
**Start Point:** Comfort Inn & Suites - 2304 South Commercial Street, Harrisonville, MO, 64701. - From I 49 (US 71) take exit 158, MO Highway 2 East (also known as Commercial Street). The hotel is on the northwest corner. You will need to drive to the start.  
**Event Info:** Walk through historic downtown Harrisonville passing Civil War era homes, the old Cass County Courthouse, city park and lake. The 10k includes a nature trail through the woods.

**Hermann - Katy Trail Bike****13k, 25k to 386k Seasonal Bike (2017/Y0521) 3/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0974 Gateway Milers NFP [www.gatewaymilers.org](http://www.gatewaymilers.org)  
**Contact:** Missy McBride, missymcbride@kc.rr.com, (816)810-0283, 811 Market St, Hermann, MO, 64030  
**Start Point:** Casey's General Store- 811 Market St. Hermann, MO. From I-70, turn south on MO-19S (signs for Hermann). MO-19 turns into Market St, Casey's is on the right. You will drive to the trail head after registering.  
**Event Info:** Sunrise to Sunset, On-Site & Remote Registration. America's longest "rails-to-trail" project. Bikers love the Katy Trail for long distance rides because it's flat, scenic, and the crushed limestone trail surface is easy on your legs.

**Hermann - Old Town Hermann Walk****10K and 5K Year Round Walk (2017/Y1617) 1/1/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0968 Rolla Roadrunners Volkssport Club [www.facebook.com/pages/Rolla-Roadrunners-Volkssport-Club/269939099878658](http://www.facebook.com/pages/Rolla-Roadrunners-Volkssport-Club/269939099878658)  
**Contact:** Elizabeth McCartney, RollaRoadrunners@gmail.com, (573)528-2157, 600 Penny Lane, Rolla, MO, 65401  
**Start Point:** Casey's General Store- 811 Market St. Hermann MO 65041 along the Missouri River. Take Hwy 100 East (E. 1st Street) into downtown Hermann (parallel the south side of the Missouri River). Turn left on Gutenberg St., left on Warf St, then right on Boatramp Rd., (across the railroad tracks) and into Riverfront Park.  
**Event Info:** Enjoy the old world charm of historic Hermann, Missouri. Founded in 1837 as a German settlement, Hermann is known for award winning wineries, picturesque views overlooking the Missouri River, and boasts of over 150 buildings on the National Register of Historic Places. This walk qualifies for Gasconade County and Montgomery County (1/2 way across the bridge across the Missouri River) for the Walk Missouri Special Program. [99% of the walk is in Gasconade County]

**Independence - Historical Independence****5 & 10km Year Round Walk (2017/Y0032) 1/2/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, National Register of Historic Places, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Underground Railroad, Vice Presidential Walks, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0644 Pace Setters Volkssport Club  
<https://sites.google.com/site/pacesetterswalkingclub/home>  
**Contact:** Barb Ramsay, bramsay55@gmail.com, (816)694-8598, 16711 Branson Dr, Belton, MO, 64012  
**Start Point:** Truman Home Ticket Center- 219 N. Main St., Independence, MO. 816-254-7199. Coming East or West on I-70 to Noland Rd; go north on Noland Rd to Truman Rd; Turn Left on Truman Rd to Main St. Turn left on Main St. Ticket Center is on the southeast corner of Truman Rd and Main St, in the Truman Home Ticket Office. Parking is across the street in parking lot.  
**Event Info:** 8:30 am to 3:00pm 7 days a week. Ticket Center closes promptly at 5:00 pm. Call before going on Federal Holidays or when snowing. Route is on city streets and sidewalks with a couple of low-grade hills. The trail goes past President Truman's home, The Truman Presidential Library, Jackson County Courthouse and many historic sites from the late 1800's & early 1900's. Please let groups and people going on tours sign in first. Trail is medium difficulty for strollers and hard for wheelchairs. Water and restrooms are available at the start .

**Jamesport - Jamesport, an Amish town****5 & 11 k Seasonal Walk (2017/Y1928) 4/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Take a Walk In a City Park, Trekking With the Trees,  
United States Post Offices, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0644 Pace Setters Volkssport Club  
<https://sites.google.com/site/pacesetterswalkingclub/home>

**Contact:** Barbara Ramsay, bramsay55@gmail.com, (816)694-8598, 16711 Branson Dr,  
Belton, MO, 64012

**Start Point:** Jamesport MO City Hall  
112 Broadway St Jamesport MO - Google Maps shows City Hall in the wrong place.  
- Jamesport City Hall - box is down the hallway just to the left of the door to City  
Hall. There is a sign outside stating Restrooms & Information.  
From Kansas City take I-35 north to exit 61 for US-69 N toward Winston about 4  
miles. Continue straight on MO 6E about 18 miles (do not go left on US 69). Turn  
right onto State Rd F which will become W Auberry Grove. Turn left onto Broadway  
St. City Hall will be on your left just before 2nd St. After signing in, you will drive a  
couple of blocks south to the start in the City Park.  
From the north take exit 88 to MO 13 S to MO 6 E approximately 21 miles. Turn left  
on Mo 6 E for approximately 8 miles. Turn right onto State Rd F which will become  
W Auberry Grove. Turn left onto Broadway St. City Hall will be on your left just up  
from the corner.

**Event Info:** Take a walk in the Amish community of Jamesport MO. The 5 k goes thru the town  
and residential areas. The 11 K takes you out on a country road to an Amish store,  
H & M Country Store, where you can buy spices and health foods.

**Jefferson City - Capital Historic****10km/20km Year Round Walk (2017/Y0454) 1/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Ice Cream Parlors, Lady Liberty Special Program, National  
Register of Historic Places, State Capital, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0355 St Louis-Stuttgart Volksmarch Club  
[www.sites.google.com/site/stlouisava/](http://www.sites.google.com/site/stlouisava/)

**Contact:** David & Edna Lanahan, walkstl@charter.net, (636)379-4493, 134 Westgate Drive,  
St. Peters, MO, 63376

**Start Point:** Baymont Inn & Suites Registration Desk- 319 West Miller Street Jefferson City, MO  
65101-1623. From I-70 turn south on US 54 at Kingdom City, or US 63 in Columbia,  
to Jefferson City - about 35 miles. After crossing the Missouri River, turn east (left)  
on US 50/63, travel two blocks and the Hotel is on the right.

**Event Info:** The Riverview 10km Trail (1+) follows city sidewalks and a paved path through a  
pretty wooded park and Capitol building. It features a stroll along the bluffs  
overlooking the Missouri River Valley. The Lincoln University Trail (2+) continues  
from the riverfront near the Capitol and follows city sidewalks and a 1Km stretch on  
the shoulder of a road. It is not suitable for wheelchairs. It passes the downtown  
area and Lincoln University. Cole County.



**Joplin - Downtown - Landreth Park****10km/5km Year Round Walk (2017/Y0535) 1/1/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Make a Wish at a Water Fountain, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0765 Dogwood Trailblazers [www.sites.google.com/site/dogwoodtrailblazers/](http://www.sites.google.com/site/dogwoodtrailblazers/)  
**Contact:** Jim Gant, jimgant40@gmail.com, (417)291-4432, PO Box 8012, Joplin, MO, 64802-801212  
**Start Point:** Corner Mart- 419 W. 4th St. From I-44 take Exit 6 (Hwy 86, 43) north onto Hearn's. Follow Hearn's as it becomes S. Main St. Left at 4th St and go four blocks to Byers. Corner Mart convenience store will be on your right at the corner of 4th and Byers.  
**Event Info:** Daily, 6am-dusk Walk winds through downtown Joplin, through Landreth Park over paved greenway paths, and the historic Murphysburg residential area notable for its restored Victorian-era homes. Qualifies for Jasper County in the Walking the Counties of Missouri program.

**Joplin - Northpark Mall****10km/5km Year Round Walk (2017/Y0875) 1/4/2017 - 12/30/2017**

Points of Reference

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** No  
**Sponsor:** AVA-0765 Dogwood Trailblazers [www.sites.google.com/site/dogwoodtrailblazers/](http://www.sites.google.com/site/dogwoodtrailblazers/)  
**Contact:** Dan Houser, wdhouer@mchsi.com, (417)649-6404, PO Box 8012, Joplin, MO, 64802  
**Start Point:** Med-Quick Labs- is located in Northpark Mall, 101 Rangeline Road, 3 miles north of I-44 (exit 8) on the east side of Rangeline Rd. Coming from the south go past the Firestone Store on the right hand side and enter the parking area at either of the next two right turns. Use the main mall entrance. Med-Quick Labs is in the main entry way on the right/south side before the Community Blood Center. Walk box is in their reception area. GPS : N37 05.407, W094 28.544  
**Event Info:** The walk is a one mile marked trail measured in .01 mile increments. It follows the mall interior making a complete circuit that measures exactly one mile. Ten kilometers equals 6.21 laps around the mall. The mall opens at 6AM for walkers.

**Joplin - Wildcat Glades Conservation Center****10km/6km Year Round Walk (2017/Y1655) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Ice Cream Parlors, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** No  
**Rating:** 3C      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0765 Dogwood Trailblazers [www.sites.google.com/site/dogwoodtrailblazers/](http://www.sites.google.com/site/dogwoodtrailblazers/)  
**Contact:** Retha Thomas, retha@joplin.com, (417)439-6691, PO Box 8012, Joplin, MO, 64802-8012  
**Start Point:** Walgreen's- 3222 S. Main St. From I-44 turn north at exit 6 onto Hwy 43 / Hearn's Blvd. Turn left (west) on 33rd and immediate right into parking lot. Walk box to left of door on floor. A drive of approximately 1.7 miles is required to reach the walk start point. Restrooms available at the registration point but not at the walk start point.  
**Event Info:** Mon.-Sat. 8-10, Sun. 9-9 The walk winds through scenic Wildcat Glades conservation area and McIndoe Park on paved and natural paths offering scenic vistas along and above Shoal Creek. It also follows a rural road to Grand Falls, one of Missouri's largest waterfalls. Treasure Hunt is on 10k only. Restroom availability at Audubon Center varies with limited hours of operation. Qualifies for Newton County in the Walking the Counties of Missouri program.

**Kansas City - Downtown / Quality Hill****5/10/20km Year Round Walk (2017/Y1089) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Food For Thought, Make a Wish at a Water Fountain, Take a Walk In a City Park, United States Post Offices, Vice Presidential Walks, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0739 Clay-Platte Trackers of Kansas City [www.clayplattetrackers.org](http://www.clayplattetrackers.org)

**Contact:** Phyllis Gall, [phyllis8739@att.net](mailto:phyllis8739@att.net), (816)506-3134, 3944 NW 82nd Street, Kansas City, MO, 64151

**Start Point:** Quality Hill YMCA- 1051 Washington, Kansas City, MO 64105. From I-35 to Broadway exit. Take Broadway to 11th Street. Turn west on 11th Street. Turn right on Washington Street. Parking is available on the street or at the parking lot at 9th and Washington.

**Event Info:** Downtown Kansas City has some great sites to see! The route winds from the Quality Hill area past numerous scenic and historic buildings. You will wind your way past the Kauffman Center for Performing Arts, through Union Station, around the Liberty Memorial for WWI which houses a world-class museum. Kansas City is known as the BBQ Capital or the World for the "Food for Thought Special Program." Qualifies for "Jackson County" in the Walking MO County Special Program.

**Kansas City - Lights on the Plaza****5k & 10k Seasonal Walk (2017/Y1000) 11/15/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Make a Wish at a Water Fountain, Take a Walk In a City Park, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0739 Clay-Platte Trackers of Kansas City [www.clayplattetrackers.org](http://www.clayplattetrackers.org)

**Contact:** Tom Alyea, [tealyea@yahoo.com](mailto:tealyea@yahoo.com), (816)719-4628, 1530 NE 51st St., Kansas City, MO, 64118

**Start Point:** Sunfresh Grocery Store- Customer Service Counter 4001 Mill St., Kansas City, MO 64111. From I-70: Take I-35 South. Exit left onto the Southwest Trafficway. Southwest Trafficway becomes Summit St. Turn left on Mill St. to Sunfresh store. From north: Take I-35 south and follow same directions as above. From south on I-71/49N: Go north to 39th St. exit. Go west (left) on 39th St. to Southwest Trafficway. Turn left on SW Trafficway/Summit St. to Mill St. Turn left on Mill to Sunfresh. From south on I-35N: Take US-169/7th St. Trfwy. Exit #234, toward Rainbow Blvd. Continue on Rainbow to 39th Ave. Turn left on 39th Ave. which becomes W. 39th St. after crossing into Missouri. Turn right onto Southwest Trfy./Summit. Turn left on Mill St. to Sunfresh. Park in the lot away from the front of the store.

**Event Info:** This is our Lights on the Plaza event as a 6 week seasonal event. The lights on the Plaza, get turned on Thanksgiving evening, come out and enjoy them at your leisure. Check our website to find dates and times for guided group walks available both in daylight or dusk.

Qualifies for "Jackson County" in the Walking MO County Special Program.

**Kansas City - Line Creek Trail****5k 10k 20k Year Round Walk (2017/Y2079) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase

**Award:** IVV Credit Only**Strollers:** Medium**Restroom:** Yes**Rating:** 2A**Wheelchair:** Medium**Pets:** Yes**Sponsor:** AVA-0739 Clay-Platte Trackers of Kansas City [www.clayplattetrackers.org](http://www.clayplattetrackers.org)**Contact:** Don & Cindy Sandker, [donsandker@aol.com](mailto:donsandker@aol.com), (816)436-6736, 8600 N. Charlotte, Kansas City, MO, 64155**Start Point:** Line Creek Community Center- Line Creek Community Center-5940 NW Waukomis Dr., Kansas City, MO 64151.

From the south, take US-71 to I-29 N. Take exit 3A Waukomis Drive. Turn right at the fork and continue for .9 miles. Turn left onto NW 60th street. The Community Center will be on your left.

From the north, take NW Barry Road, turn south on N Green Hills Road and continue on NW Waukomis Drive. At the traffic circle, continue straight to stay on NW Waukomis Drive. Turn left toward NW Waukomis Drive. Take the 1st right onto NW Waukomis Drive. Take the 2nd right onto NW 60th Street. The Community Center will be on your left.

**Event Info:** Line Creek Trail, one of the newest trails in the Northland area, is a walkers jewel. The trail follows Line Creek, giving the walker views of small rapids and an occasional view of blue herons and other water birds. The trail meanders through meadows and wooded areas. Walkers may catch glimpses of different birds such as hawks and cardinals. Deer are a common sight. Area history buffs will enjoy a quick view of one of the Interurban bridges from a point on the lower trail. (Disclaimer: This bridge may be somewhat difficult to see with all of the trees leafed out.) The Clay-Platte Trackers invite you to walk this beautiful trail, enjoy nature and a great walk. New trails are completed so we can easily add 20K to our walk. Qualifies for "Platte County" in the Walking MO County Special Program.

**Kansas City - Monuments Walk****11km and 5km Seasonal Walk (2017/Y0485) 4/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Make a Wish at a Water Fountain, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** None      **Pets:** No

**Sponsor:** AVA-0739 Clay-Platte Trackers of Kansas City [www.clayplattetrackers.org](http://www.clayplattetrackers.org)

**Contact:** Doug Millison, [dwmillison7@gmail.com](mailto:dwmillison7@gmail.com), (816)509-5247, 7001 N. Highland Ct., Gladstone, MO, 64118

**Start Point:** Parisi Artisan Coffee/Parisi Cafe - Union Station  
- Parisi Artisan Coffee/Parisi Cafe  
30 W. Pershing RD #100  
Main Floor of a Union Station  
Kansas City, MO 64108

**Hours**

7 a.m. - 6 p.m. Daily

Enter Coffee Caf under Parisi Artisan Caf Canopy. You'll find the Walk Box in a corner on counter. The cafe has two entrances and walk box is just inside under the entrance with the canopy that has the word Artisan on it. If not on the counter, please ask someone behind the counter for the box. Please take box out into great hall and use one of the benches to register and stamp your books.

**Event Info:** Kansas City may be small but you would never know it based on all the wonderful things to see and do. Today's walk will take you past several monuments honoring veterans, firefighters, trail blazers and many others. The walk is on city streets and sidewalks. The 11k has several flights of stairs and small hills, making it very difficult for strollers and impossible for wheelchairs. 5k is moderate for strollers and wheelchairs. This walk qualifies for Jackson County in the MO Counties Special Program book.

**Kansas City - Westport****11km and 5km Year Round Walk (2017/Y1759) 1/1/2017 - 12/31/2017**

Border Crossings, Doin' The Louisiana Purchase, Food For Thought, Make a Wish at a Water Fountain, State Street Sashay, Take a Walk In a City Park, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0739 Clay-Platte Trackers of Kansas City [www.clayplattetrackers.org](http://www.clayplattetrackers.org)

**Contact:** Barbara Buehrer, walkerbarb7@gmail.com, (816)734-7192, 1530 NE 51st St, Kansas City, MO, 64118

**Start Point:** Sunfresh Grocery Store- Customer Service Counter, 4001 Mill St., Kansas City, MO 64111. From I-70: Take I-35 South. Exit left onto the Southwest Trafficway. Southwest Trafficway becomes Summit St. Turn left on Mill St. to Sunfresh store. From north: Take I-35 south and follow same directions as above. From south on I-71/49N: Go north to 39th St. exit. Go west (left) on 39th St. to Southwest Trafficway. Turn left on SW Trafficway/Summit St. to Mill St. Turn left on Mill to Sunfresh. From south on I-35N: Take US-169/7th St Trfwy. Exit #234, toward Rainbow Blvd. Continue on Rainbow to 39th Ave. Turn left on 39th Ave. which becomes W. 39th St. after crossing into Missouri. Turn right onto Southwest Trfy./Summit. Turn left on Mill St. to Sunfresh. Park in the lot away from the front of the store.

**Event Info:** This walk will take you through the beautiful Roanoke Neighborhood, which includes some of the most beautiful old homes in the KC Area. You'll also walk by the home of famous artist Thomas Hart Benton. The walk then continues into Kansas (great border crossing!) as you pass by world famous KU Medical Center. The walk then heads through one of the oldest neighborhoods in Kansas City as you return back to enjoy the food and food in Westport. This walk is on city sidewalks and paved walking trails. Qualifies for "Jackson County" in the Walking MO County Special Program.

**Kennett - Dunklin County****6k/11k Seasonal Walk (2017/Y2007) 7/5/2017 - 12/29/2017**

Doin' The Louisiana Purchase, National Register of Historic Places, United States Post Offices, Water Towers

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0765 Dogwood Trailblazers [www.sites.google.com/site/dogwoodtrailblazers/](http://www.sites.google.com/site/dogwoodtrailblazers/)

**Contact:** Glen Conyers, glenconyers@sbcglobal.net, (417)434-0977, PO Box 8012, Joplin, Mo, 64802

**Start Point:** Dunklin County Library- 209 N. Main 573-888-3561 From I-55, take Exit 17B for US-412W/MO-84 to Kennett. At stoplight, Independence Ave, stay straight onto 1st St. Right on College Ave. Left on N. Court Square. Right on N. Main St. Library will be on your left. Park in back at Customer Parking sign. Do not park under the cover. Walk Box is right of entry in Adult Reading Room.

**Event Info:** Trail goes through residential areas and follows the one-mile paved trail. This is Sheryl Crow's hometown and she gave back with the Aquatic Center. Courthouse lobby floor features terrazo tile map of the county.

**Kimmswick - Historic Kimmswick****10k, 5k Seasonal Walk (2017/Y2070) 4/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, National Register of Historic Places, Take a Walk In a City Park, United States Post Offices, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0974 Gateway Milers NFP [www.gatewaymilers.org](http://www.gatewaymilers.org)

**Contact:** Cindy or Tom Stucky, [clstucky8890@gmail.com](mailto:clstucky8890@gmail.com), (636)208-3425, 10955 Village Grove Dr, St Louis, MO, 63123

**Start Point:** Kimmswick Visitors Center 314 Market Street - From I-55 exit #186 Imperial Main. Go East about 2 blocks to route 61/67. Turn right (south) at stoplight approximately 3 blocks to Highway K on your left (east). Follow Highway K into Kimmswick. Visitor Center is on your right. The registration information will be in a red binder on the bookshelf in the Visitor's Center. Call 636-464-6464 before visiting as hours periodically change. Park in the street.

**Event Info:** Come walk in historic Kimmswick, located 23 miles south of St. Louis. The town was founded in 1859 and there are 44 buildings within the 7 block commercial district on the national historic register. The walk will pass 25 unique shops and restaurants as well as the 23 acre Anheuser Estate. This 1867 estate is the ancestral home of Fred & Mabel Ruth Anheuser and is located in a park-like setting on the Mississippi River. The trail is on city streets and some sidewalks. The 5k trail is rated 1A. The 10k route also includes residential neighborhoods & several hills (Trail rating 2A). The 10k route is NOT suitable for strollers & wheelchairs. This walk qualifies for Jefferson County in the Missouri counties program.

**Kirkwood - Historic****5km -10km Year Round Walk (2017/Y1238) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0355 St Louis-Stuttgart Volksmarch Club  
[www.sites.google.com/site/stlouisava/](http://www.sites.google.com/site/stlouisava/)

**Contact:** Ester Rhodes, [ekr995@aol.com](mailto:ekr995@aol.com), (314)544-2198, 10161 Squire Meadows #F, St. Louis, MO, 63123

**Start Point:** Kirkwood Public Library- 140 East Jefferson Ave, Kirkwood, MO 63122. From I-64, exit Lindbergh Blvd south and travel approx 4 mi to East Jefferson Ave; turn left - Library is on your right at end of block. From I-44, exit 277B, Lindbergh Blvd or US 50-61-67 north and travel about 1.5 mi to East Jefferson; turn right, Library is on your right at end of block.

**Event Info:** Trail follows shaded streets through historic residential neighborhoods and small business area.

**Lamar****10km/5km Year Round Walk (2017/Y0514) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Lady Liberty Special Program, Take a Walk In a City Park, Vice Presidential Walks

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0765 Dogwood Trailblazers [www.sites.google.com/site/dogwoodtrailblazers/](http://www.sites.google.com/site/dogwoodtrailblazers/)

**Contact:** Dan Houser, [wdhouser@mchsi.com](mailto:wdhouser@mchsi.com), (417)649-6404, PO Box 8012, Joplin, MO, 64802-8012

**Start Point:** Super 8 Motel- 45 SE 1st Lane [417-682-6888] Exit I-49 onto US 160 going East. Super 8 is on the left. After registering, you will drive approximately two miles to the walk start. Driving directions are on the walk instructions sheet

**Event Info:** Daily, 6am to dusk. Trail starts at Pres. Harry S. Truman's birthplace, winds through downtown Lamar and proceeds along residential streets to Lamar City Park. Qualifies for Barton County in the Walking the Counties of Missouri program.

**Lawson - Watkins' Mill State Park****10 KM, 8 KM, 5 KM Year Round Walk (2017/Y1290) 1/1/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Doin' The Louisiana Purchase

**Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes**Rating:** 2B **Wheelchair:** None **Pets:** Yes**Sponsor:** AVA-0739 Clay-Platte Trackers of Kansas City [www.clayplattetrackers.org](http://www.clayplattetrackers.org)**Contact:** Dorris Bender, [twcommando@yahoo.com](mailto:twcommando@yahoo.com), (816)296-7453, 17919 Baxter Rd., Lawson, MO, 64062**Start Point:** Watkins Mill Historic Site Visitors Center- 26600 Park Road North, Lawson, MO 64062 From I-35, exit at Kearney, MO, onto Highway 92 East. Drive about six miles to RA. Turn left onto RA and drive to Watkins Mill State Park. Follow the park road several miles to a T. At the T, there will be a sign pointing to the Visitor's Center. Turn left and drive to the Visitor's Center. You will need to drive from the Visitor's Center to the start.**Event Info:** M-F: 9:30 AM to 4:30 PM; Sat. 9:30 AM to 4:30 PM; Sun. 10:30 AM to 4:30 PM. Call (816) 580-3387 for definite hours as they vary, especially in the summer. The paved trail circles a large lake and takes the walker through some scenic wooded areas. The walker may stop and take a closer look to view a unique nineteenth century church and school. While not on the trail, the historic 1860's woolen mill and plantation home are well worth visiting. The 6km route is on paved trails with a few small hills, it goes around the lake once, and is rated 1B. The 10km route has you walking up a gravel hill to the 19th century church and school and a restroom, this route is rated 3B. Qualifies for "Clay County" in the Walking MO County Special Program.**Lebanon - Bennett Spring State Park****5K and 10K Year Round Walk (2017/Y1323) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Walking the USA A - Z

**Award:** IVV Credit Only **Strollers:** None **Restroom:** Yes**Rating:** 2B **Wheelchair:** None **Pets:** Yes**Sponsor:** AVA-0968 Rolla Roadrunners Volkssport Club [www.facebook.com/pages/Rolla-Roadrunners-Volkssport-Club/269939099878658](http://www.facebook.com/pages/Rolla-Roadrunners-Volkssport-Club/269939099878658)**Contact:** Elizabeth McCartney, [rollaroadrunners@gmail.com](mailto:rollaroadrunners@gmail.com), (573)528-2157, 600 Penny Lane, Rolla, MO, 65401**Start Point:** Caseys General Store- 669 W. Elm St, Lebanon, MO 65536 From either direction on I-44 take exit 129. Turn north on Jefferson Ave ( HYW 5 North). Go to the stoplight at Elm ST (Hist Rt 66) and turn left. Caseys will be on your right. After registering you will drive approximately 12 miles to Bennett Spring State Park.**Event Info:** Visit Bennett Spring, one of Missouri's oldest state parks and Missouri's fourth largest spring. Bennett Spring is a popular trout fishing spot. The trail starts at the fish hatchery and go along trails and across a beautiful arched bridge constructed by the Civilian Conservation Corps. This walk qualifies for Laclede and Dallas Counties in Walking MO County Special Program.

**Lebanon - Lebanon - Historic Route 66****5K and 10K Year Round Walk (2017/Y1334) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Make a Wish at a Water Fountain, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0968 Rolla Roadrunners Volkssport Club [www.facebook.com/pages/Rolla-Roadrunners-Volkssport-Club/269939099878658](http://www.facebook.com/pages/Rolla-Roadrunners-Volkssport-Club/269939099878658)  
**Contact:** Elizabeth McCartney, [rollaroadrunners@gmail.com](mailto:rollaroadrunners@gmail.com), (573)528-2157, 600 Penny Lane, Rolla, MO, 65401  
**Start Point:** Casey's General Store- 669 W. Elm St, Lebanon, MO 65536 From either direction on I-44 take exit 129. Turn north on Jefferson Ave ( HYW 5 North). Go to the stoplight at Elm ST (Hist Rt 66) and turn left. Casey's will be on your right. After registering you will park across the street at Boswell park.  
**Event Info:** Walk on Historic Route 66 in Lebanon MO. The walk will start in a city park and follow sections of Historic Route 66. You will also walk through the downtown area, past the County Courthouse , the Old Historic Jail ( Laclede County Museum), the Cowan Civic Center , a small shaded garden called Mother's Garden and the Route 66 Museum ( free admission; closed Sundays). In addition the 10 K will cover more of Historic Route 66 going past Wrink's Market and the Munger Moss Motel -a route 66 original known for its neon sign. This walk counts for "Laclede" County in Mo County Walking Program.

**Lee's Summit - Lee's Summit Historic Downtown****10 & 5km Year Round Walk (2017/Y0304) 1/2/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0644 Pace Setters Volkssport Club  
<https://sites.google.com/site/pacesetterswalkingclub/home>  
**Contact:** Barb Ramsay, [bramsay55@gmail.com](mailto:bramsay55@gmail.com), (816)694-8598, 16711 Branson Dr, Belton, MO, 64012  
**Start Point:** Longview Recreation Center- Registration Counter. 816/672-2400. 3801 SW Longview Rd. East or west on I-470 to View High Dr Exit, go South on View High Dr. to traffic light at View High and Longview Rd Go right (west) on Longview Rd to first entrance on left, then turn right into recreation center parking lot. Center is a multi-story red brick building.  
**Event Info:** Walk through historic downtown Lee's Summit enjoying the many unique shops and restaurants. Explore the cemetery where Cole Younger and other historic figures are buried and residential neighborhoods and parks.  
Mon-Fri, 6 am to 9 pm; Sat, 8 am to 6 pm; Sun. 10 am to 6 pm. Please do not walk after dark. Closed all major holidays.  
You will need to drive to the remote start.



**Liberty - Town Walk****10km and 5km Year Round Walk (2017/Y0609) 1/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Lady Liberty Special Program, Make a Wish at a Water Fountain, Take a Walk In a City Park, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0739 Clay-Platte Trackers of Kansas City [www.clayplattetrackers.org](http://www.clayplattetrackers.org)  
**Contact:** Cathy & Bob Gregory, [Gregory.cathy@gmail.com](mailto:Gregory.cathy@gmail.com), (816)792-7943, 304 W Murray Ct, Liberty, MO, 64068

**Start Point:** Liberty Community Center- 1600 South Withers. Liberty, MO 64068: From I-35, I-435, or Highway 169: Take Highway 152 toward Liberty. Turn right on Highway 291. Drive to Liberty Drive. Turn right for about 120 yards, and continue onto Withers Road. Drive on Withers to the Liberty Community Center which will be on the right. There will be signs for the Community Center on Highway 291. Walkers will need to drive to the start location for this route. Please ask at the front desk for the walk box.

**Event Info:** The Liberty Town Walk will take walkers through many historic neighborhoods, near complete with restored Victorian homes, interesting landscape, and many historic churches. The walk also goes through William Jewell College, which is a historic Baptist school. William Jewell contains an old Civil War shot tower and the very up-to-date White Science Hall, complete with an observatory. The walk winds through a very old cemetery on campus and by an old Baptist Church, which was moved to the campus. The walk ends with a tour around the historic Liberty Square, complete with the Clay County Courthouse. Qualifies for "Clay County" in the Walking MO County Special Program.

**Marshall - Historic Marshall MO in Saline County****5 & 10 k Year Round Walk (2017/Y2071) 4/1/2017 - 12/31/2017**

Animal Safari, Doin' The Louisiana Purchase, Honoring Our Flag, Lady Liberty Special Program, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0644 Pace Setters Volkssport Club  
<https://sites.google.com/site/pacesetterswalkingclub/home>  
**Contact:** Barb Ramsay, [Pacesetters644@gmail.com](mailto:Pacesetters644@gmail.com), (816)694-8598, 16711 Branson Dr, Belton, MO, 64012

**Start Point:** Marshall Public Library-214 North Lafayette Ave B. Marshall, MO 65340.- From I-70 take exit 78B onto US 65N towards Marshall for about 8 miles. Continue straight onto Bus 65N (O'Dell Ave in Marshall). Turn left on E Eastwood St to N Jefferson Ave. Library parking lot is on the left hand corner of Eastwood & Jefferson. It is in the rear basement of 214 Lafayette Ave.

**Event Info:** Monday-Thursday from 9a.m. - 7p.m., Friday 9a.m. - 5p.m. Saturdays 10a.m. - 5p.m. and Sundays from 1 - 5p.m. Please walk in daylight hours only.

**Neosho****10km/5km Year Round Walk (2017/Y1125) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Take a Walk In a City Park, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0765 Dogwood Trailblazers [www.sites.google.com/site/dogwoodtrailblazers/](http://www.sites.google.com/site/dogwoodtrailblazers/)  
**Contact:** Carolyn Wolfe, caroljwolfe@joplin.com, (417)658-6443, PO Box 8012, Joplin, MO, 64802

**Start Point:** Gas Trip- 417-456-5070 301 W. Coler From I-44, Exit 18 south on Hwy. 59. At Hwy. Business 60, turn right (west) and follow Bus. 60/College St. to Neosho. Fastrip is on your right at the light at College and Coler. From the north on Hwy. 71, continue south on Hwy. 59 at the I-44 and Hwy. 71 junction. Follow directions as above. Walk box is in the office. A drive of about 3/4 mile is required to reach the walk start. Restrooms available at the registration point but not at the walk start.

**Event Info:** Daily dawn to dusk. Neosho is known as the "Flowerbox City" of southwest Missouri and dogwood trees are abundant in springtime. Walk follows paved trail along Hickory Creek, by older residential areas, through nation's oldest federal fish hatchery and historic downtown. Big Spring Park is the location where the town started in 1839. Qualifies for Newton County in the Walking the Counties of Missouri program.

**Nevada****5K/10K Year Round Walk (2017/Y1595) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Lakes and Reservoirs, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0765 Dogwood Trailblazers [www.sites.google.com/site/dogwoodtrailblazers/](http://www.sites.google.com/site/dogwoodtrailblazers/)  
**Contact:** Jim Gant, jimgant40@gmail.com, (417)291-4432, PO Box 8012, Joplin, MO, 64802  
**Start Point:** Pete's Phillips 66- 402 W Austin Blvd. Northbound on I-49, take exit 102. Left at end of ramp on US 54/W. Right on E. Austin Blvd. to Pete's on the right. Southbound on I-49 take exit 102B, US71 Bus. S/N Osage Blvd. Go 1 mile on N Osage Blvd to US 54/E Austin Blvd. Turn right on E. Austin Blvd. for 1/2 mile. Pete's is on the corner of E. Austin Blvd. & Adams St. Please park on Adams St at Claude C. Earp Park.

**Event Info:** Daily dawn to dusk. 5km walk takes you around the city of Nevada. 10km walkers will walk around the city and along a small lake and historic homes. Qualifies for Vernon. County in the Walking the Counties of Missouri program.

**New Madrid - New Madrid County****5k/10k Seasonal Walk (2017/Y1983) 7/5/2017 - 12/29/2017**

Doin' The Louisiana Purchase, Ice Cream Parlors, Make a Wish at a Water Fountain, United States Post Offices, Walk the USA - Street by Street, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0765 Dogwood Trailblazers [www.sites.google.com/site/dogwoodtrailblazers/](http://www.sites.google.com/site/dogwoodtrailblazers/)  
**Contact:** Glen Conyers, glenconyers@sbcglobal.net, (417)434-0977, PO Box 8012, Joplin, Mo, 64802  
**Start Point:** New Madrid Historical Museum- #1 Main St. 573-748-5944 Southbound on I-55, Exit 49 for US-61/US-62. Left on US-61/US-62. Left on Hwy. U which becomes Dawson Rd. Right on Main St. to Waters St. Museum is ahead on the left. Park in gravel lot on the right. Walk Box is on the floor to the right of the entry.  
**Event Info:** Trail follows River Walk on the levee with an 8 mile view, through residential areas and to Hunter-Dawson State Historic Site. New Madrid is the oldest American city west of the MS River. The 1811-12 earthquake is the greatest seismic event in N. America. Area was part of El Camino Real, Trail of Tears and Civil War Flotilla Battle of Island #10.

**Parkville - English Landing Trail****5km & 10KM Year Round Walk (2017/Y0020) 1/1/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Food For Thought, Take a Walk In a City Park, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0739 Clay-Platte Trackers of Kansas City [www.clayplattetrackers.org](http://www.clayplattetrackers.org)  
**Contact:** Shirley Parkes, sparkes@kc.rr.com, (816)587-8918, 10201 NW Mirrow Lake Dr., Parkville, MO, 64152  
**Start Point:** Parkville Conoco - 7500 River Park Drive (Highway 9) Parkville, MO 64152- 7500 River Park Drive (Highway 9) From I-635: Take the Highway 9 exit west to Parkville. The Conoco Station will be on the right before you reach the town of Parkville. Please park on the side. From I-29: Exit on I-635 West. Take the Highway 9 exit toward Parkville. Follow the directions listed above. There is a short drive to the actual walk start in English Landing Park in Parkville.  
**Event Info:** The 10 KM Parkville walk includes English Landing Park and the brand-new Platte Landing Park trails. These adjacent trails have great views of the Missouri River. If your lucky you may even see an eagle or two on the banks of the river. After the trails, walkers will then go through historic the historic Park University campus and its unique underground library and classrooms. After leaving this educational facility founded in 1875, you will walk through downtown Parkville with its quaint shops and restaurants before ending the walk back at English Landing Park.

Qualifies for "Platte County" in the Walking MO County Special Program.

**Republic - Wilson's Creek National Battlefield****10km/5km Year Round Walk (2017/Y1001) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA

**Award:** IVV Credit Only**Strollers:** NO**Restroom:** Yes**Rating:** 2A**Wheelchair:** NO**Pets:** Yes**Sponsor:** AVA-0765 Dogwood Trailblazers [www.sites.google.com/site/dogwoodtrailblazers/](http://www.sites.google.com/site/dogwoodtrailblazers/)**Contact:** Glen Conyers, glenconyers@sbcglobal.net, (417)434-0977, PO Box 8012, Joplin, MO, 64802**Start Point:** Wilson's Creek National Battlefield Visitor Center- 417-732-2662, 6424 W. Farm Rd. 182, From I-44 take exit 70 (MO Hwy MM) south to US 60 (traffic light). Proceed through intersection. MM changes to MO Hwy. M. Continue 1/2 mile to MO Hwy. ZZ and turn right. Continue 1 1/2 miles to Farm Road 182. Turn left and entrance to battlefield is on the right. Restrooms in Visitor Center.**Event Info:** Visitor Center is open 9am to 5pm Nov. through March and closed Thanksgiving and Christmas. Open 8am to 5pm April through Sept. The Walk Box is a notebook in the drawer on the Visitor Center Registration table to the right of the door. Trail is on paved and gravel paths through Civil War Battlefield. National Park Service may charge a park entrance fee. Qualifies for Greene County in the Walking the Counties of Missouri program.**Richmond Heights****5km;10km Year Round Walk (2017/Y2064) 1/2/2017 - 12/30/2017**

Doin' The Louisiana Purchase, Walking the USA A - Z

**Award:** IVV Credit Only**Strollers:** medium**Restroom:** Yes**Rating:** 1A**Wheelchair:** medium**Pets:** Yes**Sponsor:** AVA-0397 Lebanon Cedar Cruisers**Contact:** Bill Malina, wmalina@charter.net, (618)588-4097, 604 Marcia, New Baden, IL, 62265**Start Point:** Richmond Heights Community Center - 8001 Dale Ave., Richmond Heights, MO. 63117- From Highway US 40/Interstate 64, exit Hanley Road south, turn left on Dale Avenue (1st street south of I64/US40). The Community Center will be on your left.**Event Info:** "The Heights" is located in the central corridor of the St. Louis area and is easily accessed from Highway I-64/US40. The trail will take you by the older stylish homes of the St. Louis area as well as crossing over and under I-64/US40. In addition, you will walk part of the business district and a fine arts park/center.

**Rolla - Rolla Historical Walk****10K and 5K Year Round Walk (2017/Y1632) 1/1/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Take a Walk In a City Park, United States Post Offices, Walking the Path of Inventions

- Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0968 Rolla Roadrunners Volkssport Club [www.facebook.com/pages/Rolla-Roadrunners-Volkssport-Club/269939099878658](http://www.facebook.com/pages/Rolla-Roadrunners-Volkssport-Club/269939099878658)  
**Contact:** Elizabeth McCartney, [RollaRoadrunners@gmail.com](mailto:RollaRoadrunners@gmail.com), (573)528-2157, 600 Penny Lane, Rolla, MO, 65401  
**Start Point:** Caseys General Store- 808 E Hwy 72 Eastbound, Rolla MO, 65401  
 From I-44 Eastbound: Exit 184 for I-44 Bus. E toward US 63; at traffic circle take 2nd exit onto Kingshighway, then right at bishop Ave (US 63) then left on MO 72. Caseys will be on the right.  
 From westbound on I-44 take exit 186 for I-44 Bus/US 63/ MO 72; then left on N. Bishop Ave/Hist. 66 W for about 1.8 miles, then left on MO 72 E. Caseys will be on your right.  
**Event Info:** Walk through history in this attractive mid-Missouri town that was the western terminus of the railroad during the Civil War. Though no battles were fought in Rolla or Phelps County, it was the staging point for several Civil War battles, notably the Battle of Pea Ridge, known as the Battle That Saved Missouri For the Union." It is now the home of the Missouri University of Science and Technology (founded in 1870 as the Missouri School of Mines), and the U.S. Geological Survey (Water Division, 1921 and Topographic Division, 1932). There are many examples of architecture going back to over one hundred-fifty years.

**Rolla - Veteran's Memorial Walk****10K and 5K Year Round Walk (2017/Y1596) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Take a Walk In a City Park

- Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0968 Rolla Roadrunners Volkssport Club [www.facebook.com/pages/Rolla-Roadrunners-Volkssport-Club/269939099878658](http://www.facebook.com/pages/Rolla-Roadrunners-Volkssport-Club/269939099878658)  
**Contact:** Elizabeth McCartney, [RollaRoadrunners@gmail.com](mailto:RollaRoadrunners@gmail.com), (573)528-2157, 600 Penny Lane, Rolla, MO, 65401  
**Start Point:** Casey's General Store - 808 E Highway 72 Eastbound on I-44 take exit 184 for I-44 Bus E toward US-63 S/Rolla. At traffic circle, take 2nd exit onto Kingshighway. Turn right on Hwy 63, then left onto MO-72 E. Casey's will be on the right. Westbound on I-44, take exit 186 for I-44 Bus/US 63/MO-72, then left onto N Bishop Ave/Hist. 66 W for about 1.8 miles. Turn left onto MO-72 E. Casey's will be on the right.  
**Event Info:** Walk dawn to dusk. Walk follows paved trails along a creek and into neighborhoods on sidewalks and streets. Rolla is in Phelps County.

**Saint Charles - St. Charles County****10/5kms Year Round Walk (2017/Y1405) 1/1/2017 - 12/31/2017**

Alternative Capitals, Doin' The Louisiana Purchase, Honoring Our Flag, Ice Cream Parlors, Take a Walk In a City Park, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** No  
**Sponsor:** AVA-0234 Sunflower Sod Stompers  
**Contact:** Terri Tyler, tlyler50@gmail.com, (785)233-4385, PO Box 2576, Topeka, Ks, 66601  
**Start Point:** Comfort Suites- 1400 South 5th Street  
 From I-70 exit #229 & #229B, go north on South 5th Street .25 mile & turn east (right) on Ameristar Blvd. and then make an immediate right turn on the first driveway. The road will curve around & lead to several businesses & Comfort Suites. Comfort Suites phone number for rooms only: 636-724-5555

**Event Info:** Daily; dawn to dusk. The route will lead through shaded, residential areas of St. Charles located on the banks of the Missouri River. This area of Missouri has been welcoming visitors since 1769 - including Lewis & Clark. Participants will be able to walk along Main Street's historic buildings & unique shops including the First Capitol of Missouri. Historic Main Street is cobblestone/brick so there is need to watch your footing. It is usually busy with tourists so please do not bring your 4-legged friends. And the route will include parts of Frenchtown with its French Colonial architecture. The route will begin and end on the Katy Trail which is adjacent to the Missouri River & sandwiches Frontier Park. The 10km route will have some hills while the 5km will be fairly flat but still will have a few small inclines. Both trails will have areas of full sun exposure. Please take water with you. Come and spend the day exploring Saint Charles with its numerous historic sites.

**Savannah****10km and 5km Seasonal Walk (2017/Y0448) 4/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Take a Walk In a City Park, United States Post Offices, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** No  
**Sponsor:** AVA-0739 Clay-Platte Trackers of Kansas City [www.clayplattetrackers.org](http://www.clayplattetrackers.org)  
**Contact:** Jerry Priest, jdpriest@unitedwb.corp, (816)450-3605, 5671 SE Benner Lake Rd, Dearborn, MO, 64439  
**Start Point:** Rolling Hills Consolidated Library- Rolling Hills Consolidated Library  
 514 W. Main St.  
 Savannah, MO 64485

Driving North on I-29 take exit 53--59/71 Business. Turn right and drive approximately 5 miles to Main St. Driving South on I-29 take exit 53--59/71 Business. Turn left and drive approximately 5 miles to Main St. Main St is first street after yellow flashing Emergency light. Turn left on Main St and drive 6 blocks to start point on your left.

**Event Info:** Savannah, Missouri bills itself as simply the best place to be. Savannah, the county seat of Andrew County (which qualifies for the MO County Walk Special Program). Savannah, MO is a growing community with lovely parks, Museums, and interesting homes and buildings to walk by. Originally, the city was called Union, but was later named Savannah by a local judge who hailed from Savannah, Georgia. Everyone will enjoy this walk along city streets and parks.

Library hours:  
 M-W-F-Sat. 9-6  
 T-Thurs 9-8  
 Sun 1-5  
 Closed Holidays

**Springfield - Galloway Creek Greenway Trail****Missouri Year Round Walk (2017/Y0644) 1/1/2017 - 12/31/2017**

Amphitheatres, Boardwalks, Bridges - Spanning the USA, Doin' The Louisiana Purchase,  
Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0977 Ozark Plateau Walkers

**Contact:** Edwin A. Singh, ozarkplateauwalkers@gmail.com, (209)499-6760, PO Box 14271, Springfield, MO, 65814

**Start Point:** Signal Convenience Store- 2810 E. Battlefield. From I-44 West, exit 69 onto The James River Freeway / Hwy 60 and drive approximately 16 miles to Hwy 65. North on Hwy 65 to Battlefield Rd. Turn left (west) on Battlefield at the light at the end of the ramp. At light, after railroad track, left on Lone Pine Road and immediate left into parking for "Half-a-Hill" Center where Signal Store is located. From I-44 East, Exit 82A, south on Hwy 65 6.3 miles to Battlefield Road. Turn right (west) on Battlefield Road and proceed as above.

**Event Info:** Daily dawn to dusk. After registering you will drive about 1/2 mile to walk start point at Sequiota Park. 5km trail follows Galloway Creek Greenway trail south. 20km trail follows the 10km trail north through beautiful Southern Hills residential area then loops back to Sequiota Park where the second 10km goes south to the Nature Center. Pets not allowed on grounds of Center. Restrooms available at the registration point but may not be available at the walk start point during winter months. Special Programs vary with trail walked. Qualifies for Greene County in the Walking the Counties of Missouri program.

**Springfield - South Creek Trail****5 K - 10 K Year Round Walk (2017/Y1795) 1/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0977 Ozark Plateau Walkers

**Contact:** Edwin Singh, ozarkplateauwalkers@gmail.com, (209)499-6760, PO Box 14271, Springfield, MO, 65814

**Start Point:** Springfield Botanical Gardens at Nathanael Greene/Close Memorial Park- 2400 S Scenic Ave, Springfield, MO 65807, As you are approaching the entrance you will turn in at the lighted sign board for Springfield Botanical Gardens. Crossover the railroad tracks and turn right, then bear left at the "Y". Park near the Botanical Center building. You will find your self on the upper level (unless you entered from the lower level entrance) and you will need to make your way down to the lower level Botanical Gardens information desk. Ask for the "Walk Box" so you may register as well as to obtain the walk directions.

**Event Info:** April-October, open 8 a.m. - 8 p.m. Mon.-Sat., 11 a.m. - 6 p.m. Sun.; November-March, open 8 a.m. - 5 p.m. Mon.-Sat., 11 a.m. - 5 p.m. Sun. Trail is mostly paved with some mulch areas. Various trees, plants and flora can be enjoyed all year long. Upon leaving formal garden areas, it becomes a natural setting of trees, wildflowers with a winding creek next to the trail.

**St. Joseph - Historic Walk****10km and 5km Seasonal Walk (2017/Y1286) 4/1/2017 - 12/31/2017**Bridges - Spanning the USA, Doin' The Louisiana Purchase, Take a Walk In a City Park,  
Walking the USA A - Z**Award:** IVV Credit Only **Strollers:** hard **Restroom:** Yes**Rating:** 2A **Wheelchair:** hard **Pets:** No**Sponsor:** AVA-0739 Clay-Platte Trackers of Kansas City [www.clayplattetrackers.org](http://www.clayplattetrackers.org)**Contact:** Jerry Priest, [jd priest@unitedwb.com](mailto:jd priest@unitedwb.com), (816)450-3605, 1530 NE 51st St, Dearborn, MO, 64118**Start Point:** Pony Express Museum- 914 Penn Street, St. Joseph, MO 64503. From I-29, take 36 Highway west. Exit at 10th Street, which is one-way going north. Drive to Penn street and turn left. The museum is about one block on the left side of the road.

Directions to the walk start point:

Leave Pony Express Museum on Penn St toward So. 9th St. Turn left at the 1st cross street onto south 9th street. Turn right to merge onto US36 West. Merge onto I-229 N/US 59N via the ramp to Central/Business District. Continue to follow I-229 N. Take exit 7 for Highland Ave. Turn left onto W. Highland Ave. Turn right onto McArthur Dr. Continue over the bridge into the large parking lot and drive towards the river and park.

Hours: Mon-Sat 9-5  
Sun 11-4  
Closed Holidays

Please walk only between sunrise and sunset.

**Event Info:** The check in location for this walk is the original Pony Express Trail to Sacramento. This is an interesting Museum and they have a informative video to watch. The trail passes several museums, and architecturally significant buildings. The new route will take walkers through the downtown area where there are numerous pieces of street art to see along with some fantastic, huge murals. Qualifies for "Buchanan County" in the Walking MO County Special Program.**St. Louis - Downtown****5km-10km Year Round Walk (2017/Y0030) 1/1/2017 - 12/31/2017****Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes**Rating:** 1A **Wheelchair:** Medium **Pets:** No**Sponsor:** AVA-0355 St Louis-Stuttgart Volksmarch Club  
[www.sites.google.com/site/stlouisava/](http://www.sites.google.com/site/stlouisava/)**Contact:** Victor/Fran Shaff, [victorjan@juno.com](mailto:victorjan@juno.com), (636)284-7874, 1102 Applerock Drive, O'Fallon, MO, 63368**Start Point:** The Pear Tree Inn- 2211 Market, St Louis, MO 314-241-3200 From W on I-64/Hwy 40, exit Jefferson, left to Market, right to hotel on left. From E on I-64/Hwy 40, exit 21st, left on Market to hotel on right.**Event Info:** Dawn to Dusk



**St. Louis - Fabulous CWE****10-K (5-K Option) Year Round Walk (2017/Y1337) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0355 St Louis-Stuttgart Volksmarch Club  
[www.sites.google.com/site/stlouisava/](http://www.sites.google.com/site/stlouisava/)  
**Contact:** Vic & Fran Shaff, victorjan@juno.com, (636)284-7874, 1102 Applerock Drive,  
O'Fallon, MO, 63368  
**Start Point:** Forest Park Visitor Center- Dennis & Judith Jones Visitor & Education Ctr - 5595  
Grand, St Louis, MO 63112 - from I-64 or I-44, exit Kingshighway N to left on W Pine  
cut-off, left on Lindell to left on Cricket, follow Cricket to Visitor Center.  
**Event Info:** Dawn to Dusk

**St. Louis - Fenton - Riverchase of Recreation Center****5 km or 10km Year Round Walk (2017/Y1917) 1/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0047 Illinois Trekkers Volkssport Club [www.illinois-trekkers.org](http://www.illinois-trekkers.org)  
**Contact:** Cindy or Tom Stucky, clou1983@charter.net, (314)270-3100, 10955 Village Grove  
Drive, St. Louis, MO, 63123  
**Start Point:** Riverchase of Fenton Recreation Center- 990 Horan, Fenton, MO 63026. (636)343-  
0067. From I-270 take Rt 30 (Gravois) W to Rt 141 N to Bowles (N). Turn right on  
Bowles for approx 1 mile to first stop light (Horan). Turn right on Horan approx 1/2  
mile to Riverchase Rec Ctr on right. Park at the lot at the top of the hill and enter the  
building at the main entrance. Ask for walk information at the registration desk.  
Hours M-F 5:30 am-10pm; Sat 8am- 9pm and Sun 10am- 7pm. Closed: Easter,  
Thanksgiving and Christmas. Hours may vary seasonally. Call to verify hours on  
other holidays.  
**Event Info:** Trail is along city streets and paved walking paths traversing city and county parks.  
Part of the walk follows the scenic Meramec River. The walk will pass the beautiful  
and moving Heroes Memorial in Fenton City Park. Water and Restrooms are  
available at the start point and several places along the route. Park restrooms are  
closed during the winter. Pets are welcome but you must pick up after your animal.

**St. Louis - FOREST PARK and Historic CWE****10km Year Round Walk (2017/Y2006) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0355 St Louis-Stuttgart Volksmarch Club  
[www.sites.google.com/site/stlouisava/](http://www.sites.google.com/site/stlouisava/)  
**Contact:** Vic & Fran Shaff, victorjan@juno.com, (636)284-7874, 1102 Applerock Drive,  
O'Fallon, MO, 63368  
**Start Point:** VISITOR CENTER in FOREST PARK, CITY OF ST. LOUIS- Dennis & Judith Jones  
Visitor & Education Ctr - 5595 Grand, St Louis, MO 63112 - from I-64 or I-44, exit  
Kingshighway N to left on W Pine cut-off, left on Lindell to left on Cricket, follow  
Cricket to VC  
**Event Info:** Dawn to Dusk

**St. Louis - Lemay****5K, 10k Year Round Walk (2017/Y0133) 1/2/2017 - 12/30/2017**

Doin' The Louisiana Purchase, National Parks Centennial Challenge, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0397 Lebanon Cedar Cruisers  
**Contact:** Bill Malina, wmalina@charter.net, (618)588-4097, 604 Marcia, New Baden, IL, 62265  
**Start Point:** Walgreen's- 2700 Telegraph, Lemay, MO. I-255 exit 2 (Hwy 231) Telegraph N approx 1 mile. Walgreens is on the right side at Jefferson Barracks. Open daily 8am-9pm. Walk dawn to dusk. Walk information at photo counter.  
**Event Info:** This walk is in Jefferson Barracks Park across from the oldest operating military installation west of the Mississippi River. Several Civil War Museums are in the park. The trail enters the Jefferson Barracks National Cemetery. PLEASE, no animals are permitted in the cemetery.

**St. Louis - Maryland Heights****5km-11km Year Round Walk (2017/Y0530) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0355 St Louis-Stuttgart Volksmarch Club  
[www.sites.google.com/site/stlouisava/](http://www.sites.google.com/site/stlouisava/)  
**Contact:** Charles & Donna Dasho, ORG63033@CS.COM, (314)831-0726, 1980 Avon Dr, Florissant, MO, 63033  
**Start Point:** Schnuck's Market-@ Customer service counter-Ask for WALK BINDER- NW corner of Dorsett & McKelvey, Maryland Heights, MO. I-270 to Dorsett (exit 17, just S of I-70 interchange); W on Dorsett 3 blocks to McKelvey. Turn right on McKelvey then left into shopping center parking lot.  
**Event Info:** Daily 7am-dusk

**St. Louis - Webster Groves****5km; 10km Year Round Walk (2017/Y1889) 1/2/2017 - 12/30/2017**

Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0397 Lebanon Cedar Cruisers  
**Contact:** Bill Malina, wmalina@charter.net, (618)588-4097, Bill Malina, New Baden, IL, 62265  
**Start Point:** Webster Groves Rec Complex- 33 E Glendale Webster Groves, MO 63119 (from I-44 exit 280, Elm. S to electric signal at Glendale, left to complex. Entrance on left. Walk information at desk just inside of building, next to ice rink. (314)963-5600. Open M-F 8am-8pm, Sat 9-Noon, Sun 10am-2pm. Closed Christmas, New Years, July 4th and Thanksgiving.  
**Event Info:** The trail passes Webster University, Eden Theological Seminary, and many beautiful and unique homes for which Webster Groves is famous. It also passes two old railroad stations.

**Trenton - Grundy County****10/5kms Seasonal Walk (2017/Y1727) 4/9/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Honoring Our Flag, Take a Walk In a City Park, United States Post Offices, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0234 Sunflower Sod Stompers  
**Contact:** Terri Tyler, tlyler50@gmail.com, (785)233-4385, PO Box 2576, Topeka, KS, 66601  
**Start Point:** Hy-Vee Grocery Store- 1617 East 9th Street  
 From US 65, go west on Missouri 6 approximately 1 mile. Hy-Vee will be on the north side in a shopping area. Hy-Vee hours: 5:00am - 12:00am.

**Event Info:** Walking course has not been finalized at the time of submission. The trail will start/finish in one of Trenton's city parks if not the Hy-Vee, and will lead through shaded, residential areas of Trenton along with the historic buildings of downtown and North Central Missouri College. There will be some small hills to encounter and areas of full sun especially on the fitness trail. Plan accordingly for the heat & humidity for you & your 4-legged walking buddies. Please take water with you. After registering, there will be a short drive to the start/finish area.

**Washington Missouri / 63090 - Downtown Washington MO Walk****5 K - 10 K Year Round Walk (2017/Y1408) 4/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Ice Cream Parlors, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, State Street Sashay, Take a Walk In a City Park, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0355 St Louis-Stuttgart Volksmarch Club  
[www.sites.google.com/site/stlouisava/](http://www.sites.google.com/site/stlouisava/)  
**Contact:** DeAnne Brown, deeebee333@gmail.com, (314)878-8647, 12448 Glenbush Dr, Maryland Hgts, MO, 63043

**Start Point:** AMTRAK Station, 301 West Front St., Washington, MO 63090- From I-44: Exit #251, then west on Hwy. 100 for 10 miles, turn right on Hwy. 47, turn left on 5th Street. Right on Jefferson St., left on West Front St. to # 301. From I-70, Exit #193, then south on Hwy. 47 for 25 miles, turn right on 5th. Right on Jefferson St., left on West Front St. to # 301. From I-64/40, Exit #10, west on Hwy. 94, left on Hwy. 47, right on 5th. Right on Jefferson St., left on West Front St. to # 301. Free parking on Amtrak lot, Oak and Front Streets, across the street from Start.

**Event Info:** The earliest settlers in this area followed Daniel Boone, who blazed a trail from the hills of Kentucky to the wilderness of east-central Missouri. The City of Washington was established on May 29, 1839 and grew with German Catholic immigration. Many of the early homes remain today. The 5k and the 10k walks explore two historic districts in this city also known as the Corncob Pipe Capital of the World. Some homes and buildings in these districts are listed in the National Record of Historic Places. All walkers will enjoy scenic views of the Missouri River. The 10k continues to some parks, follows a path around Lions Lake, and passes through a commercial and residential area to a former Busch brewery (on the NRHP list) before returning to historic and charming downtown with its many shops and restaurants. Washington is in Franklin County.

**Waynesville - Waynesville - Roubidoux Creek****5K and 10K Year Round Walk (2017/Y1338) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Ice Cream Parlors, Take a Walk In a City Park, United States Post Offices, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0968 Rolla Roadrunners Volkssport Club [www.facebook.com/pages/Rolla-Roadrunners-Volkssport-Club/269939099878658](http://www.facebook.com/pages/Rolla-Roadrunners-Volkssport-Club/269939099878658)

**Contact:** Elizabeth McCartney, [rollaroadrunners@gmail.com](mailto:rollaroadrunners@gmail.com), (573)528-2157, 600 Penny Lane, Rolla, MO, 65401

**Start Point:** Caseys General Store- 1106 Historic 66 w, Waynesville, MO, 65583. From either direction on I-44, take Exit 156/Business Route 66 towards Waynesville. At T turn right onto Business Route 66/MO 17 (BP gas station on left). Caseys will be on your left. After registering you will drive a short distance to Waynesville City Park to begin walk.

**Event Info:** Waynesville is a small town nestled in a deep valley along the Roubidoux Creek and Gasconade River. Both trails will start in a city park and follow a trail along the Roubidoux Creek. You will walk along Historic Route 66 past the Pulaski County Courthouse and the Old Stagecoach stop. You will then walk along a Missouri Conservation trail along the Roubidoux Creek. In addition the 10K trail will take you to see original site of Fort Waynesville and continue on to see W.H. Croaker (a large rock formation painted as a frog). Qualifies for Pulaski County in Walking MO County Special Programs. You will walk along city sidewalks and streets, park trails and a dirt conservation trail. The 5K walk is relatively flat, but there is a significant hill on the 10K walk. If the Old Stagecoach Stop is open, you may visit the museum there. The 10K is a 2B and the 5K is a 1B.

**Webb City****10km/5km Year Round Walk (2017/Y1219) 1/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0765 Dogwood Trailblazers [www.sites.google.com/site/dogwoodtrailblazers/](http://www.sites.google.com/site/dogwoodtrailblazers/)

**Contact:** Dan Houser, [wdhouser@mchsi.com](mailto:wdhouser@mchsi.com), (417)649-6404, PO Box 8012, Joplin, MO, 64802

**Start Point:** Walgreens- 1011 W MacArthur, Webb City, MO (417) 673-6758 From I-44 exit 11 for MO-249 N. Take exit on left for 49B/MO 171 N toward Webb City and merge onto MacArthur Dr. At traffic circle continue straight onto MO-171 N/E MacArthur Dr. for about a mile. Walgreen's on your right.

**Event Info:** Mon-Sat 8-10, Sun. 9-9 Walk is on gravel trail, city streets and sidewalks. Qualifies for Jasper County in the Walking the Counties of Missouri program.

**MONTANA****Helena - Capital****11km & 6km Seasonal Walk (2017/Y0483) 5/1/2017 - 9/30/2017**

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0519 Madison County Volkssport Club  
**Contact:** Jayne Welton, mjwelton@3rivers.net, (406)599-5231, PO Box 72, Virginia City, MT, 59755

**Start Point:** Jorgenson's Restaurant- 406-442-6380. 1714 11th Ave. From I-15 north or south, take exit 192, West 12, Capital Area. Proceed west on Prospect Ave. to Lamborn St. and turn left to the start point.

**Event Info:** Daily, 6:30 to Dusk (9 pm). Closed Memorial Day, July 4th and Labor Day. The route is on paved streets and includes the original Governor's Mansion, Last Chance Gulch, a restored miner's village, the Montana State Capitol, Montana Historical Society and many other historical landmarks.

**Miles City - Frontier Town****10k Seasonal Walk (2017/Y1079) 5/1/2017 - 9/30/2017**

**Award:** B Award      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0926 Miles City Volksmarch  
**Contact:** Linda Wolff, Hlwolff@midrivers.com, (406)853-2516, 515 N. Earling Ave, Miles City, MT, 59301

**Start Point:** Short Stop Gas & Convenience Store- 16 N 7th Street, Miles City, MT. Interstate 94 Exit 135 to Hwy 10/12. Follow to first stop light/7th Street, turn left 1 block.

**Event Info:** 10k walk through the historic district of a legendary western town. Miles City is the end of the Texas cattle trails, a true frontier town.

**Miles City - Strawberry Hill Trail****10k Seasonal Walk (2017/Y0309) 5/1/2017 - 9/30/2017**

**Award:** IVV Credit Only      **Strollers:**      **Restroom:** No  
**Rating:** 3C      **Wheelchair:**      **Pets:** Yes  
**Sponsor:** AVA-0926 Miles City Volksmarch  
**Contact:** Linda Wolff, Hlwolff@midrivers.com, (406)853-2516, 515 N. Earling Ave, Miles City, MT, 59301

**Start Point:** Miles City Inn & Suites- 1720 S Haynes Ave, Miles City, MT. 406-234-1000. Just off Interstate I-94 exit #138. Full instructions to trail head are available in the box.

**Event Info:** Strawberry Hill Trail-Rural trail in Eastern Montana. Walk the Wild West see the country our early cattle barons made their own. Trail is very isolated and difficult, cell service may not be available. Watch for rattle snakes. Walk apx 3.5 miles and return to the parking lot. Very beautiful scenery in the spring and summer.

### Terry

#### 10k Seasonal Walk (2017/Y0692) 5/1/2017 - 9/30/2017

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0926 Miles City Volksmarch  
**Contact:** Linda Wolff, Hlwolff@midrivers.com, (406)853-2516, 515 N. Earling Ave, Miles City, MT, 59301  
**Start Point:** Kempton Hotel- 204 Spring Street, Terry, MT. 406-635-5543. Exit Interstate 94 at Terry Montana, proceed north past the gas station to the first intersection and turn left on Spring Street. The Kempton Hotel is located on the left approx. 4 blocks down.  
**Event Info:** The Historic Prairie Trail starts at with the Historic Kempton Hotel and meanders through Terry, Montana, past the Prairie County Museum and Cameron Gallery, historical homes and early-time buildings. See an old brick jail and outhouse plus homes and buildings with a colorful history of the "Little Town Below the Badlands," which are visible in the north.

### Virginia City

#### 10km & 5km Seasonal Walk (2017/Y0105) 5/1/2017 - 9/30/2017

**Award:** B Award      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 3A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0519 Madison County Volkssport Club  
**Contact:** Jayne Welton, mjwelton@3rivers.net, (406)599-5231, PO Box 72, Virginia City, MT, 59755-0072  
**Start Point:** Stonehouse- 306 East Idaho St. 406-599 5231. Self start box is located on the front porch. From I-15 turn at Dillon. Take 41 to Twin Bridges, then 287. From I-90 turn off east of Butte at Whitehall. Take 55, then 41 to Twin Bridges, then 287. From Bozeman or Belgrade, I-90 to exit 298 (Jackrabbit Ln). South to Four Corners, take MT 84 to Norris, left onto US 287 to Ennis, then right in Ennis on MT 287 to Virginia City. From West Yellowstone, take US 287, going through Ennis to Virginia City. The start point is on Idaho Street one street south of the main street (US Hwy 287).  
**Event Info:** Daily, dawn to dusk. Trail is rated 3 due to elevation of 6,000 ft. It is not suitable for strollers or wheelchairs. Carry your own water on the trail. Restrooms are available in the City park and on the main street.

**NEBRASKA****Ashland****5K & 10 K Year Round Walk (2017/Y1969) 1/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Ice Cream Parlors,  
National Register of Historic Places, Water Towers, You'll Never Walk Alone

**Award:** B Award **Strollers:** Medium **Restroom:** Yes

**Rating:** 1B **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0016 Nebraska Wanderfreunde Trailblazers [www.netrailblazers.club](http://www.netrailblazers.club)

**Contact:** Karen Dix-Johnson, [kdix3@cox.net](mailto:kdix3@cox.net), (402)452-8422, PO Box 8147, Omaha, NE, 68108

**Start Point:** Casey's General Store. (Please Note: After registering for the walk please park can in one of two public parking lots close by. Casey's parking is limited to customers only.)- 104 S 14th. (402)944-2555. I-80 E, exit 420 (NE 63) left NE 63 to Ashland 3.1 miles to US 6. Right US 6 about 1.8 miles to NE 66. Left to NE 66 to Ashland. NE 66 (14th in town) 0.4 miles start/finish left. I-80 W, exit 432 (NE 31) right NE 31 to US 6/Gretna/Ashland 0.2 miles. Left US 6, 7.4 miles to NE- 66. Right NE 66, about 0.4 miles start/finish left.

**Event Info:** Daily dawn-dusk. Call to verify holiday hours. Wheelchairs and strollers may have some difficulty. Insect spray is recommended during summer months for part of the 10 KM trail. Trail is on city sidewalks/streets, paved and crushed rock trails. This trail meanders through the woods on a crushed rock trail along Salt Creek and through the picturesque town of Ashland, home of artist Gene Ronka. Visit St. Stephen's Episcopal Church built in 1872, Willow Point Art Gallery and Cheri O's Cafe.

**Bennington - Bennington Lakes****6 Km & 10 KM Year Round Walk (2017/Y0124) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Lakes and Reservoirs

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes

**Rating:** 2B **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0016 Nebraska Wanderfreunde Trailblazers [www.netrailblazers.club](http://www.netrailblazers.club)

**Contact:** Jeanne/Steve Miller, [jeanneno@gmail.com](mailto:jeanneno@gmail.com), (402)957-2059, POB 8147, Omaha, NE, 68108

**Start Point:** 18725 Northern Hills Drive, 68007.- I-80: I-680 exit Irvington Exit (exit 6 - Hwy 133). N on Hwy 133 to Hwy 36. Left (W) to 180th. Left to Northern Hills. Right to 18725 Northern Hills. Hwy 30: N 204th (Hwy 31). S to Elkhorn. Hwy 36 blinking yellow light; head left . Right on N 192nd (gravel) to Northern Hills. Left, then right to stay on Northern Hills. Start Box on porch.

**Event Info:** The trail is open dawn to dusk. Walk will be on paved and crushed gravel trails around lakes and through some housing area streets. Not much shade along trail. Carry water and use sun screen. Restrooms at walk start. There is no water on the trail. If you forgot to bring water you can check with the residents for a bottle of water. Snow is not regularly removed from trails during the winter. Start point family residence, discretion as to start time-family usually up 7:30am.

**Fremont - Fremont Lakes State Recreation Area****5K & 10K Year Round Walk (2017/Y1445) 1/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Lakes and Reservoirs, You'll Never Walk Alone

**Award:** B Award **Strollers:** easy **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** easy **Pets:** Yes  
**Sponsor:** AVA-0016 Nebraska Wanderfreunde Trailblazers [www.netrailblazers.club](http://www.netrailblazers.club)  
**Contact:** Jeanne/Steve Miller, [jeanneno@gmail.com](mailto:jeanneno@gmail.com), (402)957-2059, POB 8147, Omaha, NE, 68108

**Start Point:** Hy-Vee- 840 E 23rd St, Fremont, NE 68025. From Omaha, use Hwy 275 and take the East US 30 exit and turn left (west). Start will be a little over 2 miles on your right, just past the lights at Bell Street. From the west, take US-30 to the Business US-30 exit, heading east. Start will be 2.7 miles on your left, just past the Fremont Area Medical Center and the lights at Clarkson. From the south, use Hwy 77, which becomes Broad St. in Fremont. At 23rd St. (Business US 30), turn right 1/2 mile to Start on your left, just past the lights at Clarkson. Walk box at Customer Service desk.

**Event Info:** Daily 7:00 AM to 9:00 PM. Walk during daylight hours. Very flat and is suitable for strollers and wheelchairs. After registering you will need to drive about 3 miles to the walk start point. You will also have to have a Nebraska States Park pass. The entire walk is inside the state park area. This trail is through a State Park past several lakes, wooded areas and a couple of beaches. Roads may not be plowed/shoveled in the winter. Trail is all on paved roads/paths/sidewalks. Pack a picnic lunch!

**Fremont - Historic****5K & 10K Year Round Walk (2017/Y1444) 1/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Lady Liberty Special Program, National Register of Historic Places, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** B Award **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes  
**Sponsor:** AVA-0016 Nebraska Wanderfreunde Trailblazers [www.netrailblazers.club](http://www.netrailblazers.club)  
**Contact:** Jeanne/Steve Miller, [jeanneno@gmail.com](mailto:jeanneno@gmail.com), (402)957-2059, POB 8147, Omaha, NE, 68108

**Start Point:** Hy-Vee- 840 E 23rd St, Fremont, NE 68025. From Omaha, use Hwy 275 and take the East US 30 exit and turn left (west). Start will be a little over 2 miles on your right, just past the lights at Bell Street. From the west, take US-30 to the Business US-30 exit, heading east. Start will be 2.7 miles on your left, just past the Fremont Area Medical Center and the lights at Clarkson. From the south, use Hwy 77, which becomes Broad St. in Fremont. At 23rd St. (Business US 30), turn right 1/2 mile to Start on your left, just past the lights at Clarkson. Walk box is at the Customer Service Desk.

**Event Info:** Daily 7:00 AM 9 PM. This trail is on city and sidewalks and streets. Walk goes through three historic areas of Fremont, with some architectural landmarks on the route. A guide to some interesting sites and their history you may see is available separately from the directions in the start box. Restrooms at start and at businesses and parks along the route.



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### Lincoln - Capital

#### 5KM & 10KM Year Round Walk (2017/Y0704) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0102 Lincoln Volkssport Club, Inc.  
**Contact:** R Quackenbush, bspiel7607@aol.com, (402)464-6972, 1519 N 58th, Lincoln, NE, 68505  
**Start Point:** Kwik Shop Station--1441 No. Cotner--pick up map & directions here; then drive to remote site as directed - 1441 N Cotner. Parking Topper Popper lot across street. W: exit I-80 at 27th exit (exit 403). S on 27th to Holdrege. At Holdrege turn left (E) to corner Cotner/Holdrege. E on I-80, exit 409 to Hwy 6. Left (W) on Hwy 6 to 84th. Left (S) on 84th to Holdrege. Right (W) on Holdrege to start on SW corner Cotner/Holdrege.  
**Event Info:** Daily 7am-dusk. Get correct map. Remote registration; walk requires driving to a different location to start walk. Directions included.

### Lincoln - Residential

#### 5KM & 10KM Year Round Walk (2017/Y0017) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0102 Lincoln Volkssport Club, Inc.  
**Contact:** R Quackenbush, bspiel7607@aol.com, (402)464-6972, 1519 N 58th, Lincoln, NE, 68505  
**Start Point:** Kwik Shop Station- 1441 N Cotner. Parking in Topper Popper lot across street. W on I-80, 27th exit (exit 403), S on 27th to Holdrege. Left on Holdrege, to Cotner/Holdrege. KWIK Shop SW corner. E on I-80 exit 409 to Hwy 6. Left (W) on Hwy 6 to 84th. Left (S) 84th to Holdrege. Right (W) on Holdrege to start on SW corner of Cotner/Holdrege.  
**Event Info:** Daily 7am-dusk. Get correct map. Check payable to Lincoln Volkssport Club.

### Nebraska City

#### 5K & 10K Year Round Walk (2017/Y0554) 1/1/2017 - 12/31/2017

**Award:** B Award      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0102 Lincoln Volkssport Club, Inc.  
**Contact:** R Quackenbush, bspiel7607@aol.com, (402)464-6972, 1519 N 58th, Lincoln, NE, 68505  
**Start Point:** Nebraska City Tourism & Commerce, Inc- 806 1st. NE Parking block S & half block E. W on Hwy 2, exit Business Hwy 2. (E) 3 miles to Business Hwy 75. Left on Hwy 75 to 1st. Right on 1st 3 blocks E to T & C (N side of street). N (Hwy 75) left on Business Hwy 75, 3 miles to 1st, turn left on 1st 3 blocks E to T & C. N & S on I-29, NE City exit, W toward river (5 miles) to intersection Business Hwy 75, turn right (N) to 1st. Right to start point.  
**Event Info:** Walk box in wooden box or stand on front porch of T & C; available any time, dawn-dusk. Pay by check to Lincoln Volkssport Club.

**North Platte****5 KM & 10 KM Year Round Walk (2017/Y0125) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Lady Liberty Special Program, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Water Towers, You'll Never Walk Alone

**Award:** B Award

**Strollers:** None

**Restroom:** Yes

**Rating:** 1B

**Wheelchair:** None

**Pets:** Yes

**Sponsor:** AVA-0016 Nebraska Wanderfreunde Trailblazers [www.netrailblazers.club](http://www.netrailblazers.club)

**Contact:** Larry Seger, [seger@nebnet.net](mailto:seger@nebnet.net), (308)387-4578, P. O. Box 226, Wallace, NE, 69169

**Start Point:** Kwik Stop Food Store # 3- 1421 S Dewey St., North Platte, NE. From I-80, Exit 177 (Hwy. 83) travel north approximately 3/4 mile on Hwy. 83 which becomes Dewey St. You will pass over the South Platte River, and Dewey St. will become one-way NORTH. Watch for Leota St. Shortly after Leota St. you will see the McDonald's to your right. Turn into the same drive as McDonald's and then go back to the right or south to park north of the Kwik Stop. If you wish to turn right on Leota, you can turn left into the Kwik Stop fueling area, and drive around the east side of the store to get to the parking lot on the north side of the building.

**Event Info:** The walk will go across and along the South Platte River, through parks, and past a variety of architecturally historic homes. The walk goes past the Museum for Children, Lincoln County Sheriff's Dept., North Platte Police Dept, Lincoln County Courthouse, Sioux Lookout Statue, and the downtown business area. It goes to the site of the North Platte Canteen along the Union Pacific railroad main line (where over 6 million WW2 G.I.'s were hosted, as they passed through North Platte, by the local citizenry). Complete this interesting walk by viewing historic old St. Mary's Hospital, Neville Center (original Fox Theatre), Pawnee Hotel, and Fire Station. The Lincoln Highway is on the route as is a western mural representative of the fact that when you are in North Platte, you are "Out West." Primarily on paved walkways, sidewalks, and streets. Daily Dawn to Dusk

**Ogallala****5 / 10 KM Year Round Walk (2017/Y1146) 1/1/2017 - 12/31/2017**

Alternative Capitals, Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only

**Strollers:** Medium

**Restroom:** Yes

**Rating:** 1A

**Wheelchair:** Medium

**Pets:** Yes

**Sponsor:** AVA-0016 Nebraska Wanderfreunde Trailblazers [www.netrailblazers.club](http://www.netrailblazers.club)

**Contact:** J Ochsner, [jochsner@charter.net](mailto:jochsner@charter.net), (308)284-3076, 818 West D, Ogallala, NE, 69153

**Start Point:** Kwik Stop Convenience Store, 217 E 1st, 69153, (308)284-6138- 217 E 1st. I-80 in Nebraska, Exit 126 for NE-61/US-26 to Ogallala/Grant. Right at top of exit ramp to Ogallala approx 0.7 miles. At traffic light US 30, continue travelling in left lane. (Kwik Stop at right front at intersection.) Next corner, left to E 2nd. After turn, half way down block, on left, turn left to public parking. Street parking available.

**Event Info:** THIS IS A NEW ROUTE: The trail is through the town of Ogallala [Keith County] and on a hiker/biker trail. The trail is mostly flat with a couple of hills. Featured sites are Front Street [replica of old western town]; schools and residential areas; overlook of town; Mansion on the Hill [on Historical Register]; Wild West Soap Box Derby Track; Boot Hill; Spruce Street Station [on Historical Register]; US Post Office [on Historical Register]; Lincoln Highway; terminus of Western Trail.

**Omaha - Hanscom Park****5K & 10K Year Round Walk (2017/Y0476) 1/1/2017 - 12/31/2017**

Alternative Capitals, Cities in Song, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Take a Walk In a City Park, Trekking With the Trees, Vice Presidential Walks, You'll Never Walk Alone

**Award:** B Award **Strollers:** Hard **Restroom:** Yes

**Rating:** 2A **Wheelchair:** Hard **Pets:** Yes

**Sponsor:** AVA-0016 Nebraska Wanderfreunde Trailblazers [www.netrailblazers.club](http://www.netrailblazers.club)

**Contact:** Dave & Mary Brown, smackdb@hotmail.com, (402)669-1706, POB 8147, Omaha, NE, 68108

**Start Point:** Comfort Inn- 2920 S 13th Ct. I-80, exit 13th. N short distance N of I-80 to 13th Ct between Buckys' and McDonalds on left.

**Event Info:** Daily dawn to dusk. After registering, drive 2 miles to walk start - free parking. Walk goes through neighborhoods & parks. Trail is on paved sidewalks and trails. Trails may not be cleared after a snowstorm. Restrooms at start. Seasonal restrooms (porta potty) at walk start parking area no water.

**Omaha - Historic****5K & 10K Year Round Walk (2017/Y0093) 1/1/2017 - 12/31/2017**

Alternative Capitals, Border Crossings, Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Trekking With the Trees, You'll Never Walk Alone

**Award:** B Award **Strollers:** Hard **Restroom:** Yes

**Rating:** 2A **Wheelchair:** Hard **Pets:** Yes

**Sponsor:** AVA-0016 Nebraska Wanderfreunde Trailblazers [www.netrailblazers.club](http://www.netrailblazers.club)

**Contact:** Dave & Mary Brown, smackdb5@hotmail.com, (402)669-1706, POB 8147, Omaha, NE, 68108

**Start Point:** Comfort Inn- 2920 S 13th Ct. I-80: exit 13th. N to 13th Ct short distance N of I-80. Between Buckys' and McDonalds on left.

**Event Info:** NEW TRAIL Daily dawn to dusk. After registering, drive about 3.5 miles to walk start. Trail is on city streets and asphalt paths along the Missouri River, through Historic Old Market, through the Heartland of America Park and through the ConAgra Campus - a lovely park like business complex. You will pass many life size and some larger than life size statues and sculptures depicting the pioneers westward movement.

**Omaha - Mall Walk - Westroads****5 & 10 KM Year Round Walk (2017/Y0362) 1/1/2017 - 12/31/2017**

Alternative Capitals, Cities in Song, Doin' The Louisiana Purchase, Food For Thought, Ice Cream Parlors

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** easy      **Pets:** No  
**Sponsor:** AVA-0016 Nebraska Wanderfreunde Trailblazers [www.netrailblazers.club](http://www.netrailblazers.club)  
**Contact:** Sandy Spaulding, SpldngS@aol.com, (712)322-2797, PO Box 8147, Omaha, NE, 68108

**Start Point:** AmericInn Hotel & Suites - 9720 W Dodge Road (GPS systems may not work as there is no entrance to hotel from West Dodge Road).  
Take I-680 North to exit 3, US-6/W Dodge Road/Boys Town. Keep right at the fork for US-6 E/Downtown and merge onto US-6 E/W Dodge Road. Take the first right toward Regency Pkwy /Westroads. Stay right and go under W Dodge Rd. Merge onto California CAREFULLY move to the left one lane to get onto N. 98th St. After going through the traffic light take the first right onto N. 98th Frontage Rd E and turn right following sign to AmericInn on the left.

**Event Info:** Daily 7 a.m. to 6 p.m. (Closed major holidays - New Years, Thanksgiving, Christmas) Short drive from start to walk. Walk this mall walk in perfect 70 degree weather year round with new views every week. Look for points of interest such as Snow Whites magic mirror and the Flying Worm. Elevators available for strollers and wheelchairs.

**Omaha - Wehrspann Lake****5 & 10km Year Round Walk (2017/Y1446) 1/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Lakes and Reservoirs, Water Towers

**Award:** B Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0016 Nebraska Wanderfreunde Trailblazers [www.netrailblazers.club](http://www.netrailblazers.club)  
**Contact:** Lee Frantz/Donna Campbell, glfrantz@cox.net / deecampbell@cox.net, (402)884-6052, PO Box 8147, Omaha, NE, 68102

**Start Point:** Holiday Inn Express- 16175 Stevens Point Circle, Gretna, NE. Take Exit 439 Off I-80 and head west toward Gretna. Less than 1/2 mile to Wickersham Blvd (on your left after Kum & Go - Sap Brothers road on your right). Turn left onto Wickersham Blvd. Go about 1/4 mile to Stevens Point Cir on your right. Turn right onto Stevens Point Cir to start point.

**Event Info:** Daily dawn to dusk. Drive (1/3 mile) to walk start. Trail goes around the Wehrspann Lake along asphalt, concrete, and gravel walkways. Strollers and wheelchairs may have a little difficulty. Pit toilets available along the trail. Park office at halfway point has modern restrooms and water when open. Trail is not cleared during winter months.

**Scottsbluff - Scottsbluff National Monument****5k/10k Seasonal Walk (2017/Y0172) 4/1/2017 - 9/30/2017**

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0274 Black Hills Volkssport Assn. [www.bhva.org](http://www.bhva.org)  
**Contact:** Mary Jayne Jordan, mjjordan92@hotmail.com, (307)290-2349, PO Box 1098, Sundance, WY, 82729

**Start Point:** Scottsbluff National Monument Visitor Center- From I-80 exit at Kimball, NE and drive 45 miles north on NE 71. From Gering, follow National Park Service signs 3 miles west to the Visitor Center on Old Oregon Trail.

**Event Info:** Remote registration. Email POC. Event stamp will be available at the AVA Convention in Billings

### Seward - Seward Historical Sites

#### 5K and 10K Year Round Walk (2017/Y0888) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0102 Lincoln Volkssport Club, Inc.  
**Contact:** Rose Quackenbush, bspiel7607@aol.com, (402)464-6972, 1519 North 58th St, Lincoln, NE, 68505  
**Start Point:** FastMart Convenience Store- FastMart is 215 N 6th. From the south on I-80 exit 379 north on HWY I5/N 6th Street to town 7 miles. Register in green box behind desk, read instructions in box, fill in walker number and sign waiver, mail \$ in start card envelope. Start point is 1 block north at 6th and Bradford corner in front of Civic Center - ample parking there.  
**Event Info:** This walk is sponsored by the Lincoln Volkssport Club. This new walk route for 2017 passes by several Historical sites in the small town of Seward!

### Sidney

#### 10km Year Round Walk (2017/Y0604) 1/2/2017 - 12/31/2017

**Award:** B Award      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0564 Panhandle Walkers  
**Contact:** Bev Sonntag, bevsonn@yahoo.com, (308)254-7000, 627 Toledo, Sidney, NE, 69162  
**Start Point:** Cheyenne County Community Center- 627 Toledo. 308-254-7000. Hwy 30 (Illinois) S on 10th. At Toledo (4 way stop) turn E (left). Community Center is stone/metal building on right past park. Right to parking, entrance on S of Center. Start/Finish at Reception Desk. I-80 (Exit 59) exit, turn N. Hwy 19 (1st stop light) turn left, continue past Cabela's. Right at 1st stoplight on 11th. Toledo (1st street past city park). Right on Toledo, stone/metal building on right beyond park. Right to parking, main entrance around on S side. Start/Finish at Reception desk.  
**Event Info:** Weekdays Dawn-Dusk. Summer: Sat. 7am-1pm, Closed Sun. in summer; 12-6pm winter.

**NEVADA****Boulder City - Historic District****5K/10K Year Round Walk (2017/Y1880) 1/1/2017 - 12/31/2017**

Amphitheatres, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z, Water Towers

**Award:** B Award

**Strollers:** easy

**Restroom:** Yes

**Rating:** 1A

**Wheelchair:** medium

**Pets:** Yes

**Sponsor:** AVA-0296 Las Vegas High Rollers & Strollers [www.lvhrs.org](http://www.lvhrs.org)

**Contact:** Brenda Harris, [lvhrs1985@yahoo.com](mailto:lvhrs1985@yahoo.com), (702)845-1550, 910 Del Sol Drive, Boulder City, NV, 89005

**Start Point:** Boulder Dam Historic Hotel- 1305 Arizona St, Boulder City, NV 89005-2613 (702) 293-3510.

FROM LAS VEGAS: Take US 93/95 South to Boulder City (about 25 miles). At the first light in Boulder City proper, continue straight staying on Business US 93 (Nevada Way). Go thru town and turn right on Arizona St. the Hotel is about half block on your right. FROM ARIZONA: Cross Mike O'Callahan Bridge and remain on US 93. At the first light in Boulder City proper, turn left on Business US 93 (Nevada Way). Go thru town and turn right on Arizona St. the Hotel is about half block on your right.

**Event Info:** Daily Dawn till Dusk. This trail begins at the Historic Boulder Dam Hotel, a center of activity during construction of Boulder Dam. The hotel was visited by many celebrities and has a colorful history. You will walk thru the downtown district and the original city. Boulder City was the first master planned community in the U.S., and the only city in Nevada that does not permit gambling. Many of the buildings date from the 1930s and the residences for company engineers are still near original condition. However, the construction workers cottages on the later part of the walk have been extensively modified. You will pass many quaint restaurants and gift shops along Nevada Way that are well worth your time to visit. Look for outdoor sculptures along the route. Stop in the Boulder Dam museum upstairs in the hotel after your walk and visit the restaurant in the hotel for some great food.

**Boulder City - Lake Mead Nat'l Rec Area****5K/10K Year Round Walk (2017/Y1809) 1/1/2017 - 12/31/2017**

Border Crossings, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs,  
National Parks Centennial Challenge, National Register of Historic Places, Points of  
Reference, Treasure Hunt - A way to walk our precious trails, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes

**Rating:** 3C      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0296 Las Vegas High Rollers & Strollers www.lvhrs.org

**Contact:** Brenda Harris, lvhrs1985@yahoo.com, (702)845-1550, 910 Del Sol Drive, Boulder City, NV, 89005

**Start Point:** Boulder Dam Hotel- 1305 Arizona St, Boulder City, NV 89005-2613. (702) 293-3510.

FROM LAS VEGAS: Take US 93/95 South to Boulder City (about 25 miles). At the first light in Boulder City proper, continue straight staying on Business US 93 (Nevada Way). Go thru town and turn right on Arizona St. the Hotel is about a half block on your right. FROM ARIZONA: Cross Mike O'Callahan Bridge and remain on US 93. At the first light in Boulder City proper, turn left on Business US 93 (Nevada Way). Go thru town and turn right on Arizona St. The Hotel is about a half block on your right. After registration, you will drive about 7 miles to the start of the walk.

**Event Info:** Daily Dawn to Dusk. PLEASE CARRY WATER ON THIS WALK. This walk has been modified with several options to allow walkers to visit Hoover Dam and walk across the state line to Arizona via the magnificent Hoover Dam Bypass Bridge. This trail is in the Lake Mead National Recreation Area along scenic desert trails. Part is on the historic railroad bed (thru tunnels) that was used to carry supplies for construction of Hoover Dam. There are many scenic vistas of Lake Mead, and mountain / desert flora and fauna along this trail. The contrast between lake and desert is breathtaking.

**Boulder City - River Mountains Loop Bike Trail****55 km/25 km/13 km option Year Round Bike (2017/Y1398) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Points of Reference, Treasure Hunt - A way to walk our precious trails

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0296 Las Vegas High Rollers & Strollers www.lvhrs.org

**Contact:** Carl Cordes, carlcordes@aol.com, (702)540-6632, 2250 Knoll Crest Ave., N Las Vegas, NV, 89032

**Start Point:** Boulder Dam Hotel in Boulder City, NV- 1305 Arizona Street, Boulder City, NV 89005; (702) 293-3510. You will drive approx two miles to the trail head and bike start point after registering.

From Las Vegas: Take US 93/95 South to Boulder City (abt 25 miles). At the first light in Boulder City proper, continue on Business 93 into town. Turn right on Arizona Street to the hotel on the right.

From Arizona: Cross O'Callahan/Tillman Bridge into Nevada; remain on US 93. At first light in Boulder City proper, turn left on Business 93 into town. Turn right on Arizona Street to the hotel on the right. Registration box is at the desk.

**Event Info:** The route follows the River Mountains Loop Trail, which circles the River Mountains east of Las Vegas. It connects with trails in the Lake Mead National Recreation Area, Hoover Dam, Henderson, Boulder City and the rest of the Las Vegas Valley. You will drive about 2 miles from registration to the trailhead at Bootleg Canyon Park. Elevation change on the 25 km bike route averages 400 ft, descending outbound and ascending on the return. There is no Nevada law requiring helmets, but they should be worn as a component of any safe bicycle ride (no matter the riders' age). Always carry plenty of water. Avoid the hottest part of the day. Drink before you're thirsty! Use plenty of sunscreen.

**Boulder City - Swim at Parks & Rec pool****300m Year Round Swim (2017/Y1959) 1/1/2017 - 12/31/2017****Award:** ZZ **Strollers:** None **Restroom:** Yes**Rating:** 1A **Wheelchair:** None **Pets:** No**Sponsor:** AVA-0296 Las Vegas High Rollers & Strollers [www.lvhrs.org](http://www.lvhrs.org)**Contact:** Brenda Harris, [lvhrs1985@yahoo.com](mailto:lvhrs1985@yahoo.com), (702)-84-1550, 910 Del Sol Drive, Boulder City, NV, 89005**Start Point:** Historic Boulder City Hotel- 1305 Arizona St. Boulder City, NV 89005-2613. Hotel phone no. is 702-293-3510. FROM LAS VEGAS: Take US 93/95 south to Boulder City (abt 25 miles). At the 2nd light in Boulder City, continue straight on Nevada Way (Bus 93). Go through town and turn right on Arizona St. Hotel is 1/2 block on the right. FROM ARIZONA: Cross Mike O'Callahan bridge and follow US93 to the first light at the top of the hill. Turn LEFT onto Nevada Way and follow the instructions above.**Event Info:** Standard pool; covered in Winter; outside in Summer. Drive about 3 blocks to pool from registration; Admission to pool is an additional \$3 (60+ is \$2).**Carson City - Capital Neighborhoods****10km/5km Year Round Walk (2017/Y0936) 1/1/2017 - 12/31/2017**

Honoring Our Flag, National Register of Historic Places, State Capital, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes**Rating:** 1A **Wheelchair:** hard **Pets:** Yes**Sponsor:** AVA-0489 Tahoe Trail Trekkers [www.tahoetrailtrekkers.org](http://www.tahoetrailtrekkers.org)**Contact:** Judy Gordon, [renoag775@juno.com](mailto:renoag775@juno.com), (775)331-9296, P.O.Box 4038, Sparks, NV, 89432**Start Point:** Hardman House Hotel- 917 North Carson St, Carson City, NV 89701-1200. 775-882-7744. From I-80 take I-580 exit in Reno south for 27 miles to Carson City. Take exit 43/ N. Carson St/Hwy 395 bus. Start is on the Left corner of Carson St and E. Ann. Or take Hwy 50 to Carson City from Sacramento area, turn left on Hwy 395 (Carson St). From this direction, the start point is approx 8-9 blocks past the Capital on the Right. OK to stay parked at Hotel.**Event Info:** Daily, 7 am to dusk. New as of 2015, the Neighborhoods route visits the capitol complex and the historic district with many homes on the National Historic Register. Then you'll walk thru a post WWII neighborhood and an upscale golf community with the option of including a commercial area. You'll also pass the Nevada State Museum, a casino and several eateries in the downtown area.



**Henderson - Green Valley Ranch****5K/10K Year Round Walk (2017/Y1504) 1/1/2017 - 12/31/2017**

Animal Safari, Honoring Our Flag, Ice Cream Parlors, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Walking the USA A - Z

**Award:** B Award **Strollers:** easy **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0296 Las Vegas High Rollers & Strollers [www.lvhrs.org](http://www.lvhrs.org)

**Contact:** Al & Sue Korejwo, [shkorejwo@earthlink.net](mailto:shkorejwo@earthlink.net), (702)492-1815, 1893 Desert Forest Way, Henderson, NV, 89012

**Start Point:** Green Horizon Chevron- 2200 W Horizon Ridge Pkwy, Henderson, NV 89052-2638. (702) 270-2301. Exit off I-215 E at Green Valley Pkwy. Proceed south on Green Valley Pkwy about 1.2 miles to Horizon Ridge Pkwy. The Chevron station will be on your right at the corner. Ask the clerk for the walk box.

**Event Info:** Daily Dawn till Dusk. Henderson is a fast-growing area in the Las Vegas Valley and this walk is in the choicest areas. The walk meanders along very scenic landscaped city sidewalks, pathways, and parks. You will walk through the District, which is an exclusive outdoor shopping arcade, and into the Green Valley Ranch Hotel and Casino, an elegant resort, spa, and casino. Picture taking is not allowed in the gaming area of the casino. Pets not allowed inside buildings.

**Henderson - Seven Hills****5K/10K Year Round Walk (2017/Y1210) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Walking the USA A - Z

**Award:** IVV Credit Only **Strollers:** Easy **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0296 Las Vegas High Rollers & Strollers [www.lvhrs.org](http://www.lvhrs.org)

**Contact:** Al & Sue Korejwo, [shkorejwo@earthlink.net](mailto:shkorejwo@earthlink.net), (702)492-1815, 1893 Desert Forest Way, Henderson, NV, 89012

**Start Point:** Green Horizon Chevron- 2200 W Horizon Ridge Pkwy, Henderson, NV 89052-2638. (702) 270-2301. Exit off I-215 at Green Valley Pkwy. Proceed south on Green Valley Pkwy about 1.2 miles to Horizon Ridge Pkwy. The Chevron station will be on your right at the corner. Ask the clerk for the walk box.

**Event Info:** Daily Dawn to Dusk. Requires a short drive from the Green Horizon Chevron to the actual start/finish. A residential walk along beautifully landscaped sidewalks, pathways, and parks. Passes thru many new upscale neighborhoods and has some outstanding views of the Las Vegas Valley, the Strip, and the surrounding mountains. This walk gives a good sense of the valley and what it is like living on the edge of the desert.

**Las Vegas - Downtown Las Vegas****6K-10K Year Round Walk (2017/Y1200) 1/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, National Register of Historic Places, Points of Reference, Treasure Hunt - A way to walk our precious trails, United States Post Offices, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes

**Sponsor:** AVA-0296 Las Vegas High Rollers & Strollers [www.lvhrs.org](http://www.lvhrs.org)

**Contact:** Carl Cordes, [carlcordes@aol.com](mailto:carlcordes@aol.com), (702)540-6632, 2250 Knoll Crest Ave., N Las Vegas, NV, 89032

**Start Point:** Starbucks (Suite 1519) at LV Premium Outlets North, near the Food Court- 855 South Grand Central Parkway, Las Vegas, NV 89106. From South on I-15 - Exit Charleston Blvd. (Exit 41) on to Martin Luther King Blvd. Left on Charleston Blvd. Left on Grand Central Parkway.  
From North on I-15 - Exit 41B, Charleston Blvd. West, then Grand Central  
From the Strip - North on Las Vegas Blvd; Left on Charleston; Right on Grand Central Pkwy

**Event Info:** Start box is in the office; ask at the counter. A walk in Downtown Las Vegas that passes many of the historic buildings and showcases the exciting new Downtown currently under development. Includes the world famous Fremont Street Experience, the Gold and Silver Pawn Shop of TV fame, the Mob Museum, the Smith Center for the Performing Arts and the unique Container Park. Plenty of picture-taking opportunities and great places to eat.

**Las Vegas - Downtown Summerlin****6K/11K Year Round Walk (2017/Y1810) 1/1/2017 - 12/31/2017**

Alternative Capitals, Cities in Song, Honoring Our Flag, Points of Reference, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Walking the USA A - Z

**Award:** B Award      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0296 Las Vegas High Rollers & Strollers [www.lvhrs.org](http://www.lvhrs.org)

**Contact:** Smith Reeves, [smithreeves@yahoo.com](mailto:smithreeves@yahoo.com), (702)242-4105, 2757 Sweet Willow Lane, N Las Vegas, NV, 89135

**Start Point:** Start point unavailable- 10260 W. Charleston Blvd. Las Vegas, NV 89135. From the Las Vegas Strip, take W. Charleston Blvd. west about 8 miles. Turn right on Indigo Dr. then left into the parking lot. From I15N, take 215W (exit 34) about 12 miles to W. Charleston, then east (right) another mile to Indigo Dr. Turn left and then left into the parking lot.

**Event Info:** This revised walk winds through the upscale Summerlin community in the western part of the Las Vegas Valley and takes in the new Downtown Summerlin. Along the way, you'll pass through an extensive park system with views of the scenic Spring Mountains and Red Rock State Park to the west. Wind up in the new outdoor shopping area with lots of opportunities to shop or enjoy a meal.

**Las Vegas - North Strip****6K/11K Year Round Walk (2017/Y0208) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Ice Cream Parlors, Points of Reference, Treasure Hunt - A way to walk our precious trails, Volcanoes, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** No  
**Sponsor:** AVA-0296 Las Vegas High Rollers & Strollers [www.lvhrs.org](http://www.lvhrs.org)  
**Contact:** Mary Ptacek, [mtptacek@msn.com](mailto:mtptacek@msn.com), (702)523-4920, 2748 Canarsy Street, Henderson, NV, 89052

**Start Point:** Starbucks inside Westin Hotel- 160 East Flamingo Rd. From I-15 South take Exit 38, Flamingo Rd East. Cross Las Vegas Blvd. Hotel is located about 2 blocks on the Left. Park inside the Parking Garage. From I-15 North, take Exit 38B, Flamingo Rd East and cross Las Vegas Blvd. Hotel is located about 2 blocks on the Left. Park inside the Parking Garage.

**Event Info:** Daily, dawn till dusk. The registration box is located to the right of the counter, against the wall, behind a display. There is so much to see that the Fabulous Las Vegas Strip has been divided into two walks, the North Strip and the South Strip. This North Strip has become our most popular walk and goes from Starbucks to Las Vegas Blvd. to the Stratosphere, walking on both sides of the strip. Visit many of the major casinos and shopping malls on the North Strip, including the Forum Shops, Fashion Show Mall and the Shoppes of Wynn, Encore, Venetian, Palazzo and Grand Canal. Walk past the Linq and the High Roller. CAUTION: Please use and obey traffic signals and note that picture taking is not allowed in the gaming area of the casinos. Strollers and wheelchairs: look for elevators to avoid all the escalators.

**Las Vegas - South Strip****6K/11K Year Round Walk (2017/Y1507) 1/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Ice Cream Parlors, Lady Liberty Special Program, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Treasure Hunt - A way to walk our precious trails, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** No  
**Sponsor:** AVA-0296 Las Vegas High Rollers & Strollers [www.lvhrs.org](http://www.lvhrs.org)  
**Contact:** Mary Ptacek, [mtptacek@msn.com](mailto:mtptacek@msn.com), (702)523-4920, 2748 Canarsy Street, Henderson, NV, 89052

**Start Point:** Starbucks inside Westin Hotel- 160 East Flamingo Rd. From I-15 South take Exit 38, Flamingo Rd East. Cross Las Vegas Blvd. Hotel is located about 2 blocks on the Left. Park inside the Parking Garage. From I-15 North, take Exit 38B, Flamingo Rd East and cross Las Vegas Blvd. Hotel is located about 2 blocks on the Left. Park inside the Parking Garage.

**Event Info:** Daily, dawn to dusk.. The registration box is located to the right of the counter, against the wall, behind a display. There is so much to see that the Fabulous Las Vegas Strip has been divided into two walks, the North Strip and the South Strip. This South Strip walk goes from the start point to the Strip and then south to The Mandalay Bay and back, walking on both sides of the strip and passing all the major casinos on the South Strip, including City Center, the very popular and fashionable Cosmopolitan and the Bellagio, with the world famous Conservatory and its changing displays. CAUTION: Please use and obey traffic signals and note that picture taking is not allowed in the gaming area of the casinos. Strollers and wheelchairs: look for elevators to avoid all the escalators.

**Las Vegas - Sunset Park****10k/5k option Year Round Walk (2017/Y1280) 1/1/2017 - 12/31/2017**

Alternative Capitals, Cities in Song, Honoring Our Flag, Lakes and Reservoirs, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0296 Las Vegas High Rollers & Strollers [www.lvhrs.org](http://www.lvhrs.org)

**Contact:** Al Korejwo, lvhrs1985@yahoo.com, (702)492-1815, 1893 Desert Forest Way, Henderson, NV, 89012

**Start Point:** La Quinta Inn & Suites- 6560 Surrey Street, Las Vegas, NV 89119. From the Strip head south on Las Vegas Blvd. and go east on Sunset Road. Start Point will be on the right. From 215 South take Eastern north to Sunset. Go left on Sunset; start point will be on the left.

**Event Info:** A short walk from the registration point takes you into and around Sunset Park. You'll walk along pathways, ball fields, a fishing lake and historical monuments. Meet the model boat enthusiasts, and maybe watch a ball game, a frisbee golf session, or a track meet. Sunset Park is one of the busiest parks in the Las Vegas Valley and is considered the jewel of the park system.

**Las Vegas - University****5K/11K Year Round Walk (2017/Y0474) 1/1/2017 - 12/31/2017**

Cities in Song, Honoring Our Flag, Points of Reference, Treasure Hunt - A way to walk our precious trails, Walking the Path of Inventions, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes

**Sponsor:** AVA-0296 Las Vegas High Rollers & Strollers [www.lvhrs.org](http://www.lvhrs.org)

**Contact:** Mary Ptacek, mptacek@msn.com, (702)523-4920, 2748 Canarsy Street, Henderson, NV, 89052

**Start Point:** Starbucks inside Westin Hotel- 160 E Flamingo. From I-15 S, exit 38, Flamingo E. Turn Right on Flamingo and cross Las Vegas Blvd. Hotel located on Left. Park inside Parking Garage. From I-15 N, exit 38B, Flamingo E and cross Las Vegas Blvd. Hotel is located on the Left. Park inside Parking Garage.

**Event Info:** Dawn to Dusk. The registration box is located to the right of the counter, against the wall, behind a display. CAUTION: Please use crosswalks and obey all traffic signals. This walk goes past several well-known casinos and restaurants and then enters the UNLV campus. This is a relatively new campus, which is continually expanding and enjoys strong community support. The buildings are a mix of contemporary architectural styles; unique landscaping make this a very pleasant campus to walk. The demonstration garden has all of the trees and plants identified, and the beauty of it is well worth the extra time. Visit some of the public museums on campus if you have a chance.

**Reno - Gene Averkin Memorial Walk****10km/6km Year Round Walk (2017/Y0023) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Make a Wish at a Water Fountain,  
National Register of Historic Places, State Street Sashay, Take a Walk In a City Park,  
Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Walk the  
USA - Street by Street, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0489 Tahoe Trail Trekkers [www.tahoetrailtrekkers.org](http://www.tahoetrailtrekkers.org)

**Contact:** Judy Gordon, [renoag775@juno.com](mailto:renoag775@juno.com), (775)331-9296, P.O.Box 4038, Sparks, NV, 89432

**Start Point:** National Automobile Museum- 10 Lake St S, Reno, NV 89501-1558. (775)333-9300. From Hwy 395 N or S, exit I-80 W, exit Wells. Turn left on Wells. From I-80 E or W, exit Wells. E will turn right onto Wells, W will turn left onto Wells. Turn right onto Mill and right at Museum Dr. Parking lot on left.

**Event Info:** M-Sat 9:30am-5:30pm, Sun 10am-4pm. New route as of 2015 takes you thru a neighborhood built for Reno's original elite families highlighting many homes, buildings and even a bridge on the National Historic Register. But it still includes Idlewild Park and the River Walk that everyone enjoys. You'll also pass the Art Museum, Event Center, Bowling Stadium, Aces Ballpark and several casino's.

**Sparks - Marina****5/10/11km Year Round Walk (2017/Y0935) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park,  
Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Volcanoes,  
You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0489 Tahoe Trail Trekkers [www.tahoetrailtrekkers.org](http://www.tahoetrailtrekkers.org)

**Contact:** Judy Gordon, [renoag775@juno.com](mailto:renoag775@juno.com), (775)331-9296, P.O. Box 4038, Sparks, NV, 89432

**Start Point:** National Automobile Museum- 10 Lake St S, Reno, NV 89501-1558. (775)333-9300. From Hwy 395 N or S, exit I-80 W, exit Wells. Turn left on Wells. From I-80 E or W, exit Wells. E will turn right onto Wells, W will turn left onto Wells. Turn right onto Mill and right at Museum Dr. Parking lot on left. Drive 5 miles to walk location after registration.

**Event Info:** M-Sat 9:30am-5:30pm, Sun 10am-4pm. On level sidewalks around the beautiful Sparks Marina. 5K includes the Outlet outdoor mall with fountains, statues and sidewalk medallions depicting people and events of note. 10k includes downtown Sparks casinos, eateries and parks. 11k includes both mall and downtown.

**Verdi - Sierra County, CA****10K/5K Year Round Walk (2017/Y1666) 1/1/2017 - 12/31/2017**

Animal Safari, Border Crossings, Bridges - Spanning the USA, Honoring Our Flag,  
Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, You'll Never  
Walk Alone

**Award:** IVV Credit Only **Strollers:** None **Restroom:** Yes

**Rating:** 2A **Wheelchair:** None **Pets:** Yes

**Sponsor:** AVA-0489 Tahoe Trail Trekkers [www.tahoetrailtrekkers.org](http://www.tahoetrailtrekkers.org)

**Contact:** Judy Gordon, [renojag775@juno.com](mailto:renojag775@juno.com), (775)331-9296, P.O.Box 4038, Sparks, NV, 89432

**Start Point:** National Automobile Museum- 10 Lake St S, Reno, NV 89501-1558. (775)333-9300. From Hwy 395 N or S, exit I-80 W, exit Wells. Turn left on Wells. From I-80 E or W, exit Wells. E will turn right onto Wells, W will turn left onto Wells. Turn right onto Mill and right at Museum Dr. Parking lot on left. Drive 12 miles to walk location after registration.

**Event Info:** This small rural community sits adjacent to Verdi, NV, founded in 1868. You'll walk along country roads between California and Nevada past an eclectic mixture of upscale homes, old houses and pasture lands. A school, public library, tavern, history center and city park along the river round out the town. A great view from the top of Pine Cone Dr. Very little shade, carry extra water in hot weather.

**NEW HAMPSHIRE****Concord - Capital****5/10km Year Round Walk (2017/Y0292) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, State Capital, State Street Sashay, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Underground Railroad, Vice Presidential Walks, Walk the USA - Street by Street

**Award:** B Award **Strollers:** Medium **Restroom:** Yes

**Rating:** 2A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0341 Twin State Volkssport Assn. [www.avaclubs.org/tsva/](http://www.avaclubs.org/tsva/)

**Contact:** Ruth Murray, [RuthMurray@yahoo.com](mailto:RuthMurray@yahoo.com), (603)783-4198, 40 Country Hill Road, Loudon, NH, 03307

**Start Point:** Holiday Inn- 172 North Main St; 603-224-9534. Bus terminal, service to Boston, 2 blocks to Start Pt. From I-93, Exit 14. Coming from south, turn left at end of ramp; coming from north, turn right at end of ramp. Then, turn right onto North Main St & Inn is immediately on right. From East: Rt 4 west to I-93, turn left at end onto Main St & Inn on left.

**Event Info:** Daily, dawn to dusk. Trail includes State Capitol, historic downtown Concord & President Franklin Pierce manse & grave site.

**Exeter****5/10km Seasonal Walk (2017/Y1658) 4/1/2017 - 12/31/2017**

Alternative Capitals, Amphitheatres, Bridges - Spanning the USA, National Parks  
Centennial Challenge, National Register of Historic Places, Take a Walk In a City Park,  
United States Post Offices

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0341 Twin State Volkssport Assn. [www.avaclubs.org/tsva/](http://www.avaclubs.org/tsva/)

**Contact:** Claudia Cauchon, [claudia.cauchon@comcast.net](mailto:claudia.cauchon@comcast.net), (603)842-5272, P O Box 168,  
New Market, NH, 03857

**Start Point:** Hampton Inn, Exeter NH (603) 658-5555- 59 Portsmouth Avenue, Exeter, NH  
03833. From North or South: I-93, take Rt 101 east; or I-95, take Rt 101 west. From  
West: take Rt 101 to Exit 11. Turn right onto 108 South towards Exeter. Hampton  
Inn 0.8 mi on left. From East, same as west but turn left onto 108S, hotel 0.8 mi on  
left. Next to Dunkin Donuts.

**Event Info:** Alternate trail available where difficult for wheelchairs & strollers. Exeter was State  
Capital during Am. Revolution. Settled in 1638, it is a town rich in history &  
architecture. Walk along Squamscott River, thru beautiful Phillips Exeter Academy  
campus & visits Powder House used to store gunpowder 'removed' from Ft. William  
& Mary prior to start of Revolution & later used at Battle of Bunker Hill. Daily dawn to  
dusk.

**Keene****5/10 km Seasonal Walk (2017/Y1217) 5/1/2017 - 11/30/2017**

Amphitheatres, Honoring Our Flag, Ice Cream Parlors, National Register of Historic  
Places, Take a Walk In a City Park, United States Post Offices, Vice Presidential Walks,  
Walking the Path of Inventions, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0341 Twin State Volkssport Assn. [www.avaclubs.org/tsva/](http://www.avaclubs.org/tsva/)

**Contact:** Susan Lund, [carri757@gmail.com](mailto:carri757@gmail.com), (385)696-9485, 17 Prospect Street Apt 3, Keene,  
NH, 03431

**Start Point:** CVS- 268 West Street, Keene NH. See CVS store locator for directions  
<http://www.cvs.com/store-locator/cvs-pharmacy-locations/New-Hampshire/Keene>.

**Event Info:** Keene is a college town known for its beauty and music. The free Music Festival is  
in Aug or Sept each year. Located in the beautiful Monadnock Region. Our starting  
point is near the trail system. There are two 5k walks which can be walked as one  
10k. The city walk includes the historic parts of town, beautiful architecture, and part  
of the college (KSU) campus. The other is a park walk for the special program.

**Lincoln - Franconia Notch State Park****Distance 5/10/20 km Seasonal Walk (2017/Y1370) 4/29/2017 - 10/28/2017**

Boardwalks, Bridges - Spanning the USA, Ice Cream Parlors, Lakes and Reservoirs, Make a Wish at a Water Fountain

**Award:** A Award**Strollers:** None**Restroom:** Yes**Rating:** 3B**Wheelchair:** None**Pets:** No**Sponsor:** AVA-0341 Twin State Volkssport Assn. [www.avaclubs.org/tsva/](http://www.avaclubs.org/tsva/)**Contact:** Carolyn Adams, carri757@gmail.com, (802)757-2500, PO Box 151, South Ryegate, VT, 05069**Start Point:** Visitors Center Franconia Notch State Park Flume Gorge- Open 9 - 5 daily weather permitting. (603)745-8391. I-93 Exit 34A & follow sign to Vis. Cntr. (GPS unreliable here.) Start/end dates can vary. See update info: ([www.nhstateparks.org/explore/state-parks/flume-gorge.aspx](http://www.nhstateparks.org/explore/state-parks/flume-gorge.aspx)) Walk Box at info desk. Snackbar /restrooms/free movie on Pk at Viis.Cnt. No pets allowed on Flume walk.**Event Info:** Franconia Notch St Pk voted #1 by Yankee Magazine readers; allow sufficient time to enjoy Park. Opt for relatively level, free Pemi trail, or more challenging & spectacular Flume Gorge (paid area). Flume Gorge counts as 5k, 3B, pass 2 covered bridges, splendid waterfalls, interesting rock formations; more like mtn hike. Bring correct footwear/clothing & water. Route steep; not recommended in wet weather. Use free bus that shortens ascent/distance. Other distances/ grades available. Nice color patch A award.**Littleton****6/7/10/11 Seasonal Walk (2017/Y1907) 4/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, United States Post Offices, Walk the USA - Street by Street, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** B Award**Strollers:** hard**Restroom:** Yes**Rating:** 2B**Wheelchair:** hard**Pets:** Yes**Sponsor:** AVA-0341 Twin State Volkssport Assn. [www.avaclubs.org/tsva/](http://www.avaclubs.org/tsva/)**Contact:** Carolyn Adams, carri757@gmail.com, (802)757-2500, PO Box 151, South Ryegate, VT, 05069**Start Point:** Littleton Diner- 145 Main St, Littleton NH. (603)444-3994. This part of Main St is Route 302. From S: I-93, Exit 41, take slight right onto Cottage St for 0.7 mi, turn left onto Main St/ Rt 302. Diner is 0.3 mi. on left. From N: I-93S, exit 42, left on 302 1.2 mi.; diner on right. Free Main St parking on Sunday, meters otherwise. You may sign in first & find parking map, which locates several free parking areas. One recommended is next to covered bridge & Senior Center, 77 Riverglen Lane.**Event Info:** "One of America's top ten dream towns"; lovely New England town is a triumph of historic preservation. Award winning Main St focus of 6K: walk through covered bridge; working grist mill; world's longest candy counter; many historic buildings, shops & restaurants; at library, statue "Pollyanna", creation of local author; enjoy Ammonoosuc riverwalk; & Dells, a conservation area. 10K adds route to Remick Park, with more challenging elevation. "Live in a walkable community" is motto of Littleton. Your host Diner has the best breakfast in NH says Food Network. 6K, 1B; 10K, 2B. 6a-dusk. See more info: <http://www.littletonareachamber.com>



**Peterborough - Our Town****5/6/11k Seasonal Walk (2017/Y0528) 5/1/2017 - 10/31/2017**

Amphitheatres, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, Underground Railroad, United States Post Offices, Vice Presidential Walks, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0341 Twin State Volkssport Assn. [www.avaclubs.org/tsva/](http://www.avaclubs.org/tsva/)

**Contact:** Cindy Gray, [crwgray@comcast.net](mailto:crwgray@comcast.net), (802)498-8668, P O Box 34, Waterbury Center, VT, 05677

**Start Point:** Jack Daniels Motor Inn- 80 Concord St. (aka Rte 202) Peterboro NH. (603-924-7548). Ask about room discount for walkers. No public restroom at motel, several nearby at P'boro Shopping Plaza @ Wilton Rd, aka Rte 101; where it crosses 202.

**Event Info:** Peterborough is an historic and attractive town in southern NH. "Our Town" by Thornton Wilder was modeled on this town. The Moses Cheney House was a station on the Underground RR. Many shops and restaurants to enjoy nearby.

**Portsmouth****6 /10km Year Round Walk (2017/Y0132) 1/1/2017 - 12/31/2017**

Alternative Capitals, Border Crossings, Bridges - Spanning the USA, Food For Thought, Ice Cream Parlors, National Register of Historic Places, State Street Sashay, Take a Walk In a City Park, Walking America's Ports of Call

**Award:** B Award      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0341 Twin State Volkssport Assn. [www.avaclubs.org/tsva/](http://www.avaclubs.org/tsva/)

**Contact:** Claudia Cauchon, [claudia.cauchon@comcast.net](mailto:claudia.cauchon@comcast.net), (603)842-5272, P O Box 168, New Market, NH, 03857

**Start Point:** Best Western Wynwood Hotel & Suites- Portsmouth, NH, 603-436-7600. Located at Portsmouth Traffic Circle, crossroads of Northern New England, at intersections of I-95 (exit 5), routes 1 ByPass, 4, 16, & Spaulding Turnpike.

**Event Info:** Event highlights long history of Portsmouth, first settled as "Strawbery Banke" in 1630, & its role in War for Independence, Civil War, & its current role as one of New Hampshire's few seaports. 6k is available, but requires driving to a different Start Pt. Daily dawn to dusk.

**NEW JERSEY****Asbury Park - Asbury Park/Seaside Towns****5/10 km Seasonal Walk (2017/Y0491) 1/4/2017 - 12/24/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Cities in Song, Ice Cream Parlors, Lakes and Reservoirs, United States Post Offices, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** No  
**Sponsor:** AVA-0776 Princeton Area Walkers [www.avaclubs.org/paws/](http://www.avaclubs.org/paws/)  
**Contact:** Joann Cummings, jcummings@chubb.com, (908)903-2499, 69 Walton St., Edison, NJ, 08817

**Start Point:** Twisted Tree Cafe - 609 Cookman Ave. Asbury Park. 732-775-2633. Hours vary according to the season. Please call to verify or check . Web: <http://www.twistedtreecafe.com/> Closed from the end of Jan to the end of Feb, From the North: Garden State Parkway South to exit 102. \*Continue on Route 66 E and merge onto Asbury Ave which becomes CR-16. Right turn onto Main Street. Go 6 blocks and turn left onto Cookman Ave. Twisted Tree Cafe is one and half blocks on left at 609 Cookman. (There is public parking on Main St before Cookman Ave at the bus/train station). From the South: Garden State Parkway North to Exit 100A. Proceed from \* above. From Philadelphia: Route 195 East to Route 18 North. Take exit 10 which is Route 66 East and proceed from \*above. Train from NYC or N. NJ: North Coast line of NJ Transit takes you into Asbury Park. Schedule found at [www.njtransit.com/](http://www.njtransit.com/) Bus from Pt Authority in NYC: Academy Bus Service ([www.academybus.com](http://www.academybus.com)) brings you right into Asbury Park and lets you off at the train station, on the corner of Main and Cookman Avenues, 1 and 1/2 blocks from the start point. Bus from Philadelphia: NJ Transit 317 bus departs from Greyhound Terminal at 10th and Filbert to Asbury Park train station. See [www.njtransit.com/](http://www.njtransit.com/)

**Event Info:** Begin this seaside walk in famous Asbury Park which is in a grand process of redevelopment. Move along to historic Ocean Grove. Only one square mile, Ocean Grove has a large assemblage of authentic Victorian architecture including the Great Auditorium. Note "Tent City" nearby. This is a town which has welcomed visitors, including U.S. Presidents, for over a century. Walk along the boardwalk through the delightful seaside towns of Bradley Beach, Avon-by-the-Sea and Belmar returning along the same route.

**Atlantic City****5km/10km/12km Year Round Walk (2017/Y1643) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Cities in Song, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, State Street Sashay, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** No  
**Sponsor:** AVA-0776 Princeton Area Walkers [www.avaclubs.org/paws/](http://www.avaclubs.org/paws/)  
**Contact:** Jim & Kathy O'Hagan, knoh@aol.com, (609)335-8522, 122 Sheffield Court, Galloway Twp., NJ, 08205

**Start Point:** Margate City Library- 8100 Atlantic Ave. Major highways and the Cape May-Lewes Ferry connect with the Garden State Parkway to the Atlantic City Expressway East. At the end, make a right on Atlantic Ave. and follow for about 10 miles. Street parking available, although limited during the season. Library hours vary - Call to verify 609-822-4700. If starting the walk on the boardwalk, Colosseum From the Margate Library go north on Ventnor which becomes Atlantic to the casinos. Parking Garage near Caesar's Casino is the closest to the starting point. Fees for parking vary according to the season and the day of the week.

**Event Info:** You must drive from the registration point to the start point. Library is open most weekdays at 9:30 AM but call to verify. Walk - dawn to dusk. The 10K and 12K distance start on this famous boardwalk in front of Caesar's Casino. The trail spans the boardwalk casinos and shopping areas, extends to Ventnor and returns to start point. You may walk the course in reverse with free street parking in Ventnor.

**Barnegat Light****5K/10K Seasonal Walk (2017/Y0498) 4/1/2017 - 9/30/2017**

Animal Safari, Honoring Our Flag, National Register of Historic Places

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** No  
**Sponsor:** AVA-0776 Princeton Area Walkers [www.avaclubs.org/paws/](http://www.avaclubs.org/paws/)  
**Contact:** John Budzin, [walkerbudz@aol.com](mailto:walkerbudz@aol.com), (732)254-3313, 120 Kamm Ave. , South River, NJ, 088

**Start Point:** Barnegat Light, New Jersey- Kubel's Restaurant, 28 W 7th St. (7th and Bayview Ave.) Barnegat Light, NJ 08006. From Garden State Parkway take Exit 63 onto Route 72 East. Drive 6.8 miles to Long Beach Blvd. Left at the light. Drive 8.3 miles. Left on 9th Ave. Right on Bayview to Kubel's at 7th.

**Event Info:** In New Jersey we speak of "down the shore." This is one beautiful island down the shore. Drive through the towns of Surf City, North Beach, Harvey Cedars and Loveladies to Barnegat Light to the walk start at Kubel's Restaurant on 7th and Bayview. Enjoy the trail to the Barnegat Lighthouse (1835). The lighthouse is open for climbing the entire year: Memorial Day to Labor Day 9 - 4:30, rest of the year 9-3:30. For hours at Lighthouse Museum verify at 609-494-2016. One very short distance on a sandy trail.

**Cape May****5, 10K Year Round Walk (2017/Y0513) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Cities in Song, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, State Street Sashay, United States Post Offices, Water Towers

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0776 Princeton Area Walkers [www.avaclubs.org/paws/](http://www.avaclubs.org/paws/)  
**Contact:** Jim & Kathy O'Hagan, [knoh@aol.com](mailto:knoh@aol.com), (609)335-8522, 122 Sheffield Court, Galloway Twp., NJ, 08205

**Start Point:** Wa Wa Food Market- 1426 Texas Ave, Cape May, 08204 609-884-6753 Garden State Parkway South to end, becomes 109 S onto Lafayette. Left on Sidney, left on Washington, Right on Texas (or stay on Washington to enter WaWa from the back). During the busy season (May-September) it is suggested you park toward the back of the store or on the street.

**Event Info:** Located at the southern most tip of New Jersey, historic Cape May claims the famed status as being America's first sea resort town. Earning the title of "American Dream Town of NJ" in 2004, Cape May is a true Victorian town. There are the "Grand Ladies" of the island with all their vibrant color, gingerbread and lace trim, charming verandas, intricate ornamentation and structured gardens. Many of the 600 buildings in the National Register of Historic Places are nor B & B's. You will walk along the shore, by beautifully maintained beached, where the Atlantic Ocean meets the Delaware Bay and note the famed Cape May Lighthouse. Pass Washington Square and dine at any of casual and upscale restaurants. Walk is open dawn to dusk.

**Hamilton****10km Year Round Walk (2017/Y1199) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Take a Walk In a City Park, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0333 Garden State Wanderers

**Contact:** Vasily Serpikov, vserpikov@arorapc.com, (609)587-5251, 19 Misty Pine Lane, Hamilton Square, NJ, 08690-0000

**Start Point:** Black Forest Acres- 1100 State Highway 33 Hamilton Square, NJ. (609) 586-6187  
\*\*\*\* NJ Turnpike to Exit 7A. Take I-195 west to U.S. Route 130 north. Go north to County Road 526 (traffic signal). Make a left turn and proceed to next traffic signal, NJ Route 33, bear left and proceed on Route 33 to Paxson Ave (the sixth traffic light). Turn right into parking lot.

**Event Info:** Early Start Box Outside the Store. Closed New Years, Easter, Memorial Day, 4th of July, Labor Day, Thanksgiving and Christmas. The route is mostly on paved surfaces with some dirt paths and trails through the Hamilton Square with its restored houses. The trail leads through Sayen Gardens, site of the annual Azalea Festival, Veterans Park and surrounding neighborhoods. Carry water regardless of weather conditions.

**Long Branch - Ocean****5km/10km Year Round Walk (2017/Y1412) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Honoring Our Flag, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Easy      **Pets:** No

**Sponsor:** AVA-0776 Princeton Area Walkers [www.avaclubs.org/paws/](http://www.avaclubs.org/paws/)

**Contact:** Maureen Penta, maurpenta@gmail.com, (908)309-8398, 470 D Ocean Blvd, Long Branch, NJ, 07740

**Start Point:** 7-Eleven- 554 Ocean Blvd. Long Branch, NJ 732-870-1133. This is called the West End Section of Long Branch which is at the southern most end of the "boardwalk." From North and South: Garden State Parkway to Exit 105. \*\* 36 East to 71 South (West Long Branch exit). Do not turn right when 71 continues onto Norwood Ave. Instead, stay straight on Cedar Ave. to the end. Left on Ocean Blvd, 7-11 is on the left. Please park on a side street. From the West: I-195 East which becomes 138 East. Right onto Route 18 North (Eatontown exit). Exit at 13 B to Route 36 East. Then follow \*\* above.

**Event Info:** Long Branch Walk. Daily - dawn to dusk. Restrooms are available on the boardwalk during season (summer) and at Seven Presidents Park. This is an ocean trail along the boardwalk and promenade in Long Branch. See the wonderful new re-development projects on the boardwalk - up scale shops and restaurants. It is a flat walk with simple out and back directions. Good for practicing speed and technique. Route passes Seven Presidents Park which honors seven US Presidents who vacationed in Long Branch. Pets are not allowed on the boardwalk but may walk on the parallel streets.

**Moorestown****10 KM/12KM Year Round Walk (2017/Y0039) 1/1/2017 - 12/31/2017**

Animal Safari, Food For Thought, Honoring Our Flag, Lakes and Reservoirs, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0776 Princeton Area Walkers [www.avaclubs.org/paws/](http://www.avaclubs.org/paws/)

**Contact:** Louise Leifeste, [chilou@aol.com](mailto:chilou@aol.com), (609)261-8927, 14 Rockland Terrace, Lumberton, NJ, 08048

**Start Point:** Moorestown Library - 111 West Second Street. From the north or south : I 295 Exit 40 B ( Rt 38 West) . Follow 38 to a right on Church St . right on Second Ave. There is free parking in the library lot and the police station lot.  
 From the west (Philadelphia) Tacony-Palmyra Bridge to Route 73 South to Route 38 East. Once in Moorestown use the jughandle to make a left onto Church St. and follow directions above.  
 From NJ Turnpike Exit 4 to 73 East to 38 East to left on Church - then follow above.

**Event Info:** Moorestown is a NJ suburb near Philadelphia located between Cherry Hill and Mt. Holly. From its beginning in the 1960's, Moorestown has been a community of homes rather than industry. The Lake Trail (12 KM) passes through residential area, quaint shops and around scenic Strawbridge Lake. Money Magazine rated Moorestown as the best town in the US in which to live. Call the library for opening hours as they vary. Usually M-Thurs 9-9, Fri 9-5, Sat 9-1. Closed major holidays. 856-234-0333. The walk box is at the information station - not the main desk.

**Princeton - Princeton Historic/Capital****5km/10km Year Round Walk (2017/Y0736) 1/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Cities in Song, Honoring Our Flag, National Parks Centennial Challenge, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Vice Presidential Walks, Walking the Path of Inventions, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0776 Princeton Area Walkers [www.avaclubs.org/paws/](http://www.avaclubs.org/paws/)

**Contact:** Diane Glace, [dianeg6@aol.com](mailto:dianeg6@aol.com), (609)658-7724, 5 Sandburg Drive, Allentown, NJ, 08501

**Start Point:** Clarion Hotel/Palmer Inn- 3499 Rte 1 South , Princeton. Start is on Rt. 1 south, 2.8 miles north of JCT I-295 & I-95 with Rte.1. From the east take I-195 to 295 north. I-295 Exit 67 to 1 north. Make a U-turn at Alexander Rd overpass onto Rt. 1 South. Clarion is just beyond Pep Boys. GPS 40.309673, -74.665235

**Event Info:** Note that AVA has approved Princeton Historic walk as a Capital walk for New Jersey. After registration drive 4.2 miles to walk start. The historic trail includes Princeton University, exclusive residential areas, gravesites of Grover Cleveland and Aaron Burr, many past presidents of Princeton and the home used by Albert Einstein. Numerous sculptures and historic sites lie along the walk route. Please take the historic site information with you. Includes Nassau Hall, the first capital of New Jersey. Palmer Square features an upscale shopping area. Bring a camera. In August 2014 issue of New Jersey Monthly featuring 25 top restaurants - 3 were in Princeton: Agriola, Mitral, and the Peacock Inn. Hoagie Haven, Princeton Soup and Sandwich, and the Bent Spoon (ice cream) also mentioned. Walk is open dawn to dusk.

**Princeton - Princeton Tow Path****Distance 5/10/15/20km Year Round Walk (2017/Y1982) 1/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Bridges - Spanning the USA, Lakes and Reservoirs, National Register of Historic Places, Points of Reference, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes**Rating:** 1B      **Wheelchair:** medium      **Pets:** Yes**Sponsor:** AVA-0776 Princeton Area Walkers [www.avaclubs.org/paws/](http://www.avaclubs.org/paws/)**Contact:** Diane Glace, dianeg6@aol.com, (609)658-7724, 5 Sandburg Drive, Allentown, NJ, 08501**Start Point:** Clarion/Palmer Inn- 3499 Route 1 South. See Princeton Historic walk for driving directions.**Event Info:** Princeton Tow Path- D&R Canal Walk: Daily - dawn to dusk. Walk begins at the Clarion/Palmer Inn. Tow Path is mainly packed sand/clay. D & R Canal was constructed by Irish immigrants 1830 - 1834 . National Register of Historic Places in 1973. Trail follows along part of the main canal towpath running 29 miles between Trenton and New Brunswick, NJ. Trail in quiet woods - walk out and back along the D&R Canal towpath. traffic free. Great if you want solitude or a chance to get your speed up. After walking the Tow Path head into town see the wonderful sights/sites of the Princeton Historic walk.**Spring Lake****5/10 km Year Round Walk (2017/Y0531) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Lakes and Reservoirs, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes**Rating:** 1A      **Wheelchair:** Medium      **Pets:** No**Sponsor:** AVA-0776 Princeton Area Walkers [www.avaclubs.org/paws/](http://www.avaclubs.org/paws/)**Contact:** Joann Cummings, jcummings@chubb.com, (908)903-2499, 69 Walton St., Edison, NJ, 08817**Start Point:** Sea Girt- Register Mayfair Hotel, 1000 Ocean Ave, Belmar, NJ Corner 10th & Ocean. N: NJ Turnpike, Exit 11 Garden State Pkwy. GSP Exit 98. Follow 138 E to Belmar. N on Rt 35 to 10th. Right on 10th to the ocean. W: I-195 E to 138 E to Rt 35 N. Right on 10th to ocean.**Event Info:** Requires short drive of 2 miles from Mayfair Hotel in Belmar to walk start in Sea Girt (1875), one square mile town facing the Atlantic. Some parking problems near Mayfair in summer. Visit Sea Girt Lighthouse on Beacon Blvd which began operating in 1896 and was the last active lighthouse built on the Atlantic coast going out of service in 1945. Enjoy the picturesque seaside town of Spring Lake with beautiful homes along the oceanfront and lake. Walk is open dawn to dusk.

**Titusville - Washington Crossing****5/10/12 km Year Round Walk (2017/Y1642) 1/1/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Border Crossings, Bridges - Spanning the USA, Honoring Our Flag, United States Post Offices, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes**Rating:** 1B **Wheelchair:** Medium **Pets:** Yes**Sponsor:** AVA-0776 Princeton Area Walkers [www.avaclubs.org/paws/](http://www.avaclubs.org/paws/)**Contact:** Susan Molloy, semolloy@verizon.net, (609)298-6139, 57 Elizabeth St, Bordentown, NJ, 08505-1825**Start Point:** Washington Crossing Pk- VC/Museum (609)737-9304. 355 Washington Crossing-Pennington (Rt 546). NJ: 95 S, Exit 4 (RT 31-N) Pennington to 31-N traffic circle. 2nd circle exit to Washington Crossing-Pennington (Rt 546 W). 4 miles passing Bear Tavern, take first right to park. Pass booths, follow signs to VC. Philadelphia and S: Take 95 N to Exit 1 (29 N) toward Lambertville about 3.5 miles. Light make right to 546 E one mile to park entrance on left. Follow signs to VC.**Event Info:** Open 7 days 9-4, call to verify. (609)737-9304 Parking fee \$5 in effect Memorial Day to Labor Day, weekends and holidays. Senior passes available free admission. Pets allowed in outdoor areas. The route trails the Delaware and Raritan Canal path leading over the footwalk of the Delaware Bridge into Pennsylvania and back. It borders along the historic colonial town of Titusville following the revolutionary walk of Washington Crossing National Register of Historic Places.**NEW MEXICO****Albuquerque - Journal Jaunt****10km/5km Year Round Walk (2017/Y1116) 1/1/2017 - 12/31/2017****Award:** IVV Credit Only **Strollers:** Medium **Restroom:** No**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes**Sponsor:** AVA-0138 Double Eagle Hike & Bike Club**Contact:** Sarah Hoover, paulhoover@mindspring.com, (505)672-3346, 126 Bandelier Ave., Los Alamos, NM, 87544**Start Point:** Albuquerque Marriott Pyramid Hotel - 5151 San Francisco RD NE, Albuquerque, NM 87109. From I-25 take SAN ANTONIO/ELLISON RD and drive WEST under the highway to Jefferson ST, turn RIGHT. Turn right when you reach San Francisco RD and then LEFT into the Marriott parking lot. Open daily.**Event Info:** The walk follows paths through the Journal Business Park passing a variety of detailed bronze sculptures and some of our most attractive office buildings. You will have wide views of the western volcanic mesas and the Sandia mountains to the East. See the International Balloon Fiesta held in early October. Start box is located at hotel registration.**Albuquerque - Los Poblanos Explora Walk****14km/10km/6km Year Round Walk (2017/Y1430) 1/1/2017 - 12/31/2017****Award:** IVV Credit Only **Strollers:** Hard **Restroom:** No**Rating:** 1A **Wheelchair:** Hard **Pets:** Yes**Sponsor:** AVA-0138 Double Eagle Hike & Bike Club**Contact:** Sarah Hoover, paulhoover@mindspring.com, (505)672-3346, 126 Bandelier Ave., Los Alamos, NM, 87544**Start Point:** Albuquerque Marriott Pyramid Hotel- 5151 San Francisco RD NE, Albuquerque, NM 87109. Open daily. See directions under Albuquerque Journal Jaunt YRE Y1116.**Event Info:** This walk starts at the Los Poblanos Fields Open Spaces farm. Travel along irrigation canals that pass gorgeous modern adobe homes, as well as old homesteads that still maintain farmland. Along the trail you can see plenty of wildlife. The 10km and 14km cross the Rio Grande and have overlooks. At the end of the 14km trail is the city Open Spaces Visitor Center with fields for viewing migratory birds and art and history displays. The Registration Box is at the front desk. A short drive will take you to the walk start point.

### Albuquerque - N. Rio Grande Stroll

20km/10km/5 km Year Round Walk (2017/Y1501) 1/2/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** No  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0138 Double Eagle Hike & Bike Club  
**Contact:** Sarah Hoover, paulhoover@mindspring.com, (505)672-3346, 126 Bandelier Ave., Los Alamos , NM, 87544  
**Start Point:** Albertson's Food and Drug- 10131 Coors Blvd NW, Albuquerque, NM 87114. From I-25 take Exit-233 and drive 4.2 miles west on Alameda BLVD. Turn left onto NM-448/Coors BLVD. The store is two blocks ahead on the right. Open daily 7am.  
**Event Info:** Walk along a paved walking trail beside the Rio Grande River. There is a new wetland park located directly to the east of the start of the walk. Bird watching is excellent in the Rio Grande Bosque, especially for migratory birds in the Spring and Fall. Carry water. The box is behind the courtesy counter at the store. 1 mile drive to starting point.

### Albuquerque - Nature Center

11km/5km Year Round Walk (2017/Y0917) 1/2/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0138 Double Eagle Hike & Bike Club  
**Contact:** Sarah Hoover, paulhoover@mindspring.com, (505)672-3346, 126 Bandelier Ave., Los Alamos , NM, 87544  
**Start Point:** Administration Office @ Albuquerque Biological Park - 2601 Central Ave NW, Albuquerque, NM 87104. From Albuquerque take I-40 to Exit-157A and go South on Rio Grande BLVD for 0.8 miles (second traffic light). Turn right on Central AVE for 0.4 miles (first light) and then go right on New York AVE. Take an immediate left into the Biological Park parking lot. Walk through the gate to the Admin Office on your right. Open daily 9am-5pm.  
**Event Info:** Follow the Nature Trail from the Biological Park to the Rio Grande Nature Center. At the Nature Center you may see eagles, ducks, geese, sandhill cranes, roadrunners, coyotes, and other wild creatures.

### Albuquerque - Nob Hill Funky Frolic Walk

10km Year Round Walk (2017/Y0118) 1/2/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0138 Double Eagle Hike & Bike Club  
**Contact:** Sarah Hoover, paulhoover@mindspring.com, (505)672-3346, 126 Bandelier Ave., Los Alamos , NM, 87544  
**Start Point:** Smith's Food and Drug- 3701 Constitution Ave NE, Albuquerque, NM 87110. Telephone: 505/256-9423. From I-40 take Exit-160 and drive South on Carlisle Blvd for one half mile to Constitution Ave. The store is on your left. Open daily at 7am.  
**Event Info:** Walk through some of Albuquerque's oldest neighborhoods featuring classic southwestern homes and contemporary designs. Experience a portion of Central Avenue (Old Route 66) near the University of NM with quaint shops and restaurants. Walk box is at the service counter to the right of store entrance.



### Albuquerque - Oldtown-Downtown

10km/5km Year Round Walk (2017/Y0918) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0138 Double Eagle Hike & Bike Club  
**Contact:** Sarah Hoover, paulhoover@mindspring.com, (505)672-3346, 126 Bandelier Ave., Los Alamos, NM, 87544  
**Start Point:** Hotel Albuquerque- 800 Rio Grande BLVD NW, Albuquerque NM 87104. Telephone: 505/843-6300. From Albuquerque take I-40 to Exit-157A and go South on Rio Grande BLVD for 3 blocks. The Hotel Albuquerque is on your left. The Walk Box is at the hotel registration desk  
**Event Info:** Stroll through charming Old Town, go past museums and through historic residential neighborhoods to the downtown. Enjoy architecturally significant buildings and one of the first Hilton Hotels in the world. Walk segments of Historic Route 66 -- the "Mother Road" from Chicago to Los Angeles; the El Camino Real -- the Royal Road from Mexico City to Santa Fe. Open daily.

### Albuquerque - South Rio Grande

10km Year Round Walk (2017/Y1987) 1/2/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0138 Double Eagle Hike & Bike Club  
**Contact:** Sarah Hoover, paulhoover@mindspring.com, (505)672-3346, 126 Bandelier Ave., Los Alamos, NM, 87544  
**Start Point:** Administration Office at Albuquerque Biological Park- 2601 Central Ave. NW, Albuquerque, NM 87104. See Directions for the ABQ Nature Center Walk YRE Y0917.  
**Event Info:** The trail follows the Rio Grande Nature Trail along the Rio Grande. It passes the Hispanic Cultural Center and Tingley Beach, a local fishing hole. You can hear animals from the nearby Albuquerque Zoo. Open daily 9am-5pm.

### Albuquerque - UNM Campus Caper

10km/6km Year Round Walk (2017/Y0185) 1/2/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0138 Double Eagle Hike & Bike Club  
**Contact:** Sarah Hoover, paulhoover@mindspring.com, (505)672-3346, 126 Bandelier Ave., Los Alamos, NM, 87544  
**Start Point:** Smith's Food and Drug- 3701 Constitution Ave NE, Albuquerque, NM 87110-5623. Refer to Nob Hill Funky Frolic YRE Y0118 for directions.  
**Event Info:** This trail takes you through local neighborhoods, along historic Route 66, and the University of New Mexico campus. Open daily at 7am.

**Capulin - Capulin Volcano National Monument****10 km Year Round Walk (2017/Y0209) 1/1/2017 - 12/31/2017****Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes**Rating:** 2A      **Wheelchair:** Medium      **Pets:** No**Sponsor:** AVA-0893 Kiwanis Club of Raton**Contact:** Lynn Cartmell, mantzcpa@bacavalley.com, (575)278-2201, P.O. Box 40, Capulin, NM, 88414-0040**Start Point:** Visitor Center @ Capulin Volcano National Monument- Located 30 miles East of Raton, NM via US-64/87 and 3 miles North of the town of Capulin, NM 88141 on NM-325. Follow the park signs. From the East it is 58 miles West of Clayton, NM via US-64/87. Use the parking lot on the East side of the Visitors Center.**Event Info:** Open daily EXCEPT closed most holidays. From Labor Day to Memorial Day: 8am to 4pm. Summer Hours: 8am to 5:30pm; finish before dusk! Call ahead for current summer hours. The 10km walk is on Capulin Volcano National Monument and has elevations from 6882 to 8182 feet. The trail includes the Lava Flow, the Boca Trail and the Crater Rim Trail. Views are spectacular.**Cloudcroft - City Walk****10km/5km Year Round Walk (2017/Y1733) 1/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes**Sponsor:** AVA-0108 Sun Country Striders [www.suncountrystriders.wordpress.com](http://www.suncountrystriders.wordpress.com)**Contact:** Derrill Rothermich, derrillrothermich@hotmail.com, (915)217-7477, 5810 Sun Court, El Paso, TX, 79924**Start Point:** The Lodge at Cloudcroft - 1 Corona Place, Cloudcroft, NM 88317. Phone is (800)395-6343. From north/south on US 54, turn on US 82 just north of Alamogordo and continue for 16 miles. Turn right on Curlew which is next street after Hwy 130 turn off. Continue up the hill to The Lodge, open daily.**Event Info:** Cloudcroft is small mountain community at 8700 feet. Course is along city streets which are a mixture of paved and unpaved with a couple of steep hills. Alternate 5km is through pine and aspen forest on the edge of town with amazing views.**Cloudcroft - Willie White Trails****15km/7km Year Round Walk (2017/Y1732) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes**Rating:** 3C      **Wheelchair:** None      **Pets:** Yes**Sponsor:** AVA-0108 Sun Country Striders [www.suncountrystriders.wordpress.com](http://www.suncountrystriders.wordpress.com)**Contact:** Derrill Rothermich, derrillrothermich@hotmail.com, (915)217-7477, 5810 Sun Court, El Paso, TX, 79924**Start Point:** Willie White Trails- The Lodge at Cloudcroft--see Cloudcroft YRE for directions. Open daily.**Event Info:** After registration, drive 10 miles to walk Starting Point. Directions in the box. Trails are often remains of old railroad beds with occasional trestle ruins. Climbs from 8000 ft to 9350 ft through pine and aspen forests. It is especially beautiful in the Fall due to golden aspen colors. Small waterfall (Bluff Springs) is at trailhead. No water on trail.

**Las Cruces - Encanto****11km/6km Year Round Walk (2017/Y0010) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0108 Sun Country Striders [www.suncountrystriders.wordpress.com](http://www.suncountrystriders.wordpress.com)  
**Contact:** James Ivey, jimlivey@hotmail.com, (575)405-7014, 5225 Vista Sureste, Las Cruces, NM, 88011

**Start Point:** Hotel Encanto de Las Cruces/Y0010- 705 S. Telshor Blvd, Las Cruces, NM 88011. Take exit -3 off I-25, turn east onto Lohman Avenue, turn right on Telshor Blvd and turn left at the traffic light into parking lot.

**Event Info:** The routes follow city sidewalks through residential neighborhoods, a hospital, university campus, two shopping malls and a bike path. There are spectacular views of Organ Mountains and Mesilla Valley. Bridges Special Program on 11K only. Open daily.

**Las Cruces - Organ Mountains-Desert Peaks Natl Monument****10km/5km Year Round Walk (2017/Y0651) 1/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Honoring Our Flag, National Parks Centennial Challenge, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0108 Sun Country Striders [www.suncountrystriders.wordpress.com](http://www.suncountrystriders.wordpress.com)  
**Contact:** Henrietta C. Vargas, queta\_69@hotmail.co, (575)496-7690, 3730 Shalem Colony Trl, Las Cruces, NM, 88007

**Start Point:** Hotel Encanto - See directions from YRE 0010.

**Event Info:** Drive to walk SP after registering. Directions in box. Open daily from 8am to 5pm except winter holidays. \$5 per car fee except for national park pass holders who must still register at visitors center. Trail goes into a canyon with seasonal spring and ruins of a historical hotel. Wildlife may be seen; wild flowers in spring are especially beautiful. Small museum in visitor center. Listed as one of the top 8 hikes in NM.

**Los Alamos - Historic Sites****10km/5km Year Round Walk (2017/Y0931) 1/2/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0138 Double Eagle Hike & Bike Club  
**Contact:** Sarah Hoover, paulhoover@mindspring.com, (505)672-3346, 126 Bandelier Ave., Los Alamos, NM, 87544

**Start Point:** Los Alamos Chamber of Commerce Visitor's Center - 109 Central Park Sq, Los Alamos, NM 87544. (505) 662 8105. From Santa Fe proceed N on US-285 to Pojoaque and exit West on NM-502 toward Los Alamos. In Los Alamos NM-502 becomes East RD and then Trinity DR. Turn right on 15th Street, and proceed straight through signal at Central Avenue. Turn right into large parking area. The Visitors Center is straight ahead.

**Event Info:** The walk includes stunning views of the Jemez and Sangre de Christo Mountains. Visit the free Bradbury Science Museum. The 10k crosses a spectacular bridge over to the Laboratory. The walk is above 7,300 feet. Open Mon-Fri 9am-5pm; Sat 9am-4pm Sun 10am-3pm.

**Mesilla - Old Mesilla Walk****11/5 KM Year Round Walk (2017/Y0652) 1/1/2017 - 12/31/2017**

Alternative Capitals, Doin' The Louisiana Purchase, Honoring Our Flag, National Register of Historic Places, United States Post Offices, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0108 Sun Country Striders [www.suncountrystriders.wordpress.com](http://www.suncountrystriders.wordpress.com)  
**Contact:** Henrietta C. Vargas, Queta\_69@hotmail.com, (575)496-7690, 3730 Shalom Colony Rd, Las Cruces, NM, 88007  
**Start Point:** Hotel Encanto/Y0652- See Las Cruces Encanto YRE Driving Directions. Open daily.  
**Event Info:** After registering, drive to walk SP. Directions are in the box. Walking on old plaza with historic church and unique restaurants and shopping. Trail is on cobblestone streets, sidewalks, & irrigation canals. Gadsen Purchase signed here.

**Raton - Historical Downtown****10 km Year Round Walk (2017/Y1558) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0893 Kiwanis Club of Raton  
**Contact:** Bob Mantz, mantzcpa@bacavalley.com, (575)445-3619, PO Box 634, Raton, NM, 87740-0634  
**Start Point:** New Mexico Visitor Information Center- 100 Clayton RD, Raton NM 87740. Phone: 575/445-2761. From I-25 take Exit 451. Go west on Clayton RD (US- 87/ 64) for about 1/2 mile. The Center is on the right side of the highway at the corner of South 2nd ST and the Clayton RD.  
**Event Info:** The trail is mostly on sidewalks with some road shoulders. Walk through 2 housing districts and the historical district. Distinguished buildings are the Elks Lodge and the Swastika Hotel, known as the International Bank building. The Center is open from 8am-6pm from Memorial Day to Labor Day and 8am-5pm the rest of the year; finish before dusk! Closed most holidays.

**Ruidoso - City Walk****10km/5km Year Round Walk (2017/Y1731) 1/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Take a Walk In a City Park, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0108 Sun Country Striders [www.suncountrystriders.wordpress.com](http://www.suncountrystriders.wordpress.com)  
**Contact:** Susan Fine, finesusan25@gmail.com, (817)925-5447, PO Box 2935, Hobbs, NM, 88241  
**Start Point:** Ruidoso Chamber of Commerce- 720 Sudderth, Ruidoso NM. Phone is 575-257-7395. From east on US 70, turn right at 3rd light. From west on US 70, turn left at 1st light. Chamber is 1.5 miles on right side across from Pizza Hut. Box is located in small entrance area that is open all the time.  
**Event Info:** After registering, drive to walk Starting Point. Directions are in the box. This a mountain tourist community at 7000 ft. The 5km goes through main shopping district and residential neighborhood with a couple of hills. The 10km also goes into a wooded residential canyon with wildlife common. There is no sidewalk in the canyon so walk with care. The rating is due to the town's altitude.

**Ruidoso - Grindstone Lake****Distance 20/12/6 km Year Round Walk (2017/Y0630) 1/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Lakes and Reservoirs, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 3C      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0108 Sun Country Striders [www.suncountrystriders.wordpress.com](http://www.suncountrystriders.wordpress.com)  
**Contact:** Susan Fine, finesusan25@gmail.com, (817)925-5447, PO Box 2935, Hobbs, NM, 88241

**Start Point:** Ruidoso Chamber of Commerce- See Ruidoso City Walk YRE. Open daily.**Event Info:** After registering, drive to walk Starting Point. Directions are in the box. This is a mountain tourist town at 7000 ft. Beautiful well groomed trails through forest and hills behind the lake. No water is available on trail.**Santa Fe - Capital****11km/10km/5km Year Round Walk (2017/Y0155) 1/2/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0138 Double Eagle Hike & Bike Club  
**Contact:** Sarah Hoover, paulhoover@mindspring.com, (505)672-3346, 126 Bandelier Ave., Los Alamos, NM, 87547

**Start Point:** State of NM Santa Fe Visitor Center- 491 Old Santa Fe Trail, Santa Fe, NM 87501. (505)827-7336. FROM I-25: Exit-282, go N on St Francis (US-84/275) to 7th traffic light. Turn right on Cerrillos, go to 2nd traffic light. Right on Paseo de Peralta to 3rd traffic light, turn left on Old Santa Fe Trail. Go block, turn right to VC parking lot. From US-84/285S: Proceed past NM-599 (Santa Fe bypass/Veterans Memorial HWY), take next left to Guadalupe. Go to 7th traffic light, crossing Paseo de Peralta once, turn left second Paseo de Peralta, Go to 4th traffic light, turn left on Old Santa Fe Trail. Drive block, turn right to VC parking lot. Open Mon-Fri.8am-5 pm. Closed weekends**Event Info:** ONLY OPEN MONDAY - FRIDAY! Walk box located on hearth. The walk is at 7000'. Walk through the NM State Capital when open and other historic sites including the Bataan Veterans Memorial, the famous Canyon Road with its art galleries; and St. Francis Cathedral.**Santa Fe - St John's College and Museum Skywalk****10km Year Round Walk (2017/Y1472) 1/2/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0138 Double Eagle Hike & Bike Club  
**Contact:** Sarah Hoover, paulhoover@mindspring.com, (505)672-3346, 126 Bandelier Ave., Los Alamos, NM, 87547

**Start Point:** State of NM Santa Fe Visitor Center- 491 Old Santa Fe Trail, Santa Fe, NM 87501. (505)827-7336. Refer to SF Capital walk (Y0155) for directions. Mon-Fri 8am-5pm. Closed Weekends**Event Info:** ONLY OPEN MONDAY - FRIDAY! The walk box is located on the fireplace hearth. The walk is at an elevation of 7000'. Walk alongside the Acequia Madre (Mother Ditch) supplying water for almost 400 years. Traverse the campus of St. Johns College, and pass through the grounds of a small Carmelite monastery; view a life-size sculpture of a wagon arriving on the Santa Fe Trail; pass the Museum of New Mexico, and two other museums, and walk through historic residential near the Old Santa Fe Trail.

### White Rock - White Rock Canyon Amble

10km/5km Year Round Walk (2017/Y0154) 1/2/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0138 Double Eagle Hike & Bike Club  
**Contact:** Sarah Hoover, paulhoover@mindspring.com, (505)672-3346, 126 Bandelier Ave., Los Alamos, NM, 87544  
**Start Point:** White Rock Visitor Center- 115 New Mexico Highway 4, White Rock NM 87544. From Santa Fe take US 84/285 to Pojoaque. Take NM 502 towards Los Alamos, bear left and follow signs to Bandelier National Monument and White Rock. The Visitors Center will be on your right after passing fire station.  
**Event Info:** Start at the White Rock Visitor Center (location of busses to Bandelier National Monument), and walk along the Rim Trail along White Rock Canyon of the Rio Grande. Spectacular views of the Rio Grande Rift. While you are there visit Bandelier - and the nearby walk in Los Alamos. At 6500' elevation. Open 8am-6pm daily 3/15-10/31. 10am-2pm Nov.-March. Start point closed on major holidays. Note there is a winter route that stays on streets. With lots of snow, the original walk is on an unimproved trail.

### NEW YORK

#### Albany - Capital - Historical

6/10 K Year Round Walk (2017/Y0248) 1/2/2017 - 12/31/2017

Amphitheatres, Bridges - Spanning the USA, Make a Wish at a Water Fountain, Points of Reference, State Capital, State Street Sashay, Take a Walk In a City Park, Vice Presidential Walks, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the Path of Inventions, Walking the USA A - Z

**Award:** A Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0410 Empire State Capital Volkssporters [www.walkescv.org](http://www.walkescv.org)  
**Contact:** Dave Janiga, albanycapitalwalk@walkescv.org, (518)459-2587, 178 Ridgefield St., Albany, NY, 12208  
**Start Point:** Albany County Convention & Visitors Bureau- 25 Quackenbush Square, Albany, NY 12207 (518) 434-040. From I-87 S (Northway): Exit 2 (Boston) onto I-90 E. From NYS Thruway E: Exit 24 onto I-90 E (Boston). From I-90: Exit at I-787 South to Exit 4 (Clinton Ave) to end of ramp.\*\* From NYS Thruway N: Exit 23, follow I-787 N to Exit 4B (Clinton Ave) to end of ramp. At end of ramp, turn R passing Visitor Center. Take 1st R onto Spencer St.; 1st R into alley behind buildings to end to 4 free parking spaces for Visitor Center. If no space available, turn L into paid parking area - \$1/hr. Mon-Fri 9-5. Free after 6 PM on street and on weekends.  
**Event Info:** Along city sidewalks, past historic buildings/monuments/museums: Capitol Building, Empire State Plaza, Executive Mansion, restored city homes, & pedestrian bridge to Hudson River. Closed major holidays. Restrooms available at Starting Point and State Museum. Some B awards available. Dec-Mar M-F 9-3; Apr-Nov 9-4; Sat 10-3; Sun 11-3

**Albany - Colonie****10/5 Km Seasonal Walk (2017/Y0332) 4/1/2017 - 11/30/2017**

Boardwalks, Bridges - Spanning the USA, Points of Reference, Take a Walk In a City Park

**Award:** A Award **Strollers:** Easy **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Easy **Pets:** Yes  
**Sponsor:** AVA-0410 Empire State Capital Volkssporters [www.walkescv.org](http://www.walkescv.org)  
**Contact:** Beth Snyder, coloniewalk@walkescv.org, (518)505-3525, 684 Acorn Drive, Schenectady, NY, 12309

**Start Point:** Cicotti Family Recreation Center- 30 Aviation Rd. Albany, NY (Colonie). 518-867-8920. From South: I-87 (Northway) to Wolf Rd exit. Straight through light onto Wolf Rd. Pass several traffic lights, including intersection with Sand Creek Rd. At Metro Park Dr light (Macaroni Grill on right), turn right. Take Metro Park Dr to end. \* From North: I-87 (Northway) to exit 4 (Albany Int'l Airport). At end of ramp, turn left. At next light, Albany Shaker Rd, turn left. Merge far right & at next light, Wolf Rd., turn right. At Metro Park Dr light, turn left. \* Follow Metro Park Dr to end. BEFORE entering Crossings Park, take right onto Aviation Rd. Entrance to Cicotti Family Recreation Center on left.

**Event Info:** Center open M-F 5am-9pm, Sa-Su 7am-7pm, closed major holidays. Trail on paved hiking/biking paths in Crossings Town Pk with small section on dirt trails. Bathrooms available at Start Pt & in Pk. Restaurants, shopping, & hotels available on Wolf Rd.

**ALBANY - Mall Walk****6 KM & 12 KM Year Round Walk (2017/Y0477) 1/1/2017 - 12/31/2017**

Animal Safari, Ice Cream Parlors, Points of Reference, Treasure Hunt - A way to walk our precious trails

**Award:** IVV Credit Only **Strollers:** easy **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** easy **Pets:** No  
**Sponsor:** AVA-0410 Empire State Capital Volkssporters [www.walkescv.org](http://www.walkescv.org)  
**Contact:** Cathy McGuire, albanymallwalk@walkescv.org, (518)785-4860, 18 Eastview Rd., Latham, NY, 12110

**Start Point:** ATHLETA in Crossgates Mall upper level Next to William and Sonoma - Athleta Store Inside Crossgates Mall, 1 Crossgates Mall Rd, Albany, NY 12203 518-452-2190 I-90 or I-87 to Crossgate Mall Road. Park near Upper level mall entrance between J.C. Penney entrance and Pottery Barn.

**Event Info:** Mall Walk consists of walking back & forth on two levels (not including bump outs) more than once to gain distance needed for either 6 or 12 KM: MON - SAT 10 AM - 9 PM; SUN 11 AM - 5:30 PM

**Barryville - Roebling Aqueduct****5km /10km Seasonal Walk (2017/Y0067) 1/31/2017 - 12/31/2017**

Border Crossings, Bridges - Spanning the USA, Honoring Our Flag, National Parks  
Centennial Challenge, National Register of Historic Places, Points of Reference, United  
States Post Offices

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** No  
**Rating:** 1B      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0505 Volkssport Club at West Point [www.avaclubs.org/WestPoint](http://www.avaclubs.org/WestPoint)  
**Contact:** Michael Green, [mikeginf@gmail.com](mailto:mikeginf@gmail.com), (845)781-6801, 320 Melbourne Way,  
 Souderton, PA, 18964

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) - START: Barryville, NY near  
 Lackawaxen, PA- REGISTRATION: Please use the online start box provided by the  
 California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)). Follow the left side link,  
 'Online Start Box', and the instructions provided to sign a waiver and register for this  
 event. Payments for event credit and directions use Paypal. The directions and  
 insert cards are PDFs that you can download and print as needed. The POC does  
 not provide event directions or accept alternate payment methods. The entire online  
 process should take less than 10 minutes for a first time user. Driving directions to  
 the event starting point are included in the walk directions downloaded from the  
 Online Start Box.

**Event Info:** This walk features crossing the Delaware River via the Roebling Aqueduct (Bridge)  
 from NY to PA and back. The 1847 bridge, designed by and built under the  
 supervision of John A. Roebling (future engineer of the Brooklyn Bridge), is the  
 oldest suspension bridge in the US and originally served as aqueduct to transport  
 canal boats over the Delaware River. The bridge has been recently fully restored  
 including numerous historical signs showing its use as an Aqueduct. The walk also  
 passes the Zane Grey Museum (free) in Lackawaxen PA.

**Beacon - Historic Beacon****5km/10km Year Round Walk (2017/Y1150) 1/2/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Food For Thought, Honoring Our  
 Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Take a  
 Walk In a City Park, Trekking With the Trees, United States Post Offices, You'll Never  
 Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0505 Volkssport Club at West Point [www.avaclubs.org/WestPoint](http://www.avaclubs.org/WestPoint)  
**Contact:** Tom Scuccimarra, [vcwpava@gmail.com](mailto:vcwpava@gmail.com), (845)424-3261, PO Box 30, West Point,  
 NY, 10996-0030

**Start Point:** Yankee Clipper Diner- 397 Main St Beacon, NY 12508. I-84: Exit 11. Rt 9D South to  
 Main St. Left on Main St. for 1/2 mile to Diner on right, just before corner Main  
 St/Teller Ave. Parking available behind Diner accessible via Teller Ave then right on  
 Henry St. 8 AM - dusk. Starting Point phone number for hours if needed: (845) 440-  
 0021 {lat:41.503476, lng:-73.967407}

**Event Info:** Walk by many historic buildings, antique shops, restaurants, specialty shops, &  
 scenic views from Hudson riverfront. Route passes Beacon Falls & trail head at base  
 of Mt Beacon.



**Binghamton - Binghamton****5K & 10 km Year Round Walk (2017/Y0444) 1/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Bridges - Spanning the USA, Food For Thought, National Register of Historic Places, State Street Sashay, Take a Walk In a City Park, Trekking With the Trees, Underground Railroad, United States Post Offices, Walk the USA - Street by Street, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** B Award **Strollers:** Easy **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Easy **Pets:** Yes

**Sponsor:** AVA-0790 Finger Lakes Volkssports Club, The www.flrvc.org

**Contact:** Tom Simkulet, tsimkulet@aol.com, (607)785-0343, 3611 Hoover Ave., Endwell, NY, 13760

**Start Point:** Broome County YMCA- 61 Susquehanna St., Binghamton. From West: Take route 17 E to Binghamton & then RT-7 S Exit- 4S- toward Binghamton. Merge onto NY-363 W. Take Susquehanna St ramp, then slight right onto Susquehanna St.. Street parking available.

**Event Info:** Route through downtown Binghamton, crossing several bridges over 2 rivers. Goes by NYSEG stadium, the Peacemakers' Trail & Confluence Park. Call YMCA at 607-772-0560 for current hrs.

**Buffalo - City Walk - War of 1812****5/6/10km Seasonal Walk (2017/Y0719) 4/1/2017 - 11/30/2017**

Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Lady Liberty Special Program, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Parks Centennial Challenge, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Underground Railroad, United States Post Offices, Vice Presidential Walks, Walking America's Ports of Call, Walking the Path of Inventions, Walking the USA A - Z, Water Towers

**Award:** A Award **Strollers:** medium **Restroom:** Yes

**Rating:** 1B **Wheelchair:** medium **Pets:** Yes

**Sponsor:** AVA-0589 Niagara Frontier Volkssport Club www.NiagaraVolkssportClubs.org

**Contact:** Terry McFarland, terry.mcfarland@gmail.com, (716)531-1396, -, East Amherst, NY, 14051

**Start Point:** Theodore Roosevelt Inaugural Site- 641 Delaware Ave. Buffalo, NY 14202  
Free off-street parking available behind site accessed from Franklin St. (One way going North)

**Event Info:** Beautiful Buffalo at confluence Lk Erie, Buffalo River & Erie Canal. City 5/6 K check in at SP then drive South on Delaware to Erie Basin Marina for start of walk. Free parking at marina. E-mail PoC for info re parking after October 15. Open 9-5 weekdays; until 8PM Tuesdays. Weekends 12-5. Closed major holidays.

**Canandaigua****5/10km Seasonal Walk (2017/Y0721) 4/1/2017 - 11/30/2017**

Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Underground Railroad, United States Post Offices, Walking America's Ports of Call, Walking the USA  
A - Z

**Award:** B Award **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes  
**Sponsor:** AVA-0589 Niagara Frontier Volkssport Club [www.NiagaraVolkssportClubs.org](http://www.NiagaraVolkssportClubs.org)  
**Contact:** Bill Peeck, [wpeeck@rochester.rr.com](mailto:wpeeck@rochester.rr.com), (585)227-6025, 11 Parkside Lane, Rochester, NY, 14612

**Start Point:** Canandaigua Family YMCA- 32 N. Main St. 585-394-6866. From East: I-90, Thruway, Exit 43. Follow Rt 21 to Canandaigua. From West: I-90 Exit 44 to Rt. 332 to Canandaigua to N. Main St. Turn onto Atwater Place into parking lot. (Also may take Rt 20 from East or West to N. Main St.) M-F 8-5:30; Sat 8-2; Sun 10-2

**Event Info:** Charming town on Canandaigua Lake in Finger Lakes Region. Historic museums ; Canandaigua Lady paddlewheel tours of Lk; Granger Mansion; Sonnenberg

**Cape Vincent - Lighthouse Walk****5/10K Seasonal Walk (2017/Y2096) 4/1/2017 - 11/30/2017**

Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Points of Reference, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A - Z, You'll Never Walk Alone

**Award:** A Award **Strollers:** medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** medium **Pets:** Yes  
**Sponsor:** AVA-0589 Niagara Frontier Volkssport Club [www.NiagaraVolkssportClubs.org](http://www.NiagaraVolkssportClubs.org)  
**Contact:** Bill Peeck, [wpeeck@rochester.rr.com](mailto:wpeeck@rochester.rr.com), (585)227-6025, ---, Rochester, NY, 14031  
**Start Point:** Cape Vincent-French Towne Market - 342 E. Broadway (126 S. James St.) Cape Vincent, NY 13618  
**Event Info:** "Where Lake and River Meet" Lake Ontario and St. Lawrence River. Watch ships from all over the world pass through. Automobile ferry available to Canada. 10K passes Tibbetts Pt. Lighthouse.

**Caroga Lake - CAROGA LAKE****11/8/6 km Seasonal Walk (2017/Y1031) 4/1/2017 - 10/31/2017**

Food For Thought, Ice Cream Parlors, Points of Reference

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes  
**Rating:** 2A **Wheelchair:** Medium **Pets:** Yes  
**Sponsor:** AVA-0410 Empire State Capital Volkssporters [www.walkescv.org](http://www.walkescv.org)  
**Contact:** Barbara Nigro, [carogalakewalk@walkescv.org](mailto:carogalakewalk@walkescv.org), (518)224-0987, 484 County Highway 122, Gloversville, NY, 12078  
**Start Point:** Caroga Lake Town Offices - 1840 State Hwy 10, Caroga Lake, NY. 518-835-4211. From Albany and points east: NYS Thruway to Amsterdam exit. Rte. 30 north until round-a-bout in Broadalbin. Take 3rd exit onto Rte. 29. Right at 1st light. Drive through Gloversville about 10 miles to Caroga Lake. From West: Thruway Exit 29 (Canajoharie). Turn Right (Main St). Turn Right (Church St-RT10). Follow Rt 10 North 20 mi to Caroga Lk. Follow from Rt 10 above). From North: I-87 (Northway) Exit 15 Saratoga Springs. Rt 50 West into downtown Saratoga. Turn Right onto Rt. 29 (Washington St) West for 30 mi. until reaching Broadalbin round-a-bout. See above directions from Albany and points east. Alternate Start Point: Canada Lk Store only when Town Office is closed. From Town Office: Continue on Rt 10 for 3 mi. Store on left. Restrooms not available here.  
**Event Info:** Town Office: Mon 9-2:30; Tues-Fri. 9-4; Sat. 9-12. Closed Sun. Store Hrs: June-Aug: Mon-Fri 8am - 9pm; Sat & Sun, 9-9; Sept./Oct. Mon-Fri 8-7; Sat. & Sun 9-7. Trail goes along shoreline roads of Green and Canada Lakes with scenic Adirondack views.

**Chautauqua****5/10km Seasonal Walk (2017/Y1533) 4/1/2017 - 11/30/2017**

Amphitheatres, Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Trekking With the Trees, Underground Railroad, United States Post Offices, Walking the Path of Inventions, Walking the USA A - Z, You'll Never Walk Alone

**Award:** A Award **Strollers:** hard **Restroom:** Yes

**Rating:** 2A **Wheelchair:** hard **Pets:** Yes

**Sponsor:** AVA-0589 Niagara Frontier Volkssport Club [www.NiagaraVolkssportClubs.org](http://www.NiagaraVolkssportClubs.org)

**Contact:** Barbara Stafford, Barstfrd@aol.com, (716)741-9315, 5270 Goodrich Road, Clarence, NY, 14031

**Start Point:** Chautauqua Institution Welcome Center on Rt 394 (NOT Colonnade Bldg. on grounds)- Rt 394, Mayville. From North: Rt I-90 (Thruway) Exit 60, Westfield; Rt 394 South to Westfield/Mayville to Chautauqua Institution (11 mi) From South: Rt I-90 North to Exit 10A, Interstate 86 East 23 mi to Exit 7, North on Rt 76 for 4 mi to Rt 394. Right to Chautauqua Institution. Gate fee required during season. Reduced fee after noon. Parking fee applies ONLY during nine-week Chautauqua season (3rd wk June-4th wk Aug) FREE Sun. during season.

**Event Info:** Victorian lakeside village hosts 9-wk summer program of the arts, education & recreation in ecumenical environment. Gave its name to similar cultural programs held all over the US and Canada in the 19th and 20th centuries. (Fee during season see ciweb.org ) Gingerbread-style cottages/charming gardens create living quilt of yesteryear small-town America. Chautauqua Institution is on the Nat'l Register Historic Places. FDR gave his "I hate war" speech here. Box at Info Desk. Sometimes upstairs at office off-season.

**Clifton Park - CLIFTON PARK****6/10Km Seasonal Walk (2017/Y0662) 4/1/2017 - 11/30/2017**

Animal Safari, Boardwalks, Food For Thought, Ice Cream Parlors, Points of Reference

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0410 Empire State Capital Volkssporters [www.walkescv.org](http://www.walkescv.org)

**Contact:** Eileen Skinner, cliftonparkwalk@walkescv.org, (518)371-4352, 4 Mountain Laurel Drive, Clifton Park, NY, 12065

**Start Point:** Hilton Garden Inn - From North: I-87 (Northway) to Exit 9W (Rt. 146). Stay far left to light. From South: I-87 to Exit 9. Stay to far left. Then left at light (Rt. 146). Stay left then turn left at 2nd light (Mall entrance road). At next light, turn left then immediate right by Chipotle Grill. Hilton Garden Inn will be straight ahead on left. After signing in, you MUST move car & park away from hotel & any businesses as per Mall management. 6K walkers sign in at hotel then DRIVE to their Start/Finish Point as per walk instructions. Optional 5K starts at hotel.

Restrooms available in Mall and at Library during regular business hours.

**Event Info:** Daily, dawn to dusk. Trail on local streets & sidewalks through neighborhoods & short paved path through woods.

**Cold Spring - The Villages of Cold Spring and Nelsonville****5K and 10 K Year Round Walk (2017/Y1633) 1/2/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Trekking With the Trees, United States Post Offices, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0505 Volkssport Club at West Point [www.avaclubs.org/WestPoint](http://www.avaclubs.org/WestPoint)

**Contact:** Tom Scuccimarra, [vcwpava@gmail.com](mailto:vcwpava@gmail.com), (845)424-3261, PO Box 30, West Point, NY, 10996

**Start Point:** Cold Spring Depot Restaurant- 1 Depot Square, Cold Spring, NY 10516; From corner Rt 9D & Main St in Village: Main St downhill to bottom (at railroad tracks); turn right on Depot Square. 11:30am - dusk. Starting Point phone number for hours if needed: (845) 265-5000. {lat:41.417429, lng:-73.959973}

**Event Info:** Trail passes many 19th century historic buildings, antique shops, boutiques, with spectacular views Hudson River. Also passes through the historic West Point Foundry, The trail goes through both the villages of Cold Spring and Nelsonville. Restaurant opens at 11:30 AM daily. Please walk daylight hrs only.

**Cooperstown - COOPERSTOWN****10km and 5km Seasonal Walk (2017/Y0386) 4/1/2017 - 11/30/2017**

Animal Safari, Bridges - Spanning the USA, Ice Cream Parlors, Points of Reference, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0410 Empire State Capital Volkssporters [www.walkescv.org](http://www.walkescv.org)

**Contact:** Larry Godshalk, [cooperstownwalk@walkescv.org](mailto:cooperstownwalk@walkescv.org), (518)399-6041, 9 Hillock Ct., Glenville, NY, 12302

**Start Point:** Clark Sportscenter - 124 County Highway 52, Cooperstown. 607-547-2800. From West: Thruway (I-90) Exit 30 at Herkimer (Rt 28); From E, Thruway (I-90) Exit 29 at Canajoharie (Rt 10, 20 & 80). Entering Village on Rt 80, turn R on Chestnut St. Just past Chamber of Commerce, turn L on Susquehanna. Sportscenter 1 mi on right. Entering from Rt 28, it becomes Chestnut St. Mon-Fri 5:30-9, Sat/Sun 8-6,

**Event Info:** Route is in residential areas and the downtown village. Views of Otsego Lake, Baseball Home of Fame, Doubleday Field, Farmers and Fenimore Museums.

**Cornwall - Scenic views of Cornwall-On-Hudson****5 & 10 km Year Round Walk (2017/Y0252) 1/2/2017 - 12/31/2017**

Food For Thought, Honoring Our Flag, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 3B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0505 Volkssport Club at West Point [www.avacclubs.org/WestPoint](http://www.avacclubs.org/WestPoint)  
**Contact:** Dorothy Basini, [vcwpava@gmail.com](mailto:vcwpava@gmail.com), (845)787-4468, PO Box 30, West Point, NY, 10996-0030

**Start Point:** DeCicco's Family Market- 21 Quaker Ave, Cornwall, NY 12518. From I-84, Exit 10S; 9W South 6.7 mi; Exit ramp Quaker Ave/ County Rd 107. Right on Quaker Ave for 0.4 mi.\* From I-87 (Thruway) Exit 16; Rt 32 North for 8.5 mi to Quaker Ave/County Rd 107; Right on Quaker Ave for 1 mi.\* \*Market in shopping plaza on right.  
 Open 8am-7pm, Starting Point phone number for hours if needed: (845) 534-9900  
 {lat:41.434132, lng:-74.03789}

**Event Info:** Spectacular views mtns & Hudson River. Trail through lovely village, past residential areas, woods, & nature museum. Box on ledge, front window of DeCicco's. After registering, trailhead 1 mi away at a city park with free parking. Restroom at St. Pt. & seasonally at city park.

**Cortland - Cortland****5K & 10K Year Round Walk (2017/Y0689) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0790 Finger Lakes Volkssports Club, The [www.flrvc.org](http://www.flrvc.org)  
**Contact:** Vicki Darrow, [vdarrow@twcny.rr.com](mailto:vdarrow@twcny.rr.com), (607)756-2599, 10 Grant St., Cortland, NY, 13045

**Start Point:** Cortland YMCA- 22 Tompkins St, Cortland, NY, 13045. From I-81 (north & south) From I-81 Exit 11 to Rt 13 S to YMCA on right just past Cortland Standard Building 607)756-2893; [ymca@clarityconnect.com](mailto:ymca@clarityconnect.com)

**Event Info:** Trail follows city sidewalks with some hills, past historical homes, through SUNY Cortland campus, past city waterworks & by Cortland County Courthouse. Hours vary by season. Call YMCA to verify.

**Dryden - Dryden****5K & 10K Year Round Walk (2017/Y0401) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Lakes and Reservoirs, Make a Wish at a Water Fountain, Take a Walk In a City Park, Trekking With the Trees, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0790 Finger Lakes Volkssports Club, The [www.flrvc.org](http://www.flrvc.org)  
**Contact:** Sue Connelly, [sjconnelly@aol.com](mailto:sjconnelly@aol.com), (607)835-6595, 1041 Church St., Cortland, NY, 13045

**Start Point:** Dryden Queen Diner (- 48 North St, Dryden, NY From Rt 81 in Cortland - Rt 13 south to Dryden, the diner is on the right at the traffic light. From the center of Dryden it is .5 mile Rt 13/38 Walk box is in the diner's entry way.

**Event Info:** Walk through the lovely, historical village of Dryden and on the beautiful Jim Schug trail viewing wild flowers and birds.

**East Aurora****5/10km Seasonal Walk (2017/Y1487) 4/1/2017 - 11/30/2017**

Animal Safari, Fraternal Organizations, Honoring Our Flag, National Register of Historic Places, Points of Reference, Trekking With the Trees, United States Post Offices, Vice Presidential Walks, Walking the Path of Inventions, Walking the USA A - Z, You'll Never Walk Alone

**Award:** A Award **Strollers:** Medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0589 Niagara Frontier Volkssport Club [www.NiagaraVolkssportClubs.org](http://www.NiagaraVolkssportClubs.org)

**Contact:** Barbara Stafford, Barstfrd@aol.com, (716)741-9315, 5270 Goodrich Road, Clarence, NY, 14031

**Start Point:** East Aurora Vidler's 5 and Dime- 676-694 Main St East Aurora, NY 14052. From Thruway (I-90): Exit 54 (E. Aurora Expwy/Rt 400). Exit on Maple Road, head towards E. Aurora. Left on Girard, right on Church, Left into free village parking at back entrance Vidler's store.

**Event Info:** Scenic village. Visit Elbert Hubbard's Roycroft Campus; Home of Fisher-Price; Vidler's Old-Fashioned 5 & Dime; President Millard Fillmore's 1825 birthplace(National Pk Site M-Thurs. & Sat 9-6; Fri 9-9; Sun 11-5). Walk box under bench between garden & frame shops. Ask the friendly staff.

**Fort Montgomery - Fort Montgomery Battle Site and Bear Mountain State Park****5 and 10 k Seasonal Walk (2017/Y1973) 5/1/2017 - 10/31/2017**

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Trekking With the Trees, Vice Presidential Walks, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** hard **Restroom:** Yes

**Rating:** 3C **Wheelchair:** NO **Pets:** Yes

**Sponsor:** AVA-0505 Volkssport Club at West Point [www.avaclubs.org/WestPoint](http://www.avaclubs.org/WestPoint)

**Contact:** Nancy Patrick, vcwpava@gmail.com, (845)446-4709, PO Box 30, West Point, NY, 109960030

**Start Point:** Fort Montgomery NY State Historic Park Visitor's Center, 690 Route 9W, Fort Montgomery NY 10922- From the Bear Mountain traffic circle at the intersection of Rte 6, 9W and the end of the Palisades Parkway, next to the Bear Mountain Bridge take 9W North for .3 miles to the Visitor Center is on the right. {lat: 41.323961, lng: -73.987353}

**Event Info:** Visit Ft Montgomery Historic Battle Site of the American Revolution, then walk to Ft Clinton, within Trailside Museum and Zoo in Bear Mountain State Park, and walk around park. Trailside Museum and Zoo area are opened from 10AM to 430PM daily. Pets NOT allowed in Trailside Zoo area. Trailside Zoo area must NOT be entered prior to 10 AM, even if gates are open, for zookeeper safety. Gates between Ft Montgomery and Ft Clinton are open from 10AM to 4PM daily. Please consider donating \$1 to zoo for its upkeep. Area at Battle Site is on gravel paths. There are two trails to get from Ft Montgomery to Ft Clinton. Using paved roads, the trail is fairly easy, through the woods, the trail is more difficult and hiking boots and walking stick are recommended.

**Geneva - Seneca Lake Walk****5/10 K Seasonal Walk (2017/Y1906) 4/1/2017 - 11/30/2017**

Bridges - Spanning the USA, Lakes and Reservoirs, Make a Wish at a Water Fountain,  
National Register of Historic Places, Points of Reference, Take a Walk In a City Park,  
United States Post Offices

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0589 Niagara Frontier Volkssport Club [www.NiagaraVolkssportClubs.org](http://www.NiagaraVolkssportClubs.org)

**Contact:** Hazel Gunn, hazeldayton@gmail.com, (315)789-5205, -, Geneva, NY, 14456

**Start Point:** Ramada Inn Geneva - 41 Lakefront Drive, Geneva NY 14456  
From the New York Thruway, turn south on N.Y. Route 14 (Geneva exit 42), which turns into Exchange St. In Geneva, cross North St. at light, then turn left at third light onto Castle St. Cross RR tracks and N.Y. routes 5 & 20, continuing straight ahead and turn right into Ramada (blue roof) parking lot. Coming from the south on N.Y. Route 14, in Geneva turn at the cloverleaf to go east on N.Y. routes 5 & 20. Turn right at the first light and right into the Ramada parking lot.

**Event Info:** Route passes through historic downtown Geneva and along South Main Street. It goes through the campus of Hobart & William Smith Colleges and various residential neighborhoods before ending along the Seneca Lake shore.

**Goshen - Historic Goshen****5 km & 10 km Year Round Walk (2017/Y0811) 1/2/2017 - 12/31/2017**

Ice Cream Parlors, Make a Wish at a Water Fountain, Points of Reference, Take a Walk  
In a City Park, Underground Railroad, United States Post Offices, Walk the USA - Street  
by Street, Walking the Path of Inventions

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0505 Volkssport Club at West Point [www.avacubs.org/WestPoint](http://www.avacubs.org/WestPoint)

**Contact:** Brenda Presnal, vcwpava@gmail.org, (845)342-0258, P O Box 30, West Point, NY, 10996

**Start Point:** (WALK TEMPORARILY CLOSED FOR 2017 PENDING NEW START POINT LOCATION)- (WALK TEMPORARILY CLOSED FOR 2017 PENDING NEW START POINT LOCATION)

**Event Info:** (WALK TEMPORARILY CLOSED FOR 2017 PENDING NEW START POINT LOCATION)  
After registering, it is a short drive (x.x miles) to the walk start point at the Harness Racing Museum (free admission) where there is ample parking. The walk route passes numerous historical places in Goshen After your walk, we recommend visiting the Harness Racing Museum. The museum has many interesting exhibits on the history of trotting horse racing, race and horse auction simulators and the Hall of Fame.

**Highland - Walkway over The Hudson and other Rail Trails****5k/8k/12k Year Round Walk (2017/Y0797) 1/2/2017 - 12/31/2017**

Alternative Capitals, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, United States Post Offices, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0505 Volkssport Club at West Point [www.avaclubs.org/WestPoint](http://www.avaclubs.org/WestPoint)

**Contact:** Andrew Schmidt, [vcwpava@gmail.com](mailto:vcwpava@gmail.com), (845)462-7539, PO Box 30, West Point, NY, 10996

**Start Point:** The Gateway Diner- 3579 US Rt 9W, Highland, NY 12528-1730. Rt 9W on West Side Hudson River across Hudson from Poughkeepsie & US Rt 9. 7AM to dusk. (There is alternative small parking lot at the Walkway Over the Hudson State Park that is more easily accessible for wheel chair and strollers. 2km needs to be deducted from certain distances if using this lot; walking directions will have details). Gateway Diner Starting Point phone number for hours if needed: (845) 691-6326. {lat:41.713541, lng:-73.964131}

**Event Info:** Stroll along the "Walkway over Hudson River" (the world's tallest & longest elevated pedestrian bridge: 212 ft over River). 5K and 8k out and back. The 12k trail is a loop through the City of Poughkeepsie that recrosses the Hudson River on Mid-Hudson (FDR) bridge back to St. Pt.; 5k/8k out and backs are rated 1A, 12K loop 2A; Note: Severe weather immediately closes Walkway, even if you are on other side from St. Pt. For the non-12K trails, a wheel chair is doable with assistance on short distance along state highway sidewalk to trailhead. Check Walkway website <http://www.walkway.org> to ensure Walkway is open prior to your walking due to their holding of events or closures.

**Highland Falls - Highland Falls, The Gateway to West Point****5 km, 6 km, and 11km Year Round Walk (2017/Y1145) 1/2/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Cities in Song, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0505 Volkssport Club at West Point [www.avaclubs.org/WestPoint](http://www.avaclubs.org/WestPoint)

**Contact:** Nancy Patrick, [vcwpava@gmail.com](mailto:vcwpava@gmail.com), (845)446-4709, PO Box 30, West Point, NY, 10996-0030

**Start Point:** Highland Falls Market, 447 Main Street, Highland Falls, NY 10928- The Highland Falls Market is across the street from the currently closed (while under renovation) West Point Visitor's Center. From South: Palisades Interstate Pky North to end (Bear Mtn traffic circle). Follow signs to Rt 9W North. Take 9W North 2.6 mi to Highland Falls exit; follow signs West Pt Visitors Center. From I-84: Exit 10S. Take 9W South 24 mi to Highland Falls exit & follow signs West Pt Visitors Center. 9 AM - 4:45 PM; closed major holidays. Check Market for hours if needed at: <http://www.highlandfallsmarket.com/> {lat:41.374398, lng: -73.963782}

**Event Info:** The 5km Loop trail goes through Village of Highland Falls. The 6km loop goes into West Point past residential areas and other campus attractions, such as Michie Stadium. Walk both loops for a total of 11km credit.



**Hyde Park - Historic Hyde Park, Home of FDR****6km/13km Year Round Walk (2017/Y1108) 1/2/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Underground Railroad, United States Post Offices, Vice Presidential Walks, Walk the USA - Street by Street, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only                      **Strollers:** None                      **Restroom:** Yes  
**Rating:** 3C                                      **Wheelchair:** None                      **Pets:** Yes  
**Sponsor:** AVA-0505 Volkssport Club at West Point [www.avacclubs.org/WestPoint](http://www.avacclubs.org/WestPoint)  
**Contact:** Joan Kimmel, [vcwpava@gmail.com](mailto:vcwpava@gmail.com), (845)453-6837, PO Box 30, West Point, NY, 10996-0030

**Start Point:** The Eveready Diner- 540 Albany Post Rd, Hyde Park, NY. Diner on US Rt 9, 5.8 mi north of Mid-Hudson Bridge in Poughkeepsie; 20 mi south of Kingston-Rhinecliff bridge from Rhinebeck; 0.7 mi north FDR Presidential Library & Museum; 1.3 mi south Vanderbilt Mansion Nat'l Historic Site. From South, diner on right; from North, diner on left. Walk only during daylight hours. Starting Point phone number for hours if needed: (845) 229-8100. {lat:41.775398, lng:-73.930522}

**Event Info:** Explore Hyde Park as you go from the FDR home, museum library to Vanderbilt Mansion on trail through woods & return by village sts. Includes wonderful views of beautiful Hudson River. (Use alternate trail if you prefer not to go through woods.) 13K village route rated 2B; 6K route through village 1A. 13K & 6K trails through woods rated 3C. Daily 7a-4p. Walk daylight only.  
The Eveready Diner featured on Diners, Drive-ins & Dives:  
<http://www.flavortownusa.com/eveready-diner.aspx>

**Ithaca - Ithaca****5/10K Year Round Walk (2017/Y0922) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Cities in Song, Ice Cream Parlors, Lakes and Reservoirs, Trekking With the Trees, Underground Railroad, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** B Award                                      **Strollers:** medium                      **Restroom:** Yes  
**Rating:** 1A    **Wheelchair:** NO                      **Pets:** Yes  
**Sponsor:** AVA-0790 Finger Lakes Volkssports Club, The [www.flrvc.org](http://www.flrvc.org)  
**Contact:** Sue Connelly, [sjconnelly@aol.com](mailto:sjconnelly@aol.com), (607)835-6595, 1041 Church St., Cortland, NY, 13045

**Start Point:** Best Western Inn- East Hill Plaza -1020 Ellis Hollow Rd., From Rt 13S to Rt 366 W. at the light to Pine Tree Rd; From Rt 13 N to Rt 79 (W Green St) to Rt 366 W. to Pine Tree Rd; From I-81 N to Rt 79 to Pine Tree Rd. The Hotel is located in the East Hill Plaza.

**Event Info:** Walk through beautiful wooded rail trail & sidewalks through gorgeous Cornell Campus. View gorges, waterfalls, & ivy covered buildings. Suitable for stroller with difficulty with some stairs. Daily, walk daylight hrs.

**Johnstown - JOHNSTOWN****10/5 km Seasonal Walk (2017/Y1156) 4/1/2017 - 11/30/2017**

Animal Safari, Bridges - Spanning the USA, Food For Thought, Ice Cream Parlors, Make a Wish at a Water Fountain, Points of Reference, State Street Sashay, United States Post Offices, Vice Presidential Walks

**Award:** A Award **Strollers:** medium **Restroom:** Yes  
**Rating:** 2A **Wheelchair:** hard **Pets:** Yes

**Sponsor:** AVA-0410 Empire State Capital Volkssporters [www.walkescv.org](http://www.walkescv.org)

**Contact:** Nellie Georgelos, [johnstownwalk@walkescv.org](mailto:johnstownwalk@walkescv.org), (518)424-5334, 3 Pine Ave., Johnstown, NY, 12095

**Start Point:** Johnstown City Hall- 41 E. Main St, Johnstown, NY (518)736-4011.  
 From Albany, South, West: NYS Thruway I-90, Exit 28. Rt 30A North to Johnstown.  
 At intersection with Rt 29 West, turn left (E.Main St).  
 From North: I-87 (Northway), Exit 15, Turn Right onto Rt 29 (Washington St) & travel West approx. 32 miles. At intersection with Rt 30A South, turn left. At next traffic light (still Rt 29W), turn right (East Main St). \* \*After second traffic light, City Hall halfway down block on right, .

**Event Info:** Daily, Dawn to Dusk. 10K trail passes beautiful homes & several historic sites: Colonial Era Johnson Hall; Birthplace of women's rights advocate, Elizabeth Cady Stanton.

**Lake George - LAKE GEORGE****10/5 Km Seasonal Walk (2017/Y0318) 4/1/2017 - 11/30/2017**

Amphitheatres, Boardwalks, Bridges - Spanning the USA, Ice Cream Parlors, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, United States Post Offices, Vice Presidential Walks, Walk the USA - Street by Street

**Award:** A Award **Strollers:** medium **Restroom:** Yes  
**Rating:** 2A **Wheelchair:** Hard **Pets:** Yes

**Sponsor:** AVA-0410 Empire State Capital Volkssporters [www.walkescv.org](http://www.walkescv.org)

**Contact:** Ginger Ireton, [lakegeorgewalk@walkescv.org](mailto:lakegeorgewalk@walkescv.org), (518)466-7830, 52 Treasures Place, Queensbury, NY, 12804

**Start Point:** Fort William Henry Resort Hotel & Conference Center- 48 Canada St, Lake George, NY 12845; (800) 234-0267 or (518) 668-3081. I-87 to Exit 21 to Rte. 9. Turn left, drive one mile to Start Point on right.

**Event Info:** Daily, Dawn to Dusk. Contact Resort if walking Apr, or Sept-Nov as hrs may change. Trail follows city sts., through Lk George Battlefield Pk, & along Lk George shoreline, passing Adirondack gift shops, monuments, & historic Ft William Henry, with panoramic view of Lk George & Adirondack Mtns.

**Lake Placid - Lake Placid Seasonal Walk****10/5km 2C/1A Seasonal Walk (2017/Y0529) 4/1/2017 - 10/31/2017**

Bridges - Spanning the USA, Food For Thought, Ice Cream Parlors, Points of Reference, State Street Sashay, Wak Like An Olympian, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 2C      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0410 Empire State Capital Volkssporters [www.walkescv.org](http://www.walkescv.org)  
**Contact:** Rachel Trier, lakeplacidwalk@walkescv.org, (518)859-7507, 29 Abby Lane, Ballston Lake, NY, 12019  
**Start Point:** Lake Placid Visitor Bureau, 2608 Main St., Lake Placid, NY 12946 518-523-2445- Take I-87 north to Exit 30 (No. Hudson) to US 9 N to Rt. 73 W (Keene Valley). Follow Rt. 73 W to Visitor Bureau.  
**Event Info:** This scenic walk will take you along charming streets, dirt paths and trails, through a park, past the Mirror Lake Inn, Mirror Lake itself and the site of the 1980 Winter Olympics. In the distance you will see some of the high peaks of the Adirondack Mountain Range. 5km/1A M-F 8-5 Sat. - Sun. 9-4 Call for holiday hours

**Lewiston - War of 1812****5/10K Seasonal Walk (2017/Y1842) 4/1/2017 - 11/30/2017**

Amphitheatres, Fraternal Organizations, Honoring Our Flag, National Register of Historic Places, Points of Reference, Underground Railroad, Walking the USA A - Z, You'll Never Walk Alone

**Award:** A Award      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0589 Niagara Frontier Volkssport Club [www.NiagaraVolkssportClubs.org](http://www.NiagaraVolkssportClubs.org)  
**Contact:** Barbara Stafford, barstffrd@aol.com, (716)741-9315, 5270 Goodrich Rd., Clarence, NY, 14031  
**Start Point:** Lewiston DiCamillo Bakery - 535 Center St. Lewiston, NY. From Niagara Falls, North on Robert Moses Pkwy to Lewiston Exit to Center St., Lewiston. SP on Left. Follow signs to village parking. Also street parking available.  
**Event Info:** War of 1812 walk; charming village with Peach, BBQ Festivals & shops of local artisans. Artpark theater & concerts in spectacular Niagara River setting.

**Lockport - Erie Canal****5/10km Seasonal Walk (2017/Y0146) 4/1/2017 - 11/30/2017**

Bridges - Spanning the USA, Fraternal Organizations, Honoring Our Flag, Ice Cream Parlors, Points of Reference, State Street Sashay, Take a Walk In a City Park, Underground Railroad, Walking the USA A - Z, Water Towers

**Award:** A Award      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0589 Niagara Frontier Volkssport Club [www.NiagaraVolkssportClubs.org](http://www.NiagaraVolkssportClubs.org)  
**Contact:** Barbara Stafford, Barstffrd@aol.com, (716)741-9315, 5270 Goodrich Road, Clarence, NY, 14031  
**Start Point:** Lockport-Tom's Diner- 11 Main St. Lockport, NY 14094. 716-439-4283. From Thruway (I-90) Exit 49 (Depew-Lockport). North on Rt 78 to Lockport (15 mi). Right on W. Main St. to Tom's. Free parking in lot across from SP. Do not park behind SP. Open M-Thurs 7AM-3 PM; Fri 7 AM -8 PM; Sun 7AM-3PM.  
**Event Info:** Historic 1825 Erie Canal, towpath, & streets; historic homes in important city on water route to West. Boat tour/trolley tour in season;"Famous Five" lock; Canal Museum. "Low Bridge, Everybody Down!"; Lockport cave tours. Uneven sidewalks/muddy spots. May be difficult for those with mobility issues. If so, plz choose another of our great walks.

**New Paltz - Experience New Paltz, The Heart of Ulster County****5K & 10K Year Round Walk (2017/Y1497) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, United States Post Offices, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0505 Volkssport Club at West Point [www.avaclubs.org/WestPoint](http://www.avaclubs.org/WestPoint)

**Contact:** Joan Kimmel, [vcwpava@gmail.com](mailto:vcwpava@gmail.com), (845)453-6837, PO Box 30, West Point, NY, 10996

**Start Point:** The Bakery- 13 N. Front St, New Paltz, NY 12561. I-87 (Thruway) Exit 18. Turn left off exit. Stay on Rt 299/Main St about 1 mi. Turn right on N. Front St. The Bakery is just past Church St on left. Metered parking on N. Front St & around downtown. Free public parking Huguenot St. Go straight down N Front St through light. Turn left at fork; parking up on right. Park & Ride on N Chestnut St. Go to light down N Front St. Turn right at light. Park & Ride across from Stewarts on left. Distance from parking lots not included in walk. 7 AM - dusk. Starting Point phone number for hours if needed: (845) 255-8840. {41.749287, Lng: -74.085917}

**Event Info:** Trail goes down oldest street in America, through SUNY New Paltz campus, downtown New Paltz, & quaint residential areas. Many opportunities to view Shawangunk Mtns.; Daily 7 AM to 7 PM

**New York City - Central Park****10K Year Round Walk (2017/Y0308) 1/2/2017 - 12/31/2017**

Alternative Capitals, Amphitheatres, Animal Safari, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Vice Presidential Walks, Walking America's Ports of Call, Walking the Path of Inventions, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0776 Princeton Area Walkers [www.avaclubs.org/paws/](http://www.avaclubs.org/paws/)

**Contact:** Charles Kaiser, [charles.a.kaiser.civ@mail.mil](mailto:charles.a.kaiser.civ@mail.mil), (732)551-1444, 1624 Harvard Ave., Brick, NJ, 08724

**Start Point:** Mail in Registration Only- The ASICS shoe store in New York City that was the previous start point has closed. Please contact Charles Kaiser at [charles.a.kaiser.civ@mail.mil](mailto:charles.a.kaiser.civ@mail.mil) for instructions on remote registration.

**Event Info:** Walk in daylight hours & not alone. Central Park (YR 0308) walk follows city streets to & from its course & almost entirely through Central Pk. Trail passes many significant sites, popular walker/jogger route around Jackie Kennedy Reservoir, & passes by Metropolitan Museum of Art & other world renowned museums. Souvenir patches available. Please include \$4. with event payment & patch will be mailed to you.

**New York City - Greenwich Village, NYC****10 K Year Round Walk (2017/Y0324) 1/2/2017 - 12/31/2017**

Alternative Capitals, Cities in Song, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0776 Princeton Area Walkers [www.avaclubs.org/paws/](http://www.avaclubs.org/paws/)

**Contact:** Charles Kaiser, [charles.a.kaiser.civ@mail.mil](mailto:charles.a.kaiser.civ@mail.mil), (732)551-1444, 1624 Harvard Ave., Brick, NJ, 08724

**Start Point:** Mail in Registration Only- The ASICS shoe store in New York City that was the previous start point has closed. Please contact Charles Kaiser at [charles.a.kaiser.civ@mail.mil](mailto:charles.a.kaiser.civ@mail.mil) for remote registration directions.

**Event Info:** Walk in daylight hours & not alone. Greenwich visits the "Village", Chinatown, Little Italy, & Washington Square. Quite possibly "coolist" NYC walk to do. Notice there will be 2 Village walks. From Jan 2 to June 30, route will include most of East & West Village. From July 1 to Dec 31, route will be altered to include Chelsea & new HIGH LINE. Only 1 event stamp/ day even if both routes are covered. A souvenir patch available. Please include \$4. with event payment & patch will be mailed to you.

**New York City - Lower Manhattan****11K Year Round Walk (2017/Y0315) 1/2/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Boardwalks, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Lady Liberty Special Program, National Parks Centennial Challenge, National Register of Historic Places, Points of Reference, State Street Sashay, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Walking America's Ports of Call, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0776 Princeton Area Walkers [www.avaclubs.org/paws/](http://www.avaclubs.org/paws/)

**Contact:** Charles Kaiser, [charles.a.kaiser.civ@mail.mil](mailto:charles.a.kaiser.civ@mail.mil), (732)551-1444, 1624 Harvard Ave., Brick, NJ, 08724

**Start Point:** Mail in Registration Only- The ASICS shoe store in New York City that was the previous start point has closed. Please contact Charles Kaiser at [charles.a.kaiser.civ@mail.mil](mailto:charles.a.kaiser.civ@mail.mil) for remote registration instructions.

**Event Info:** Walk in daylight hrs & not alone. Lower Manhattan walk visits Hudson River Esplanade with views of Ellis Is. & Statue of Liberty, South St Seaport, Financial District's Wall Street, NY Stock Exchange & construction of new World Trade Center. Walk the Brooklyn Bridge! Souvenir patches available. Please include \$4. with event payment & patch will be mailed to you.

**New York City - Midtown****11K Year Round Walk (2017/Y0307) 1/2/2017 - 12/31/2017**

Alternative Capitals, Cities in Song, Honoring Our Flag, Make a Wish at a Water Fountain, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, United States Post Offices, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the Path of Inventions, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0776 Princeton Area Walkers [www.avaclubs.org/paws/](http://www.avaclubs.org/paws/)

**Contact:** Charles Kaiser, [charles.a.kaiser.civ@mail.mil](mailto:charles.a.kaiser.civ@mail.mil), (732)551-1444, 1624 Harvard Ave., Brick, NJ, 08724

**Start Point:** Mail in Registration Only- The ASICS shoe store in New York City that was the previous start point has closed. Please contact Charles Kaiser at [charles.a.kaiser.civ@mail.mil](mailto:charles.a.kaiser.civ@mail.mil) for remote registration. Directions will be sent to you as well as insert cards with stamps upon completion of the walk.

**Event Info:** Walk in daylight hours & not alone. Midtown Walk (Y0307) starts directly from the old Asics store. Route visits Lincoln Center, Times Square, Broadway Theater district, Rockefeller Center, Madison Square Garden, UN complex, & several other famous NYC landmarks. Souvenir patches available. Please include \$4. with event payment & patch will be mailed to you.

**Niagara Falls - See the Falls****5/6/10/15 km Seasonal Walk (2017/Y0862) 4/1/2017 - 11/30/2017**

Border Crossings, Bridges - Spanning the USA, Cities in Song, Fraternal Organizations, Honoring Our Flag, Lady Liberty Special Program, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Underground Railroad, Walking the Path of Inventions, Walking the USA A - Z

**Award:** A Award      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** medium      **Pets:** No

**Sponsor:** AVA-0589 Niagara Frontier Volkssport Club [www.NiagaraVolkssportClubs.org](http://www.NiagaraVolkssportClubs.org)

**Contact:** Barb Stafford, [Barstffrd@aol.com](mailto:Barstffrd@aol.com), (716)741-9315, 5270 Goodrich Road, Clarence, NY, 14031

**Start Point:** Niagara Falls, NY - Holiday Inn- 114 Buffalo Ave. From I-90 Exit 21 to Robert Moses Expwy. Follow signs to State Pk & Am. Falls, Exit 4th St. towards Casino. At Buffalo Ave, Left to Start. PLEASE ASK FOR A PARKING CARD TO PLACE IN CAR WINDOW

**Event Info:** Two walks 5/10K entirely on US side of Falls with views across to Canada. In addition, two walk options 6/15K that include Canada. Proof of citizenship required to cross border if choosing one of the cross border walk options. Starts/ends in US at holiday Inn.

**Nyack - A Walk in the Villages of Nyack****5K & 10K Year Round Walk (2017/Y1152) 1/2/2017 - 12/31/2017**

Cities in Song, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Underground Railroad, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0505 Volkssport Club at West Point [www.avacclubs.org/WestPoint](http://www.avacclubs.org/WestPoint)

**Contact:** Peggy Goetz, [vcwpava@gmail.com](mailto:vcwpava@gmail.com), (845)268-2215, PO Box 30, West Point, NY, 10996-0030

**Start Point:** Nyack Hospital- 160 North Midland Ave, Nyack, NY. From NYSThruway (I-87/I-287) Exit 11, Nyack. Then, FROM NORTH: At traffic light, turn left onto Rt 59 East. Go under overpass to 1st traffic light (corner Rt 9W). Turn left onto Route 9W North; go through traffic light. Hospital entrance on right, about 1 block ahead. FROM SOUTH: Follow through stop sign, go 1 block to traffic light, & turn left onto Rt 9W North. Go 1 block to Hospital entrance on right. dawn to dusk. {lat:41.095524, lng:-73.92542} Enter hospital visitor entrance on South (Sickle) Ave side of building accessible from Midland Ave. Walk box on top of visitor info desk next to wall on left. (Many entrances into hospital building complex. Do NOT use either emergency entrances nor outpatient entrances on Midland or 5th aves.)

**Event Info:** Stroll Nyack's tree-lined sts; admire Victorian architectural treasures. Get lost in time viewing majestic Hudson River & Tappan Zee Bridge. Unique shops & galleries, featuring antiques & crafts; many fine restaurants; passes homes of painter Edward Hopper & actress Helen Hayes. Daily; walk daylight hrs only

**Ogdensburg - War of 1812****5/10K Seasonal Walk (2017/Y1432) 4/1/2017 - 11/30/2017**

Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, Points of Reference, State Street Sashay, Take a Walk In a City Park, Underground Railroad, United States Post Offices, Walking America's Ports of Call, Walking the USA A - Z, You'll Never Walk Alone

**Award:** A Award      **Strollers:** medium      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0589 Niagara Frontier Volkssport Club [www.NiagaraVolkssportClubs.org](http://www.NiagaraVolkssportClubs.org)

**Contact:** Bill Peeck, [wpeeck@rochester.rr.com](mailto:wpeeck@rochester.rr.com), (585)227-6025, 11 Parkside Lane, Rochester, NY, 14012

**Start Point:** Ogdensburg Dobinsky Visitors Center- 100 Riverside Ave. 315-393-1980. Follow Great Lakes Seaway Trail, Rt 12 N becomes Rt 37 to Ogdensburg. In Ogdensburg, at Rt 68 (Main St) bear left; follow signs for Remington Museum. Turn Left onto State St. Left onto Riverside Ave.

**Event Info:** Port City on beautiful St. Lawrence River. Starts Marina, walk by Ft. de La Presentation site (War of 1812), a lighthouse, Frederic Remington Art Museum. View Bridge crossing to Canada.

**Oswego - War of 1812****5/10K Seasonal Walk (2017/Y1251) 4/1/2017 - 11/30/2017**

Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Underground Railroad, Walking America's Ports of Call, Walking the USA A - Z

**Award:** A Award **Strollers:** medium **Restroom:** Yes  
**Rating:** 2B **Wheelchair:** medium **Pets:** Yes  
**Sponsor:** AVA-0589 Niagara Frontier Volkssport Club [www.NiagaraVolkssportClubs.org](http://www.NiagaraVolkssportClubs.org)  
**Contact:** Bill Peeck, [wpeeck@rochester.rr.com](mailto:wpeeck@rochester.rr.com), (585)227-6025, 11 Parkside Lane, Rochester, NY, 14012

**Start Point:** Oswego Quality Inn & Suites- 70 E. 1st St., Oswego, NY, 13126. From South: Rt 81 North, Exit 29 to Rt 481 North, From West: Thruway I-90, Exit 40 to Rt 34 North to 104 East (Seaway Trail) From North: Rt 81 South, Exit 34 to Route 104 West (Seaway Trail). From East: Thruway I-90 Exit 34A to Rt 481 North. Take Seaway Trail. From North, State Rt 3; Straight onto State Rt 104B, Turn right onto Rt-104 towards downtown Oswego; turn Right onto E 1ST St., Hotel on Left. From West, Seaway Trail to 104 towards Downtown Oswego. Take 1st left after the River onto E 1ST St.

**Event Info:** Port City with Maritime history & themed museum. Significant War of 1812 history with walk onto historic Ft Ontario. Was major railroad hub; Railroad Museum & walking trail through RR tunnel. Beautiful panoramic views from several parks on waterfront.

**Pultneyville - War of 1812****5/10K Seasonal Walk (2017/Y1876) 4/1/2017 - 11/30/2017**

Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Points of Reference, Underground Railroad, United States Post Offices, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A - Z, You'll Never Walk Alone

**Award:** A Award **Strollers:** medium **Restroom:** Yes  
**Rating:** 2A **Wheelchair:** medium **Pets:** Yes  
**Sponsor:** AVA-0589 Niagara Frontier Volkssport Club [www.NiagaraVolkssportClubs.org](http://www.NiagaraVolkssportClubs.org)  
**Contact:** Bill Peeck, [wpeeck@rochester.rr.com](mailto:wpeeck@rochester.rr.com), (585)227-6025, /, Rochester, NY, 14031  
**Start Point:** Pultneyville Deli Company- 4120 Lake Rd. Williamson, NY 315-589-0061  
**Event Info:** 1812 HISTORY: May 15, 1814, British warships under Commander James Yeo anchored off Pultneyville. Maritime community on Lk. Ontario. Charming community.

**Rhinebeck - Scenic Rhinebeck****5km/10km Year Round Walk (2017/Y1094) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Vice Presidential Walks, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** Easy **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Easy **Pets:** Yes  
**Sponsor:** AVA-0505 Volkssport Club at West Point [www.avacclubs.org/WestPoint](http://www.avacclubs.org/WestPoint)  
**Contact:** Andrew Schmidt, [vcwpava@gmail.com](mailto:vcwpava@gmail.com), (845)462-7539, PO Box 30, West Point, NY, 10996-0030

**Start Point:** The Delamater House (Office)- 25 Garden St, Rhinebeck, NY 12572. US Rt 9 to W. Market St to Garden St to end. Parking available across from office on left. 8 AM - until dusk. Phone number for hours if needed: (845) 876-7080. {lat:41.928293, lng:-73.91373}

**Event Info:** Trail on sidewalks in picturesque village. Late 18th - early 20th century architectural styles, blue stone walks, hitching posts, carriage stepping stones, well houses, period fences, barns, carriage houses, & outhouses. (Caution: uneven sidewalks.) Office usually open only in mornings. Daily 8am - Noon



**Rochester****5/6/10K Seasonal Walk (2017/Y1302) 4/1/2017 - 11/30/2017**

Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, National Register of Historic Places, Points of Reference, State Street Sashay, Take a Walk In a City Park, Trekking With the Trees, Underground Railroad, United States Post Offices, Walk the USA - Street by Street, Walking the Path of Inventions, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0589 Niagara Frontier Volkssport Club [www.NiagaraVolkssportClubs.org](http://www.NiagaraVolkssportClubs.org)  
**Contact:** Bill Peeck, [wpeeck@rochester.rr.com](mailto:wpeeck@rochester.rr.com), (585)227-6025, 11 Parkside Lane, Rochester, NY, 14012

**Start Point:** Rochester Radisson Hotel- Riverside- 120 East Main St. Rochester 14604, 585-546-6400. From West: I-90 Thruway, Exit 47; from East Exit 45; merge onto I-490 E toward Rt 19 (Leroy/Rochester. Inner Loop EXIT 13, on left toward Downtown/Plymouth Ave. Turn slight left onto Allen St. Turn right onto N Plymouth Ave. Take 2nd left onto W Main St/RT-33. W Main St is just past Church St. If on Plymouth Ave S & reach W Broad St, gone a little too far. Walk 7 days/wk in daylight hrs only.

**Event Info:** Corn Hill district with lovely Victorian homes; vibrant city center with architectural gems situated on Genesee River/ Erie Canal; City of Bridges. Through High Falls historic district. BBQ at famous Dinosaur Restaurant on route.

**Sackets Harbor - War of 1812****5/10K Seasonal Walk (2017/Y0207) 4/1/2017 - 11/30/2017**

Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Points of Reference, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A - Z, You'll Never Walk Alone

**Award:** A Award      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0589 Niagara Frontier Volkssport Club [www.NiagaraVolkssportClubs.org](http://www.NiagaraVolkssportClubs.org)  
**Contact:** Bill Peeck, [wpeeck@rochester.rr.com](mailto:wpeeck@rochester.rr.com), (585)227-6025, 11 ParkSIDE LANE, Rochester, NY, 14612

**Start Point:** Harbor Market (IGA) 111 Barracks Drive- From I81 exit 45, Head east on NY 3. Just before Sackets harbor Left fork on to County 75 into town. (75 is also Dodge AVE). Military cemetery on left (Big WW2 Cannon in front) then first right after that (Wheat ST) and next left (Old Military Road), IGA parking lot is off of Old Military RD.

**Event Info:** Historic village on Black River Bay & Lk. Ontario. Military history illustrated walkways from early 1800s to WWII. Walk Daylight, 7 days/wk;

**Saratoga Springs - Saratoga Springs City Walk****11/6km Year Round Walk (2017/Y0169) 1/1/2017 - 12/31/2017**

Ice Cream Parlors, Make a Wish at a Water Fountain, Points of Reference, State Street Sashay, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Underground Railroad, United States Post Offices, Walk the USA - Street by Street, Walking the Path of Inventions, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0410 Empire State Capital Volkssporters [www.walkescv.org](http://www.walkescv.org)

**Contact:** LaVerne Stiles, [saratogawalk@walkescv.org](mailto:saratogawalk@walkescv.org), (518)223-3750, 35 Loudon Rd, Saratoga Springs, NY, 12866

**Start Point:** Four Seasons Natural Foods- 120 Henry St, Saratoga Springs, NY 12866 518-584-4670. From South: I-87 North, Exit 13. Rt 9 N into middle of Saratoga Springs' intersection of Broadway, Rt 50/US 9 & Lake Ave. (Rt 29). At Lake Ave, Turn right, down hill to 3rd st on left- Henry St., just past the Hampton Inn. Turn left at Four Seasons on right. Parking here reserved for customers only. Please park on adjacent city st. or parking lot on High Rock Ave., one short block away. From North: I-87 South, Exit 15. Bear right onto Rt 50/US 9 South. Go 1.5 mi. Bear left onto Broadway. At intersection of Broadway & Lake Ave./Rt 29, turn left onto Lake Ave. Go down hill to Henry St - 3rd street on left just past Hampton Inn. Turn left here to Four Seasons on right.

**Event Info:** Walk city sidewalks, pass unique shops, boutiques, Victorian homes, world famous mineral springs, 19th C Canfield Casino, memorials & gardens in city's Congress Pk. Saratoga is home to the country's oldest and most beautiful Thoroughbred Race Course & Museum plus Skidmore College. Open daily 8 am - 8 pm

**Saratoga Springs - Spa Park****10km/5k Year Round Walk (2017/Y1027) 1/1/2017 - 12/31/2017**

Amphitheatres, Make a Wish at a Water Fountain, Points of Reference, Treasure Hunt - A way to walk our precious trails

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0410 Empire State Capital Volkssporters [www.walkescv.org](http://www.walkescv.org)

**Contact:** Carol Sorensen, [spaparkwalk@walkescv.org](mailto:spaparkwalk@walkescv.org), (518)223-0882, 5 Ella Drive, Fort Edward, NY, 12828

**Start Point:** Hilton Garden Inn- 125 S. Broadway (Rt 9), Saratoga Springs, NY. 518-587-1500  
From South: I-87 (Northway), Exit 13N to Rt 9, North 3.4 mi Hilton Garden Inn on left.  
From North: I-87 Exit 14, right on Rt 9P (Union Ave) to end at Circular St. Turn left & bear right to Rt 9 (Holiday Inn on right). Turn Left (south) on Rt 9 (S. Broadway) about 0.5 mi to Hilton Garden Inn on right. Snowshoers will drive to their Start Pt in Spa Park.

**Event Info:** Spa Park has arched promenades and is a Nat'l Historic Landmark known for cultural diversity. Glorious setting; only spouting geyser "east of the Mississippi," natural mineral springs, & mile-long Ave of Pines. Home to Nat'l Museum of Dance, Lincoln Mineral Bath, Gideon Putnam Hotel, Auto Museum. SPAC (summer home NYC Ballet & Phil. Orchestra). In winter, trails not cleared for walking. Snowshoeing route available for event/distance credit. Two loops offer combined distances 5.5 km. Dawn to Dusk. (For Saratoga Battlefield, see Stillwater, NY)

**Schenectady - SCHENECTADY****10/5km Year Round Walk (2017/Y0250) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Food For Thought, Ice Cream Parlors, Lady Liberty Special Program, Points of Reference, State Street Sashay, Take a Walk In a City Park, United States Post Offices, Vice Presidential Walks, Walk the USA - Street by Street, Walking the Path of Inventions, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0410 Empire State Capital Volkssporters [www.walkescv.org](http://www.walkescv.org)

**Contact:** Teresa Kennedy, [schenectadywalk@walkescv.org](mailto:schenectadywalk@walkescv.org), (518)370-0585, 1569 Dean St., Schenectady, NY, 12309

**Start Point:** Apostrophe Cafe at Proctors Theater- 432 State Street, Schenectady, NY 12305 From East, South or West: NYS Thruway (I-90) to Exit 25; I-890 to Exit 5 (Broadway). From east turn right at the foot of ramp; From west, turn left onto Broadway. Take Broadway to 2nd traffic light. Turn left for a pay parking lot. Turn right onto S. Clinton St for 2 more pay parking lots. For garage parking, turn left at 3rd light (Hamilton St) & follow signs. From North to South: Take Northway (I-87) south to Exit 6. Take Rt 7 west into Schenectady to I-890 west. Follow I-890 to Exit 5 (Broadway). Turn right at bottom of ramp onto Broadway to 3rd traffic light. Turn left into parking garage. Parking garage adjacent to Proctors. The Apostrophe Cafe is INSIDE the Proctor's Arcade.

**Event Info:** Walk will be on city streets through two historic neighborhoods including the Stockade, one of the first designated historic districts in NYS. The walk also includes the newly renovated downtown, as well as the campus of Union College. Cafe is open M-Sat. 9-5 and on Sundays 9-2. Closed major holidays.

**Scotia - SCOTIA****10/5km Seasonal Walk (2017/Y1804) 4/1/2017 - 11/30/2017**

Amphitheatres, Ice Cream Parlors, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Underground Railroad, United States Post Offices, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0410 Empire State Capital Volkssporters [www.walkescv.org](http://www.walkescv.org)

**Contact:** Vera Weiss, [scotiawalk@walkescv.org](mailto:scotiawalk@walkescv.org), (518)399-1798, 37 Olde Coach Road, Scotia, NY, 12302

**Start Point:** COLLINS PARK-  
From East & South: NYS Thruway (I-90) Exit 25 to I-890 West. Exit 4C, left at traffic light, cross bridge, then turn right into Collins Park. From West take Thruway I-90 Exit 26 to I-890 East, Exit 4B, turn left at end of ramp & follow sign to Scotia, Rt.5. Proceed as above.  
From North: Northway (I-87) Exit 6. Rt 7 West toward Schenectady. I-890 West, Exit 4C, proceed as above.

**Event Info:** Route follows residential streets of village, along Mohawk River & through Collins Pk. Scotia Library & Glen Sanders Mansion date from early 1700's. GSM is the oldest building along Mohawk River. Geo Washington, friend of Glen family, stayed here. Walk Box is at the hotel's registration desk - just left of the entrance. 5K rated 1A; doesn't include these Special. Programs: Fraternal Organizations, Lakes/Rivers, Over Rainbow, or Trekking with Trees. Daily dawn to dusk.

**Sodus Point - Lighthouse****5/10K Seasonal Walk (2017/Y2111) 4/1/2017 - 11/30/2017**

Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Points of Reference, United States Post Offices, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A - Z

**Award:** IVV Credit Only **Strollers:** hard **Restroom:** Yes

**Rating:** 2B **Wheelchair:** hard **Pets:** Yes

**Sponsor:** AVA-0589 Niagara Frontier Volkssport Club [www.NiagaraVolkssportClubs.org](http://www.NiagaraVolkssportClubs.org)

**Contact:** Bill Peeck, [wpeeck@rochester.rr.com](mailto:wpeeck@rochester.rr.com), (585)227-6025, 11 PARKSIDE LANE, Rochester, NY, 14012

**Start Point:** Sunoco Pit Stop Convenience Store- 8463 Bay St. Sodus Point, NY 14555 From I-90, Thruway: Exit 42; US 14 N past Lyons into Sodus Pt. At Lake Rd. turn right (Lake Rd. turns into Bay St.) Travel 1 mile to Pit Stop at corner of Bay St. and Bay St. Ext.

**Event Info:** Route passes Lighthouse Museum, located on southern shore Lk Ontario, part of Seaway Trail. It goes through residential streets & downtown of this quaint community. Lighthouse website: <http://www.soduspointlighthouse.org/>

**Southampton - Southampton Stroll****10 and 5 km Year Round Walk (2017/Y1863) 1/1/2017 - 12/31/2017**

Boardwalks, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Lakes and Reservoirs, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** medium **Pets:** Yes

**Sponsor:** AVA-0505 Volkssport Club at West Point [www.avaclubs.org/WestPoint](http://www.avaclubs.org/WestPoint)

**Contact:** Mike Green, [mikeginf@gmail.com](mailto:mikeginf@gmail.com), (845)781-6801, 320 Melbourne Way, Souderton, PA, 18964

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) START: Southampton, NY- REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user. Driving directions to the event starting point are included in the walk directions downloaded from the Online Start Box.

**Event Info:** This walk is composed of two 5km walks both starting/finishing from the same location. The first 5km walk passes by numerous Southampton residences to the nearby ocean beach where the route walks along a short section of the beach (about .5km) before returning to the start along a route that includes walking next to Agawam Lake. The second 5km walk passes downtown shops and restaurants, the Southampton town hall, and numerous Southampton residences.

**Stillwater - Saratoga National Historical Park****12/10/5 KM Year Round Walk (2017/Y1165) 1/2/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, National Parks Centennial Challenge, National Register of Historic Places, Points of Reference, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** easy **Restroom:** Yes**Rating:** 3C **Wheelchair:** easy **Pets:** Yes**Sponsor:** AVA-0410 Empire State Capital Volkssporters [www.walkescv.org](http://www.walkescv.org)**Contact:** Cathy Marrano, [battlefieldwalk@walkescv.org](mailto:battlefieldwalk@walkescv.org), (518)885-8804, 10 Raspberry Drive, Malta, NY, 12020**Start Point:** Saratoga National Historical Park Battlefield Visitor's Center- Use one of 2 entrances to Saratoga National Historical Park: Entrances on Rt. 32 OR Rt. 4. Both are between Stillwater and Schuylerville.**Event Info:** The Battle of Saratoga, "Turning Point of Revolutionary War"- one of most significant battles in world history - was fought here. Bring water. Open daily: 9-5 Closed major holidays. Tour Road open 4/1 - mid Nov. depending on weather. The main route includes the Wilkinson Trail where battle points of interest are described in a free pamphlet available in the Visitor Center. The trail goes through woods and hilly areas. Some tree roots and stone steps may make the trail slippery in wet weather. An alternate route is available for wheelchairs and strollers and is strongly recommended for all in very wet weather. Walks dependent upon weather conditions. Winter snow shoe route is available dependent upon weather conditions as well. Park fee: \$3pp**Troy - Downtown****10/5 km Year Round Walk (2017/Y1332) 1/1/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Ice Cream Parlors, Points of Reference, State Street Sashay, Take a Walk In a City Park, Underground Railroad, United States Post Offices, Walk the USA - Street by Street, Walking America's Ports of Call

**Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes**Rating:** 1A **Wheelchair:** Hard **Pets:** Yes**Sponsor:** AVA-0410 Empire State Capital Volkssporters [www.walkescv.org](http://www.walkescv.org)**Contact:** Kathy Brown, [troywalk@walkescv.org](mailto:troywalk@walkescv.org), (518)271-7434, 71 High Street, Green Island, NY, 12183**Start Point:** Best Western Plus - Franklin Square Inn- One Fourth Street, Troy, NY 12180; (518) 274-8800. From North: I-87 South (Northway) to Exit 7 (Alt. 7 East). Stay right over Collar City Bridge then right at end of ramp onto Hutton. (Troy-Downtown). At ramp's end, turn right. Go 2 blocks & turn left onto River St. to Inn on left.  
From South : NYS Thruway Exit 23. I-787 North to Exit 8 (23rd St, Watervliet/Green Island). \*\*\*\*\*Turn right at traffic light & next right over Bridge. After bridge, turn right onto River St. to Inn on left.  
From West: I- 90 East to I- 787 North to Exit 8. See above \*\*\*\*\*  
From East: Take I-90 West to I- 787 North to Exit 8. See above \*\*\*\*\***Event Info:** Trail is on city streets, passing business district, many historical homes, Russell Sage College, monuments, & Hudson River shoreline. Daily Dawn-Dusk.

**Watertown****5/10K Seasonal Walk (2017/Y2076) 4/1/2017 - 11/30/2017**

Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, State Street Sashay, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes

**Rating:** 3B      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0589 Niagara Frontier Volkssport Club [www.NiagaraVolkssportClubs.org](http://www.NiagaraVolkssportClubs.org)

**Contact:** Bill Peeck, [wpeeck@rochester.rr.com](mailto:wpeeck@rochester.rr.com), (585)227-6025, 11 PARKSIDE LANE, Rochester, NY, 14012

**Start Point:** Watertown Best Western Inn- 300 Washington St. Watertown, NY 13601. 315-782-8000. From I-81 North: Exit 44, turn left. At Rt 232, turn right & left at Rt 11 N. Inn 2 mi on left. From I-81 South: Exit 45, turn left onto Rt 3. Go 2 mi to downtown; turn right onto Washington St. Inn 2 blocks on right.

**Event Info:** Quaint community situated between Lk. Ontario & Adirondack Mtns, best known for heavy snowfalls, & Ft. Drum, home of the X Mountain Division, US Army's most deployed unit.

**Watkins Glen - Watkins Glen****5K & 10K Seasonal Walk (2017/Y0239) 5/15/2017 - 10/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Lakes and Reservoirs, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walking America's Ports of Call, You'll Never Walk Alone

**Award:** B Award      **Strollers:** NO      **Restroom:** Yes

**Rating:** 3C      **Wheelchair:** NO      **Pets:** No

**Sponsor:** AVA-0790 Finger Lakes Volkssports Club, The [www.flrvc.org](http://www.flrvc.org)

**Contact:** Doug Gausman, [dgausman7@gmail.com](mailto:dgausman7@gmail.com), (607)757-0164, 719 Underwood Road, Vestal, NY, 13850

**Start Point:** Castel Grisch Estate Winery & Restaurant (may change--check website)- 3380 County Rd 28; Watkins Glen, NY. Take preferred route to Watkins Glen which is situated at the south end of Seneca Lake. From Rte 14 in Watkins Glen, turn onto Rte 409 then turn right on Rte 28 to SP.

**Event Info:** Both 5K & 10K routes require drive to trailhead.. All routes go along beautiful Seneca Lk, through Watkins Glen & scenic State Pk. Trail in State Pk may be wet & has climbing a number of steep steps through gorge. Walkers should wear good footwear & pace for somewhat strenuous climb. Great photo opportunities. Start Point open 10:00 a.m.- 5:00 p.m.

**West Point - Military Academy at West Point****7 km and 10km Year Round Walk (2017/Y0037) 1/2/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Points of Reference, Trekking With the Trees, United States Post Offices, Walking the Path of Inventions, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0505 Volkssport Club at West Point [www.avaclubs.org/WestPoint](http://www.avaclubs.org/WestPoint)  
**Contact:** Nancy Patrick, [vcwpava@gmail.com](mailto:vcwpava@gmail.com), (845)446-4709, PO Box 30, West Point, NY, 10996-0030

**Start Point:** Highland Falls Market, 447 Main Street, Highland Falls, NY 10928- The Highland Falls Market is across the street from the currently closed (while under renovation) West Point Visitor's Center. From South: Palisades Interstate Pky North to end (Bear Mtn traffic circle). Follow signs to Rt 9W North. Take 9W North 2.6 mi to Highland Falls exit; follow signs West Pt Visitors Center. From I-84: Exit 10S. Take 9W South 24 mi to Highland Falls exit & follow signs West Pt Visitors Center. Check Market for hours if needed at: <http://www.highlandfallsmarket.com/> {lat:41.374398, lng: -73.963782}

**Event Info:** Both trails pass main academic area, Chapels, historic monuments, & athletic facilities of US Military Academy with magnificent views of Hudson River. The 10km trail includes the cemetery. Please review the security description online for this event for the needed security procedures to access West Point.

**Williamsville****5/10km Seasonal Walk (2017/Y1014) 4/1/2017 - 11/30/2017**

Bridges - Spanning the USA, Fraternal Organizations, Honoring Our Flag, National Register of Historic Places, Points of Reference, Trekking With the Trees, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** A Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0589 Niagara Frontier Volkssport Club [www.NiagaraVolkssportClubs.org](http://www.NiagaraVolkssportClubs.org)  
**Contact:** Terry McFarland, [tpjd123@hotmail.com](mailto:tpjd123@hotmail.com), (716)568-1186, ----, East Amherst, NY, 14051

**Start Point:** Williamsville (Amherst) DiCamillo Bakery- 5329 Main at S Long. Williamsville, NY (716)635-6504 From Thruway (I-90): Exit 50 to Rt 290 to Exit 7A Main. E (first exit). Continue on Main about 1mi. At S. Long, Turn Right. Sign-in parking available at Start Point, then move to free municipal parking lot SE on S Long at LeHigh RR station/walk trail. Begin walk here.

**Event Info:** Important crossroads on the Great Iroquois Trail (Route 5/Main St) Charming village in the Town of Amherst, NY for 200+ yrs. Spectacular waterfall, historic mill, new State Park. One hill near waterfall; alternate instructions available to see waterfall.

**Youngstown - War of 1812****5/10/11K Seasonal Walk (2017/Y1266) 4/1/2017 - 11/30/2017**

Civil War Battlefield, Fraternal Organizations, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Points of Reference, Underground Railroad, United States Post Offices, Walking the USA A - Z, Water Towers

**Award:** A Award **Strollers:** medium **Restroom:** Yes  
**Rating:** 2A **Wheelchair:** medium **Pets:** Yes  
**Sponsor:** AVA-0589 Niagara Frontier Volkssport Club [www.NiagaraVolkssportClubs.org](http://www.NiagaraVolkssportClubs.org)  
**Contact:** Barbara Stafford, barstfrd@aol.com, (716)741-9315, 5270 Goodrich Rd., Clarence, NY, 14031

**Start Point:** Youngstown-The Village Diner- 425 Main St. Youngstown, NY 14174 (716)745-9858  
 From Buffalo: Rt 190 N, crossing TWO Grand Island Bridges. Continue N following signs for Youngstown-Old Ft Niagara. Use Youngstown Rt 93 Exit turning left to Rt 93. At flashing red signal turn left & park off street at Village parking area just S of SP across st. From E: Rt 104 or Rt 18 to Youngstown.

**Event Info:** Historic Fort Niagara. War 1812 Seaway Trail Walk- village sidewalks, paths through Old Fort Niagara St Pk; 11 K also goes through 1759 Fort (Gate fee applicable - highly recommended- French,British & US held fort). Many old homes, marina, Underground Railroad sites. Spectacular views of Lk Ontario/Niagara River. SP has good food, small-town rates & world-class view.  
 M-Th 6a-8:30p; F/Sat 6a-2p; Sun 6a-1p

**NORTH CAROLINA****Asheboro****10km Year Round Walk (2017/Y1189) 1/3/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Points of Reference

**Award:** IVV Credit Only **Strollers:** Easy **Restroom:** Yes  
**Rating:** 2A **Wheelchair:** Medium **Pets:** No  
**Sponsor:** AVA-0284 Winston Wanderers  
**Contact:** Lloyd Tolbert, treb03@gmail.com, (276)252-9100, PO Box 725, Clemmons, NC, 27012

**Start Point:** North Carolina Zoological Park - EARTH EXPLORER GIFT SHOP inside "North America" entrance gate. 800-488-0444. 4401 Zoo Pkwy. GREENSBORO, take Hwy 220 S to Asheboro, exit 49 (approx 30 miles) follow signs to zoo. CHARLOTTE take Hwy 49 or I-85 N to Hwy 64 E. Follow Hwy 64 to Zoo Pkwy in Asheboro, follow signs to zoo. WILMINGTON take Hwy 74 W to Hwy 220 N at Rockingham. Follow Hwy 220 to Asheboro, follow signs to zoo. GPS N35deg 37.79', W79deg 45.93'

**Event Info:** Daily 9am-4pm. Closed Christmas and may close on occasional severe weather days. FEE AREA: Adults \$12, Seniors (62+) \$10, children \$8. and groups of 15+ receive \$1 discount (as of printing check website for current prices, [www.nczoo.org/visit/tickets.html](http://www.nczoo.org/visit/tickets.html)). North Carolina boasts one of the world's largest and most beautiful zoos. The almost 1500-acre park includes a 300-acre replication of Africa's wilderness & a 200-acre representation of N. America's landscape. Renowned as the first American zoo conceived and built around natural habitat philosophy. Animals at the North Carolina zoo wander through large indoor and outdoor habitats that simulate their natural environments. Youth under age 18 may walk free with credit.



**Asheville****5/11km Year Round Walk (2017/Y1010) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, You'll Never Walk Alone

**Award:** B Award **Strollers:** Medium **Restroom:** Yes  
**Rating:** 3A **Wheelchair:** None **Pets:** Yes  
**Sponsor:** AVA-0046 Asheville Amblers [www.AshevilleAmblers.com](http://www.AshevilleAmblers.com)  
**Contact:** Jon Whiteside, tjwhites@hotmail.com, (828)258-0314, 225 Midland Dr, Asheville, NC, 28804

**Start Point:** Asheville Chamber of Commerce Visitors Center - 36 Montford Ave Asheville, NC 28801 828-258-6129, 800-257-1300. From the West on I-240, take Exit 4C, to Haywood St. Right on Haywood, and take next right on Montford. Visitor Center is large brick building on the left, immediately after you go over I-240, and thru stoplight. From the East on I-240, take Exit 4-C. Turn right on Montford and immediately left to the VC.

**Event Info:** M-F 8:30am-5:30pm; Sat and Sun 9am-5pm. Closed New Years' Day, Easter, Thanksgiving, Christmas. Rated 3A. No wheelchairs, strollers difficult. Enjoy portions of the Urban Trail through the vibrant art-deco downtown as you experience the ambience of a designated "All American City". Visit the restored Grove Arcade with new shops, restaurants, and condos that are now in place to depict its original uniqueness as an indoor shopping mall back in the 1920s. You'll walk by the Thomas Wolfe Home, which reopened in May 2004 after being closed since 1998 for extensive restoration that was needed after a fire. Visit several old neighborhoods of Asheville, the new Greenway along Reed Creek and the Botanical Gardens. Walk thru the historic Montford District with old homes and several B&Bs. Stroll through Riverside Cemetery where O'Henry, Thomas Wolfe and Zebulon Vance are buried. 5KM limited to cemetery, greenway and historic neighborhoods. Ask at the Visitors Center for more info about Asheville. "B" award available.

**Asheville - Arboretum****Distance 5/10/11/21 km Year Round Walk (2017/Y1318) 1/2/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Lakes and Reservoirs, Make a Wish at a Water Fountain, Points of Reference, Trekking With the Trees

**Award:** A Award **Strollers:** NO **Restroom:** Yes  
**Rating:** 3B **Wheelchair:** NO **Pets:** Yes  
**Sponsor:** AVA-0046 Asheville Amblers [www.AshevilleAmblers.com](http://www.AshevilleAmblers.com)  
**Contact:** Charlie Hess, dmichblue@aol.com, (828)891-9450, PO Box 1535, Hendersonville, NC, 28729

**Start Point:** North Carolina Arboretum-Baker Exhibit Center- 100 Frederick Law Olmsted Way, Asheville 28806 828-665-2492. From I-26, take exit 33. Follow NC-191 south approx 3 miles. Right at light for the Blue Ridge Pkwy. Turn right towards the Arboretum entrance gate. From BRP, exit for NC 191 at mile marker 393 and turn left to Arboretum. Go to desk at Baker Exhibit Center and ask for Walk Box.

**Event Info:** M-Sat 9am-5pm, Sun 12-5pm. Closed major holidays. \$12 per car to enter Arboretum; \$6 / carload First Tuesday. \$12 can be applied to annual yearly parking fee of \$45. <http://www.ncarboretum.org/> Rated 3B. Not suitable for wheelchairs or strollers. Trail has four options. Only one credit even if completing all options. 5Km includes formal gardens, a walk along a stream and through woods. 10 & 11 Km pass through formal and informal gardens and along forest roads and trails. 11Km also goes around lake. 21Km is combination of 10 & 11Km. Be sure to visit the Bonsai Exhibition Garden. No pets allowed in the Bonsai Garden, formal gardens or buildings. "A" award available.

**Asheville - Biltmore Estate****5/10/12km Year Round Walk (2017/Y1222) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Trekking With the Trees

**Award:** A Award **Strollers:** NO **Restroom:** Yes  
**Rating:** 3C **Wheelchair:** NO **Pets:** Yes  
**Sponsor:** AVA-0046 Asheville Amblers [www.AshevilleAmblers.com](http://www.AshevilleAmblers.com)  
**Contact:** Jon Whiteside, [tjwhites@hotmail.com](mailto:tjwhites@hotmail.com), (828)258-0314, 225 Midland Dr, Asheville, NC, 28804

**Start Point:** Biltmore Estate Reception and Ticketing Center- 800-624-1575. From I-40, take exit 50 toward Asheville (north). Go three blocks (follow signs to Biltmore Estate), bear left and then turn left into Estate. Go through gatehouse and follow signs to Reception & Ticketing Center. Ask for "Walk Box" at Ticket Counter. Register, stamp books (difficult to return after walk) and drive to Start Point. Drive to parking area for visiting the house. Walk or take shuttle to START POINT which is in front of the house.

**Event Info:** Daily, 9-5. Admission required for entrance to house and gardens. Stroll through gardens, newly renovated conservatory and along paths and trails throughout the Estate not normally seen by visitors. Water and camera are musts. Trail shoes or hiking boots are recommended for the walk, and a walking stick would help. Carry a snack. For an additional 2 km, walk through 250 room chateau built by George Vanderbilt at the end of the 19th Century. No pets allowed in the house. A short video and 3D Diorama of the Estate grounds available at the registration area.

**Beaufort****10/5 km Year Round Walk (2017/Y1322) 1/3/2017 - 12/31/2017**

Animal Safari, Boardwalks, Food For Thought, Honoring Our Flag, National Register of Historic Places, Points of Reference, Trekking With the Trees, Walking America's Ports of Call, Water Towers

**Award:** IVV Credit Only **Strollers:** Easy **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** medium **Pets:** Yes  
**Sponsor:** AVA-0284 Winston Wanderers  
**Contact:** Mary Martin, [mary.martin@stantec.com](mailto:mary.martin@stantec.com), (919)395-6147, 103 Glen Alpine Circle, Cary, NC, 27513

**Start Point:** Beaufort Historical Association- 252-728-5225, 800- 575-7483, Hours: Mar- Nov Mon- Sat 9:30 am 5:00 pm, Dec- Feb Mon- Sat 10 am 4 pm. <http://beauforthistoricsite.org>. 130 Turner Street. From Raleigh or I-95: Take US Hwy 70 East into Beaufort. Turn right at the first light onto Turner Street for two blocks. Start Point is on the left. The start box will be located behind desk. Alternate Start Point with stamp: YR896 Crystal Coast Visitor Center 3409 ArendellSt.(Hwy70) Morehead City, NC 28557

**Event Info:** In North Carolina it is pronounced "Bo-furt". Since 1525, seafarers have been drawn to the area beaches, historical sites, and wild horses of Carrot Island. Enjoy the history, traditions and ambiance of NC's third oldest town, founded in 1709, as you walk the historic waterfront district and along the live oak shaded Taylor's Creek waterfront. Visit the 300-year old cemetery, the Old Burying Ground; Hammock House, the Pirate Blackbeard's local residence; the NC Maritime Museum and many of the more than 100 restored historic homes of the 18th and 19th centuries.

**Black Mountain****7/10km Year Round Walk (2017/Y1138) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Ice Cream Parlors, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, State Street Sashay, Take a Walk In a City Park, Trekking With the Trees

**Award:** B Award      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0046 Asheville Amblers [www.AshevilleAmblers.com](http://www.AshevilleAmblers.com)

**Contact:** Holly & Terry Reiling, [tereiling@yahoo.com](mailto:tereiling@yahoo.com), (828)782-8433, 47 Eastmoor Dr, Asheville, NC, 28805

**Start Point:** Town Hardware and General Store- 103 West State St. Black Mountain 28711 828-669-7723 From I-40 take exit 64. Travel north on NC-9 (Broadway St) to intersection of U-70 (State Street). Town Hardware is the first store on your left at the corner of Broadway and State Street. Parking is available throughout the downtown area.

**Event Info:** Hours: Mon-Sat. 8 to 6; Sun. 1 to 5. Closed on major holidays. Walk through the quaint and picturesque town of Black Mountain called the "front porch of Western North Carolina" with its specialty shops and great dining. Meander along a serene greenway and around Lake Tomahawk. Visit the "Oaks" mansion repurposed for use by Montreat College. The start point itself is a shopping jewel.

**Blowing Rock - Blue Ridge Parkway****Distance 10/20 km Year Round Walk (2017/Y0817) 1/3/2017 - 12/31/2017**

Animal Safari, Food For Thought, Honoring Our Flag, Lakes and Reservoirs, National Parks Centennial Challenge, National Register of Historic Places, Points of Reference, Trekking With the Trees, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0284 Winston Wanderers

**Contact:** Brenda Saintsing, [brendasaintsing@gmail.com](mailto:brendasaintsing@gmail.com), (336)475-3038, P.O. Box 725, Clemmons, NC, 27012

**Start Point:** Blowing Rock Market - 828-295-7373, 990 Main St, Blowing Rock (US-321 Bypass). From the east take US 421 to the Blue Ridge Parkway at Deep Gap and turn left onto parkway access ramp. From the north via US 221 turn left on US 421 for approximately 0.6 mi then turn right on the Blue Ridge Parkway access ramp. Turn right (south) on the parkway for approximately 18 miles to US 321/221 in Blowing Rock. Turn left on 321/221. At the second traffic light turn right on Bus 321/221/Main Street. At the next traffic light bear left on Main Street/Bus321 to the Blowing Rock Market on the right. (Option: Follow US 421/221 into Boone then left on SR 105/ US 221 and left on US 321/221 into blowing rock.) From the west follow US 321 through Boone into Blowing Rock. From the south US 321 north (I-85 exit 17 in Gastonia; I-40 exit 123 in Hickory) to Blowing Rock and follow Bus 321/Main Street through town to the start point on the left just past Blowing Rock Park.

NOTE: US 321 is under construction between Lenoir and Blowing Rock and is subject to delays or detour. Call the NCDOT Traveler Information Line at 511 for current status. ALTERNATE START POINT: Holiday Inn Express Boone, 1943 Blowing Rock Road (Hwy 321), Boone, NC

**Event Info:** Mon-Thu 7am-9pm, Fri-Sat 7-10, Sun 8-8, call for holiday hours. Please walk during daylight hours only. Youth under age 18 may walk with credit for free. Manor House Trail: Register at Blowing Rock Market and drive about 0.7 mile to walk start at Bass Lake parking area. Enjoy the walk as it circles Bass Lake and goes through the forest on Rhododendron lined, dirt and gravel surfaced carriage trails and visits the Manor House on the Moses Cone Flat Top Mountain Estate, now a national park nestled along the Blue Ridge Parkway. A large variety of hardwoods and conifers along with Rhododendron, Mountain Laurel and other native flora assure a colorful and interesting walk throughout the year. The trail may be difficult for wheel chairs due to hills and is recommended for medium and large wheeled strollers. GPS N36deg 08.11', W81deg 40.67'

**Boone****10 km Year Round Walk (2017/Y1465) 1/3/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Points of Reference, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0284 Winston Wanderers  
**Contact:** Loren Little, lorenlittle@bellsouth.net, (336)391-2645, PO Box 725, Clemmons, NC, 27012

**Start Point:** Holiday Inn Express Boone- 1943 Blowing Rock Road (Hwy 321). From I-77, at Exit 73, or Wilkesboro follow US421 to US221/105 in Boone. Left on US221/105 to US221/321 South (Blowing Rock Rd.). Left on Blowing Rock Rd. approximately 1.2 miles to start point on the Left side of the road, across the street from Chili's Restaurant. Alternate Start Point: 990 Main Street, Blowing Rock (YR817). See listing for directions and hours.

**Event Info:** Open 24 hours Daily, please only walk during daylight hours only. Youth under age 18 may walk free with credit. Greenway Walk mostly on peaceful, paved paths along the south fork of the New River. Enjoy secluded nature trail just minutes from the town activity.

**Brevard****5/10 KM Year Round Walk (2017/Y0961) 1/1/2017 - 12/31/2017**

Amphitheatres, Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Points of Reference, Trekking With the Trees, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0046 Asheville Amblers [www.AshevilleAmblers.com](http://www.AshevilleAmblers.com)  
**Contact:** Perry Rawson, hchs59@gmail.com, (828)698-6760, 152 Mill Pond Way, Hendersonville, NC, 28791

**Start Point:** BiLo Super Market - 41 Forest Gate Shopping Center, Pisgah Forest, NC 28712 828-885-7907 From I-26, take Exit 40 and go south on NC 280 to the entrance for the WalMart/BiLo shopping center, at the light before the intersection of 280 and US 276/64. Turn right into the shopping center, then left towards BiLo. The Walk Box is at the customer service desk.

**Event Info:** Dawn to Dusk. Closed 1/2 day Thanksgiving, all day Christmas. Rated 1B. Amble along shaded pathway beside the Davidson River which includes a portion of the Estate Trail, used by Cherokees as a trade route between Western NC and SC. Visit a unique chapel founded in 1860 by Reverend English, a Methodist Circuit rider for the local community. Watch the various activities on the Davidson such as fly fishing, tubing and people enjoying the cool waters. Visit, and even join in an old style "swimming hole".

**Brevard****5/10 KM Year Round Walk (2017/Y1019) 1/2/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, You'll Never Walk Alone

**Award:** IVV Credit Only                      **Strollers:** Medium                      **Restroom:** Yes

**Rating:** 2A                                      **Wheelchair:** Hard                      **Pets:** Yes

**Sponsor:** AVA-0046 Asheville Amblers [www.AshevilleAmblers.com](http://www.AshevilleAmblers.com)

**Contact:** Perry Rawson, [hchs59@gmail.com](mailto:hchs59@gmail.com), (828)698-6760, 152 Mill Pond Way, Hendersonville, NC, 28791

**Start Point:** Food Lion Super Market - 100 College Station Dr, Brevard, 28712, 828-884-4532. From I-26, take Exit 40 and go south on NC-280 for approx 16 miles to intersection with US-64 and US-276. Continue straight on 280/64/276 approx 3 miles. Turn right on College Station Dr into strip mall. Food Lion is straight ahead. Walk Box is at managers office.

**Event Info:** Dawn to dusk, 7 days a week. Closed after 3 pm on Thanksgiving and all day Christmas. Stroll through Brevard College, known for its music programs and small school atmosphere. Walk also includes picturesque neighborhoods, a vibrant and quaint downtown, an old mansion and the restful feeling of a small town environment. This is the only walk where you can see WHITE squirrels (not albinos) as you pass through the neighborhoods.

**Burlington****10/5 km Year Round Walk (2017/Y1180) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Water Towers

**Award:** IVV Credit Only                      **Strollers:** Easy                      **Restroom:** Yes

**Rating:** 1A                                      **Wheelchair:** hard                      **Pets:** Yes

**Sponsor:** AVA-0284 Winston Wanderers

**Contact:** Loren Little, [lorenlittle@bellsouth.net](mailto:lorenlittle@bellsouth.net), (336)391-2645, PO Box 725, Clemmons, NC, 27012

**Start Point:** Alamance County Community YMCA- 336-227-2061, 1346 S Main Street. From I-85/I-40 take exit 143, NC62/Alamance Rd. Go north 1.5 mile and turn right on US70 (being careful not to turn too far onto NC54). Pass through 2 traffic lights (Burlington City Park is on right), then bear right on Main St. to YMCA on right.

**Event Info:** Mon-Fri 5 am - 9 pm, Sat 7 am - 6 pm, Sun I - 6 pm. Closed major holidays including Easter. Youth under age 18 may walk free with credit. Route tours historic downtown and residential areas with many National Registry listed points-of-interest, through a city park featuring a 1906-1910 vintage working carousel and the NC Softball Association Hall of Fame (open intermittent hours). GPS N36deg 05.1', W 79deg 27.08'.

**Buxton - Cape Hatteras****11km Year Round Walk (2017/Y0602) 1/3/2017 - 12/31/2017**

Honoring Our Flag, National Parks Centennial Challenge, National Register of Historic Places, Points of Reference, Trekking With the Trees

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0284 Winston Wanderers  
**Contact:** Loren Little, lorenlittle@bellsouth.net, (336)391-2645, PO Box 725, Clemmons, NC, 27012

**Start Point:** Dillon's Corner- 252-995-5083; tourist info 1-800-446-6262, Hwy 12. US158 from Nags Head, south to Hwy 12, south to Start Point at Buxton. From Raleigh or I-95, take US64 east to Hwy 12. Take Hwy 12 south for about 47 miles to Buxton. Store is on right across from Hatteras Island Inn.

**Event Info:** Winter, Daily 7 - 7; Summer, Daily - Dawn to Dusk. Closed Christmas and New Years Eves and Days. Call if weather is in doubt. National Park Visitor Center open 9-5. Youth under age 18 may walk free with credit. This is a level trail on grass along the roadway, on a dirt trail and 2 km along the beach. Visit the Cape Hatteras Lighthouse and experience the micro-climates of the beach and maritime forest settings of the NC barrier islands. Stroller and wheelchair suitable only with bypass of beach and nature trail sections. Carry water, and insect repellent is strongly recommended. GPS: N35deg 15.91', W75deg 31.51'

**Cary - Bond Park****5Km/10 km Year Round Walk (2017/Y1296) 1/2/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, Points of Reference, Take a Walk In a City Park, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0786 Triangle Trailblazers [www.triangletrailblazers.org/](http://www.triangletrailblazers.org/)  
**Contact:** Debby Wapner, debbywapner@aol.com, (919)749-5463, 2820 Barrymore, Raleigh, NC, 27603

**Start Point:** Cary Family YMCA (Walk indefinitely suspended)- 101 YMCA Drive. From the west on I-40, take exit 287, turning right on Harrison Ave. Turn right on Cary Parkway. Turn left on YMCA Dr. (approx. 1 mile past the light at High House Rd.) YMCA is on the left. From the south on US 1, exit at Cary Parkway. Turn left on Cary Parkway, then right on YMCA Dr.

**Event Info:** Mon-Fri 8am-7:30pm; Sat 8am-6pm; Sun 1pm-6pm. Closed major holidays. Call if in doubt. Phone: 919-469-9622. The trail is mostly flat on natural and paved paths. Majority of the walk is through wooded areas around a scenic lake sometimes dipping into ravines and crossing ridges and boardwalks.

**Cary - Prestonwood****5Km/10Km Year Round Walk (2017/Y2008) 1/1/2017 - 12/31/2017**

Food For Thought, Honoring Our Flag, Points of Reference, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0786 Triangle Trailblazers [www.triangletrailblazers.org/](http://www.triangletrailblazers.org/)

**Contact:** Debby Wapner, [debywapner@aol.com](mailto:debywapner@aol.com), (919)749-5463, 2820 Barrymore Street #101, Raleigh, NC, 27603

**Start Point:** Cary Family YMCA- 101 YMCA Drive. From the west on I-40, take exit 287, turning right on Harrison Ave. Turn right on Cary Parkway. Turn left on YMCA Dr. (approx. 1 mile past the light at High House Rd.) YMCA is on the left. From the south on US 1, exit at Cary Parkway. Turn left on Cary Parkway, then right on YMCA Dr. Register here and then drive approximately 1 mile to the start location at Brueggers Bagels (leave the YMCA, turn right on Cary Parkway, go approx. 1 mile to light at High House, go through the light and turn left into shopping area).

**Event Info:** Mon-Fri 8am-7:30pm; Sat 8 am-6pm; Sun 1pm-6pm. Closed major holidays. Call if in doubt. Phone: 919-469-9622. This walk loops through the beautiful Prestonwood neighborhood. It is mainly on sidewalks with the exception of two streets. Central to both the 5k and the 10K walks is the Prestonwood Golf Course, one of the biggest courses in the Triangle area.

**Cedar Mountain - Dupont Falls****6/12KM Seasonal Walk (2017/Y0235) 4/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Lakes and Reservoirs, Trekking With the Trees

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2C      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0046 Asheville Amblers [www.AshevilleAmblers.com](http://www.AshevilleAmblers.com)

**Contact:** Judy Michele, [jumianc@aol.com](mailto:jumianc@aol.com), (828)628-4343, 27 Cane Creek Circle, Fairview, NC, 28730

**Start Point:** Arlene Steinberg Visitor Center, Dupont State Forest - Driving Directions, instructions and maps provided upon receipt of fees and signed start cards. Contact POC for specifics.

**Event Info:** Walk by three magnificent waterfalls, covered bridge, homestead cemetery, cool shaded mountain trails, mountain lake and constantly changing Little River. Waterfall part of scenes "Last of the Mohicans" and "Huger Games".

**Cedar Mountain - Dupont Lakes****7/11KM Seasonal Walk (2017/Y0236) 4/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Lakes and Reservoirs, Trekking With the Trees

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0046 Asheville Amblers [www.AshevilleAmblers.com](http://www.AshevilleAmblers.com)

**Contact:** Judy Michele, [jumianc@aol.com](mailto:jumianc@aol.com), (828)628-4343, 27 Cane Creek Circle, Fairview, NC, 28730

**Start Point:** Arlene Steinberg Visitor Center, Dupont State Forest - Driving directions, instructions and map to be provided upon receipt of fees and signed start card. Contact POC for specifics

**Event Info:** Delightful walk on cool mountain trails. See sparkling falls as they tumble magnificently downward. Stroll past three hidden lakes and one large one. Cross a covered bridge. See spring flowers or fall foliage or beat the summer heat. Site of scenes for movies "Hunger Games" and "The Last of the Mohicans"

**Chapel Hill****5km/10km/12km Year Round Walk (2017/Y0314) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, National Register of Historic Places, Points of Reference, Trekking With the Trees, United States Post Offices, Vice Presidential Walks, Walk the USA - Street by Street, Walking the Path of Inventions, Water Towers

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes

**Sponsor:** AVA-0786 Triangle Trailblazers [www.triangletailblazers.org/](http://www.triangletailblazers.org/)

**Contact:** Cara Lise Hudson, [cliseh93@frontier.com](mailto:cliseh93@frontier.com), (919)544-5253, 13 Lake Village Drive, Durham, NC, 27713

**Start Point:** Carolina Coffee Shop- 138 East Franklin St., Chapel Hill, NC 27514. From the west on I-40, take exit 266 (NC 86). Continue on NC 86 (MLK Jr Blvd) for approx. three miles, which then becomes Columbia St. as it bears to the left. Cross Rosemary St. and turn left on E. Franklin St. The coffee shop is a short distance on the right. From the east on I-40, take exit 270 (US 15-501 S) towards Chapel Hill. When US 15-501 forks, bear right towards Franklin Street (there will be an overhead sign). Go approx three miles. The coffee shop will be on the left a short distance after crossing Henderson St. There is limited parking on the street. Only short term parking is available directly in front of the coffee shop. Suggest before or after registering for the walk you proceed to the public parking lot on 104 West Rosemary St. (turn right on Columbia St., then right on Rosemary).

**Event Info:** Mon, 8am-2pm; Tue-Wed, 8am-9pm; Thu-Fri, 8am-2am; Sat, 9am-2am; Sun, 9am-2pm. (May open at 9 am daily during summer so call if planning on coming before 9 am during those months). Phone: 919-942-6875. Ask for a blue folder when you request the walk box. The 5 & 10 km are rated 1A go through old neighborhoods, many historic houses, the UNC campus, Coker Arboretum, and Old Chapel Hill Cemetery. The 12km trail (Rated 2B) also goes through the UNC campus, and includes natural surfaces through forested areas with gullies, stream beds and rocky terrain. This option is not suitable for strollers or wheelchairs.

**Charlotte - Southend****10K Year Round Walk (2017/Y1434) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0831 Metrolina Walkers [metwalk.freesevers.com/](http://metwalk.freesevers.com/)

**Contact:** Alan Black, [ACBlack7@aol.com](mailto:ACBlack7@aol.com), (704)608-8339, 1601 Nassau Blvd, Charlotte, NC, 28205

**Start Point:** Childress-Klein YMCA- One Wells Fargo Center, 301 S. College. 704-716-6400. From I-77, Exit 9 to 9B onto I-277 (John Belk Freeway), take exit onto College St. One Wells Fargo Center is on corner of Martin Luther King Blvd and College St. YMCA is on 2nd level (Level A) of building.

**Event Info:** Walk through historic Dilworth neighborhood, along Little Sugar Creek Greenway and Latta Park. Trail is mostly flat, city sidewalks, trolley walkway and greenway.



**Charlotte - Uptown****Distance 20/10 km Year Round Walk (2017/Y0894) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0831 Metrolina Walkers metwalk.freesevers.com/  
**Contact:** Alan Black, ACBlack7@aol.com, (704)608-8339, 1601 Nassau Blvd., Charlotte, NC, 28205

**Start Point:** Childress-Klein YMCA- One Wells Fargo Center, 301 S. College. 704-716-6400  
 Hours: M-F, 5:00am to 8:30pm; Sat, 8:00am to 4:00pm; Sun 12-6pm. Closed major holidays. Open limited hours on Thanksgiving and New Years, call for times.  
 From I-77, Exit 9 to 9(B) onto I-277 (John Belk Freeway), take exit onto College St. One Wells Fargo Center is on corner of Martin Luther King Blvd. and College St. YMCA is on 2nd level (Level A) of building. **PARKING:** To enter building parking garage, turn right on Martin Luther King Blvd. and left into the garage at the sign saying PARK. There is a fee to park here. On-street metered parking is available on Martin Luther King Blvd. No charge for on-street parking on weekends (except for special events such as conventions and football games).

**Event Info:** Walk through the uptown business/cultural district, government complex, historic 4th Ward neighborhood, and around sports venues. Trails are mostly flat, on city sidewalks.

**Concord - Concord Greenway-Downtown****10k Year Round Walk (2017/Y1762) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Make a Wish at a Water Fountain, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** easy      **Pets:** Yes  
**Sponsor:** AVA-0217 Rowan Roamers www.rowanroamers.org/  
**Contact:** Jerry/Bonnie Kadela, bonnieka@juno.com, (704)464-6816, 1070 Westlake Dr, Kannapolis, NC, 28081

**Start Point:** Hampton Inn. - registration at Hampton Inn, 612 Dickens Pl NE, Concord, NC 28025 exit 60 from I-85 east on Copperfield Blvd (on right next to Cracker Barrel) - walk is a 5 miles drive to Les Myers Park.

**Event Info:** Registration open daily 24 hrs, please walk daylight hours only. Walk is on paved greenway and through historic downtown Concord. In the downtown South Union and North Union Historic Districts view the mansions of former cotton mill owners. The old Cabarrus County courthouse, built in 1875-1876 is one of the finest examples of Victorian architecture public buildings in NC. The downtown consists of many period buildings which have been restored and now house restaurants and antique shops.

**Cornelius****10K Year Round Walk (2017/Y1448) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Lakes and Reservoirs, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0831 Metrolina Walkers metwalk.freesevers.com/

**Contact:** Joan Melville, melville@bellsouth.net, (704)564-1013, 10524 Worsley Lane, Charlotte, NC, 28269

**Start Point:** Lake Norman YMCA- 21300 Davidson St. 704-716-4400. From I-77, take Exit 30 toward Davidson (East) on Griffith Rd. until it dead ends at Davidson College. Turn right on Main St. (South) and go about 1 mile, passing under a small bridge, to Davidson St. Turn right to YMCA.

**Event Info:** Hours: M-F 5:30am to 8pm; Sat 8am to 5pm; Sun noon to 5pm. Call for holiday hours. Residential walk through old cotton mill town on shores of Lake Norman.

**Cornelius - Davidson****10km Year Round Walk (2017/Y1466) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0831 Metrolina Walkers metwalk.freesevers.com/

**Contact:** Joan Melville, melville@bellsouth.net, (704)564-1013, 10524 Worsley Lane, Charlotte, NC, 28269

**Start Point:** Lake Norman YMCA- 21300 Davidson St. 704-716-4400. From I-77, take Exit 30 toward Davidson (East) on Griffith Rd. until it dead ends at Davidson College. Turn right on Main St. (South) and go about 1 mile, passing under a small bridge, to Davidson St. Turn right to YMCA.

**Event Info:** M-F, 5:30am to 8pm; Sat, 8am to 5pm; Sun, noon to 5pm. Call for holiday hours. Walk through historic small town Davidson, the Davidson College Campus and along a greenway.

**Corolla****10/5 km Year Round Walk (2017/Y1139) 1/3/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Food For Thought, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0284 Winston Wanderers  
**Contact:** Loren Little, lorenlittle@bellsouth.net, (336)391-2645, PO Box 725, Clemmons, NC, 27012

**Start Point:** Sun Realty- 252-453-8822, 1135 Ocean Trail, Hwy 12. From Norfolk, VA, take Hwy 168 south towards Nags Head. 168 becomes 158 in NC. Continue on 158 onto the island. Go to 4th traffic light and turn left onto Hwy 12 toward Duck and Corolla. After passing the Corolla lighthouse on your left, watch for Sun Realty on right just past the Currituck Co. Satellite Office. From west and south, take US64 east through Manteo to Nags Head. Turn left on 158 and proceed 15 miles north and turn right on Hwy 12. Follow above directions at Hwy 12.

**Event Info:** Daily 9am - 5pm. Closed Christmas & New Year's Eves & Days, Thanksgiving Day. May also close day after Christmas; call first. Youth under age 18 may walk free with credit. Walk on the beach and along the Currituck Sound. See the Currituck Lighthouse and the 1920s vintage Whale Head Hunt Club, (both open for tours). Route is on varied trail surfaces including the sandy beach, paved and unpaved streets, sidewalks and gravel trails through this Outer Banks resort community. Occasionally whales and frequently porpoises are sighted along the Corolla beaches. Alternate route is given for those who wish to bypass the beach sections. Strollers or wheelchairs may do parts of walk bypassing beach and sound sections. Insect spray is recommended and please carry water. GPS: N36deg 22.77', W75deg 49.77'.

**Durham - Duke****5km/6km/10km Year Round Walk (2017/Y0940) 1/2/2017 - 12/31/2017**

Boardwalks, Cities in Song, Make a Wish at a Water Fountain, Points of Reference, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0786 Triangle Trailblazers [www.triangletrailblazers.org/](http://www.triangletrailblazers.org/)  
**Contact:** Deb Lewis, lewis064@nc.rr.com, (919)544-6566, 25 Lansgate Ct., Durham, NC, 27713

**Start Point:** Mad Hatter's Cafe & Bake Shop- 1802 West Main St. Driving north (toward Durham) on I-85, take Exit 172 onto the Durham Freeway (NC-147 South) to Swift Ave. (Exit 14). Turn left on Swift Ave. to Main St. crossing RR tracks. As you cross the RR tracks, get in the left lane, turn left on W. Main St. and immediately turn right into Whole Foods shopping center. Mad Hatter's will be on the right. Park in the shopping center lot. Enter the Mad Hatter's from the shopping center, and the box will be on the floor on your left just inside the door. Driving south on I-85 take Exit 174A onto Bypass US-15/501 South. After half a mile, take Exit 108B onto Durham Freeway (NC-147 South) to Swift Ave. (Exit 14) and follow above directions. Driving on I-40 either east or west, take Exit 279B onto the Durham Freeway (NC-147 North) to Swift Ave. (Exit 14). Turn right on Swift Ave. to cross the RR tracks and follow above directions.

**Event Info:** Mon-Thu 7am-9pm; Fri-Sat 7am-11pm; Sun 8am-3pm. Closed Thanksgiving, Christmas, New Years Day. Phone: 919-286-1987. The trail is predominately on sidewalks and gravel paths with only slight hills and some steps. It goes through the Sarah P. Duke Memorial Gardens and Duke University. The walk's highlights are the beauty of the gardens and the magnificent Gothic architecture of the campuses including Duke Chapel.

**Durham - Historic****5km/11km Year Round Walk (2017/Y0504) 1/2/2017 - 12/31/2017**

Animal Safari, Cities in Song, Food For Thought, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, United States Post Offices, Walk the USA - Street by Street, Walking the Path of Inventions, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only

**Strollers:** Medium

**Restroom:** Yes

**Rating:** 2A

**Wheelchair:** Hard

**Pets:** Yes

**Sponsor:** AVA-0786 Triangle Trailblazers [www.triangletailblazers.org/](http://www.triangletailblazers.org/)

**Contact:** Deb Lewis, lewis064@nc.rr.com, (919)544-6566, 25 Lansgate Ct., Durham, NC, 27713

**Start Point:** Mad Hatter's Cafe & Bake Shop- 1802 West Main St. Driving north (toward Durham) on I-85, take Exit 172 onto the Durham Freeway (NC-147 South) to Swift Ave. (Exit 14). Turn left on Swift Ave. to Main St. crossing RR tracks. As you cross the RR tracks, get in the left lane, turn left on W. Main St. and immediately turn right into Whole Foods shopping center. Mad Hatter's will be on right. Park in the shopping center lot. Enter the Mad Hatter's from the shopping center, and the box will be on the floor on your left just inside the door. Driving south on I-85, take Exit 174A onto Bypass Us-15/501 South. After half a mile, take Exit 108B onto Durham Freeway (NC-147 South) to Swift Ave. (Exit 14) and follow above directions. Driving on I-40 either east or west, take Exit 279B onto the Durham Freeway (NC-147 North) to Swift Ave (Exit 14), turn right on Swift Ave. to cross RR tracks and follow above directions.

**Event Info:** Mon-Thu 7am-9pm; Fri-Sat 7am-11pm; Sun 8am-3pm. Closed Thanksgiving, Christmas, New Years Day. Phone 919-286-1987. The walk is nearly all on sidewalks with one-half mile of maintained gravel path, only slight hills and very few steps. It goes through residential areas as well as the heart of the downtown business district. Notable points of interest include the NC School of Science and Math, the Historic Durham Athletic Park, Farmers Market, Durham County Library, Durham Bulls Athletic Park, American Tobacco Campus, Durham School of the Arts, and Duke University East Campus.

**Edenton****10/5 Km Year Round Walk (2017/Y0663) 1/3/2017 - 12/31/2017**

Alternative Capitals, Boardwalks, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Underground Railroad, United States Post Offices, Walk the USA - Street by Street, Walking America's Ports of Call, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes

**Sponsor:** AVA-0284 Winston Wanderers

**Contact:** Lloyd Tolbert, treb03@gmail.com, (276)252-9100, 904 Luck St, Martinsville, VA, 24112

**Start Point:** Historic Edenton Visitors Center- 108 N Broad St, (252) 482-2637, Rated 1A : From US-17, take exit 227 (NC-32) towards Edenton. If you are coming from the west, turn right at end of exit ramp. If coming from the east, turn left at end of exit ramp. Continue on NC-32 for .5 mile to N. Broad St. Turn Right on N. Broad St. for mile, start point is on left at corner of E. Gale St (Parking is around back of Visitors Center).

**Event Info:** Hours: TU-SAT 9am - 5pm. A Waterfront Village with Southern Grace and Colonial History. Founded on November 6, 1712, Edenton celebrated its 300th anniversary from November 6, 2012 through December 2013. Edenton served as the first Colonial Capital until 1743. Its citizens then helped in our fight for freedom, and became instrumental in establishing the principles and values upon which our nation was founded. Edenton survived the Revolutionary and the Civil Wars largely intact. Visitors today will find historic homes and three National Historic Landmarks preserving our heritage for future generations. The states oldest Courthouse, built in 1767 and still in use today, stands above the village green looking toward Edenton Bay.

**Elizabeth City****10/5km Year Round Walk (2017/Y0895) 1/3/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Underground Railroad, Walking America's Ports of Call, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0284 Winston Wanderers

**Contact:** Loren Little, lorenlittle@bellsouth.net, (336)391-2645, PO Box 725, Clemmons, NC, 27012

**Start Point:** Muddy Waters Coffeehouse- 252-338-2739(BREW); tourist info 252-338-4040, 100 West Main Street. Limited parking at coffeehouse, but ample free parking nearby. Ask at coffeehouse for directions. From the South on US-17 BYP exit 258, NC-344/Halstead Blvd Ext. Turn right onto NC-344 /Halstead Blvd Ext to US17/Hughes Blvd. Turn left on US17/Hughes Blvd to Main St. Turn right on Main St to Coffeehouse on the left at the corner of Main and Road Street. From North or West on US 17/US 158, at new exit 264 stay on Hwys 17 / 158 (DO NOT take US 17 Bypass) into Elizabeth City then left on Business 17/Road Street to coffeehouse on the right. From the East on Hwy 158, cross the bridge into Elizabeth City and turn left on Bus 17/Road Street to the coffeehouse on the right.

**Event Info:** Mon-Fri 6:30am-10pm; Sat 7:30am-10pm; Sun 9-6. Closed major holidays. Youth under age 18 may walk free with credit. Trail is through the Downtown and West End Historic districts with over 30 National Registry points-of-interest, along the waterfront and shaded residential streets. GPS N36deg 18.02' , W76deg 13.44';

**Elkin****10km Year Round Walk (2017/Y1188) 1/3/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors,  
National Register of Historic Places, Points of Reference, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0284 Winston Wanderers  
**Contact:** Don/Naomi Feagans, df5839@aol.com, (336)834-0345, PO Box 725, Clemmons, NC, 27012

**Start Point:** Yadkin Valley Chamber of Commerce Visitors Information Center- 336-526-1111. 116 East Market Street. I-77 to Exit 82, Elkin/NC67, Turn west toward downtown Elkin/Jonesville. Follow 2 miles, turn left on Elm St. 1 block and right on Main Street (becomes Bridge St) across Yadkin River crossing. Turn right on Market St/NC-268. Visitor Center is 1 block on right. Park in lot on left side of Market St.  
**ALTERNATE START POINT (with IVV Stamp):** Comfort Inn Elkin/Jonesville; 336-835-9400, Hwys 67 & I-77, exit 82, Jonesville, NC 28642; I-77, exit 82 turn west toward downtown. Inn is immediately to the right.

**Event Info:** M-F 9 to 5. Closed Sat-Sun and holidays. **ALTERNATE START POINT:** open daily 24 hours; please walk daylight hours only. Youth under age 18 may walk free with credit. Tours historic downtown and quiet residential areas with views across Yadkin River Valley, through city park and recreation area. GPS: Primary: N36deg 14.7', W80deg 51.03'; Alternate: N36deg 14.36', W80deg 49.28'

**Fort Bragg - Fayetteville****11km Year Round Walk (2017/Y0892) 1/3/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Bridges - Spanning the USA, Honoring Our Flag,  
National Register of Historic Places, Points of Reference, United States Post Offices,  
Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0284 Winston Wanderers  
**Contact:** Loren Little, lorenlittle@bellsouth.net, (336)391-2645, PO Box 725, Clemmons, NC, 27012

**Start Point:** 82nd Airborne War Memorial Museum Gift Shop- 910-436-1735, Bldg. 6841, Ardennes & Gela Streets. From I-95, take Bus I-95, (exit 56 from the north or exit 40 from the south) to Owen Dr. Turn onto Owen Drive (right turn from north, left turn from south). Owen Dr. becomes All-American Freeway. Follow All-American Freeway to the post entry point. Be prepared to show U.S. issued picture identification, and possibly vehicle registration and proof of insurance, and to submit to search of vehicle. If asked, state reason for entry is to visit the 82nd Airborne museum. When cleared thru the entry point move quickly to the right lane to exit onto Gruber Road. From ramp turn left on Gruber Rd to Reilly Rd. Right on Reilly to Ardennes Street, then left on Ardennes to the museum on the right. Please do not approach the museum or other buildings with large bags. **IMPORTANT INFORMATION:** Please note and be prepared to comply with Post entry procedures listed above. Always carry U.S. Issued photo ID while on post.

**Event Info:** Tue-Sat 10 - 4:30; also open on Federal Holiday Mondays. Closed Sun-Mon, New Year's and Christmas. **IMPORTANT:** Carry U.S. Issued photo ID at all times while on post. Youth under age 18 may walk with credit for free. Route is on sidewalks, through post and residential area. Route passes by the JFK Special Operations Museum and Iron Mike statue. Early walkers can get trail maps and start cards from mailbox (with AVA logo) mounted in front of the 82nd museum.

**Greensboro****11/6 km Year Round Walk (2017/Y1546) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0284 Winston Wanderers  
**Contact:** Ralph/Sandra Barnes, barnes1s@att.net, (336)288-2023, PO Box 725, Clemmons, NC, 27012

**Start Point:** Kathleen Price Bryan Family YMCA- (336) 478-9622. 501 Market St. From the south on I-85 exit 35, US 220 north to Washington St. in downtown. Cross Washington Street and move to the left lane to turn left into the YMCA parking lot (before you get to Market Street). FROM EAST OR WEST ON I-40/Bus-85, exit 218 Freeman Mill Rd/US 220 (westbound use 218A, eastbound use 218B) to Washington St. in downtown. Cross Washington Street and move to the left lane to turn left into the YMCA parking lot (before you get to Market Street).

**Event Info:** M-F 5am - 9pm, Sat 7am - 6pm, Sun 1 - 6  
 Call or visit website for holidays. Youth under age 18 may walk free with credit. Trail is mostly on city sidewalks and a paved park trail. See February One Place and Woolworth Building - site of 1960 sit-in that helped to launch the civil rights movement - museums, stately homes, and Greensboro College. GPS: N36deg 04.16', W79deg 47.49'

**Greensboro - Guilford Courthouse****Distance 5/10/20 km Year Round Walk (2017/Y1320) 1/1/2017 - 12/31/2017**

National Parks Centennial Challenge, National Register of Historic Places, Points of Reference, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0284 Winston Wanderers  
**Contact:** Ralph/Sandra Barnes, barnes1s@att.net, (336)288-2023, PO Box 725, Clemmons, NC, 27012

**Start Point:** Guilford Courthouse National Military Park Visitor Center - 336-288-1776, From the south on I-85 exit 122, US 220 north. Follow as it becomes Edgeworth to Battleground Ave. Left on Battleground to New Garden. Right on New Garden past Colonial Heritage Center entrance to Guilford Courthouse Park entrance. FROM EAST OR WEST ON I-40/Bus-85, exit 218 Freeman Mill Rd/US 220 (westbound use 218A, eastbound use 218B) then follow as above to Guilford Courthouse National Military Park Visitor Center. Alternate Start Point at Greensboro City Walks YR1546.

**Event Info:** Open Tues - Sat 8:30-5, closed Sun-Mon, Christmas and New Year's days. Youth under age 18 may walk free with credit. has the oldest house in Guilford County, predating the Revolutionary War Battle fought at Guilford Courthouse in March of 1781. The trail, on park roads, gravel paths, and paved greenways, winds through four contiguous parks, past a lake, and a maze of monuments commemorating the Revolutionary War battle. Recommend large-wheeled strollers. Last 10 Km of trail mostly on greenway.

**Hendersonville****5/10km Year Round Walk (2017/Y0691) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, You'll Never Walk Alone

**Award:** B Award **Strollers:** NO **Restroom:** Yes  
**Rating:** 2A **Wheelchair:** NO **Pets:** Yes  
**Sponsor:** AVA-0046 Asheville Amblers [www.AshevilleAmblers.com](http://www.AshevilleAmblers.com)  
**Contact:** Perry Rawson, [hchs59@gmail.com](mailto:hchs59@gmail.com), (828)698-6760, 152 Mill Pond Way , Hendersonville, NC, 28791

**Start Point:** Henderson County Travel and Tourism Visitors Center - 201 South Main St, Hendersonville, NC 28792. 828-693-9708 or 800-828-4244. From I-26, take Exit 49B onto US-64 West. Travel approximately 2 miles, turn left onto Main St, and go 8 blocks to Visitors Center on right. Parking lot is just beyond Visitors Center. ALT START PT: Quality Inn I-26 and Upward Rd, 111 Commercial Blvd. Flat Rock, NC 28731, 828-698-8899 From I-26 take Exit 53. From the north, turn right. From the south turn left. Turn left at stop light at Commercial Blvd to Holiday Inn Express, which is immediately behind McDonald's. Register here and follow driving directions to the Start Point. Holiday Inn offers discount to volkssporters.

**Event Info:** M-F 9-5. Weekends and Holiday 10-5. Closed Thanksgiving, Christmas Day and New Years. Alt Start Point: Daily dawn to dusk. Rated 2A. Walk meanders through a vibrant downtown with specialty shops and fine restaurants for all tastes. Walk continues through historic neighborhoods to Patton Park and Oakdale Cemetery where the angel inspiring Thomas Wolfe's "Look Homeward Angel" is located.

**Hickory****11/5 km Year Round Walk (2017/Y1078) 1/3/2017 - 12/31/2017**

Animal Safari, Honoring Our Flag, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Hard **Pets:** Yes  
**Sponsor:** AVA-0284 Winston Wanderers  
**Contact:** Loren Little, [lorenlittle@bellsouth.net](mailto:lorenlittle@bellsouth.net), (336)391-2645, P.O. Box 725, Clemmons, NC, 27012

**Start Point:** Outdoor Supply Company- 2427 N. Center St., Hickory, NC 28601. 828-322-2297. From I-40 take exit 125, Lenoir Rhyne Blvd. If westbound turn right and if eastbound turn left on Lenoir Rhyne Blvd. Follow about 1.3 mile to major intersection with Tate Blvd to the right and 1st Avenue to the left.. Turn Left on 1st Ave. Turn right on Hwy 127 and continue to 23rd Ave NE stoplight. Just past the stoplight and Revolution Ale House there is a shopping plaza on the left, if you reach McDonalds you have gone too far. Starting point is on the lower end. Free Parking. <http://g.co/maps/dketk>

**Event Info:** M-F 10-7, Sa 10-6, Closed Sunday, closed major holidays. Register here and drive 2.1 miles to Union Square starting point. Youth under age 18 may walk free with credit. The route, mostly on sidewalks and pavement, encompasses part of the town, local churches, older residential areas, two parks, Lenoir Rhyne College campus and other varied points of interest. Will be difficult for wheel chairs. Recommend large wheel strollers. GPS: N35.7637, W81.3340



**High Point****Distance 4/6/10/20km Year Round Walk (2017/Y0473) 1/2/2017 - 12/31/2017**

Honoring Our Flag, National Register of Historic Places, Points of Reference, State Street Sashay, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0284 Winston Wanderers

**Contact:** Don/Naomi Feagans, df5839@aol.com, (336)834-0345, PO Box 725, Clemmons, NC, 27012

**Start Point:** High Point Convention and Visitors Bureau- 336-884-5255. 1635 N. Main St. #102, corner of Main and State Streets. From Winston-Salem I-40, take Exit 196, US 311/High Point. Follow BUS 311 (Main St.) to State St. Turn left on State St and immediately right into Visitor Center parking. From north and east on I-85: take the I-85 bypass south to Bus-85/US29/70 (exit 118) then Bus 85 to High Point/Downtown/Bus 311 exit. Follow BUS 311 north (Main St.) across Lexington Ave to State St. Turn right on State St and immediately right into Visitor Center parking. From south on I-85: take I-85 to US52 (exit 87) to Bus-85/US29/70 to High Point. Exit High Point/Downtown/Bus 311 and follow as above to parking and start.

**Event Info:** Mon-Sat 8:30am-5:00pm . Closed Sundays and major holidays, call in advance to confirm holiday hours. Youth under age 18 may walk free with credit. Route is on city streets through historic residential areas and a pleasant creek-side paved greenway on the way to the High Point Museum and Historical Park at the turnaround. The second half features more of the historical residential sections.

**High Point - Piedmont Environmental Center****12 km Year Round Walk (2017/Y0682) 1/2/2017 - 12/31/2017**

Boardwalks, Lakes and Reservoirs, Points of Reference, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0284 Winston Wanderers

**Contact:** Don/Naomi Feagans, df5839@aol.com, (336)834-0345, PO Box 725, Clemmons, NC, 27012

**Start Point:** Piedmont Environmental Center (PEC)- 336-883-8531. 1220 Penny Road. From Greensboro, exit I-40 at either Wendover Ave (exit 214) or NC68 (exit 210) towards High Point. Turn left on Penny Rd. The PEC is approx. 2 miles on the left. From Winston-Salem, Take US311 (I-40 exit 196) south to High Point, following the 311 bypass to Eastchester Dr, exit 23. Left on Eastchester, right on Wendover and right on Penny Rd, to the PEC on the left. From north and east on I-85: take the I-85 bypass south to Bus-85/US29/70 (exit 118) toward Jamestown/High Point. Exit Bus 85 on the US311 bypass, exit 19, and follow to Exit 21, Greensboro Road/ Lexington Ave. Turn right on Greensboro Rd to Penny Rd. Turn left on Penny Rd to PEC on the right. From south on I-85: take I-85 to US52 (exit 87) to Bus-85/US29/70 to High Point. Exit Bus 85 on the US311 bypass, exit 19, and follow to Exit 21, Greensboro Road/ Lexington Ave. Turn right on Greensboro Rd to Penny Rd. Turn left on Penny Rd to PEC on the right. ALTERNATE Start Point; High Point Convention and Visitors Bureau, High Point, 336-884-5255, M-Sa 8:30-5:00. See High Point, NC YRE0473 for directions.

**Event Info:** Mon-Fri 9 am-5 pm, Closed New Year's, Easter, Thanksgiving, Christmas. (Staff reductions may cause unplanned, closures especially on weekends. Call center to confirm. (Alt Start Point available.) Trails open all daylight hours. Youth under age 18 may walk for free with credit. This is an easy-to-moderate walk with some hills of short duration. Through mostly wooded areas and along some wetland areas on scenic paved greenway and natural forest paths. Insect repellent is advised. GPS: N36deg 00.07', W79deg 57.28'

**Hillsborough****5Km/10Km Year Round Walk (2017/Y1379) 1/1/2017 - 12/31/2017**

Alternative Capitals, Food For Thought, Honoring Our Flag, National Register of Historic Places, Points of Reference, United States Post Offices, Walk the USA - Street by Street, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0786 Triangle Trailblazers [www.triangletailblazers.org/](http://www.triangletailblazers.org/)

**Contact:** Frank Sargent, fsargent@mac.com, (919)419-7233, 12 Forsythia Court, Durham, NC, 27705

**Start Point:** Weaver Street Market- 228 S Churton Street, Hillsborough, NC; 919-245-5050; From I-85/I-40, take Exit 164 for South Churton St. Follow Churton St. 2 miles to the Weaver St. Market on the left. Weaver St. Market is on the ground floor of a large brick building. Turn left off Churton St. just before the Market for the parking area on the left.

**Event Info:** 7am -9pm.; closed on Thanksgiving and Christmas. Phone (919)245-5050. The trail goes through downtown Hillsborough with its many quaint shops and numerous historic buildings. Pass by the Old Slave Cemetery, walk along the Eno River where a replica of an Occaneechee Indian Village once stood. The terrain is mostly flat with some hills along paved trails, sidewalks, quiet streets and natural surfaces.

**Kannapolis****10km Year Round Walk (2017/Y0472) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Points of Reference, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0217 Rowan Roamers [www.rowanroamers.org/](http://www.rowanroamers.org/)

**Contact:** Jerry and Bonnie Kadela, bonnieka@juno.com, (704)464-6816, 1070 Westlake Drive, Kannapolis, NC, 28081

**Start Point:** On The Run Exxon Express- (921 Dale Earnhardt) . I 85, exit 60, to dntn Kannapolis on Dale Earnhardt. Go 2.9 miles to start point on right at corner of Main and Dale Earnhardt. Tourist info 800-446-6816

**Event Info:** Daily 7am until dusk. Wheelchairs and strollers can use paved greenway path. Route includes Dale Earnhardt Memorial, Baker's Creek Park, a paved greenway through a city park including a splash pad, playgrounds, a miniature train, the new NC Research Center Campus, Veterans' Memorial Park and the NC Music Hall of Fame.

**Kernersville - Triad Park****5/10 km Year Round Walk (2017/Y1816) 1/1/2017 - 12/31/2017**

Amphitheatres, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0284 Winston Wanderers

**Contact:** L Tolbert, treb03@gmail.com, (276)252-9100, POB 725, Clemmons, NC, 27012

**Start Point:** 421 Market & Grill- 1438 E Mountain St, 336-996-2831. Take I-40 to exit # 208 (Sandy Ridge Road). At end of the ramp, turn (right if coming from east and Left if you are coming from the west) to follow Sandy Ridge Road for .6 miles until it reaches a "T" intersection (West Market St.). Turn Left onto West Market Street and follow for 2.5 miles, Start point on left. Register then drive 0.3 miles to Start Point.

**Event Info:** HOURS: M-Sat 6am-8pm, Sun 10-6pm. Walk is on paved greenways and trails that meander around assorted types of ballfields, playgrounds, horseshoe pits, the new Field of Honor NC Veteran Memorial, 18-hole disc golf course and a fishing pond. Triad Park is a joint venture of Forsyth and Guilford Counties. A total of 426 acres have been bought by the counties as a regional centerpiece park which has nature based park facilities nestled in the woods and meadows. The park is an ongoing project for many years, developing in phases with facilities and opportunities to meet the needs of all levels of recreation and leisure - a park for everyone! Youth under age 18 may walk free with credit. Donations are welcomed.

**Kill Devil Hills - Nags Head Woods Preserve****11/6/5 km Year Round Walk (2017/Y1998) 1/3/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Points of Reference, Trekking With the Trees

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes

**Rating:** 2C      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0284 Winston Wanderers

**Contact:** Bill Lowell, wlowell@mindspring.com, (757)357-5355, 18055 Morgarts Beach Road, Smithfield, VA, 23430

**Start Point:** Forbes Candy & Gift Shop,- 252-441-2122 (call for holiday hours), 1700 South Croatan Highway, Hwy 158. Register here then drive approximately 1 mile to the walk venue in the preserve. Take your preferred route onto the island to US Hwy 158/Croatan Hwy to Kill Devil Hills/Nags Head. As you near milepost 9.5 in Kill Devil Hills prepare to turn at the traffic light at Ocean Acres Drive. Forbes is on the southwest corner of the intersection of Croatan Highway and Ocean Acres Drive so if southbound turn right and if northbound turn left at the traffic light at Ocean Acres Drive. Then immediately turn left into Forbes parking lot. There are three Forbes locations on the island and GPS units may default to a different one so please confirm address when programing GPS. (POC Cell number: 757-651-8439). \*\*WINTER HOURS 9am- 5pm DAILY\*\*

**Event Info:** Trails: Daily Dawn to Dusk; Walk through maritime forest, wetlands and sand dunes in this nature preserve that is a designated National Natural Landmark. Use and carry insect repellent. The preserve is host to a myriad of fauna and flora including over 100 species of birds, with over 50 species nesting here; and over 300 plant species, including several that are rare to North Carolina. The trail surfaces are natural, unimproved but well-traveled. The 6 km trail (first part of the 11 km) has significant steps, one steep sandy hill, and is not suitable for strollers or wheelchairs. Dogs are not allowed on these trails. The easier 5km loop includes the .5 mile ADA (Americans with Disability) Trail. Leashed dogs are allowed on the 5 km route. The Nags Head Woods Preserve enjoys a 4.5 (of 5.0) user rating on both Trip Advisor and Yelp. Although not part of the walk route two of the largest active sand dunes on the East Coast are at the northern (Run Hill) and southern (Jockeys Ridge) borders of the preserve. Rest rooms are available at the preserve visitor center when it is open, weekdays 9A-5P.

**Lake Junaluska****7/10km Year Round Walk (2017/Y1321) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Lakes and Reservoirs, National Register of Historic Places, Points of Reference, Trekking With the Trees, You'll Never Walk Alone

**Award:** B Award      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 3B      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0046 Asheville Amblers [www.AshevilleAmblers.com](http://www.AshevilleAmblers.com)  
**Contact:** Robert Cooper, [revrcooper@aol.com](mailto:revrcooper@aol.com), (828)627-9834, 190 Acorn Ln, Clyde, NC, 28721

**Start Point:** Bethea Welcome Center- Lake Junaluska Conference and Retreat Center. 91 N Lakeshore Dr. Lake Junaluska, NC 28745 828-452-2881. FROM ASHEVILLE : I-40 West: Take exit 27 on the right (Waynesville, Hwy 19-23-74). Then take exit 103 to the right for Hwy 19. Go past lake, and then quickly turn right at Main gate entrance to Lake Junaluska Conference and Retreat Center (stone gateway). Quickly turn left into 2nd driveway for the Bethea Welcome Center. FROM TENNESSEE: I-40 East: Right on exit 20, (Maggie Valley Hwy 276). Left on Hwy-19/276 through traffic light (2.4 mi). Shortly past the Buttered Biscuit restaurant, turn left on N Lake Shore Dr. (see above). Alternate Start Box at Bojangles-1119 Dellwood Rd. Waynesville 828-454-5584. If Bethea Welcome Center is closed, go back to Hwy 19, turn right and go a very short distance to Bojangles Restaurant on the left.

**Event Info:** Mon-Sun, 9AM-5PM; Welcome Center may be closed Sat & Sun-call ahead. Closed Thanksgiving & Christmas. Rated 3B. Not suitable for strollers or wheelchairs. Trail goes through attractive residential areas, and along a scenic lake path. You'll visit the Rose Walk, go to the foot of a dam and enjoy mountain vistas. "B" Award available.

**Lake Lure****5/10 KM Year Round Walk (2017/Y0962) 1/2/2017 - 12/31/2017**

Amphitheatres, Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Lakes and Reservoirs, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0046 Asheville Amblers [www.AshevilleAmblers.com](http://www.AshevilleAmblers.com)  
**Contact:** Jim/Janet Walters, [jandjwalters@gmail.com](mailto:jandjwalters@gmail.com), (828)625-9456, 418 Chapel Point Road, Lake Lure, NC, 28746

**Start Point:** Lake Lure Inn and Spa - 2771 Memorial Hwy, Lake Lure, NC 28746, 828-625-2525. From I-26: take Exit 49A (US-64E) for 12.7 miles. Right on US-64/NC-9/US 74A East for 3.9 miles to the Inn on right. From I-40: take Exit 64 and go south on NC-9 for 12.7 miles. Left on NC-9/US-74A East for 4 miles to the Inn on the right. Park in spaces on the south side of the Inn - the left side as you face the entrance. Box is at reception desk.

**Event Info:** Daily, dawn to dusk. Rated 2B. Starting at a unique inn and spa, meander to a covered bridge and along a most pleasant bathing beach. Walk through the charming Lake Lure Flowering Bridge, stroll to the village of Chimney Rock to enjoy walking along the Broad River with fantastic views of Chimney Rock and Hickory Nut Falls, both featured prominently in the movie "Last of the Mohicans". Pick up great buys at local shops and enjoy sumptuous meals. You'll then return to walk along Lake Lure, site of the annual Dragon Boat races, with its restful parks and extensive marina. All this set against a background of majestic mountains and sheer gorge cliffs.

### Mocksville

#### 10km and 5km Year Round Walk (2017/Y0449) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0217 Rowan Roamers [www.rowanroamers.org/](http://www.rowanroamers.org/)  
**Contact:** Larry Brown, [larry\\_brown@hotmail.com](mailto:larry_brown@hotmail.com), (704)223-1357, 3050 NC 152 W, China Grove, NC, 28023  
**Start Point:** Davie Family YMCA- 215 Cemetery St. 336-751-YMCA (336-751-9622). FROM WINSTON-SALEM: Take I-40 west to Exit 174, turn left off ramp to Hwy 158 and turn right to Cemetery Street. YMCA is on the right. FROM STATESVILLE: Take I-40 east to Exit 168. Turn right on Hwy 64. At third light turn left onto Water Street for 1 block then left on Main Street and turn left onto Cemetery Street. YMCA is on the right.  
**Event Info:** M - F 6:30am to 9pm; Sat/Sun 1 to 6. Closed major holidays. This trail is mostly streets with sidewalks. There are some hills and park trails.

### Morehead City

#### 10/5 km Year Round Walk (2017/Y0896) 1/3/2017 - 12/31/2017

Boardwalks, Honoring Our Flag, National Register of Historic Places, Points of Reference, Walking America's Ports of Call, Water Towers, You'll Never Walk Alone  
**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0284 Winston Wanderers  
**Contact:** Loren Little, [lorenlittle@bellsouth.net](mailto:lorenlittle@bellsouth.net), (336)391-2645, PO Box 725, Clemmons, NC, 27012  
**Start Point:** Crystal Coast Visitor Center- 252-726-8148. Tourist Info 1-800-786-6962, 3409 Arendell St. (Hwy 70). From New Bern, east on Hwy 70 to Morehead City. Follow signs to Visitor Center. By ferry, from Ocracoke to Cedar Island reservations suggested (1-800-BY-FERRY, 1-800-293-3779) south on Hwy 12, then Hwy 70 to Visitor Center.  
**Event Info:** Mon-Fri 9-5; Sat-Sun 10-5. Closed New Year's, Thanksgiving and Christmas days. Call 1-800-SUNNYNC (1-800-786-6962) to verify. Youth under age 18 may walk free with credit. Through campus of Cartaret Community College, a quiet residential area and along historic downtown waterfront. . GPS; N34deg 43.43', W76deg 45.07'.

**Morganton****Distance 23/21/13/10/6km Year Round Walk (2017/Y1225) 1/2/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, United States Post Offices, You'll Never Walk Alone

**Award:** B Award**Strollers:** Medium**Restroom:** Yes**Rating:** 2A**Wheelchair:** hard**Pets:** Yes**Sponsor:** AVA-0046 Asheville Amblers [www.AshevilleAmblers.com](http://www.AshevilleAmblers.com)**Contact:** Dolores Mlotkowski, [devomlot@gmail.com](mailto:devomlot@gmail.com), (828)499-4493, 5062 Taylor Farm Rd., Lenoir, NC, 28645

**Start Point:** Judge's Riverside Restaurant.- 128 Greenlee Ford Rd., Morganton, NC 28655; 828-433-5798 From I-40, take exit 103 (US-64 E) toward Morganton. Go 3/4 miles and turn left onto Truck US-64. Go 1 mile to light and turn left on US-70 W. In about 1/2 mile, turn right just before First Citizen's bank onto Greenlee Ford Rd. Judge's at the end of road. ALTERNATE START POINT: Burke County Visitor Center 110 E. Meeting St., Morganton, NC 28655; 828-433-6793 From I-40 take exit 103 (US-64 East) toward Morganton. Follow "Visitor Information" signs. Go 1.5 miles to US-64/70 Business. Turn right and go approx. 1/2 mile passing Sterling St to VC at end of block on right.

**Event Info:** Judge's Sun-Thu 11AM-9PM, Fri-Sat 11AM-10PM. Closed Christmas and Thanksgiving. Visitor Center: Mon-Fri, 8-5, Sat - seasonal. Closed Sundays and major holidays. Call to make sure of hours. Rated 2A. Suitable for strollers but not wheelchairs. Walk has four options. Only one event credit even if completing all options. 6/10 Km is along the greenway with views of the Catawba River and through a large park. This is the only option suitable for large wheelchairs. Rated 1A. 11 Km includes historic old neighborhoods with homes from the 1800s through the 1920s, a picturesque downtown area, a beautiful old courthouse and a shaded greenway along the Catawba River. Saucy squirrels on the greenway love peanuts. Rated 2A. 13 Km includes the 11 Km option with additional neighborhoods and the site where Frankie Silver was hung for killing her husband. 21/23 Km is combination of above. Judge's is home of the finest BBQ in western NC. "B" award available.

**Mt. Airy****5/10km Year Round Walk (2017/Y0891) 1/2/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only**Strollers:** Medium**Restroom:** Yes**Rating:** 1A**Wheelchair:** Hard**Pets:** Yes**Sponsor:** AVA-0284 Winston Wanderers**Contact:** Don and Naomi Feagans, [df5839@aol.com](mailto:df5839@aol.com), (336)834-0345, P. O. Box 725, Clemmons, NC, 27012-0725

**Start Point:** Mount Airy Visitors Center- 336-786-6116 or 1-800-948-0949. 200 N. Main. From 1-77 exit 101 (1-74) to exit 17, US 52 north toward Mt. Airy. From the south: take US 52 north to Mt. Airy. Follow US 52 Bypass and exit right on NC-89 (Mt. Airy/Galax). At traffic light continue straight on NC-89 East (Independence Blvd), through 5 more traffic lights to Renfro St. Turn right onto Renfro, go to Moore St and turn right, then into parking lot. The Visitors Center will be at the corner of Main and Moore Sts. (At the time clock, 1-1/2 short blocks up Moore).

**Event Info:** Mon - Fri 8:30 am - 5:00 pm, Sat 10 am. - 4 pm, Sun 1 pm - 4 pm. Youth under age 18 may walk free with credit. Route is on a paved creekside greenway and on sidewalks through downtown and residential areas of Andy Griffith's home town. See Andy's boyhood home, Snappy Lunch, home of the famous porkchop sandwich, and Floyd's Barber Shop, where Andy Griffith went. Mayberry Days Festival is the fourth weekend of September.

**New Bern****10/6/5 km Year Round Walk (2017/Y1140) 1/3/2017 - 12/31/2017**

Alternative Capitals, Boardwalks, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, United States Post Offices, Walking America's Ports of Call, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only

**Strollers:** Easy

**Restroom:** Yes

**Rating:** 1A

**Wheelchair:** Easy

**Pets:** Yes

**Sponsor:** AVA-0284 Winston Wanderers

**Contact:** L Little, lorenlittle@bellsouth.net, (336)391-2645, POB 725, Clemmons, NC, 27012

**Start Point:** Craven County Convention and Visitor's Bureau- 252-637-9400. Tourist Info 1-800-437-5767, 203 S Front (Inside Riverfront Convention Center). I-95 or Raleigh: take US 70 E to New Bern. Exit on US 17/Bus 70 left to E Front. Right on E Front 2 blocks to S Front. Right on S Front. Morehead City and beaches: Take US 70 W to New Bern. Exit right on BUS 70 to S Front (1st street left after bridge) left on S Front. After turn to S Front. VC and Convention Center immediately to left. Free parking in Convention Center lots. GPS: N35deg 06.27', W77deg 02.18'

**Event Info:** M-F 9am-5pm, Sat 10am-4pm. Also Sun 10am-2pm) (Call ahead to confirm hours) Memorial Day to Labor Day. Closed major holidays and Sunday Labor Day to Memorial Day. Youth under age 18 may walk free with credit. Walk through history in N Carolina's 2nd oldest town, settled in 1710. View several of the more than 150 historic landmarks as the route goes through historic neighborhoods; along the waterfront at the convergence of the Neuse and Trent rivers; past Tryon Palace, Capitol building and home of the Colonial Governor of NC (admission charge to enter); and through a Cemetery. Enjoy an eclectic mix of shops and eateries and the "birthplace of Pepsi" as you stroll through the old downtown. Heritage Tour brochure at Start has detailed points of interest along the walk.

**Ocracoke****10 / 5 km Year Round Walk (2017/Y0933) 1/3/2017 - 12/31/2017**

Ice Cream Parlors, Lakes and Reservoirs, National Parks Centennial Challenge, National Register of Historic Places, Points of Reference, Trekking With the Trees, Walking America's Ports of Call, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0284 Winston Wanderers  
**Contact:** Loren Little, lorenlittle@bellsouth.net, (336)391-2645, POB 725, Clemmons, NC, 27012

**Start Point:** Ocracoke Village- Walk starts at National Park Service Visitor Center at end of Hwy 12 and adjacent to Ferry Terminal in Ocracoke Village. Ocracoke Island accessible only by free ferry from Hatteras Village on Hatteras Island (reservations not taken), toll ferries from Cedar Island and Swan Quarter. Reservations are strongly recommended on toll ferries, 800-856-0343 for Cedar Island or 800-773-1094 for Swan Quarter. General ferry information and schedules 800-293-3779 or [www.ncferry.org](http://www.ncferry.org). Hatteras Ferry from US Highways 64 or 158 follow State Highway 12 S, through Buxton, to ferry terminal in Hatteras Village. To Cedar Island from I-95 follow US 70 E through Morehead City and Beaufort to Hwy 12 then Hwy 12 to ferry terminal. To Swan Quarter follow US 264 E through Greenville and Washington to Swan Quarter and follow signs to ferry terminal. Parking in NPS lot near VC and ferry terminal. Alternate Start Point: YR-1139 Buxton, Dillons Corner (store) Highway 12 across street from Hatteras Island Inn;

**Event Info:** Tuesday - Saturday 9am-5pm. May be open on Sun-Mon call ahead to confirm. Enjoy the vast history and traditions of this unique community on Ocracoke Island. Visit the second oldest operating lighthouse in the nation and a nature trail loop through the Springer's Point Nature Preserve. Trail is mostly on village streets and the nature trail. Sunscreen, insect repellent and water are all highly recommended. Public restrooms available at the National Park Service Visitor Center. In the event of an impending tropical storm Ocracoke has mandatory evacuation of non-residents. Call ahead if in question; Ocracoke Tourist info 252-928-6711, NPS Visitor Center 252 928-4531 or Ocracoke Ferry office 252-928-3841

**Pine Knoll Shores****Distance 21/11/6 km Year Round Walk (2017/Y0927) 1/3/2017 - 12/31/2017**

Points of Reference, Trekking With the Trees, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0284 Winston Wanderers  
**Contact:** Loren Little, lorenlittle@bellsouth.net, (336)391-2645, P.O. Box 725, Clemmons, NC, 27012

**Start Point:** NC Aquarium Pine Knoll Shores- 252-247-4003, 866-294-3477. <http://www.ncaquariums.com>. 1 Roosevelt Blvd., Pine Knoll Shores, NC 28512. From I-95 or Raleigh: take US Hwy 70 east into Morehead City. Turn right on the Atlantic Beach Causeway to Highway 58 in Atlantic Beach. Turn right on Hwy 58 approximately 5 miles to mile marker 7 and the traffic light at Pine Knoll Blvd. Right on Pine Knoll Blvd to Roosevelt Blvd, then left to the aquarium. GPS; N34deg 42.0', W76deg 49.8'. Start box is located at the Visitor Services window inside main entrance and immediately to the right.

**Event Info:** Daily 9-5; closed Thanksgiving, Christmas and New Years Days. Walk the nature trail through maritime forest, paleo dunes and salt marshes of the Roosevelt Nature Preserve on the NC Birding Trail with views of Bogue Sound and through neighboring residential areas on one of the NC barrier islands. Second loop (10 km rated 1C for sand) includes 2.5km on beach on ocean side. Free access to start box and restrooms. Entrance fee to visit aquarium exhibits. Aquarium is handicapped and stroller friendly as are some parts of the walk route. Sunscreen, insect repellent and water are all highly recommended.



**Raleigh - Capital - Downtown (Oakwood)****5km/10km Year Round Walk (2017/Y0597) 1/2/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Cities in Song, Food For Thought, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, State Capital, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, United States Post Offices, Vice Presidential Walks, Walk the USA - Street by Street, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0786 Triangle Trailblazers [www.triangletrailblazers.org/](http://www.triangletrailblazers.org/)

**Contact:** Pat Morefield, lamadre742@gmail.com, (919)349-1467, 5504 Bentgrass Dr., Raleigh, NC, 27610

**Start Point:** N.C. Museum of History Information Desk- 5 E. Edenton St. From the west, exit onto Wade Ave. from I-40. Follow Wade as it merges into Capital Blvd., exit to the right for Peace St., turn left on Peace to Blount St. Right on Blount to Edenton; right on Edenton. Cross Wilmington, the museum will be on the right. From the east, exit onto New Bern Ave. (Exit 13-A) from I-440 (Raleigh Beltline). New Bern eventually becomes Edenton. Stay on Edenton. After crossing Wilmington, museum will be on the right. Parking is available in the government complex visitor lot behind the museum (entrance on Edenton).

**Event Info:** Mon-Sat 9am-5pm; Sun noon-5pm. Closed state and national holidays. Phone: 919-807-7900. The trail is mostly flat on city sidewalks. The route passes through Historic Oakwood neighborhood and the Oakwood Cemetery. Walk through Mordecai Park, a "village street" of 19th century homes; past an historic railroad station; into the State Capitol and Legislative buildings; past the Museums of Natural Science and History; and into City Market, a downtown Farmer's Market with restaurants and shops.

**Raleigh - Capital - Downtown (Wolfpack)****10km Year Round Walk (2017/Y0728) 1/2/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, National Register of Historic Places, Points of Reference, State Capital, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Walk the USA - Street by Street, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0786 Triangle Trailblazers [www.triangletrailblazers.org/](http://www.triangletrailblazers.org/)

**Contact:** Pat Morefield, lamadre742@gmail.com, (919)349-1467, 5504 Bentgrass Dr., Raleigh, NC, 27610

**Start Point:** N.C. Museum of History Information Center- 5 E. Edenton Street. From the west, exit onto Wade Ave. from I-40. Follow Wade as it merges into Capital Blvd., exit to the right for Peace St., turn left on Peace to Blount St. Right on Blount to Edenton; right on Edenton. Cross Wilmington, the museum will be on the right. From the east, exit onto New Bern Ave. (Exit 13-A) from I-440 (Raleigh Beltline). New Bern eventually becomes Edenton. Stay on Edenton. After crossing Wilmington, museum will be on the right. Parking available in the government complex visitor lot behind the museum (entrance on Edenton).

**Event Info:** Mon-Sat 9am-5pm; Sun noon-5pm. Closed state and national holidays. Phone: 919-807-7900. The trail is predominantly along city sidewalks, asphalt trails, and a short distance on a natural greenway path. Walk through downtown Raleigh, into the State Capitol Building, through historic Pullen Park that features a carousel built in 1911, onto the campus of NC State University, the Raleigh Rose Garden, and into the Cameron Village shopping district.

**Raleigh - Lake Johnson Park****12km Year Round Walk (2017/Y1495) 1/2/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Bridges - Spanning the USA, Cities in Song, Lakes and Reservoirs, Points of Reference, State Capital, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes

**Rating:** 2C      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0786 Triangle Trailblazers [www.triangletrailblazers.org/](http://www.triangletrailblazers.org/)

**Contact:** Debby Wapner, [debywapner@aol.com](mailto:debywapner@aol.com), (919)749-5463, 2820 Barrymore, Raleigh, NC, 27603

**Start Point:** Lake Johnson Park- 4601 Avent Ferry Rd. Lake Johnson is located in the southwestern part of Raleigh. From I-40/440, take Exit 295 (Gorman St.). Go north on Gorman St. towards Raleigh. At the 2nd light, turn left on Avent Ferry Rd. Follow Avent Ferry Rd. to park entrance on the left (1.5 miles). The box is located in the park management office at the boat house.

**Event Info:** Daily - Dawn to Dusk. Closed New Years, MLK Birthday, Thanksgiving and Christmas. Phone: 919-233-2121. The trail loops the entire lake on paved and natural surfaces through forested areas. Some of the terrain is hilly with rough areas. Much of the trail hugs the shoreline with beautiful views of the lake.

**Raleigh - North Hills****11K Year Round Walk (2017/Y0358) 1/2/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Boardwalks, Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, Points of Reference, State Capital, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0786 Triangle Trailblazers [www.triangletrailblazers.org/](http://www.triangletrailblazers.org/)

**Contact:** Keung Hui, [tkhui@rushpost.com](mailto:tkhui@rushpost.com), (919)782-4110, 903-13 Shellbrook Court, Raleigh, NC, 27609

**Start Point:** REI in North Hills- 4291 The Circle at North Hills, Raleigh, NC. REI is located in the North Hills shopping district. From the I-440 Beltline in Raleigh, take the exit for Six Forks Road North, Exit 8-B. Go a short distance to the stoplight at the entrance to the shopping district on the left. Turn left here and you will see the REI building (a large 3-story building) on the left. There is ample parking. The box is located at the Customer Service counter inside the store.

**Event Info:** Hours: Mon-Sat 10am-9pm, Sun 11am-6pm. Closed Thanksgiving, Christmas. Phone 919-571-5031. The route takes walkers through an attractive, wooded, residential area. Walkers will see a mix of building periods, well-maintained ranches built in the 60's and 4000+ square-foot homes now being built. Also includes popular sections of greenway trail along Crabtree Creek. Some hills may be challenging.

**Raleigh - Umstead SP****5K / 12km Year Round Walk (2017/Y0994) 1/2/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Bridges - Spanning the USA, Cities in Song, Points of Reference, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes

**Rating:** 3C      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0786 Triangle Trailblazers [www.triangletrailblazers.org/](http://www.triangletrailblazers.org/)

**Contact:** Linda Spencer, linda.spencer1115@gmail.com, (919)539-0753, 9902 Cleaver Court, Raleigh, NC, 27617

**Start Point:** Umstead State Park Visitor Center - 8801 Glenwood Ave, Raleigh, NC. Phone: 919-571-4170. The Visitor Center is located in the Crabtree Section of Umstead State Park off US 70, ten miles NW of Raleigh. From I-440 (Raleigh Beltline) take the Crabtree Valley/US 70 exit (exit 7). Go six miles west on US 70 to the park entrance on the left. From I-40, take I-540 (exit 283) to US 70E (exit 4-A). Go straight at the bottom of the ramp to 70. Park entrance is one mile on the right. Visitor Center is 1/2 mile from the entrance.

**Event Info:** Hours: 9am- 5pm daily; Closed Christmas. Scenic park walk on Umstead's Sycamore Trail. Natural surface through forested area with some hills.

**Salisbury****10km & 5km Year Round Walk (2017/Y0599) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0217 Rowan Roamers [www.rowanroamers.org/](http://www.rowanroamers.org/)

**Contact:** Elaine Howle, Elainehowle2011@hotmail.com, (704)798-0807, 412 W Hillside Dr, China Grove, NC, 28023

**Start Point:** Waffle House 501 E Innes St.; then drive to Rowan County Visitor Center 204 E Innes to begin walking.- BOX is now located at the Waffle House 501 E Innes St. Walk begins at 204 E Innes St. 704-638-3100 Tourist info 1-800-332-2343. Take Exit 76 (Salisbury) from I-85. You will be on East Innes Street. Travel west 0.5 of a mile to Waffle House on your left; after registering continue to Lee Street and the Visitor Center will be on your right. Visitor Center is one block before Main Street (the city's center or "the Square").

**Event Info:** The Waffle House is open 24/7; the box is at the register The Visitors' Center (now for other info) is open M - S 9 to 5. CLOSED: New Years Day, Easter, Thanksgiving, and Christmas. TRAIL: rated 1A, Suitable for strollers but not wheelchairs. The walk takes you through the historic area of town, pass two 1770s cemeteries and the Rotary Clubs The Patriots Flag Concourse and Memorial.

### Salisbury - Dan Nicholas Park

**10km & 5km Year Round Walk (2017/Y0496) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2C      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0217 Rowan Roamers [www.rowanroamers.org/](http://www.rowanroamers.org/)  
**Contact:** Boyd A. Morgan, bamorgan47@gmail.com, (704)279-3282, PO Box 774, Faith, NC, 28041-0774

**Start Point:** Dan Nicholas Park Office/Concession Stand- 6800 Bringle Ferry Road. 704-636-2089. From I-85, take Exit 76 (Albemarle, US 52 South). Go south on US 52 for 4/10 of a mile and turn left on Newsome Road. Travel 1.0 miles on Newsome Road and turn right on Bringle Ferry Road. Go 5.6 miles to park entrance on the left. Take second right in park to the parking lot. Walk to the Park Office/Concession Stand.

**Event Info:** Daily Summer 9 to 9. Winter 9 to 5. This walk is on park trails and roads of 350 acre park. Attractions to be noted at the park include crossing a trestle bridge over the lake. The park includes paddle boats, a carousel, and a miniature train. Park also includes an 80 site family campground. There is no admission fee or parking fee to visit the park. Bank fishing on a ten acre lake, miniature golf, with a special area for the younger children. Special additions to the park include Hurley Station with the Spencer Moose Special and Stanback Express Miniature Trains, Haden's Carousel, Foltz Steel Bridge and the Miner Moose Gem Mine.

### Southport

**10km and 5km Year Round Walk (2017/Y1375) 1/2/2017 - 12/24/2017**

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0217 Rowan Roamers [www.rowanroamers.org/](http://www.rowanroamers.org/)  
**Contact:** Robert D. Doleman, doleman1936@hotmail.com, (910)399-2404, 1902 Chestnut St., Wilmington, NC, 28405

**Start Point:** Southport Visitor Center, corner of Moore and Davis Sts."- Tourist Info: 910-457-7927. FROM THE WEST: take US 74 east to the junction of NC 211. Take NC 211 south to Southport (it becomes Howe Street) and take a LEFT at the last stoplight before the water (Moore Street); proceed one block to Davis Street. The Visitors's Center is on Davis St. FROM WILMINGTON: take US 74 west. Follow US 17 south and take a left onto NC 87. When NC 87 joins NC 133 at Sunny Point, bear right onto NC 133. Take a left onto NC 211 (Howe Street) and turn LEFT at the last stoplight before the water (Moore Street). One block to Davis St. The Visitor's Center is on Davis Street (on street parking)

**Event Info:** Please call ahead, hours subject to change: Summer; M - F 10- 4:30; Sat 10 - 4; Sun 1- 4. Winter; Mon - Sat, 10 - 4. Closed Sunday's in Winter, Thanksgiving, Christmas Eve thru Jan 2. Takes you thru picturesque historic Southport, along river and boardwalk to a gazebo overlooking the Cape Fear River. Views of Oak Island Lighthouse and Baldhead Island Lighthouse. The route includes the old Smithville burying grounds (not accessible with a wheelchair) and past Fort Johnston (probably the smallest active US Army post). Many antique shops and stores on route.

**Swansboro****5/10km Year Round Walk (2017/Y1493) 1/3/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Walking America's Ports of Call, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0284 Winston Wanderers  
**Contact:** Tina Siegel, tsiegel@ec.rr.com, (910)326-2468, 244 River Reach Drive, Swansboro, NC, 28584

**Start Point:** Through The Looking Glass- 910-326-3128, Visitor Info 910-326-1174, 101 Church Street. FROM WILMINGTON: Take U.S Hwy 17 north to SR 24 in Jacksonville. Right on SR 24 into Swansboro. Pass the fire station and turn right on Church Street (at St. Mildred's Church). Follow Church street to the end at the Port of Swansboro. Start Point is in strip of shops to the right. FROM RALEIGH VIA I-40: Exit 373, Magnolia (east bound I-40 turn left; westbound turn right - toward Jacksonville) and continue for about 5 miles to the intersection with Hwy 24 East. Follow Hwy 24 on to Swansboro and follow as above to start point  
 FROM U.S. 70 near MOREHEAD CITY: take Hwy 70 to Hwy 24 West. After crossing the 2 bridges into Swansboro make the first left turn onto Front Street. Continue 2 blocks to the end of Front Street and Through the Looking Glass will be in strip of shops directly in front of you. Point of Contact available evenings only; Alternate POC: Loren Little, 336-788-8582, P.O. Box 725, Clemmons, NC 27012, email lorenlittle@bellsouth.net

**Event Info:** Mon-Sat 10-5:30, Sun 11-4. Closed New Year's, Thanksgiving and Christmas. Youth under age 18 may walk free with credit. Pets not allowed on festival days - second Saturday in June and second Saturday in October. Enjoy a walk through this historic coastal town that dates from around 1730. Situated on the White Oak River and the Intracoastal Waterway this lovely little town is surrounded by water on three sides. Swansboro has a particularly charming downtown historic area lined with antiques shops, boutiques, art galleries and restaurants. Parking is free and the merchants are friendly. GPS N34deg 41.21', W77deg 07.17'.

**Waynesville****5/10km Year Round Walk (2017/Y0585) 1/2/2017 - 12/31/2017**

Animal Safari, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** B Award      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 3A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0046 Asheville Amblers www.AshevilleAmblers.com  
**Contact:** Robert Cooper, revrcooper@aol.com, (828)627-9834, 190 Acorn Ln, Clyde, NC, 28721

**Start Point:** Mast General Store- 63 N. Main St. 828-452-2101. FROM ASHEVILLE: I-40 West. Right on Exit 27 (Waynesville, Hwy-19/23/74) to exit 102. Turn right on Hwy 276 South (Russ Ave, becomes Walnut St). Continue to "T". Right onto Main St. (still 276) to Mast General Store on right. FROM TENNESSEE: I-40 East. Right on Exit 20 (Maggie Valley, Hwy 276). South on 276 to traffic light. Left on Hwy 19/ 276. At next light (2.4 mi) turn right on 276 South (Russ Ave. becomes Walnut St). Right on Main St. to Mast General Store on right.

**Event Info:** Mon-Sat, 10AM-5PM; Sun, 1-5PM. Closed New Years, Easter, Thanksgiving, Christmas. Rated 3A. Suitable for strollers. Trail goes through downtown area with quaint shops and restaurants, past Civil War sites, through the historic Frog Level area. Walk around a peaceful cemetery with spectacular mountain views and thru quiet residential neighborhoods. The start point-Mast General Store-is a "must-see". "B; award available.

**Wilmington - Greenfield Park****10km + 7 km Year Round Walk (2017/Y1374) 1/1/2017 - 12/31/2017****Award:** IVV Credit Only**Strollers:** Easy**Restroom:** Yes**Rating:** 1A**Wheelchair:** Medium**Pets:** Yes**Sponsor:** AVA-0217 Rowan Roamers [www.rowanroamers.org/](http://www.rowanroamers.org/)**Contact:** Robert D. Doleman, [doleman1936@hotmail.com](mailto:doleman1936@hotmail.com), (910)399-2404, 1902 Chestnut St, Wilmington, NC, 28405**Start Point:** Wilmington (Greenfield Park)- Start Point: Cape Fear Coast Visitor Center, 505 Nutt St. 877-945-6386. From West- I-40 East to exit 416A for I-140W/US17S "Shallotte & Myrtle Beach" \* 7 miles to US421/US17S. 2.8 miles to left at 1st light US74E "Wilmington." \*\* Left lane as you cross Isabel Holmes bridge, exit "Wilmington Downtown" onto 3rd St. Right at third light on Redcross St. Three blocks to "T" at Nutt St. Right, then immediate left to Visitor Center next to Railroad Museum. Look for Locomotive.

From North: US17S becomes I-140 in Wilmington. Then as \* above.

From South or West via US17N, US74E, US76E: As approach Wilmington exit for US421N/US17N/US74E. Pass Battleship Memorial, over Thomas Rhodes Bridge, then right at light on US74E. Then as \*\* above.

**Event Info:** Event Info: Register at visitor center, drive 2 miles to walk start. M-F 8:30-5, Sat 9-4, Sun 1-4 Closed Thanksgiving and Christmas Day. Walk is on paved bike path around Greenfield Lake. Path is part of East Coast Greenway, a trail connecting cities from Maine to Florida.**Wilmington - Historic****10km + 5km Year Round Walk (2017/Y0893) 1/1/2017 - 12/31/2017****Award:** IVV Credit Only**Strollers:** Easy**Restroom:** Yes**Rating:** 1A**Wheelchair:** Easy**Pets:** Yes**Sponsor:** AVA-0217 Rowan Roamers [www.rowanroamers.org/](http://www.rowanroamers.org/)**Contact:** Robert D. Doleman, [doleman1936@hotmail.com](mailto:doleman1936@hotmail.com), (910)399-2404, 1902 Chestnut St., Wilmington, NC, 28405**Start Point:** Cape Fear Coast Visitor Center - 505 Nutt St. 877-945-6386 From West- I-40 East to exit 416A for I-140W/US17S "Shallotte & Myrtle Beach" \* 7 miles to US421/US17S. 2.8 miles to left at 1st light US74E "Wilmington." \*\* Left lane as you cross Isabel Holmes bridge, exit "Wilmington Downtown" onto 3rd St. Right at third light on Redcross St. Three blocks to "T" at Nutt St. Right, then immediate left to Visitor Center next to Railroad Museum. Look for Locomotive. From North: US17S becomes I-140 in Wilmington. Then as \* above. From South or West via US17N, US74E, US76E: As approach Wilmington exit for US421N/US17N/US74E. Pass Battleship Memorial, over Thomas Rhodes Bridge, then right at light on US74E. Then as \*\* above.**Event Info:** Event Info: M-F 8:30-5, Sat 9-4, Sun 1-4 Closed Thanksgiving & Christmas Day. Walk is on sidewalks and Riverwalk boardwalk. Visit 1898 Memorial (only successful coup d'etat in US history), pass Cape Fear Museum, Children's Museum, RR Museum and Serpentarium (8K mark, feeding at 3 PM Sat/Sun). Tours of Coast Guard Cutter Diligence if in port. View Battleship North Carolina, Cotton Exchange, and historical photos in new Convention Center. Frequent TV and movie productions along the route.

**Wilson - City - Wilson County****10km Year Round Walk (2017/Y1498) 1/1/2017 - 12/31/2017**

Honoring Our Flag, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0786 Triangle Trailblazers [www.triangletrailblazers.org/](http://www.triangletrailblazers.org/)  
**Contact:** Granville Hayes, gville61@hotmail.com, (757)567-8796, 2820 Millbrook Manor Circle #204, Raleigh, NC, 27604

**Start Point:** Holiday Inn Express- 5000 Hayes Place. Phone: 252-234-7900. From Raleigh, take I-440 (Beltline) or I-540 to US-64/264 East towards Rocky Mount/Wilson. When the highways split, continue on US-264 towards Wilson. Exit US-264 at East Alternate 264 for Wilson (Exit 36-B). As you approach the I-95 Junction, look for Holiday Inn Express on the left (next to McDonalds). From I-95 South, take exit for US-264 (Exit 121), turn right, go 1/10 mile, hotel will be on the right. From I-95 North, take exit for US 264 (Exit 121), turn left, hotel will be on the right. Register here then drive to the start of the walk at the Recreation Park Community Center, 500 Sunset Rd. Directions will be on the walk map found in the box.

**Event Info:** Daily - Dawn to Dusk. The trail is mostly flat on sidewalks and quiet streets. The walk goes down tree-lined streets in lovely residential neighborhoods, through many of Wilson's historic districts, and downtown Wilson.

**Winston-Salem - Old Salem****5/10km Year Round Walk (2017/Y0081) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0284 Winston Wanderers  
**Contact:** Lloyd Tolbert, treb03@gmail.com, (276)252-9100, PO Box 725, Clemmons, NC, 27012

**Start Point:** Gateway YWCA- 336-354-1589, 1300 South Main St. From Business I-40 take the Cherry Street exit (Exit 5C). IF WESTBOUND, turn right on Cherry to 2nd Street and right on 2nd Street to Liberty Street. Follow Liberty as it changes to Old Salem Rd. to traffic circle and go halfway around (go straight) and turn on first right after Waughtown St. and follow around building to entrance. IF EASTBOUND turn right on Marshall Street to W Salem Ave. Turn left W Salem Ave to traffic circle and take first exit (right turn) . Turn on first right after Waughtown St. and follow around building to entrance.

**Event Info:** M-F 5:45 AM- 9 PM, Sat 7 AM - 5 PM, Sun 1 PM- 5 PM. Youth under age 18 may walk free with credit. Downtown & Old Salem. Trail winds through downtown, quiet neighborhoods of the Historic West End, along the strollway a segment of Rails-to-Trails, and Old Salem - a reconstructed early Moravian town. Has some moderate hills. GPS: N36deg 05.43', W80deg 14.72'.

**Winston-Salem - Salem Lake****12km Year Round Walk (2017/Y0237) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, Points of Reference, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0284 Winston Wanderers  
**Contact:** Lloyd Tolbert, treb03@gmail.com, (276)252-9100, PO Box 725, Clemmons, NC, 27012

**Start Point:** Gateway YWCA - 336-354-1589, 1300 South Main Street. From Business I-40 take the Cherry Street exit (EXIT 5C). IF WESTBOUND, turn right on Cherry to 2nd Street and right on 2nd Street to Liberty Street. Follow Liberty as it changes to Old Salem Rd. to traffic circle and go halfway around. Turn on first right after Waughtown St. and follow around building to entrance. IF EASTBOUND turn right on Marshall Street to W Salem Ave. Turn left W Salem Ave to traffic circle and take first exit (right turn). Turn on first right after Waughtown St. and follow around building to entrance. Register here and drive 4.5 miles to walk start location.

**Event Info:** M-F 5:45 AM- 9 PM, Sat 7 AM - 5 PM, Sun 1 PM- 5 PM  
 Drive to walk location. Hours for walk location: Trails available all daylight hours. Facilities hours at walk location - Dec - Feb Daily 9 - 5; March - Oct Daily 7-7 with extended weekend hours Jun - Aug Fri - Sun 6am - 10pm; Nov Daily 7 - 6. Closed Thanksgiving, Christmas and New Years Days. Youth under age 18 may walk free with credit. Secluded, wooded, dirt and paved path around lake shore line; a couple of hills. Recommend large-wheeled strollers.

**NORTH DAKOTA****Bismarck - State Capitol****10km Year Round Walk (2017/Y0939) 1/1/2017 - 12/31/2017**

**Award:** A Award      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0870 Bismarck-Mandan CVB  
**Contact:** Rita Horner, rita@bmcvb.com, (800)767-3555, 1600 Burnt Boat Drive, Bismarck, ND, 58503

**Start Point:** Bismarck-Mandan Visitor Center- 1600 Burnt Boat, 800-767-3555. 1-94 exit 157. VC 1 block N, of Tyler Pkwy/Burnt Boat Road, Steamboat Architecture Building

**Event Info:** Monday -Friday 7:30am-5pm Hours:  
 SPECIAL SUMMER: MEMORIALTHRU-LABOR DAY Monday -Friday 7:30am-7 pm,  
 Saturday 8 am-5 pm  
 Sunday 10 am-4 pm

**Fargo****10km/5km Year Round Walk (2017/Y0191) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Lady Liberty Special Program, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, Walking the USA A - Z, Water Towers

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0032 Red River Volkssport Assn.  
**Contact:** Dale Herman, rrva32@outlook.com, (701)232-7258, 109 Woodland Dr. N., Fargo, ND, 58102

**Start Point:** Biltmore Hotel and Suites- 3800 Main Ave, Fargo, ND 58102. On the north/south I-29 Interstate, take exit 65, Main Ave. Drive west 0.1 miles to the Biltmore.

**Event Info:** From the Biltmore, you will have to drive approximately 3 miles to the Start Point at the Fryin' Pan, 300 Main Ave, Fargo.



**Fargo - West Acres Mall Walk****10km/5km Year Round Walk (2017/Y1073) 1/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Make a Wish at a Water Fountain, Walking the USA A - Z,  
You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** easy      **Pets:** No  
**Sponsor:** AVA-0032 Red River Volkssport Assn.  
**Contact:** Rufus Jefferson, rhjefferson@hotmail.com, (701)298-3163, 1002 4th S 102, Fargo, ND, 58103

**Start Point:** Essentia Health Clinic- West Acres Mall, 3902 13th S. I-94 N on I-29, Exit 64 (left lane) to 38th SW or 13th W intersection, left to 13th W. Left lane, turn left next intersection. S on I-29 Exit 64 to 38th SW. Left on 38th SW, to W Acres, NE entrance or SE entrance (by Sears).

**Event Info:** Essentia Clinic located in Roger Maris wing. Registration Desk, left of entrance to Walking Folder. Hours: M-F 8:30am-8:30pm, Sat 8:30am-4:30pm, Sun noon-4:30pm.

**Fort Ransom****5K & 10 K Seasonal Walk (2017/Y0160) 5/1/2017 - 10/31/2017**

**Award:** B Award      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 4C      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0406 Koda Manipe Volkssport Club

**Contact:** Midge Tschakert, larryt@rrt.net, (218)557-9135, 1391 235th St, Kent, MN, 56553

**Start Point:** Bjone House & VC Ft Ransom State Pk- Walk box on porch under bench. Reservations at State Pk for camping (800)807-4723 or email frsp@state.nd.us. Go to Ft Ransom State Pk via Walter Hjelle Pkwy. \$5 per car State Pk entry fee mandatory unless you have a ND State Pk Annual Permit. Pets must be leashed.

**Event Info:** Information on Ft Ransom State Pk <http://www.ndparks.com/Parks/FRSP.htm>

**Medora - Medora Seasonal Volksmarch****5K, 10K Seasonal Walk (2017/Y0844) 5/15/2017 - 9/30/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Ice Cream Parlors, National Parks Centennial Challenge, Take a Walk In a City Park, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0274 Black Hills Volkssport Assn. [www.bhva.org](http://www.bhva.org)

**Contact:** Diane Johannesen, dianejohannesen@hotmail.com, (307)290-0746, P.O. Box 16, Sundance, WY, 82729

**Start Point:** Medora Seasonal Volksmarch- American Inn 72 E. River Rd. Located across railroad tracks to your left as you enter from the east at Exit 27 off I-94. (701)623-4800

**Event Info:** The walk takes you through town following the walk/bike path out to the Missouri River then return and goes to the setting for the Medora Musical. Go back down hill and circle Chimney Park then back into the center of town to finish. The 5K does not go up the hill!

**Valley City - City of Bridges****10km/5m Seasonal Walk (2017/Y0930) 4/1/2017 - 9/30/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, Take a Walk In a City Park, United States Post Offices, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0032 Red River Volkssport Assn.

**Contact:** Rufus Jefferson, rhjefferson@hotmail.com, (701)298-3163, 1002 4th St S #102, Fargo, ND, 58103

**Start Point:** Valley City Public Library- 410 N. Central Ave. Valley City, ND 58072. From I-94 take Exit 292. N on 8th Ave SW to Main St. Turn right and drive E to Central Ave. At Central Ave. turn left and drive N 4 blocks. Library will be on your right.

**Event Info:** Start Point open Mon-Sat 10am to 5pm, closed Sunday. Snow may block trail in late fall or early spring. Flood has also occurred, please check with the POC in early spring. "Taking a Walk in a City Park"/10K only.

**Wahpeton****5km/10km Year Round Walk (2017/Y0161) 1/1/2017 - 12/31/2017**

**Award:** B Award      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0406 Koda Manipe Volkssport Club

**Contact:** Wayne Beyer, wopark@702com.net, (701)642-2811, 1900 N. 4th St., Wahpeton, ND, 58074-0000

**Start Point:** AmericInn Hotel- 2038 3M Drive N, Wahpeton, ND 58075 (701)642-8365. Wahpeton in SE ND, 10 miles E of I-29 on Hwy 13. 25 miles W of I-94 (Hwy 210). AmericInn on N side of Wahpeton along the Hwy 210 Bypass.

**Event Info:** Register at (AmericInn). Drive to Blikre Athletic Bldg to start. Pets must be leashed. Water available at Start/Finish and Checkpoint area when open.

**OHIO****Berea - City****10K/5k Year Round Walk (2017/Y0538) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Treasure Hunt - A way to walk our precious trails, Walk the USA - Street by Street

**Award:** B Award      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes

**Sponsor:** AVA-0049 Valley Vagabonds, Inc. www.valleyvagabonds.org

**Contact:** D Simon, deval17@aol.com, (440)915-0161, 13317 Tradewinds, Strongsville, OH, 44136

**Start Point:** CVS Pharmacy- 212 W Bagley, 44017, 440-243-6676. 15 miles SW of Cleveland. E/W take I-480 to I-71 S. Exit Bagley (W) 2.5 miles to Bagley/N Rocky River.

**Event Info:** Open 24/7 and holidays. Ask for box at front counter. If problem, Sandi Stowers can help at 216-689-7923 or merlin611@sbcglobal.net

**Berea - Park****10k/5k Year Round Walk (2017/Y1356) 1/2/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, United States Post Offices, Walk the USA - Street by Street, Walking the Path of Inventions

**Award:** B Award **Strollers:** Easy **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Easy **Pets:** Yes  
**Sponsor:** AVA-0049 Valley Vagabonds, Inc. [www.valleyvagabonds.org](http://www.valleyvagabonds.org)  
**Contact:** D Simon, [deval17@aol.com](mailto:deval17@aol.com), (440)915-0161, 13317 Tradewinds, Strongsville, OH, 44136

**Start Point:** CVS Pharmacy- 212 W Bagley, 44017, 440-243-6676. 15 miles SW of Cleveland. E/W take I-480 to I-71 S. Exit Bagley (W) 2.5 miles to Bagley/N Rocky River.

**Event Info:** Ask for box at front counter. Open 24 hrs/7days and holidays. Take your camera. If you have problem can contact Sandi Stowers at 216-689-7923

**Centerville****5km, 10km Year Round Walk (2017/Y0511) 1/2/2017 - 12/28/2017**

**Award:** IVV Credit Only **Strollers:** hard **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** hard **Pets:** Yes  
**Sponsor:** AVA-0526 Xenia Walking Club [xeniawalkingclub@roadrunner.com](mailto:xeniawalkingclub@roadrunner.com)  
**Contact:** Marilyn McTaggart, [tinkinohio@aol.com](mailto:tinkinohio@aol.com), (937)885-4256, 1165 Green Timber Tr, Centerville, OH, 45458

**Start Point:** Centerville Library- 111 West Spring Valley Rd., Centerville, OH 45458

**Event Info:** This walk consists of two 5K loops. The city walk goes through downtown Centerville past old stone houses. The Stubbs Park loop goes through the park & through a neighborhood. The city walk is Rated 1A & is on paved sidewalks. The Stubbs Park walk is rated 1B & is on paved sidewalks, paved surfaces, & gravel paths. The city walk is suitable for strollers, wagons, & wheelchairs, but the Stubbs Park walk is not suitable to strollers or wheelchairs. It is however, suitable for wagons.

**Chagrin Falls****10K/5K Seasonal Walk (2017/Y0830) 4/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Food For Thought, Ice Cream Parlors, Take a Walk In a City Park, Walking the Path of Inventions, Walking the USA A - Z

**Award:** B Award **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes  
**Sponsor:** AVA-0049 Valley Vagabonds, Inc. [www.valleyvagabonds.org](http://www.valleyvagabonds.org)  
**Contact:** D Simon, [deval17@aol.com](mailto:deval17@aol.com), (440)915-0161, 13317 Tradewinds Drive, Strongsville, OH, 44136

**Start Point:** Einstein Bros Bagels- 54 Shopping Plaza, 44022, 440-893-9384. Ask clerk for walk box. \*\*W suburbs: I-71 or I-77 take I-480 E to I-271 N, Exit off left of I-480 to I-271 for local lanes (not Express Lanes). 2nd exit 29/Chagrin (Rt 422 & 87). Exit, far right lane. Right, stay on Rt 87 thru shopping district 1.3 miles. Right at stop sign to enter traffic circle; 2nd exit, Chagrin. (NOT on Rt 87). Chagrin passes Orange High School on right. 4.3 miles; becomes Orange. Stoplight in Chagrin Falls, right on W Main, left at next stoplight, Bell. \*\*E suburbs: I-271 S, Exit 29, Chagrin (Rt 422 and 87). Left, stay on Rt 87 thru shopping district 1.3 miles. At stop sign, make right to enter traffic circle; 2nd exit Chagrin (NOT on Rt 87). Chagrin passes Orange High School on right. 4.3 miles; becomes Orange. At stoplight in Chagrin Falls, right on W Main, after next stoplight for Bell turn left. On Bell turn in 1st or 2nd driveway on right for shopping plaza. Parking; 1st rows short term; longer term to rear.

**Event Info:** M-Sat 6am-5pm, Sun 6am-3pm. Closed Christmas and New Years.

**Cleveland - Cultural****10K/5K with 2K option Seasonal Walk (2017/Y1618) 4/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Food For Thought, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** B Award **Strollers:** Medium **Restroom:** No  
**Rating:** 2A **Wheelchair:** Medium **Pets:** Yes  
**Sponsor:** AVA-0049 Valley Vagabonds, Inc. [www.valleyvagabonds.org](http://www.valleyvagabonds.org)  
**Contact:** D Simon, deval17@aol.com, (440)915-0161, 13317 Tradewinds Drive, Strongsville, OH, 44138  
**Start Point:** Dave's Cosmic Subs- 1842 Coventry Road, Cleveland Heights, 216-320-0330 open seven days a week- NO RESTROOMS. Monday 10:30-8, Tues-Thurs 10:30-9, Friday 10:30-10, Saturday 10:30-9, Sunday 11-8. . Cleveland: I-90 E to exit 177 (MLK). Right on MLK 2 miles to E 105th. Right on 105th, left on Euclid. Right on Mayfield; after 1 mile, top of hill, bear left to stay on Mayfield for 1/2 mile to Coventry. Turn right on Coventry road about two blocks on left is enclosed parking garage. Park there before registering at Dave's half block up on your right. Remember to punch meter first and get 30 minutes free, then put in your quarters for each half hour.  
**Event Info:** . Contact Vicky Heineck if problem at 440-724-1494 or email at [heineckhistory@gmail.com](mailto:heineckhistory@gmail.com)

**Cleveland - Downtown****10K/6K Year Round Walk (2017/Y1082) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, United States Post Offices, Walking America's Ports of Call, Walking the Path of Inventions, Walking the USA A - Z

**Award:** B Award **Strollers:** easy **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** easy **Pets:** No  
**Sponsor:** AVA-0049 Valley Vagabonds, Inc. [www.valleyvagabonds.org](http://www.valleyvagabonds.org)  
**Contact:** D Simon, deval17@aol.com, (440)915-0161, 13317 Tradewinds Drive, Strongsville, OH, 44136  
**Start Point:** Renaissance Hotel - 24 Public Square, 44113; 216-696-5600. W on I-71/I-90 to Cleveland, exit 172/E.9th Street Make a left on Euclid to public square. Go around the square parking is in front of hotel. Due to construction this is the only exit. If you want to park in Terminal Tower parking go around square to Ontario until get to parking sign. Also RTA public transit. Park at W 150th station (off I-71) ride to Tower City Center. Once you enter, go up 2 levels, walk length of Tower City to foyer (before exit to Public square). Left and follow hallway up stairs to fountain; registration desk to left, as for Walk Box.  
**Event Info:** Daily: 8am to dusk.

**Columbus - Columbus Zoo and Aquarium in Powell, Ohio****8k 10K Year Round Walk (2017/Y1486) 1/1/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Boardwalks, Bridges - Spanning the USA, Food For Thought, Ice Cream Parlors, Make a Wish at a Water Fountain, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** No  
**Sponsor:** AVA-0522 Heart of Ohio Hikers  
**Contact:** Barbara Jurjans, bjurjans@gmail.com, (614)530-1557, 1541 Buck Trail Lane, Worthington, OH, 43085

**Start Point:** Walgreens Pharmacy- 9110 Dublin, Powell, OH 43065 located on NE of Dublin/Glick. Hours M-F 7am-10pm, Sat 8am-10pm, Sun 8am-10pm. Walkbox behind main register at front of store. Must drive 1 1/2 miles E on Glick (changes to W Powell) to Columbus Zoo & Aquarium 4850 W Powell, Powell, OH 43065. E: I70 W to 270 N, to Sawmill (Exit 20) go N (right) on Sawmill (becomes Sawmill Pkwy) Continue to Powell/SR750. Left to Powell/SR750. Zoo entrance approx 1 mile on right. Walgreens (start/finsh) 1 1/2 miles further. W: I70 E to 270 N. Take 270 N to Sawmill (Exit 20) go N (left) on Sawmill. S: I71 N to 270 W, to Sawmill (Exit 20) go N (left) on Sawmill. N: I71 S to 270 W, to Sawmill (Exit 20) go N (right) on Sawmill.

**Event Info:** Zoo parking is \$8.00. Zoo entrance fee for Franklin County Residents: Under 3: Free, Ages 3-9 \$9.99, ages 10-59 \$14.99, Ages 60 plus \$9.99. Outside Franklin County: Under 3: Free, Ages 3-9 \$12.99, Ages 10-59 \$17.99, Ages 60 plus \$12.99. Tuesdays Seniors (ages 60+) receive half price admission to the Zoo. Shuttle available from parking to entrance. Zoo open daily except Thanksgiving and Christmas. Hours change monthly. Website-www.columbuszoo.org.

**Columbus - Grandview Heights****11K 5K Year Round Walk (2017/Y1994) 1/1/2017 - 12/31/2017**

Animal Safari, Food For Thought, Ice Cream Parlors, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0522 Heart of Ohio Hikers  
**Contact:** Barbara Jurjans, bjurjans@gmail.com, (614)530-1557, 1541 Buck Trail Lane, Worthington, OH, 43085

**Start Point:** Hyatt Place (Columbus/OSU)- 795 Yard, 43212. W-Indianapolis: I-70 E, merge to I-670 E. Exit 2B, merge to OH-315 N. Exit Goodale. Turn right on W Goodale, right on Yard, 1st left for parking garage. E-Pittsburgh: I-70 E, exit 99C merge to OH 315 N. Exit Goodale. Right at W Goodale, right on Yard, 1st left for parking garage. N Cleveland: I-71 S to Exit 109A for I-670 to Dayton, merge to W Goodale to Neil. Left at Michigan. Right at W Goodale, right on Yard, 1st left for parking garage. S-Cincinnati: I-71 N. Merge to OH-315 N, Goodale exit. Right to Goodale. Right on Yard, 1st left for parking garage.

**Event Info:** Walk box at registration desk. Hotel open 24 hours, walk during daylight hours.

**Columbus - Ohio Capital Walk - including German Village****10km/5km Year Round Walk (2017/Y1230) 1/1/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Food For Thought, Make a Wish at a Water Fountain, Take a Walk In a City Park, Underground Railroad, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0522 Heart of Ohio Hikers

**Contact:** Barbara Jurjans, bjurjans@gmail.com, (614)530-1557, 1541 Buck Trail Lane, Worthington, OH, 43085

**Start Point:** Kroger Store, 150 W. Sycamore St, Columbus, Ohio 43215 - From the North I-71 exit 108A-Main St. left on Main St., left on S. Washington Ave, right on Mound St., left on High St, right on W. Sycamore St & right into Kroger parking lot. From the West I-70, Exit 100A, right on S. Front St, right on W. Sycamore & right into the Kroger Parking lot.

**Event Info:** Walk box is located at Service Desk. Kroger is open from 6:00 AM to 1:00 AM Monday through Sunday. Please walk in daylight only.

**Columbus - Upper Arlington - New and Historic Walk****10km/6km Year Round Walk (2017/Y0420) 1/1/2017 - 12/31/2017**

Points of Reference, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0522 Heart of Ohio Hikers

**Contact:** Barbara Jurjans, bjurjans@gmail.com, (614)530-1557, 1541 Buck Trail Lane, Worthington, OH, 43085

**Start Point:** Chef-O-Nette Restaurant- 2090 Tremont Center, Upper Arlington, OH 43221. N: I-71 S to I-270 W via 119-B to Dayton, merge to 315 S via exit 22 to Columbus. Take Lane/Ohio State University exit, right to Upper Arlington to Lane, right at Tremont, restaurant on left in Tremont Shopping Center. S: I-71 N to 315 N via exit 106-B to Worthington. Take Lane/Ohio State University exit, left to Upper Arlington to Lane, right at Tremont, restaurant on left in Tremont Shopping Center. E or W: I-70 W or I-70 E to 315 N via exit 99B. Take Lane/Ohio State University exit, left to Lane to Upper Arlington, right at Tremont, restaurant on left in Tremont Shopping Center.

**Event Info:** M-Sat 7:30am-8pm, closed Sun.

**Conneaut****5k/10k Year Round Walk (2017/Y1080) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Food For Thought, State Street Sashay, Walk the USA - Street by Street, Walking America's Ports of Call

**Award:** B Award      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** No

**Sponsor:** AVA-0049 Valley Vagabonds, Inc. www.valleyvagabonds.org

**Contact:** D.Simon/Richard Gundelach, deval17@aol.com/Gundie55@adelphia.net, (440)915-0161, 13317 Tradewinds Drive, Strongsville, OH, 44136

**Start Point:** Markko Vineyards- 4500 S Ridge, 44030. 440-593-3197, RD2, S Ridge. I-90, exit 235, Kingsville. N on Rt 193 to Kingsville. Right on Main. Bear right at first Y, then bear left about 100 ft to S Ridge for approx 3 miles; vineyard's stone columns on left. Up driveway to first building on right. Enter on right of building; walk box on wine barrel in hallway. After registering, driving instructions will direct you to start in Conneaut for the 10K. 5K trail starts from winery.

**Event Info:** M-Sat 9am-6pm, closed Sun and major holidays. You may walk on Sunday; call ahead to arrange. If problem contact Richard Gundelach at 216-210-5764 or email at Gundie55@adelphia.net

## Dayton

### 5 & 10 km Year Round Walk (2017/Y0005) 1/4/2017 - 12/23/2017

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AAA-OH Ohio Volkssport Assn.  
**Contact:** Shane Conley, OVA.walking@yahoo.com, (937)416-8059, 143 Redder Avenue, Dayton, OH, 45405  
**Start Point:** Cox Arboretum MetroPark, Dayton- Zorniger Education Center, 6733 Springboro Pike, Dayton, OH 45449. From the North go south I-75. Take exit 50B for OH-741 S/Springboro Rd. Turn left onto OH-741 S/Springboro Rd/Springboro Pike. Continue to follow OH-741 S/Springboro Pike. Destination will be on the right. From the south go North on I-75. Take exit 44. Keep right at the fork, follow signs for Centerville and merge onto OH-725 E/Miamisburg Centerville Rd. Turn left onto OH-741 N/Springboro Pike Destination will be on the left.  
**Event Info:** Zorniger Education Center-Hours: Mon - Fri: 8am to 5pm, Sat- Sun: 11am to 4pm. Park hours: Apr 1 - Oct 31: 8am to 10pm; Nov 1 - Mar 31: 8am to 8:00pm. Trail Description: The grounds of the Arboretum are easy to walk. The natural area and Conservation Corner offer trails through woodlands and meadows. Paved paths provide walking trails through the cultivated gardens. The park has rolling hills type of terrain. The trail will consist of 2 5K loops. The 1st 5K is a little easier of the 2 loops. Credit \$3. Pay by check to Ohio Volkssport Association. No refunds. Pets NOT ALLOWED. Restrooms available at start/finish. Bring water to carry.

## Dayton - Englewood MetroPark

### 5KM & 10KM Year Round Walk (2017/Y1784) 1/2/2017 - 12/29/2017

Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0002 Ohio Wander Freunde  
**Contact:** George Schauer, DGruber333@aol.com, (937)890-2172, 6636 Caldero Ct., Dayton, OH, 45415  
**Start Point:** Comfort Inn- 9305 N Main, 45415. I-70, Exit 29 (SR 48) - From I-70, Exit 29 which is SR 48, go South at 1st traffic light turn right between McDonalds and Waffle House. If you were west bound then it is 2 traffic lights South. You will need to drive from the Comfort Inn to the start of the walk.  
**Event Info:** Start location is different than where the walk starts. Directions to start of walk trail are available in start box.

**Fairborn****5KM & 10KM Year Round Walk (2017/Y1240) 1/1/2017 - 12/29/2017**

Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walking the Path of Inventions, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0002 Ohio Wander Freunde

**Contact:** Carol Yeagerlehner, KLOCKHAUS@aol.com, (937)878-8381, 986 Arborview Court, Fairborn, OH, 45324

**Start Point:** Fairborn Police Department- 70 W. Hebble Avenue, Fairborn, Ohio 45324. Fairborn is located in southwestern Ohio along Interstate 70 about 6 miles north-east of Dayton. Interstate 675 connects Interstate 70 and 75. From Interstate 675 – North or South Proceed to Exit 24 at Rt. 444. From the South turn Left and continue on 444, which turns into Broad Street. Left on Hebble Avenue and Right on Third Street. Left into the Police Station and first Left to parking lot or the City lot on the right. DO NOT PARK IN POLICE PARKING.

**Event Info:** Box located on LEFT SIDE of silver counter of Records Reports Office in corner by "America's Most Wanted" posters. Please return box to same spot.. DO NOT USE RED PHONES UNLESS AN EMERGENCY. If you don't see the box, call 937-878-8381 or 937-477-2553.

**Fairborn - Wright Hill/Museum Walk****6KM; 10KM & 12KM Year Round Walk (2017/Y1664) 1/2/2017 - 12/29/2017**

Honoring Our Flag, National Parks Centennial Challenge, National Register of Historic Places, Vice Presidential Walks, Walking the Path of Inventions, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** None      **Pets:** No

**Sponsor:** AVA-0002 Ohio Wander Freunde

**Contact:** Shane Conley, conleyshane1@gmail.com, (937)416-8059, 143 Redder Avenue, Dayton, OH, 45405

**Start Point:** Huffman Prairie Flying Field Interpretive Center- 2380 Memorial Road, WPAFB, OH 45433, 937-425-0008.

Traveling North on I-75: Take I-75 North to I-675 North to exit 15. Stay in the right lane. At the first traffic light, turn left onto Colonel Glenn Highway. Stay in the left lane; turn left onto National Road (second traffic light). Proceed on National until it ends at Kauffman Road. Turn left onto Kauffman and proceed to the stone fence on the left. Go through the gate onto Wright Brothers Hill. The interpretive center is located on the left at the top of the hill.

Traveling South on I-75: Take State Route 4 north and exit onto State Route 444. At the first light turn right onto Kauffman Road. Turn right immediately through stone fence onto Wright Brothers Hill. The interpretive center is located at the top of the hill.

Traveling East or West on I-70: Take Exit 44 to south I-675. From I-675, take Exit 15 for Wright-Patterson AFB. At the first traffic light, turn left onto Colonel Glenn Highway. Stay in the left lane; turn left onto National Road (second traffic light). Proceed on National until it ends at Kauffman Road. Turn left onto Kauffman and proceed to the stone fence on the left. Go through the gate onto Wright Brothers Hill. The interpretive center is located on the left at the top of the hill.

**Event Info:** Huffman Prairie Flying Field Interpretive Center, 2380 Memorial Road, Wright-Patterson AFB, OH 45433. 937-425-0008. Daily, walk in daylight hours only Interpretive Center hours: 9:00 am to 5:00 pm daily. CLOSED: MONDAY & TUESDAY November thru March as well as the third Saturday of September for the U.S. Air Force marathon, Thanksgiving Day, December 25, and New Year's Day. During inclement weather, please call for daily schedule.



### Lakewood

#### 5K/10K Seasonal Walk (2017/Y0708) 4/1/2017 - 12/31/2017

Amphitheatres, Lakes and Reservoirs, Take a Walk In a City Park, Underground Railroad, Walking America's Ports of Call

**Award:** B Award                      **Strollers:** Easy                      **Restroom:** Yes  
**Rating:** 1A                              **Wheelchair:** Easy                      **Pets:** Yes  
**Sponsor:** AVA-0049 Valley Vagabonds, Inc. www.valleyvagabonds.org  
**Contact:** D Simon, Deval17@aol.com, (440)915-0161, 13317 Tradewinds Drive, Strongsville, OH, 44136

**Start Point:** Lakewood Library Registration Desk- 15425 Detroit, 44107; 216-226-8275. Library on corner Detroit/Arthur. W: I-90 E, Exit 164 (McKinley). S Marginal, turn left on McKinley. Right on Hilliard to Arthur. Left on Arthur to Detroit. E: I-90 W to Exit 165A (Warren). Right on Warren to Detroit. Left on Detroit to Arthur. S on I-77: I-77 N, merge to I-490W, exit 161B. I-490W becomes I-90W. I-90W, Exit 165A (Warren). Right on Warren to Detroit. Left on Detroit to Arthur. S on I-71: I-71 N to Exit 240 (W 150th). Left on W 150th, becomes Warren. Left on Detroit to Arthur. Parking: rear off Arthur, metered/un-metered street parking. More parking behind strip mall across street from library. Via RTA: Lakewood Community Circulator and 326 bus stop in front of library.

**Event Info:** M-Sat 9am-9pm; Sun 1pm-9 pm. Closed major holidays. Call on Sun before holidays. ASK FOR VOLKSMARCH BOX-another group also has box here. Jan Henderson can also answer questions 440-570-2963 jlhend51@gmail.com

### Norton - Silver Creek Metro Park

#### 10K & 5K Seasonal Walk (2017/Y0945) 4/1/2017 - 9/30/2017

Bridges - Spanning the USA, Lakes and Reservoirs, Treasure Hunt - A way to walk our precious trails, Walk the USA - Street by Street

**Award:** IVV Credit Only                      **Strollers:** hard                      **Restroom:** Yes  
**Rating:** 2B                                      **Wheelchair:** NO                      **Pets:** Yes  
**Sponsor:** AVA-0544 Gemutlich Wanderers  
**Contact:** Nancy Burkholder, nbhike2486@yahoo.com, (330)262-1202, 551 West Larwill Street, Wooster, OH, 44691

**Start Point:** BO GO Pizza and Chicken- 1378 Wooster Rd., Barberton, OH 44203. From US 21 N&S use Wooster/Barberton Exit. Follow signs for Barberton. This gets you on Wooster Rd.. Continue to second traffic light. BO GO is just after this traffic light. Turn right into parking lot. From Ohio 585 continue straight ahead going under US21. This becomes Wooster Rd. Turn right into parking lot after second traffic light.

**Event Info:** BO GO hours are Mon. thru Sat. 10:00am -10:00pm; Sun 12:00pm - 10:00 pm; Closed Easter. Walk daylight hours only. Carry water with you. Trails in park have tree roots and may be muddy at times. Roads outside the park do not have sidewalk, but are lightly used. Streets include Alaska and Hawaii.

### Oakwood

#### 5 KM, 10 KM, 15KM, 20KM Year Round Walk (2017/Y2088) 1/1/2017 - 12/29/2017

Honoring Our Flag, Ice Cream Parlors, Take a Walk In a City Park, Walking the Path of Inventions, Walking the USA A - Z

**Award:** IVV Credit Only                      **Strollers:** easy                      **Restroom:** Yes  
**Rating:** 2A                                      **Wheelchair:** hard                      **Pets:** Yes  
**Sponsor:** AVA-0002 Ohio Wander Freunde  
**Contact:** Helga Slade, hslade@woh.rr.com, (937)429-3946, 2882 Hamden Drive, Beavercreek, OH, 45434

**Start Point:** Dorothy Lane Market- 2710 Far Hills Avenue, Dayton, OH 45419. From the north, east, or west -Take I-75 South to Exit 54B Main Street. Turn left and proceed 5 miles south on Main Street to Dorothy Lane Market on left. From the south - Take I-675 North to Exit 4B (OH48). Continue 4 miles north to Dorothy Lane Market on right.

**Event Info:** Daily, during daylight hours. Ask for AVA box at Customer Service Desk.

**Oberlin - Seasonal****10k/6k Seasonal Walk (2017/Y0100) 4/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Ice Cream Parlors, Take a Walk In a City Park, Underground Railroad, United States Post Offices, Walking the Path of Inventions

**Award:** B Award **Strollers:** Easy **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Easy **Pets:** Yes  
**Sponsor:** AVA-0049 Valley Vagabonds, Inc. www.valleyvagabonds.org  
**Contact:** D. Simon/C.Yarnell, deval17@aol.com/yarnellck2@yahoo.com, (440)915-0161, 13317 Tradewinds Drive, Strongsville, OH, 44136

**Start Point:** Oberlin Tappan Square.- 10 East College Street, Oberlin, 44074; 440-775-7001. Oberlin located about 30 miles SW of Cleveland, 8 miles S of Lorain. Oberlin Inn on Rt 58 (Main) S of Rt 511 intersection. Oberlin also reached from Ohio Turnpike, Exit 140 for Rt 58. S (left from exit ramp) 6 miles to Rt 511. Oberlin Inn past Rt 511. Continue to East College street and make an left. New hotel is replacing the original Oberlin Inn.

**Event Info:** Daily, dawn to dusk. Ask for walk box at registration desk.

**Orrville - Wayne County****10K, 5K Year Round Walk (2017/Y1748) 1/2/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** easy **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** easy **Pets:** Yes  
**Sponsor:** AVA-0544 Gemutlich Wanderers  
**Contact:** Luanne Johnson, luanne.i.johnson@gmail.com, (330)466-8799, 1777 Blackberry Lane, Orrville, OH, 44667

**Start Point:** Rite-Aid Pharmacy- 222 S Main St, Orrville, OH. From I-76 or Route 30, take State Route 57 which becomes Main St in Orrville. The Rite Aid is located at the corner of Main and Chestnut Streets. Parking is available at the Rite Aid

**Event Info:** Rated 1A, suitable for wheelchairs, strollers and wagons. The trail includes a portion of the newly-opened Heartland Trail which will eventually connect with the Ohio/Erie Trail, follows city sidewalks through downtown and the historic parts of the city and passes the corporate headquarters of the J. M. Smucker Company. The 10k trail also goes through Orr Park.

**Oxford - Miami University****5k & 10k Year Round Walk (2017/Y1287) 1/1/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Underground Railroad, United States Post Offices, Walking the Path of Inventions, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only                      **Strollers:** NO                      **Restroom:** Yes

**Rating:** 1A                      **Wheelchair:** NO                      **Pets:** Yes

**Sponsor:** AAA-OH Ohio Volkssport Assn.

**Contact:** Shane Conley, jship13@fuse.net, (937)416-8059, 143 Redder Ave, Dayton, OH, 45405

**Start Point:** Sycamore Inn/Best Western- 6 East Sycamore St. 513-523-0000. From I75 take exit 38. Turn west on SR 73 towards Franklin. Follow 73 to Oxford. At Oxford turn right on S. Patterson Ave. (SR27). Turn left on High Street. (SR27). Turn right north on N. Main Street (SR73). Travel four blocks. Best Western is on the corner of Main Street (SR 73) and Sycamore Street. Oxford is 20 miles north of Cincinnati on Route 27; 30 miles south of Richmond, Indiana on Route 27, 30 miles SW of Dayton, Ohio on Rt. 73.

**Event Info:** There are two 5k loops. Route is mostly on sidewalks through the campus district. Pets are welcome on the trail but not inside the buildings. Clean up after your pet is requested. This walk will go past The William H McGuffey House, 401 E Spring Street, you can talk a look.

**Perrysburg - Bi-Centennial Historical event****5/10 km Year Round Walk (2017/Y0040) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, National Register of Historic Places, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only                      **Strollers:** medium                      **Restroom:** Yes

**Rating:** 1B                      **Wheelchair:** medium                      **Pets:** Yes

**Sponsor:** AVA-0532 Maumee Valley Volkssporters

**Contact:** Craig Gauger, gcgauger@hotmail.com, (419)350-4345, 233 W Dudley St, Maumee, OH, 43537

**Start Point:** Perrysburg Police Dept. 330 Walnut St, Perrysburg, OH 43551- From I-475 exit 2, US25/South Dixie Hwy. Go to the right on US25. Pass South Boundary St and angle right after Marco's Pizza onto Findlay St. Right on Indiana Ave to Walnut St. Street parking or park behind the American Legion bldg. across the street.

**Event Info:** This walk is being offered in honor of Perrysburg's Bi-Centennial in 2016. Sights along the trail include historic, downtown Perrysburg & waterfront, Fort Meigs, Fort Meigs Cemetery, the old jail, and more. Mostly paved sidewalks, some gravel road and hard packed gravel/dirt path.

**Steubenville - Border Crossing / Jefferson County****5k, 10k Seasonal Walk (2017/Y1926) 5/1/2017 - 10/31/2017**

Amphitheatres, Border Crossings, Bridges - Spanning the USA, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, United States Post Offices, Walking America's Ports of Call, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0544 Gemutlich Wanderers

**Contact:** Diana Pethtel, pethtellynn@yahoo.com, (703)217-2086, 1024 Main Street, Wellsville, OH, 43968

**Start Point:** Steubenville Visitor Center at Historic Fort Steuben- 120 S. Third Street, Steubenville, OH 43952. From I-77, take US 250 E (exit 81), merge onto US 22 E. Exit at OH 7 S / Dean Martin Boulevard, turn right on Washington Street (OH-43), turn left on Third Street to Historic Fort Steuben. From I-70, take OH 7 N (exit 225) 23 miles to Steubenville. Exit at Third Street, turn left then continue straight on Third to Historic Fort Steuben.

**Event Info:** Steubenville is noted for 23 beautiful murals depicting life in the 1800s and early 1900s. Both the 5k and 10k routes include the 21 murals which are located in the downtown area and the AVA and OVA Special Programs. The walk route crosses a bridge across the Ohio River into West Virginia. The trail is not suitable for wheelchairs, wagons or strollers due to the steps up to the bridge across the river.

**Toledo - Get Out of the Weather!****5/10/15 km Year Round Walk (2017/Y1294) 1/2/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** easy      **Pets:** No

**Sponsor:** AVA-0532 Maumee Valley Volkssporters

**Contact:** Richard Woods, rwoods8590@aim.net, (419)885-5274, 6775 Brint Road, Sylvania, OH, 43560

**Start Point:** Toledo - Biggby Coffee outside Franklin Park Mall- 4204 Sylvania Avenue, Toledo, OH 43623

**Event Info:** Mall Walk in Franklin Park Mall. Register at Biggby Coffee and drive or walk to mall. Coffee shop open 6 a.m. to 9 p.m. M-F; 7 a.m. to 9 p.m. S/S. Mall opens at 8:30 a.m. for walkers. Coffee shop and mall closed Thanksgiving and Christmas.

**Toledo - Maumee History and Nature****Distance 5/10/20 km Year Round Walk (2017/Y1481) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Take a Walk In a City Park, Underground Railroad, United States Post Offices, Walking the USA A - Z, Water Towers

**Award:** B Award      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0532 Maumee Valley Volkssporters

**Contact:** Faith Cataldo-Gauger, faith@toast.net, (419)350-4365, 233 W. Dudley St., Maumee, OH, 43537

**Start Point:** Maumee - Police Dept Lobby- 109 E Dudley. From OH Turnpike/I-80/90, exit 59 S on S Reynolds (Reynolds changes name to Conant in Maumee) to Maumee. Crossing US 24 go 5 blocks to E Broadway, turn left. Left again on Gibbs 1 block to E Wayne to E Mews for parking. Maumee Police Dept 1 block N of Mews. Limited street parking on E Dudley.

**Event Info:** Walk hours dawn-dusk daily. A lovely historical walk through the old town of Maumee with descriptions of homes and businesses, building styles and dates built. The route travels along the towpath of the former Miami-Erie Canal, passing several of the old locks in the Sidecut Metropark. Perfect for a picnic lunch during or after the walk. You will pass a Window on Wildlife in this Metropark.

### Toledo - Sylvania Creek and Campus

#### 5/10km Year Round Walk (2017/Y0329) 1/1/2017 - 12/31/2017

Border Crossings, Trekking With the Trees, Underground Railroad, Walking the USA A - Z

**Award:** B Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0532 Maumee Valley Volkssporters

**Contact:** Richard Woods, rwoods8590@aim.net, (419)885-5274, 6775 Brint Rd, Sylvania, OH, 43560

**Start Point:** Sylvania - Harmony in Life front porch- 5747 N Main, Sylvania, OH 43560. From I-475 N to US 23, exit 14 to exit 15 Monroe-Sylvania. Left at light, 3/4 mile to Main. Right on Main to Harmony in Life.

**Event Info:** Walk hours dawn-dusk daily. In snowy weather you may find a couple of non-plowed sections. Wheelchairs and strollers may find it a challenge for up hill.

### Toledo - Wildwood Metropark

#### 5K and 10km Year Round Walk (2017/Y1897) 1/1/2017 - 12/31/2017

Boardwalks, Bridges - Spanning the USA, Trekking With the Trees

**Award:** B Award      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0532 Maumee Valley Volkssporters

**Contact:** Kay Black, kblacka1@gmail.com, (419)283-4803, 3475 Waterville-Swanton Rd., Swanton, OH, 43558

**Start Point:** Toledo - Wildwood Metropark- 4830 W Central. Window on Wildlife at Administrative Offices. From I-475, exit 13 E (turn right, either direction, from N or S). Pass Holland-Sylvania and N Reynolds. Under Railroad trestle, turn left at 1st entrance to Wildwood Metropark. Follow signs to Administrative office. Walk box inside Window on Wildlife room.

**Event Info:** Walk hours dawn-dusk daily.

### Waterville - Buckeye Trail and Metroparks

#### 5/10/15/20 km Year Round Walk (2017/Y0042) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0532 Maumee Valley Volkssporters

**Contact:** Craig Gauger, gcgauger@hotmail.com, (419)350-4345, 233 W Dudley St, Maumee, OH, 43537

**Start Point:** Farnsworth Metropark walk - register at Maumee Police Dept lobby in Maumee, OH 43537- From I-475, exit 4 Maumee, US24/Anthony Wayne Trail. Stay on US24 through the light at Conant St. Right on Cass Rd to E. Dudley St. Right on E. Dudley to the Police Dept. 109 E Dudley St. Street parking to register.

**Event Info:** After registering, you continue on E. Dudley St to Conant St. Right on Conant to US24. Left on US24 for about 5 miles towards Waterville. Exit 66 after the Fallen Timbers exit. Drive through Waterville to the Roche de Bout parking area of Farnsworth Metropark. Park near the shelterhouse. The trail starts there. All four routes are out-and-back. Restrooms at Police Dept, at the shelterhouse, and along the route. Water available at several spots, but you will want to carry your own if participating in the 10km or longer routes.

**Wooster - Wayne County****5K & 10K Year Round Walk (2017/Y1924) 1/2/2017 - 12/30/2017**

Bridges - Spanning the USA, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Underground Railroad, United States Post Offices, Walk the USA - Street by Street, Walking the Path of Inventions, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0544 Gemutlich Wanderers

**Contact:** Nancy Burkholder, nbhike2486@yahoo.com, (330)262-1202, 551 West Larwill St., Wooster, OH, 44691

**Start Point:** Wayne County Public Library- 220 W. Liberty St., Wooster, Ohio 44691. Exit US30 at Ohio 3 S. From W, turn R & from E. turn L on Columbus Ave. to W. Liberty St. Turn R on Liberty. Library is on R between Grant St. & Walnut St.. Parking lot is behind the library. Parking is free.

**Event Info:** Library hours are M, Tu, Th 9:30am-8:30pm; W, F 9:30am-6:00pm; Sat 9:30am-3:00pm; Closed Sundays & Holidays. Trail is rated 2B. Wooster is county seat, a college town, and home of the Ohio Light Opera and all these will be on the walk. Trail is mostly paved, but walking on grass in the city park. Also some streets do not have sidewalk.

**Xenia****Distance 5/10/15/20km Year Round Walk (2017/Y0279) 1/3/2017 - 12/20/2017**

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0526 Xenia Walking Club xeniawalkingclub@roadrunner.com

**Contact:** Marilyn McTaggart, tinkinohio@aol.com, (937)885-4256, 1165 Green Timber Trail , Centerville, OH, 45458

**Start Point:** Ramada Inn- 300 Xenia Towne Sq. I-70, exit #52 (SR68) S corner Main & Detroit. Right to Main, 2nd light. Right parking. I-75 N or S, follow directions above, but come straight in town. (Do not take bi-pass). To West St, left parking. E I-71, exit 50 (SR68), N to Xenia. Corner Main/Detroit, left to Main. 2nd light, right parking.

**Event Info:** Dawn-Dusk. Ramada Inn 7 days a week during daylight hours only.

**Xenia - Little Miami Scenic Trail****25/26/33/34/46km Year Round Bike (2017/Y0280) 1/3/2017 - 12/20/2017**

**Award:** IVV Credit Only      **Strollers:**      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:**      **Pets:**

**Sponsor:** AVA-0526 Xenia Walking Club xeniawalkingclub@roadrunner.com

**Contact:** Marilyn McTaggart, tinkinohio@aol.com, (937)885-4256, 1165 Green Timber Trail , Xenia, OH, 45458

**Start Point:** Ramada Inn - 300 Xenia Towne Sq. I-70, exit 52 (SR68) S corner Main & Detroit. Right to Main, 2nd light. Right parking. I-75 N or S, follow directions above, but come straight in town. (Do not take bi-pass) West St, left parking. E on I-71, exit 50 (SR68) & N to Xenia. Corner Main/Detroit, left to Main. 2nd light, right parking.

**Event Info:** Wear helmets & carry water. Open 7 days dawn to dusk.

### Yellow Springs - Village Walk & Glen Helen

Two 5km loops Year Round Walk (2017/Y0062) 1/3/2017 - 12/20/2017

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0526 Xenia Walking Club xeniawalkingclub@roadrunner.com  
**Contact:** Carol Yegerlehner, KLOCKHAUS@aol.com, (937)878-8381, 986 Arborview Court, Fairborn, OH, 45324  
**Start Point:** Yellow Springs Library- 415 Xenia (Rt 68). I-70 E or W Yellow Springs exit 52A, Rt 68 S. Follow 68 to Village (Xenia). 1 block past 2nd traffic light to E Davis. Left, then left parking back of library. I-675 take Dayton-Yellow Springs Exit 20, turn to Yellow Springs (E). 6 miles to Village (Dayton) thru 2 lights and 2 stop signs to Rt 68. Right, follow above directions. Park behind Library or street front. Walk Box on shelf behind Librarian's desk.  
**Event Info:** M,Tu,Th 12-8pm; W 10am-8pm; F 10am-6pm; Sat 10am-5pm. Hiking stick & water recommended. Dogs on leash clean up after. Not allowed in Start/Finish.

### OKLAHOMA

#### Bartlesville - Historic Area

5/10/20 km Year Round Walk (2017/Y0718) 1/1/2017 - 12/31/2017

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street, Walking the Path of Inventions, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0291 Tulsa Walking Club sites.google.com/site/tulsawalkingclub  
**Contact:** Dorothy Brown, arnoldtea@hotmail.com, (918)437-8404, PO Box 701856, Tulsa, OK, 741701856  
**Start Point:** Holiday Inn Express and Suites- 4016 SE Price Road, Bartlesville, OK 74006. Phone: 918-766-0020  
From Tulsa: Take Hwy. 75 North to Bartlesville; as you enter Bartlesville, Price Road is the second traffic light. Turn right (East) on Price Road one block to the hotel. Coming from the North on Hwy. 75 into Bartlesville, Price Road is the first traffic light past Washington Park Mall. Turn left (East) one block to the hotel. Bartlesville is 47 miles North of Tulsa and about 20 miles South of Caney, Kansas.  
**Event Info:** There is a 5K and a 10K historic walk in downtown Bartlesville. Each trail shows which of the Special Programs it qualifies for on a separate sheet (attached), and is also indicated on the instructions. You must drive a short distance from the Registration Point to the beginning of the trails. Rest rooms are available at the Registration Point, as well as at the trail head. See the Frank Lloyd Wright skyscraper!

**Broken Arrow - Christmas Lights Seasonal Walk****5K/10K Seasonal Walk (2017/Y1084) 11/22/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Make a Wish at a Water Fountain, Points of Reference, Walking the USA A - Z

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes**Rating:** 1A **Wheelchair:** Medium **Pets:** No**Sponsor:** AVA-0291 Tulsa Walking Club [sites.google.com/site/tulsawalkingclub](http://sites.google.com/site/tulsawalkingclub)**Contact:** Teresa Arnold, [arnoldtea@hotmail.com](mailto:arnoldtea@hotmail.com), (918)630-3206, 1001 E. Tacoma Street, Broken Arrow, OK, 74012**Start Point:** Subway Sandwich Shop- 1003 N. Elm Place, (161st) in Broken Arrow, Oklahoma. Store Phone: 918-258-0782. Store is open until 10:00 PM. After registering, you will then drive to the trailhead. Directions to the trailhead are in the walkbox.**Event Info:** This is a Seasonal event which is available from the Wednesday before Thanksgiving through New Year's Eve. Christmas Lights walk; bring flashlights. The walk will be on sidewalks and in parking lots. Credit only - \$2.00 Water and restrooms at startpoint only.**Lawton - East Lake Scenic Trail****5KM/10KM Year Round Walk (2017/Y0649) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Water Towers

**Award:** IVV Credit Only **Strollers:** Hard **Restroom:** No**Rating:** 1A **Wheelchair:** None **Pets:** Yes**Sponsor:** AVA-0316 Lawton Walkers [facebook.com/pages/Holy-Family-Walkers-Volksmarching-Club/205700619489502](https://facebook.com/pages/Holy-Family-Walkers-Volksmarching-Club/205700619489502)**Contact:** Roland L Ouellette, [rlo@rioedmgroupp.com](mailto:rlo@rioedmgroupp.com), (214)649-4150, 2809 NE Heritage Ln, Lawton, OK, 73507**Start Point:** Prairie Park- 601 NW 2nd St From the south and north exit I44 at exit 37 Go to 2nd St then R on 2nd St to Ferris R on Ferris St. Days Inn is on the left. From the W follow Rogers Lane (US 62) to Ft Sill Blvd. Go S on Ft Sill Blvd to Ferris. L on Ferris Days Inn is at the corner of Ferris and 2nd St.**Event Info:** Trail goes through city park, scenic trails, and residential areas.



**Lawton - Fort Sill - Historic****5KM/10KM Year Round Walk (2017/Y1592) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, Vice Presidential Walks, Walk the USA - Street by Street, Walking the Path of Inventions, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0316 Lawton Walkers facebook.com/pages/Holy-Family-Walkers-Volksmarching-Club/205700619489502

**Contact:** Roland L Ouellette, rlo@rioedmgroupp.com, (214)649-4150, 2809 NE Heritage Ln, Lawton, OK, 73507

**Start Point:** Days Inn- 601 NW 2nd St From the S, exit I-44 at Exit 37. Go W to 2nd St then right on 2nd St to Ferris. Right on Ferris. Days Inn is on the left. From the N, take exit 39b. Stay on 2nd St. At the light turn L on Ferris St. Days Inn is on the L

**Event Info:** Because of the current terrorist threat, everyone entering Fort Sill is required to have a military ID card or visitor pass. Random vehicle searches are conducted at the gates. Trail is rated 1A. Strollers and wheelchairs will experience some difficulty with curbs and grass. Trail is entirely on Fort Sill and goes through the historic old post quadrangle, family living areas, a songbird area and the Old Post Cemetery. A visitor pass can be obtained at the Visitor Center, Sheridan Gate. Details in the Start Box.

**Lawton - Lawton****6KM/10KM Year Round Walk (2017/Y0222) 1/1/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Food For Thought, Fraternal Organizations, Honoring Our Flag, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, State Capital, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0316 Lawton Walkers facebook.com/pages/Holy-Family-Walkers-Volksmarching-Club/205700619489502

**Contact:** Roland Ouellette, rlo@rioedmgroupp.com, (214)649-4150, 2809 NE Heritage Ln, Lawton, OK, 73507

**Start Point:** Days Inn- 601 NW 2nd St From the S and N exit I-44 at Exit 37 (Gore Blvd) and turn W Turn right on 2nd St to Ferris. Turn R on Ferris. Days Inn is on the IL at stoplight. From the W follow Rogers Lane (US62) to Ft Sill Blvd. Go S on Ft Sill Blvd to Ferris. Left on Ferris to Ferris and 2nd St. Days Inn is on the corner of Ferris and 2nd St

**Event Info:** Trail goes through Lawton city parks, residential and business areas and is mostly on flat surfaces and some grass.

**Lawton - Lawton - Ft Sill Hangar****5KM/10KM Year Round Walk (2017/Y0015) 1/1/2017 - 12/31/2017**

Animal Safari, Doin' The Louisiana Purchase, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Trekking With the Trees, Vice Presidential Walks, Walk the USA - Street by Street, Walking the Path of Inventions, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0316 Lawton Walkers facebook.com/pages/Holy-Family-Walkers-Volksmarching-Club/205700619489502

**Contact:** Roland L Ouellette, rlo@rioedmgroupp.com, (214)649-4150, 2809 NE Heritage Ln, Lawton, OK, 73507

**Start Point:** Days Inn- 601 NW 2nd St; From the S, exit I-44 at Exit 37. Go W to 2ndSt., then R on 2ndSt to Ferris. R on Ferris. Days Inn is on the L. From the N take exit 39b. Stay on 2nd St. At the light, turn L on Ferris St. Days Inn is on the L.

**Event Info:** Because of the current terrorist threat, everyone entering Fort Sill is required to have a picture ID card. Random vehicle searches can be conducted at the gates.

**Lone Wolf - Quartz Mountain State Park****5/10KM Year Round Walk (2017/Y1102) 1/1/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Honoring Our Flag, Lakes and Reservoirs, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0316 Lawton Walkers facebook.com/pages/Holy-Family-Walkers-Volksmarching-Club/205700619489502

**Contact:** Roland Ouellette, rlo@rioedmgroupp.com, (214)649-4150, 2809 NE Heritage Ln, Lawton, OK, 73507

**Start Point:** Arts & Crafts Center Lodge- Quartz Mountain State Park. From either E or W turn on US62 turn N on N Main St in Altus, OK. Drive 7.9 miles. N Main St becomes US283. Drive 6.9 miles. Go straight on highway 44. Drive r 1.7 miles. Turn left on highway 44A for 1.5 miles. Turn at first possible right and follow park signs to the lodge. From either E or W on I-40 exit S on state highway 44 (Exit 53). Turn R on state highway 44A for 1.5 miles. Turn at first possible R and follow park signs to the lodge. For reservations at the lodge or cabins call (580)563-2424 or email www.quartzmountain.org.

**Event Info:** Park is open 7 days-24 hours except as noted below.

**Mannford - Keystone State Park****10 KM and 5 KM Year Round Walk (2017/Y0079) 1/1/2017 - 12/31/2017**

Alternative Capitals, Doin' The Louisiana Purchase, Honoring Our Flag, Lakes and Reservoirs, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0291 Tulsa Walking Club sites.google.com/site/tulsawalkingclub  
**Contact:** Dan Nerren, djnindex@aol.com, (918)798-3629, PO Box 701856, Tulsa, OK, 74170-1856

**Start Point:** Lake Keystone Park Office/Grocery Store - Traveling from Tulsa: Going West on 412/OK-51, take the exit for Mannford/OK-151. Turn Right (North), into the entrance for the park and proceed to the Park Office on your right. Lake Keystone State Park is located 15 miles west of Tulsa on Hwy 151 (crosses over Keystone Dam). Park office phone number 918-865-4991; call for their hours. Ask for the walk box at the counter. GPS Coordinates: N 36 08' 19.73"; W 96 15' 51.25"

**Event Info:** Walk is all within the park area, some on wooded paths and blacktop roadway. You will want to carry water.  
 Park Office/Store opens at 9:00 a.m.

**Medicine Park - Medicine Park****5KM/10KM Year Round Walk (2017/Y0646) 1/1/2017 - 12/31/2017**

Animal Safari, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Lakes and Reservoirs, National Register of Historic Places, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, United States Post Offices, Water Towers

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0316 Lawton Walkers facebook.com/pages/Holy-Family-Walkers-Volksmarching-Club/205700619489502

**Contact:** Roland L Ouellette, rlo@rioedmgroupp.com, (214)649-4150, 2809 NE Heritage Ln., Lawton, OK, 73507

**Start Point:** Days Inn- 601 NW 2nd St. in Lawton, OK. From the S and N exit I-44 at Gore Blvd. (Exit 37) and turn Wt. Turn R on 2nd St to Ferris. Turn R on Ferris (Days Inn on R at stop light) From the W follow Rogers Lane (US 62) to Ft Sill Blvd. Go S on Ft Sill Blvd to Ferris L on Ferris to Ferris and 2nd St to Days Inn.

**Event Info:** Trail is rated 2 because of a couple of hills. Jogging strollers could make it. Trail goes through the quaint town of Medicine Park, along the creek, through residential areas and out of town along county roads and along beautiful Lake Lawtonka. Driving directions from the Inn to Medicine Park are on the instructions.

**Midwest City****5k/7k/10k Year Round Walk (2017/Y0106) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** easy      **Pets:** Yes  
**Sponsor:** AVA-0026 Wandergruppe Walking Club

**Contact:** Matthew and Laura Huskins, kanokie@cox.net, (405)921-6937, PO Box 950181, Oklahoma City, OK, 73195

**Start Point:** Midwest City Walk- Crest Foods Store, 249 N. Douglas Blvd., Midwest City, OK 73130, From I-40, take exit 159b, Douglas Blvd. Go North 2.8 mi. Store is open 24/7 including holidays. Park Trails are open 5am to 11pm.

**Event Info:** Walk notebook is at the Customer Service desk, located in cabinet on the bottom right.

### Norman - Sooner Mall

#### 5/10km Year Round Walk (2017/Y1105) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** No  
**Sponsor:** AVA-0026 Wandergruppe Walking Club  
**Contact:** Sheila Kiddie, phferd@aol.com, (405)387-3231, P O Box 950181, Oklahoma City, OK, 73195  
**Start Point:** Sooner Mall- Registration: Braums Ice Cream & Dairy -1002 24th Ave SW Norman, OK 73069 (405) 329-9155. From I-35, take exit 108B, Lindsey St. East to 24th Ave SW. Turn north (left). The store is on left side of the street. Braums opens daily at 6am. GPS coordinates N35 12.349 W97 28.616 Walk box inside store across from the grocery checkout.  
**Event Info:** Drive to Sooner Mall to start walk by taking Lindsey St. back across I-35 which turns into 36th Ave SW and it will circle north to Main St. Mall is on the north side of Main St. Park on north side of the mall near JC Penney. Enter main mall entrance next to JC Penney. Mall opens early for mall walkers 7am Mon-Sat, 10am on Sun.

### Norman - University of Oklahoma

#### 7/10km Year Round Walk (2017/Y0262) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0026 Wandergruppe Walking Club  
**Contact:** Joe Fountain, friend6139@aol.com, (405)664-8571, PO Box 950181, Norman, OK, 73195  
**Start Point:** University of Oklahoma- Braums Ice Cream and Dairy, 1002 24th Ave SW Norman, OK 73069 (405) 329-9155. From I-35, take exit 108B, Lindsey St. East to 24th Ave SW. Turn north (left). The store is on left side of the street. GPS coordinates N35 12.349 W97 28.616  
**Event Info:** Braum's is open daily at 6am. Walk box is across from the grocery checkout.

### Oklahoma City - Bricktown Canal

#### 5/10km Year Round Walk (2017/Y1324) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** No  
**Sponsor:** AVA-0026 Wandergruppe Walking Club  
**Contact:** Myrna Fouintain, foun11517@aol.com, (405)664-8552, PO Box 950181, Oklahoma City, OK, 73195  
**Start Point:** Midtown YMCA/Canal Walk- 1110 Classen Dr, Suite 200, Oklahoma City, Phone: 405-232-9622. From I-235, take NE 23rd St exit, go west 1/2 mi to N. Walker Ave, turn left and go 1 mi. Turn right into the parking lot of the Plaza Court building just past NW 11th St. The Y is located on 2nd floor of Plaza Court Building. Stairs and elevator are available.  
**Event Info:** Start Box is located at service counter. Hours: 5am-8pm M-F (wheelchair access to YMCA start point available M-F only); 7am-5pm Sat; 1-5pm Sun. Closed major holidays. Directions in box to drive a short distance to 5k, no restrooms at start of 5k.

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### Oklahoma City - Earlywine Park

#### 5/10k Year Round Walk (2017/Y1688) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0026 Wandergruppe Walking Club  
**Contact:** Joe Fountain, jfountain6139@gmail.com, (405)664-8571, PO Box 950181, Oklahoma City, OK, 73195  
**Start Point:** Earlywine Park YMCA- 11801 S May Ave. (SW 119th St & May Ave.) From I-44, take exit 111 (SW 119th) and go east one mile to the park entrance, the Y building is very visible. GPS: N35° 21.017' W97° 33.986' Phone No: 405-378-0420.  
**Event Info:** The event book will be located at the front customer service desk. Normal Operating Hours: Mon-Thurs 5:30am-10pm, Fri 5:30am-7pm, Sat 8am-6pm, Sun 1-5pm. Closed on major holidays.

### Oklahoma City - Lake Hefner

#### 5/10k Year Round Walk (2017/Y0518) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0026 Wandergruppe Walking Club  
**Contact:** Matthew and Laura Huskins, kanokie@cox.net, (405)921-6937, PO Box 950181, Oklahoma City, OK, 73195  
**Start Point:** Louie's on the Lake Restaurant- 9401 Lake Hefner Parkway (on west service road a few yards north of Britton Rd). From I-44 on west side of Oklahoma City, take Lake Hefner Parkway (State Hwy 74) to Britton Rd exit. Turn left past light to stop sign, turn right to Louie's parking lot on your left. GPS: N35 33.962' W97 34.660'  
**Event Info:** The walk book is kept at the hostess pedestal. Louie's opens at 9am for deliveries etc, walkers welcome to enter also but food service doesn't start until 11am. To walk earlier than 9am, please register and get map day before.

### Oklahoma City - Penn Square Mall

#### 5/10km Year Round Walk (2017/Y1781) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** No  
**Sponsor:** AVA-0026 Wandergruppe Walking Club  
**Contact:** Jean Hubinger, msearchokc@aol.com, (405)528-3956, P O Box 950181, Oklahoma City, OK, 73195  
**Start Point:** Penn Square GNC Store- Penn Square Mall, located NE corner of N Penn and NW Hwy, one block N of NW 50th. From I-44 in NW OKC, take the Pennsylvania exit. Turn N about 12 blocks. Best parking is on top floor of parking garage at NE corner of mall.  
**Event Info:** South side center Mall entrance opens early for walkers, 8am Mon-Sat, 10am Sun. GNC Store is located on 2nd level near JC Penney across from cinema. GNC hours are 10am-9pm, Mon-Sat; noon-6pm Sundays. Walk book is at the sales counter. Walk is within mall covering two floors.

### Oklahoma City - State Capitol

5/10/13km Year Round Walk (2017/Y0064) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** No  
**Sponsor:** AVA-0026 Wandergruppe Walking Club  
**Contact:** Myrna Fountain, foun11517@aol.com, (405)664-8552, PO Box 950181, Oklahoma City, OK, 73195  
**Start Point:** Midtown YMCA/Capitol Walk- 1110 Classen Dr, Suite 200, Oklahoma City, Phone: 405-232-9622. From I-235, take NE 23rd St exit, go west 1/2 mi to N Walker Ave, turn left and go 1 mi. Turn right into the parking lot of the Plaza Court building just past NW 11th St. The Y is located on 2nd floor of Plaza Court Building. Stairs and elevator are available.  
**Event Info:** Start Box located at service counter. Hours: 5am-8pm M-F (elevator access to YMCA available M-F only); 7am-5pm Sat; 1-5pm Sun. Closed major holidays. 10k/13k go by OKC Natl Memorial. 5K is a short drive to start, no restrooms at start of 5k

### Sulphur - Chickasaw Nat'l Rec Area

5/10/14km Year Round Walk (2017/Y0117) 1/1/2017 - 12/31/2017

**Award:** B Award      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0026 Wandergruppe Walking Club  
**Contact:** Joe Fountain, friend6139@aol.com, (405)664-8571, PO Box 950181, Oklahoma City, OK, 73195  
**Start Point:** Chickasaw National Recreation Area, Travertine Nature Center- Southbound on I-35: Take Exit 55. Go E (left) on Hwy 7 through Davis, then 8 mi to the 4 way stop sign in Sulphur at Hwy 177, turn right. At first park road, turn E (left) and go about 2 mi to the Nature Center.  
**Event Info:** Nature Center is closed Monday and Tuesday. Other days it's open 9am-4:30pm. Closed New Year's and Christmas, and possibly some Federal holidays. Please call them at (580) 622-7234 to verify hours and for camping information. Pets are not allowed on portion of trail north of nature center.

### Tulsa - Historic Area/River

10km and 5km Year Round Walk (2017/Y0009) 1/1/2017 - 12/31/2017

Alternative Capitals, Cities in Song, Doin' The Louisiana Purchase, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z  
**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0291 Tulsa Walking Club sites.google.com/site/tulsawalkingclub  
**Contact:** Cynthia Hines, vetretiredclh@yahoo.com, (918)406-6077, 3803 S. 128th E. Avenue, Tulsa, OK, 74146  
**Start Point:** WAL-GREEN'S - 1714 S. Utica Square located in the Utica Square Mall at 21st St. and Utica Ave., phone number 918-743-9968. Directions: From I-244, take the Utica Avenue exit, and go South on Utica Avenue to 21st Street. Turn left onto 21st Street. Wal-Green's will be on your right. GPS Coordinates: N 36 07' 55.08"; W 95 58' 01.39"  
**Event Info:** Go to the counter inside the WAL-GREEN'S Drug Store and ask for the walking registration materials (Walk Box). Open 24 hours.

**Tulsa - Historic Downtown Tulsa****5K/10K Year Round Walk (2017/Y0840) 1/1/2017 - 12/31/2017**

Alternative Capitals, Cities in Song, Doin' The Louisiana Purchase, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0291 Tulsa Walking Club sites.google.com/site/tulsawalkingclub  
**Contact:** Cynthia Hines, vetretiredclh@yahoo.com, (918)406-6077, 3803 S. 128th E. Avenue, Tulsa, OK, 74146  
**Start Point:** Fairfield Inn & Suites- 111 N. Main Street Tulsa, OK 7410 Phone: 918-879-1800  
Traveling East/West on State Highway 51/64: Take exit for Highway 75 North - Bartlesville; Then take exit for 7th Street Downtown; Turn Right @ Detroit; Turn Left @ Archer; Turn Right @ Main St. Hotel on the right side. Lobby is on the second floor.  
**Event Info:** Walkers will see both historic and modern buildings and sights. The BOK Center is a 19,199 seat multi-purpose arena, the Mayo Hotel hosted such notables as Charlie Chaplin, Mae West, JFK. Art Deco decorates several buildings throughout downtown. Blue Dome Station was the first in Ok to have hot water, pressurized air and car wash. John Hope Franklin Reconciliation Park memorializes the Tulsa Race Riot of 1921 and tells the story of the African American role in building Oklahoma. Guthrie Green is an urban garden and performance space. Many points of historic interest annotated in the walk directions.

**Tulsa - Jenks/RiverWalk****5/10/20 km Year Round Walk (2017/Y1086) 1/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Honoring Our Flag, Lady Liberty Special Program, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0291 Tulsa Walking Club sites.google.com/site/tulsawalkingclub  
**Contact:** Teresa Arnold, arnoldtea@hotmail.com, (918)630-3206, 1001 E. Tacoma Street, Broken Arrow, OK, 74012  
**Start Point:** Fiesta Mart Convenience Store- 2738 E. 91st Street, which is at the corner of 91st and Delaware (Delaware is between Harvard and Riverside) Tulsa, Oklahoma. Traveling East or West on I-44, take the Riverside exit, and go South to 91st Street. Turn left onto 91st street, just a short distance, the Fiesta Mart will be on your right. You will register at the Fiesta Mart (Store phone: 918-299-8131) then drive to the trailhead at 96th & Riverside Drive to begin your walk. GPS Coordinates: N 36 01' 52.80"; W 95 56' 58.26" Please be considerate of the business and let customers have first priority.  
**Event Info:** Both 5K and 10K trails available. The walk takes you on a wonderful pedestrian bridge across the Arkansas River, past the Oklahoma Aquarium and by the RiverWalk shops (all in Jenks, Oklahoma). Jenks is known as the "Antique Capital" so take time to search out treasures! The 20K trail will follow the Riverside trails, walking along the Arkansas River. NOTE: the 20K is undergoing construction at various points. Please email POC to see if complete trail is open, or for alternate route. . If Lady Liberty special program is desired, both the 10K and 5K may add another kilometer to their distance.

**Tulsa - La Fortune Park****10 KM and 5 KM Year Round Walk (2017/Y0973) 1/1/2017 - 12/31/2017**

Alternative Capitals, Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Honoring Our Flag, Make a Wish at a Water Fountain, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0291 Tulsa Walking Club sites.google.com/site/tulsawalkingclub

**Contact:** Lew York, lewfaye@cox.net, (918)492-4296, 7414 S. 72nd E. Avenue, Tulsa, OK, 74133-3043

**Start Point:** Tandy Family YMCA- 5005 S. Darlington Avenue, Tulsa, Oklahoma. (East of Yale on 51st Street; the "Y" is on your left). From I-44, exit at Yale Avenue. Go South on Yale Avenue to 51st Street. East on 51st Street a few blocks to Darlington. Left (North) on Darlington. YMCA is on your right. GPS Coordinates: N 36 05' 28.09"; W 95 54' 57.53" Tandy Family YMCA is open M-F 5:00 AM to 9:00 PM; Sat 7:30 AM to 6 PM; Sun 1:00 PM to 6:00 PM. Tandy Family YMCA is closed: New Years, Memorial Day, Fourth of July, Labor Day, Thanksgiving and Christmas.

**Event Info:** The registration materials (walk box) are located at the check-in desk for the YMCA. Walk dawn to dusk. Use NEW entrance off of Darlington.

**Tulsa - Promenade Mall and Outdoor Walk****10 KM and 5 KM Year Round Walk (2017/Y1406) 1/1/2017 - 12/31/2017**

Alternative Capitals, Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, Walk the USA - Street by Street, Walking the Path of Inventions, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** medium      **Pets:** No

**Sponsor:** AVA-0291 Tulsa Walking Club sites.google.com/site/tulsawalkingclub

**Contact:** Cheryl Hiatt, cherylhiatt@att.net, (918)706-5493, 4008 E. 27th Street, Tulsa, OK, 74114

**Start Point:** Promenade Mall - GNC Store- 4107 South Yale Avenue, Tulsa, OK; phone number for the store is 918-663-6164. From I-44, exit at 41st Street, and turn West. Go about 1 mile until you arrive at the Promenade Mall on your left, just before you arrive at the Yale Avenue intersection. GPS Coordinates: N 36 06' 09.49"; W 95 55' 11.97"

**Event Info:** Mall Walk and/or outdoor walk. While the Promenade Mall is open 7:00 AM to 9:00 PM Monday thru Saturday; Sundays 12 noon to 6:00 PM, please note that the GNC Store hours are: 10:00 AM to 9 PM Monday-Saturday; Noon - 6:00 PM Sunday. The store is closed on Easter, Thanksgiving and Christmas. Pets are not allowed inside the mall, but can go on the outside trail. Restrooms are available in the mall only. Ask for the Walk Box inside the GNC Store. Be patient if the clerk is busy with other customers. You can take the Walk Box out into the mall area to register and then return it to the GNC Store when finished.

**Tulsa - The Collette Cobbins Memorial Swim****N/A Year Round Swim (2017/Y1749) 1/2/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** No

**Sponsor:** AVA-0854 World Wide Walkers

**Contact:** Kenneth Miles, mileskg@sbcglobal.net, (918)745-0212, 3613 East 55th Street, Tulsa, OK, 74135

**Start Point:** Tandy Family YMCA- 5005 S. Darlington Ave., Tulsa, OK 74135  
(See directions to Tulsa LaFortune Park YRW)

**Event Info:** Park Away from Main Entrance - Leave Close Spots for Regular YMCA Members



### Tulsa - Year Round Swim #1

N/A Year Round Swim (2017/Y1745) 1/2/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** No  
**Sponsor:** AVA-0854 World Wide Walkers  
**Contact:** Kenneth Miles, mileskg@sbcglobal.net, (918)745-0212, 3613 East 55th Street, Tulsa, OK, 74135  
**Start Point:** Tandy Family YMCA- 5005 South Darlington Ave., Tulsa. OK 74135 (See directions to Tulsa LaFortune Park YRW)  
**Event Info:** Park Away from Main Entrance - Leave Close Spots for Regular YMCA Members

### OREGON

#### Albany - Historic

5/10km Year Round Walk (2017/Y0215) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0474 Albany Fitwalkers www.albanyfitwalkers.org  
**Contact:** Don Reed, donreed1946@yahoo.com, (541)926-8327, PO Box 1218, Albany, OR, 97321  
**Start Point:** Pops Branding Iron- 901 Pacific Blvd. Albany, OR 97321. Branding Iron Phone: (541) 926-5755. Open 24 Hours From I-5 take exit 233 turn West. Albany City Center, Corvallis. Destination on the right. Ask for Walk/Registration Book. In cabinet behind checkout counter. Payment to be mailed.  
**Event Info:** Walk starts at Pops. It goes through Two Parks and a boardwalk. It also goes through three historic districts, with many historic homes; plus along revitalized water front. Th

#### Albany - Millerburg Seasonal Bike

26k Seasonal Bike (2017/Y1721) 4/1/2017 - 9/30/2017

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** NO      **Pets:**  
**Sponsor:** AVA-0474 Albany Fitwalkers www.albanyfitwalkers.org  
**Contact:** Donald Reed, donreed1946@yahoo.com, (541)926-8327, 2937 Moraga ave SE, Albany, OR, 97322  
**Start Point:** Holiday Inn Express, 105 Opal Court NE Albany Or.97322- I-5 southbound: Exit 234A. turn right at next two stop signs and go right under I-5 onto Knox Butte Rd. Northbound: Exit 234. turn right at stop sign into Knox Butte Rd. Hotel about 3 blks. on the right. Ask for binder at check in desk. directions on event map to drive to start point at Millersburg Park.  
**Event Info:** Enjoy the quiet solitude of country roads with little traffic. Bike route takes you through country roads passing many orchards and farm steads. Bathrooms at start in park. Plus water available

**Albany - Southeast - Parks****10km, 5km, 6km. Year Round Walk (2017/Y0377) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0474 Albany Fitwalkers [www.albanyfitwalkers.org](http://www.albanyfitwalkers.org)  
**Contact:** Phoebe Harrison, [ranphoeb@gmail.com](mailto:ranphoeb@gmail.com), (541)926-1735, PO Box 1218, Albany, OR, 97321  
**Start Point:** The Brookdale Villas Courtyard- 1929 Grand Prairie Rd SE, Albany, OR 97322. From I-5 (north or south) take Exit 233 (Hwy 20). Turn towards City Center 0.5 miles to Waverly Dr. Turn left on Waverly, drive 1.2 miles to Grand Prairie Rd. Turn right on Grand Prairie Rd 0.4 miles to the Brookdale Villas Courtyard. Park in Visitor's area. Wood file cabinet is in the mail room behind the reception desk on the right.  
**Event Info:** Revised walk to new areas through parks and quiet residential neighborhoods. The walk also goes along a bike path, a lake and a canal with many types of ducks and other birds.

**Albany - Talking Waters****10 km, 5 km Year Round Walk (2017/Y1981) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0474 Albany Fitwalkers [www.albanyfitwalkers.org](http://www.albanyfitwalkers.org)  
**Contact:** Don Reed, [donreed1946@yahoo.com](mailto:donreed1946@yahoo.com), (541)926-8327, PO Box 1218, Albany, OR, 97321  
**Start Point:** Holiday Inn Express Hotel - 105 Opal Court NE, Albany 97322. I-5 southbound: Exit 234A. Right at next 2 stop signs and go under I-5 on Knox Butte Rd. I-5 northbound: Exit 234. Turn right at stop sign onto Knox Butte Rd. Hotel on right. Binder at check-in desk.  
**Event Info:** Walk includes the nationally recognized Talking Water Gardens (a 50-acre man-made wetlands park), Waverly Lake Park and the two Swan Lakes in a residential neighborhood, all connected by Cox Creek. The walk begins at Waverly Park about 1/2 mile from the hotel.

**Albany - Timber Linn Park****5K 10K Year Round Walk (2017/Y1960) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0474 Albany Fitwalkers [www.albanyfitwalkers.org](http://www.albanyfitwalkers.org)  
**Contact:** Nancy Hamby, [nancy@hambyrealty.com](mailto:nancy@hambyrealty.com), (503)949-5487, PO Box 1218, Albany, Or, 97321  
**Start Point:** Holiday Inn Express- 105 Opal Court NE, Albany 97322. I-5 southbound: Exit 234A. Right at next 2 stop signs and go under I-5 on Knox Butte Rd. I-5 northbound: Exit 234. Turn right at stop sign onto Knox Butte Rd. Hotel on right. Binder at check-in desk.  
**Event Info:** New walk goes to Timber Linn Park with Veterans Memorial, amphitheatre, dog park, fairgrounds and newer residential areas.

**Albany - Wellness Trail****5k,10k Seasonal Walk (2017/Y1722) 6/1/2017 - 11/30/2017****Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes**Sponsor:** AVA-0474 Albany Fitwalkers [www.albanyfitwalkers.org](http://www.albanyfitwalkers.org)**Contact:** Donald Reed, [donreed1946@yahoo.com](mailto:donreed1946@yahoo.com), (541)926-8327, 2937 Moraga ave SE, Albany, OR, 97322**Start Point:** Java Network, 5444 Pacific Blvd - Java Network at Lakeshore Lanes. 5444 Pacific Blvd. (99E) Albany, OR 97321 From city center: Go South on Pacific Blvd. to stop light at 53rd street. Go one block past 53rd to enter parking lot on the right. From I-5 North or South bound take exit 228. Go west toward Corvallis. Cross over next overpass and exit to Albany. At street lights turn left to Albany and onto Pacific Blvd. Travel 2.6 miles turn left into parking lot at LakeShore Lanes. (1 block before light on 53rd.) Enter Java Network (separate entrance than bowling alley ) Ask for binder at counter**Event Info:** Welcome to Calapooia Country. This walk is two 5K loops that takes you through a college campus and the trees of the Central Willamette Valley. A area where the local Native Americans thrived along the river that was named after them. If you enjoy the quiet and solitude of the outdoors, this walk is for you. Note: Parts of this trail can be a little damp in early spring. Hiking shoes recommended. Be wary of wet area at foot bridge. Foot bridge in process of rebuild.**Ashland - Historic Ashland****10km or 5km Year Round Walk (2017/Y1075) 1/1/2017 - 12/31/2017****Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes**Rating:** 2A      **Wheelchair:** hard      **Pets:** Yes**Sponsor:** AVA-0498 Rogue Valley Walkers [www.roguevalleywalkers.com](http://www.roguevalleywalkers.com)**Contact:** Jerri Wildfong, [jwildfong@mac.com](mailto:jwildfong@mac.com), (541)582-2607, 35 Footh Creek Road, Gold Hill, OR, 97525**Start Point:** Stratford Inn- 555 Siskiyou Blvd., Ashland, OR. Hours: Dawn to Dusk. Take exit 19 to Ashland and follow the signs into town, approximately 4 blocks at old Hwy 99 turn left, this road changes names from hwy 99 to N. Main in the process, continue on N.Main to where it intersects with Siskiyou Blvd. Two lights past the intersection is Sherman St., The Stratford Inn is located at the corner of Sherman and Siskiyou. Please park in Safeway parking lot or on the street. Start point box is under the window seat in the lobby.**Event Info:** Hours: 8:00 a.m. to 8:00 p.m. This walk goes to an historic part of Ashland along the Railroad District and through some older homes and along the bicycle path past two parks, a cemetery and through the Nature Center..**Ashland - Town****10km or 5km Year Round Walk (2017/Y0063) 1/1/2017 - 12/31/2017****Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes**Sponsor:** AVA-0498 Rogue Valley Walkers [www.roguevalleywalkers.com](http://www.roguevalleywalkers.com)**Contact:** Jerri Wildfong, [jwildfong@mac.com](mailto:jwildfong@mac.com), (541)582-2607, 35 Footh Creek Road, Gold Hill, OR, 97525**Start Point:** Stratford Inn- Ashland exit 19 off I-5. Right at end of exit, left at light onto Hwy99, road becomes North Main Street. Continue on North Main to where it intersects with Siskiyou Blvd., stay right and follow Siskiyou to the Stratford Inn.**Event Info:** This walk goes through the plaza area, with its many interesting restaurants and shops, through Lithia Park (first 5km is mostly on bark paths). The end of the walk goes through Southern Oregon University Campus and back to start point.. See alternate route at Lithia Park for pets. Dogs are not allowed in the park.

**Astoria - Ft. Clatsop-Sunset Beach****5k/10k/13k Year Round Walk (2017/Y1136) 1/1/2017 - 12/31/2017**

Boardwalks, Honoring Our Flag, National Parks Centennial Challenge, National Register of Historic Places, Water Towers

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0679 Turnaround Trekkers [www.turnaroundtrekkers.org](http://www.turnaroundtrekkers.org)  
**Contact:** Debbie Brown, [debbra.brown@gmail.com](mailto:debbra.brown@gmail.com), (503)325-3863, P. O. Box 222, Hammond, OR, 97121

**Start Point:** Astoria Full Fitness Center- 3975 Abbey Lane, Astoria. US30 to Astoria. North (toward the river) on 39th Street for one block. Right onto Abbey Lane. Right at the first driveway all the way to the end. Wooden file cabinet located left of the counter at the end under the table. Hours are 8 a.m. to 6 p.m., 7 days. Closed New Year's Day, Christmas, Thanksgiving and Easter. Hours for Christmas Eve and New Year's Eve are 8 a.m. to 2 p.m. Or register at Motel 6, 2369 S. Roosevelt Drive, Seaside, OR., located next to Bigfoot Pub & Grub, just south of the traffic light at Aveune U on HWY 101/Roosevelt Drive. Register either place, then drive to Ft. Clatsop or Sunset Beach to begin event. Driving directions to walk start are on the walk instructions.

**Event Info:** Daily, 9 a.m. to 6 p.m.  
Option 1 - 5k/10k/13k Begins at Netul Landing area of Ft. Clatsop. About 1k along the Lewis & Clark River and then about 5k of the Fort-to-Sea trail. Approximates the first half of the route that Lewis & Clark took from their 1805 winter headquarters at Ft. Clatsop to the Pacific Ocean. 5k route is rated 1B; 10k & 13k are rated 2B. No charge for parking or for walking the trail, but if you go into Visitor's Center or the Fort replica, National Park Fees apply. Carry water. Mosquito repellent advisable during the summer.  
Option 2 - 10k -rated 2 Out and back begins at the Sunset Beach trailhead, crosses the Skipanon River, passes the Pioneer Presbyterian Church and cemetery to the 1/2 way point of the Fort-to-Sea trail. This part of the trail crosses pasture where you may encounter a herd of cattle grazing or resting. Carry water. Mosquito repellent advisable during the summer.  
Option 3 - Walk from the Ft. Clatsop Visitor Center to the Sunset Beach trailhead. 10k one way and requires pick up at the end of the trail. Shuttles usually operate during the summer months, but call the Ft. Clatsop Visitor Center @ (503) 861-2471 to verify availability and cost. During the fall, winter and spring, a cab or wait car must be arranged.

**Astoria - Historic****10km Year Round Walk (2017/Y0475) 1/1/2017 - 12/31/2017**

Boardwalks, Fraternal Organizations, Honoring Our Flag, National Register of Historic Places, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0679 Turnaround Trekkers [www.turnaroundtrekkers.org](http://www.turnaroundtrekkers.org)  
**Contact:** Debbie Brown, [debbra.brown@gmail.com](mailto:debbra.brown@gmail.com), (503)325-3863, P. O. Box 222, Hammond, OR, 97121

**Start Point:** Astoria Full Fitness Center- 3975 Abbey Lane. US30 to Astoria. North (toward the river) on 39th Street for one block. Right onto Abbey Lane. Right at the first driveway all the way to the end. Wooden file cabinet located left of the counter at the end under the table. Hours are 8 a.m. to 6 p.m., 7 days. Closed New Year's Day, Christmas, Thanksgiving and Easter. Hours for Christmas Eve and New Year's Eve are 8 a.m. to 2 p.m. Register here and drive to start.

**Event Info:** Daily, dawn to dusk. Restrooms and water available at registration point. Restrooms available along route. This interesting and scenic route takes in part of the Columbia River waterfront trail and the downtown business district. Passes several sites listed in the National Register of Historic Places.

**Astoria - Riverwalk to Alderbrook****10km Year Round Walk (2017/Y1055) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Fraternal Organizations, Honoring Our Flag,  
Trekking With the Trees, Water Towers

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0679 Turnaround Trekkers [www.turnaroundtrekkers.org](http://www.turnaroundtrekkers.org)

**Contact:** Debbie Brown, [debbra.brown@gmail.com](mailto:debbra.brown@gmail.com), (503)325-3863, P. O. Box 222,  
Hammond, OR, 97121

**Start Point:** Astoria Full Fitness Center- 3975 Abbey Lane. US30 to Astoria. North (toward the river) on 39th Street for one block. Right onto Abbey Lane. Right at the first driveway all the way to the end. Wooden file cabinet located left of the counter at the end under the table. Hours are 8 a.m. to 6 p.m., 7 days. Closed New Year's Day, Christmas, Thanksgiving and Easter. Hours for Christmas Eve and New Year's Eve are 8 a.m. to 2 p.m. Register here and drive to start.

**Event Info:** Daily, dawn to dusk. This route is mostly along the river, taking in the newest portion of the Waterfront Trail, which was finished in the fall of 2012, to the Alderbrook neighborhood (with a city park) at the east end of Astoria. Water Tower is visible on the hill in the distance just before you exit the rail trail into the natural area, just beneath the cell phone tower.

**Baker City - Historic****10 km Seasonal Walk (2017/Y0495) 4/1/2017 - 9/30/2017**

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AAA-OR Oregon Trail State Volkssport Assn. [walkoregon.org](http://walkoregon.org)

**Contact:** Martha, [korff.sam@wildblue.net](mailto:korff.sam@wildblue.net), (503)369-9906, 74890 Palm Creek Rd, Clatskanie, OR, 97016

**Start Point:** Baker City Pre-Register with Point of Contact. - Registration is by mail only. THERE IS NO START BOX. Register by sending a waiver, \$3, and a SASE or email address to the point of contact. Then you will be provided, either by postal mail or email, driving directions, walk directions and a map.

**Event Info:** Daily, Dawn to Dusk. Most of the route is on city sidewalks. Caution: Not all of the sidewalks are smooth. Trail passes many historic buildings and unique architecture.

**Bandon - Coos County: The Beach, Lighthouse & Old Town****10 km. or 5 km. Year Round Walk (2017/Y0637) 1/3/2017 - 12/31/2017**

Alternative Capitals, Boardwalks, Ice Cream Parlors, Lakes and Reservoirs, Points of Reference

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0455 Eugene Springfield Mossback Volkssport [www.mossbacks.org](http://www.mossbacks.org)

**Contact:** Sally Ross, [Mossbackclub@Comcast.net](mailto:Mossbackclub@Comcast.net), (541)726-7169, 2398 - 8th St., Springfield, OR, 97477

**Start Point:** Ray's Food Place- 66 Michigan Ave. From Oregon Coast Hwy. 101, turn west (towards the ocean) on NE 2nd, then south (left) on Michigan Ave NE to shopping center.

**Event Info:** Walk "Old Town, the city park, the beach, along a wildlife refuge and to the jetty for a great view of the Coquille River Lighthouse. Beach option rated 1C, but do not use at high tide.

**Beaverton - Greenway Park****10km/6km Year Round Walk (2017/Y1026) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, Points of Reference

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0549 Cedar Milers [www.cedarmilers.org](http://www.cedarmilers.org)  
**Contact:** Colleen Seed, [c.seed@frontier.com](mailto:c.seed@frontier.com), (503)579-3012, 12595 SW Colt Ct., Beaverton, OR, 97008

**Start Point:** Tualatin Hills Fire & Rescue Station #66- 13900 SW Brockman Rd. Hwy 217 N, Exit 5 (Greenburg Rd). Right on Greenburg Rd to SW Hall Blvd. Left on Hall Blvd and Left on Greenway Blvd. Greenway becomes Brockman at SW 125th. Left into Fire Station parking. Start box is on the outside wall facing the parking lot. Seasonal Portapotty in first park just short distance from start (please do not enter fire station). There is also a Portapotty in the middle of the Park. The 6K is a remote start at Conestoga Swim Center; instructions contain directions.

**Event Info:** Daylight hours. Meander through nice neighborhoods onto secluded pedestrian pathways and quiet streets to ever-popular Greenway Park. Continue through tree-lined industrial parkway before returning to Greenway Park, then explore additional neighborhoods streets and parks before returning to finish. Heavy or prolonged rain can result in submerged or muddy sections. (5k of the walk is on Greenway Park trails.)

**Beaverton - Nature Park****5k/10k + 1k option Year Round Walk (2017/Y1438) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Points of Reference, Trekking With the Trees, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0549 Cedar Milers [www.cedarmilers.org](http://www.cedarmilers.org)  
**Contact:** Dan Webster, [walkin\\_oregon@comcast.net](mailto:walkin_oregon@comcast.net), (503)591-5893, 1195 SW Jay Ct, Aloha, OR, 97003

**Start Point:** Tualatin Hills Park & Rec. District Athletic Center (THPRD)- 50 NW 158th. Hwy 26 W, take Exit 65 (Cornell Rd/Bethany Blvd). Left on Cornell Rd, then Left on 158th. Left into the parking lot. The Athletic Center is at the back of the parking lot between the soccer field and outdoor basketball court. The white, stand-alone Walk box is located along the right wall just past the service counter. Both the 5k/10k are a remote start at the Nature Park. A new 5k has a 1k option outside the park.

**Event Info:** Daylight hours. Construction has affected the route to the Nature Park. A second 5k has been added on the Park trails with a 1k option outside the park. Escape the urban environment and enter peace and solitude in this natural area where wildlife can often be spotted. Dogs are not allowed in the Nature Park. Heavy or prolonged rain can result in submerged or muddy sections. Observed wildlife include Deer, Rabbits, and Owls; Let us know what YOU see.

**Beaverton - Summerlake Park****10km/5km and 1k option Year Round Walk (2017/Y1025) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Lakes and Reservoirs, Points of Reference, Take a Walk In a City Park, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0549 Cedar Milers www.cedarmilers.org  
**Contact:** Colleen Seed, c.seed@frontier.com, (503)579-3012, 12595 SW Colt Court , Beaverton, OR, 97008

**Start Point:** Tualatin Hills Fire & Rescue Station #66- 13900 SW Brockman Road. Hwy 217, Exit 5 (Greenburg Rd). Right on Greenburg Rd. Left on Hall Blvd crossing over Hwy 217. (From north, use Exit 4 (Hall Blvd. Right onto Hall Blvd). Left on SW Greenway which becomes SW Brockman Rd at 125th. Left into fire station parking area. Start box is on the outside wall facing the parking lot. Seasonal Portapotty available in first park near start spring to fall. Please do not enter fire station.

**Event Info:** Daylight hours. Saunter through nice neighborhoods with an excursion around and through Summerlake Park. This seldom-visited gem offers many secluded pathways, waterways, bridges, and wildlife viewing. Return along community pathways to finish. Heavy or prolonged rain can result in submerged or muddy sections

**Beaverton - Waterhouse Boardwalk****10km/5km Year Round Walk (2017/Y1439) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Food For Thought, Points of Reference, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0549 Cedar Milers www.cedarmilers.org  
**Contact:** Dan Webster, walkin\_oregon@comcast.net, (503)591-5893, 1195 SW Jay Ct, Aloha, OR, 97006

**Start Point:** Tualatin Hills Park & Rec. District Athletic Center (THPRD)- 50 NW 158th. Hwy 26 W, Exit 65 (Cornell Rd/Bethany Blvd). Left on Cornell Rd, then Left on 158th. Left into parking lot. Athletic Center is at back of parking lot between soccer field and outdoor basketball courts. Walk box is a white stand-alone box inside the building along right side just past service counter.

**Event Info:** Daylight hours. Walk goes through wetlands, woods, parks, neighborhoods, and the Tualatin Hills Park & Recreation Center area. Enjoy nature while walking along scenic boardwalks and gravel trails and through neighborhood streets and connecting pathways. Heavy or prolonged rain can result in submerged or muddy sections.

**Bend - Broken Top Neighborhood Stroll****6km, 10km Year Round Walk (2017/Y0631) 1/3/2017 - 12/31/2017**

Cities in Song, Honoring Our Flag, Lakes and Reservoirs, Volcanoes, Walking the USA

A - Z

**Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes**Rating:** 2A **Wheelchair:** hard **Pets:** Yes**Sponsor:** AVA-0242 Columbia River Volkssport Club [www.walking4fun.org](http://www.walking4fun.org)**Contact:** Annette St-Pierre, [Walking\\_the\\_World@yahoo.com](mailto:Walking_the_World@yahoo.com), (503)780-4568, PO Box 702, Stevenson, WA, 98648-0702**Start Point:** Athletic Club of Bend- 61615 Mt. Bachelor Drive. Directions: From US 97 or US 97 Business, Right onto Reed Market Rd. Continue until 4th roundabout. Take 3rd exit onto Mt Bachelor Dr. Immediate right into athletic club parking lot at yellow Private Dr sign.

US 97 or US 97 Business northbound, Left onto Reed Market Rd. Continue until 4th roundabout. Take 3rd exit onto Mt Bachelor Dr. Immediate right into athletic club parking lot at yellow Private Dr sign.

**Event Info:** This walk wanders through neighborhoods of lovely homes in the Broken Top community. The beautiful Three Sisters Mountains are the back drop for this pine and aspen treed neighborhood. The walk is on paved paths and sidewalks. Dogs on leash only. Carry water. Restrooms at start and finish.**Bend - Deschutes River****6k, 11k Year Round Walk (2017/Y0774) 1/3/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, United States Post Offices, Volcanoes, Walk the USA - Street by Street, Walking the Path of Inventions, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes**Rating:** 2B **Wheelchair:** NO **Pets:** Yes**Sponsor:** AVA-0242 Columbia River Volkssport Club [www.walking4fun.org](http://www.walking4fun.org)**Contact:** Annette St-Pierre, [Walking\\_the\\_World@yahoo.com](mailto:Walking_the_World@yahoo.com), (503)780-4568, PO Box 702, Stevenson, WA, 98648-0702**Start Point:** Athletic Club of Bend- 61615 Mt. Bachelor Drive. Directions: From US97 or US97 Business southbound, Right onto Reed Market Rd. Continue on Reed Market until 4th roundabout. Take 3rd exit onto Mt Bachelor Dr. Immediate right into club parking lot at yellow Private Dr sign.

US97 or US97 Business northbound, Left onto Reed Market Rd. Continue until 4th roundabout. Take 3rd exit onto Mt Bachelor Dr. Immediate right into club parking lot at yellow Private Dr sign.

**Event Info:** Walk along the beautiful Deschutes River on a natural path, and through city parks, downtown, and the Old Mill District.



**Boardman****10Km/6km Seasonal Walk (2017/Y0212) 4/1/2017 - 9/30/2017**

Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, Take a Walk In a City Park, United States Post Offices, Walking America's Ports of Call, Walking the USA A - Z, Water Towers

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0242 Columbia River Volkssport Club [www.walking4fun.org](http://www.walking4fun.org)  
**Contact:** Ed Hainline, [edhainline@comcast.net](mailto:edhainline@comcast.net), (360)921-1909, 11410 SE 90th Ave, # 1511, Happy Valley, Or, 97086

**Start Point:** The Boardman Registration is by Mail Only.- THERE IS NOT A START BOX. Register by sending a signed waiver, \$3.00 for Award Credit and a SASE or email address to the point of contact. Then you will be provided, either by postal mail or email the driving directions, walk directions and a map. Once the walk has been completed, notify the point of contact, if award credit is needed.

**Event Info:** Both routes of this walk start at the Boardman Marina parking lot shelter with the petroglyphs. You will walk around the small park and see what is called "Lake Umatilla". Past some old locust trees (these are the only remnants of the original Boardman) to the Marina. (10K) Go past the RV park to an old grove of cottonwood and russian olive trees to the Historic Captain Al James barge tugboat, past a veterans' memorial. Walk along the side of the Columbia River to Marine Drive. Walk along Marine Drive into the town of Boardman going over the railroad overpass bridge. Walk through the quiet town of Boardman and see some interesting sites along your way. (6K) You will walk past the RV park to the Railroad Overpass and cross to enter the town of Boardman and walk through the town with some interesting sites along the way.

**Brownsville - Historic****13km/10km/5km Year Round Walk (2017/Y1272) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0474 Albany Fitwalkers [www.albanyfitwalkers.org](http://www.albanyfitwalkers.org)  
**Contact:** Rozy Weatherby, [wrozy@yahoo.com](mailto:wrozy@yahoo.com), (541)981-3794, P.O. Box 1218, Albany, OR, 97321

**Start Point:** Brownsville Chevron Gas Station and Mini-Mart- 203 W. Bishop Way. South of Albany. From I-5 (North or South) take Exit 216 and turn east towards Brownsville. Go nearly 4 miles on Hwy. 228 (becomes Bishop Way) The Chevron Station is on the right. Walkers should park on Washburn St., not in parking lot.

**Event Info:** 5,10, & 13K. Walk Historic Brownsville, first settled in 1846. Go through Pioneer Park and the charming downtown streets where "Stand By Me" was filmed. Visit the Linn County Museum and the Moyer House while you are there. 3K option to Pioneer cemetery.

**Canby - Marge Stayed on the North Side of the Tracks****5k, 10k Year Round Walk (2017/Y1955) 1/1/2017 - 12/31/2017**

Cities in Song, Honoring Our Flag, Points of Reference, Take a Walk In a City Park,  
United States Post Offices, Volcanoes

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0253 Valley Volkswalkers

**Contact:** B L Cline, Valleyvolkswalkers@yahoo.com, (503)329-5386, P O Box 22191,  
Milwaukie, OR, 97269

**Start Point:** Cutsforth's Thriftway - Espresso Counter- 225 NE 2nd Ave. Canby, Oregon 97013  
From I-5 N or S take Donald/Aurora Exit 278 follow signs to Canby. From Hwy 99E,  
turn left (north) to Canby. Left on Ivy, cross RR tracks, turn right on NE 2nd Ave. to  
Cutsforth's Thriftway. From I-205 take Oregon City Exit #9 and follow 99E through  
Oregon City south to Canby (10 miles). Turn right on Ivy, then follow above. Ask  
clerk for start box on left at Espresso counter M-S 6AM to 7PM, Sunday 6AM to 5PM.

**Event Info:** 5k is rated 1A, 10k rated 1B due to some road shoulders and uncut curbs. Enjoy  
both extremes, the City and the Country - this walk takes you through downtown  
Canby as well as rural areas and on the Molalla Forest Road, that is a former  
logging road which extends over seven miles.

**Cannon Beach - Coastal Resort****10km Year Round Walk (2017/Y0434) 1/1/2017 - 12/31/2017**

Fraternal Organizations, Honoring Our Flag, National Register of Historic Places, Trekking  
With the Trees

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** No

**Sponsor:** AVA-0679 Turnaround Trekkers [www.turnaroundtrekkers.org](http://www.turnaroundtrekkers.org)

**Contact:** Debbie Brown, debbra.brown@gmail.com, (503)325-3863, PO Box 222, Hammond,  
OR, 97121

**Start Point:** Tolovana Inn- Warren Way & Hemlock Street. Hwy 101 to Cannon Beach. Driving  
south on Hwy 101, take the third exit. Registration materials are in a small black  
vinyl portable file case by the computer by the stairs to your right as you enter the  
hotel. Park at Tolovana Wayside (NOT at the Inn) while you do your walk.

**Event Info:** Daily, dawn to dusk. Restroom and water at walk start and along route. Includes  
new trail through the woods and around the water treatment lagoons and along  
Ecola Creek, this scenic stroll goes through quiet residential neighborhoods and the  
business district of this coastal resort town and 2 city parks. About 3k on the beach  
is part of the Pacific Coast Trail. Tillamook Rock Lighthouse, which can be seen  
from a couple of points on the route, is on the National Register of Historic Places.

**Cascade Locks - Pacific Crest Trail -- Herman Creek Pinnacles****Distance 10/12/20K Seasonal Walk (2017/Y1677) 7/1/2017 - 9/30/2017****Award:** IVV Credit Only **Strollers:** None **Restroom:** Yes**Rating:** 3B **Wheelchair:** None **Pets:** Yes**Sponsor:** HQS-0003 AVA Vice-President**Contact:** Nancy Wittenberg, newwittenberg@gmail.com, (253)841-0580, 12626 129th St E, Puyallup, WA, 98374**Start Point:** WEB REGISTRATION ONLY (www.cva4u.org) -- Start at 2 trailheads in Cascade Locks- REGISTRATION: Please use the online start box provided by the California Volkssport Association website (www.cva4u.org). Follow the left side link, "Online Start Box", and the instructions provided to sign a waiver and register for the event. Payments for event credit and directions use PayPal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payments methods. The entire online process should take less than 10 minutes for a first time user. DRIVE TO START:**Event Info:** This hike may be done as a one way from either the Herman Creek Campground to the Bridge of the Gods Trail head or the reverse. Or as an alternative the hike may be done from either trail head to the Herman Creek Pinnacles and return. Rated 3B. Pit toilets at trail heads only.**Central Point - Points of Interest****10km/6km Year Round Walk (2017/Y1674) 1/1/2017 - 12/31/2017****Award:** IVV Credit Only **Strollers:** Easy **Restroom:** Yes**Rating:** 1A **Wheelchair:** Easy **Pets:** Yes**Sponsor:** AVA-0498 Rogue Valley Walkers www.roguevalleywalkers.com**Contact:** Jerri Wildfong, jwildfong@mac.com, (541)582-2607, 35 Foots Creek Road, Gold Hill, OR, 97525**Start Point:** Food-4-Less- Refer to Y0244 for directions to start location. Driving Directions to Central Point - exit Food-4-Less by the Chevron Station, turn right and follow signs that show to I-5 head north on I-5 get off at exit 33. Turn left onto Pine St. Left on Freeman Rd (by the MacDonalds) Start walk at Albertsons parking lot.**Event Info:** Walk goes through interesting neighborhoods, parks and downtown Medford. Shops and restaurants. A favorite walk restored.**Charleston - Coos County - Cape Arago and Shore Acres Gardens****10K and 5K Year Round Walk (2017/Y1763) 1/3/2017 - 12/31/2017****Award:** IVV Credit Only **Strollers:** Hard **Restroom:** Yes**Rating:** 3C **Wheelchair:** None **Pets:** No**Sponsor:** AVA-0455 Eugene Springfield Mossback Volkssport www.mossbacks.org**Contact:** Sally Ross, Mossbackclub@comcast.net, (541)726-7169, 2398 - 8th St., Springfield, OR, 97477**Start Point:** Chuck's Seafood, Charleston, OR.- Follow Oregon Coastal Highway 101 to North Bend or Coos Bay. From the north in North Bend, turn right on Virginia St. and from the south in Coos Bay, turn left on Commercial St. and follow signs to Charleston and ocean beaches. Chuck's Seafood is second building on the right after crossing Charleston Bridge. After registering, you will drive a short distance to begin your walk.**Event Info:** The 10 km. route, rated 3C, is on the Pacific Coast Trail through forests from Cape Arago State Park to and through Shore Acres State Park. The 5 km. route, rated 2B, is along a shorter portion of the Pacific Coast Trail and through Shore Acres State Park. Shore Acres, on both routes, has extensive formal gardens and dramatic seaside cliffs.

### Clatskanie - Timber Town

10 km, 5km Year Round Walk (2017/Y1319) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0530 Border Crossers [www.longviewbordercrossers.org](http://www.longviewbordercrossers.org)  
**Contact:** Sam Korff, [korff.sam@wildblue.net](mailto:korff.sam@wildblue.net), (503)728-0400, 74890 Palm Creek Rd, Clatskanie, OR, 97016  
**Start Point:** Clatskanie Safeway Hwy 30, Clatskanie, OR- US Hwy 30 to Clatskanie, approx 61 miles from Portland, Park in Safeway lot. Ask for the walk box at the service desk.  
**Event Info:** Walk through an old timber town, past a museum dedicated to one of the old mill operators. Lots of up and down, but all on a paved surface. Some will take in a new area created by the utility district.

### Corvallis - Historic Corvallis

5Km/10Km Year Round Walk (2017/Y1295) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0499 Corvallis Cruisers  
**Contact:** Rozy Weatherby, [wrozy@yahoo.com](mailto:wrozy@yahoo.com), (541)981-3794, 1822 27th AVE SE, Albany, OR, 97322  
**Start Point:** The Book Bin- 215 SW 4th St., Corvallis, OR 97330. From N or S, take I-5 Exit 228 (Hwy34). Follow signs to Corvallis. Go straight over bridge turning left on 4th St. to the Book Bin at Madison. Ask at Customer Service desk.  
**Event Info:** M-Sat 8:30 am - 9 pm, Sun 9-7 Closed Christmas & Thanksgiving. A flat trail through parks and by rivers in historic Corvallis. See hotel where President-elect John Kennedy stayed during campaign.

### Corvallis - Parks & Campus

5K/10K Year Round Walk (2017/Y0374) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0499 Corvallis Cruisers  
**Contact:** RozyW-C Elwell, [wrozy@yahoo.com](mailto:wrozy@yahoo.com), (541)753-6744, 1208 NW Grant Ave., Corvallis, OR, 97330  
**Start Point:** Book Bin- 215 SW 4th St., Corvallis, OR 97330. Refer to the Corvallis Historic (Y1295) for directions to start location.  
**Event Info:** Flat route on paths and residential streets going through Oregon State University campus & parks. See a "Moon" tree whose seed traveled into space and back.

### Corvallis - Peavy Arboretum & MacDonald Forest

5K, 10K Seasonal Walk (2017/Y1450) 4/1/2017 - 11/30/2017

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0499 Corvallis Cruisers  
**Contact:** Clark Elwell, [wrozy@yahoo.com](mailto:wrozy@yahoo.com), (541)981-3794, 1208 NW Grant, Corvallis, OR, 97330  
**Start Point:** Chevron Station- 5800 Hwy 99W, Corvallis, OR 97330. From Corvallis drive north on Hwy 99 to Lewisburg Rd. Ask for Blue Binder in store at desk.. You will then drive 1 mile farther north, turning left on Peavy Arboretum Road. Left into the Arboretum, driving on right to first parking lot on right.  
**Event Info:** Walk on shaded trails in an Arboretum and research forest to a lake. 10 K has an incline of 3, but takes you to wonderful views in 3 directions.

**Cottage Grove - Covered Bridges****10 km. or less 1A Year Round Walk (2017/Y0804) 1/3/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Ice Cream Parlors, Make a Wish at a Water Fountain, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes**Sponsor:** AVA-0455 Eugene Springfield Mossback Volkssport [www.mossbacks.org](http://www.mossbacks.org)**Contact:** Sally Ross, Volkssports, Mossbacksclub@comcast.net, (541)726-7169, 2398 - 8th St., Springfield, OR, 97477**Start Point:** Middlefield Village Golf Course Pro Shop- 91 Village Dr., Cottage Grove Ph 541-942-8730. I-5 Exit 174. At first traffic signal, turn left onto Row River Rd. Across from main entrance to Village Green (on right), turn left onto Jim Wright Way. Then left onto Village Drive toward Middlefield Village. Pro Shop on left at west end of parking lot. Open dawn to dusk; closed Christmas. Ask for Volkswalk box. Directions for short drive to start point are with the walk directions.**Event Info:** Walk city streets and sidewalks thru parks, restored Chambers RR Covered Bridge, Centennial Bridge and downtown Cottage Grove. 10km/5km, rates 1A. Strollers/wheelchairs-med. Pets permitted, but NOT in buildings.**Cottage Grove - Row River Trail/Dorena Lake****10 km/5 km Year Round Walk (2017/Y1441) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes**Sponsor:** AVA-0455 Eugene Springfield Mossback Volkssport [www.mossbacks.org](http://www.mossbacks.org)**Contact:** Sally Ross, Mossbacksclub@comcast.net, (541)726-7169, 2398 - 8th St., Springfield, OR, 97477**Start Point:** Middlefield Village Golf Course Pro Shop- Middlefield Village Golf Course Pro Shop, 91 Village Drive, Cottage Grove. 541-942-8730. I-5 (from North or South) exit 174; turn left at traffic light onto Row River Rd.; left at Jim Wright Rd. (across from Village Green Resort); left on Village Dr. toward Middlefield Village; Pro shop is on the left at the west end of the parking lot. Open dawn to dusk; closed Christmas. Ask for Volkswalk box. You will drive a short distance to the start point.**Event Info:** Walk the paved Rails to Trails from Harms Park along Dorena Lake, across Smith Creek which provides habitat to a variety of wildlife to Bake Stewart Park and back.

**Dallas - Historic & Nature Walk****5/10K Year Round Walk (2017/Y1160) 1/1/2017 - 12/31/2017**

Alternative Capitals, Amphitheatres, Animal Safari, Boardwalks, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Vice Presidential Walks, Walk the USA - Street by Street, Walking the Path of Inventions, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0362 Willamette Wanderers willwander.weebly.com  
**Contact:** Julia Westerberg, pjwesterberg@comcast.net, (541)967-3001, POB 13982, Salem, OR, 97309

**Start Point:** Pressed Coffee & Wine Bar - 788 Main St, Dallas, OR 97338, (503)751-1666. From OR22 West & OR99W: west on OR223 (becomes Ellendale Ave). Left on OR223 at traffic light at Kings Valley Hwy. OR223 is then known as Main St. Start point on left near Courthouse. Walk box in lounge behind bookcase/screen on right near restroom.

**Event Info:** Daily, 7am-10pm. Closed some holidays. The town was named for US Vice President George Dallas. 5/10K routes include lovely downtown centered around Courthouse Square, Hunter Arboretum Botanic Garden in City Park and Rickreall Creek Trail. 10K includes more of the Creek Trail & newer attractive residential area. Three other nearby YREs: McMinnville (25 miles NE) & Independence/Monmouth (10 miles SE).

**Depoe Bay - Three Loops by the Sea****10K Year Round Walk (2017/Y0330) 1/4/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0695 Yachats Coastal Gems Volkssport Club www.yachatscoastalgems.org  
**Contact:** Maryann Brown, maryannbrown\_1999@yahoo.com, (541)961-4279, PO Box 896, Yachats, OR, 97498

**Start Point:** Depoe Bay Gracie's Sea Hag Restaurant- 58N Highway 101, Depoe Bay, OR 97341 Gracie's opens at 7am.

**Event Info:** This walk traverses the small community of Depoe Bay. The route goes along the ocean front with beautiful views of the Pacific Ocean and the possibility of a seawater rinse at high tide, wanders along a new forested trail (walking sticks suggested), wends its way around the World's Smallest Harbor and across to a small bluff with lovely old houses and then down the coast on the far side of the town with refreshing views and breezes.

**Eagle Point - Path Walk****10 Km, 5Km Year Round Walk (2017/Y0211) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0498 Rogue Valley Walkers www.roguevalleywalkers.com  
**Contact:** Jerri Wildfong, jwildfong@mac.com, (541)582-2607, 35 Footh Creek Road, Gold Hill, OR, 97525

**Start Point:** Food 4 Less- Exit I-5 North or South at exit 30. From the North turn left and drive to Biddle Rd., exit turn left at the signal the store is on the left. From the South, turn right to Biddle Rd., exit. Turn left on Biddle Rd., store is on the left..

**Event Info:** Walk goes over the covered bridge past the site of the historic Butte Creek Mill. The Mill burned down in December 2015, but plans are to rebuild it. The walk continues through residential and country areas, partially following a walking path past parks, a golf course, and the city center.

**Estacada - Estacada Mural Walk****5K and 10K Year Round Walk (2017/Y0751) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Points of Reference, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0552 East County Windwalkers [www.eastcountywindwalkers.weebly.com](http://www.eastcountywindwalkers.weebly.com)  
**Contact:** Tinker Wilson, [tinker1003@gmail.com](mailto:tinker1003@gmail.com), (503)380-3882, P O Box 854, Gresham, OR, 97030

**Start Point:** Old Mill Saloon.- 150 SW Frontage Road Estacada, OR 97023. Ask for the start box int the bar. From Portland Hwy 26E to Sandy. Turn right at Menig Ave onto Hwy 211S towards Estacada At the junction of Hwy 224E/211S turn left to Estacada. Turn left on 2nd Ave. & an immediate left on Frontage Rd. From I-205 take the Hwy 212 /224 exit towards Estacada. Take Hwy 224 to Estacada. Turn left on 2nd Ave and an immediate left on Frontage Rd.

**Event Info:** This walk will take you through the Town of Estacada and the Murals and along the Clackamas River. There are several geocaches along this walk route. 5K rated 1-A. Start time 7am-dusk. Closed most holidays.

**Eugene - Roses & History****10 km. or 5 km. Year Round Walk (2017/Y1203) 1/3/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0455 Eugene Springfield Mossback Volkssport [www.mossbacks.org](http://www.mossbacks.org)  
**Contact:** Sally Ross, [Mossbacksclub@comcast.net](mailto:Mossbacksclub@comcast.net), (541)726-7169, 2398 - 8th St., Springfield, OR, 97477

**Start Point:** Valley River Inn- 1000 Valley River Way, Eugene: 541-687-0123. From I-5, Exit 194B (West I-105, West 126, Eugene); take Exit 1 (the second exit) (Delta Hwy, Santa Clara, Junction City); stay in right lane and take the first exit to Valley River Center; keep going right, then get into the left lane as you go over the overpass; at bottom of overpass, turn left onto Valley River Way to its end at Valley River Inn (on left); ask for Volkswalk box.

**Event Info:** Walk along and over the Willamette River to visit the 9 acre Owen Rose Garden. Then to the historic Shelton-McMurphy House and up a long series of steps and a roadway to reach the summit of Skinner Butte; enjoy an expansive view of Eugene, parts of Springfield, and the Cascade and Coast Range foothills. Descend Skinner Butte on a gravel path to reach Campbell Senior Center and the Willamette River. Walk on a wide paved path along the river to RiverPlay, an innovative children's playground, and to a replica of Eugene Skinner's cabin, the first structure in the area. Return along the river (the Willamette Greenway) and over it to reach the Valley River Inn. The 5 km. route skips Skinner Butte, is rated 1A, and is easy for strollers and wheelchairs.

### Eugene - Ruth Bascom Riverbank Trail/Delta Ponds

10 km. or 7 km. Year Round Walk (2017/Y1970) 1/3/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** medium      **Pets:** No  
**Sponsor:** AVA-0455 Eugene Springfield Mossback Volkssport [www.mossbacks.org](http://www.mossbacks.org)  
**Contact:** Sally Ross, Mossbacksclub@comcast.net, (541)726-7169, 2398 - 8th St., Springfield, OR, 97477  
**Start Point:** Valley River Inn- 1000 Valley River Way, Eugene: 541-687-0123. From I-5, Exit 194B (West I-105, West 126, Eugene); take Exit 1 (the second exit) (Delta Hwy, Santa Clara, Junction City); stay in right lane and take the first exit to Valley River Center; keep going right, then get into the left lane as you go over the overpass; at bottom of overpass, turn left onto Valley River Way to its end at Valley River Inn (on left); ask for Volkswalk box.  
**Event Info:** Walk on wide paved paths along the Willamette River and past some residential areas. Improved gravel/bark trails are used to explore a variety of wildlife at Delta Ponds.

### Eugene - Willamette River/University of Oregon/Rhododendron Garden

11 km. or 6 km. Year Round Walk (2017/Y0413) 1/3/2017 - 12/31/2017

Amphitheatres, Walking the Path of Inventions

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0455 Eugene Springfield Mossback Volkssport [www.mossbacks.org](http://www.mossbacks.org)  
**Contact:** Sally Ross, Mossbacksclub@comcast.net, (541)726-7169, 2398 - 8th St., Springfield, OR, 97477  
**Start Point:** Valley River Inn- 1000 Valley River Way, Eugene. 541-687-0123. From I-5, Exit 194B (West I-105, West 126, Eugene); take Exit 1 (the 2nd exit, Delta Hwy, Santa Clara, Junction City); stay in right lane. Take the first exit to Valley River Center; keep going right, then get into the left lane as you go over the overpass; at bottom of overpass, turn left onto Valley River Way to its end at Valley River Inn (on left). Ask for Volkswalk box. Directions and map for short drive to the start point are with the walk directions.  
**Event Info:** Trail: Pathways in Alton Baker Park will take you on parts of Pre's Trail and past ponds, gardens and Autzen Stadium. After crossing Willamette River, you walk thru U of O Campus and wind your way up trail into Hendricks Park Rhododendron Gardens. 6k does not go to Gardens. 11k passes both a bakery and an ice cream parlor which serves tasty treats.



**Fairview - Salish Ponds****10K-1B, 5K-1B Year Round Walk (2017/Y1489) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0552 East County Windwalkers [www.eastcountyywindwalkers.weebly.com](http://www.eastcountyywindwalkers.weebly.com)  
**Contact:** Regina Blake, reggie\_blake@yahoo.com, (503)665-0950, PO Box 854, Gresham, OR, 97030

**Start Point:** Fairview/Wood Village Fred Meyer. Please use the entrance to the right of the pharmacy drive through. The Start Box is immediately on the right as you enter the double doors. - 22855 NE Park Lane, Wood Village, OR. From I-84 east or west bound, take Exit 14 from the freeway. From the west, turn right on 207th to NE Halsey St, turn left to 223rd Ave. Turn right to Park Ln. Turn left with signal at Park Ln, and follow the drive to the Fred Meyer Store. Use the second entrance, just past the drive thru pharmacy. From the east, exit the freeway at Exit 14 and turn left on 207th and follow directions above. You can take bus #12 Sandy to Troutdale and get off at Wood Village Shopping Center.

**Event Info:** An exciting walk through three distinct areas: the new Fairview Village, a planned community of beautiful homes, Fairview Park which includes several larger-than-life carved statues, and a trail around the Salish Ponds. The route also features old City of Fairview, including a small park, an old jail, and the original City Hall. The 10K route has been revised. Start times 7am-dusk. Closed most holidays.

**Florence - A Walk by Two Lakes****10km Year Round Walk (2017/Y0349) 1/3/2017 - 12/31/2017**

Amphitheatres, Honoring Our Flag, Lakes and Reservoirs

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0695 Yachats Coastal Gems Volkssport Club [www.yachatscoastalgems.org](http://www.yachatscoastalgems.org)  
**Contact:** Maryann Brown, maryannbrown\_1999@yahoo.com, (541)961-4279, PO Box 896, Yachats, OR, 97498

**Start Point:** The Sportsman- 249 Hwy. 101, Florence, OR. The store is open from 9 AM to 7 PM Monday through Saturday and 10 AM to 7 PM on Sunday. Store closed on major holidays. Drive about two miles south to walk start.

**Event Info:** This walk traverses two sides of Honeyman State Park along the shores of two lakes, Woahink and Cleawox and through a beautiful and peaceful park setting. To walk a little longer add the newly re-vitalized 2.7K Woahink Lakeside Trail. Dogs allowed but must be on a lead. All distances of this walk are rated 2b for those same trails and several short climbs. Walking sticks suggested. Heavy rains may raise lake over one part of first 5K.

**Forest Grove - Historic Forest Grove****5K/10K Year Round Walk (2017/Y0241) 1/3/2017 - 12/31/2017**

Honoring Our Flag, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walking the Path of Inventions

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0549 Cedar Milers [www.cedarmilers.org](http://www.cedarmilers.org)  
**Contact:** Steve Finnegan, [spfinnegan94@gmail.com](mailto:spfinnegan94@gmail.com), (503)693-9898, 731 NE 70th Ave, Hillsboro, OR, 97124

**Start Point:** Tuality Forest Grove Hospital- 1809 Maple St. Forest Grove, OR.  
 Directions: Hwy 26 W to Exit 57 (NW Glencoe Rd/North Plains). LEFT onto Glencoe Rd for 1.3 miles. RIGHT at intersection (w/signal lights) onto NW Zion Church Rd (2.0 miles) which becomes NW Cornelius Schefflin Rd (1.6 miles). At first rotary, take first exit onto Verbort Rd for .4 mile, then at 2nd rotary, take 3rd exit onto NW Martin Rd for 1.9 miles. LEFT on NW Quint Rd (Hwy 47) for .4 mile, RIGHT onto NW Pacific Ave for .2 mile, then LEFT on Maple St for .3 mile (Signal light just before large American flag). Parking lot for hospital on left. Enter Emergency Room entrance, Ask staff at desk for Walk Box.

**Event Info:** Daylight hours. Stroll through the quiet, beautiful town of Forest Grove via quiet streets, pleasant neighborhoods, a quaint, historic downtown area, and the Pacific University campus. Alumni A.C. Gilbert invented the ERECTOR set. Tour neighborhood parks and see historic old homes and the world's largest barber pole. Enjoy the peaceful relaxing style of a small town.

**Fort Rock - Lake County****5 and 10 km Seasonal Walk (2017/Y1476) 4/1/2017 - 9/30/2017**

Cities in Song, Honoring Our Flag, National Register of Historic Places, Points of Reference, Treasure Hunt - A way to walk our precious trails, United States Post Offices, Volcanoes

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AAA-OR Oregon Trail State Volkssport Assn. [walkoregon.org](http://walkoregon.org)  
**Contact:** Martha Korff, [korff.sam@wildblue.net](mailto:korff.sam@wildblue.net), (503)369-9906, 74890 Palm Creek Rd, Clatskanie, OR, 97016

**Start Point:** Ft Rock - Pre-register with Point of Contact- SASE or email address to the point of contact. Then you will be provided either by postal mail or email, driving directions, walk directions and a map.

**Event Info:** Daily Dawn to Dusk.

**Gladstone - From Pebble Stone South to Oregon City with Mickey****10k Year Round Walk (2017/Y0695) 1/1/2017 - 12/31/2017**

Alternative Capitals, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Points of Reference, Walking America's Ports of Call

**Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes**Rating:** 2A **Wheelchair:** None **Pets:** Yes**Sponsor:** AVA-0253 Valley Volkswalkers**Contact:** B L Cline, Valleyvolkswalkers@yahoo.com, (503)329-5386, PO Box 22191, Milwaukie, OR, 97269**Start Point:** Holiday Inn Express 75- 82nd Dr. From Northbound I-205: exit 11. Turn left at top of exit and look for Holiday Inn Express on the left-hand side about 5 blocks down. From Southbound I-205: exit 11 Turn right at top of the exit and look for Oxford Suites about four blocks down on the left-hand side.**Event Info:** Walk entirely on city sidewalks and paved pathway. Check out the gargoyles on the Court House as you walk the Historic Oregon City downtown area. You even ride the city elevator, on the National Historic Registration, from the river level to the top of the hill.**Gladstone - Steamboat Willie Made a Wrong Turn****5km, 10km Year Round Walk (2017/Y0773) 1/1/2017 - 12/31/2017**

Cities in Song, Honoring Our Flag, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, United States Post Offices, Vice Presidential Walks, Volcanoes, Walking America's Ports of Call, Walking the Path of Inventions

**Award:** IVV Credit Only **Strollers:** hard **Restroom:** Yes**Rating:** 2A **Wheelchair:** Hard **Pets:** Yes**Sponsor:** AVA-0253 Valley Volkswalkers**Contact:** B L Cline, Valleyvolkswalkers@yahoo.com, (503)329-5386, PO Box 22191, Milwaukie, OR, 97269**Start Point:** Holiday Inn Express 75- 82nd Dr. From Northbound I-205: exit 11. Turn left at top of exit and look for Holiday Inn Express on the left-hand side about 5 blocks down. From Southbound I-205: exit 11 Turn right at top of the exit and look for Oxford Suites about four blocks down on the left-hand side.**Event Info:** Daylight hours. Start box is at the front desk. Please respect the walk hosts by allowing guests to finish their business before asking for the start box. The walk goes up and down through quiet neighborhoods and a city park along the Clackamas River.**Gold Hill - Gold Hill Trails and Town****10km - 5km Year Round Walk (2017/Y0244) 1/1/2017 - 12/31/2017****Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes**Rating:** 2A **Wheelchair:** hard **Pets:** Yes**Sponsor:** AVA-0498 Rogue Valley Walkers www.roguevalleywalkers.com**Contact:** Jerri Wildfong, jwildfong@mac.com, (541)582-2607, 35 Footh Creek Road, Gold Hill, OR, 97525**Start Point:** Food-4-Less- Exit I-5 North or South at exit 30. From the North turn left and drive to Biddle Road exit, turn left at the signal, the store is on the left. From the South, turn right to Biddle Road exit, turn left on Biddle Road, store is on the left.**Event Info:** You must drive to Gold Hill to start this walk. Walk goes along trail a paved or dirt along the beautiful and wild Rogue River, for half of the walk, the other half goes through town and up into the hills above Gold Hill with great views of the valley and river.

**Government Camp - CLOSED FOR THE SEASON DUE TO SNOW****5km, 10km Seasonal Walk (2017/Y0077) 7/1/2017 - 10/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, Points of Reference, United States Post Offices, Volcanoes, Walking the USA  
A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** NO **Restroom:** Yes**Rating:** 2C **Wheelchair:** NO **Pets:** Yes**Sponsor:** AVA-0242 Columbia River Volkssport Club [www.walking4fun.org](http://www.walking4fun.org)**Contact:** Annette St-Pierre, [Walking\\_the\\_World@yahoo.com](mailto:Walking_the_World@yahoo.com), (503)780-4568, PO Box 702, Stevenson, WA, 98648**Start Point:** Mt Hood Cultural Center & Museum- CLOSED FOR THE SEASON DUE TO SNOW**Event Info:** A walk incorporating quiet forested trails and the quaint mountain community of Government Camp with its Bavarian style, pedestrian-friendly downtown.**Government Camp - Pacific Crest Trail -- Timothy Lake****7/10/14 Km Seasonal Walk (2017/Y1514) 7/1/2017 - 9/30/2017****Award:** IVV Credit Only **Strollers:** None **Restroom:** Yes**Rating:** 1B **Wheelchair:** None **Pets:** Yes**Sponsor:** HQS-0003 AVA Vice-President**Contact:** Nancy Wittenberg, [newwittenberg@gmail.com](mailto:newwittenberg@gmail.com), (253)841-0580, 12626 129th St E, Puyallup, WA, 98374

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) -- Start from Little Crater Lake Campground off US 26 south of Government Camp.- REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for the event. Payments for event credit and directions use PayPal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternative payment methods. The entire online process should take less than 10 minutes for a first time user. DRIVE TO START: From Government Camp, go east on US 26 12 miles. Right (South) onto FS 42 for 4.2 miles. Right (West) onto FS 58 and following a sign to Little Crater Lake. Turn into Little Crater Lake Campground after 2.4 miles. Follow access road to parking area at far end of campground.

**Event Info:** Start in a big, beautiful meadow and pass by Little Crater lake filled by an artesian spring and a constant 34 degrees. 0.3 miles from the trailhead you hit the PCT in a grove of big Douglas firs and rhododendrons. There are a couple of options here. Left on the PCT takes you to Timothy Lake. The Trail follows above the lake and campgrounds. At about 3.5 Km with a faint trail leading down to the lakeshore with good swimming and a good view to the main lake. Return from here for a 7km hike. Continue on to the base of the lake and junction with the Timothy Lake Trail and the beginning of a fork of the Clackamas River and return for a 10K hike. Gentle elevation change.

**Grants Pass - Historic****10km, 5km Year Round Walk (2017/Y0419) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0498 Rogue Valley Walkers [www.roguevalleywalkers.com](http://www.roguevalleywalkers.com)  
**Contact:** Jerri Wildfong, [jwildfong@mac.com](mailto:jwildfong@mac.com), (541)582-2607, 35 Footh Creek Road, Gold Hill, OR, 97525  
**Start Point:** Lodge at Riverside- From Grants Pass 955 SE 7th St., The Lodge at Riverside. Take the first Grants Pass exit drive on the Grants Pass Parkway to Hwy 99 (7th St) turn right onto 7th just past the bridge is The Lodge at Riverside, the start box is at the reception desk.  
**Event Info:** Begin in the parking lot for the Lodge at Riverside on 7th Street. This walk highlights some of the interesting points in Grants Pass and takes you by six parks and a walking path to the stress ribbon pedestrian bridge over the Rogue River. Then into the sports park. This route also goes through the business district with many shops and restaurants.

**Grants Pass - Name That Park****11km/6km Year Round Walk (2017/Y0633) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0498 Rogue Valley Walkers [www.roguevalleywalkers.com](http://www.roguevalleywalkers.com)  
**Contact:** Jerri Wildfong, [jwildfong@mac.com](mailto:jwildfong@mac.com), (541)582-2607, 35 Footh Creek Road, Gold Hill, OR, 97525  
**Start Point:** Lodge at Riverside- From Grants Pass 955 SE 7th St., The Lodge at Riverside. Take the first Grants Pass exit drive on the Grants Pass Parkway to Hwy 99 (7th St) turn right onto 7th just past the bridge is The Lodge at Riverside, the start box is at the reception desk.  
**Event Info:** Begin at the parking lot for the Lodge at Riverside on 7th Street. This walk highlights some of the interesting points in Grants Pass and takes you by six parks and a new walking path to the stress ribbon pedestrian bridge over the Rogue River. This route goes through the business district with many shops and restaurants.

**Gresham - Butler Creek****5k & 10K Year Round Walk (2017/Y0595) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0552 East County Windwalkers [www.eastcountywindwalkers.weebly.com](http://www.eastcountywindwalkers.weebly.com)  
**Contact:** Marilyn Custis, [custismw@comcast.net](mailto:custismw@comcast.net), (503)667-0798, PO Box 854, Gresham, OR, 97030-0192

**Start Point:** Highland Safeway. Ask at the Customer Service Counter for the start box. Customer Service Center opens at 9AM. PLEASE NOTE THIS WALK IS TEMPORARILY CLOSED DUE TO SAFETY ISSUES.- 1001 SW Highland Dr, Gresham, 97080. Going either east or west on I-84, take Exit 13 ( 181st. Avenue). Go south on 181st. When you cross Stark St. 181st becomes 182nd. Cross Powell Blvd. and turn into the Safeway parking lot on the right. From I-205 traveling south, take exit 19 ( Division St) and turn left to 182nd Avenue. Turn right on 182nd to Powell Blvd. When you pass Centennial High School get into the right lane and cross Powell Blvd and turn right into the Safeway parking lot. From I-205 traveling north take the Powell/Division St. exit. Turn right on Powell and take it to 182nd Ave. Turn right into the Safeway parking lot. You can take Bus #9 Powell/Gresham and get off at Powell and Highland Drive and walk to Safeway. Ask at the Customer Service Counter for the start box. Customer Service Center opens at 9AM PLEASE NOTE: THIS WALK IS TEMPORARILY CLOSED DUE TO SAFETY ISSUES.

**Event Info:** Walk portions of the Springwater Trail to the Butler Creek Trail. Walk on paved streets and wooded trails passing over pedestrian and woodland bridges to Butler Creek Park and Butler Creek School, while passing small ponds, lakes and creek beds and walking in residential areas. Start time 7am-dusk altho the customer service desk does not open until 9am. Closed most holidays. PLEASE NOTE: THIS WALK IS TEMPORARILY CLOSED DUE TO SAFETY ISSUES.

**Gresham - Gresham Town and More****10K-1A, 5K-1A Year Round Walk (2017/Y0519) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Volcanoes, Walk the USA - Street by Street, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0552 East County Windwalkers [www.eastcountywindwalkers.weebly.com](http://www.eastcountywindwalkers.weebly.com)  
**Contact:** Marilyn Custis, [custismw@comcast.net](mailto:custismw@comcast.net), (503)358-9115, PO Box 854, Gresham, OR, 97030

**Start Point:** Clarion Inn/ Pony Soldier Inn . Ask front desk for the start box.- 1060 NE Cleveland Ave, Gresham, OR. Ask at front desk for start box. From the east on I-84, take exit 16, Wood Village/ 238th Dr. Turn left and follow this road to Division St. As you go up the curved hill 238th becomes 242nd/Hogan Rd. Turn right on Division St. and continue to Cleveland Ave. Turn right on Cleveland Av to the Pony Soldier. From the west on I-84, take exit 16, Wood Village/238th Drive. Turn right and follow the directions above. From MAX light rail system, get off in Gresham at Cleveland/8th, the last stop, and when you leave the parking lot turn left and walk to Cleveland. Turn right and walk approximately 1 block to the Pony Soldier. You can take bus #9 Powell/Gresham TC, or bus #4 Division/Gresham TC and get off at Gresham TC and walk to start which is about 1/2 mile north.

**Event Info:** This route takes you through quiet neighborhoods as well as part of the Springwater Trail. The route is mostly on sidewalk or trail. It is feasible for strollers, but wheelchairs would be difficult due to roadside areas, and some curbs may not be cut. Restrooms and water at start/finish and at some locations along the route. Leashed dogs are welcome, please obey scoop laws. Start times 7am-dusk daily.

**Gresham - Red Sunset****10K-1A, 5K-1A Year Round Walk (2017/Y0687) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Volcanoes, Walk the USA - Street by Street, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only

**Strollers:** medium

**Restroom:** Yes

**Rating:** 1A

**Wheelchair:** medium

**Pets:** Yes

**Sponsor:** AVA-0552 East County Windwalkers [www.eastcountywindwalkers.weebly.com](http://www.eastcountywindwalkers.weebly.com)

**Contact:** Ava Riewer, readman1024@msn.com, (503)667-6592, PO Box 854, Gresham, OR, 97030

**Start Point:** Legacy Mt. Hood Medical Center. The start box is in the hospital entrance area on the right. - 24800 SE Stark, Gresham, OR. From the east on I-84, take exit 16, Wood Village. Turn left onto 242nd. Proceed to Stark Street and turn left, Hospital is on your right. From the west on I-84, take exit 16, Wood Village. Turn Right onto 242nd. Proceed to Stark Street and turn left. Hospital is on your right. You can take the #20 bus, which is Burnside/Stark/Gresham. Get off at Mt. Hood Medical Center.

**Event Info:** A beautiful scenic walk featuring a complete circuit of Red Sunset Park where you can do some duck watching and take a break at the gazebo. Start times 7am-dusk daily.

**Gresham - Walt Morey****10k-1A, 5K-1A Year Round Walk (2017/Y1482) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Points of Reference, Take a Walk In a City Park

**Award:** IVV Credit Only

**Strollers:** NO

**Restroom:** Yes

**Rating:** 1A

**Wheelchair:** NO

**Pets:** Yes

**Sponsor:** AVA-0552 East County Windwalkers [www.eastcountywindwalkers.weebly.com](http://www.eastcountywindwalkers.weebly.com)

**Contact:** Ava Riewer, readman1024@msn.com, (503)667-6592, PO Box 854, Gresham, OR, 97030

**Start Point:** Legacy Mt. Hood Medical Center. Start box is in lobby between doors on your right.- 24800 SE Stark Street, Gresham, OR. You can follow the instructions for Red Sunset Park Walk YRE 0687

**Event Info:** This route provides magnificent views of Mt. Hood in good weather. You will walk through the newer residential areas of Troutdale. Wheelchairs and strollers are possible but not all curbs are cut. Start times 7am-dusk daily.

**Hammond - Ft. Stevens State Park****11 km Year Round Walk (2017/Y1972) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Lakes and Reservoirs, National Parks Centennial Challenge, National Register of Historic Places

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0679 Turnaround Trekkers [www.turnaroundtrekkers.org](http://www.turnaroundtrekkers.org)  
**Contact:** Debbie Brown, [debbra.brown@gmail.com](mailto:debbra.brown@gmail.com), (503)325-3863, P. O. Box 222, Hammond, OR, 97121

**Start Point:** Super Mart Hammond- 1180 Pacific Drive, Hammond, Oregon. From Astoria, follow US 30 west and then HWY 101 south. Right onto E. Harbor Drive by Walgreens. At 4-way stop in Warrenton, continue straight and drive to the blinking light 4-way stop in Hammond, where the store will be on the left. From Seaside, follow HWY 101 north. Left onto E. Harbor Drive by Walgreens and continue as above. Registration materials are in a portable, black, plastic file box, usually located near the door. Ask cashier for location if it has moved. Register here then drive short distance to begin walk. Driving directions are on walk route instructions.

**Event Info:** Daily, dawn to dusk. To and around Historic Area, and then to Coffenbury Lake. Ft. Stevens is a part of Lewis & Clark National Historic Park and is listed in the National Register of Historic Places. Pets allowed on leash and with proper clean up. Historic Area gate is locked at 4 p.m. in winter and 6 p.m. in the summer. Plan to start walk early enough to complete it by closing. Mosquito repellent advisable during summer months.

**Hammond - Waterfront and Nature****6k/7k/13k Year Round Walk (2017/Y0819) 1/1/2017 - 12/31/2017**

Honoring Our Flag, National Register of Historic Places, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0679 Turnaround Trekkers [www.turnaroundtrekkers.org](http://www.turnaroundtrekkers.org)  
**Contact:** Debbie Brown, [debbra.brown@gmail.com](mailto:debbra.brown@gmail.com), (503)325-3863, PO Box 222, Hammond, OR, 97121

**Start Point:** Super Mart Hammond- 1180 Pacific Drive, Hammond, OR. From Astoria, follow US 30 west and then HWY 101 south. Right onto E. Harbor Drive by Walgreens. At 4 way stop in Warrenton continue straight and drive to the blinking light 4-way stop in Hammond, where the store will be on the left. From Seaside, follow HWY 101 north. Left onto E. Harbor Drive by Walgreens and continue as above. Registration materials are in a black, portable, plastic file box, usually located near the door. Ask cashier for location of box if it has moved. Register here then drive short distance to begin walk. Driving directions are on walk route instructions.

**Event Info:** The 6k loop begins at Carruthers Park along the Columbia River dike to Hammond and back. The 7k loop goes from Carruthers Park to Warrenton and back. Flat route on packed gravel, paved trail or city streets, with a few blocks on the road shoulder. Stunning river views (on Hammond loop) with Astoria and the bridge in the distance and maybe Mt. St. Helens, if it is clear.



**Hillsboro - Dawson Creek****5K/10K Year Round Walk (2017/Y1182) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Points of Reference,  
Take a Walk In a City Park, Walking the Path of Inventions

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0549 Cedar Milers [www.cedarmilers.org](http://www.cedarmilers.org)

**Contact:** Steve Finnegan, [spfinnegan94@gmail.com](mailto:spfinnegan94@gmail.com), (503)693-9898, 731 NE 70th Ave, Hillsboro, OR, 97124

**Start Point:** New Seasons Market at Orenco Station- 1453 NE 61st Ave, Hillsboro, OR 97124. Hwy 26 W, exit 62A (Cornelius Pass Rd S). Right on NW Cornell Rd, Right on NE 61st Ave and Left into Orenco Station parking area. New Seasons on the left. Park in the back area of the lot. Binder with start materials in file holder on wall, located at the back of the store in a hallway between meat department and bakery. The 5K is a remote start at the nearby Costco.

**Event Info:** Daylight hours. Walk through quiet east Hillsboro neighborhoods, then stroll through a privately owned park open to the public with a wonderful combination of trails, underpasses, bridges, and waterways complete with the requisite geese, ducks, trees, and flowers. Heavy or prolonged rain can result in submerged or muddy sections. You will also pass by the Intel Ronler Acres site and the new DIX research facility and Hotel Orenco before returning to finish.

**Hillsboro - Historic Hillsboro****6K/10K Year Round Walk (2017/Y0098) 1/2/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking the Path of Inventions

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0549 Cedar Milers [www.cedarmilers.org](http://www.cedarmilers.org)

**Contact:** Steve Finnegan, [spfinnegan94@gmail.com](mailto:spfinnegan94@gmail.com), (503)693-9898, 731 NE 70th Ave, Hillsboro, OR, 97124

**Start Point:** New Seasons Market at Orenco Station- 1453 NE 61st Ave, Hillsboro, OR 97124. Hwy 26 W, exit 62A (Cornelius Pass Rd S). Right on NW Cornell Rd, Right on NE 61st Ave and Left into Orenco Station parking area. New Seasons on the left. Park in the back area of the lot. Binder with start materials in file holder on wall, located at the back of the store in a hallway between meat department and bakery. Drive to Tuality Community Hospital (directions at start)

**Event Info:** Daylight hours. Stroll along quiet streets, quaint city parks, and through the downtown area of Hillsboro including historic businesses and homes, and the WPC-built community park.

**Hillsboro - Rock Creek Trail****11k/6k Year Round Walk (2017/Y0818) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Lakes and Reservoirs, Make a Wish at a Water Fountain, Points of Reference, Treasure Hunt - A way to walk our precious trails, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0549 Cedar Milers [www.cedarmilers.org](http://www.cedarmilers.org)

**Contact:** Dan Webster, [walkin\\_oregon@comcast.net](mailto:walkin_oregon@comcast.net), (503)591-5893, 1195 SW Jay Ct, Aloha, OR, 97003

**Start Point:** Peet's Coffee & Tea- 19250 NW Cornell Rd. Hillsboro, OR 97124. Hwy 26 W, take Exit 64 (185th). Left on 185th. Right on Cornell Rd. Left at traffic light on 192nd Ave and quick Right into the parking lot. Peet's Coffee will be on your Left. Ask for Walk box at counter.

Store Hrs M-F 5:30am-7pm, Sat 6:30am-8pm, Sun 7am-7pm

**Event Info:** Walk heads straight to Orchard Park with its boardwalk and along tree lined streets onto the Rock Creek Trail and neighborhoods in the Rock Creek area and to Bethany Lake before returning to the Rock Creek Trail and along tree-lined streets back to the Start. This walk has a "country" feel for being so close to the city. Restrooms available at Start, Orchard Park, and Streets of Tanasbourne.

**Hood River - Hood River Historic****10km Year Round Walk (2017/Y1607) 1/3/2017 - 12/31/2017**

Alternative Capitals, Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, State Street Sashay, Volcanoes, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0242 Columbia River Volkssport Club [www.walking4fun.org](http://www.walking4fun.org)

**Contact:** Annette St-Pierre, [Walking\\_the\\_World@yahoo.com](mailto:Walking_the_World@yahoo.com), (503)780-4568, PO Box 702, Stevenson, WA, 96848

**Start Point:** Providence Down Manor- 1950 Sterling Place, Hood River, OR. I-84 Exit 62. TURN away from the river onto Cascade Ave. RIGHT onto 13th St (becomes 12th at the top). RIGHT onto Brookside Dr. First RIGHT onto Sterling Pl.

**Event Info:** Providence Down Manor is open seven days a week dawn till dusk. The start box is a wood filing cabinet in the vestibule. Walk the Indian Creek Trail with magnificent views of Mt Adams, Mt Hood, and the Columbia River, go down 242 stair steps to downtown Hood River and the historic railway station, and back through old neighborhoods to finish.

DETOUR INSTRUCTIONS are included during construction.

**Hood River - Water, Art and Wine****5km, 10km Year Round Walk (2017/Y0612) 1/3/2017 - 12/30/2017**

Alternative Capitals, Amphitheatres, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, State Street Sashay, Take a Walk In a City Park, United States Post Offices, Volcanoes, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0242 Columbia River Volkssport Club [www.walking4fun.org](http://www.walking4fun.org)  
**Contact:** Annette St-Pierre, [Walking\\_the\\_World@yahoo.com](mailto:Walking_the_World@yahoo.com), (503)780-4568, PO Box 702, Stevenson, WA, 98648

**Start Point:** Stoked Roasters & Coffee House- 603 Portway Ave #103, Hood River, OR 97031  
 Take Exit 63 off I-84 in Hood River, and turn toward the river at top of ramp (or go North towards the river from downtown on 2nd Street). Cross over the highway, through the stoplight. Turn left at the second stop sign onto Portway Avenue.

**Event Info:** A perfect walk for enjoying much of what Hood River offers: the excitement of the waterfront, big art, wine tasting venues and local breweries. Explore the bustling downtown area, parks, and gorgeous scenery.

**Independence - Hop Capital of the World****10 km, 5 km Year Round Walk (2017/Y1669) 1/1/2017 - 12/31/2017**

Alternative Capitals, Amphitheatres, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0362 Willamette Wanderers [willwander.weebly.com](http://willwander.weebly.com)  
**Contact:** Julia Westerberg, [pjwesterberg@comcast.net](mailto:pjwesterberg@comcast.net), (541)967-3001, POB 13982, Salem, OR, 97309

**Start Point:** Hi-School Pharmacy- 1357 Monmouth St, Independence, OR 97351, (503)838-2047. FROM I-5, exit 253 to Salem City Center. Follow signs to City Center; go on viaduct but use exit on right near top & then left lane to City Center. Right on Church; left on Marion to cross bridge in left lane to OR22 West & then OR51 South to Independence. Right on Monmouth St to Central Plaza Center at 13 St on left. FROM 99W turn east at Main St in Monmouth at traffic light to go to Independence. Right at 2nd traffic light at Gun Club Rd (by McDonald's) to Start Point. Ask for black/blue notebook binder at the registers.

**Event Info:** M-F: 8am-8pm, Sat: 8am-7pm, Sun: 9am-6pm. Start point also for Monmouth YRE & about 15 miles west of downtown Salem. No restroom at start point but McDonald's is nearby. Walk goes through this small river town's residential/downtown National Historic District & attractive Riverview Park by Willamette River. Inspiration Garden at Mt Fir Park managed by Polk Co Master Gardeners is on both routes & highlighted in the summer routes. Airpark residential area worth visiting afterwards to see houses with airplane hangars. Monmouth YRE also starts from here. Two other nearby YRE's: Dallas (10 miles NW) & McMinnville (28 miles north).

**Jacksonville - Historic****10km - 5km Year Round Walk (2017/Y1934) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0498 Rogue Valley Walkers [www.roguevalleywalkers.com](http://www.roguevalleywalkers.com)  
**Contact:** Jerri Wildfong, [jwildfong@mac.com](mailto:jwildfong@mac.com), (541)582-2607, 35 Footh Creek Road, Gold Hill, OR, 97525  
**Start Point:** Food 4 Less-Medford- Exit I-5 North or South at exit 30. From the North turn left and drive to Biddle Road exit, turn left at the signal, the store is on the left. From the South, turn right to Biddle Road exit, turn left on Biddle Road, store is on the left.  
**Event Info:** You must drive to Jacksonville to begin this walk.  
This walk goes through the pioneer cemetery and along local streets, rail to trail, past the museum, and a portion of the Beekman Wildlands trail, the Britt Gardens and the quaint main street of Jacksonville. The entire town is a National Historic District. This is a favorite walk.

**Jefferson - Town Walk****10 km, 5 km Year Round Walk (2017/Y1980) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0474 Albany Fitwalkers [www.albanyfitwalkers.org](http://www.albanyfitwalkers.org)  
**Contact:** Nancy Hamby, [nancy@HambyRealty.com](mailto:nancy@HambyRealty.com), (503)949-5487, PO Box 1218, Albany, OR, 973210436  
**Start Point:** Jefferson Thriftway Grocery Store- 103 Old Pacific Hwy, Jefferson OR 97352. From I-5 exit 238 towards Jefferson. After crossing the bridge, immediately turn left on Mill Street. Binder in cabinet to the right as you enter the front store entrance.  
**Event Info:** Walk in small friendly town known as the Mint Capital of the World and the Frog Jumping Capital of Oregon. The walk will go through residential neighborhoods, up a gravel road to a pioneer cemetery that overlooks farm fields.

**Keizer - Five Parks & A River (near Salem)****10K and 5K Year Round Walk (2017/Y1264) 1/1/2017 - 12/31/2017**

Alternative Capitals, Amphitheatres, Honoring Our Flag, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0362 Willamette Wanderers [willwander.weebly.com](http://willwander.weebly.com)  
**Contact:** Julia Westerberg, [pjwesterberg@comcast.net](mailto:pjwesterberg@comcast.net), (541)967-3001, POB 13982, Salem, OR, 97309  
**Start Point:** Safeway Grocery Store- 4990 River Rd (at Chemawa Rd), Keizer, OR 97303 , (503)390-8810. I-5: Northbound exit 260 or Southbound 260B & go towards Keizer. Left at traffic signal after RR tracks for Chemawa Rd which has curves. Continue on Chemawa after going through traffic circle. Safeway on left just before River Rd. Walk box is at Customer Service desk. Payment to be mailed to the club. Details about the remote start (about 2 miles away) are on the walk's directions.  
**Event Info:** Open daily 6AM to 1AM. REVISED July 2017: due to changes in Salem Park, the 10K route has been revised with only 4 parks being visited excluding the Salem park. Route now has more walking at Keizer Rapids Park and into its woods plus more walking in nice residential areas. 5K route goes to 2 of the Willamette River parks. Both routes go into attractive residential neighborhoods. Keizer is just north of Salem. AVA Fountain Challenge no longer on this YRE. This YRE is scheduled to be dropped in 2018.

**Klamath Falls - City of Sunshine and Sun Stones****10km, 5km Seasonal Walk (2017/Y1834) 4/1/2017 - 9/30/2017****Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes**Sponsor:** AAA-OR Oregon Trail State Volkssport Assn. walkoregon.org**Contact:** Martha Korff, korff.sam@wildblue.net, (503)369-9906, 74890 Palm Creek Rd, Clatskanie, OR, 97016**Start Point:** Klamath Falls registration is by mail only. - Registration is by mail only. THERE IS NO START BOX. Register by sending a signed waiver, \$3, and a SASE or email address to the point of contact. Then you will be provided, either by postal mail or email, driving directions, walk directions, and a map.**Event Info:** Walk from Veterans Park through downtown and along Lake Ewauna on pavement and natural paths.**La Grande - Home of Eastern Oregon University****5km/10km Seasonal Walk (2017/Y1330) 4/1/2017 - 9/30/2017****Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes**Sponsor:** AAA-OR Oregon Trail State Volkssport Assn. walkoregon.org**Contact:** Martha Korff, korff.sam@wildblue.net, (503)369-9906, 74890 Palm Creek Rd, Clatskanie, OR, 97016**Start Point:** LaGrande- Register with Point of Contact.- Registration is by mail only. THERE IS NO START BOX. Register by sending a waiver, \$3, and a SASE or email address to the point of contact. Then you will be provided, either by postal mail or email, driving directions, walk directons and a map.**Event Info:** Take a walking tour of La Grande, Oregon. See the Union County Courthouse, walk on the campus of Eastern Oregon University, tour a cemetery, a train depot, a pioneer church, beautiful old homes, several city parks and the downtown main street.**Lake Oswego - Lake Oswego River Run****10K/5K Year Round Walk (2017/Y1653) 1/2/2017 - 12/30/2017**

Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, Take a Walk In a City Park, United States Post Offices, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes**Sponsor:** AVA-0446 Rose City Roamers www.rosecityroamers.org**Contact:** Ed Hainline, edhainline@comcast.net, (360)921-1909, 11410 SE 90th Ave # 1511, Happy Valley, OR, 97086**Start Point:** Albertsons- 16199 SW Boones Ferry Road, Lake Oswego, OR. Directions from I-5 North or South - take exit # 290 (Lake Oswego/Durham) Northbound turn right and Southbound turn left onto Boones Ferry Road. Go approximately 2 miles to the Albertsons on your Left. There is a Walk File Tote Box you have to ask for it at the Customer Service Counter. It is stored below the counter.**Event Info:** The walk takes you through several parks with trails and into very nice residential neighborhoods with a few views of Lake Oswego. The walk does go to River Run neighborhood and Park before returning back again along several trails and nice neighborhoods.

**Lake Oswego - Marylhurst University****11K/6K Year Round Walk (2017/Y1611) 1/3/2017 - 12/31/2017**

Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Lady Liberty Special Program, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, State Street Sashay, Take a Walk In a City Park, United States Post Offices, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** NO      **Pets:** No

**Sponsor:** AVA-0242 Columbia River Volkssport Club [www.walking4fun.org](http://www.walking4fun.org)

**Contact:** Ed Hainline, [edhainline@comcast.net](mailto:edhainline@comcast.net), (360)921-1909, 11410 SE 90th Ave, #1511, Happy Valley, OR, 97086

**Start Point:** Safeway Grocery Store - 401 A Avenue (Safeway Grocery Store), Lake Oswego, OR. Directions from I-5 NORTHBOUND: Exit #288 (I-205 N) to Exit # 3, go across the overpass on Stafford Rd to McVey Rd, follow McVey Rd to State St. At traffic light turn left onto State St and continue to A Ave (you will cross RR tracks prior to A Ave). Left onto A Ave and go to 4th St, turn right into the Safeway parking lot. I-5 SOUTHBOUND: Exit # 292. Turn Left onto Kruse Way/Lake Oswego. Go to Boones Ferry Rd. Turn Left at Boones Ferry Rd to Country Club Rd (be in right lane). Turn Right onto Country Club Rd and the name will change to A Ave, continue on A Ave to just prior to 4th St and turn left into the Safeway parking lot. Please park on either of the side areas of their parking lot!! Go to the Customer Service Counter and "Ask for the Walk Box" (a small file tote with a blue lid).

**Event Info:** YRE 1611 is rated 2B. This route goes through Historic George Rogers Park with an Old Iron Smelter Chimney, views of the Willamette River and up a gradual incline to beautiful neighborhoods, awesome views of the mountains and Mt Hood on clear days. Walk goes through a small part of Marylhurst University and a recently built section opened in the summer of 2015.

**Lake Oswego - The Lake, River and Homes****10KM/6KM Year Round Walk (2017/Y1609) 1/3/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Lady Liberty Special Program, Lakes and Reservoirs, State Street Sashay, Take a Walk In a City Park, United States Post Offices, Volcanoes, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0242 Columbia River Volkssport Club [www.walking4fun.org](http://www.walking4fun.org)

**Contact:** Ed Hainline, [edhainline@comcast.net](mailto:edhainline@comcast.net), (360)921-1909, 11410 SE 90th Ave, # 1511, Happy Valley, OR, 97086

**Start Point:** Safeway Grocery Store - 401 A Ave, Lake Oswego, OR. Directions from I-5 NORTHBOUND: Exit #288 (I-205 N) to Exit # 3, go across the overpass on Stafford Rd to McVey Rd, follow McVey Rd to State St. At traffic light turn left onto State St and continue to A Ave (you will cross RR tracks prior to A Ave), Left onto A Ave and go to 4th St, turn right into the Safeway parking lot. I-5 SOUTHBOUND: Exit # 292. Turn Left onto Kruse Way /Lake Oswego. Go to Boones Ferry Rd. urn Left at Boones Ferry Rd to Country Club Rd (be in right lane). Turn Right onto Country Club Rd and the name will change to A Ave, continue to just prior to 4th St and turn left into the Safeway parking lot. Please park on either of the side areas of their parking lot!! Go to the Customer Service Counter and "Ask for the Walk Box" (a small blue lid file tote).

**Event Info:** YRE 1609 is rated 2B. This walk takes you to the Willamette River, through some of the recently improved areas along State Street by Oswego Lake, a chance to stop at the Lake Oswego Fine Arts Center, before traveling through some of the older parts of Lake Oswego, to include some Uphill areas. You will walk around part of Oswego Lake and back into Downtown Lake Oswego to the Finish.

**Lincoln City - Lincoln City Beach Walk****Distance 5K, 10K, 21K Year Round Walk (2017/Y0312) 1/3/2017 - 12/31/2017**

Honoring Our Flag

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 1C      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0695 Yachats Coastal Gems Volkssport Club [www.yachatscoastalgems.org](http://www.yachatscoastalgems.org)  
**Contact:** Maryann Brown, [maryannbrown\\_1999@yahoo.com](mailto:maryannbrown_1999@yahoo.com), (541)961-4279, PO Box 896, Yachats, OR, 97498  
**Start Point:** Cozy Cove Beach Front Resort Inn B- 515 NW Inlet Ave. Off Oregon Coast Hwy 101. Lincoln City. From north turn right at 2nd St., then right to Cozy Cove Resort. Registration box is on shelf in motel lobby. Lobby open 8am-7pm.  
**Event Info:** This is a pure beach walk from the D River to Road's End. Get double enjoyment and turn south to walk from the D River to Siletz Bay and back for a beach half marathon. Best done at low tides.

**Lincoln City - Lincoln City Town Walk****10K 5K Year Round Walk (2017/Y0311) 1/3/2017 - 12/31/2017**

Alternative Capitals, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0695 Yachats Coastal Gems Volkssport Club [www.yachatscoastalgems.org](http://www.yachatscoastalgems.org)  
**Contact:** Maryann Brown, [maryannbrown\\_1999@yahoo.com](mailto:maryannbrown_1999@yahoo.com), (541)961-4279, PO Box 896, Yachats, OR, 97498  
**Start Point:** Cozy Cove Beach Front Resort Inn T- 515 NW Inlet Av. Off Oregon Coast Hwy 101. Lincoln City. From north turn right at 2nd St., then right to Cozy Cove Resort. Registration box is on shelf in motel lobby. Lobby open 9am-7pm.  
**Event Info:** This route explores older neighborhoods and the Connie Hansen Gardens with a great mix of older homes and the occasional ocean view. Rated a 2B for a couple of short steep hills and a lack of sidewalks other than the main street.

**Madras - Madras Urban Trails****6 km, 11 km Seasonal Walk (2017/Y1978) 6/1/2017 - 12/30/2017**

Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, United States Post Offices, Volcanoes, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0242 Columbia River Volkssport Club [www.walking4fun.org](http://www.walking4fun.org)  
**Contact:** Annette, [walking\\_the\\_world@yahoo.com](mailto:walking_the_world@yahoo.com), (503)780-4568, PO Box 702, Stevenson, Wa, 98648  
**Start Point:** Madras Aquatic Center- 1195 SE Kemper Way, Madras, OR 97741  
Take US-26 to B St in Madras. Continue East on NE B St. RIGHT onto SE City View St. LEFT onto SE Kemper Way  
**Event Info:** Enjoy the diversity of the City of Madras on multi-use paved trails and sidewalks through and around the city.

### Malin - Oregon - California Border-Crossing

10km, 6km Seasonal Walk (2017/Y1835) 4/1/2017 - 9/30/2017

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AAA-OR Oregon Trail State Volkssport Assn. walkoregon.org  
**Contact:** Martha Korff, korff.sam@wildblue.net, (503)369-9906, 74890 Palm Creek Rd, Clatskanie, OR, 97016  
**Start Point:** Malin Registration is by mail only.- THERE IS NO START BOX. Register by sending a signed waiver, \$3, and a SASE or email address to the point of contact. Then you will be provided, either by postal mail or email, driving directions, walk directions, and a map.  
**Event Info:** Walk through this charming little town from Malin Community Park on pavement and paths along fields and irrigation canals to California and back. Please carry water during hot weather. Also qualifies for Honoring Our Flag.

### Manzanita - Town

10km Year Round Walk (2017/Y1258) 1/1/2017 - 12/31/2017

Amphitheatres, Honoring Our Flag, Trekking With the Trees, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0679 Turnaround Trekkers www.turnaroundtrekkers.org  
**Contact:** June Baumlner, baumlner@nehalem.tel.net, (503)368-4323, P. O. Box 187, Manzanita, OR, 97130-0187  
**Start Point:** San Dune Inn- 428 Dorcas Lane, Manzanita, OR. Follow Hwy 101 to Manzanita. Just south of Milepost 43, turn west into Manzanita. Turn left onto 4th Street, then left onto Dorcas. Registration box is in the lobby. Register here; then drive 2 blocks to public parking and start of walk (directions at registration).  
**Event Info:** Manzanita Town and Nehalem Bay State Park - Daily, dawn to dusk. The 10km is rated 2B for a couple of moderate hills, sand and dirt paths. Stroll through town and then walk on the bike path to Nehalem Bay State Park, where you will walk on the loop trail passing the amphitheater. Enjoy ocean, mountain, bay and wetland views of this quiet coastal town nestled beneath Neahkahnie Mountain. No water or restrooms at the registration point, but are available at walk start point and in the State Park during the summer.



**McMinnville - Heart of Oregon's Wine Country****10K/5K Year Round Walk (2017/Y1916) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking the Path of Inventions, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0362 Willamette Wanderers willwander.weebly.com

**Contact:** Julia Westerberg, pjwesterberg@comcast.net, (541)967-3001, PO Box 13982, Salem, OR, 97309

**Start Point:** McMenamin's Hotel Oregon- 310 NE Evans St., McMinnville, OR 97128, (503)472-8427. Going North on 99W (Baker St), right on 3rd. Going South on 99W (Adams St), left on 3rd. Parking garage at 5th/Davis. Use Evans entrance of Hotel; walk box located at right of information table opposite registration desk.

**Event Info:** Open 24/7. 10K: historic downtown district, nice older residential areas, Linfield College, & Joe Dancer Park with forested wood chip trail perhaps walked with a companion. Updated 2017 5K focuses on downtown & its public art. Town was runner-up to 2014 Parade Magazine's America's Best Main Street. Three other nearby YREs: Dallas (25 miles SW) & Independence/Monmouth (28 miles south).

**Medford - East Medford****10km/5km Year Round Walk (2017/Y1930) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes

**Sponsor:** AVA-0498 Rogue Valley Walkers www.roguevalleywalkers.com

**Contact:** Jerri Wildfong, jwildfong@mac.com, (541)582-2607, 35 Footh Creek Road, Gold Hill, OR, 97525

**Start Point:** Food-4-Less - Exit I-5 North or South at Exit 30. From the North turn left and go to Biddle Road. Left on Biddle Road to Food 4 Less. From the South right to Biddle Road. Left on Biddle Road to Food 4 Less, behind the Chevron gas station.

**Event Info:** Walk goes through the Eastside of Medford past beautiful older homes and parks. You must drive to the start of the walk, the directions to the start will be in the folder with the map/directions.

**Medford - Old City-Streets and Parks****10km - 5km Year Round Walk (2017/Y1029) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes

**Sponsor:** AVA-0498 Rogue Valley Walkers www.roguevalleywalkers.com

**Contact:** Jerri Wildfong, jwildfong@mac.com, (541)582-2607, 35 Footh Creek Road, Gold Hill, OR, 97525

**Start Point:** Food 4 Less- Exit I-5 North or South at exit 30. From the North turn left and drive to Biddle Road exit, turn left at the signal, the store is on the left. From the South, turn right to Biddle Road exit, turn left on Biddle Road, store is on the left.

**Event Info:** This walk is on city streets, through the historic district and through downtown areas. Water and restrooms available at Start/Finish. There are numerous restaurants along the route.

**Milwaukie - Old SCHOOL - Short Cuts****10K / 5K Year Round Walk (2017/Y0389) 1/1/2017 - 12/31/2017**

Cities in Song, Honoring Our Flag, Ice Cream Parlors, Points of Reference, Take a Walk  
In a City Park, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0253 Valley Volkswalkers

**Contact:** Bonnie, Valleyvolkswalkers@yahoo.com, (503)659-6763, P O Box 22191,  
Milwaukie, OR, 97269

**Start Point:** Milwaukie Providence Emergency/Main Entrance- 10150 SE 32nd Ave., Milwaukie, OR 97222. From I-205 take Milwaukie Exit #13. Follow signs to OR224 towards Milwaukie. Right on Harrison (if coming from 99E (McLoughlin Blvd) turn on Harrison) to 32nd Ave. Left on 32nd Ave. - Right to follow the signs to Emergency Room/Main Entrance/Parking on your Right, (NOT a Named Street) the Main Entrance door is left of the Emergency Room door. Inside follow signs to Main Entrance. At the end of the hallway is the Information/Admitting desk. Left of the Information/Admitting desk is a sign Surgery Waiting Area The blinder is in the top desk drawer. Please sign in here and move your vehicle down to the start at the corner of SE Llewellyn St. and SE 32nd Ave. Tri-Met bus #75 to Milwaukie Hospital, take Dwyer Drive stop.

**Event Info:** Walk past the food carts and have yourself some Italian food or stop by the Irish Pub for some beverages. You will be walking through established neighborhoods as you make your way to downtown Milwaukie known as the city of Dogwood Trees. Check out the new boat ramp along with, Klein Point along the river.

**Monmouth - Home of Western Oregon Univ.****11 km, 6 km Year Round Walk (2017/Y1265) 1/1/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0362 Willamette Wanderers willwander.weebly.com

**Contact:** Julia Westerberg, pjwesterberg@comcast.net, (541)967-3001, POB 13982, Salem, OR, 97309

**Start Point:** Hi-School Pharmacy- 1357 Monmouth St, Independence, OR 97351, (503)838-2047. FROM I-5, exit 253 to Salem City Center. Follow signs to City Center; go on viaduct but use exit on right near top & then left lane to City Center. Right on Church; left on Marion to cross bridge in left lane to OR22 West & then OR51 South to Independence. Right on Monmouth St to Central Plaza Center at 13 St on left. FROM 99W turn east at Main St in Monmouth at traffic light to go to Independence. Right at 2nd traffic light at Gun Club Rd (by McDonald's) to Start Point. Ask for black/blue notebook binder at the registers. No restroom at start point but McDonald is nearby. 15 miles west of downtown Salem.

**Event Info:** M-F: 8am-8pm; Sat: 8am-7pm; Sun: 9am-6pm, closed most holidays. Start point also for Independence YRE. Walk goes through this small college towns historic downtown, Western Oregon Univ & attractive residential areas. Two other nearby YREs: Dallas (10 miles NW) & McMinnville (28 miles north).

**Mt. Angel - Old German Town****10K/5K Year Round Walk (2017/Y0865) 1/1/2017 - 12/31/2017****Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes**Rating:** 2A **Wheelchair:** Hard **Pets:** Yes**Sponsor:** AVA-0425 Silverton Walk Abouts**Contact:** Diane McDermott, mcdermot@wvi.com, (503)769-5380, 1708 Wilshire Place, Stayton, OR, 97383-0000**Start Point:** Mt. Angel Towers- Mt. Angel Towers, 1 Towers Lane. From the north on I-5, take the Woodburn exit #271, follow the signs east to Mt. Angel along Hwy 214. Turn left on Church St./ From the south on I-5 take Market St. exit #256 (Salem). Follow the signs east along Hwy 213 to Silverton. At the traffic light, turn left on "C" St. to First St., turn left on First St./Hwy 214 to Mt. Angel. Turn right on Church St. Follow Church St. up the hill (Church becomes College St.) to Towers Lane on Left. Start Box is inside past the elevator and look left in the sitting area. Please do not park under the carport! You will also pass the Old Train Depot , Fire Station, and St. Mary's Catholic Church (well worth the look)**Event Info:** Daily, dawn to dusk. Mt. Angel is located 12 miles SE of Woodburn. There is one substantial hill leading up to the Abbey passing the stations of the cross. Enter the Abbey Commons, pass the Pioneer Church ( be sure to peek inside) around by the cemetery and watertower. You will walk through this rural community and see the new Glockenspiel/Restaurant( plays 11AM, 1PM and 4PM or sometimes on request). Rated 2+ because of the Abbey Hill, rest of walk is 1.**Newport - Historic****5km 10km Year Round Walk (2017/Y0665) 1/3/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Walking America's Ports of Call

**Award:** IVV Credit Only **Strollers:** hard **Restroom:** Yes**Rating:** 2B **Wheelchair:** NO **Pets:** Yes**Sponsor:** AVA-0695 Yachats Coastal Gems Volkssport Club www.yachatscoastalgems.org**Contact:** Maryann Brown, maryannbrown\_1999@yahoo.com, (541)961-4279, PO Box 896, Yachats, OR, 97498**Start Point:** Historic Newport Oregon Walk- Hallmark Resort, 744 SW Elizabeth St, Newport, Or. From I5, take Hwy. 20 west to the coast. Turn Left (South) on to Hwy. 101. Turn Right (West) at Case Street. Turn Right (North) at Elizabeth. Ask for Start box at the front desk.**Event Info:** Come see Dungeon Cove (World's Deadliest Catch 2016) aka Newport Oregon . Walk our revised route through Nye Beach, Old Town, along the Bay Front, past Yaquina Bay Lighthouse and through Yaquina Bay State Park. There is a 2K beach option available at lower tides.**Ontario - Oregon-Idaho Border-Crosser****10km, 6km Seasonal Walk (2017/Y1832) 4/1/2017 - 9/30/2017****Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes**Rating:** 1A **Wheelchair:** Hard **Pets:** Yes**Sponsor:** AAA-OR Oregon Trail State Volkssport Assn. walkoregon.org**Contact:** Martha Korff, korff.sam@wildblue.net, (503)369-9906, 74890 Palm Creek Rd, Clatskanie, OR, 97016**Start Point:** Ontario: Registration is by mail only.- Registration is by mail only. THERE IS NO START BOX. Register by sending a signed waiver, \$3, and a SASE or email address to the point of contact. Then you will be provided, either by postal mail or email, driving directions, walk directions, and a map.**Event Info:** Cross the Snake River in Ontario Oregon (the Onion Capital of the World) to Fruitland, Idaho and back on city streets. Area is also known as The Western Treasure Valley.

**Oregon City - Oregon City ON Top of the Hill****5/10/km Year Round Walk (2017/Y0065) 1/1/2017 - 12/31/2017**

Alternative Capitals, Cities in Song, Honoring Our Flag, National Register of Historic Places, Points of Reference, Volcanoes

**Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes**Rating:** 1A **Wheelchair:** medium **Pets:** Yes**Sponsor:** AVA-0253 Valley Volkswalkers**Contact:** B L Cline, Valleyvolkswalkers@yahoo.com, (503)329-5386, PO Box 22191, Milwaukie, OR, 97269**Start Point:** Willamette Falls Hospital- 1500 Division Street, Oregon City, OR. From I-205 north or south, take exit 9 (Oregon City). Go left on McLoughlin Blvd (Hwy 99E) for a short distance. Turn left on 14th Ave. At signal, turn left on Washington. Turn right on 15th and go up the hill until you see the hospital straight ahead at the flashing light. Go into the main entrance of the hospital. The start box is at the main receptionist desk in the main lobby across from the gift store.**Event Info:** Register at Hospital, please park your vehicle on the street. This walk goes to Waterboard Park and vista. Walk through neighborhoods in this original capitol city. Restrooms at start/finish and along the route. Daily dawn to dusk. The 5K is a remote start.**Pendleton - The Wild, Wild, West -- Pendleton****10K Seasonal Walk (2017/Y1385) 4/1/2017 - 9/30/2017****Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes**Rating:** 1A **Wheelchair:** Hard **Pets:** Yes**Sponsor:** AAA-OR Oregon Trail State Volkssport Assn. walkoregon.org**Contact:** Martha Korff, korff.sam@wildblue.net, (503)369-9906, 74890 Palm Creek Rd, Clatskanie, OR, 97016**Start Point:** Pendleton: Pre-registration with Point of Contact- THERE IS NO START BOX. Register by sending a signed waiver, \$3 and anSASE or email address to the point of contact. On receipt you will be provided either by postal mail or email, driving directions, walk directions and a map. I-84 Eastbound to Pendleton Exit 209, LEFT on South Gate (John Day-Pendleton Hwy) Keep Right, RIGHT toward City Center On SW Frazer Ave LEFT on Main St LEFT on NW Despain Ave LEFT on NW 4th St Pioneer Park at end of street on Right. I-84 West Bound Take Pendleton Exit 210, RIGHT on OR11/Oregon Washington Hwy 8. LEFT on SE Isaac Ave, RIGHT on S. Main St, LEFT on NW Despain Ave, LEFT on NW 4th St to Pioneer Park at end of street on Right. Restrooms in Park.**Event Info:** Walk up to historic Pendleton Woolen Mills, with option to view cattle drive sculpture, walk by Pendleton Roundup grounds, view many metal sculptures of Cowboy history in the downtown area and walk part of the Umatilla River Trail.

**Portland - Crystal Springs****10km/6km Year Round Walk (2017/Y1532) 1/3/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Lakes and Reservoirs, United States Post Offices, Volcanoes, Walking America's Ports of Call, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0242 Columbia River Volkssport Club [www.walking4fun.org](http://www.walking4fun.org)  
**Contact:** Ed Hainline, [edhainline@comcast.net](mailto:edhainline@comcast.net), (360)921-1909, 11410 SE 90th Ave # 1511, Happy Valley, OR, 97086

**Start Point:** Columbia Sportswear Factory Outlet in Sellwood Plaza- 1323 SE Tacoma St. From northbound on I-5, take Corbett St. exit 298. Turn right on Corbett to SW Nebraska (approx. 1 mile). Turn left to SW Macadam (approx. 3 blocks). Turn right onto Macadam to Sellwood Bridge. Turn left onto Sellwood Bridge to SE 13th Ave. Columbia Sportswear is on the left just past SE 13th Ave. From southbound I-5, take exit 299A, Lake Oswego, Johns Landing, Macadam exit south to Macadam to Sellwood Bridge. Continue as above.

**Event Info:** Columbia Sportswear Factory Outlet Hours are Mon-Sat 9am-7pm and Sun 11am-6pm. Closed Major Holidays except New Years. YR 1532 is rated 1A and is suitable for strollers and wheelchairs. Route goes by Antique Shops, Reed College, Beautiful Residential Areas and through the Crystal Springs Rhododendron Gardens (a \$4.00 fee is charged for the Gardens between 10am and 6pm on Wed thru Sun - March 1 through Labor Day - Mon and Tue are Free! No Pets Allowed in the Gardens. Especially beautiful during the spring months, the Rhododendrons are in Full Bloom. The start box cabinet is located on your left after going down the stairs. Restrooms are available upstairs in the store.

**Portland - Esplanade-Ladd's Addition****5km, 10km Year Round Walk (2017/Y1714) 1/3/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Volcanoes, Walking America's Ports of Call, Walking the Path of Inventions, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0242 Columbia River Volkssport Club [www.walking4fun.org](http://www.walking4fun.org)  
**Contact:** Annette St-Pierre, [Walking\\_the\\_World@yahoo.com](mailto:Walking_the_World@yahoo.com), (503)780-4568, PO Box 702, Stevenson, WA, 98648

**Start Point:** Palio Dessert & Espresso House- 1996 SE Ladd Ave 97214. From I-5 Southbound, take exit 300B for Oregon City. Merge onto SE Belmont St. Right at SE 11th. Left at SE Hawthorne St. Right at SE Ladd Ave. Take Ladd Circle left to Ladd Ave and the start. From I-5 Northbound take exit 300 toward I-84. Keep right at the fork and merge onto SE Yamhill. Right on Martin Luther King Blvd. Right on SE Mill St. Left at SE 3rd Ave. Continue on Division St. Left on SE 12th. Right on SE Elliott. At Ladd Circle continue around to Ladd Ave and the start.

**Event Info:** This walk begins in Ladd's Addition. The streets here are in a diagonal wagon wheel pattern, so follow driving directions carefully.

This walk offers some of Portland's best city views and is a must-see for visitors. The paved route consists of a path along the Eastbank Esplanade on the east side of the Willamette River and through Waterfront Park on the west side. Two bridges (with pedestrian walkways shared with bicycles) make the connection across the river. On the weekends you will pass the Portland Saturday Market. The route leaves the river briefly to visit Pioneer Courthouse Square, an urban park affectionately known as Portland's Living Room.

**Portland - Glendoveer Golf Course****10K-1A, 5K-1A Year Round Walk (2017/Y0173) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Points of Reference, Volcanoes, Walk the USA - Street by Street, Water Towers

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0552 East County Windwalkers [www.eastcountywindwalkers.weebly.com](http://www.eastcountywindwalkers.weebly.com)  
**Contact:** Marge Lusby, [mmlusby1@live.com](mailto:mmlusby1@live.com), (503)252-7605, PO Box 854, Gresham, OR, 97030-0192

**Start Point:** Gateway Fred Meyer Store. Start box is inside 102nd Ave entrance across from Winco on the right side- 1111 NE 102nd Ave., Portland, OR. Use driving directions for Parkrose Heights YRE 0427. You will need to drive approximately 2 miles to the Glendoveer Golf Course at 148th and NE Halsey to begin the walk.

**Event Info:** The walk will take you through quiet neighborhoods on sidewalks and streets, including a two-mile circuit of the Glendoveer Fitness Trail on bark dust around the golf course. Pets are not allowed at Glendoveer, but there is an alternate route available. Although strollers are used at Glendoveer, the trail is not wheelchair friendly. The 10K walk has been revised. Start times 7am-dusk. Closed most holidays.

**Portland - Hayden Island****5/10/12 km Year Round Walk (2017/Y0754) 1/3/2017 - 12/31/2017**

Border Crossings, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Points of Reference, Take a Walk In a City Park, Volcanoes, Walking America's Ports of Call, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0242 Columbia River Volkssport Club [www.walking4fun.org](http://www.walking4fun.org)  
**Contact:** Dick Baker, [dickbkr@q.com](mailto:dickbkr@q.com), (360)991-8806, 2216 NE 110th St, Vancouver, WA, 98686

**Start Point:** Red Lion-Jantzen Beach- 909 N. Hayden Island Dr. 503-283-4466. On I-5, take Jantzen Beach exit #308 just South of the Interstate Bridge. Hotel is on the East side of the bridge. THE START BOX IS LOCATED around the right side of the registration desk towards the restrooms.

**Event Info:** Daily, dawn to dusk. Rated 1A Okay for strollers, no wheelchairs. The route goes along the Columbia River with great views of the river and Mt Hood. Part of the walk will go into the Janzen Beach Shopping Mall. The walk has a 2 km option that will cross the border into Washington.

**Portland - Historic Irvington****5/10km Year Round Walk (2017/Y1693) 1/3/2017 - 12/31/2017**

Alternative Capitals, Cities in Song, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, State Street Sashay, Take a Walk In a City Park, Walking America's Ports of Call, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0242 Columbia River Volkssport Club www.walking4fun.org  
**Contact:** Ed Hainline, edhainline@comcast.net, (360)921-1909, 11410 SE 90th Ave #1511, Happy Valley, OR, 97086

**Start Point:** Starbucks- 3507 NE 15th Avenue, Portland, Oregon. Directions: I-5 North or South to Exit 302A. Northbound: Turn right on NE Weidler St to NE 15th Ave. Left on NE 15th Ave, be in right lane to cross Broadway, then NE Knott St to the signal at NE Fremont St (one mile from NE Weidler to NE Fremont). Left on NE Fremont to parking area on your right. Southbound: Follow signs to Lloyd Center. Left on NE Weidler St to NE 15th Ave. Left on NE 15th Ave, be in right land to cross NE Broadway, then NE Knott St to signal at NE Fremont St (one mile from NE Weidler to NE Fremont). Left on NE Fremont to parking area on your right. Starbucks is on your left as you enter the parking area. Ask for Walk Box!\*\*Public Transportation is available at www.trimet.org for routes, schedules and fares.\*\*

**Event Info:** Revised routes for 2017.

Starbuck Hours: M-F 5am-8pm, Weekends 5:30am-8pm, Closed Christmas Day. Reduced hours on other holidays - call to confirm open hours 503-249-2874.

This walk goes by many historic buildings and homes in this old neighborhood. The 10KM route goes to the Lloyd Center Shopping Mall.

**Portland - Interstate Bridges BIKE****14/19/27/31/50 km Year Round Bike (2017/Y0806) 1/3/2017 - 12/31/2017**

Border Crossings, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Lakes and Reservoirs, Points of Reference, Take a Walk In a City Park, Volcanoes, Walking America's Ports of Call, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0242 Columbia River Volkssport Club www.walking4fun.org  
**Contact:** Tom Baltes, tibaltes@aol.com, (505)298-1256, 829 NW 44th Ave, Camas, Wa, 98607

**Start Point:** Starbucks - 12518 NE Airport Way, Portland, Oregon.

I-205 Northbound take exit 24B and I-205 Southbound take exit 24. Go East on NE Airport Way to NE 122nd Ave. Go past NE 122nd to the first driveway on your right and follow around to the right to the Starbucks store, parking is very limited. Driving Instructions to the Bike Start location are on the Bike Instructions.

**Event Info:** NEW ROUTE(S) / REMOTE START: Effective April 10th, 2016. You now have multiple routes to ride with this bike event (14/19/27/31/50 km). This bike event includes a 14km short route to Gleason boat ramp and back, a 19km short route to Blue Lake and back. For a 27km you will ride to Blue Lake and back, plus continue 4km west to the Sea Scout docks on the Columbia River and return. The 31km ride goes to the Interstate Bridges going west along the Columbia River, crossing the I-5 bridge to Washington and returning east on the Washington side of the Columbia River to cross back into Oregon on the I-205 bridge. The 50km route includes the Blue Lake route and the Interstate Bridges route.

**Portland - Kenton - From Old to New****10KM/6KM Year Round Walk (2017/Y0847) 1/3/2017 - 12/31/2017**

Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, United States Post Offices, Walking America's Ports of Call, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0242 Columbia River Volkssport Club [www.walking4fun.org](http://www.walking4fun.org)

**Contact:** Ed Hainline, [edhainline@comcast.net](mailto:edhainline@comcast.net), (360)921-1909, 11410 SE 90th Ave, # 1511, Happy Valley, OR, 97086

**Start Point:** Fred Meyer Store 7404 N Interstate Ave, Portland, OR, at the corner of N Interstate and N Lombard.- I-5 NORTHBOUND: (Exit 305B Lombard West Exit) RIGHT on Lombard (West) a Short distance to the Fred Meyer Parking Lot on LEFT. I-5 SOUTHBOUND: (Exit 304 Rosa Parks Way) Right on Rosa Parks Way to Interstate. Right on Interstate to Fred Meyer Entrance on your Right, just before the Traffic Light at Lombard St. PLEASE PARK IN THE BACK AREAS OF THE PARKING LOT!!!

**Event Info:** Enjoy a part of Portland built as a company town. Now a zany, historic district, we view the old hotel and fashionable homes before strolling along a waterway and into a nature park. Return through New Columbia, the redevelopment of a neighborhood originally built to house defense workers.

**Portland - NE - Hollywood - Lloyd Center****10KM/5KM Year Round Walk (2017/Y1708) 1/2/2017 - 12/30/2017**

Alternative Capitals, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Take a Walk In a City Park, Volcanoes, Walk the USA - Street by Street, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0446 Rose City Roamers [www.rosecityroamers.org](http://www.rosecityroamers.org)

**Contact:** John Hacker, [dickbkr@q.com](mailto:dickbkr@q.com), (503)654-3494, 6548 SE Pine Creek Way, Portland, OR, 97267

**Start Point:** Providence Portland Medical Center- 4805 NE Glisan at 49th Ave. Directions: I- 84 Westbound, exit 2 (43rd Ave.) Right at signal (Halsey St.), Right on 47th Ave., Left on Glisan St. Left on 49th Av. to parking garage. I-84 Eastbound take exit 3 (58th Ave.) Right at signal (Glisan St.) Right on 49th Ave. to parking garage. Start box located near Social Room east side ground floor of main building.

**Event Info:** New route for 2017 - the 10 km will go in residential areas thru Laurelhurst and Kerns residential areas to the Lloyd Center and return thru the Sullivan's Gulch, Grant Park and Hollywood residential areas.



**Portland - NE - Mt. Tabor****10K, 5K Year Round Walk (2017/Y0033) 1/2/2017 - 12/30/2017**

Alternative Capitals, Amphitheatres, Cities in Song, Lakes and Reservoirs, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Volcanoes

**Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes

**Rating:** 1B **Wheelchair:** NO **Pets:** Yes

**Sponsor:** AVA-0446 Rose City Roamers [www.rosecityroamers.org](http://www.rosecityroamers.org)

**Contact:** Judy DeBenedetti, [judydebenedetti@msn.com](mailto:judydebenedetti@msn.com), (503)929-2310, 11155 SE St. Lucy Ln, Happy Valley, OR, 97086

**Start Point:** Providence Portland Medical Center- 4805 NE Glisan at 49th Ave. Phone: 503-215-1111. Directions: I-84 Eastbound to Exit 3, 58th Ave. Right at signal, Glisan St., to 49th. Right to parking garage. I-84 Westbound to Exit 2, 43rd Ave. Right at signal, Halsey St. to 47th. Right to Glisan. Left on Glisan to 49th. Left to parking garage. Start box is located adjacent to the Social Room in Providence Hall at the 49th Ave entry - Daylight hours.

**Event Info:** Mt Tabor Park Entrance "Temporarily Closed" due to road work during the month of February 2017. Should re open on March 1st, 2017.

Mt Tabor walk will go through neighborhoods with one incline on the south side of Mt Tabor Park. An option to go to the top will give you seasonal views of Portland to the West, Mt. Hood to the East, and a view of the only extinct volcanic cinder cone in the center of a US City. Most of the walk is on city streets highlighting many of Portland's unique homes and buildings.

**Portland - North - Historic St. Johns****10/5KM Year Round Walk (2017/Y0073) 1/2/2017 - 12/30/2017**

Alternative Capitals, Amphitheatres, Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Volcanoes, Walk the USA - Street by Street, Walking America's Ports of Call, Water Towers

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes

**Rating:** 2A **Wheelchair:** None **Pets:** Yes

**Sponsor:** AVA-0446 Rose City Roamers [www.rosecityroamers.org](http://www.rosecityroamers.org)

**Contact:** Sue Connolly, [sueconnolly@juno.com](mailto:sueconnolly@juno.com), (503)289-5888, 7037 N Vancouver Ave, Portland, OR, 97217

**Start Point:** West Coast Fitness - 7522 N. Lombard Street. Phone: 503-283-5404. Directions: I-5 Northbound to Exit 305B, N. Lombard St. Right (west) on N. Lombard for 3.2 miles to start at Buchanan Ave. Start is on left side of street. I-5 Southbound to Exit 304, Rosa Parks Way. Right to N. Interstate Ave. Right on N. Interstate. Left on Lombard for 3.2 miles to 7522 N. Lombard at N. Buchanan Ave. Start is on left side of street. Ask for walk box at the video desk.

**Event Info:** The walk goes through Pier Park with its towering Doug Fir trees, Cathedral Park with beautiful views of the Wilamette River and the historic St Johns Bridge, Moonstruck Chocolates (tours can be scheduled), and historic Downtown St Johns

**Portland - North - Swan Island & University of Portland****11/10/6KM Year Round Walk (2017/Y1298) 1/2/2017 - 12/30/2017**

Alternative Capitals, Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, Volcanoes, Walk the USA - Street by Street, Walking America's Ports of Call, Water Towers

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0446 Rose City Roamers [www.rosecityroamers.org](http://www.rosecityroamers.org)

**Contact:** Sue Connolly, [sueconnolly@juno.com](mailto:sueconnolly@juno.com), (503)289-5888, 7037 N. Vancouver Ave., Portland, OR, 97217

**Start Point:** West Coast Health & Fitness - Videorama Store.- 7522 N. Lombard St., Portland: From I-5 Northbound take exit 305B "N Lombard St." Right on N. Lombard Street for 3.2 miles to intersection with N. Buchanan Ave. West Coast Health & Fitness will be on the left side of Lombard St. I-5 Southbound take exit 304 "Rosa Parks Way - used to be Portland Blvd." Right on Rosa Parks Way to N. Interstate Ave. Right on N. Interstate Ave. to N. Lombard St. Left on N. Lombard St. to N. Buchanan Ave. West Coast Health and Fitness will be on the left side of N. Lombard. Please park on the streets. Ask for walk start box at Video Counter. Public transit info @ [www.trimet.org](http://www.trimet.org).

**Event Info:** The walk will go along residential streets with views of the Willamette River, into the University of Portland Campus and pass by or go into three parks.

**Portland - NW - 7 Parks****5 km or 10 km Year Round Walk (2017/Y0297) 1/2/2017 - 12/30/2017**

Alternative Capitals, Boardwalks, Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Volcanoes, Walk the USA - Street by Street, Walking America's Ports of Call, Water Towers

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0446 Rose City Roamers [www.rosecityroamers.org](http://www.rosecityroamers.org)

**Contact:** Sue Connolly, [sueconnolly@juno.com](mailto:sueconnolly@juno.com), (503)289-5888, 7037 N Vancouver Ave, Portland, OR, 97217

**Start Point:** Legacy Good Samaritan Medical Center- 1015 NW 22nd Avenue. NW 22nd & Lovejoy. Directions: I-5 Northbound Exit onto I-405. Exit 405 at Everett St. (2B), onto 14th Ave. to Marshall. Left on Marshall block past 21st to parking building 2 or 3. I-5 Southbound Exit 302B onto I-405. Cross Fremont Bridge, take Exit 3, Left at signal at NW 23rd to Northrup. Left on Northrup. Right on 22nd Av. Left on Marshall to parking building 2 or 3. Start box is located on your left after entering hospital main entrance by the coffee shop. Open during daylight hours.

**Event Info:** During the Construction in Macleay and Holman parks, the 10 route has been changed. 10 K route will take you thru 7 parks (Wallace, Macleay, Couch, North Parks Blocks, Jamison Square, Tanner Springs & The Fields) in the NW District, Pearl District and Old Town District. There is one set of stairs from Macleay Park to Thurman St but it can be detoured.

**Portland - NW - Landmark****10K / 5K Year Round Walk (2017/Y0410) 1/2/2017 - 12/30/2017**

Alternative Capitals, Amphitheatres, Animal Safari, Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, Volcanoes, Walk the USA - Street by Street, Walking America's Ports of Call, Water Towers

**Award:** IVV Credit Only                      **Strollers:** hard                      **Restroom:** Yes

**Rating:** 2B                                      **Wheelchair:** NO                      **Pets:** Yes

**Sponsor:** AVA-0446 Rose City Roamers [www.rosecityroamers.org](http://www.rosecityroamers.org)

**Contact:** Sue Connolly, [sueconnolly@juno.com](mailto:sueconnolly@juno.com), (503)289-5888, 7037 N Vancouver Ave, Portland, OR, 97217

**Start Point:** Legacy Good Samaritan Hospital- 1015 NW 22nd Avenue. NW 22nd & Lovejoy, Portland    Directions: I-5 Northbound to Exit 299B onto I-405. Exit 405 at Everett St., Exit 2B, onto 14th Ave. Continue north on 14th to Marshall. Left on Marshall block past 21st to parking building 2 or 3. I-5 Southbound to Exit 302B onto I-405. Cross Fremont Bridge, take Exit 3, NW Industrial Area/Vaughn St. ramp. Left at signal at NW 23rd to Northrup. Left on Northrup 1 block to 22nd. Right 1 block to Marshall. Left on Marshall, go 1 block to parking building 2 or 3. Start box is located on your left in the lobby area by coffee shop, or ask at the main lobby Information desk for the location of start box. Daylight hours.

**Event Info:** This walk takes you past many Portland landmarks including the Rose Garden, (1 km option if you wish to visit the Japanese Garden) Holocaust Memorial, , Portlandia, Voodoo Donuts, Pioneer Courthouse Square, City Hall, a Liberty Bell, Providence Park Stadium (formerly Jeld-Wen Field) , and Portland Art Museum. 5K rated 2B takes you to the Rose Garden and Providence Park.

**Portland - Oaks Bluff Trail****10Km/5km Seasonal Walk (2017/Y2113) 4/1/2017 - 9/30/2017**

Cities in Song, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Take a Walk In a City Park, United States Post Offices, Walking America's Ports of Call, Walking the USA A - Z

**Award:** IVV Credit Only                      **Strollers:** NO                      **Restroom:** Yes

**Rating:** 1B                                      **Wheelchair:** NO                      **Pets:** Yes

**Sponsor:** AVA-0242 Columbia River Volkssport Club [www.walking4fun.org](http://www.walking4fun.org)

**Contact:** Ed Hainline, [edhainline@comcast.net](mailto:edhainline@comcast.net), (360)921-1909, 11410 SE 90th Ave, # 1511, Happy Valley, Or, 97086

**Start Point:** Foot Traffic Store (Sellwood)- Foot Traffic Store (Sellwood), 7718 SE 13th Ave, Portland, OR.  
(NORTHBOUND I-5) Take the Corbett St Exit # 298. Turn Right on to Corbett St to SW Nebraska (approx. 1 mile). Turn Left to SW Macadam (approx. 3 blocks). Turn Right on to Macadam St to the Sellwood Bridge. Turn Left on to the Sellwood Bridge to SE 13th Ave. Turn Left at SE 13th Ave and continue to the Foot Traffic Store on your Right between SE Lambert St and SE Malden St.  
(SOUTHBOUND I-5) Take Exit # 299A, Lake Oswego, Johns Landing/Macadam St exit and go South to Macadam St, stay on Macadam St till you come to the Sellwood Bridge. Turn Left on to the Sellwood Bridge. Continue as above from the Northbound directions.

**Event Info:** This walk goes through some of the older neighborhoods of Portland and Milwaukie. You will walk past the Max Train Orange Line and see some of the art along the Max train route. You will walk along the Oaks Bottom Bluff Trail and into Sellwood Park. (In Wet Weather the Oaks Bottom Bluff Trail can be muddy, wear footwear accordingly).

**Portland - Oaks Bottom/Oaks Park****10km/6km Year Round Walk (2017/Y0412) 1/3/2017 - 12/31/2017**

Cities in Song, Honoring Our Flag, Lakes and Reservoirs, Take a Walk In a City Park, United States Post Offices, Volcanoes, Walking America's Ports of Call, Walking the USA A - Z, Water Towers

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0242 Columbia River Volkssport Club [www.walking4fun.org](http://www.walking4fun.org)  
**Contact:** Ed Hainline, [edhainline@comcast.net](mailto:edhainline@comcast.net), (360)921-1909, 11410 SE 90th Ave #1511, Happy Valley, OR, 97086

**Start Point:** Columbia Sportswear Factory Outlet in Sellwood Plaza- 1323 SE Tacoma St. From northbound on I-5, take Corbett St. exit 298. Turn right on Corbett to SW Nebraska (approx. 1 mile). Turn left to SW Macadam (approx. 3 blocks). Turn right onto Macadam to Sellwood Bridge. Turn left onto Sellwood Bridge to SE 13th Ave. Columbia Sportswear is on the left just past SE 13th Ave. From southbound I-5, take exit 299A, Lake Oswego, Johns Landing, Macadam exit south to Macadam to Sellwood Bridge. Continue as above.

**Event Info:** Mon-Sat 9am-7pm and Sun 11am-6pm. Closed Major Holidays, except New Years. Suitable for strollers and wheelchairs. This route is on paved paths, dirt trails, and sidewalks. It is a nice stroll on the Johnson Creek Pathway and Oaks Bottom Nature Park with a chance to view waterfowl and osprey. Lots of quaint antique shops near the beginning, boutiques and restaurants galore. There should be something for everyone. The start box cabinet is located on your left after going down the stairs. Restrooms are available upstairs in the store.

**Portland - Parkrose Heights****10K-1A; 5K-1A Year Round Walk (2017/Y0427) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Points of Reference, Take a Walk In a City Park, Volcanoes, Walk the USA - Street by Street, Water Towers

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** No  
**Sponsor:** AVA-0552 East County Windwalkers [www.eastcountyywindwalkers.weebly.com](http://www.eastcountyywindwalkers.weebly.com)  
**Contact:** Marge Lusby, [mmlusby1@live.com](mailto:mmlusby1@live.com), (503)252-7605, PO Box 854, Gresham, OR, 97030

**Start Point:** Gateway Fred Meyer Store. Start box is inside 102nd Ave entrance.- 1111 NE 102nd Ave., Portland, OR. From I-205 northbound, take Exit 21A, Glisan St. Turn right on Glisan and go to 102nd Av. Turn left on 102nd to Pacific Street. Turn left on Pacific and right into the Fred Meyer parking lot. From I-205 southbound, take Exit 21A, Glisan St.. Turn left on Glisan and go to 102nd Ave and continue with directions above. From I-84 westbound, take Exit 9 to I-205 south (towards Salem), and take Exit 21A Glisan St. Turn left on Glisan and go to 102nd Ave, turn left and continue with directions above. From I-84 eastbound, take Exit 7, Halsey/Gateway District and continue to second light (102nd Ave). Turn right on 102nd for two blocks and turn right into the Fred Meyer parking lot. You can take bus #20 or MAX to 102nd & Burnside, then walk .3 miles north to 102nd & Glisan, or take the #15 Belmont/Parkrose TC and get off on 102nd & Glisan and walk north to Fred Meyer.

**Event Info:** This route is on paved paths, sidewalks, and one short section of bark dust. The walk goes through a college campus, two parks and in neighborhoods along a bluff with great views of Oregon and Washington along the Columbia River. It also provides scenic views of Mt. Hood and Mt. St. Helens in good weather. Suitable for strollers and wheelchairs. Dogs are not allowed on campus. Start times 7am-dusk. Closed most holidays.

**Portland - Ron Russell****10K-1A, 5K-1A Year Round Walk (2017/Y1490) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking the Path of Inventions, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0552 East County Windwalkers [www.eastcountyywindwalkers.weebly.com](http://www.eastcountyywindwalkers.weebly.com)  
**Contact:** Regina Blake, reggie\_blake@yahoo.com, (503)665-0950, PO Box 854, Gresham, OR, 97030

**Start Point:** Portland Adventist Medical Center Atrium. The start box is in the Atrium by the stairs on the lower level of the hospital. When you get off the elevator turn left to the Atrium and the box will be to your left. Start times are 7 am to dusk daily.- 10123 SE Market St. Portland, OR. From I-205 south take exit 21A, Glisan St/Stark St. Stay in the right lane through first light, turn left at third light (Washington St). Get into right lane and turn right at 99th Ave (this curves and becomes 96th). Turn left onto Main, the first street past Mall 205. Continue to 100th Ave and turn right to the hospital parking lot. From I-205 north, take exit 20, Washington St. Turn right at first light (Washington St). Turn right at 99th Ave and continue as above. You can take bus #15 Belmont to hospital.

**Event Info:** This walk takes you to some of the hidden gems of mid-Multnomah County including the Mall 205 Shopping Center, a bike path. Also included is a park within a park as you visit the Portland Memory Garden. This park for Alzheimer's victims is one of only eight in the United States. Suitable for strollers, but wheelchairs would have difficulty because of an unimproved street. THIS WALK NO LONGER GOES ON THE SCHOOL GROUNDS. PLEASE NOTE THE CHANGE IN #11 ON BOTH ROUTES. THIS WALK IS NOW UP AND RUNNING AGAIN.

**Portland - SE - Hawthorne and Laurelhurst areas.****10/5KM Year Round Walk (2017/Y0409) 1/2/2017 - 12/30/2017**

Alternative Capitals, Cities in Song, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, Volcanoes, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0446 Rose City Roamers [www.rosecityroamers.org](http://www.rosecityroamers.org)  
**Contact:** John Hacker, dickbkr@q.com, (503)654-3494, 6548 SE Pine Creek Way, Portland, OR, 97267

**Start Point:** Providence Portland Medical Center- 4805 NE Glisan at 49th Ave. Directions: I-84 Eastbound to Exit 3, 58th Ave. Right at signal, Glisan St., to 49th. Right to parking garage. I-84 Westbound to Exit 2, 43rd Ave. Right at signal, Halsey St. to 47th. Right to Glisan. Left on Glisan to 49th. Left to parking garage. Start box is located adjacent to the Social Room in Providence Hall at the 49th Ave entry. Public transit info at [www.trimet.org](http://www.trimet.org). Entry Doors Open 5:30AM - 9PM

**Event Info:** All on pavement or sidewalks, some busy streets. Walk along Laurelhurst, Hawthorne and Ladd's Addition neighborhoods with eclectic shops and exotic restaurants & Laurelhurst Park on tree-shaded paths. The park was developed by the Frederick Olmsted firm and it became known as one of the loveliest on the West Coast.

**Portland - SE - Hawthorne, Ladd's Addition & Parks****5km, 10km Year Round Walk (2017/Y0998) 1/2/2017 - 12/30/2017**

Alternative Capitals, Cities in Song, Food For Thought, Ice Cream Parlors, National Register of Historic Places, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0446 Rose City Roamers [www.rosecityroamers.org](http://www.rosecityroamers.org)  
**Contact:** Susan Treacy, [jsusan45@mac.com](mailto:jsusan45@mac.com), (503)975-9151, 5405 SE Henderson, Portland, OR, 97206

**Start Point:** Starbucks Coffee- 3639 SE Hawthorne St. East bound on I - 84 take exit 2 - Cesar Chavez Blvd. (39th Ave). RIGHT on Cesar Chavez to Hawthorne St. RIGHT on Hawthorne 2 blocks. Starbucks will be on right. Street parking. Ask at counter for walkbox. Daylight hours.

**Event Info:** Walk through the eclectic and historic neighborhoods of SE Portland on fascinating Hawthorne Street which is home of many restaurants and shops. The walk will take you into Ladd's Addition (National Historic District) going by 4 Rose Gardens, and a large Rhododendron Garden and continuing into Powell, Kenilworth, and Creston Parks

**Portland - SE - Mt Talbert Nature Park****10/5KM Year Round Walk (2017/Y1455) 1/2/2017 - 12/30/2017**

Cities in Song, Honoring Our Flag

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0446 Rose City Roamers [www.rosecityroamers.org](http://www.rosecityroamers.org)  
**Contact:** Judy DeBenedetti, [judydebenedetti@msn.com](mailto:judydebenedetti@msn.com), (503)698-4398, 11155 SE Lucy Ln., Happy Valley, OR, 97086

**Start Point:** Days Inn Motel- 9717 SE Sunnyside Road, Happy Valley. From I-205 Northbound, take exit 14, Sunnyside Road. Turn right onto Sunnyside Road, left at light onto Stevens Road. Left at next light and follows signs to the Days Inn Parking lot. From I-205 Southbound, take exit 14, Sunnyside Road. Left onto Sunnyside Road. Left at light on Stevens Road. Left at next light and follow signs to Days Inn parking lot.

**Event Info:** Mt Talbert, one of a group of extinct volcanoes in the Portland area, is a beautiful undeveloped butte in Clackamas County. Along with wildlife and abundant vegetation, a revitalized oak savanna and wet prairie meadow are in the park. The park offers miles of hiking trails, information about the cultural and natural resources found there and great access to nature close to home. A short easy trail to a small native prairie that blooms in the spring is at the nature center. A 5K 1A route is available.

**Portland - SE - Reed College-Crystal Springs Garden****10/5K Year Round Walk (2017/Y1192) 1/2/2017 - 12/30/2017**

Alternative Capitals, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Ice Cream Parlors, Lakes and Reservoirs, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0446 Rose City Roamers [www.rosecityroamers.org](http://www.rosecityroamers.org)

**Contact:** John Hacker, dickbkr@q.com, (503)654-3494, 6548 SE Pine Creek Way, Portland, OR, 97267

**Start Point:** Safeway Store - Woodstock- 4515 SE Woodstock Blvd, Portland, OR. I-205 Northbound or Southbound to Exit 17 (Foster Road). Northbound turn left & Southbound turn right. Left on 82nd to the first light at Woodstock Blvd. Right on Woodstock Blvd to the Start. Please park in the back section of the Safeway Parking Lot.

**Event Info:** Mainly on sidewalks and paved trails but several blocks on natural surfaces mainly on 37th Av. The walk features the lovely Eastmoreland residential neighborhood, several city parks, and the Reed College campus. The walk has a one km addition into the Crystal Springs Rhododendron Gardens. A small fee is charged to enter the Gardens between 10 am to 6 pm Wednesday thru Sunday from March 1 to Labor Day. (Monday and Tuesdays free) The 5 km route is rated 1A and goes through one city park and Reed College with a option to enter Cryatal Springs Gardens for an additional 1 km.

**Portland - SW - Tryon Creek State Park****10/5KM Year Round Walk (2017/Y0921) 1/2/2017 - 12/30/2017**

Cities in Song, National Register of Historic Places, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0446 Rose City Roamers [www.rosecityroamers.org](http://www.rosecityroamers.org)

**Contact:** John Hacker, dickbkr@q.com, (503)654-3494, 6548 SE Pine Creek Way, Portland, OR, 97267

**Start Point:** Tryon Creek State Park Nature Center- 11321 SW Terwilliger Blvd, phone: 503-636-9886. Directions: I-5 Southbound to Exit 297 (Terwilliger). Right onto Barbur Blvd., then Right again onto Terwilliger Blvd. for 2.5 miles, following signs to Tryon Creek State Park. I-5 Northbound to Exit 297 (Terwilliger). Turn Right onto Terwilliger Blvd. for 2.4 miles, following signs to Tryon Creek State Park. Park entrance will be on the right 0.75 mile beyond the round-about. Ask for start box. Open 9:00-4:00, closed major holidays

**Event Info:** For 2016 an old route brought back. The walk will start in Tryon Creek State Park and go by many wealthy homes until reaching Elk Rock Gardens at Bishop's Close with outstanding views of the Willamette River and Elk Rock. Tryon Creek Park is especially beautiful in the spring when the trilliums are in bloom.

**Portland - Three Bridges****10km/6km Year Round Walk (2017/Y0873) 1/3/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, National Register of Historic Places, United States Post Offices, Walking America's Ports of Call, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0242 Columbia River Volkssport Club [www.walking4fun.org](http://www.walking4fun.org)

**Contact:** Ed Hainline, [edhainline@comcast.net](mailto:edhainline@comcast.net), (360)921-1909, 11410 SE 90th Ave #1511, Happy Valley, OR, 97086

**Start Point:** Columbia Sportswear Factory Outlet in Sellwood Plaza- 1323 SE Tacoma St. From northbound on I-5, take Corbett St. exit 298. Turn right on Corbett to SW Nebraska (approx. 1 mile). Turn left to SW Macadam (approx. 3 blocks). Turn right onto Macadam to Sellwood Bridge. Turn left onto Sellwood Bridge to SE 13th Ave. Columbia Sportswear is on the left just past SE 13th Ave. From southbound I-5, take exit 299A, Lake Oswego, Johns Landing, Macadam exit south to Macadam to Sellwood Bridge. Continue as above.

**Event Info:** Columbia Sportswear Factory Outlet Hours are Mon-Sat 9am-7pm and Sun 11am-6pm. Closed Major Holidays except New Years. Walk on city streets, along historical railroad-to-multi-use path, past antique stores, restaurants, specialty shops in the Sellwood-Moreland and Eastmoreland Districts. The Start Box Cabinet is down the stairs and to the left against the wall.

**Portland - West Side - Bethany-Westside Trail****10K/5K Year Round Walk (2017/Y0876) 1/1/2017 - 12/31/2017**

Cities in Song, Honoring Our Flag, Make a Wish at a Water Fountain, Points of Reference, Walking the Path of Inventions

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0549 Cedar Milers [www.cedarmilers.org](http://www.cedarmilers.org)

**Contact:** Dar Parrow, [dar.parrow@gmail.com](mailto:dar.parrow@gmail.com), (503)484-6475, 20884 NW Lapine Way, Portland, OR, 97229

**Start Point:** Sunset Athletic Club Building- 13939 NW Cornell Rd. From I-5 Northbound, take Hwy 217 to Hwy 26 West. Exit Murray Rd. Turn Right on Murray to Cornell Rd. Turn Left on Cornell. Sunset Athletic Club is on the right 1 block past the Chevron Station. From I-5 Southbound, take I-405 South. Exit Hwy 26 West. Go West on Hwy 26 to Murray Rd. Continue as above. Enter the main lobby of the club through the doors on the left side of the parking lot. Once inside the club, go left toward wall, then right toward door leading to outdoor swimming pool. Walk box is located on right. Restrooms at start point.

**Event Info:** Daylight hours. This walk explores the trails and neighborhoods in the Bethany area and along the Westside Trail.



**Portland - West Side - Cedar Mill Creek Falls****10km/5km Year Round Walk (2017/Y0823) 1/2/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, Points of Reference, Trekking With the Trees, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0549 Cedar Milers [www.cedarmilers.org](http://www.cedarmilers.org)

**Contact:** Dar Parrow, [dar.parrow@gmail.com](mailto:dar.parrow@gmail.com), (503)484-6475, 20884 NW Lapine Way, Portland, OR, 97229

**Start Point:** Sunset Athletic Club- 13939 NW Cornell. Hwy 26 W. Exit 67 (Murray Rd). Right on Murray Rd to Cornell Rd. Left on Cornell Rd. Right into Sunset Athletic Club parking. Enter door to left of parking lot. White stand alone walk box located diagonally left through lobby then right at wall by door to swimming pool.

**Event Info:** Daylight hours. Walk goes through neighborhoods along pathways and bridges in Cedar Mill area. Nearly 3K of the route is on area trails and paved pathways. Pass by Sentinel Pole, site of the original John Halsey Jones Lumber Mill where the waterfalls which powered the mill still exists, and the home of John Quincy Adams Young (which will be undergoing renovation to restore its original 1869 exterior). The surrounding area of the home is to become a park and visitor's center through the Tualatin Hills Park Foundation.

**Portland - West Side - Commonwealth Lake****10K/6K Year Round Walk (2017/Y1436) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Lakes and Reservoirs, Points of Reference

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0549 Cedar Milers [www.cedarmilers.org](http://www.cedarmilers.org)

**Contact:** Samatha Cook, [s.scook@frontier.com](mailto:s.scook@frontier.com), (503)520-1115, 11450 SW Clifford St, Beaverton, OR, 97208

**Start Point:** West Hills Racquet & Fitness Club- 2200 SW Cedar Hills Blvd. Hwy 26 W, Exit 68 (Beaverton/Cedar Hills). Left on Cedar Hills Blvd. Left into West Hills Racquet & Fitness Club parking.

I-5 Northbound, take Exit 292A to 217-N, Continue to Walker Rd exit and Left to Cedar Hill Blvd. Right on CHB to the Club parking lot.

Walk box (black plastic file box) is located in clubhouse on counter at the end of main service desk.

**Event Info:** Daylight hours. Walk through neighborhoods, local parks, around Commonwealth Lake, and a short trail along a quiet waterway and park (there is an option available to remain on the street instead of the trail section). Continue along school and through neighborhoods to Roxbury Park, beautiful homes, and Central Park before returning to finish.

**Portland - West Side - Hidden Pathways****12K/10K/6K/5K Year Round Walk (2017/Y1437) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Treasure Hunt - A way to walk our precious trails, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0549 Cedar Milers [www.cedarmilers.org](http://www.cedarmilers.org)

**Contact:** Samatha Cook, [s.scook@frontier.com](mailto:s.scook@frontier.com), (503)520-1115, 11450 SW Clifford St, Beaverton, OR, 97208

**Start Point:** West Hills Racquet & Fitness Club- 2200 SW Cedar Hills Blvd. Directions: Hwy 26 W, exit 68 (Beaverton/Cedar Hills). Left on Cedar Hills Blvd. Left into West Hills Racquet & Fitness Club parking.  
I-5 Northbound, take Exit 292A to 217-N, Continue to Walker Rd exit and Left to Cedar Hill Blvd. Right on CHB to the Club parking lot.  
Walk box (black file box) located on counter at end of main service desk.

**Event Info:** Walk through many of the hidden pathways of Beaverton, through nice neighborhoods and past many restaurants including Beaverton Bakery in the historic Beaverton downtown area. Walk on Wednesday evenings or Saturday mornings during the summer and you will pass through the ever-popular Beaverton Farmer's Market.

**Portland - Wetlands/Columbia Slough Pathways****10km/5km Year Round Walk (2017/Y1640) 1/3/2017 - 12/31/2017**

Cities in Song, Food For Thought, Honoring Our Flag, Volcanoes, Walking America's Ports of Call, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0242 Columbia River Volkssport Club [www.walking4fun.org](http://www.walking4fun.org)

**Contact:** Marjorie Lusby, [mm Lusby1@live.com](mailto:mm Lusby1@live.com), (503)252-7605, 12532 NE Knott St, Portland, OR, 97203

**Start Point:** Starbucks- 12518 NE Airport Way, Portland, Oregon.

I-205 Northbound take exit 24B and I-205 Southbound take exit 24. Go East on NE Airport Way to NE 122nd Avenue. Go past NE 122nd Avenue to the first driveway on your right and follow around to the right to the Starbucks Store, parking is very limited.

**Event Info:** This year round is rated 1A and is suitable for strollers, but very hard for wheelchairs. This walk goes through Wetlands, Columbia Slough and into and through Cascade Station Tri-Met and Max stops with an opportunity to shop or browse through the shops/outlets and the IKEA store.

**Rainier - River and Town****10 km Year Round Walk (2017/Y1292) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0530 Border Crossers [www.longviewbordercrossers.org](http://www.longviewbordercrossers.org)

**Contact:** Martha Korff, [korff.sam@wildblue.net](mailto:korff.sam@wildblue.net), (503)369-9906, 74890 Palm Creek Rd, Clatskanie, OR, 97016

**Start Point:** Cornerstone Cafe- 102 East "A" St, Rainier, OR 97048. Rainier is located on Hwy 30 in Oregon. Drive east or west to Rainier and turn toward the Columbia River at the city hall. Go 1 block to the start point. Start Box will be located on the bench just inside the door.

**Event Info:** Route is along the Columbia River and into the small town of Rainier. There are some hills that are short with easy terrain. Pets are permitted but not inside the start point.

**Redmond - Eagle Crest****5km, 10km Year Round Walk (2017/Y1764) 1/3/2017 - 12/31/2017**

Animal Safari, Lakes and Reservoirs, Volcanoes, Walking the USA A - Z

**Award:** IVV Credit Only **Strollers:** NO **Restroom:** Yes**Rating:** 2B **Wheelchair:** None **Pets:** Yes**Sponsor:** AVA-0242 Columbia River Volkssport Club [www.walking4fun.org](http://www.walking4fun.org)**Contact:** Annette St-Pierre, [Walking\\_the\\_World@yahoo.com](mailto:Walking_the_World@yahoo.com), (503)780-4568, PO Box 702, Stevenson, WA, 98648-0702**Start Point:** Eagle Crest Resort's Ridge Sports Center- 8100 Coopers Hawk Dr, Redmond, OR 97756. From HWY 126, turn South (RIGHT if traveling W to E, LEFT if traveling E to W) onto Cline Falls Hwy. RIGHT at Stop sign to Cline Falls Rd. The Resort is one mile south on Cline Falls Road. Turn right onto Coopers Hawk Dr. (across from Resort Entrance) for Ridge Sports Center (up hill, 3rd left).**Event Info:** Walk on paved trails through juniper forests and along the Eagle Crest Golf Course. Continue on natural trails beside the Deschutes River. There have been reports of deer, eagle and other wildlife along this section of the route. Eagle Crest offers members and guests a great setting to enjoy beautiful Central Oregon. Daylight hours. Bring water, sun screen, and camera. NOTE: The Nature Trail portion of the 10KM has a steep grade (both up/down).**Rockaway Beach - Beach Resort****6, 5 or 11 km Year Round Walk (2017/Y1702) 1/1/2017 - 12/31/2017**

Fraternal Organizations, Honoring Our Flag, Lakes and Reservoirs, United States Post Offices

**Award:** IVV Credit Only **Strollers:** NO **Restroom:** Yes**Rating:** 1B **Wheelchair:** None **Pets:** Yes**Sponsor:** AVA-0679 Turnaround Trekkers [www.turnaroundtrekkers.org](http://www.turnaroundtrekkers.org)**Contact:** J Bauml, [bauml@nehalem.tel.net](mailto:bauml@nehalem.tel.net), (503)368-4323, POB 187, Manzanita, OR, 97103**Start Point:** Silver Sands Motel- 215 S Pacific. Hwy 101 to Rockaway Beach. Turn on 2nd toward ocean. Motel on hill next to beach. Registration materials are in a portable file box inside the end table by the couch in the motel lobby. Register here and drive 2 blocks to start walk. (Driving directions at registration point)**Event Info:** Daily, dawn to dusk. Town route rated 1B. 6k west of Hwy 101 and 5k east of Hwy 101. Special Program qualifiers are on the Town Route, which winds through residential neighborhoods and the business district. Beach routes available (rated 1C) - start at Rockaway Beach Wayside and walk either north or south on the beach (5k out and back each direction) Recommend carrying plastic bags to put over shoes to cross small streams that drain into ocean. Do NOT walk on beach during inclement weather. Read and heed posted cautions and rules. Restroom and water at walk start point. Carry water.

**Rogue River - River Walk****10km Year Round Walk (2017/Y1458) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0498 Rogue Valley Walkers [www.roguevalleywalkers.com](http://www.roguevalleywalkers.com)  
**Contact:** Jerri Wildfong, [jwildfong@mac.com](mailto:jwildfong@mac.com), (541)582-2607, 35 Footh Creek Road, Gold Hill, OR, 97525  
**Start Point:** Food 4 Less in Medford- 2230 Biddle, Medford. Exit I-5 N or S at exit 30. N turn left and go to Biddle exit. Turn left at signal. Store on left. S, turn right to Biddle exit. Turn left on Biddle, store on left  
**Event Info:** Open 24/7 After registering you must drive to the start. directions will be in the box. This walk starts at Palmerton Park in Rogue River, goes along W Evans Creek, crosses the new Depot Street Bridge, and goes along the Rogue River Trail to the Valley of the Rogue State Park and back across a suspension bridge to the park. Wear a hat, take water, this walk can be rather warm in the summer.

**Rufus - Sherman County****5 and 10 km Seasonal Walk (2017/Y1403) 4/1/2017 - 9/30/2017**

Bridges - Spanning the USA, Points of Reference, United States Post Offices, Volcanoes, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AAA-OR Oregon Trail State Volkssport Assn. [walkoregon.org](http://walkoregon.org)  
**Contact:** Martha Korff, [korff.sam@wildblue.net](mailto:korff.sam@wildblue.net), (503)369-9906, 74890 Palm Creek Rd, Clatskanie, OR, 97016  
**Start Point:** Rufus Pre-Register with Point of Contact. - Registration is by mail only. THERE IS NO START BOX. Register by sending a waiver, \$3, and a SASE or email address to the point of contact Then you will be provided, either by postal mail or email, driving directions, walk directions and a map.  
**Event Info:** Daily, Dawn to Dusk. Paved and gravel paths that parallel the river and around parking areas for camping that will lead to the City of Rufus. Be mindful of traffic as this is a very busy area.

**Salem - Capital - Governor's Mansion****10 km, 6 km Year Round Walk (2017/Y1028) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, State Capital, State Street Sashay, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, United States Post Offices, Volcanoes, Walk the USA - Street by Street, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0362 Willamette Wanderers [willwander.weebly.com](http://willwander.weebly.com)  
**Contact:** Susan Hoskins, [2susanhoskins@comcast.net](mailto:2susanhoskins@comcast.net), (503)364-3475, POB 13982, Salem, OR, 97309  
**Start Point:** Salem Hospital- 890 Oak St SE, Salem, OR 97301, (503)581-5200. I-5 take exit 253, go to Salem City Center. Continue two blocks on Mission past 12th St traffic light. Right on Capitol. Park in visitors' parking structure. Open 24/7. Registration materials in file cabinet across from Information Desk in Bldg A (ER/Admissions).  
**Event Info:** This walk was revised in 2016. 10K includes downtown, State Capitol area, Willamette Univ, historic Bush House & 90 acre Bush Park. The route continues through lovely residential areas with a more gradual climb to the Governor's Mansion. 6K goes only to Bush Park, the residential areas and Governor's Mansion. Starting point also for Waterways & NE Salem YREs.

**Salem - Capital - Waterways****12 km, 10 km, 6 km Year Round Walk (2017/Y1413) 1/1/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, State Capital, State Street Sashay, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the Path of Inventions, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes**Rating:** 1A **Wheelchair:** None **Pets:** Yes**Sponsor:** AVA-0362 Willamette Wanderers willwander.weebly.com**Contact:** Susan Hoskins, 2susanhoskins@comcast.net, (503)364-3475, POB 13982, Salem, OR, 97309**Start Point:** Salem Hospital - 890 Oak St SE, Salem, OR 97301, (503)581-5200. I-5 take exit 253, go to Salem City Center. Continue two blocks on Mission past 12th St traffic light. Right on Capitol. Park in visitors' parking structure. Open 24/7. Registration materials in file cabinet across from Information Desk in Bldg A (ER/Admissions).**Event Info:** 10K route visits downtown, Riverfront with carousel, crosses former RR pedestrian bridge to Polk Co., parks with veterans' memorials, State Capitol area, Willamette Univ & historic houses south of hospital; 2K extension. 6K goes to downtown, Riverfront, pedestrian bridge & State Capitol. Starting point also for NE Salem & Governor's Mansion YRE's.**Salem - NE Historic District****10 km, 6 km Year Round Walk (2017/Y1499) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, State Capital, State Street Sashay, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes**Sponsor:** AVA-0362 Willamette Wanderers willwander.weebly.com**Contact:** Julia Westerberg, pjwesterberg@comcast.net, (541)967-3001, POB 13982, Salem, OR, 97309**Start Point:** Salem Hospital - 890 Oak St SE, Salem, OR 97301, (503)581-5200. I-5 take exit 253, go to Salem City Center. Continue two blocks on Mission past 12th St traffic light. Right on Capitol. Park in visitors' parking structure. Open 24/7. Registration materials in file cabinet across from Information Desk in Bldg A (ER/Admissions).**Event Info:** Walk goes to shady residential/park areas including the Court-Chemeketa Historic District, along Mill Creek & OR State Hospital where "One Flew Over the Cuckoo's Nest" was filmed & highlighted in its museum. 6K concentrates on Court-Chemeketa National Register of Historic Places. Starting point also for Governor's Mansion and Waterways YRE's.

**Seaside - Beach Resort****10km Year Round Walk (2017/Y0300) 1/1/2017 - 12/31/2017**

Boardwalks, Honoring Our Flag, National Register of Historic Places

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0679 Turnaround Trekkers [www.turnaroundtrekkers.org](http://www.turnaroundtrekkers.org)**Contact:** Debbie Brown, [debbra.brown@gmail.com](mailto:debbra.brown@gmail.com), (503)325-3863, POB 222, Hammond, OR, 97121**Start Point:** Motel 6- 2369 S Roosevelt. Hwy 101 to Seaside. Register at Motel 6, which is adjacent to Bigfoot Pub and Grub, just S of traffic light on Hwy 101/Roosevelt at Ave U. File cabinet containing registration materials is in the Conference Room adjacent to the motel lobby.**Event Info:** Daily, dawn to dusk. Motel offers a 10% discount to volkssporters. Drive about a mile to start walk at Seaside Convention Center, 415 1st Ave. (Driving directions at registration point)**Sherwood - Town and Country****11K with 5 and 6K options Year Round Walk (2017/Y1723) 1/2/2017 - 12/30/2017**

Animal Safari, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Points of Reference, Take a Walk In a City Park, Trekking With the Trees

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0549 Cedar Milers [www.cedarmilers.org](http://www.cedarmilers.org)**Contact:** Dan Webster, [walkin\\_oregon@gmail.com](mailto:walkin_oregon@gmail.com), (503)591-5893, 1195 SW Jay Ct, Aloha, OR, 97003**Start Point:** Sherwood Family YMCA- 23000 SW Pacific Hwy (99W), 97140. M-F 5am-9pm; SAT 8am-7pm; SUN 9am-5pm. Call 503-625-9622 for holiday hours. Portland, I-5 S, or Salem, I-5 N, take Tualatin exit 289. S turns right & N turns left. Veer left at "Y" to Tualatin-Sherwood Rd. Travel 5.3 miles to Pacific Hwy (99W). Left on Pacific Hwy 99W to stoplight at Sunset. Left on Sunset & left on Woodhaven to YMCA driveway on left. From West on Pacific Hwy (99W), YMCA about halfway between Newberg & Sherwood at Sunset Blvd. Start box at front counter.**Event Info:** Walk this easy walk on asphalt pathways, sidewalks, streets and country roads. Loop 1 will take you into the Sherwood countryside and Loop 2 will walk into historic Old Town Sherwood. The walk passes the Sherwood Heritage Center and Museum where you can see the oldest house in downtown Sherwood and if the museum is open (Wed. & Sat. from 10am - 4pm), you can see a display about the Atfalati Indians who roamed the Sherwood area long before the first white men came in the 1840's. If the museum is closed, take your time to peek through the windows or sit and enjoy one of the porches. See the WWII memorial, pass by the antiques mall (where a scene was filmed from the movie Thumbsuckers), city hall and the library. This is a walk that has it all, country charm, nice homes, beautiful greenways, and historic old town.

### Silverton - Mural City USA

10km/5km Year Round Walk (2017/Y1477) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0425 Silverton Walk Abouts  
**Contact:** Diane McDermott, mcdermot@wvi.com, (503)769-5380, 1708 Wilshire Place, Stayton, OR, 97383-0000  
**Start Point:** Safeway Grocery Store- 301 Westfield St. From the north on I-5, take Woodburn exit #271, follow the signs east along Hwy 214. At the stop sign turn right on "C" Street to the traffic light at Silverton Road. Go straight up the hill, Westfield Street. Safeway is on the right. From the south on I-5, take Market Street exit #256 (Salem). Follow the signs east along Hwy 213 to Silverton. At the traffic light turn right on Westfield Street. Start notebook is at Customer Service desk.  
**Event Info:** Daily, dawn to dusk. Closed Christmas. Silverton is a small historic town 15 miles northeast of Salem. It is the home of the Silverton Mural Society and you will see close to 20 murals. This route meanders through this beautiful town. You will slip into the Oregon Garden to see the Frank Lloyd Wright house. If you continue around the garden (not part of walk), there is an entrance fee. Pass the watertower, through the park manmade arch, across Silver Creek, pass the Library, RR Depot, city hall, over the Covered Bridge footbridge, around town past antique shops, restaurants, bakery, barber shop, restaurants, antique shops, pass the cemetery and fire station. This is a great little walk! The 5K is the best 5K in Oregon!

### Silverton - Silver Falls State Park

11K/12K Seasonal Walk (2017/Y0171) 4/15/2017 - 11/15/2017

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0425 Silverton Walk Abouts  
**Contact:** Diane McDermott, mcdermot@wvi.com, (503)769-5380, 1708 Wilshire Place, Stayton, OR, 97383-0000  
**Start Point:** Safeway Grocery Store- 301 Westfield Street, 918 N. First Street (Hwy 214). From the north on I-5, take Woodburn exit #271, follow the signs east to Silverton along Hwy 214. From the south on I-5, take Market Street exit #256 (Salem). Follow the signs east along Hwy 213 to Silverton. At the traffic light turn right on Westfield Street. Go straight up the hill. Safeway is on the right. The box is at customer service desk. After registering, you will drive 14 miles along scenic Silver Falls Loop Hwy to the trail-head within Silver Falls State Park. This is a beautiful waterfall and state park walk.  
**Event Info:** Daily, dawn to dusk. This route walks the whole canyon trail from South Falls to North Falls. View nine spectacular waterfalls. Trails are barkdust, natural and paved. Wear sturdy shoes and carry water. There is a \$5.00 State Park entrance fee per car. There is a 1k add on (easy) to do the 10th waterfall.

**Sisters - About Town****5k, 11k Year Round Walk (2017/Y1744) 1/3/2017 - 12/31/2017**

Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Take a Walk In a City Park, Volcanoes, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0242 Columbia River Volkssport Club [www.walking4fun.org](http://www.walking4fun.org)

**Contact:** Annette St-Pierre, [Walking\\_the\\_World@yahoo.com](mailto:Walking_the_World@yahoo.com), (503)780-4568, PO Box 702, Stevenson, WA, 98648-0702

**Start Point:** Sisters Athletic Club- 1001 Desperado Trail. Located on the East end of Sisters. From Portland, take I-5 south to the Detroit/Hwy 22 exit (just south of Salem) At the stop sign, turn left (east bound) on Hwy 126/20. Continue on to Sisters.

**Event Info:** This quaint old town in Deschutes County offers eclectic shopping, numerous restaurants and much more. The route goes by several city parks. Deer roam in the neighborhoods. The views of the Cascade Mountains are spectacular.

**Springfield - Dorris Ranch/Middle Fork Trail****5/10/15 km Year Round Walk (2017/Y0800) 1/3/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0455 Eugene Springfield Mossback Volkssport [www.mossbacks.org](http://www.mossbacks.org)

**Contact:** Sally Ross, [Mossbacksclub@comcast.net](mailto:Mossbacksclub@comcast.net), (541)726-7169, 2398 - 8th St., Springfield, OR, 97477

**Start Point:** Courtsports Athletic Club- 2728 Pheasant Blvd. Springfield, OR, 541-736-1167; M-F 5am-11pm, Sat 8am-5pm, Sun noon-8pm. From I-5 Exit 195A (Beltline East), continue straight, curving right onto MLK Jr. Pkwy. Right at roundabout onto Hayden Bridge Way. Right on Pheasant Blvd, the 2nd street. Left 2nd driveway into Courtsports. Ask for Volkswalk box. You will drive 3 miles to start point. Daylight hours.

**Event Info:** First 2 km. on paved, gravel, and bark paths through the historic Dorris Ranch filbert orchard, the first commercial filbert orchard in the U.S. Remaining 11 km. is out and back on new paved Middle Fork Trail along the Willamette River. Shorter routes are available by turning around at various points. A serene and beautiful walk.

**St Helens - City Stroll****10 km Year Round Walk (2017/Y1962) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes

**Rating:** 2C      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0530 Border Crossers [www.longviewbordercrossers.org](http://www.longviewbordercrossers.org)

**Contact:** Sam Korff, [korff.sam@wildblue.net](mailto:korff.sam@wildblue.net), (503)728-0400, 74890 Palm Creek Rd, Clatskanie, OR, 97016

**Start Point:** Safeway, 795 Lower Columbia River Hwy, St Helens, OR- Register at: 795 Lower Columbia River Hwy, St Helens, OR, from Portland, go North on Hwy 30 to St Helens. Safeway is on left. From Longview/Rainier area, follow Hwy 30 to Safeway on right. Follow directions above. Drive to walk start. Driving directions at registration point. Ask at Customer Service or ask one of the clerks for the walk box.

**Event Info:** Daily, dawn to dusk. The 5K is rated 2A and the 10K is rated 2C and is not for strollers or wheelchairs. The route goes through historic downtown St. Helens by the old and new courthouses, along the Columbia River, through the National Register Historic District, through several small parks and neighborhoods. On the 10 K walk, the trails through Nob Hill and the Botanical Garden are nature trails and not paved. Great views of the Columbia River from several different locations.



**Stayton - Covered Bridge****10K/5K Year Round Walk (2017/Y1936) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0425 Silverton Walk Abouts  
**Contact:** Diane/John McDermott, mcdermot@wvi.com, (503)769-5380, PO Box 33, Silverton, OR, 97381  
**Start Point:** Dairy Queen- 100 Martin Drive. From I-5 north or south, take Hwy 22 (Stayton/Detroit Dam) exit and go east 12 miles to the Stayton/ Sublimity exit. Turn right on Cascade Hwy. Turn left at the first street, Whitney Street. Go 1-block, turn right on Martin Drive and proceed to the Dairy Queen parking lot.  
**Event Info:** Daily, dawn to dusk. Closed Thanksgiving and Christmas. Stayton is a small rural town 15 miles east of Salem. This is a new walk. You will pass the cemetery, watertower, Stayton-Jordan Covered Bridge, mural on the Post Office, museum, library, bakery, city hall, barber shop, chinese restaurant and much more. Stayton is in Marion County. Come walk with us!

**Sublimity - Quiet Town with Duck Pond****10K/5K Year Round Walk (2017/Y1935) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0425 Silverton Walk Abouts  
**Contact:** Diane McDermott, mcdermot@wvi.com, (503)769-5380, 1708 Wilshire Place, Stayton, OR, 97383  
**Start Point:** Dairy Queen, ask for the walking box at the front counter. Let customers be served first.- 100 Martin. I-5 N or S, Hwy 22 (Stayton/Detroit Dam) exit go E 12 miles to Stayton/Sublimity exit. Right on Cascade Hwy. Left at first street, Whitney. 1-block, turn right on Martin and proceed to Dairy Queen parking lot. After registering drive 1.45 miles N to Sublimity to start walk.  
**Event Info:** Daily, dawn to dusk. Closed Thanksgiving and Christmas.

**The Dalles - Columbia River Historic Walk****10km/5km Seasonal Walk (2017/Y0265) 4/1/2017 - 9/30/2017**

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AAA-OR Oregon Trail State Volkssport Assn. walkoregon.org  
**Contact:** Martha Korff, korff.sam@wildblue.net, (503)369-9906, 74890 Palm Creek Rd, Clatskanie, OR, 97016  
**Start Point:** The Dalles Registration is by mail only.- THERE IS NOT START BOX. Register by sending a signed waiver, \$3, and a SASE or email address to the point of contact. Then you will be provided, either by postal mail or email, driving directions, walk directions, and a map.  
**Event Info:** This walk goes through old town, past historical buildings, murals and on the 10km you will enjoy sweeping views of the Columbia River. Daylight hours.

**Tigard - Cook Park****10K with 5K option Year Round Walk (2017/Y0534) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Points of Reference,  
Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0549 Cedar Milers [www.cedarmilers.org](http://www.cedarmilers.org)  
**Contact:** Dan Webster, [walkin\\_oregon@gmail.com](mailto:walkin_oregon@gmail.com), (503)591-5893, 1195 SW Jay Ct, Aloha, OR, 97003

**Start Point:** Safeway Grocery Store- 15570 SW Pacific Hwy, (99W), Tigard, 97224. From Portland I-5 S or Salem I-5 N, take Carman-King City Exit 291. S turns right & N turns left at exit onto Upper Boones Ferry Rd. Left on 72nd & continue to Durham Rd. Right on Durham Rd to Pacific Hwy (99W) turn Right at the traffic light and go approximately .2 of a mile, turn Right into the Safeway Shopping area. TIGARD, travel S on 99W & turn left before Durham Rd into the Safeway Store parking lot. NEWBERG, travel N on 99W & turn right after Durham Rd into Safeway Store parking lot. Walk box is at customer service counter. Walk hours - daily - 6am to 1am.

**Event Info:** Walk on sidewalks, asphalt trails & a short distance of bark dust trail. The walk crosses over a small gully on a footbridge & continues through quiet residential neighborhoods. Enjoy walking in some wooded areas & into and thru Cook Park to see the Tualatin River, to pass by a butterfly garden & to pass a wetlands as you exit the park. Heavy or prolonged rain can result in submerged or muddy sections.

**Toledo - Toledo Ridge and River****5k 10k Year Round Walk (2017/Y0273) 1/3/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, United States Post Offices, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0695 Yachats Coastal Gems Volkssport Club [www.yachatscoastalgems.org](http://www.yachatscoastalgems.org)  
**Contact:** Maryann Brown, [maryannbrown\\_1999@yahoo.com](mailto:maryannbrown_1999@yahoo.com), (541)961-4279, PO Box 896, Yachats, OR, 97398

**Start Point:** J.C. Thriftway Market, - 336 NE US-20 BUS, Toledo, OR 97391 Take US 20 West bound: Left on US 20 Bus, Left into J.C Thriftway Market parking lot or from US 101 take US 20 East bound: Right on US 20 Bus, Right into J.C Thriftway Market parking lot Market open from 6am to 11am. Walk only during daylight hours. Drive several blocks to start.

**Event Info:** Explore the river's edge and the hills overlooking the Yaquina River and observe the 24 hour operations of the Georgia-Pacific Mill. Also check out the Yaquina-Pacific RR Historic Museum during the day as well as Yaquina-Pacific Engine #1's last resting place.

**Troutdale - Columbia River Gorge****11K-2B, 7K-2B Year Round Walk (2017/Y0706) 1/1/2017 - 12/31/2017**

Animal Safari, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Treasure Hunt - A way to walk our precious trails, United States Post Offices, Volcanoes, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only                      **Strollers:** NO                      **Restroom:** Yes

**Rating:** 2B                      **Wheelchair:** NO                      **Pets:** No

**Sponsor:** AVA-0552 East County Windwalkers [www.eastcountyywindwalkers.weebly.com](http://www.eastcountyywindwalkers.weebly.com)

**Contact:** Janet Lee, [janetleestarbright1@hotmail.com](mailto:janetleestarbright1@hotmail.com), (503)674-2610, PO Box 854, Gresham, OR, 97030

**Start Point:** Comfort Inn. Ask the front desk for the start box. - 1000 NW Graham Rd. Troutdale. From the east on I-84, take Exit 17, Troutdale. At the signal light at the bottom of the exit ramp, turn right on Graham Road, then right into the Comfort Inn parking lot.  
From the west on I-84, take Exit 17, Troutdale. Stay on Frontage Road approximately 5/10 of a mile, getting into the left lane. At 257th Avenue/Graham Road, turn left into the outside lane, pass under the I-84 overpass, and go straight ahead on Graham Road. The Comfort Inn is on your right, just past Dairy Queen. The start box is at the registration desk.

**Event Info:** This historic and scenic area at the entrance to the Columbia River Highway is a natural for an enjoyable walk, which offers new and unexplored territory. You will be able to see the variety that the City of Troutdale offers in this walk. The Beavercreek Canyon Trail and the beautiful Sandy River are featured on this event. The route includes sidewalks, walking paths, and some wooded trails. Strollers and wheelchairs are not feasible. Leashed pets are welcomed. Please obey scoop laws. Restrooms are available. Start times 7am-dusk daily.

**Tualatin - Browns Ferry Park****10K with 5K option Year Round Walk (2017/Y0798) 1/3/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Take a Walk In a City Park, Walking the USA A - Z

**Award:** IVV Credit Only                      **Strollers:** Medium                      **Restroom:** Yes

**Rating:** 1A                      **Wheelchair:** None                      **Pets:** Yes

**Sponsor:** AVA-0242 Columbia River Volkssport Club [www.walking4fun.org](http://www.walking4fun.org)

**Contact:** Leslie & Bill Winton, [Leslie.Winton@yahoo.com](mailto:Leslie.Winton@yahoo.com), (503)692-1871, 4575 SW Natchez Ct, Tualatin, OR, 97062

**Start Point:** Legacy Meridian Park Hospital- 19300 SW 65th Avenue, Tualatin, OR 97062 (503)692-1212. N or S, take I-5 exit 289. N turns right & S turns left. Continue onto SW 65th Ave & turn left into hospital complex & follow signs to hospital's main entrance. Walk box will be in the main entrance to the main lobby. The hospital is always open.

**Event Info:** The route is mostly on sidewalks and asphalt trails with some sections of gravel trail. The walk consists of two loops. Loop 1 takes you through Atfalati Park where you can learn about some area history. On Loop 2, walk on a greenway trail along the Tualatin River to continue through Browns Ferry Park and into nice Tualatin neighborhoods.

**Tualatin - Hedges Creek****10km Year Round Walk (2017/Y1431) 1/2/2017 - 12/30/2017**

Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, Take a Walk In a City Park, Walking America's Ports of Call, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0446 Rose City Roamers [www.rosecityroamers.org](http://www.rosecityroamers.org)

**Contact:** Joe Kelly, [imawalker2@msn.com](mailto:imawalker2@msn.com), (503)260-7033, 20837 SW 104th Ave, Tualatin, Or, 97062

**Start Point:** Starbucks at Hedges Green- 8639 SW Tualatin-Sherwood Rd., Tualatin 97062, 503-691-9448. I-5 North or Southbound, take I-5 Exit 289. N turns left & S turns right at end of exit ramp to continue .5 miles to Tualatin-Sherwood Rd. After crossing Boones Ferry Rd., turn right into Hedges Green shopping center and to the Starbucks Store. The black file walk start box is behind the customer service counter. You need to ask for "the Walk Box" from one of the Starbucks Barista's. Store Hours: Mon-Fri 5:30am to 7:00pm, Sat 6:30am to 7:00pm & Sun 7:00am to 6:00pm.

**Event Info:** Route travels on a boardwalk, on asphalt & gravel pathways, and on sidewalks. You will walk through wetlands, past original Tualatin's 4 oldest homes; thru some nice parks, and you will walk around the Lake at Tualatin Commons.

**Tualatin - Three Cities, Three Parks****10k with 5k option Year Round Walk (2017/Y1864) 1/2/2017 - 12/30/2017**

Bridges - Spanning the USA, Honoring Our Flag, Take a Walk In a City Park, Walking America's Ports of Call, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0446 Rose City Roamers [www.rosecityroamers.org](http://www.rosecityroamers.org)

**Contact:** Joe Kelly, [imawalker2@msn.com](mailto:imawalker2@msn.com), (503)260-7033, 20837 SW 104th Ave, Tualatin, Or, 97062

**Start Point:** Tualatin REI- 7410 SW Bridgeport Rd., Tigard, OR, 97224 - From I-5, take exit 290, Lake Oswego/Durham. Southbound turn right & Northbound turn left onto Lower Boones Ferry Rd. Drive about .2 miles where Lower Boones Ferry becomes Bridgeport Rd. At stoplight turn left into REI's parking lot. Ask at check out for start box. REI Hours - 7 days a week at 10am. Mon-Sat - open until 9pm; & Sun - open until 6pm. For holiday hours, call Tualatin REI at 503-624-8600.

**Event Info:** The trail takes you into Tualatin Park and onto a footbridge traveling over the Tualatin River. From there you walk through Cook Park and Durham City Park. This is a nice walk that you won't want to miss. Many walkers come back repeatedly to enjoy the trail again. Optional 5K takes in two cities and two parks.

**West Linn - Historic Willamette (Summer Route)****5km,10km Year Round Walk (2017/Y2041) 1/3/2017 - 12/31/2017**

Amphitheatres, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, Volcanoes, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes**Rating:** 2B      **Wheelchair:** Hard      **Pets:** Yes**Sponsor:** AVA-0242 Columbia River Volkssport Club [www.walking4fun.org](http://www.walking4fun.org)**Contact:** Debbie Miller, [purpleprez@comcast.net](mailto:purpleprez@comcast.net), (503)655-0005, 1133 Bexhill St, West Linn, OR, 97068**Start Point:** Willamette Coffee House- 2120 8th Ct, West Linn 97068. I-205 take 10th St exit. S turn left, N turn right on 10th St. Both turn left on 8th Ct to the Willamette Coffee House, N of McDonalds parking lot. The Start Box is a file tote, just inside the Front Door on the Right.**Event Info:** Walk daylight hours. Willamette was a mill town during WWII. The old part of town is on the historic register. The mainstreet of town has become a trendy restaurant community. One of the towns monuments is a large meteorite found in the area. The walk is mostly in neighborhoods and city parks. The description above applies to both routes. The summer route has some natural trails along the Tualatin River. The 5km route has one long hill and is rated 2a. The 10km route has several hills and should be rated 2b+.**West Linn - Small Roller Coaster Walk in West Linn.****10K / 5K Year Round Walk (2017/Y0442) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, Take a Walk In a City Park, United States Post Offices, Volcanoes

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes**Sponsor:** AVA-0253 Valley Volkswalkers**Contact:** Barbara Weber, [Valleyvolkswalkers@yahoo.com](mailto:Valleyvolkswalkers@yahoo.com), (503)636-8081, P O Box 22191, Milwaukie, OR, 97269**Start Point:** Fit For Life - 5640 Hood Street, West Linn, OR 97068  
I-205 Northbound: take exit 8 West Linn/Lake Oswego. Left onto Willamette Dr. at end o Exit. Right onto Hood St. (2nd traffic light).  
I-205 Southbound: take exit 8 West Linn/Lake Oswego. Right onto Willamette Dr.at end of exit. Right onto Hood St. (1st light).**Event Info:** This is a NEW walk and as the name implies you will be walking on small roller coaster hills thru Hammerle Park that Valley Volkswalkers has placed a bench in honor of a past member. To a bark dust trail in Mary S. Young State Park. Passing by an Ice Cream Parlor.

**Wilsonville - Graham Oaks****10K, 5K option Year Round Walk (2017/Y0755) 1/2/2017 - 12/30/2017**

Bridges - Spanning the USA, Volcanoes

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Medium      **Pets:** No

**Sponsor:** AVA-0253 Valley Volkswalkers**Contact:** Julie Groth, Valleyvolkswalkers@yahoo.com, (503)262-8509, PO Box 22191, Milwaukie, OR, 97269**Start Point:** Safeway (formerly Lamb's Nature's Choice Market and Thriftway Store)- 8255 SW Wilsonville Rd., Wilsonville. From I-5 N or S, take Wilsonville Exit 283. From N turn left & from S turn right on Wilsonville Rd. Turn left on Rebekah to Safeway parking lot. Open 6am - 10pm. Black Walk box at customer service counter.**Event Info:** After registering you will need to drive to the start. Driving Directions will be on the Graham Oaks walk instructions. A tranquil walk through Graham Oaks Nature Park and the nice community of Villebois. No dogs are allowed on the unpaved trails in Graham Oaks Nature Park for the 10K route and the optional 5K route. There is an additional 5K Dog friendly option, on all the paved paths and sidewalks, Rated 1A. Villebois has nice pedestrian friendly paths, trails and tree lined streets connecting parks and woods.**Wilsonville - Memorial and Park****10K with 5K option Year Round Walk (2017/Y0550) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Make a Wish at a Water Fountain, Take a Walk In a City Park, Volcanoes, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0253 Valley Volkswalkers**Contact:** Julie Groth, Valleyvolkswalkers@yahoo.com, (503)262-8509, PO Box 22191, Milwaukie, OR, 97269**Start Point:** Safeway (formerly Lamb's Nature's Choice Market and Thriftway)- 8255 SW Wilsonville Rd., Wilsonville. From I-5 N or S, take Wilsonville exit 283. From N turn left and from S turn right on Wilsonville Rd. Turn left on Rebekah to Safeway parking lot. Open 6am - 10pm. Walk box is at customer service counter.**Event Info:** This was a New Route in 2015 - See the Korean War Veterans Memorial in Town Center Park and walk through pleasant neighborhoods. The trail passes Wilsonville High School and continues to Memorial Park where you will walk on wooded trails by the Willamette River.**Winchester Bay - Douglas County - Umpqua River Lighthouse****10km Year Round Walk (2017/Y0636) 1/3/2017 - 12/31/2017**

Food For Thought, Lakes and Reservoirs, Points of Reference

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0455 Eugene Springfield Mossback Volkssport www.mossbacks.org**Contact:** Sally Ross, Mossbackclub@Comcast.net, (541)726-7169, 2398 - 8th St., Springfield, OR, 97477**Start Point:** Winchester Bay Market- 245 8th Street. 8th & Hwy 101 (next to post office). Take Oregon Coastal Hwy 101 to Winchester Bay. Market is on west side of Hwy 101.**Event Info:** An exhilarating walk through a small fishing village, past the marina and small shops and cafes, along the Umpqua River and up a short hill to the Umpqua Lighthouse and Naval Station. Then around Marie Lake within the Umpqua Lighthouse State Park and back to the whale watching platform overlooking the Pacific Ocean. At the lighthouse, visit the unique gift shop in the basement. Then back along the river to the start point.

**Yachats - Amanda's Statue****10K 5K Year Round Walk (2017/Y0276) 1/3/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Fraternal Organizations, Honoring Our Flag, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 1C      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0695 Yachats Coastal Gems Volkssport Club [www.yachatscoastalgems.org](http://www.yachatscoastalgems.org)  
**Contact:** Jim and Sue Finlayson, maryannbrown\_1999@yahoo.com, (541)547-4532, PO Box 896, Yachats, OR, 97498

**Start Point:** Yachats Overleaf Lodge- 280 Overleaf Lodge Ln, NW side of Hwy 101 in Yachats. Lobby opens at 7AM. Binder on shelf next to front desk.

**Event Info:** Wander the edge of the land with beautiful views of the Pacific Ocean and through a hillside forest. Walkers walk south end of 804 and Oregon Coast Trails to Amanda's Statue. Pets must be on leads.

**Yachats - Gerdemann Gardens****10K 5K Year Round Walk (2017/Y1491) 1/3/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Honoring Our Flag

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0695 Yachats Coastal Gems Volkssport Club [www.yachatscoastalgems.org](http://www.yachatscoastalgems.org)  
**Contact:** Jim and Sue Finlayson, maryannbrown\_1999@yahoo.com, (541)547-4532, PO Box 896, Yachats, OR, 97498

**Start Point:** Yachats Overleaf Lodge (GG) - 280 Overleaf Lodge Ln, Lobby open 7AM. NW side of Hwy 101 in Yachats. Binder on shelf next to front desk. NO DOGS ALLOWED IN GERDEMANN.

**Event Info:** Enjoy a hike up the Ya'xik trail and a wander around Gerdemann Botanical Preserve (an exotic and native plant garden) just north of Yachats, OR on natural trails and paved paths, then along portions of the 804 Trail for a spectacular view of surf and spouting horns on the rocky edge of the sea.

**PENNSYLVANIA****Altoona****5 & 11K Year Round Walk (2017/Y2038) 1/2/2017 - 12/31/2017**

Food For Thought, Honoring Our Flag, National Register of Historic Places, Trekking With the Trees, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0726 Nittany Nomads [nittanynomads.weebly.com](http://nittanynomads.weebly.com)  
**Contact:** Judy Yost, jpyost1@verizon.net, (814)942-1457, 820 E Crawford Avenue, Altoona, PA, 16602

**Start Point:** McDonald's Restaurant- 1500 9th Avenue, Altoona, PA 16602; 814-943-1521. From I-99/US Rt 220, Take Exit 33 (17th). Turn slight right onto 17th Street. Drive 1.6 miles and turn right onto 9th Avenue. McDonald's is on your left.

**Event Info:** McDonald's is open from 6 am to 10 pm. Easy walk through downtown Altoona and Penn State Altoona campus. Part of the walk is on a bike route. There are some hills.

**Appalachian Trail****5K - 42K Year Round Walk (2017/Y0088) 1/1/2017 - 12/31/2017****Award:** A Award**Strollers:** None**Restroom:** No**Rating:** 4D**Wheelchair:** None**Pets:** Yes**Sponsor:** AAA-PA Keystone State Volkssport Assn. [www.ksva.net](http://www.ksva.net)**Contact:** Jane Holmes, [jensenholmespa@gmail.com](mailto:jensenholmespa@gmail.com), (760)496-8610, 450 Pinkerton Rd, Mount Joy, PA, 17325

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) START: Various trailheads- REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user.

**Event Info:** The Appalachian Trail (AT) in Pennsylvania is where the trail maintainers sharpen the rocks and hiking boots go to die. Many sections of the AT are very rocky and/or have lots of tree roots. The terrain is up and down in most areas and trail difficulty is anywhere from 3B to a 4D. Allow extra time to complete your hike. Do not hike here when there is snow on the ground or very muddy. You are advised to hike with someone else and not alone. Bring extra water, wear sturdy shoes, and the use of hiking sticks is highly recommended. Use insect repellent. Lyme disease is a major problem here.

The entire 229.6 miles (369.5 K) of the Appalachian Trail in Pennsylvania is sanctioned as an extended distance event. The KSVA web site ([www.ksva.net](http://www.ksva.net)) has a link that identifies twenty-one segments that can each be day hiked if you are able to place a car at each end. You can also do an out and back hike, either southbound or northbound, anywhere you can access the trail. Obviously, the trailheads identified at the link on the KSVA web site are the best places to access the trail.

**Bedford - Shawnee State Park****5 & 10K Year Round Walk (2017/Y1440) 1/1/2017 - 9/30/2017**

Bridges - Spanning the USA, Lakes and Reservoirs

**Award:** A Award**Strollers:** Easy**Restroom:** Yes**Rating:** 1B**Wheelchair:** Easy**Pets:** Yes**Sponsor:** AVA-0972 Penn Mary Walkers**Contact:** Sarah Garcia, [sarahgrc@yahoo.com](mailto:sarahgrc@yahoo.com), (915)471-1134, 1723 Lutzville Rd, Everett, PA, 15537

**Start Point:** Jean Bonnet Tavern - 6048 Lincoln Hwy, Bedford, PA 15522 814-623-2250  
From PA Turnpike I-76: Exit 146 Bedford Interchange, US-220 Business Route towards Bedford/ Altoona/ Johnstown, US-220 South towards Bedford, US-30 Lincoln Hwy West. Go about 2.6 miles and the tavern will be on the left.

**Event Info:** Open 11 am - 9 pm. The start box is located in the front waiting room before you go into the restaurant. After registering you must drive to the start at Shawnee State Park. Directions will be in the box. The 5K route uses the paved Lake Shore Trail. The 10K route is twice around Shawnee Lake, you can walk it in the opposite direction.



**Benton - Ricketts Glen State Park****13k/7k/6k Seasonal Walk (2017/Y0342) 4/1/2017 - 11/15/2017**

Bridges - Spanning the USA, You'll Never Walk Alone

**Award:** A Award**Strollers:** None**Restroom:** Yes**Rating:** 4C**Wheelchair:** None**Pets:** Yes**Sponsor:** AVA-0579 Penn-Dutch Pacers Volksmarch Club [www.avaclubs.org/pdp/index.html](http://www.avaclubs.org/pdp/index.html)**Contact:** David Barber, [dmtmbarber@comcast.net](mailto:dmtmbarber@comcast.net), (717)626-6103, PO Box 7445, Lancaster, PA, 17604

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) START: Lake Rose Trailhead- REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user.

To get to the Lake Rose Trailhead, take PA-487 to the state park entrance and drive past the state park visitor center. Turn right at the intersection pointing to the Lake Rose Trailhead. The trail starts next to the sign describing the falls.

**Event Info:** The 6k walk (rating 4C) is a loop along the waterfalls. Shoes with good tread are needed as the trail is usually wet. Cannot be walked in winter. The 7k walk (rating 2B) is a lollipop route that goes to the highest point in the park and goes through three counties (Columbia, Sullivan, and Luzerne). It follows trails through the woods and passes a fire tower. The 13k walk combines the two routes.

**Bethlehem - North****10K/5K Year Round Walk (2017/Y0717) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only**Strollers:** Medium**Restroom:** Yes**Rating:** 2B**Wheelchair:** None**Pets:** Yes**Sponsor:** AVA-0238 Liberty Bell Wanderers [www.libertybellwanderers.net](http://www.libertybellwanderers.net)**Contact:** Gayle Hendricks, [e2feet@gmail.com](mailto:e2feet@gmail.com), (484)809-0293, 619 S. Bishopthorpe St., Bethlehem, PA, 18015

**Start Point:** Hotel Bethlehem- 437 Main St., Bethlehem 18018 (610-625-5000). From the South: PA-309 N to PA-378 N to town. Exit to Main, hotel on Left. From the East: I-78 W to NJ Exit 3 (US-22 W). US-22 about 16 miles to PA-378 S. \*\* Take PA-378 Exit 3 (Center City), bear Left to 3rd, Left to Broad, Right at next light to Main. Hotel 2 blocks on right. From the West: I-78 E to Exit 51, US-22 E about 10 miles to PA-378 S. Follow \*\* above. N or S via Turnpike: I-476 to Exit 56 (Lehigh Valley), US-22 E to PA-378 S. Follow \*\*directions. Parking Garages on Walnut off of Main (closest to hotel), Main/Union. Meters free on Sunday.

**Event Info:** Daily, dawn to dusk. Walk along city sidewalks through historic Moravian Bethlehem, through the campus of Moravian College, past Revolutionary War markers and sites, and Victorian-era homes. Walk through the Colonial Industrial Quarter, a center featuring pre-Industrial Revolution crafts, trades and workshops including the 1762 Waterworks, a National Historic Landmark. The walk also features a section of the Lehigh Canal on an island in the Lehigh River.

**Bethlehem - South****10k/6k Year Round Walk (2017/Y0667) 1/1/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Cities in Song, Fraternal Organizations, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, United States Post Offices, Vice Presidential Walks, Walk the USA - Street by Street, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes

**Rating:** 2A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0238 Liberty Bell Wanderers [www.libertybellwanderers.net](http://www.libertybellwanderers.net)

**Contact:** Gayle Hendricks, [e2feet@gmail.com](mailto:e2feet@gmail.com), (484)809-0293, 619 S Bishopthorpe, Bethlehem, PA, 18015

**Start Point:** Comfort Suites - University- 120 W Third St., Bethlehem 18015, 610-882-9700. S: PA-309 N to PA-378 N to Bethlehem. Approx 6 miles turn right on Broadway, left on Brodhead. Enter parking lot from Brodhead. E: I-78 to Exit 67 for PA-412/Hellertown/Bethlehem. Right on PA-412. Follow Hwy signs for 4 miles. Sands Casino, becomes Daly, then Third. Left on Brodhead, enter hotel parking lot. N: US-309 S, continue to PA-33 S. Exit US-22 W to Bethlehem/Allentown. Exit to PA-378 S to Bethlehem. Travel 4 miles until freeway ends; merge to left lane. Slight left turn on Third to bottom of hill. Right on Brodhead, quick left to hotel parking lot. W: US-22 E to PA-378 S to Bethlehem. Continue with directions from above. Parking lot entrance on Brodhead. Walkers are instructed to park in back of lot.

**Event Info:** Daily, dawn to dusk. The walk goes through Lehigh University, the South Bethlehem Greenway, and through the former Bethlehem Steel campus. The redeveloped area includes a casino, hotel, outlet mall, PBS station, arts campus, skating rink, and the Steel ruins. The walk continues into Fountain Hill past the mansions of 19th century Bethlehem movers and shakers.

**Biglerville - Michaux State Forest - Piney Ridge Rd****5K to 10K Seasonal Snow Shoe (2017/Y1418) 1/1/2017 - 3/31/2017**

Trekking With the Trees, You'll Never Walk Alone

**Award:** A Award **Strollers:** None **Restroom:** Yes

**Rating:** 1C **Wheelchair:** None **Pets:** Yes

**Sponsor:** AAA-PA Keystone State Volkssport Assn. [www.ksva.net](http://www.ksva.net)

**Contact:** Tom Jackson, [thomasjackson@embarqmail.com](mailto:thomasjackson@embarqmail.com), (717)677-6511, 1287 Shippensburg Rd, Biglerville, PA, 17307

**Start Point:** Private Residence- 1287 Shippensburg Rd, Biglerville, PA 17307 From US-30/Lincoln Way East, turn left just past Caledonia State Park on PA Route 233/Pine Grove Rd. At the first four-way intersection, turn right on Shippensburg Rd towards Arendtsville. Go over the crest of the hill, past Loop Rd, and the residence is a log home on the left. It is across the street from the row of mail boxes at Woodview Rd.\*\*\*From I-83 between Carlisle and Shippensburg, take the Newville exit and turn left on PA Rt 233. At Pine Grove Furnace State Park, Rt 233 makes a right hand turn. At the first four-way intersection, turn left on Shippensburg Rd towards Arendtsville. Go over the crest of the hill, past Loop Rd, and the residence is a log home on the left. It is across the street from the row of mail boxes at Woodview Rd.

**Event Info:** Start box is on front porch and is accessible 7x24. Park in the driveway and then walk about 1/4 mile to Piney Ridge Road. The dirt road is closed to vehicular traffic in the winter. The road is used by snowmobiles which make a nice track for snowshoeing.

**Bird-in-Hand - Amish Farmland Bike****15k /30k Seasonal Bike (2017/Y0343) 4/1/2017 - 12/31/2017**

Bridges - Spanning the USA, National Register of Historic Places

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0579 Penn-Dutch Pacers Volksmarch Club [www.avaclubs.org/pdp/index.html](http://www.avaclubs.org/pdp/index.html)  
**Contact:** Jane Holmes, [jensenholmespa@gmail.com](mailto:jensenholmespa@gmail.com), (760)496-8610, PO Box 7445, Lancaster, PA, 17604  
**Start Point:** Smokehouse BBQ and Brews - Restaurant and store.- 3121 Old Philadelphia Pike (PA-340), Bird-in-Hand, PA 17505. Refer to the Amish Farmland Walk (Y0344) for directions to start location. The walk box will be in the front just inside the main doors.  
**Event Info:** This bike is in the heart of Lancaster County Amish farmland. After registering at the start, you will drive a couple of miles to do the bike. The bike is on country roads passing many Amish farms, crop fields, one-room schoolhouses, stone bridges, small villages, and an old mill.  
The 30K bike is rated 3A. Start Time: 9A-7P until Memorial Day, then 8A-7P.

**Bird-in-Hand - Amish Farmland Walk****11k /5k Seasonal Walk (2017/Y0344) 4/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Ice Cream Parlors, National Register of Historic Places

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0579 Penn-Dutch Pacers Volksmarch Club [www.avaclubs.org/pdp/index.html](http://www.avaclubs.org/pdp/index.html)  
**Contact:** Jane Holmes, [jensenholmespa@gmail.com](mailto:jensenholmespa@gmail.com), (760)496-8610, PO Box 7445, Lancaster, PA, 17604  
**Start Point:** Smokehouse BBQ and Brews - Restaurant and store.- 3121 Old Philadelphia Pike (PA-340), Bird-in-Hand, PA 17505. From US-30 near Lancaster: Take the Old Philadelphia Pike (PA-340) exit. Turn left (heading east, away from Lancaster). Drive 5.6 miles to Plain & Fancy on your left. The walk box will be in the front just inside the main doors.  
**Event Info:** This walk is in the heart of Lancaster County Amish farmland. After registering at the start, you will drive a couple of miles to do the walk. The walk is on country roads passing many Amish farms, crop fields, one-room schoolhouses, and a few Mennonite churches. You'll see lots of farm animals of all types on this route and probably lots of horses and buggies too. There is one hill but its mostly flat. Start Time: 9A-7P until Memorial Day, then 8A-7P.

**Bryn Mawr****10K/5K Year Round Walk (2017/Y0431) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** B Award      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0238 Liberty Bell Wanderers [www.libertybellwanderers.net](http://www.libertybellwanderers.net)  
**Contact:** Pat Graeber, [pgraeber17@gmail.com](mailto:pgraeber17@gmail.com), (610)287-3065, 2230 Chandler Lane, Schwenksville, PA, 19473  
**Start Point:** The Radnor Hotel- 591 East Lancaster Ave., St Davids 19087 (610-688-5800). Refer to Radnor (Y0432) for directions to start location.  
**Event Info:** Daily, dawn to dusk. The walk begins in Ashbridge Park on paved trails, then continues to Rosemont College. The trail then goes through the downtown shopping district before going through the campus of Bryn Mawr College. Along the way are fashionable residential areas with beautifully maintained older homes typical of what is found along Philadelphia's Main Line. After registering at the hotel, drive to the start. The directions are included on the walk instructions.

**Burnham - Mifflin County****5K 6K & 11K Year Round Walk (2017/Y1377) 1/2/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0328 Susquehanna Rovers Volksmarch Club [www.avaclubs.org/SRVC/](http://www.avaclubs.org/SRVC/)

**Contact:** Joyce Krow, jakrow@centurylink.net, (717)527-4798, 5598 Groninger Valley, Port Royal, PA, 17082

**Start Point:** Juniata Valley YMCA - 105 1st Ave. Burnham, PA 17009. Driving directions refer to Y0857.

**Event Info:** Hours vary call 717-248-5019. Countryside walk through the borough of Burnham located in Mifflin County.

**Camp Hill - Camp Hill to Lemoyne****11K/5K Year Round Walk (2017/Y0976) 1/2/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, State Street Sashay, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** No

**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0328 Susquehanna Rovers Volksmarch Club [www.avaclubs.org/SRVC/](http://www.avaclubs.org/SRVC/)

**Contact:** Pat Eby, patriciaeby@verizon.net, (717)379-8945, 19 N 27th St, Camp Hill, PA, 17011

**Start Point:** Private Home - 19 N. 27th St. Camp Hill, PA 17011 Take 15 N/S to Camp Hill turn at Friendly's onto Market St. Turn left on N 27th St. Tan house halfway up hill on right side.

**Event Info:** Dawn to dusk only. 5k walkers after registering you must drive to start. Driving directions will be in box. A walk in two small towns in Cumberland County will go through Camp Hill to Fort Couch in Lemoyne.

**Carlisle - Historic Carlisle****10K/6K Year Round Walk (2017/Y1598) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** easy      **Pets:** Yes

**Sponsor:** AVA-0328 Susquehanna Rovers Volksmarch Club [www.avaclubs.org/SRVC/](http://www.avaclubs.org/SRVC/)

**Contact:** Sandy Smith, srsmith527@yahoo.com, (717)737-0026, 527 Penn Aye Rd, Camp Hill, PA, 17011

**Start Point:** Comfort Suites - 10 South Hanover St. Carlisle PA 17013 Take I-81 to exit 47B. Take exit towards Carlisle to 4th traffic light. Turn left. Park in parking garage. Exit garage to Hanover St. Comfort Suites on right.

**Event Info:** Open 24/7. Ask for the walk box at the registration desk. Located in Cumberland County this trail includes Carlisle's Historic District and a small portion of Dickinson College.

**Chambersburg****5km/10km Year Round Walk (2017/Y0127) 1/2/2017 - 12/30/2017**

Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Underground Railroad, Walk the USA - Street by Street, Walking the Path of Inventions, Water Towers, You'll Never Walk Alone

**Award:** B Award      **Strollers:** Medium      **Restroom:** No  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0171 Cumberland Valley Lead Foot Club

**Contact:** Tom Jackson, thomasjackson@embarqmail.com, (717)677-6511, 1287 Shippensburg Rd, Biglerville, PA, 17307

**Start Point:** Olympia Candy Kitchen- 43 S Main St. 717-263-3282. N or S, exit I-81 at Exit 16 (US 30 W, Lincoln Way), to downtown Chambersburg. After intersection at Third, left lane. Through Square (fountain in middle). Left 1/2 block beyond square, park in main lot. Walkway along left of 1-story building. Candy Kitchen on right at end of walkway. W take US 30 E. Entering Chambersburg, after US 30 bears right, through Franklin street light, cross bridge, turn left to parking lot. Walkway as described above. Ask candy clerk for Walk Box.

**Event Info:** Hours: M-Th, Fri 10 am - 6 pm, Sat 10am-5pm; closed Sun. There are two 5K trails. Either one can be done for 5K credit; both must be done for 10K credit. The 5K Fountains Trail covers the downtown area where the annual Ice Festival is held. It also passes three fountains. The 5K Underground Railroad Trail passes three sites associated with the Underground Railroad and two sites associated with John Brown.

**Collegeville****10K/5K Year Round Walk (2017/Y0618) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Fraternal Organizations, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0238 Liberty Bell Wanderers [www.libertybellwanderers.net](http://www.libertybellwanderers.net)

**Contact:** Dave Brown, ocmbreeze@aol.com, (610)906-6252, 533 Winthrop, Collegeville, PA, 19426

**Start Point:** Redner's Market- Marketplace at Collegeville Shopping Center, 201 Second Ave, 19426, (610-454-9709) S: I-95 N to I-476 N. Exit 20 - Germantown Pike West (Just before toll plaza). Take GPW to Collegeville - about 12 miles. Left at Rt 29 S (Second). Start point 0.4 mile on right in Marketplace at Collegeville Shopping Center. PA Turnpike: Exit 333 (Norristown) take GPW, follow directions above. N: I-476 S to Exit 44 (Quakertown). Right on Rt 663 to Rt 29 S. Follow Rt 29 S about 17 miles to Main St. in Collegeville. Rt 29 S (Second) another 0.4 mile. Start point on right in Marketplace at Collegeville Shopping Center. Reading and W: US Rt 422 E to Rt 29 N (Collegeville / Phoenixville Exit). Left on Rt 29 N to Collegeville. After 2.1 miles turn left at Freeland (traffic light past CVS Pharmacy.) Start point in Marketplace at Collegeville Shopping Center.

**Event Info:** 7am to dusk. Closed Christmas Day. Start Box located on counter near "Express Shop" sign. Walk has been recently updated to include Hunsberger Woods. It still goes through Ursinus College campus past many interesting sculptures and along the Great Reading Road where Washington and the Continental Army encamped from Sep 19-22, 1777. The walk also goes along a section of the Perkiomen Trail, a rails-to-trail and into residential areas. Natural surfaces through the woods and paved surfaces through the campus and neighborhoods. There are some hills.

**Downingtown - Historic****10k/5k Year Round Walk (2017/Y1838) 1/2/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0978 Chester County Red Rovers [www.redroverswalk.org](http://www.redroverswalk.org)

**Contact:** Jeanne Marie Clancy, [clancygirl1@verizon.net](mailto:clancygirl1@verizon.net), (484)432-8541, 230 Second Ave, Phoenixville, PA, 19460

**Start Point:** Kimberton Whole Foods- 150 East Pennsylvania Ave., Downingtown, PA 19335 (610-873-8225). From west: Take the US-30 Bypass East to PA-113S. Turn right on East Pennsylvania Ave., then left on Green St. Kimberton Whole Foods is in the shopping center on the right. From east: Take the US-30 Bypass West to PA-113S and follow the direction above. (From the PA Turnpike, take PA-100S to turn right on PA-113S.) The box is located at the cash registers.

**Event Info:** Mon-Sat 9:00am-8:00pm; Sun 9:00am-6:00pm. Call for holiday hours. The walk is on sidewalks through the historic area of Downingtown; and on the Brandywine, Lions, and Uwchlan Trails.

**Doylestown****10k/5k Year Round Walk (2017/Y1187) 1/2/2017 - 12/31/2017**

Fraternal Organizations, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, State Street Sashay, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Vice Presidential Walks, Walk the USA - Street by Street, Walking the Path of Inventions, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0238 Liberty Bell Wanderers [www.libertybellwanderers.net](http://www.libertybellwanderers.net)

**Contact:** Larry Wagner, [lgwagner751@yahoo.com](mailto:lgwagner751@yahoo.com), (215)442-1337, 751 Cheryl Dr., Warminster, PA, 18974

**Start Point:** Central Bucks YMCA- 2500 Lower State Road Doylestown, PA 18901 (215-348-8131) From I-276 (PA Turnpike). Take exit 343 (Willow Grove) and merge onto PA-611 North towards Doylestown. Continue on 611 N for 11 miles to the State St. exit. Left on W. State St. Continue 0.2 miles, then Right on Memorial Drive to YMCA on right. Parking lot entrance is on Memorial Drive before reaching Lower State Rd./Court St.

**Event Info:** M-F, 5:30am to 10:30 pm. Sat. 5:30am to 6pm, Sun. 8am to 6pm. Trail is along mostly shaded sidewalks with no significant hills. Walk through the downtown area, residential areas many with Victorian style homes, past the James Michener Art Museum, and Henry Mercer's two concrete castles and tile works.

**Drumore - Susquehannock State Park****10K / 5K Seasonal Walk (2017/Y1284) 4/1/2017 - 10/31/2017**

Animal Safari, Honoring Our Flag, Trekking With the Trees, You'll Never Walk Alone

**Award:** A Award**Strollers:** NO**Restroom:** Yes**Rating:** 3C**Wheelchair:** NO**Pets:** Yes**Sponsor:** AVA-0579 Penn-Dutch Pacers Volksmarch Club [www.avaclubs.org/pdp/index.html](http://www.avaclubs.org/pdp/index.html)**Contact:** Peter Byrne, plhbyrne@verizon.net, (717)203-1725, 1625 Ridgeview Ave, Lancaster, PA, 17603**Start Point:** Susquehannock State Park, Information Kiosk at Park Office.- 1880 Park Dr, Drumore, PA 17518. From Buck (south of Lancaster on PA 272), travel west on PA 372 for 2.4 mile to left on Susquehannock Rd to Park Dr. While on Susquehannock Rd, bear right at the Drumore Friends Meeting House and the Drumore Cemetery.**Event Info:** The trail is rated 3C and is NOT suitable for strollers and wheelchairs or anyone that has trouble walking on uneven, hilly, and rocky terrain with abrupt elevation changes. Walking alone or without someone knowing where you are is NOT advisable. Because of the terrain this walk will take you considerably longer than you would expect. Please plan accordingly. Hiking boots and a walking stick are highly recommended. It is NOT advisable to walk when there is snow or ice on the ground and it may not be safe in the rain especially in the Fall. Cell service along the river is inconsistent and should not be counted on should you need assistance. Two separate 5 km trails are available. Walk either one or walk both for 10 km.**East Berlin - Historic East Berlin Walk****5 & 10K Year Round Walk (2017/Y0350) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Take a Walk In a City Park, United States Post Offices, Walking the USA A - Z

**Award:** IVV Credit Only**Strollers:** Medium**Restroom:** Yes**Rating:** 1A**Wheelchair:** None**Pets:** Yes**Sponsor:** AVA-0236 York White Rose Wanderers [www.sites.google.com/site/yorkwhiterosewanderers](http://www.sites.google.com/site/yorkwhiterosewanderers)**Contact:** Marie Snyder, amille01@verizon.net, (717)259-7362, 226 East King Street, East Berlin, PA, 17316**Start Point:** East Berlin Area Community Center- 405 North Ave, East Berlin, PA 17316. From Harrisburg: Take US15 south to Dillsburg. Turn left on PA 74/N Baltimore St. Go about 3 miles and N Baltimore St becomes PA 194. Proceed to square in East Berlin (Signal light at junction RT 194 & RT 234). Turn right onto West King Street (RT 234). Go 3 blocks to Fourth Street. Turn right and proceed to the Community Center straight ahead.

From Gettysburg: Take US 30 East to the square in Abbottstown. Turn left onto RT 194N. \* Proceed to the square in East Berlin (signal light at junction RT 194 &amp; RT 234). Turn left onto West King Street (RT 234). Go 3 blocks to Fourth Street. Turn right and proceed to the Community Center straight ahead.

From Lancaster: Take US 30 West to the square in Abbottstown. Turn right onto RT 194 N. Follow directions from \* above.

From Baltimore: Take I83N to RT 30 West. Continue west on RT 30 to square in Abbottstown. Turn right onto RT 194 N. Follow directions from \* above.

Parking available at start. Walk box inside front doors on table.

Hours of Community Center: Mon -Thurs. 8am to 8pm, Friday 8am to 4pm, Saturday 9am to 12noon. Sunday Closed. Closed major holidays.

**Event Info:** East Berlin is a charming historical town of about 1500 people. Founded in 1764 and named for Berlin, Germany. Many older homes are restored and very lovely. There are restaurants and fast food areas in town. The famous "Colonial Day" is held second Saturday in September, rain or shine. This is a very big celebration run by the Historical Society that has visitors from many states enjoying the Colonial atmosphere. Be advised that some streets are closed for the event. Parking areas and shuttle bus are in use for the day. Pets are welcome but not in buildings. Please clean up after.

**Easton****10k/5k Year Round Walk (2017/Y0323) 1/1/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Border Crossings, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0238 Liberty Bell Wanderers [www.libertybellwanderers.net](http://www.libertybellwanderers.net)

**Contact:** Gayle Hendricks, [e2feet@gmail.com](mailto:e2feet@gmail.com), (484)809-0293, 619 S Bishopthorpe, Bethlehem, PA, 18015

**Start Point:** The Days Inn- 185 South 3rd St., Easton, PA 18042 (610-253-9131). From I-78, take Exit 75 for 611/Easton/Philadelphia. Turn right on Morgan Hill Rd. from I-78E, or left on Morgan Hill Rd. from I-78W. Left on Cedarville Rd. for 1.5 miles, then left on Delaware Dr. (PA-611) for approx. 1 mile. Turn right on 3rd St., cross the bridge, cross Larry Holmes Dr. Days Inn will be on the left.

**Event Info:** Daily, dusk to dawn. Historic town walk on city sidewalks and paved trails. Several moderate hills. Highlights include a bridge crossing into Phillipsburg, NJ, the Crayola Experience, and the Karl Stirner Arts Trail.

**Easton - Delaware River Canals (Bike)****Trail totals 96+K Year Round Bike (2017/Y0306) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, National Register of Historic Places

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** None      **Pets:** No

**Sponsor:** AVA-0238 Liberty Bell Wanderers [www.libertybellwanderers.net](http://www.libertybellwanderers.net)

**Contact:** Dave Brown, [ocmdbreeze@aol.com](mailto:ocmdbreeze@aol.com), (610)906-6252, 533 Winthrop Rd., Collegeville, PA, 19426

**Start Point:** The Days Inn- 185 South 3rd St., Easton, PA 18042 (610-253-9131). From I-78, take Exit 75 for 611/Easton/Philadelphia. turn right on Morgan Hill Rd. from I-78E, or left on Morgan Hill Rd. from I-78W. Left on Cedarville Rd. for 1.5 mile, then left on Delaware Dr. (PA-611) for approx. 1 mile. Turn right on 3rd St., cross the bridge, cross Larry Holmes Dr. Days Inn will be on the left.

**Event Info:** Ride 60 miles of trails (96+K) from Easton to Bristol on a gravel tow path along the Delaware River. Trail connects to Delaware & Raritan (D&R) Canal State Park in New Jersey with a series of looping trails connecting the two states. Loop trail connection bridges in PA are in Uhlerstown, Center Bridge, Washington Crossing, and Morrisville. Event qualifies for KSVA State Parks & Forests Challenge.



**Ephrata****10k / 5k Year Round Walk (2017/Y0174) 1/2/2017 - 12/30/2017**

Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, National Register of Historic Places, State Street Sashay, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, United States Post Offices, Water Towers

**Award:** B Award **Strollers:** medium **Restroom:** Yes  
**Rating:** 1B **Wheelchair:** Hard **Pets:** Yes  
**Sponsor:** AVA-0579 Penn-Dutch Pacers Volksmarch Club [www.avaclubs.org/pdp/index.html](http://www.avaclubs.org/pdp/index.html)  
**Contact:** Maria Roshon, Losgann10@comcast.net, (717)330-8751, PO Box 7445, Lancaster,, PA, 17604-7445

**Start Point:** The Hampton Inn & Suites, 717-733-0661- 380 E Main St (US 322), Ephrata, PA 17522, at intersection of Main St and Spring Garden St. From US 30 in Lancaster: Take US 222 north 10 miles to Ephrata exit (US 322). Turn left toward Ephrata, travel 1.5 miles to the top of the hill, turn right onto Spring Garden, and then left into the Hampton Inn parking lot.

**Event Info:** Nestled amid the rolling hills of agriculturally rich northern Lancaster County, downtown Ephrata is a quaint blend of old and new. Cars, busses, and horse and buggies share a wide Main Street that has been 20th Century "streetscaped" with brick sidewalks, old fashioned lamp posts, and benches. Buildings dating back a hundred years and more are filled with rustic shops and cafes.

**Erie - Presque Isle State Park****5/10/12K Seasonal Walk (2017/Y1537) 4/1/2017 - 10/31/2017**

Walk the USA - Street by Street, Walking America's Ports of Call

**Award:** A Award **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1B **Wheelchair:** hard **Pets:** Yes  
**Sponsor:** AAA-PA Keystone State Volkssport Assn. [www.ksva.net](http://www.ksva.net)  
**Contact:** Pat Eby, patriciaeby@verizon.net, (717)379-8945, 19 N 27th St, Camp Hill, PA, 17011

**Start Point:** Glass House Inn. - 3202 W 26th St (Route 20), Erie PA 16506 814-833-7751. From I-79 in PA, take exit 182 (Erie Route 20 W) Merge onto Route 20 W/W 26th St. Start Point will be on your right in about a mile. If you have gone past Hoss's, you have gone too far. From I-90, take exit for I-79 N then follow above directions. Ask for walk box at registration desk. No restroom. Presque Isle is 2 miles from Start Point.

**Event Info:** Erie County Walk. Qualifies for PA State Park Challenge. Most of the trail is on paved surfaces with some grass. 10/12K has option to walk on rougher surfaces. Erie does get a lot of snow, so natural trails may be messy in early April. There is plenty of free parking and many restrooms along the trail. Be careful of bikers - most trails are multi-use. Use insect repellent - state parks have ticks and this one also has sand flies because there are beaches. Start point is great place to stay. Lite continental breakfast. If you have a PA State Park and Forest Passport Book, the stamp is at the Tom Ridge Environmental Center Info Desk. It is worth a visit.

**Fayetteville - Caledonia State Park****300 meters Seasonal Swim (2017/Y1741) 5/27/2017 - 9/4/2017**

**Award:** B Award **Strollers:** None **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** None **Pets:** No  
**Sponsor:** AVA-0171 Cumberland Valley Lead Foot Club  
**Contact:** Lorraine & Tom Jackson, thomasjackson@embarqmail.com, (717)677-6511, 1287 Shippensburg Rd, Biglerville, PA, 17307  
**Start Point:** Rutter's Store #5- 6837 Lincoln Way East; Fayetteville, PA, 17222;717-401-0626\*\*\*\*\*From I-81 in Chambersburg, take Lincoln Way East/US-30 East towards Gettysburg for 6 miles. Rutters is on the left at the intersection of US-30 and PA-997 South.\*\*\*\*\*From the Square in Gettysburg, take Chambersburg St/US-30 West towards Chambersburg for 17 miles. Rutters is on the right at the intersection of US-30 and PA-997 South.  
**Event Info:** The pool opens for the Memorial Day Weekend and then is open weekends only until June 9 when it begins seven days a week operations. The pool may be closed on weekdays beginning mid-August but is open for weekends including Labor Day, which is the end of the pool season. The Daily Admission rate for the pool is \$5; Senior Citizens (age 62 and over), children under 42 inches tall, and entrance after 4 pm for everyone is \$4. Pool hours are 11am to 7 pm.

**Fayetteville - Caledonia State Park****5K & 10K Year Round Walk (2017/Y1742) 1/1/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Honoring Our Flag, Trekking With the Trees, Underground Railroad

**Award:** IVV Credit Only **Strollers:** None **Restroom:** Yes  
**Rating:** 2C **Wheelchair:** None **Pets:** Yes  
**Sponsor:** AVA-0171 Cumberland Valley Lead Foot Club  
**Contact:** Lorraine & Tom Jackson, thomasjackson@embarqmail.com, (717)677-6511, 1287 Shippensburg Rd, Biglerville, PA, 17307  
**Start Point:** Rutter's Store #5- 6837 Lincoln Way East; Fayetteville, PA, 17222;717-401-0626\*\*\*\*\*From I-81 in Chambersburg, take Lincoln Way East/US-30 East towards Gettysburg for 6 miles. Rutters is on the left at the intersection of US-30 and PA-997 South.\*\*\*\*\*From the Square in Gettysburg, take Chambersburg St/US-30 West towards Chambersburg for 17 miles. Rutters is on the right at the intersection of US-30 and PA-997 South.  
**Event Info:** Rutters is open 7x24. After registering, you must drive about 2 miles to Caledonia State Park. There are two 5K trails. Either trail may be done for 5K credit; both trails must be done for 10K credit. The "Valley Trail" is rated 1C and goes through the historic part of the park. About 2K of this trail has lots of rocks and tree roots making it unsuitable for wheelchairs and strollers. The "Campground Trail" is new for 2017 and is rated 2B. A section of this trail has stairs and one bridge has steps making this trail unsuitable for wheelchairs and strollers..

**Fayetteville - Michaux State Forest****5/6/11 K Year Round Walk (2017/Y1389) 1/1/2017 - 12/31/2017**

Trekking With the Trees, You'll Never Walk Alone

**Award:** B Award**Strollers:** None**Restroom:** No**Rating:** 2C**Wheelchair:** None**Pets:** Yes**Sponsor:** AAA-PA Keystone State Volkssport Assn. www.ksva.net**Contact:** Tom Jackson, thomasjackson@embarqmail.com, (717)677-6511, 1287 Shippensburg Rd, Biglerville, PA, 17307**Start Point:** Rutter's Store #5- 6837 Lincoln Way East; Fayetteville, PA, 17222;717-401-0626\*\*\*\*\*From I-81 in Chambersburg, take Lincoln Way East/US-30 East towards Gettysburg for 6 miles. Rutters is on the left at the intersection of US-30 and PA-997 South.\*\*\*\*\*From the Square in Gettysburg, take Chambersburg St/US-30 West towards Chambersburg for 17 miles. Rutters is on the right at the intersection of US-30 and PA-997 South.**Event Info:** Rutters is open 7x24. This walk starts at the Rocky Knob Trail Trailhead on Ridge Rd. We recommend you use the restrooms at Rutters since there are none at the trailhead. You will pass pit toilets at Big Flats on the drive to the trailhead. There is an outhouse at the Birch Run Shelter which is about half-way through the 5K Birch Run Shelter Trail. The volksmarch uses a short section of the Rocky Knob Trail, the Appalachian Trail, and gravel/dirt roads. Participants have the option of doing the 5K Birch Run Shelter Trail, the 6K Millesburn Cabin Trail, or both for 11K credit. The trail rating is 2C. Due to the rocks and tree roots, the trail is not suitable for wheelchairs and strollers. .\*\*\*\*There is no water or toilets on the route. Sturdy shoes must be worn and bring water. Recommend you bring hiking sticks if you have them. There is no cell phone coverage Highly recommend you use the "buddy system" and walk with a friend.**Fayetteville - Michaux State Forest - "Smoke" Zimmerman XC Ski Trail****5K to 10K Seasonal Snow Shoe (2017/Y1419) 1/1/2017 - 3/31/2017**

You'll Never Walk Alone

**Award:** A Award**Strollers:** None**Restroom:** No**Rating:** 1C**Wheelchair:** None**Pets:** Yes**Sponsor:** AAA-PA Keystone State Volkssport Assn. www.ksva.net**Contact:** Tom Jackson, thomasjackson@embarqmail.com, (717)677-6511, 1287 Shippensburg Rd, Biglerville, PA, 17307**Start Point:** Rutters Store #5- 6837 Lincoln Way East; Fayetteville, PA, 17222;717-401-0626\*\*\*\*\*From I-81 in Chambersburg, take Lincoln Way East/US-30 East towards Gettysburg for 6 miles. Rutters is on the left at the intersection of US-30 and PA-997 South.\*\*\*\*\*From the Square in Gettysburg, take Chambersburg St/US-30 West towards Chambersburg for 17 miles. Rutters is on the right at the intersection of US-30 and PA-997 South.**Event Info:** Rutters is open 7x24. After registering, you must drive about 4 miles to the Ski Trail. The trail consists of four loops; three are rated by the State Forest as "Easy" and one is rated as "More Difficult". Loops can be combined to do whatever route and distance you desire.

**Fayetteville - Pine Grove Furnace State Park****5/6/10 km Year Round Walk (2017/Y1380) 1/1/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors,  
Lakes and Reservoirs, National Register of Historic Places, Trekking With the Trees,  
Underground Railroad, You'll Never Walk Alone

**Award:** B Award **Strollers:** NO **Restroom:** Yes

**Rating:** 1B **Wheelchair:** NO **Pets:** Yes

**Sponsor:** AAA-PA Keystone State Volkssport Assn. www.ksva.net

**Contact:** Tom Jackson, thomasjackson@embarqmail.com, (717)677-6511, 1287  
Shippensburg Rd, Biglerville, PA, 17307

**Start Point:** Rutter's Store #5- 6837 Lincoln Way East; Fayetteville, PA, 17222;717-401-0626\*\*\*\*From I-81 in Chambersburg, take Lincoln Way East/US-30 East towards Gettysburg for 6 miles. Rutters is on the left at the intersection of US-30 and PA-997 South.\*\*\*\*From the Square in Gettysburg, take Chambersburg St/US-30 West towards Chambersburg for 17 miles. Rutters is on the right at the intersection of US-30 and PA-997 South.

**Event Info:** Rutters is open 7x24. \*\*\*\*\* After registering at Rutter's you must drive about 16 miles to the park. \*\*\*\*\* The trail is new for 2017 and is within Pine Grove Furnace State Park. The 0.9K Historic Area Trail is within the historical area of the park and passes the General Store, Appalachian Trail Museum, and Park Office. The 4K Koppenhaver Trail uses the Koppenhaver Trail. The 5K Campground Loop goes through the group camping area and the family campground. The trails are not suitable for wheelchairs and strollers because of the rocks and roots. The Historic Area Trail must be done with the Koppenhaver Trail for 5K credit. It may also be done with the Campground Trail for 6K credit. The Historic Area Trail, Koppenhaver Trail, and Campground Trail must be done for 10K credit.

**Fort Loudon - Cowan Gap State Park Year Round Walk****6 and 10 km Year Round Walk (2017/Y1946) 1/1/2017 - 9/30/2017**

Bridges - Spanning the USA, Lakes and Reservoirs

**Award:** A Award **Strollers:** NO **Restroom:** Yes

**Rating:** 3C **Wheelchair:** NO **Pets:** Yes

**Sponsor:** AVA-0972 Penn Mary Walkers

**Contact:** Sarah Garcia, sarahgrc@yahoo.com, (915)471-1134, 1723 Lutzville Rd, Everett, PA, 15537

**Start Point:** Cowans Gap State Park Office- 6235 Aughwick Road, Fort Loudon, PA 17224.  
From PA Turnpike Exit 189 Willow Hill: Route 75 South, turn Right onto Stumpy Lane, turn Left onto Aughwick Rd, follow Park Office signs.  
From US 30 Lincoln Hwy, Route 75 North, turn Left onto Richmond Rd, turn Left onto Aughwick Rd, follow Park Office signs.  
From Maryland: I-83 or I-81 North, Route 30 West, Route 75 North, turn Left onto Richmond Rd, turn Left onto Aughwick Rd, follow Park Office signs.

**Event Info:** Dawn to dusk. The walk box is located outside the Park office in a wooden box. The 6 km walk begins on One Mile trail and continues along Aughwick Road and finishes by a trail that is not possible by wheelchairs or strollers. The 10 km walk goes along the creek, goes on an old logging road, climbs about 500 feet to an overlook, turns around and goes downhill to the lake, and finishes by taking the trail around the lake. Trail is rocky in the section along the creek. This part of the trail is not passable to strollers and wheelchairs.

**Gettysburg - Battlefield Bike****15 & 26 km Year Round Bike (2017/Y1095) 1/2/2017 - 12/31/2017**Bridges - Spanning the USA, Civil War Battlefield, Honoring Our Flag, National Parks  
Centennial Challenge, National Register of Historic Places, You'll Never Walk Alone**Award:** A Award **Strollers:** None **Restroom:** Yes**Rating:** 2A **Wheelchair:** None **Pets:** No**Sponsor:** AVA-0236 York White Rose Wanderers  
[www.sites.google.com/site/yorkwhiterosewanderers](http://www.sites.google.com/site/yorkwhiterosewanderers)**Contact:** Tom Jackson, [ywrw@hotmail.com](mailto:ywrw@hotmail.com), (717)677-6511, 1287 Shippensburg Rd,  
Biglerville, PA, 17307**Start Point:** Gettysburg YWCA - - 909 Fairfield Rd., Gettysburg, PA 17325. (717) 334-9171.  
Refer to the Gettysburg - Walk #1 for directions to start location.**Event Info:** Mon-Fri, 4:30 am-10pm; Sat, 8-5; Sun, 10-5 Closed most holidays. This trail starts at  
the YWCA. The 25K route is a figure 8 on paved roads around and through the  
Battlefield and Gettysburg. The 15K route is only half of the figure 8. The 26K route  
covers most of the major parts of the battlefield and bicycling is an excellent way to  
tour the battlefield. The 15K route is only thru parts of the battlefield for the first day  
of the battle and the Spangler Spring/Culps Hill/East Cemetery Hill parts of the  
battlefield from the second day. You will be bicycling with vehicular traffic**Gettysburg - Swim****300 m Year Round Swim (2017/Y0716) 1/2/2017 - 12/31/2017**

Honoring Our Flag, You'll Never Walk Alone

**Award:** A Award **Strollers:** None **Restroom:** Yes**Rating:** 1A **Wheelchair:** None **Pets:** No**Sponsor:** AVA-0236 York White Rose Wanderers  
[www.sites.google.com/site/yorkwhiterosewanderers](http://www.sites.google.com/site/yorkwhiterosewanderers)**Contact:** Tom Jackson, [thomasjackson@embarqmail.com](mailto:thomasjackson@embarqmail.com), (717)677-6511, 1287  
Shippensburg Rd, Biglerville, PA, 17307**Start Point:** Gettysburg YWCA - 909 Fairfield Rd, Gettysburg, PA 17325 (717)334-9171. Refer to  
the Gettysburg - Walk #1 for directions to start location.**Event Info:** There is a link to the "pool schedule" at [www.ywcagettsburg.org](http://www.ywcagettsburg.org) . Look for the "Lap  
Swim Schedule". Generally, it is from 6 am - 9 pm on M to F, 8 am - 4:30 pm on  
Sat, and 10 am - 4:30 pm on Sunday. Check the schedule as the pool closes  
occasionally for maintenance, swim meets, classes, swim team practice, etc.\*\*\*\*\*  
The swim will be six laps the length of the pool. The YWCA does not provide towels  
or locks for the wall lockers.

**Gettysburg - Walk #1****5/10 km Year Round Walk (2017/Y0050) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Cities in Song, Civil War Battlefield, Honoring Our Flag, Make a Wish at a Water Fountain, National Parks Centennial Challenge, National Register of Historic Places, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** A Award **Strollers:** medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** medium **Pets:** Yes

**Sponsor:** AVA-0236 York White Rose Wanderers  
www.sites.google.com/site/yorkwhiterosewanderers

**Contact:** Tom Jackson, thomasjackson@embarqmail.com, (717)677-6511, 1287 Shippensburg Rd, Biglerville, PA, 17307

**Start Point:** Gettysburg YWCA- 909 Fairfield Rd, Gettysburg, PA 17325 (717)334-9171. From the square in Gettysburg go south on Baltimore St. (Bus. 15 S., PA 116 W.) 1 block to Middle St. Turn right on Middle St. (PA 116 W.) and go 7/10 mile, passing traffic signals at Washington St., Franklin St, West St., and Confederate Ave./Seminary Ridge. The YWCA driveway is 1/10 mile past Confederate Ave. on the right.

**Event Info:** Mon-Fri, 4:30 am-10pm; Sat, 8-5; Sun, 10-5 Closed all holidays. Tour Operators please make arrangements with the POC. This walk starts from the Gettysburg YWCA. \*\*\*\*\* The 5K trail goes through portions of the battlefield fought over on the first day and into the west end of downtown Gettysburg. The 10K also goes onto the campus of Gettysburg College and the center of the downtown area. \*\*\*\*\* The trail is mostly on paved park roads and city sidewalks.

**Gettysburg - Walk #2****5K & 10K Year Round Walk (2017/Y0047) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Cities in Song, Civil War Battlefield, Fraternal Organizations, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, Underground Railroad, Vice Presidential Walks, Walk the USA - Street by Street, Water Towers, You'll Never Walk Alone

**Award:** A Award **Strollers:** easy **Restroom:** Yes

**Rating:** 1A **Wheelchair:** easy **Pets:** Yes

**Sponsor:** AVA-0236 York White Rose Wanderers  
www.sites.google.com/site/yorkwhiterosewanderers

**Contact:** Tom Jackson, thomasjackson@embarqmail.com, (717)677-6511, 1287 Shippensburg Rd, Biglerville, PA, 17307

**Start Point:** Gettysburg YWCA- 909 Fairfield Rd, Gettysburg, PA 17325 (717)334-9171. Refer to the Gettysburg - Walk #1 for directions to start location.

**Event Info:** Mon-Fri, 4:30 am-10pm; Sat, 8-5; Sun, 10-5 Closed all holidays. Tour Operators please make arrangements with the POC. After registering, you must drive to the start at the parking lot for the National Cemetery. \*\*\*\*\* The route is new for 2017. There are two 5K trails; either trail may be done for 5K credit. Both trails must be done for 10K credit. \*\*\*\*\* The 5K Town Trail goes through the Soldiers' National Cemetery, to downtown, and past the stores and restaurants on Steinwehr Ave. The 5K Battlefield Trail goes to the Visitor's Center, to the Pennsylvania Monument, south to the New York Auxiliary Monument, and then back to the "Highwater Mark" part of the battlefield. \*\*\*\*\* There are no restrooms at the parking area; however, both trails will pass restrooms within 1K of starting.

**Gettysburg - Walk #3****5/10/15 km Year Round Walk (2017/Y0028) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Cities in Song, Civil War Battlefield, Fraternal Organizations, Honoring Our Flag, National Parks Centennial Challenge, National Register of Historic Places, Vice Presidential Walks, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** A Award                      **Strollers:** hard                      **Restroom:** Yes  
**Rating:** 2B                              **Wheelchair:** NO                      **Pets:** Yes

**Sponsor:** AVA-0236 York White Rose Wanderers  
[www.sites.google.com/site/yorkwhiterosewanderers](http://www.sites.google.com/site/yorkwhiterosewanderers)

**Contact:** Tom Jackson, [thomasjackson@embarqmail.com](mailto:thomasjackson@embarqmail.com), (717)677-6511, 1287 Shippensburg Rd, Biglerville, PA, 17307

**Start Point:** Gettysburg YWCA- 909 Fairfield Rd, Gettysburg, PA 17325 (717)334-9171. Refer to the Gettysburg - Walk #1 for directions to start location.

**Event Info:** Mon-Fri, 4:30 am-10pm; Sat, 8-5; Sun, 10-5. Closed all holidays. Tour Operators please make arrangements with the POC. Pets cannot enter the National Cemetery. \*\*\*\*\* After registering, you must drive about five miles to the parking lot at Little Roundtop. \*\*\*\*\* New Trail for 2017. The 5K Sickle's Trail is a loop in the area where the Union Third Corps fought on July 2, 1863. The 5K Farnsworth's Cavalry Charge Trail is a loop in the area where Brig Gen Farnsworth's Cavalry Brigade charged across on July 3, 1863. Both 5K trails must be done for 10K credit. The 15K trail starts from the YWCA and goes on the Confederate line on Seminary Ridge, past the Peach Orchard and Wheatfield, on the Union line on Cemetery ridge, through the National Cemetery, site of Lincoln's Gettysburg Address, and the South and West areas of Gettysburg. \*\*\*\*\* The trails are on paved park roads, park trails, road shoulders, and city sidewalks. Strollers will have some difficulty on the portion of the 5K Farnsworth's Cavalry Charge Trail that is natural surface.

**Hanover****5 & 11K Year Round Walk (2017/Y0660) 1/2/2017 - 12/31/2017**

Make a Wish at a Water Fountain, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street, Water Towers

**Award:** IVV Credit Only                      **Strollers:** medium                      **Restroom:** Yes  
**Rating:** 1A                                      **Wheelchair:** Medium                      **Pets:** Yes

**Sponsor:** AVA-0236 York White Rose Wanderers  
[www.sites.google.com/site/yorkwhiterosewanderers](http://www.sites.google.com/site/yorkwhiterosewanderers)

**Contact:** Jim Myers, [ywrrw@hotmail.com](mailto:ywrrw@hotmail.com), (717)633-7268, 1621 Oakwood Drive, Hanover, PA, 17331

**Start Point:** Yesteryear Antique Center - 441 Pine Street, Hanover, PA 17331 (717)637-1612. From Harrisburg: Take US-15 S to the York Springs exit. S on Rte 94 to Downtown. \*\*\*Turn R on Rte 194 S (Frederick St.). Go 1/10th mi to Rte 116 W (High St). Turn R on High 6/10th mi to Pine St. Turn L and continue to stop sign. Yesteryear is on the right. From Carlisle: Take Rte 94 S to Downtown, Then follow from \*\*\* above. From York. Take US30 W to Rte 94 at Cross Keys. Then Rte 94 S to Downtown. Follow \*\*\*\* above. From Baltimore: Take MD 30 N to PA where it is PA Rte 94. 6.8 mi to Downtown. Turn L onto Frederick and follow above directions to start. Frederick: Take US15 N to Rte 116. Go E on Rte 116, 10 mi. Turn R on 3rd St. for 1.2 mi. Turn R onto Pine to stop sign. Yesteryear is on the right.

**Event Info:** Open 7 days, 10 am - 6 pm. Closed most holidays. The walk is in on sidewalks and alleyways in downtown Hanover and features sites of the Civil War Battle of Hanover.

**Harrisburg - Capital****10K/5K Year Round Walk (2017/Y0745) 1/1/2017 - 12/31/2017**

Cities in Song, Food For Thought, National Register of Historic Places, State Capital, State Street Sashay, Take a Walk In a City Park, Underground Railroad, Vice Presidential Walks, Walking the USA A - Z, You'll Never Walk Alone

**Award:** A Award **Strollers:** Easy **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes  
**Sponsor:** AVA-0328 Susquehanna Rovers Volksmarch Club [www.avacclubs.org/SRVC/](http://www.avacclubs.org/SRVC/)  
**Contact:** Sharon Miller, millersd@ptd.net, (717)805-9540, 390 Old Quaker Road, Etters, PA, 17319

**Start Point:** Comfort Inn - Riverfront - 525 South Front St, Harrisburg, PA 17104. 717-233-1611  
 From I-83 take the Second St Exit, go straight at first traffic light (Paxton St), then get into the left lane. Turn left at the next traffic light (Washington St). Turn left at Front St. and get into the far right lane. At the next traffic light, turn right into the Comfort Inn's parking lot.

**Event Info:** Open 24/7. The Dauphin County Historic Trail follows a portion of the Capital Area Greenbelt, going by the Railroad Station, thru the State Capitol Complex, by the PA State Museum, and crossing the Susquehanna River to City Island.

**Harrisburg - Wildwood Lake Trail****10K/5 km Year Round Walk (2017/Y1041) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** hard **Restroom:** Yes  
**Rating:** 3C **Wheelchair:** NO **Pets:** Yes  
**Sponsor:** AVA-0328 Susquehanna Rovers Volksmarch Club [www.avacclubs.org/SRVC/](http://www.avacclubs.org/SRVC/)  
**Contact:** Sharon Miller, millersd@ptd.net, (717)805-9540, 390 Old Quaker Road, Etters, PA, 17319

**Start Point:** Comfort Inn - Riverfront - 525 South Front St, Harrisburg, PA 17104. 717-233-1611  
 Refer to Harrisburg Capital (Y0745) for directions to start location.

**Event Info:** Open 24/7. After registering you must drive to the start. Directions will be in the box. This peaceful walk follows trails around Wildwood Lake at Wildwood Park in Dauphin County. Recommend taking a camera for pictures of birds, turtles, and flowers.



**Hatboro****10K/5K Year Round Walk (2017/Y0192) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Fraternal Organizations, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, Underground Railroad, United States Post Offices, Walk the USA - Street by Street, Walking the Path of Inventions, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0238 Liberty Bell Wanderers [www.libertybellwanderers.net](http://www.libertybellwanderers.net)

**Contact:** Carol Rautenstrauch, bobodancer@verizon.net, (215)675-9476, 413 Watson Ave., Horsham, PA, 19044

**Start Point:** Hatboro Area YMCA- 440 S. York Road, Hatboro 19040 (215-674-4545). From the East & West: Take the PA Turnpike (I-276) to Exit 343 (Willow Grove). After passing through the toll booth, move to the far right lane for PA-611N. Take PA-611N to Mill Rd. (first light) and turn right (Sonic Drive-In). Turn left on York Rd./PA-263. The YMCA is approx. 0.5 miles on the left. From the South: Take I-95N just past the city of Chester to I-476N. After about 20 miles, I-476 connects with the PA Turnpike. Go East on the turnpike to Exit 343. Then follow the East/West directions above.

**Event Info:** Hours: Mon-Thu 5:30am-10pm; Fri 5:30am-9:00pm; Sat 7:00am-6:00pm; Sun 8:00am-5:00pm. Closed Christmas Day, limited hours on New Years Day. Historic town walk on sidewalks and residential streets. Walk through a community park with a certified wildlife habitat. Trail goes through the commercial district with many unique shops and restaurants. Hatboro is the site of the Battle of Crooked Billet which took place during the Revolutionary War.

**Hershey - Bullfrog Valley Trail****6K & 10K Year Round Walk (2017/Y2057) 1/2/2017 - 12/30/2017**

Animal Safari, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes

**Sponsor:** AVA-0328 Susquehanna Rovers Volksmarch Club [www.avacclubs.org/SRVC/](http://www.avacclubs.org/SRVC/)

**Contact:** Trish Bowra, tkbowra@yahoo.com, (717)982-7007, 730 Glenn Dr, Harrisburg, PA, 17111

**Start Point:** Hershey Recreation Center - 605 Cocoa Ave, Hershey, PA.  
Refer to Hershey Town (Y1868) for directions to start location.

**Event Info:** Hours vary call 717-533-7138. Closed all major holidays. After registering you must drive to start. Directions will be in box. Trail will pass the Penn State Hershey Medical Center located in Dauphin County.

**Hershey - Town****10K/7 K Year Round Walk (2017/Y1868) 1/2/2017 - 12/30/2017**

Animal Safari, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag,  
National Register of Historic Places, Trekking With the Trees, Walking the USA A - Z,  
You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0328 Susquehanna Rovers Volksmarch Club [www.avaclubs.org/SRVC/](http://www.avaclubs.org/SRVC/)  
**Contact:** Trish Bowra, tkbowra@yahoo.com, (717)982-7077, 730 Glenn Dr., Harrisburg, PA, 171114274

**Start Point:** Hershey Recreation Center - 605 Cocoa Ave, Hershey, PA. From Rt 422, follow Rt 743 South unto Cocoa Ave or from Rt 322, follow Rt 743 North unto Cocoa Ave. The Rec Center is clearly marked.

**Event Info:** Hours vary call 717-533-7138. Closed all major holidays. The 7k walk goes through the town of Hershey and the 10k goes to Hershey Park. Both distances in Dauphin County

**Lancaster - Lancaster County Park****10k/5k Year Round Walk (2017/Y0348) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 2C      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0579 Penn-Dutch Pacers Volksmarch Club [www.avaclubs.org/pdp/index.html](http://www.avaclubs.org/pdp/index.html)  
**Contact:** Donna Bashaw, walkerbashaw@gmail.com, (717)293-0221, PO Box 7445, Lancaster, PA, 17604

**Start Point:** Weis Markets - Bridgeport.- 1603 Lincoln Highway East, Lancaster PA 17602. Refer to the Lancaster Thaddeus Stevens walk (Y0333) for directions to start location.

**Event Info:** Cross a covered bridge and walk alongside the Mill Creek and ball fields in the park. The 10k will also walk on the wildflower trail and will walk along the Conestoga River around the picnic area and will pass the Garden of the Five Senses. There are a few steep descents and one section of the 10k is narrow. After registering, you must drive to the start at Lancaster County Park, just south of the city of Lancaster. Directions will be in the box. Start Time: 6A-5P

**Lancaster - Thaddeus Stevens****10k/5k Year Round Walk (2017/Y0333) 1/1/2017 - 12/31/2017**

Alternative Capitals, Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, Underground Railroad, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** B Award**Strollers:** Medium**Restroom:** Yes**Rating:** 1B**Wheelchair:** Medium**Pets:** Yes**Sponsor:** AVA-0579 Penn-Dutch Pacers Volksmarch Club [www.avaclubs.org/pdp/index.html](http://www.avaclubs.org/pdp/index.html)**Contact:** Donna Bashaw, [walkerbashaw@gmail.com](mailto:walkerbashaw@gmail.com), (717)293-0221, PO Box 7445, Lancaster, PA, 17604

**Start Point:** Weis Markets - Bridgeport.- 1603 Lincoln Highway East, Lancaster, PA 17602 (at intersection of Lincoln Hwy East/E King St/PA-462, Old Philadelphia Pike/PA-340 and Pitney Rd). From US-30 near Lancaster: Take the Greenfield Road Exit. Turn left (south) onto Greenfield Road and proceed 0.5 mile. Turn right onto Old Philadelphia Pike/PA-340 (traffic light) and proceed 1.0 mile to the store on the right. The box is located at Customer Service. After registering, you must drive to the start. Directions will be in the box.

**Event Info:** Thaddeus Stevens was a prominent attorney, politician and abolitionist who lived in Lancaster from 1842-1859. This walk passes Stevens' home & law office, Thaddeus Stevens College of Technology, Stevens' grave and a bridge named after him. You'll also walk through Old Town Lancaster neighborhood, historic districts, near Central Market and past many boutiques and restaurants. Start Time: 6A-5P

**Lansdale - Lansdale Borough****10k/6k Year Round Walk (2017/Y0293) 1/1/2017 - 12/31/2017**

Amphitheatres, Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only**Strollers:** Medium**Restroom:** Yes**Rating:** 1B**Wheelchair:** Hard**Pets:** Yes**Sponsor:** AVA-0238 Liberty Bell Wanderers [www.libertybellwanderers.net](http://www.libertybellwanderers.net)**Contact:** Betty Green, [bettyg52@gmail.com](mailto:bettyg52@gmail.com), (845)774-5335, 320 Melbourne Way, Souderton, PA, 18964

**Start Point:** Lansdale Area YMCA- 610 Forest Ave., Lansdale, PA 19446 (215-368- 1601). The box is at the Y Reception Desk (typically found under the desk) in the lobby of the North Penn Commons building at the above address. The desk (usually unstaffed) is about 100 feet from the entrance, on the right, just after the swimming pool viewing windows. From the PA Turnpike I-276, take Exit 339/Fort Washington onto PA-309 N toward Ambler. Go approx. 6 miles to Welsh Rd/PA-63 and turn left. (Note: A left turn cannot be made directly from PA-309 to PA-63. Just before the intersection, turn right on Lower State Rd. then left on PA-63/Welsh Rd.) Continue on PA-63 approx. 3 miles. Turn left on Highland Ave. , then left on Forest Ave to the Lansdale Area Family YMCA in the North Penn Commons building on the left. (From the parking lot you may only see North Penn as Commons is on the side of the marquee. If the parking lot is full, park in the shopping center lot next to the Y. GPS Coordinates: 40.233681, -75.274057

**Event Info:** Mon-Fri 5am-10pm; Sat 7am-8pm; Sun 9am-7pm. Closed Christmas, Easter, Thanksgiving (Check hours on other holidays, 215-368-1601) Historic town walk. Trail is on sidewalks through residential areas and the commercial district. Also walk through two parks on shaded paved and gravel paths including a nature trail through dense woodland and wetlands.

**Lebanon - Lebanon County Walk****10K/5K Year Round Walk (2017/Y1709) 1/2/2017 - 12/30/2017**

Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, National Register of Historic Places, Points of Reference, Trekking With the Trees, United States Post Offices, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0328 Susquehanna Rovers Volksmarch Club [www.avaclubs.org/SRVC/](http://www.avaclubs.org/SRVC/)

**Contact:** Charles Baeckert, baeckknit@verizon.net, (717)272-0655, 421 Weidman Street, Lebanon, PA, 17046

**Start Point:** Lebanon Valley Family YMCA - 201 N 7th St, Lebanon, PA 17042. Take Route 72 into Lebanon to Walnut St. Turn Right on Walnut to 6th St.. Turn left on 6th to Cumberland St. then left on Cumberland to 7th St. Turn right on 7th and YMCA is 2 blocks.

**Event Info:** Hours vary call 717-273-2691. Closed on holidays. This trail will take you through residential areas and the downtown business district. You will pass a renovated train station and old churches.

**Lewistown - Mifflin County****5K & 10K Year Round Walk (2017/Y0857) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Underground Railroad, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0328 Susquehanna Rovers Volksmarch Club [www.avaclubs.org/SRVC/](http://www.avaclubs.org/SRVC/)

**Contact:** Joyce Krow, jakrow@centurylink.net, (717)527-4798, 5598 Groninger Valley Rd, Port Royal, PA, 17082

**Start Point:** Juniata Valley YMCA - 105 1st Ave, Burnham, PA 17009. On Route 322 take Burnham/Yeagertown Exit. Turn onto Ferguson Valley Rd at 3rd traffic light turn left, bear right at Y in rd. At stop sign go straight into YMCA parking lot.

**Event Info:** Hours vary call 717-248-5019. After registering you must drive to the start.(Mifflin County Library) Directions will be in the box. The 5k takes you along a rail trail and 10k you pass by the Stone Arch Bridge located in Mifflin county.

**Lititz - History****15k/10k/5k Year Round Walk (2017/Y1283) 1/2/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Honoring Our Flag, National Register of Historic Places, Trekking With the Trees, United States Post Offices, Water Towers

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0579 Penn-Dutch Pacers Volksmarch Club [www.avaclubs.org/pdp/index.html](http://www.avaclubs.org/pdp/index.html)  
**Contact:** David Barber, [dmtmbarber@comcast.net](mailto:dmtmbarber@comcast.net), (717)626-6103, PO Box 7445, Lancaster, PA, 17604-7445

**Start Point:** The Lititz Community Recreation Center.- 301 W Maple St, Lititz, PA. From US 30 near Lancaster: Exit at Lititz Pk, PA 501 North. Proceed north on PA 501 for 6 miles, passing the Lancaster Airport. Enter Lititz on South Broad St and proceed to Orange St, PA 772. Turn left on Orange and go three blocks. Just past Warwick High School, turn right on School Dr. Proceed past the Stadium, turn right, then left into the community center driveway.

**Event Info:** Lititz History walk. This trail takes you on a tour of historic downtown Lititz, past the Moravian Church and the cemetery where General Sutter is buried. Past Linden Hall, Sturgis Pretzel factory and Wilbur Chocolate store. You travel through residential communities and Lititz Springs Park on paved paths, sidewalks and roads. The 15K walk will go through a portion of the north side of Lititz and the Lititz rail trail. Start times: M-F 6A-5P, Sat 6A-5P, Sun 8A-5P.

**Mechanicsburg - Cumberland County Walk****5K and 10K Year Round Walk (2017/Y1416) 1/1/2017 - 12/31/2017**

Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0328 Susquehanna Rovers Volksmarch Club [www.avaclubs.org/SRVC/](http://www.avaclubs.org/SRVC/)  
**Contact:** Pat Eby, [patriciaeby@verizon.net](mailto:patriciaeby@verizon.net), (717)379-8945, 19 N 27th St, Camp Hill, PA, 17011

**Start Point:** Rutter's #29- 714 West Main St. Mechanicsburg, PA 17055 Take Route 641 to Simpson St. Turn to park on far side of building.

**Event Info:** Open 24/7. Stroll thru an older town with many old houses, a historic train station and several Victorian tower homes.

**Milford****10k/6k Year Round Walk (2017/Y0168) 1/31/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Fraternal Organizations, Honoring Our Flag, Ice Cream Parlors, National Parks Centennial Challenge, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0238 Liberty Bell Wanderers [www.libertybellwanderers.net](http://www.libertybellwanderers.net)

**Contact:** Michael Green, [mikeginf@gmail.com](mailto:mikeginf@gmail.com), (845)781-6801, 320 Melbourne Way, Souderton, PA, 18964

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) START: Milford, PA- REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user. Detailed start point and driving directions are provided along with the walking directions that should be downloaded from the Online Start Box upon registering for this event.

**Event Info:** The walk begins at an historic mill complex dating back to the 19th Century, then goes into downtown Milford with its many interesting and unique historic buildings, and onto the Pinchot Greenway Trail. The trail winds through residential areas and the business district and finally to the Grey Towers, Milford's famous National Historic Site and ancestral home of Gifford Pinchot, the first Chief of the U.S Forestry Service and twice Governor of Pennsylvania.

**Morrisville****10K/5K Year Round Walk (2017/Y0622) 1/1/2017 - 12/31/2017**

Border Crossings, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, State Capital, State Street Sashay, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Vice Presidential Walks, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the Path of Inventions, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** A Award      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0238 Liberty Bell Wanderers [www.libertybellwanderers.net](http://www.libertybellwanderers.net)

**Contact:** Alma Dallas, [pahodallas@gmail.com](mailto:pahodallas@gmail.com), (215)750-7807, 312 Starflower Lane, Langhorne, PA, 19047

**Start Point:** Quality Inn & Suites- 7 S. Pennsylvania Ave., Morrisville 19067 (215-428-2600) From NJ: Take Rt 1 South to Delaware River toll bridge. After passing through toll booth, take first exit (less than 1 mile from toll booth), Pennsylvania Ave toward Morrisville. Right on Pennsylvania Ave 1 block to Quality Inn & Suites on the left. From PA: Take Rt 1 North toward Trenton. Ignore left hand off ramp to Morrisville and continue on Rt 1 for approx 1 mile to Pennsylvania Ave (last exit in PA). Left onto Pennsylvania Ave and continue 1 block to Quality Inn & Suites.

**Event Info:** Daily, dawn to dusk. Trail starts in Morrisville, then goes across the Delaware River into the state government complex of Trenton, the capital of New Jersey. On the Pennsylvania side, the trail goes through the business district, and scenic residential areas. Summerseat which served as George Washington's headquarters is also on the walk, and a section along the towpath of the Delaware Canal State Park. Walk qualifies for the KSVA State Parks & Forests Challenge.

**Mount Joy - Bike****15k /30k Year Round Bike (2017/Y0522) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, National Register of Historic Places

**Award:** B Award**Strollers:** None**Restroom:** Yes**Rating:** 1B**Wheelchair:** None**Pets:** No**Sponsor:** AVA-0579 Penn-Dutch Pacers Volksmarch Club [www.avaclubs.org/pdp/index.html](http://www.avaclubs.org/pdp/index.html)**Contact:** Jane Holmes, [jensenholmespa@gmail.com](mailto:jensenholmespa@gmail.com), (760)496-8610, PO Box 7445, Lancaster, PA, 17604**Start Point:** Olde Square Inn.- 127 E Main St, Mount Joy, PA 17552 (PA-230). Refer to the Mount Joy Six Parks and a Cemetery walk (Y0505) for directions to start location. The walk box is kept on the side porch. After registering, you must drive approximately 2 miles to the start. Directions will be in the box.**Event Info:** This bike route is mostly on country roads with a few short sections of neighborhood streets. This is a lovely town & country route which features two covered bridges (you'll ride through them), lovely farms, scenic old historic buildings, and lots of rural scenery. The terrain is mostly gently rolling though there are a couple of short hills you may want to walk up! The 30k trail is rated 1C.**Mount Joy - Six Parks and a Cemetery****10k /5k Year Round Walk (2017/Y0505) 1/1/2017 - 12/31/2017**

Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Water Towers

**Award:** B Award**Strollers:** Medium**Restroom:** Yes**Rating:** 2B**Wheelchair:** None**Pets:** Yes**Sponsor:** AVA-0579 Penn-Dutch Pacers Volksmarch Club [www.avaclubs.org/pdp/index.html](http://www.avaclubs.org/pdp/index.html)**Contact:** Jane Holmes, [jensenholmespa@gmail.com](mailto:jensenholmespa@gmail.com), (760)496-8610, PO Box 7445, Lancaster, PA, 17604**Start Point:** Olde Square Inn.- 127 E Main St, Mount Joy, PA 17552 (PA-230). The walk box is kept on the side porch. Take PA-283 to Mount Joy. Westbound - Take the E Main St/PA-230 exit towards Mount Joy. Travel 3.2 miles to the inn on your right. Eastbound - Take the Esbensshade Rd exit and turn right onto Esbensshade Rd. At the second traffic light, turn right on E Main St (PA-230). Travel 2.5 miles to the inn on your right. Park on the side streets near the Inn.**Event Info:** The 10K walk goes through six named city parks in Mount Joy including Rotary Park, Cove Outlook Park, Borough Park, Little Chiques Park, Memorial Park, and Mount Joy Grandview Park. You will also walk down Main Street with its quaint shops, B&Bs, post office, restaurants, and coffee shop. The 10K trail also includes the Mount Joy Cemetery with wonderful views of the surrounding countryside. The 5K trail is rated 1A.

**Mount Joy - Two Covered Bridges****12k /6k Year Round Walk (2017/Y0506) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, National Register of Historic Places

**Award:** B Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0579 Penn-Dutch Pacers Volksmarch Club [www.avaclubs.org/pdp/index.html](http://www.avaclubs.org/pdp/index.html)  
**Contact:** Jane Holmes, [jensenholmespa@gmail.com](mailto:jensenholmespa@gmail.com), (760)496-8610, PO Box 7445, Lancaster, PA, 17604  
**Start Point:** Olde Square Inn.- 127 E Main St, Mount Joy, PA 17552 (PA-230). Refer to the Mount Joy Six Parks and a Cemetery walk (Y0505) for directions to start location. The walk box is kept on the side porch. After registering, you must drive approximately 3 miles to the start. Directions will be in the box.  
**Event Info:** The core of this route is a 6K loop that goes past farms and B&Bs, through a small residential neighborhood, and crosses Little Chiques Creek twice via historic covered bridges. You will be walking on rural country roads that are heavily trafficked, but there will be car traffic. There's some very pretty farmland scenery. There are sections with tree cover and sections besides fields that are open and exposed, so if you walk in the heat please wear sun protection. The 12K route adds on another section of country roads past more scenic farms.

**New Hope****10k/5k Year Round Walk (2017/Y0532) 1/1/2017 - 12/31/2017**

Border Crossings, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Underground Railroad, Vice Presidential Walks, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** A Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0238 Liberty Bell Wanderers [www.libertybellwanderers.net](http://www.libertybellwanderers.net)  
**Contact:** Larry Wagner, [lgwagner751@yahoo.com](mailto:lgwagner751@yahoo.com), (215)442-1337, 751 Cheryl Dr., Warminster, PA, 18974  
**Start Point:** Clarion Hotel (formerly Rodeway Inn)- 6426 Lower York Rd (US-202), New Hope 18938 (215-862-5221). From East or West: PA Turnpike to Willow Grove (Exit 343). Then PA-611 N for 9.3 miles to exit for US-202 N/New Hope, then 9 miles to start point on right. From North: US-202 S through Somerville, NJ. Cross Delaware River (toll bridge), go 1.8 miles to start point on the left. From the South: I-95 N through Chester and Philadelphia to Exit 51. Left onto Turnersville Rd. Go 5 miles to where it tees into PA-32 and turn left. PA-32 N for 4 miles to New Hope. Left on Bridge St. (PA-179), then left on Lower York Rd. (US-202). One mile to the Clarion Hotel on the left.  
**Event Info:** Daily, dawn to dusk. Walk through the quaint and historical towns of New Hope, PA and Lambertville, NJ with Victorian style homes, antique shops, boutiques and restaurants; pass the station of a steam locomotive sightseeing train. Also includes a section of towpath in both towns along the Delaware Canal. Walk qualifies for the KSVA State Parks & Forests Challenge.



**Newport - Little Buffalo State Park****10K/5K Year Round Walk (2017/Y0110) 1/2/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Lakes and Reservoirs, National Register of Historic Places, Points of Reference, Walking the USA A - Z

**Award:** B Award **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** medium **Pets:** Yes  
**Sponsor:** AVA-0328 Susquehanna Rovers Volksmarch Club [www.avaclubs.org/SRVC/](http://www.avaclubs.org/SRVC/)  
**Contact:** Cookie Little, [thistle4@embarqmail.com](mailto:thistle4@embarqmail.com), (717)567-6815, 2 Cramer Drive, Newport, PA, 170748720

**Start Point:** Sharar's Grocery and Deli- 19 S. 2nd St, Newport, PA.  
 From US 322 Newport Exit. SR 34 South towards Newport. At the town square turn left. Sharar's Grocery is on left.

**Event Info:** Store hours are 8:00 AM - 9:00 PM Mon-Fri and 9:00 AM - 9:00 PM Sat-Sun. Call to check if open on holidays. 717-567-6222 Ask for walk box at the counter. After registering you must drive to the start point. Driving directions will be in the box. The scenic trail is on paved surfaces and grass trails around Holman lake. The trail passes by the historic Shoaff's grist mill, a narrow gauge railroad car, Clay's covered bridge and the Blue Ball Tavern.

**Philadelphia - Ben Franklin Bridge****11k Year Round Walk (2017/Y0621) 1/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Boardwalks, Border Crossings, Bridges - Spanning the USA, Cities in Song, Food For Thought, Fraternal Organizations, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Underground Railroad, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the Path of Inventions, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** B Award **Strollers:** NO **Restroom:** Yes  
**Rating:** 2A **Wheelchair:** NO **Pets:** Yes  
**Sponsor:** AVA-0238 Liberty Bell Wanderers [www.libertybellwanderers.net](http://www.libertybellwanderers.net)  
**Contact:** Pat Crisfulla, [pmcrisfulla@hotmail.com](mailto:pmcrisfulla@hotmail.com), (215)334-5825, 2324 S. Chadwick St., Philadelphia, PA, 19145

**Start Point:** Wyndham Philadelphia Historic District Hotel- 4th and Arch St., Philadelphia 19106 (215-923-8660). Located near the U.S. Mint and Independence Hall. Refer to Philadelphia - East (Y1278) for directions to start location.

**Event Info:** Daily, dawn to dusk. The walk begins in the Historic District of Philadelphia and goes across the Ben Franklin Bridge into Camden, NJ. Walk through the Rutgers Univ. campus in Camden, and along the scenic river front to the Battleship New Jersey then return to Philadelphia.

**Philadelphia - Chestnut Hill****11k/8k/5k Year Round Walk (2017/Y0302) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0238 Liberty Bell Wanderers [www.libertybellwanderers.net](http://www.libertybellwanderers.net)  
**Contact:** Jennifer Quinn, [ozzquin@aol.com](mailto:ozzquin@aol.com), (215)836-7061, 200 Glendalough Rd., Erdenhein, Pa, 19038

**Start Point:** Trolley Car Diner & Deli- 7619 Germantown Ave., Philadelphia, PA 19119 (215-753-1500). From I-76, take Exit 340A toward Lincoln Dr/Kelly Dr. Merge onto City Ave. Keep left at the fork and follow signs for Lincoln Dr. Continue on Lincoln Dr. for 3.3 mi. Left on Emlen St., continue onto Cresheim Valley Dr. Right on Germantown Ave. Start Point is on the left. NOTE: Due to limited parking, walkers are requested to use the ample free parking available on Germantown Ave. The walk box is located on a window sill, under a flat screen TV, down three steps, just to the right of the main entrance door.

**Event Info:** Mon-Sat 7am-9pm; Sun 8am-9pm. Closed Chirstmas. Walk on sidewalks along the main street passing shops, galleries, boutiques, and restaurants. Also goes along the Wissahickon Creek (Forbidden Drive) on paved/gravel surfaces with many interesting historical features. The 5k does not go along Forbidden Drive and is rated a 1B.

**Philadelphia - East****11K/5K Year Round Walk (2017/Y1278) 1/1/2017 - 12/31/2017**

Alternative Capitals, Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Parks Centennial Challenge, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Underground Railroad, United States Post Offices, Vice Presidential Walks, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the Path of Inventions, Walking the USA A - Z, You'll Never Walk Alone

**Award:** B Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0238 Liberty Bell Wanderers [www.libertybellwanderers.net](http://www.libertybellwanderers.net)  
**Contact:** Patricia Crisfulla, [pmcrisfulla@hotmail.com](mailto:pmcrisfulla@hotmail.com), (215)334-5825, 2324 S. Chadwick St, Philadelphia, PA, 19145

**Start Point:** Wyndham Philadelphia Historic District Hotel- 4th and Arch St. PA 19106 (215-923-8660). Located near the U.S. Mint and Independence Hall. From I-95 take Exit 22 onto Callowhill St., then Left on 4th St four blocks to hotel. From PA Turnpike take Exit 326 (I-76E to I-676E). Exit at 8th St, then Right to 1st light (Race St), Left to 4th St, then Right on 4th to hotel. From NJ Turnpike take Exit 4 Rt (73N to 38W). 38W to 30W to Benjamin Franklin Bridge. Cross bridge and take 1st right around a sharp "U" turn to 4th St. Right on 4th for 2.5 blocks to hotel. There is a charge for parking. Free parking is available on Sundays on certain streets.

**Event Info:** Daily, dawn to dusk. The walk goes through the historic and waterfront areas of Phila. See where the Declaration of Independence was signed by patriots of a very new government. You will pass by the house where Thomas Jefferson wrote the Declaration of Independence as well as Independence Hall, the Liberty Bell and Betsy Ross house. Walk along the Delaware River waterfront, and through the Italian Marketplace.

**Philadelphia - Schuylkill Banks****11K/6K Year Round Walk (2017/Y2082) 1/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Boardwalks, Bridges - Spanning the USA, Cities in Song, Food For Thought, Fraternal Organizations, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the Path of Inventions, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0238 Liberty Bell Wanderers [www.libertybellwanderers.net](http://www.libertybellwanderers.net)  
**Contact:** Linda Blythe, [linblythe@msn.com](mailto:linblythe@msn.com), (215)387-3370, 4433 Osage Ave., Philadelphia, PA, 19104

**Start Point:** Cose Cafe - (Main Concourse of 30th St. Station) 2955 Market St., Philadelphia 19104. (215-222-0758) By Car: From Camden, NJ area: Cross Ben Franklin Bridge to I-676. Follow signs to I-76E-Intl Airport. Take Exit 345 (30th St./Market St.) Turn Right on Arch St. and circle station to JFK Blvd. Right on JFK to available parking lots. Pay fee and walk to 30th St. Station. Once in the station, proceed to Cose Cafe located in the center of the Main Concourse. From PA Turnpike: Take the I-76 exit (Exit 328) to Exit 345. Follow directions above. From Delaware and South: Take I-95N to PA-291E (Exit 13) (To I-76W/Valley Forge). Take I-76W to Exit 345. Circle terminal counterclockwise to JFK Blvd. Follow directions above. By Train: 30th St. Station services Amtrak ([www.amtrak.com](http://www.amtrak.com)) (800-872-7245), and SEPTA Regional Rail ([www.septa.org](http://www.septa.org)) (215-580-7800) from points in Southeastern PA. When arriving by Amtrak, proceed to Cose Cafe in the Main Concourse. When arriving by SEPTA, follow the signs to the Amtrak terminal by taking the ramp on the left which leads to the Main Concourse.

**Event Info:** Daily, dawn to dusk. Walk is completely on paved surfaces through residential areas, along pedestrian walkways, and college parks. Highlights include Penn Park, Penn Museum of Archeology and Anthropology, the Phila. Art Museum, the Water Works, and a paved trail along the banks of the Schuylkill River. Enjoy beautiful views of the Phila. skyline throughout the route.

**Philadelphia - West****11K Year Round Walk (2017/Y0482) 1/1/2017 - 12/31/2017**

Alternative Capitals, Cities in Song, Food For Thought, Fraternal Organizations, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Parks Centennial Challenge, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Underground Railroad, United States Post Offices, Vice Presidential Walks, Walk the USA - Street by Street, Walking the Path of Inventions, Walking the USA A - Z, You'll Never Walk Alone

**Award:** B Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0238 Liberty Bell Wanderers [www.libertybellwanderers.net](http://www.libertybellwanderers.net)  
**Contact:** Pat Crisfulla, [pmcrisfulla@hotmail.com](mailto:pmcrisfulla@hotmail.com), (215)334-5825, 2324 S. Chadwick St, Philadelphia, PA, 19145

**Start Point:** Wyndham Philadelphia Historic District Hotel- 4th and Arch St, Philadelphia, 19106 (215-923-8660). Located near the U.S. Mint and Independence Hall. Refer to Philadelphia - East (Y1278) for directions to start location.

**Event Info:** Daily, dawn to dusk. The walk goes through the historic and cultural areas of Phila., past the grave of Benjamin Franklin, the Liberty Bell, Independence Hall (where the Declaration of Independence was signed), City Hall, and various museums including the steps of the Philadelphia Art Museum which the movie "Rocky" made famous. Also included are the five original open-space parks that were planned by William Penn in 1682.

**Philipsburg - Black Moshannon State Park****5K & 10K Seasonal Walk (2017/Y1878) 5/28/2017 - 9/5/2017**

Amphitheatres, Boardwalks, Bridges - Spanning the USA, Ice Cream Parlors

**Award:** A Award **Strollers:** Hard **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** hard **Pets:** Yes  
**Sponsor:** AVA-0726 Nittany Nomads nittanynomads.weebly.com  
**Contact:** Ann Shepherd, annofpafurnace@yahoo.com, (814)237-5759, 767 Beaver Branch Rd, Pennsylvania Furnace, PA, 16865  
**Start Point:** Park Office - 4216 Beaver Rd, Phillipsburg, PA 16866 (814) 342-5960\*\*\*\*\* From State College, take PA Route 322 W to Philipsburg, then PA Route 504 S. After entering Black Moshannon SP and crossing bridge, turn right on Beaver Rd and go 1/8 mile to the Park Office on the left. The start box is on left after entering park office.  
**Event Info:** Call Park Office for hours 814-342-5960. The 5K Trail is on hard surfaces and natural surfaces trail. The 5K Trail is suitable for wheel chairs and strollers and would be rated 1B. The 10K Trail is steeper and has more rocks and roots on the trail.

**Phoenixville - Rising from the Ashes****10K/6k Year Round Walk (2017/Y1839) 1/2/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, United States Post Offices, Walking the Path of Inventions, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes  
**Rating:** 2B **Wheelchair:** hard **Pets:** Yes  
**Sponsor:** AVA-0978 Chester County Red Rovers www.redroverswalk.org  
**Contact:** Jeanne Marie Clancy, clancygirl1@verizon.net, (484)432-8541, 230 Second Ave, Phoenixville, PA, 19460  
**Start Point:** Artisans Gallery & Cafe- 234 Bridge St., Phoenixville, PA 19460 (610-935-1965). From west: Take PA-113E to Phoenixville. When 113 turns left on Gay St., continue straight on Bridge St. The cafe will be just ahead on the right. From east: Exit PA Turnpike at Valley Forge (Exit 326). Take US-422W to the Phoenixville/Collegeville exit, then take PA-29S to Phoenixville. When 29 turns left at Starr St., continue straight on Bridge St. The cafe is in the second block on the left. Municipal parking lots are available at Bridge and Main Sts., and on Main St. behind the theater and shops -- \$1/hr.  
**Event Info:** Open 9:00am-6:00pm daily, later some days. The walk is on the sidewalks of Phoenixville as well as short distances on trails and the Schuylkill Canal tow path.

**Pottstown - Warwick County Park****10k/5k Year Round Walk (2017/Y1846) 1/2/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 3C      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0978 Chester County Red Rovers [www.redroverswalk.org](http://www.redroverswalk.org)

**Contact:** Jeanne Marie Clancy, [clancygirl1@verizon.net](mailto:clancygirl1@verizon.net), (484)432-8541, 230 Second Ave, Phoenixville, PA, 19460

**Start Point:** Warwick County Park- 382 County Park Dr., Pottstown, PA 19465 (610-469-1916). From the PA Turnpike Downingtown Exit 312: Take PA-100N to PA-23W and travel 4 miles into Knauertown. Left on County Park Dr. and follow to the park entrance on the left. From Pottstown and North: Follow PA-100S to PA-23W and travel 4 miles into Knauertown. Continue with above instructions. From West Chester, Delaware and Southeast: Take US-202N to PA-100N. Follow PA-100N to PA-23W. Left on PA 23W and continue with above instructions. The box is located in the park office.

**Event Info:** Office open Mon-Fri 8:30am-4:00pm; Sat-Sun 8:30am-3:00pm. Due to staffing issues, the Park Office may be closed on weekends - November thru March. Please be sure to call ahead. The walk is on the meadow walks, wooded trails and roads.

**Punxsutawney - Biking in the Weather Capital****24K - 48K Seasonal Bike (2017/Y0497) 4/1/2017 - 9/30/2017**

Alternative Capitals, Ice Cream Parlors, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** No

**Sponsor:** AVA-0328 Susquehanna Rovers Volksmarch Club [www.avaclubs.org/SRVC/](http://www.avaclubs.org/SRVC/)

**Contact:** Marcy Lucas, [lucas\\_mj@hotmail.com](mailto:lucas_mj@hotmail.com), (717)979-3960, 870 Bucks Valley Road, Newport, PA, 17074

**Start Point:** Mahoning East Civic Center Lobby - 301 East Mahoning St, Punxsutawney, PA 15767. For driving directions refer to Punxsutawney-Walking in the Weather Capital (Y1993). While registering, meter parking along Hampton Ave. At start point, free parking. N 40.94407 W 078.96804

**Event Info:** Open 24/7. After registering you must drive to the start. Directions will be in the box. This bike event is along the Mahoning Shadow Trail, a former railroad bed of crushed stone. The start point will be at the Skateboard Park Trail Head about the midpoint of the trail in the Borough. You will travel from Punxsutawney to several surrounding small towns. Your distance will be out and back either direction for 24K or both directions for 48K.

**Punxsutawney - Walking in the Weather Capital****5K 10K 15K Year Round Walk (2017/Y1993) 1/1/2017 - 12/31/2017**

Alternative Capitals, Amphitheatres, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Lady Liberty Special Program, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Underground Railroad, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0328 Susquehanna Rovers Volksmarch Club [www.avaclubs.org/SRVC/](http://www.avaclubs.org/SRVC/)

**Contact:** Marcy Lucas, [lucas\\_mj@hotmail.com](mailto:lucas_mj@hotmail.com), (717)979-3960, 870 Bucks Valley Road, Newport, PA, 17074

**Start Point:** Mahoning East Civic Center Lobby- 301 East Mahoning St, Punxsutawney, PA 15767. From I-80 West Exit 78 Brookville: SR 36 South to Punxsutawney. From I-80 East Exit 101 DuBois: SR 255 South, SR 219/SR 119 South thru Dubois, Stay on SR 119 South to Punxsutawney. From PA Turnpike Exit 146 Bedford: I-99/SR 220 North towards Altoona, SR 22 West to Ebensburg, SR 219 North to Carrolltown, SR 36 North to Punxsutawney. There is meter parking along Hampton Ave. N 40.94407 W 078.96804

**Event Info:** Open 24/7. The trail is comprised of three 5k loops. The first loop is through the historic parts of town on some uneven sidewalks and a grassy path. The second loop will take you up a hill to Gobblers Knob on a roadway shoulder. The third loop is along the Mahoning Shadow Rail Trail. It is recommended during inclement weather to walk the historic town loop twice and then drive up to Gobblers Knob. The roadway shoulder and rail trail may not have snow removed for walking.

**Radnor****10K/6K Year Round Walk (2017/Y0432) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Lakes and Reservoirs, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** B Award      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0238 Liberty Bell Wanderers [www.libertybellwanderers.net](http://www.libertybellwanderers.net)

**Contact:** Pat Graeber, [pgraeber17@gmail.com](mailto:pgraeber17@gmail.com), (610)287-3065, 2230 Chandler Lane, Schwenksville, PA, 19473

**Start Point:** The Radnor Hotel- 591 E Lancaster Ave, St Davids 19087 (610-688-5800) Take I-476 to Exit 13 (St. Davids/Villanova). Left at the bottom of the ramp to Rt 30 W. Radnor Hotel is a quarter of a mile on right.

**Event Info:** Daily, dawn to dusk. The trail goes through older stylish neighborhoods, onto the campus of historic Eastern University, then continues through the downtown area of Wayne passing restaurants, shops, a Tudor style hotel, and an art-deco movie theater. The trail then ends on a paved rails-to-trail lined with trees through quiet neighborhoods.

**Renovo - Clinton County****5K & 10K Seasonal Walk (2017/Y0487) 4/1/2017 - 11/1/2017**

Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Take a Walk In a City Park, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0236 York White Rose Wanderers  
[www.sites.google.com/site/yorkwhiterosewanderers](http://www.sites.google.com/site/yorkwhiterosewanderers)  
**Contact:** Lorraine Jackson, lcweaverus@yahoo.com, (717)677-6511, 1287 Shippensburg Rd, Biglerville, PA, 17307  
**Start Point:** Flaming Foliage Visitor Center- 1200 Huron Ave\*\*\*\*From Williamsport, take US-220 S. Take PA-120 W, Exit 111, towards Lock Haven. Follow PA-120 as it twists and turns through Lock Haven. Go 29 miles to Renovo. In Renovo, PA-120 is designated as Huron Ave. The Flaming Foliage Visitor Center is on the left just before the bridge over the West Branch Susquehanna River. The start box is under a bench in front of the Visitor Center and is accessible 7 x 24.  
**Event Info:** The walk is on the streets shoulders and sidewalks of Renovo and South Renovo. Come explore the railroad heritage of the town.

**Sigel - Cook Forest State Park - Bike****25K Seasonal Bike (2017/Y0587) 4/1/2017 - 9/30/2017**

Trekking With the Trees

**Award:** A Award      **Strollers:** None      **Restroom:** Yes  
**Rating:** 3C      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0328 Susquehanna Rovers Volksmarch Club [www.avacclubs.org/SRVC/](http://www.avacclubs.org/SRVC/)  
**Contact:** Marcy Lucas, lucas\_mj@hotmail.com, (717)979-3960, 870 Bucks Valley Road, Newport, Pa, 17074  
**Start Point:** Truman's Store - 103 Main St, Sigel, PA 15860. 814-752-2331 From I-80 East Exit 78 take SR 36 North 9 miles store is on the left.  
From 1-80 West Exit 73 take SR 949 North 8 miles store is on the right  
**Event Info:** Open Mon-Thr 8:30 to 6:00, Fri-Sat 8:30 to 7:00 & Sun 10:00 to 4:00. Call in September. After registering you must drive to the start. Directions will be in the box. The bike route will follow lightly traveled roads within the park and along a portion of Hefren Run Trail. The roads are dirt and the trail is a natural surface. Recommend a mountain bike for this event. Besides the event, bikes are permitted on all one-way dirt roads within the park, but not on hiking trails except the bicycle route portion of Hefren Run Trail.

**Sigel - Cook Forest State Park - Walk****5K - 10K Seasonal Walk (2017/Y0500) 4/17/2017 - 9/30/2017**

Bridges - Spanning the USA, Make a Wish at a Water Fountain, Trekking With the Trees,  
Walking the USA A - Z

**Award:** A Award **Strollers:** None **Restroom:** Yes  
**Rating:** 3C **Wheelchair:** None **Pets:** Yes  
**Sponsor:** AVA-0328 Susquehanna Rovers Volksmarch Club [www.avaclubs.org/SRVC/](http://www.avaclubs.org/SRVC/)  
**Contact:** Marcy Lucas, [lucas\\_mj@hotmail.com](mailto:lucas_mj@hotmail.com), (717)979-3960, 870 Bucks Valley Road, Newport, PA, 17074  
**Start Point:** Truman's Store - 103 Main St, Sigel, PA 15860. 814-752-2331 From I-80 East Exit 78 take SR 36 North 9 miles store is on the left. From I-80 West Exit 73 take SR 949 North 8 miles store is on the right.  
**Event Info:** START DATE DELAYED UNTIL APRIL 17 DUE TO TRAIL CLOSURES. Open Mon-Thr 8:30 to 6:00, Fri-Sat 8:30 to 7:00 & Sun 10:00 to 4:00. Call in September. After registering you must drive to the start. Directions will be in the box. The 5K trail will take you through the Forest Cathedral, an old growth forest of towering white pines and hemlocks over 300 years old. This area is a National Natural Landmark. The 10K will continue through the forest to two scenic views. The over 80 foot historic Fire Tower provides views of the area up to 15-20 miles. The Seneca Point Overlook provides views of the Clarion River Valley.

**State College****10km/5km option Year Round Walk (2017/Y0744) 1/2/2017 - 12/31/2017**

Animal Safari, Food For Thought, Make a Wish at a Water Fountain, Points of Reference,  
Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street,  
Walking the Path of Inventions

**Award:** B Award **Strollers:** Medium **Restroom:** Yes  
**Rating:** 2A **Wheelchair:** medium **Pets:** Yes  
**Sponsor:** AVA-0726 Nittany Nomads [nittanynomads.weebly.com](http://nittanynomads.weebly.com)  
**Contact:** Harvey Holter, [dharuho@gmail.com](mailto:dharuho@gmail.com), (814)826-2605, 150 E Marylyn Ave, State College, PA, 16801  
**Start Point:** Super 8 Motel- 1663 S Atherton. I-80 Exit 161, Rt 26 S to Business Rt 322, 2 miles E on left. Pittsburgh - Rt 22E to Rt 220 N to Rt 322 E on Business Rt 322. Harrisburg - Rt 322 W to Business Rt 322. Turn Right on Branch, immediate left to Super 8 motel.  
**Event Info:** Walk during daylight hours only.

**State College - Arboretum****10Km/5km option Year Round Walk (2017/Y2005) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Food For Thought, Make a Wish at a Water Fountain, Take  
a Walk In a City Park, Walking the Path of Inventions

**Award:** B Award **Strollers:** easy **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** easy **Pets:** Yes  
**Sponsor:** AVA-0726 Nittany Nomads [nittanynomads.weebly.com](http://nittanynomads.weebly.com)  
**Contact:** Harvey Holter, [dharuho@gmail.com](mailto:dharuho@gmail.com), (814)826-2605, 500 E Marylyn Ave, State College, PA, 16801  
**Start Point:** Super 8 Motel- 1663 S. Atherton Street, State College, PA. From I-80-Take Exit 161, Route 26 S to Business Rt. 322, two miles east, on left. From Pittsburgh - Rt. 22E to Rt. 220 N to Rt. 322 E on Business Rt. 322. From Harrisburg - Rt. 322 W to Business Rt. 322. Turn Right on Branch Road, immediate left to Super 8 motel.  
**Event Info:** Walk during daylight hours only. Walkers will pick up directions at start point, then drive a short distance to beginning of walk. Do either one of two 5Ks, or both 5Ks to make a 10K. Walk goes through Penn State Arboretum; several sports landmarks including Beaver Stadium, Penn State Sports Museum, and Medlar Field baseball stadium; through campus and the historic College Heights neighborhood.



**State College - Boalsburg****10km/5km option Year Round Walk (2017/Y1197) 1/2/2017 - 12/31/2017**

Boardwalks, Take a Walk In a City Park, United States Post Offices, Vice Presidential Walks

**Award:** B Award **Strollers:** hard **Restroom:** Yes

**Rating:** 2B **Wheelchair:** hard **Pets:** Yes

**Sponsor:** AVA-0726 Nittany Nomads nittanynomads.weebly.com

**Contact:** Harvey Holter, dharuho@gmail.com, (814)826-2605, 500 E Marylyn Ave, State College, PA, 16801

**Start Point:** Super 8 Motel- 1663 S. Atherton Street, State College, PA. From I-80 -Take Exit 161, Route 26 S to Business Rt. 322, two miles east, on left. From Pittsburgh - Rt. 22 E to Rt. 220 N to Rt. 322 E on Business Rt. 322. From Harrisburg - Rt. 322 W to Business Rt. 322. Turn right at the 6th light.

**Event Info:** Walk during daylight hours only. The walk is on paved walkways and bike paths through the village of Boalsburg. An alternate trail is available that avoids two-mile bike path on Route 322 and passes closer to village attractions. The bike paths are closed after heavy snows. Call ahead if in doubt. Special Events in area: Note: Traffic in and around the area will be heavy for special events, such as home football games and graduation. It will also be difficult to get accommodations at area motels. For a list of those events, send SASE to Vicky Droll, 734 McKee St., State College, PA 16803.

**Strasburg - Strasburg Railroad and Historic Town****10k/5k Year Round Walk (2017/Y0335) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Underground Railroad, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** None **Pets:** Yes

**Sponsor:** AVA-0579 Penn-Dutch Pacers Volksmarch Club www.avaclubs.org/pdp/index.html

**Contact:** Maria Roshon, Losgann10@comcast.net, (717)330-8751, PO Box 7445, Lancaster, PA, 17604

**Start Point:** Holiday Inn Express & Suites.- 1900 Historic Dr (PA-896), Strasburg, PA 17579. From US 30 in Lancaster: Travel east and turn right onto Hartman Bridge Rd (PA-896) just past Rockvale Outlets. Travel 2.4 miles and turn left onto Historic Dr (PA-896). Continue 0.5 mile to the hotel on the right. The walk box is at the front desk.

**Event Info:** Take a stroll down Main St. in Historic Strasburg and pass many historic homes, beautiful gardens and the Strasburg Creamery make sure you stop for ice cream. You'll also pass through mature neighborhoods with beautiful farmland views and will end the walk with a trip thru the Strasburg Railroad complex.

**Tunkhannock****6K and 10K Seasonal Walk (2017/Y1378) 4/1/2017 - 12/31/2017**

Honoring Our Flag, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes

**Rating:** 1B **Wheelchair:** hard **Pets:** Yes

**Sponsor:** AVA-0328 Susquehanna Rovers Volksmarch Club www.avaclubs.org/SRVC/

**Contact:** Sharon & Lester Miller, millersd@ptd.net, (717)805-9540, 390 Old Quaker Road, Etters, PA, 17319

**Start Point:** Hampton Inn - 209 East Tioga St. Tunkhannock, PA 18657, (570)996-5866. Take I-81 to Exit 170b Route 309 North onto 29 North to Tunkhannock. Right on Tioga St. to start point on the left.

**Event Info:** Open 24/7. A nice walk thru Wyoming County's county seat. Old homes, a beautiful court house and a new rail/trail.

**Valley Forge - Creek Walk****10K/5K Year Round Walk (2017/Y1559) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Cities in Song, Fraternal Organizations, Honoring Our Flag,  
National Parks Centennial Challenge, National Register of Historic Places, Treasure  
Hunt - A way to walk our precious trails, Trekking With the Trees, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0238 Liberty Bell Wanderers [www.libertybellwanderers.net](http://www.libertybellwanderers.net)

**Contact:** Sandy Beckius, [sbeckius@gmail.com](mailto:sbeckius@gmail.com), (610)489-8769, 463 Franklin Court,  
Collegeville, PA, 19426

**Start Point:** Valley Forge National Historical Park- Welcome Center- 400 North Outer Line Dr.,  
Valley Forge 19406 (610-783-1000). From the South: I-95 North to I-476 North to I-  
76 West. Continue to US 202 South (Exit 328). \*\*Exit 422 West, stay in right lane  
and exit Route 23 West; cross intersection (Route 23) into park. Short distance to  
Visitors Center. From Pa Turnpike: Exit at Valley Forge Interchange (Exit 326).  
After toll booth, stay in right lane a short distance to US 202 South. Follow  
directions (\*\*) above

**Event Info:** Daily, 9am - 4pm, closed New Years Day and Christmas Day. The surface is  
partially on a paved multi-use trail, a gravel trail along Valley Creek out to a covered  
bridge built in 1865, and a natural trail along the Schuylkill River. The walk passes  
Washington's HQ's, a tree originally planted by George Washington, and the  
Washington Memorial Chapel.

**Valley Forge - Historic****11K/8K Year Round Walk (2017/Y0288) 1/2/2017 - 12/31/2017**

Cities in Song, Honoring Our Flag, National Parks Centennial Challenge, National Register  
of Historic Places, Points of Reference, Treasure Hunt - A way to walk our precious trails,  
Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0238 Liberty Bell Wanderers [www.libertybellwanderers.net](http://www.libertybellwanderers.net)

**Contact:** Sandy Beckius, [sbeckius@gmail.com](mailto:sbeckius@gmail.com), (610)489-8769, 463 Franklin Court,  
Collegeville, PA, 19426

**Start Point:** Valley Forge National Historical Park- Welcome Center-1400 North Outer Line Dr.,  
Valley Forge 19406 (610-783-1000). Refer to Valley Forge - Creek (Y1559) for  
directions to start location.

**Event Info:** Daily, 9am-4pm, closed New Years Day and Christmas Day. The walk is mostly on  
blacktop multi-use trails in rolling countryside in the most historical part of the park.  
Passes most major memorials, log huts and Washington's HQ's.

**Valley Forge - Schuylkill River Trail (Bike)****66K Year Round Bike (2017/Y2081) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, National Parks Centennial Challenge,  
National Register of Historic Places, Take a Walk In a City Park, Walking the USA A - Z,  
You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0238 Liberty Bell Wanderers www.libertybellwanderers.net  
**Contact:** Dave Brown, ocmbreeze@aol.com, (610)906-6252, 533 Winthrop Rd., Collegeville, PA, 19426  
**Start Point:** Valley Forge National Historic Park- Welcome Center-1400 North Outer Line Dr., 19406 (610-783-1000). Refer to Valley Forge - Creek (Y1559) for directions to start location. Once in the park, proceed to the lower parking lot. Follow sign for Visitor Center Parking Lot. Bike from the parking lot to the trail head at the Betzwood Picnic Area. Directions to the trail head can be found in the box.  
**Event Info:** Daily, 9am-4pm, closed New Years Day and Christmas. Bike an out-and-back paved trail with gentle grades along the historic and scenic Schuylkill River from Valley Forge to the Philadelphia Art Museum. Distance to Phila. is 33K. Shorter distances can be found on the map in the box.

**Waterville - Tiadaghton State Forest (Lycoming County)****13 & 25K Seasonal Bike (2017/Y0162) 4/15/2017 - 9/30/2017**

Bridges - Spanning the USA, Trekking With the Trees

**Award:** B Award      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AAA-PA Keystone State Volkssport Assn. www.ksva.net  
**Contact:** Tom Jackson, thomasjackson@embarqmail.com, (717)677-6511, 1287 Shippensburg Rd, Biglerville, PA, 17307  
**Start Point:** McConnell's Country Store- 10853 PA-44, Waterville, PA 17776 (570) 753-8241 \*\*\*\*\* From Williamsport, take US-220 S for 14 miles to Exit 120, PA-44 N towards Pine Creek. Go 11 miles to Waterville and the Country Store will be on the left. Look for the Citgo gas sign.  
**Event Info:** This event is on the Pine Creek Rail Trail which is considered one of the best trails to bicycle in the state; the entire 63.4 miles of the trail from Wellsboro Junction south to Jersey Shore is sanctioned as a bike event. If you want to do an out and back bike ride on the entire length of the trail, it is possible to do a 204K ride. Trail heads are identified at www.visittiogapa.com/railtrailmap.pdf \*\*\*\*\*The start box is at the end of the hall just past the restrooms.

**Waterville - Tiadaghton State Forest (Lycoming County)****5 & 10K Seasonal Walk (2017/Y0158) 4/15/2017 - 9/30/2017**

Bridges - Spanning the USA, Trekking With the Trees

**Award:** B Award      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AAA-PA Keystone State Volkssport Assn. www.ksva.net  
**Contact:** Tom Jackson, thomasjackson@embarqmail.com, (717)677-6511, 1287 Shippensburg Rd, Biglerville, PA, 17307  
**Start Point:** McConnell's Country Store- 10853 PA-44, W \*\*\*\*\* From Williamsport, take US-220 S for 14 miles to Exit 120, PA-44 N towards Pine Creek. Go 11 miles to Waterville and the Country Store will be on the left. Look for the Citgo gas sign. Waterville, PA 17776 (570) 753-8241. \*\*\*\*\*  
**Event Info:** This event is on the Pine Creek Rail Trail. The start box is at the end of the hall just past the restrooms.

**York - Heritage Rail Trail Bike #1****13 & 34km Year Round Bike (2017/Y1768) 1/1/2017 - 12/31/2017**

Alternative Capitals, Bridges - Spanning the USA, National Register of Historic Places,  
You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** None      **Pets:** No

**Sponsor:** AVA-0236 York White Rose Wanderers  
www.sites.google.com/site/yorkwhiterosewanderers

**Contact:** Sandy and Dan Leese, dleese42499@hotmail.com, (717)741-1938, 612 Green Valley Road, York, PA, 17403

**Start Point:** Perrydell Farm Store- 90 Indian Rock Dam Rd., York, PA 17403 (717)741-3485. Refer to Heritage Rail Trail Walk #1, Y1771, for directions to start location. You will register here and drive to the start point.

**Event Info:** The walk box is on the front porch, under a bench, and is accessible at all times. Start time is dawn to dusk. Easy ride on York Heritage Rail Trail from Hanover Junction access area North to York's Colonial Courthouse and back.

**York - Heritage Rail Trail Bike #2****14K & 34K Year Round Bike (2017/Y1773) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, National Register of Historic Places, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** None      **Pets:** No

**Sponsor:** AVA-0236 York White Rose Wanderers  
www.sites.google.com/site/yorkwhiterosewanderers

**Contact:** Sandy and Dan Leese, dleese42499@hotmail.com, (717)741-1938, 612 Green Valley Road, York, PA, 17403

**Start Point:** Perrydell Farm Store- 90 Indian Rock Dam Rd., York, PA (717)741-3485. Refer to Heritage Rail Trail Walk #1, Y1771 for directions to the start location. You will register here and drive 10 miles to the start point at Hanover Junction.

**Event Info:** The walk box is on the front porch, under a bench, and is accessible at all times. Start time is dawn to dusk. Easy ride on the trail from Hanover Junction area south to the Mason Dixon line and back.

**York - Heritage Rail Trail Walk #1****5/13km Year Round Walk (2017/Y1771) 1/1/2017 - 12/31/2017**

Alternative Capitals, Bridges - Spanning the USA, National Register of Historic Places,  
You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0236 York White Rose Wanderers  
www.sites.google.com/site/yorkwhiterosewanderers

**Contact:** Sandy and Dan Leese, dleese42499@hotmail.com, (717)741-1938, 612 Green Valley Road, York, PA, 17403

**Start Point:** Perrydell Farm Store- 90 Indian Rock Dam Rd., York, PA 17403 (717)741-3485. From north or south take I-83 to exit 14, the Leaders Heights exit. Turn left off ramp if coming from south, right if coming from north, onto Leaders Heights Rd., PA 182 West. Proceed to S. George St (the road name changes to Indian Rock Dam Rd). Proceed on Indian Rock Dam Road. The Farm Store is then a half mile on the left. You will register here and drive 3 miles to the start point.

**Event Info:** The walk box is on the front porch, under a bench, and is accessible at all times. Start time dawn to dusk. . Easy walk on the York Heritage Rail Trail from Brillhart Station access area North to York's Colonial Courthouse and back. There is a port-a-john at the Brillhart Station trailhead.

**York - Heritage Rail Trail Walk #2****6/11km Year Round Walk (2017/Y1774) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, National Register of Historic Places, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0236 York White Rose Wanderers  
[www.sites.google.com/site/yorkwhiterosewanderers](http://www.sites.google.com/site/yorkwhiterosewanderers)

**Contact:** Sandy and Dan Leese, [dleese42499@hotmail.com](mailto:dleese42499@hotmail.com), (717)741-1938, 612 Green Valley Road, York, PA, 17403

**Start Point:** Perrydell Farm Store- 90 Indian Rock Dam Rd., York, PA 17403 (717)741-3485. Refer to Heritage Rail Trail walk #1, Y1771, for directions to start location. You will register here and drive 3 miles to the start point. There is a port-a-john at Brillhart Station.

**Event Info:** The walk box is on the front porch, under a bench, and is accessible at all times. Start time is dawn to dusk. There is a port-a-john at Brillhart Station. Easy walk on the York Heritage Rail Trail from Brillhart Station access area South to Glatfelters access area and back.

**York - Heritage Rail Trail Walk #3****5/10km Year Round Walk (2017/Y1770) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, National Register of Historic Places, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0236 York White Rose Wanderers  
[www.sites.google.com/site/yorkwhiterosewanderers](http://www.sites.google.com/site/yorkwhiterosewanderers)

**Contact:** Sandy and Dan Leese, [dleese42499@hotmail.com](mailto:dleese42499@hotmail.com), (717)741-1938, 612 Green Valley Road, York, PA, 17403

**Start Point:** Perrydell Farm Store- 90 Indian Rock Dam Rd., York, PA17403 (717)741-3485. Refer to Heritage Rail Trail Walk #1, Y1771, for directions to start location. You will register here and drive 10 miles to the start point.

**Event Info:** The walk box is on the front porch, under a bench, and is accessible at all times. Start time dawn to dusk. There are restrooms at the Hanover Junction train station. Easy walk on the York Heritage Rail Trail from Hanover Junction access area North to Glatfelters Station access area and back.

**York - Heritage Rail Trail Walk #4****5/14km Year Round Walk (2017/Y1772) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, National Register of Historic Places, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0236 York White Rose Wanderers  
[www.sites.google.com/site/yorkwhiterosewanderers](http://www.sites.google.com/site/yorkwhiterosewanderers)

**Contact:** Sandy and Dan Leese, [dleese42499@hotmail.com](mailto:dleese42499@hotmail.com), (717)741-1938, 612 Green Valley Road, York, PA, 17403

**Start Point:** Perrydell Farm Store- 90 Indian Rock Dam Rd, York, PA 17403 (717)741-3485. Refer to Heritage Rail Trail Walk #1, Y1771, for directions to start location. You will register here and drive 10 miles to the start point.

**Event Info:** Walk box on front porch, under bench, accessible at all times. Start time is dawn to dusk. Easy walk on the York Heritage Rail Trail from Hanover Junction access area S to Glen Rock access area and back. The 14K route passes the Glen Rock Inn (formerly a grist mill) before turning around. Both the 5K and 14K routes pass the Seitzville Mill, about 1.6K S of Hanover Junction. There are restrooms at the Hanover Junction train station.

**York - Heritage Rail Trail Walk #5****5/10km Year Round Walk (2017/Y0016) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, National Register of Historic Places, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0236 York White Rose Wanderers  
[www.sites.google.com/site/yorkwhiterosewanderers](http://www.sites.google.com/site/yorkwhiterosewanderers)

**Contact:** Sandy and Dan Leese, [dleese42499@hotmail.com](mailto:dleese42499@hotmail.com), (717)741-1938, 612 Green Valley Road, York, PA, 17403

**Start Point:** Perrydell Farm- 90 Indian Rock Dam Rd, York, PA 17403 (717)741-3485. Refer to Heritage Rail Trail Walk#1, Y1771, for directions to start location.

**Event Info:** Walk box on front porch, under bench, accessible at all times. Start time is dawn to dusk. Easy walk on the York Heritage Rail Trail through quiet rural settings and small towns from Glen Rock S to Railroad.

**York - Heritage Rail Trail Walk #6****5/10 km Year Round Walk (2017/Y1769) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, National Register of Historic Places, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0236 York White Rose Wanderers  
[www.sites.google.com/site/yorkwhiterosewanderers](http://www.sites.google.com/site/yorkwhiterosewanderers)

**Contact:** Sandy and Dan Leese, [dleese42499@hotmail.com](mailto:dleese42499@hotmail.com), (717)741-1938, 612 Green Valley Road, York, PA, 17403

**Start Point:** Perrydell Farm- 90 Indian Rock Dam Rd, York, PA 17403 (717)741-3485. Refer to Heritage Rail Trail Walk #1, Y1771, for directions to start location.

**Event Info:** Walk box on front porch, under bench, accessible at all times. Start time is dawn to dusk. Easy walk on the York Heritage Rail Trail from Railroad access area South to the Mason-Dixon Line and back.

**York - Shoehouse Walk****5 & 10K Year Round Walk (2017/Y0756) 1/1/2017 - 12/31/2017**

Alternative Capitals, Amphitheatres, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes

**Sponsor:** AVA-0236 York White Rose Wanderers  
[www.sites.google.com/site/yorkwhiterosewanderers](http://www.sites.google.com/site/yorkwhiterosewanderers)

**Contact:** Deb & Keith Choiniere, [ywrr@hotmail.com](mailto:ywrr@hotmail.com), (717)840-1129, 1696 Valley Vista Drive, York, PA, 17403

**Start Point:** York Hampton Inn- 1550 Mount Zion Rd, York, PA 17402 (717) 840-1500 From I-83: (S take EXIT 21)-(N take EXIT 21A), Rt 30 E to Mt Zion Exit, left to Mt Zion. 5/10 mile to hotel, on left. From Lancaster: Rt 30 W to Mt Zion, Rt 24 Exit, turn right at light. Hotel on left 3/10 mile.

**Event Info:** Start time is dawn to dusk. After registering at the Hampton Inn, 5K walkers must drive about 2 miles for their start location. 10K starts from hotel. The main feature of this walk is the Haines Shoe House. Built in 1948, by "Colonel" Mahlon N. Haines, known as the "Shoe Wizard of York"

**York - York Heritage Rail Trail-Northern Extension****6K, 14K Year Round Walk (2017/Y0926) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0236 York White Rose Wanderers  
[www.sites.google.com/site/yorkwhiterosewanderers](http://www.sites.google.com/site/yorkwhiterosewanderers)

**Contact:** Brenda Weirich, nbweirich@verizon.net , (717)891-1945, 300 Forge Hill Road,  
 Manchester, PA, 17345

**Start Point:** York County Parks Administrative Headquarters, John Rudy County- 400 Mundis  
 Race Road, York, PA 17406. Take PA I-83 to Exit 24, Emigsville. Travel east on  
 Church Rd (Rt. 238) approx .7 mi to junction with Rt. 181. Turn rt on Rt. 181 and go  
 .4 mi to light at Emig Rd. Turn left onto Emig Rd and go .5 mi before turning left on  
 Mundis Race Rd. Travel approx. 1 mi to Park Headquarters, which is a brownstone  
 farm house on left before the second park sign to John Rudy County Park.

**Event Info:** Start times are 8:00 am to dusk, walking only in daylight hours. Start box will be  
 under bench outside the entrance to the Administrative Headquarters and will be  
 accessible at all times. After you register, you will drive a very short distance to the  
 entrance of John Rudy County Park. Directions will be in the box. This part of the  
 Heritage Rail Trail starts in John Rudy County Park and follows the Codorus Creek  
 to a Parking lot off Rt 30. The next phase will connect it to the city of York.

**RHODE ISLAND****Bristol - July Fourth Heritage Walks****10km and 5km Seasonal Walk (2017/Y1557) 4/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Boardwalks, Bridges - Spanning the USA, Food For  
 Thought, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain,  
 National Register of Historic Places, Points of Reference, State Street Sashay, Take a  
 Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the  
 Trees, United States Post Offices, Walk the USA - Street by Street, Walking America's  
 Ports of Call, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0269 Walk 'N Mass Volkssport Club [www.walknmass.org](http://www.walknmass.org)

**Contact:** Emilia Goyette, dvaz271@verizon.net, (401)305-3373, 27 Hyde Ave., Pawtucket, RI,  
 02861

**Start Point:** Sip-N-Dip Donut Shop- 775 Hope St, Bristol, RI, 02809, 401-253-7970. Daily sunrise  
 to sunset. I-95 to Providence, RI to Rt 195 East into MA to Exit 2 (Rt 136 South).  
 RIGHT onto Rt 136 South for 5 mi to Gooding Ave. RIGHT onto Gooding Ave to end  
 at Rt 114. LEFT onto Rt 114 for less than a mile to Sip-N-Dip located on right.  
 Please park away from building on either side of lot.

**Event Info:** Route consists of two 5km loops on bikeway and paved, tree-lined streets laid out in  
 1680s. Explores architecturally interesting neighborhoods; follows country's oldest  
 continuous July 4th parade route with red, white & blue stripes painted on streets;  
 waterfront vistas along portion of scenic recreation trail. 2nd PoC: Dolores Vaz (401-  
 722-0217 or dvaz271@verizon.net).

**Newport - Scenic Cliff Walks****10km and 7km Seasonal Walk (2017/Y0729) 4/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Boardwalks, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walking America's Ports of Call, Walking the USA A - Z, You'll Never Walk Alone

**Award:** A Award **Strollers:** Hard **Restroom:** Yes  
**Rating:** 2B **Wheelchair:** NO **Pets:** Yes

**Sponsor:** AVA-0269 Walk 'N Mass Volkssport Club [www.walknmass.org](http://www.walknmass.org)

**Contact:** Verna Devine, VERNADV@yaho.com, (508)399-8512, 140 Scott Street, Attleboro, MA, 02703

**Start Point:** Newport Visitor Information Center- 23 America's Cup Ave, Newport, RI 02840, 401-845-9123. Daily 9AM-4PM. Closed Thanksgiving & Christmas. From North & Boston: Rt 95 S to I-195 E to Mass. Exit 2 Rt 136 S. \*\* Rt 136 to Rt 114 S at Roger Williams Univ. Rt 114 S becomes Broadway in Newport. RIGHT on Marlborough St to end at America's Cup Ave. At this light, Visitor Center in front of you; public parking in rear. From Providence: I-195 E to Exit 2 in Mass. (Rt 136). Follow from \*\* above. From South: Rt 95 N to Exit 3A to Rt 138 E to LEFT on Rt 1 N to Jamestown/Newport Bridge to Newport Bridge (\$4.00). Take 1st exit off Newport Bridge (Scenic Newport). RIGHT at end of ramp on Farewell St. At 2nd traffic light, RIGHT on America's Cup Ave. First brick building on right is Visitor Center; public parking in rear. Have parking ticket validated at Visitor Center counter for first 1/2

**Event Info:** Route explores Newport's history as a seafaring community & includes harbor area with many yachts; waterfront shopping district; Victorian architecture; historic sites; & renovated portion of famous Cliff Walk with magnificent ocean vistas.

**Providence - Capital****10km and 5km Year Round Walk (2017/Y1092) 1/1/2017 - 12/31/2017**

Amphitheatres, Boardwalks, Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Parks Centennial Challenge, National Register of Historic Places, State Capital, Take a Walk In a City Park, Trekking With the Trees, Walking America's Ports of Call, Walking the Path of Inventions, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** A Award **Strollers:** Hard **Restroom:** Yes  
**Rating:** 2B **Wheelchair:** NO **Pets:** Yes

**Sponsor:** AVA-0269 Walk 'N Mass Volkssport Club [www.walknmass.org](http://www.walknmass.org)

**Contact:** Mary Suchodolski, Jibba411@verizon.net, (401)829-2204, 24 Murphy Drive, Cumberland, RI, 02864

**Start Point:** Roger Williams National Memorial Visitor Center, - 282 N Main St, Providence, RI 02903; 401-521-7266, [www.nps.gov/rowi](http://www.nps.gov/rowi). Daily 9AM-4PM. Closed month of Jan 2017 for renovations, Thanksgiving & Christmas. Closed Mondays and Tuesdays in Feb. and March. Corners of N Main, Smith & Canal. PARKING: on Canal St. From North: I-95 S, Exit 23 (Charles St). RIGHT at Stop sign, 1st LEFT around to Ashburton St. Next light, RIGHT to Charles (becomes Canal St). Parking lot left, beyond 2nd traffic light. From South: I-95 N, Exit 23 (State Offices). End exit ramp, straight at light to State St. Next light, LEFT to Smith St. Cross railroad bridge, next light at Canal St, RIGHT on Canal St (one way). Stay left. Parking for Start immediately left. From East: Rt 195 W, Exit 2 (S Main St becomes N Main St). LEFT at Smith St one block. LEFT to Canal St.

**Event Info:** Paved, somewhat hilly route features restored historic homes, impressive State House, revitalized downtown including a river walk & mall with many fine restaurants. 5K includes Brown University; 10K includes Federal Hill. 2nd PoC: Dolores Vaz (401-722-0217 or [dvaz271@verizon.net](mailto:dvaz271@verizon.net)).



**SOUTH CAROLINA****Beaufort****6/10km Year Round Walk (2017/Y0327) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walking America's Ports of Call

**Award:** A Award                      **Strollers:** Medium                      **Restroom:** Yes  
**Rating:** 1A                      **Wheelchair:** NO                      **Pets:** Yes  
**Sponsor:** AVA-0046 Asheville Amblers [www.AshevilleAmblers.com](http://www.AshevilleAmblers.com)  
**Contact:** Debbie Beam, [thebeams@hargray.com](mailto:thebeams@hargray.com), (843)298-0540, 47 Stratford Drive, Bluffton, SC, 29909

**Start Point:** Quality Inn at Town Center- 2001 Boundary St Beaufort SC 29902 843-524-2144. From the North & South on I-95, take exit 33 and take US-17 North. US-17 will merge with US-21. Continue on US-2 S to Beaufort. Enter town on US-21 Business (Boundary St). At the intersection of SC-170 & US-21 (traffic light #1), continue through 2 more traffic lights. Turn left at 3rd light when you see large green sign for Quality Inn.

**Event Info:** Daily dawn-dusk. Rated 1 A. Suitable for strollers, but not wheelchairs due to steps. Walk through a classic old Southern port city with a National Cemetery, beautiful homes, a quaint downtown, and a picturesque waterfront. Site of many movies. Recognized by the National Trust for Historic Preservation as one of a "dozen distinctive destinations". "A" award available. Walkers receive 10% discount when they stay at Quality Inn at Town Center.

**Bluffton****7/10 KM Year Round Walk (2017/Y1068) 1/1/2017 - 12/31/2017**

Animal Safari, Food For Thought, Ice Cream Parlors, Points of Reference, Take a Walk In a City Park, Walking America's Ports of Call

**Award:** IVV Credit Only                      **Strollers:** Medium                      **Restroom:** Yes  
**Rating:** 1A                      **Wheelchair:** Medium                      **Pets:** Yes  
**Sponsor:** AVA-0046 Asheville Amblers [www.AshevilleAmblers.com](http://www.AshevilleAmblers.com)  
**Contact:** Debbie Beam, [thebeams@hargray.com](mailto:thebeams@hargray.com), (843)298-0540, 47 Stratford Dr, Bluffton, SC, 29909

**Start Point:** Holiday Inn Express- 35 Bluffton Rd Bluffton SC, 29910. 843-757-2002. From I-95 North or South, take SC exit 8 (Hwy 278) toward Hilton Head. Drive approx 12 miles and take right at traffic light onto Hwy 46. Take left to Kitties Crossing Shopping Center, follow signs to Holiday Inn Express.

**Event Info:** Rated 1A. You will receive driving instructions for a 1 mile drive to walk start. This is a unique walk with many aspects - quiet neighborhoods, home of one of the signers of the Declaration of Independence, a truly remarkable church, a tour of an oyster shucking factory, and a bluff overlooking the May River which gave Bluffton its name.

**Charleston - Historic****5/10km Year Round Walk (2017/Y1358) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, State Street Sashay, Take a Walk In a City Park, United States Post Offices, Vice Presidential Walks, Walking America's Ports of Call, You'll Never Walk Alone

**Award:** A Award **Strollers:** medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** NO **Pets:** Yes  
**Sponsor:** AVA-0046 Asheville Amblers [www.AshevilleAmblers.com](http://www.AshevilleAmblers.com)  
**Contact:** Bob Crosby , [charleston.yre@gmail.com](mailto:charleston.yre@gmail.com), (704)905-4931, 1858 Carolina Bay Dr , Charleston , SC, 29414

**Start Point:** Hampton Inn - Historic District- 345 Meeting St Charleston, SC 29403 843-723-4000; 800-853-8000. From I-26 or US-17 southbound, exit onto Meeting St. Go 6 blocks to hotel on right which is across street from Charleston Visitors Center. When coming from US-17 northbound, get in far right lane as 17 crosses over the Ashley River (coming to downtown). Take Lockwood exit to Calhoun St. Go left on Calhoun to Meeting. Then left on Meeting. Hotel is 2 blocks down on left (corner of Meeting & John). Parking in Visitors Center lot recommended; across John St from hotel.

**Event Info:** Daily, Dawn-Dusk. You'll be strolling on sidewalks, cobblestones and stone pathways, as you walk through this historic town. Visit the Historic District, a waterfront park, White Point Gardens, the Market area and The College of Charleston. Plan a whole day for this walk; there is too much to absorb in the normal volksmarching mode. "A" award available.

**Charleston - Magnolia Plantation****5/10km Year Round Walk (2017/Y0294) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Points of Reference, Trekking With the Trees

**Award:** B Award **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** NO **Pets:** No  
**Sponsor:** AVA-0046 Asheville Amblers [www.AshevilleAmblers.com](http://www.AshevilleAmblers.com)  
**Contact:** Bob Crosby , [charleston.yre@gmail.com](mailto:charleston.yre@gmail.com) , (704)905-4931, 1858 Carolina Bay Dr , Charleston , SC, 29414

**Start Point:** Magnolia Plantation Snack Shop- 3550 Ashley River Rd Charleston, SC 29414 800-367-3517. From US-17 (south of Charleston), take SC-61 North, approx 10 miles to Plantation entrance on right. After parking, go to Snack Shop to register.

**Event Info:** Open 365 Days a year, including all holidays; Mar-Oct 8am-5:30pm; Nov-Feb 8:30am-4:30pm. Snack bar (where Walk box is located) doesn't open until 9am. Basic fee to enter Plantation: Adult 13+ years: \$15, AAA: \$14, Child 6-12: \$10 Child under 6: Free. NO PETS. Alligators are present on portions of the walk. They normally avoid human contact. DO NOT ANNOY, CHALLENGE OR FEED THE ALLIGATORS. Tour this 50-acre garden with over 900 camellias and 250 azaleas, plus hundreds of other flowering species year round. Walk through the Audubon Swamp Garden and see a typical black water cypress and tupelo swamp, complete with gators. See myriad of shore birds along banks of Ashley River.

**Charleston - Ravenel Bridge****6/12KM Year Round Walk (2017/Y1348) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Points of Reference, Walking America's Ports of Call, You'll Never Walk Alone

**Award:** B Award **Strollers:** Medium **Restroom:** Yes

**Rating:** 2A **Wheelchair:** Medium **Pets:** No

**Sponsor:** AVA-0046 Asheville Amblers [www.AshevilleAmblers.com](http://www.AshevilleAmblers.com)

**Contact:** Bob Crosby, [charleston.yre@gmail.com](mailto:charleston.yre@gmail.com), (704)905-4931, 1858 Carolina Bay Dr., Charleston, SC, 29414

**Start Point:** Hampton Inn-Charleston Historic District- 345 Meeting St Charleston, SC 29403. 843-723-4000; 800-853-8000. From I-26 or US 17 southbound, exit onto Meeting ST. Go 6 blocks to hotel on right, across the street from the Charleston Visitors Center. When coming from US 17 northbound, get in the far right lane as US 17 crosses over the Ashley River (coming to downtown). Take the Lockwood Dr exit to Calhoun St. Go left on Calhoun to Meeting St, then left on Meeting. The hotel is 2 blocks down on left at the corner of Meeting & John St. Parking in the Visitors Center lot is recommended; across John from hotel. Driving Directions to walk Start Point provided.

**Event Info:** Rated 2A. You will receive driving instructions at Registration, then drive a short distance to Walk Start Point. Suitable for strollers, but not wheelchairs. NO PETS ALLOWED ON BRIDGE. Stroll on sidewalks and across the Ravenel Bridge on a dedicated walkway. Spectacular views of Charleston and the water front, Mount Pleasant, Fort Sumter and the ships at Patriots Point. Bridge crosses a marsh and the Cooper River. 5KM goes to mid point of bridge.

**Clemson - Botanical Garden****5/10K Year Round Walk (2017/Y2067) 1/3/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, State Street Sashay, Trekking With the Trees, Walking the Path of Inventions, Walking the USA A - Z

**Award:** B Award **Strollers:** NO **Restroom:** Yes

**Rating:** 1B **Wheelchair:** NO **Pets:** No

**Sponsor:** AVA-0962 The Upstate Pathfinders [www.upstatepathfinders.com](http://www.upstatepathfinders.com)

**Contact:** Richard Klimaszewski, [Raklimaszewski@aol.com](mailto:Raklimaszewski@aol.com), (614)425-5074, PO Box 2065, Anderson, SC, 29622

**Start Point:** Clemson Fire Department- 1521 Perimeter Rd., Clemson SC 29634. 864-656-2242.

**Event Info:** The Clemson Botanical Garden has over 295 acres of paths and trails. The garden is an absolute wonderland of cultivated landscapes and natural woodlands. Spend a morning or a whole day discovering the many gardens with beautiful sculptures. The duck pond is a nice peaceful place to take a short respite to watch the coy gently swimming and the plethora of turtles vying for tanning space on their mock island. Stroll through the different habitats of forests, meadows, ponds and formal gardens. History buffs will enjoy the Hanover House and the Hunt Family Cabin and geology enthusiasts may want to visit the Bob Campbell Geology Museum (open Wed- Sun) at the start point. The walk includes both paved surfaces and woodland trails. It is not a difficult walk but is not recommended for wheelchairs and/or strollers. The real difficulty will be the decision to leave; this is a wonderful place to take a walk. Dusk-Dawn

**Clemson - University Campus****5/10K Year Round Walk (2017/Y2066) 1/1/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, State Street Sashay, Take a Walk In a City Park, United States Post Offices, Walking the Path of Inventions

**Award:** B Award

**Strollers:** Hard

**Restroom:** Yes

**Rating:** 2A

**Wheelchair:** Hard

**Pets:** Yes

**Sponsor:** AVA-0962 The Upstate Pathfinders [www.upstatepathfinders.com](http://www.upstatepathfinders.com)

**Contact:** Richard Klimaszewski, [Raklimaszewski@aol.com](mailto:Raklimaszewski@aol.com), (614)425-5074, PO Box 2065, Anderson, SC, 29622

**Start Point:** Clemson Fire Department, 1521 Perimeter rd., Clemson, SC 29634- See Clemson's Botanical Garden YRE for driving directions to Start Point.

**Event Info:** Clemson is a University steeped in history and traditions and during semesters, up to 17,000 students call Clemson University home. School pride is very evident at this University where almost everyone it seems is wearing orange or purple. Stroll past Clemson Memorial Stadium which is commonly known as Death Valley where 80,000 people come to cheer on their favorite team. And don't forget to make time to stop by the Hendrix Student Center (M-F opens at 10:30 and Sat. Sun. at 11: am, closed during summer break), which features Clemson's famous ice-cream and blue cheese, made right here on campus. Southern Living magazine describes Clemson's vanilla ice cream as the "the standard by which the rest of the world's is judged." . This is a beautiful campus in all seasons, a not to be missed treat. Note: College Football days may not be the best day to enjoy a walk at Clemson University as you would need to park a considerable distance from the start point due to game day traffic. Enjoy your walk on this schools picturesque, 17,000 acre tree-lined campus sitting on the shores of Lake Hartwell in Northwest South Carolina. Clemson College originally opened its doors as a military college in 1892 and its military history is very evident on campus.

**Columbia - Capital****5/10km Year Round Walk (2017/Y0598) 1/1/2017 - 12/31/2017**

Amphitheatres, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, State Capital, Take a Walk In a City Park, You'll Never Walk Alone

**Award:** A Award

**Strollers:** Medium

**Restroom:** Yes

**Rating:** 2A

**Wheelchair:** Medium

**Pets:** Yes

**Sponsor:** AVA-0046 Asheville Amblers [www.AshevilleAmblers.com](http://www.AshevilleAmblers.com)

**Contact:** Pat Mahaney, [wandererpa@aol.com](mailto:wandererpa@aol.com), (803)783-3781, 3976 Leesburg Road, Lot #7, Hopkins, SC, 29061

**Start Point:** Columbia Convention Center & Visitor Center- 1101 Lincoln St 29223, Columbia SC 29223. 800-264-4884. FROM I-26, take I-126 (downtown Columbia) to exit for Huger. Take Huger to Gervais. Left on Gervais to Lincoln. Right 1 block on Lincoln to VC. FROM: I-20 or I-77 take SC-277 (becomes Bull Street) to Elmwood Ave. Right on Elmwood to Assembly (3rd light). Left on Assembly to Senate (9 blocks). Right on Senate to Lincoln (2 blocks) and turn left on Lincoln. The Columbia Convention Center is on the right as you turn down Lincoln. PARKING: Turn right at the end of the building and right again into the parking lot. Go thru side door and up the escalator, straight to end of hall. Visitor Center is on left. ALT START POINT: Hampton Inn: 822 Gervais St 29223 803-231-2000 [www.hamptoninnncolumbia.com](http://www.hamptoninnncolumbia.com) From Huger and Gervais, turn right onto Lincoln. Hampton Inn parking lot is almost immediately on your right. From Senate, turn right onto Lincoln and Hampton Inn parking lot is first left. NOTE: The Visitor Center start point expects to move in 2017 to a location to be determined. We will update on AVA.org as soon as new date and location are known.

**Event Info:** M-F 8:30am-5pm, Sat & Sun-Closed. VC is closed major holidays. Alt SP-Hampton Inn. Dawn to Dusk. Rated 2A. Suitable for strollers and wheelchairs. The walk takes you through the USC campus and the historical section of Columbia and around the State House grounds. See the Governor's Mansion, stroll along manmade waterfalls in a scenic park and through a memorial park honoring South Carolina servicemen. A nice urban walk. Walking the streets of Columbia is like following the footsteps of history. "A" and "B" awards available.

**Columbia - River Walk****5/10K Year Round Walk (2017/Y0494) 1/3/2017 - 12/31/2017**

Amphitheatres, Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, State Capital, State Street Sashay, Trekking With the Trees, Walking the Path of Inventions, Walking the USA  
A - Z

**Award:** B Award**Strollers:** medium**Restroom:** Yes**Rating:** 2A**Wheelchair:** medium**Pets:** Yes**Sponsor:** AVA-0962 The Upstate Pathfinders [www.upstatepathfinders.com](http://www.upstatepathfinders.com)**Contact:** Virginia Hart, vahart1022@gmail.com, (843)340-2980, PO Box 5450 , Columbia, SC, 29250

**Start Point:** SpringHill Suites by Marriott - Columbia Downtown/The Vista 511 Lady St., Columbia SC, 29201. (803)978-2333, (803)978-2333.- From Greenville, SC. Take I-385 S. I-385 becomes I-26 E. Keep left to take I-126 E/US-76 E via EXIT 108B toward Downtown Columbia. Take the Huger St exit. Stay straight to go onto Huger St/US-21 S/US-321 S/US-176 S. Turn left on Lady St. Destination on the left.

**Event Info:** If you are planning a day trip or a whole weekend to this Capitol City , you must include our River Walk in your plans. This is a royal gem of a walk. The walk is primarily on eight foot concrete walkways or boardwalk paths along the pristine Congaree River. There are plenty of benches along the way in the event you just want to catch your breath and drink in the magnificent scenery. There are also plenty of public restrooms, drinking fountains and parking. The architecture and infrastructure surrounding the pathways and the river are awe inspiring. You can walk through history in a still functioning, 122 year old lock that was constructed in 1891 that still controls the flow of the river. This piece of working history will not be missed as the walk goes right through it. You can view natural wonders, and man made excellence all the while walking through South Carolina's wildlife habitats. After your walk, there are many great restaurants along Gervais Street to stop in for a bite to eat. Most of these are in view of the State Capitol. If you are going to walk any walk in this city, this is the one to pick if you are looking to escape into beautiful vistas and working history. This walk is suitable for wheelchairs and strollers. Dusk to Dawn

**Georgetown - Historic Georgetown****SC Year Round Walk (2017/Y0038) 1/3/2017 - 12/31/2017**

Amphitheatres, Boardwalks, Bridges - Spanning the USA, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, State Street Sashay, Take a Walk In a City Park, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes

**Sponsor:** AVA-0962 The Upstate Pathfinders [www.upstatepathfinders.com](http://www.upstatepathfinders.com)

**Contact:** Robert McDaniel, [mcdanielr99@yahoo.com](mailto:mcdanielr99@yahoo.com), (864)505-5051, 525 CRANE AVE, GREENVILLE, SC, 29617

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) - START: Visitor's Center, 531 Front St., Georgetown, SC, 29440- REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user. ...

**Event Info:** Historic Georgetown is South Carolina's best kept secret! It is the third oldest city in the state. A small southern coastal town filled with charm, history and personality. A picturesque, quaint waterfront community located between Myrtle Beach and Charleston. Take some time and check out the city's events calendar and schedule your walk so that you can partake in the activities. Dont forget to bring your camera to capture some of the best photographic opportunities in the South. You will be pleasantly surprised. So come on down Y'all!

**Greenville****6/11km Year Round Walk (2017/Y0227) 1/1/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, You'll Never Walk Alone

**Award:** A Award      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0046 Asheville Amblers [www.AshevilleAmblers.com](http://www.AshevilleAmblers.com)

**Contact:** Perry Rawson, [hchs59@gmail.com](mailto:hchs59@gmail.com), (828)698-6760, 152 Mill Pond Way, Hendersonville, NC, 28791

**Start Point:** The Westin Poinsett Hotel-(Joel's Java Coffee Shop)- 120 S Main St Greenville, SC 29601 864-421-9700. Coffee Shop is in front of the Westin Poinsett Hotel. Coming in on I-85 from Charlotte or Atlanta take Exit 51C. (From Columbia, just stay on I-385). Everyone travel to 3rd traffic light, turn left onto N Main St and go 4 traffic lights. Coffee shop on right. FROM I-26 in NC, take Exit 54 onto Hwy-25 S to 276 E (27.5 miles). Stay on 276 East (7 miles) until it makes a left turn (Don't turn). Go straight 1 block, then turn left onto SC-183 (Buncombe Hwy), go to the 5th traffic light. Turn right on N Main St. and go through 3rd traffic light. Coffee shop on right. Parking is available in garage behind the hotel,

**Event Info:** Mon-Sat 7am-3pm, Sun 8am-1pm. May vary seasonally; call ahead to confirm. Closed on Major Holidays. Rated 2A. Beautiful walk through Falls Park with spectacular falls and along the Reedy River. Pass the site of the "Swamp Rabbit" railroad, the Zoo, Cleveland Park, Statue of Shoeless Joe Jackson, and Liberty Bridge. Search for the "Mice of Main St", 9 bronze mice that are placed discretely (some would say hidden) along the sidewalk, on both sides of Main St. "A" award available.

**Greenville - City Parks****5/10k Year Round Walk (2017/Y0232) 1/3/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Food For Thought, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, State Street Sashay, Take a Walk In a City Park, Walking the USA A - Z

**Award:** B Award **Strollers:** medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0962 The Upstate Pathfinders [www.upstatepathfinders.com](http://www.upstatepathfinders.com)

**Contact:** Robert McDaniel, [mcdanielr99@yahoo.com](mailto:mcdanielr99@yahoo.com), (864)505-5051, 525 Crane Avenue, Greenville, SC, 29617

**Start Point:** Starbucks, 550 S. Main St., Greenville, SC 29601  
- See the Historic Greenville YRE for driving direction to Start Point.

**Event Info:** Experience the breathtaking views and southern charm at its finest. Greenville is known for its award winning art in public places. Stroll along the Swamp Rabbit Trail as it winds through numerous parks along the Reedy River. Pass through some historic neighborhoods and visit a Civil War site.

**Greenville - Furman University Campus****5/10K Year Round Walk (2017/Y0688) 1/3/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Food For Thought, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, State Street Sashay, Take a Walk In a City Park, Walking the USA A - Z

**Award:** B Award **Strollers:** medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** medium **Pets:** Yes

**Sponsor:** AVA-0962 The Upstate Pathfinders [www.upstatepathfinders.com](http://www.upstatepathfinders.com)

**Contact:** Dave Beisser, [Beisser89@aol.com](mailto:Beisser89@aol.com), (864)610-0675, 114 NewKirk Way, Travelers Rest, SC, 29690

**Start Point:** Hampton Inn Greenville/Travelers Rest, 593 Roe Center Ct, Travelers Rest, South Carolina 29690-1856, US Tel. 888-347-2319- See Travelers Rest YRE for driving directions.

**Event Info:** Furman University's walk is on its 750 acre campus with miles of walking paths through its almost 200 year old campus. It has a beautiful lake with graceful swans swimming peacefully while people of all ages and athletic abilities stroll around it. A replica of the cabin that Henry David Thoreau lived in while writing his masterpiece, Walden, is by the lake. The campus also has an amphitheater that hosts music performances and movies for students and locals alike. You will enjoy the beautiful landscaping, the Buddhist temple above the Asia garden, the rose garden, reflection ponds and several breathtaking fountains. And, you will also experience a part of the Swamp Rabbit Trail which connects the beautiful town of Travelers Rest with Greenville. Don't miss this treasure of the South! Furman University's walk is on its 750 acre campus with miles of walking paths through its campus. Furman University was founded in 1826 and relocated to the current location in 1958. It has a beautiful lake with graceful swans swimming peacefully while people of all ages and athletic abilities stroll around it.



**Greenville - Historic****5/10km Year Round Walk (2017/Y2062) 1/1/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Food For Thought, Ice Cream Parlors, Make a Wish at a Water Fountain, National Parks Centennial Challenge, State Street Sashay, Take a Walk In a City Park, United States Post Offices

**Award:** B Award **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0962 The Upstate Pathfinders [www.upstatepathfinders.com](http://www.upstatepathfinders.com)

**Contact:** Robert McDaniel, [mcdanielr99@yahoo.com](mailto:mcdanielr99@yahoo.com), (864)505-5051, 525 Crane Avenue, Greenville, SC, 29617

**Start Point:** Starbucks - 550 S. Main St., Greenville SC 29601 (864)240-6299- 550 S. Main St., Greenville SC 29601 (864)240-6299.

**Event Info:** Enjoy the diversity of downtown Greenville with its vibrant mix of classic and modern architecture. The Reedy River tumbling over the falls in our award winning Falls Park to the tranquil Hampton Pinckney neighborhoods, which showcases some of Greenville's oldest homes. Our pedestrian friendly Main Street is a delight to stroll down with its many shops, restaurants and art galleries. You can also enjoy a unique scavenger hunt looking for (9) nine bronze mice, inspired by the childhood favorite book, Goodnight Moon. In the heart of the Historic West End is Fluor Field, home of the Boston Red Sox's A-affiliated team Greenville Drive. The outfield is a replica of Boston's Fenway Park including the Green Monster, a manual scoreboard and even a Pesky's Pole in right field..

**Greenville - Paris Mountain State Park****5/10K Year Round Walk (2017/Y1535) 1/3/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Make a Wish at a Water Fountain, National Parks Centennial Challenge, National Register of Historic Places, Points of Reference, State Street Sashay, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Walking the USA A - Z

**Award:** B Award **Strollers:** None **Restroom:** Yes  
**Rating:** 2C **Wheelchair:** None **Pets:** Yes

**Sponsor:** AVA-0962 The Upstate Pathfinders [www.upstatepathfinders.com](http://www.upstatepathfinders.com)

**Contact:** Robert McDaniel, [mcdanielr99@yahoo.com](mailto:mcdanielr99@yahoo.com), (864)505-5051, 525 Crane Avenue, Greenville, SC, 29617

**Start Point:** Piedmont Park Fire Department- 2119 State Park Road, Greenville, SC 29609-1607. REGISTRATION is at the Piedmont Park Fire Department. START POINT is a short drive.

**Event Info:** This gorgeous 1,540 acre park is located at the back door to Greenville, nestled in the forested foothills of the Blue Ridge Mountains. Its summits offer stunning views of the valley and city below. The walk is almost entirely on dirt paths/trails and the terrain is not suitable for wheelchairs or strollers as it is a bit uneven in many places. Restrooms are available at the start/finish point only. You will need to carry water and insect repellent is recommended in warm weather. This trail is not a typical a "walk in the park" on paved streets with manicured lawns, but this gem in Greenville should not be missed for the nature enthusiasts. Paris Mountain is home to a vast array of wildlife, majestic trees and spectacular vistas. The park is listed on the National Register of historic places. A number of the park buildings were built by the CCC in the 1930's during the great depression and are a great place to picnic after a nice walk in one of South Carolina's best parks

**Hilton Head****5/10 KM Year Round Walk (2017/Y1013) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Ice Cream Parlors, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Trekking With the Trees

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0046 Asheville Amblers [www.AshevilleAmblers.com](http://www.AshevilleAmblers.com)

**Contact:** Debbie Beam, [thebeams@hargray.com](mailto:thebeams@hargray.com), (843)298-0540, 47 Stratford Dr, Bluffton, SC, 29909

**Start Point:** Holiday Inn Express- 35 Bluffton Rd, Bluffton, SC 29910, 843-757-2002. From I-95 north or south, take SC exit 8 (Hwy 278) toward Hilton Head. Drive approx 12 miles and then take right at traffic light onto Hwy-46. Take next left into Kitties Crossing Shopping Center, and follow signs to Holiday Inn Express.

**Event Info:** Daily, dawn to dusk. Rated 1B. You will receive driving instructions at registration and drive approximately 14 miles to walk start. Enjoy the sound of the surf and seabirds as you walk along a pristine beach. Stroll through exquisite neighborhoods, along shaded paths/walkways/bridges sheltered from busy streets. Enjoy a rest at a quaint little park with refreshing water features, or on swings overlooking the beach. Fantastic shopping and eating along the way. Beach sand will create difficulty for wheelchairs and strollers.

**Hilton Head/Pinckney Island****5/10 KM Year Round Walk (2017/Y1260) 1/1/2017 - 12/31/2017**

Animal Safari, Points of Reference, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** hard      **Pets:** No

**Sponsor:** AVA-0046 Asheville Amblers [www.AshevilleAmblers.com](http://www.AshevilleAmblers.com)

**Contact:** Debbie Beam, [thebeams@hargray.com](mailto:thebeams@hargray.com), (843)298-0540, 47 Stratford Dr, Bluffton, SC, 29909

**Start Point:** Holiday Inn Express Bluffton- 35 Bluffton Rd, Bluffton, SC 29910, 843-757-2002. From I-95 north or south, take SC exit 8 (Hwy 278), towards Hilton Head. Drive approx 12 miles, and take a right at traffic light onto Hwy-46. Take next left into Kitties Crossing Shopping Center, and follow signs to Holiday Inn Express.

**Event Info:** Daily-dawn to dusk. Rated 1A. You will receive driving instructions at registration. Drive approximately 6 mile to walk start. Take a restful walk in the woods along shaded lanes in the Pinckney Island Wildlife Refuge. Pass by open areas where flocks of Ibis, endangered Wood Storks and Egrets abound. In Spring and Fall, it is also a favorite stopping-off point for warblers and other migratory birds. An ideal walk for "birders" or for those who just enjoy a peaceful, serene walk in the woods. You may even glimpse the elusive Roseate Spoonbill.

**Myrtle Beach - Myrtle Beach Market Common Volksmarch****5/10km Year Round Walk (2017/Y1578) 1/1/2017 - 12/31/2017****Award:** IVV Credit Only**Strollers:** easy**Restroom:** Yes**Rating:** 1A**Wheelchair:** easy**Pets:** Yes**Sponsor:** AVA-0217 Rowan Roamers [www.rowanroamers.org/](http://www.rowanroamers.org/)**Contact:** Don Webb - Kathy Tinius, ktinius@yahoo.com donaldwebb@yahoo.com, (843)238-1548, 657 Hemlock Ave, Myrtle Beach, SC, 29577**Start Point:** YOGA IN COMMON

The Market Common

3062 Deville St

Myrtle Beach, SC 29577- From the North, take either 17 Business or 17 Bypass South through Myrtle Beach until just south of the airport. From 17 Bypass, take the Farrow Parkway exit towards the Market Common, turn left onto Farrow Parkway. Follow Farrow Parkway to the Market Common, turn left at the light at Nevers Street. Turn left onto Deville Street (you'll see Yoga in Common on your right at the corner) and then turn right into the Deville Parking Garage. From 17 Business, watch for the Market Common sign and turn right onto Farrow Parkway, turn right at the light at Howard Street, turn right at Nevers Street. Turn left onto Deville Street (you'll see Yoga in Common on your right at the corner) and then turn right into the Deville Parking Garage.

From the South, take either 17 Business or 17 Bypass North. From 17 Bypass, take the Farrow Parkway exit towards the Market Common, turn right onto Farrow Parkway. Follow Farrow Parkway to the Market Common, turn left at the light at Nevers Street. Turn left onto Deville Street (you'll see Yoga in Common on your right at the corner) and then turn right into the Deville Parking Garage. From 17 Business, you will pass the Myrtle Beach State Park on your right, watch for the large Market Common sign and turn left onto Farrow Parkway, turn right at the light at Howard Street, turn right at Nevers Street. Turn left onto Deville Street (you'll see Yoga in Common on your right at the corner) and then turn right into the Deville Parking Garage.

From inland, and to avoid tourist traffic, take 544 from Conway; after you pass over the intracoastal waterway, take the first right/exit at the Habitat for Humanity ReStore; at the light next to the gas station, turn right onto 707. Follow 707 through Socastee to the light at 17 Bypass (large overpass); continue straight under the overpass, 707 will become Farrow Parkway. Follow Farrow Parkway to the Market Common, turn left at the light at Nevers Street. Turn left onto Deville Street (you'll see Yoga in Common on your right at the corner) and then turn right into the Deville Parking Garage.

A public bathroom is available at the Deville Parking Garage (at the exit onto Deville Street). From the garage, turn left down Deville Street and look for Yoga in Common at the corner of Deville and Nevers Streets.

**Event Info:** Mon-Fri 9-7; Sat-Sun 9-6. Enter Yoga In Common and ask for the Volksmarch Box which should be stored behind checkout area. Trails are on sidewalks and paved hiker-biker trails; all trails suitable for wheelchairs and strollers. Leashed dogs are welcome, please pick up after your dog and trash cans are available on the trails. Trails are not along the beach but are through residential areas, along lakes within the residential areas, along the lake at Grand Park, beside Savannahs Park, passing the City of Myrtle Beach ballparks, and through the streets of the Market Common.

**Pickens - Doodle Trail****5/10K Year Round Walk (2017/Y0046) 1/3/2017 - 12/31/2017**

Bridges - Spanning the USA, State Street Sashay, Treasure Hunt - A way to walk our precious trails

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0962 The Upstate Pathfinders www.upstatepathfinders.com  
**Contact:** Robert McDaniel, mcdanielr99@yahoo.com, (864)505-5051, 525 Crane Avenue, Greenville, SC, 29617

**Start Point:** Pickens' Fire Department- 302 Johnson Street, Pickens, SC 29671

**Event Info:** Part of the Rails-to-Trails conversion, the portion of the railway between Pickens and Easley, SC became operational in 1898. Local residents nicknamed the railroad the Pickens Doodle line, because the freight engine could not be turned around and had to run backwards, looking like a doodlebug. Sleepy little southern towns with great pastoral views. Country settings and old homes line the trail. Lots of renovations and additions to be added at a later date.

**Pickens SC - Doodle Bike Trail 10/13/26k****South Carolina Year Round Bike (2017/Y0041) 1/3/2017 - 12/31/2017**

Bridges - Spanning the USA, State Street Sashay, Treasure Hunt - A way to walk our precious trails

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0962 The Upstate Pathfinders www.upstatepathfinders.com  
**Contact:** Robert McDaniel, mcdanielr99@yahoo.com, (864)505-5051, 525 Crane Avenue, Greenville, SC, 29617

**Start Point:** Pickens' Fire Department- 302 Johnson Street, Pickens SC 29671

**Event Info:** Part of the Rails-to-Trails conversion, the portion of the railway between Pickens and Easley, SC became operational in 1898. Local residents nicknamed the railroad the Pickens Doodle line, because the freight engine could not be turned around and had to run backwards, looking like a doodlebug. Sleepy little southern towns with great pastoral views. Country settings and old homes line the trail. Lots of renovations and additions to be added at a later date. Great for an uninterrupted bike ride.

**Spartanburg****6/9/12KM Year Round Walk (2017/Y0582) 1/1/2017 - 12/31/2017**

Amphitheatres, Honoring Our Flag, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Water Towers, You'll Never Walk Alone

**Award:** A Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0046 Asheville Amblers www.AshevilleAmblers.com  
**Contact:** Margaret Suits, hchs59@gmail.com, (864)583-3540, 316 Sundance Way, Spartanburg, SC, 29302

**Start Point:** YMCA of Greater Spartanburg- 151 Ribault, Spartanburg, SC 29302 864-585-0306 From I-26 or I-85, turn onto Business 85 to exit 5A, turn toward Spartanburg on I-585/US 176 (becomes Pine). Go approx 4 miles on Pine, crossing Main, and then right on Ribault (unmarked). YMCA is on the left. If using GPS, use address of 266 S Pine.

**Event Info:** M-F 5am-9pm, Sat 7am-7pm, Sun 1-6pm. Closed Christmas, Thanksgiving and Easter. Rated 2A. Not suitable for wheelchairs and difficult for strollers. Delightful walk through picturesque Piedmont town called "Sparkle City" for its many beautiful fountains. Walk includes Converse and Wofford Colleges and Liberty Park. Tree lined neighborhoods, fine homes and a vibrant downtown are also on the walk. During pre-season, see the NFL's Carolina Panthers in their training camp. "A" & "B" awards available.

**Travelers Rest****6/11K Year Round Walk (2017/Y0578) 1/1/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, State Street Sashay, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, United States Post Offices, Walking the USA A - Z

**Award:** B Award **Strollers:** medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** medium **Pets:** Yes

**Sponsor:** AVA-0962 The Upstate Pathfinders [www.upstatepathfinders.com](http://www.upstatepathfinders.com)

**Contact:** Dave Beisser, Beisser89@aol.com, (864)610-0675, 114 NewKirk Way , Traverlers Rest, SC, 29690

**Start Point:** Hampton Inn, 593 Roe Center Ct, Travelers Rest, South Carolina 29690-1856, US Tel. 888-347-2319- From Greenville take US 276 (Poinsette Hwy) north to merge left continue to US276 S. Main St. Right at Roe Center Ct., after overpass. Destination on the right.

**Event Info:** Whether you crave the outdoors, or just a quiet repose, we invite you to enjoy both on this tranquil walk in Travelers Rest! Travelers Rest sits at the foot of the Blue Ridge Mountains. The town has a unique variety of antique and specialty shops. However the one thing they are most proud of is their connection to the Swamp Rabbit Trail. The Swamp Rabbit Trail connects the city of Greenville to tranquil Travelers Rest to the north. This walk is primarily on the trail which is closed to all motorized vehicles. It is a paved path through downtown Travelers Rest to Furman University to the south. It briefly loops off the trail onto Furman University capturing a small glimpse of the campus then back to the SRT and returning back to start point

**Travelers Rest****25/32 KM Year Round Bike (2017/Y1680) 1/2/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, United States Post Offices, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** NO **Restroom:** Yes

**Rating:** 1A **Wheelchair:** NO **Pets:** No

**Sponsor:** AVA-0046 Asheville Amblers [www.AshevilleAmblers.com](http://www.AshevilleAmblers.com)

**Contact:** Perry Rawson, hchs59@gmail.com, (828)698-6760, 152 Mill Pond Way, Hendersonville, NC, 28791

**Start Point:** Sunrift Adventures- 1 Center St, Travelers Rest, SC 29690 864-834-3019. From Asheville: Take I-26 S, take exit 54, and merge right onto US-25. Go approx 25 miles and turn right on SC-276 (North Pointsett). Stay right at Y with S Pointsett. Sunrift Adventures will be at the corner of N Pointsett and S Main St. Park behind building. From Charlotte: take I-85 S, to exit 66 (US 29 S/E). Right on US-29, for 18 miles then right on SC-291N (N Pleasantburg) for 3 miles. Right on SC-253 (Paris Mountain Rd). Right on SC-276 (N Pointsett) for 6 miles. Start Point on right. Turn right at traffic light just before store, left to park behind building.

**Event Info:** M-F 10am-7pm, Sat 9am-6pm, Sun 1pm-6pm. Rated 1A. Bike rentals available at Start Point - call ahead. Route goes from Travelers Rest to Greenville, SC along the old Swamp Rabbit railroad. 32KM goes to Reedy River Park with its spectacular suspension bridge and water falls. Lots of dining and shopping opportunities in downtown Greenville.

**SOUTH DAKOTA****Angostura - Angostura Recreation Area****5k/10k Seasonal Walk (2017/Y0182) 4/1/2017 - 9/30/2017**

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0274 Black Hills Volkssport Assn. www.bhva.org  
**Contact:** Beth Hendricks, Walkusa@rushmore.com, (605)381-5176, 1031 Park Hill Dr, Rapid City, SD, 57701  
**Start Point:** Park Office/Welcome Center- Highway 79 south from Rapid City (50 miles). After Maverick Junction, go 3 miles to brown sign on the right. Go 3 mile to registration.  
**Event Info:** SD State Park Pass is required

**Badlands - Badlands National Park****5K -11K Seasonal Walk (2017/Y1257) 5/1/2017 - 9/30/2017**

Boardwalks, National Parks Centennial Challenge

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 3C      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0274 Black Hills Volkssport Assn. www.bhva.org  
**Contact:** Beth Hendricks, walkusa@rushmore.com, (605)381-5176, 1031 Park Hill Dr., Rapid City, SD, 57701  
**Start Point:** Badlands Trading Post (Registration)- 21290 SD Hwy 240. From I-90 take Exit 131. Trading post is on the corner inside the convenience store. Directions to start point: Drive south about 8 miles to Windows Trail Area.  
**Event Info:** 5K - First part of Castle Trail. 11K - Continue on Castle Trail to intersection of Medicine Root Trail. Return on first part of Castle Trail.

**Brookings - University Stroll****5K/10K Seasonal Walk (2017/Y0018) 4/1/2017 - 10/31/2017**

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, State Street Sashay, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking the Path of Inventions, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0160 Prairie Wanderers Volkssport Club www.AVAClubs.org/prairiewanderers  
**Contact:** Gary Lofswold, GEL\_601@hotmail.com, (757)508-2537, 2909 E. Fieldstone Place, Sioux Falls, SD, 57108  
**Start Point:** Brookings Hospital - 300 22nd Avenue From I-29 take exit 132 West onto Hwy 14 (6th Street) to 22nd Avenue. Turn left 3 blocks to hospital on left side of 22nd Ave at 3rd Street. Coming from the West, stay on Hwy 14 going east to 22nd Ave. Then right 3 blocks to the start.  
**Event Info:** Walk only during daylight hours. Walk is on city sidewalks and recreation trails. Goes past McCrory Gardens and through historic downtown Brookings and the South Dakota State University Campus. Passes by "The Children's Museum" with animated "Mamma Rex" in the backyard. Quiet residential neighborhoods.

**Custer - Custer State Park****5K/10K Seasonal Walk (2017/Y0101) 5/16/2017 - 9/30/2017**

Doin' The Louisiana Purchase, Honoring Our Flag, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** NO **Restroom:** Yes

**Rating:** 3C **Wheelchair:** NO **Pets:** No

**Sponsor:** AVA-0274 Black Hills Volkssport Assn. www.bhva.org

**Contact:** Julie Brazell, julie.brazell@state.sd.us, (605)255-4464, Custer State Park, Custer, SD, 57730

**Start Point:** Peter Norbeck Outdoor Education Center- 605-255-4464. Located on Hwy 16A near the State Game Lodge. From Rapid City take Hwy 79 south to Hwy 36 and follow to the park's entrance gate. Continue west on Hwy 16A for 3 miles to the Peter Norbeck Visitor Center. May 21 - August 31; 8am - 8pm, September 1 - September 30; 8am - 6pm.

**Event Info:** It is an "out and back" trail. 6.2 miles from the Peter Norbeck Outdoor Education Center, up to Grace Coolidge Walk-in Fishing Area and back to the Start Point on the same trail. The first 1.5 miles is a paved trail. The second 1.5 miles enters into the Grace Coolidge Walk-in Fishing Area with several creek wooden plank crossings. Return trip - the same trail. A trail map available at PNVC. The trail is marked with yellow carsonite posts. Buffalo are dangerous and may be in the area. Maintain a distance of 100 yards from all wildlife. Bring your own water. Restrooms are available at the Start Point and along the trail at the Park Office and the Grace Coolidge Campground. Feet will get wet. Water shoes or sandals recommended.

**Custer - Legion Lake****5k/10k Seasonal Walk (2017/Y0176) 5/18/2017 - 9/30/2017**

Animal Safari, Doin' The Louisiana Purchase

**Award:** IVV Credit Only **Strollers:** None **Restroom:** Yes

**Rating:** 2C **Wheelchair:** None **Pets:** Yes

**Sponsor:** AVA-0274 Black Hills Volkssport Assn. www.bhva.org

**Contact:** Paul Miller, pvmiller.nam@gmail.com, (239)777-5770, 1135 Needles Dr., Custer, Sd, 57730

**Start Point:** Legion Lake Lodge- From Rapid City south on U.S. Highway 16 to Custer. East on US 16A to Legion Lake Lodge (7 miles)

**Event Info:** Custer State Park fee is required.

**Custer - Mickelson Trail Gordon Stockade****5K & 11K Seasonal Walk (2017/Y1373) 4/1/2017 - 9/30/2017**

Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Trekking With the Trees, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** hard **Restroom:** Yes

**Rating:** 1A **Wheelchair:** NO **Pets:** Yes

**Sponsor:** AVA-0274 Black Hills Volkssport Assn. www.bhva.org

**Contact:** Reta Thovson, retabhva@gwtc.net, (605)574-3278, 12713 Gold Dust Road, Hill City, SD, 57745

**Start Point:** Lynn's Dakotamart- 800 Mount Rushmore Rd, Custer, SD: Highway 16/385 from Rapid City. From Custer State Park, west on Highway 16A. North on Highway 385 from Hot Springs.

**Event Info:** Walk on George S Mickelson to Gordon Stockade. Trail is paved. Trail pass for 12 and older. Information about General Custer and his expedition to the Black Hills is at fort. Custer State Park entrance is east of Gordon Stockade.

**Custer - Mickelson Trail North****5/11K Seasonal Walk (2017/Y0760) 4/1/2017 - 9/30/2017**

Animal Safari, Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0274 Black Hills Volkssport Assn. www.bhva.org  
**Contact:** Reta Thovson, retabhva@gwtc.net, (605)574-3278, 12713 Gold Dust Road, Hill City, SD, 57745  
**Start Point:** Lynn's Dakotamart- 800 Mount Rushmore Road, Custer SD. Refer to Custer-Gordon Stockade (Y1373) for direction to start location.  
**Event Info:** 11K walkers will drive two miles to George S. Mickelson Trailhead to start walk after registering. Directions will be in the walk box. Trail pass for 12 and older. 5K walkers doing town walk do not need trail pass. Visit 1881 Courthouse Museum. Follow city streets for many special programs and view life-size buffalo street corners.

**Custer - Mickelson Trail South****5/11K Seasonal Walk (2017/Y1654) 4/1/2017 - 9/30/2017**

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0274 Black Hills Volkssport Assn. www.bhva.org  
**Contact:** Reta Thovson, retabhva@gwtc.net, (605)574-3278, 12713 Gold Dust Road, Hill City, SD, 57745  
**Start Point:** Custer-Mickelson Trail South- Lynn's Dakotamart, 800 Mount Rushmore Road, Refer to Custer - Gordon Stockade (Y1373) for directions to start location.  
**Event Info:** Walk on George S. Mickelson Trail to south. Trail passes for age 12 and older. 5K walkers doing city walk do not need trail pass. Follow Mount Rushmore Road on city streets upon return to pass by special programs. Buffalo Roundup in Custer State Park is held in late September. Gold Discovery Days held in late July.

**Deadwood - Deadwood - Mickelson Trail Walk****6K/10K Year Round Walk (2017/Y1627) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Ice Cream Parlors

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0274 Black Hills Volkssport Assn. www.bhva.org  
**Contact:** Beth Hendricks, walkusa@rushmore.com, (605)381-5176, 1031 Park Hill Dr, Rapid City, SD, 57701  
**Start Point:** Deadwood - Mickelson Trail- 304 Cliff St. Deadwood, SD . From I 90 Exit 17 to Deadwood. Follow Hwy 85 south 3 miles to the motel  
**Event Info:** Walk will take you to Kirk Trailhead (old power plant built to supply Homestake Mine) Beautiful view of hills and Whitewood Creek



**Deadwood - Deadwood Gambol****6km & 10km Year Round Walk (2017/Y1914) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Ice Cream Parlors, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street

**Award:** A Award**Strollers:** Hard**Restroom:** Yes**Rating:** 1B**Wheelchair:** Hard**Pets:** Yes**Sponsor:** AVA-0274 Black Hills Volkssport Assn. www.bhva.org**Contact:** Beth Hendricks, walkusa@rushmore.com, (605)381-5176, 1031 Park Drive, Rapid City, SD, 57701**Start Point:** Deadwood Gulch Resort- 304 Cliff Street. Deadwood SD From I-90 take exit 17 to Deadwood. Follow US Hwy 85 South (about 3 miles) Motel is on the right.**Event Info:** Walk will be on Mickelson Trail out to the Historic Gaming area and Days of 76 Rodeo Grounds. The return trip will be on the Whitewood Creek Trail.**Deadwood - Englewood - Mickelson Trail North****11K Seasonal Walk (2017/Y1488) 4/1/2017 - 11/30/2017**

Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Trekking With the Trees, You'll Never Walk Alone

**Award:** IVV Credit Only**Strollers:** hard**Restroom:** Yes**Rating:** 1B**Wheelchair:** hard**Pets:** Yes**Sponsor:** AVA-0274 Black Hills Volkssport Assn. www.bhva.org**Contact:** Reta Thovson, retabhva@gwtc.net, (605)574-3278, 12713 Gold Dust Road, Hill City, SD, 57745**Start Point:** Englewood - Mickelson Trail North- Lynn's Dakotamart 145 Glendale Drive. Refer to Kirk - Mickelson Trail (Y12532) for driving directions. Walk box is to right behind carts as you enter the store.**Event Info:** After registering you must drive to the start point of the walk. Directions will be in the walk box. Walk on George S. Mickelson Trail through wooded forest with views of old mines. View of Lead at turn around point. Trail pass for 12 and older required.**Hill City - Mickelson Trail North****5/11K Seasonal Walk (2017/Y1625) 4/20/2017 - 9/30/2017**

Animal Safari, Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Lakes and Reservoirs, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, United States Post Offices, Walking the Path of Inventions, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only**Strollers:** medium**Restroom:** Yes**Rating:** 1B**Wheelchair:** NO**Pets:** Yes**Sponsor:** AVA-0274 Black Hills Volkssport Assn. www.bhva.org**Contact:** Reta Thovson, retabhva@gwtc.net, (605)574-3278, 12713 Gold Dust Rd, Hill City, SD, 57745**Start Point:** Quality Inn- 616 Main St., Hill City, SD Hwy 16/385 north from Custer. Hwy 16/385 south from Rapid City. Motel is on south end of Hill City**Event Info:** Walk on George S. Mickelson Trail to the north. Trail is crushed limestone and gravel. Ride 1880 Train and visit Railroad Museum along Railroad Ave. Many art galleries on Main Street. Trail pass required for 12 and older. 5K walkers doing town route will not need trail pass.

**Hill City - Mickelson Trail South****5/11K Seasonal Walk (2017/Y1623) 4/20/2017 - 9/30/2017**

Animal Safari, Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walking the Path of Inventions, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes**Rating:** 1B **Wheelchair:** NO **Pets:** Yes**Sponsor:** AVA-0274 Black Hills Volkssport Assn. www.bhva.org**Contact:** Reta Thovson, retabhva@gwtc.net, (605)574-3278, 12713 Gold Dust Road, Hill City, SD, 57745**Start Point:** Quality Inn- 616 Main St., Hill City, SD 57745. Hwy 16/385 north from Custer. Hwy 16/385 south from Rapid City. Motel is at south end of Main Street.**Event Info:** Walk on George S. Mickelson Trail to south. Trail is on crushed limestone and gravel on old Burlington Norther Railroad. Trail pass required for 12 and older. 5K route walkers doing town walk only do not need pass. Many art galleries and gift shops with special events. Visit Civilian Conservation Corps display at Information Center on Hwy 16/385 north from Hill City.**Hot Springs - Historic Hot Springs****5K/10km Year Round Walk (2017/Y0764) 1/1/2017 - 11/30/2017**

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking the Path of Inventions, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** Hard **Restroom:** Yes**Rating:** 1A **Wheelchair:** None **Pets:** Yes**Sponsor:** AVA-0274 Black Hills Volkssport Assn. www.bhva.org**Contact:** Reta Thovson, retabhva@gwtc.net, (605)574-3278, 12713 Gold Dust Road, Hill City, SD, 57745**Start Point:** Hot Springs- Super 8 Motel, 800 Mammoth St, Hot Springs, SD. Hwy 18 truck-by-pass within city limits of Hot Springs. South on Hwy 385 from Custer and south on Hwy 79 from Rapid City.**Event Info:** 10K route will start at Super 8. After registering for 5K, you must drive to the start. Directions will be in the box. Walk on Freedom Trail along Fall River and throughout historic Hot Springs to view sandstone buildings. Swim at Evans Plunge or visit the Mammoth Site.

**Lead - City of Lead****5/10K Seasonal Walk (2017/Y1626) 4/1/2017 - 9/30/2017**

Animal Safari, Cities in Song, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 3A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0274 Black Hills Volkssport Assn. www.bhva.org  
**Contact:** Reta Thovson, retabhva@gwtc.net, (605)574-3278, 12713 Gold Dust Road, Hill City, SD, 57745  
**Start Point:** City of Lead- Lynn's Dakotamart, 145 Glendale Drive. Refer to Kirk Mickelson Trailhead (Y1252) for driving directions to start location. Walk box is to right behind carts as you enter the store.  
**Event Info:** Walk historic Lead overlooking the town from all directions. Visit Black Hills Mining Museum, Homestake Opera House and Home Stake Gold Mine Visitor Center. Plaques and historic signs about Homestake Mining and founders during Gold Rush times.

**Lead - Kirk - Mickelson Trail****6K/12K Seasonal Walk (2017/Y1252) 4/1/2017 - 9/30/2017**

Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Food For Thought, Trekking With the Trees, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 3B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0274 Black Hills Volkssport Assn. www.bhva.org  
**Contact:** Reta Thovson, retabhva@gwtc.net, (605)574-3278, 12713 Gold Dust Road, Hill City, SD, 57745  
**Start Point:** Lynn's Dakotamart, 145 Glendale Drive- From Rapid City, take I-90 to Sturgis. Left on Boulder Canyon Hwy 14A to Deadwood. South out of Deadwood on Hwy 85 for five miles to Lead. Through downtown and up to Miners Ave. Right at stoplight. Left on Glendale Drive behind Dakotamart Gas. North on Hwy 385 from Hill City. Walk box is to right behind carts as you enter the store.  
**Event Info:** After registering you must drive to the start. Directions will be in the walk box. Walk on George S Mickelson Trail from Kirk Trailhead or Sugarloaf Trailhead. Trail passes for 12 and older required. The 12K is loop on the trail. The lower spur trail goes down to Whitewood Creek and over four old bridges. .

**Mitchell - Corn Palace****6K/10K Seasonal Walk (2017/Y0186) 4/1/2017 - 10/31/2017**

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** No  
**Sponsor:** AVA-0160 Prairie Wanderers Volkssport Club www.AVAClubs.org/prairiewanderers  
**Contact:** Gary Lofswold, GEL\_601@hotmail.com, (757)508-2537, 2909 E. Fieldstone Place, Sioux Falls, SD, 57108  
**Start Point:** Queen of Peace Hospital- 525 North Foster From I-90 Exit #332 North on Burr St to 5th Ave. Right to Foster. From SD Hwy 37 go East on 5th Ave to Foster  
**Event Info:** Daily, dawn to dusk. Trail is on city Recreation Trails and sidewalks featuring museums and the world's only Corn Palace. Goes through the campus of Dakota Wesleyan University and past the George McGovern Library.

### **Pierre - Capital Walk**

**5K/10K Year Round Walk (2017/Y0768) 1/1/2017 - 12/31/2017**

**Award:** A Award      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0274 Black Hills Volkssport Assn. www.bhva.org  
**Contact:** Ken Kjar, kjkjar@rap.midco.net, (605)791-1520, P. O. Box 2046, Rapid City, SD, 57709  
**Start Point:** Pierre Area Chamber of Commerce Visitor's Center / Ramkota Rivercentre Inn- Visitor's Center 605-224-7361 (Out of state 1-800-962-2034) 800 West Dakota Avenue. Located one block east of the Missouri River Bridge at the corner of Dakota and James. It is one block toward the river from highways 14/83/34. (or) Alternate Start point (evenings and weekends); Ramkota Rivercentre Inn at 920 West Sioux Avenue. One block east of the Missouri River Bridge on Highways 14/83/34.  
**Event Info:** The Visitor's Center is open Mon.-Fri. 8 to 5. Please use the Visitor's Center whenever possible. Walk should be done in daylight hours. Trail goes up "The Hill", through Hilger's Gulch Park, tours the Capitol Building and grounds, WW II, Korean and Vietnam War Memorials, Mickelson "Fighting Stallions" memorial and Capitol Lake.

### **Rapid City - Bike**

**25K Year Round Bike (2017/Y1780) 1/1/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Make a Wish at a Water Fountain, State Street Sashay, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the Path of Inventions  
**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0274 Black Hills Volkssport Assn. www.bhva.org  
**Contact:** Beth Hendricks, walkusa@rushmore.com, (605)381-5176, 1031 Park Hill, Rapid City, SD, 57701  
**Start Point:** Holiday Inn Rushmore Plaza Bike- 505 N 5th Street. 1.5 miles south of I-90 (exit 58) Go 1.5 miles South - adjacent to the Civic Center.  
**Event Info:** Trail utilizes city bike path and streets going along Rapid Creek from east to west. You will bike through the beautiful parks of Rapid City.

### **Rapid City - Cowboy Hill**

**5K/10K Year Round Walk (2017/Y1449) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0274 Black Hills Volkssport Assn. www.bhva.org  
**Contact:** Connie Hobbs, hobbsc16@gmail.com, (605)381-5338, 119 E Federal St, Spearfish, SD, 57783  
**Start Point:** Rushmore Plaza Holiday Inn- 505 N 5th Street. 1.5 miles south of I-90 (exit 58) - adjacent to the Civic Center. Park away from entrance. Registration is at the front desk in a box.  
**Event Info:** Trail will take you on unpaved paths on the lower trail of Cowboy Hill. The second part will be through historical downtown area.

### Rapid City - Parks

#### 5km/10Km Year Round Walk (2017/Y0964) 1/1/2017 - 12/31/2017

**Award:** B Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0274 Black Hills Volkssport Assn. [www.bhva.org](http://www.bhva.org)  
**Contact:** Connie Hobbs, [hobbsc16@gmail.com](mailto:hobbsc16@gmail.com), (605)381-5338, 119 E Federal St, Spearfish, SD, 57783  
**Start Point:** Rushmore Plaza Holiday Inn- 505 N 5th Street. 1.5 miles south of I-90 (exit 58) - adjacent to the Civic Center. Park away from entrance. Registration is at the front desk in a walk box.

**Event Info:** Trail follows the bike path through the beautiful parks along Rapid Creek.

### Rapid City - Presidents Walk

#### 5K/10k Year Round Walk (2017/Y0045) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0274 Black Hills Volkssport Assn. [www.bhva.org](http://www.bhva.org)  
**Contact:** Douglas Kapaun, [ddkapaun@hotmail.com](mailto:ddkapaun@hotmail.com), (605)721-7191, 4255 Fairway Hills Drive #205, Rapid City, SD, 57702  
**Start Point:** Rapid City - Presidents Walk- Alex Johnson Hotel, 523 6th St., Rapid City, SD 605-342-1210 From I-90 take exit 57 on I-190 southbound. You will be on West Blvd. Left on St. Joseph to 6th St and Hotel Alex Johnson. Register at Front Desk  
**Event Info:** Daily Dawn to Dusk. Closed Christmas. Trail is easy walking on city sidewalks past President Statues and bicycle paths.

### Sioux Falls - Big Sioux River

#### 5 K/10K Seasonal Walk (2017/Y1414) 4/1/2017 - 10/31/2017

Alternative Capitals, Amphitheatres, Animal Safari, Boardwalks, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Lady Liberty Special Program, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, United States Post Offices, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0160 Prairie Wanderers Volkssport Club [www.AVAClubs.org/prairiewanderers](http://www.AVAClubs.org/prairiewanderers)  
**Contact:** Sharon Hofstad, [wphofstad@sio.midco.net](mailto:wphofstad@sio.midco.net), (605)338-9100, 1437 N. Phillips, Sioux Falls, SD, 57104  
**Start Point:** Country Inn & Suites- 200 East 8th St.(Phone 605-373-0153 Reservations Only). From I-29 Exit 81. Follow Russell St. to Main Ave. Right(south) on Main to 8th St. Left(east) 2 blocks to start point From I-90 Exit 400 onto I-229. South to Exit 7. Right on Rice St to Cliff Ave. Left to 8th St. Right to motel.  
**Event Info:** Daily, dawn to dusk. This walk will be on city sidewalks and recreation trails, through historic and park areas including the Falls of the Big Sioux River. Walk past many sculptures and through a large city park. The walk will include seventeen special event walk credits.

**Sioux Falls - Outdoor Campus****5K/10K Seasonal Walk (2017/Y0099) 4/1/2017 - 10/31/2017**

Animal Safari, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Honoring Our Flag, Points of Reference, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Hard      **Pets:** No  
**Sponsor:** AVA-0160 Prairie Wanderers Volkssport Club [www.AVAClubs.org/prairiewanderers](http://www.AVAClubs.org/prairiewanderers)  
**Contact:** Bruce Feistner, [bruce.feistner@sio.midco.net](mailto:bruce.feistner@sio.midco.net), (605)201-4157, 1435 S Point Drive, Sioux Falls, SD, 57103  
**Start Point:** Outdoor Campus at Sertoma Park- 4500 South Oxbow Avenue. Start box is at Nature Center Information Desk. From I-29 take Exit 77 and go east on 41st St. to Louise Ave. Right on Louise to 49th St. Left on 49th St. to Oxbow Ave, Right on Oxbow to entrance of Sertoma Park. Left into park.  
**Event Info:** Mon-Fri, 8 to 5; Sat 10 to 4; Sun 1 to 4. Route covers the three distinct prairie, riparian and woodland trails within the Outdoor Campus Complex. Goes on recreation trail along Big Sioux River and city sidewalks, through city parks and past historical markers.

**Spearfish****5K/10K Year Round Walk (2017/Y0035) 1/1/2017 - 12/31/2017**

**Award:** A Award      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0274 Black Hills Volkssport Assn. [www.bhva.org](http://www.bhva.org)  
**Contact:** Darlene Matthesen, [dmatt@rushmore.com](mailto:dmatt@rushmore.com), (605)722-3058, 3125 Thorne Place, Spearfish, SD, 57783  
**Start Point:** Spearfish- Minitman Conoco Station. 820 E Colorado Blvd, Spearfish, SD. From I-90, take Exit #14, south to service road (Hwy US 14 & 85) right 1 mile to Minitman Conoco Station.  
**Event Info:** Dawn to Dusk daily. Closed Christmas and New Years. Some Steps. Trail is easy walking on city sidewalks and bike/walk path. Pets must be leashed.

**Spearfish - Spearfish Canyon Bike****25km, 45K Year Round Bike (2017/Y1053) 1/1/2017 - 12/31/2017**

Amphitheatres, Boardwalks, Bridges - Spanning the USA, Lady Liberty Special Program, State Street Sashay, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0274 Black Hills Volkssport Assn. [www.bhva.org](http://www.bhva.org)  
**Contact:** Beth Hendricks, [walkusa@rushmore.com](mailto:walkusa@rushmore.com), (605)-38-5176, 1031 Park Hill Dr., Rapid City, SD, 57701  
**Start Point:** Two Wheeler Dealer- 305 South Main Street Spearfish SD (605) 642-7545 Summer Hours 9-6, Sat 9-5. Closed Sundays and Holidays. From I-90, take exit 12. Proceed West for seven blocks to Main Street turning left at the Traffic Light. Go 5 blocks turning right on Elgin Street for Parking. Start Point on the corner.  
**Event Info:** Spearfish Canyon Bike Event starts at the Scenic By-Way. The return trip includes the new bike paths going into Spearfish City Park. Alternate route is on the city bike paths and streets looping out to the Scenic By-Way. It begins at the City Spearfish Park near the DC Booth Fish Hatchery

**Sturgis - Ft Meade Bike/walk****25KM Year Round Bike (2017/Y1610) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Take a Walk In a City Park, United States Post Offices, Volcanoes, Walk the USA - Street by Street

**Award:** B Award **Strollers:** NO **Restroom:** Yes  
**Rating:** 2B **Wheelchair:** NO **Pets:** No  
**Sponsor:** AVA-0274 Black Hills Volkssport Assn. [www.bhva.org](http://www.bhva.org)  
**Contact:** Beth Hendricks, [walkusa@rushmore.com](mailto:walkusa@rushmore.com), (605)381-5176, 1031 Park Hill Dr., Rapid City, SD, 57701  
**Start Point:** Sturgis Community Center- 1401 Lazelle St., 605-347-6513  
**Event Info:** Bike will start in the downtown area going along the Sturgis Rally Block. After biking to Ft. Meade the return trip will be on the Alkali Creek Bike Path.

**Sturgis - Ft. Meade****5K/10K Year Round Walk (2017/Y0610) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Take a Walk In a City Park, United States Post Offices, Volcanoes, Walk the USA - Street by Street

**Award:** B Award **Strollers:** medium **Restroom:** Yes  
**Rating:** 2B **Wheelchair:** medium **Pets:** Yes  
**Sponsor:** AVA-0274 Black Hills Volkssport Assn. [www.bhva.org](http://www.bhva.org)  
**Contact:** Beth Hendricks, [walkusa@rushmore.com](mailto:walkusa@rushmore.com), (605)-38-5176, 1031 Park Hill Drive, Rapid City, SD, 57701  
**Start Point:** Sturgis Community Center- 1401 Lazelle Street, 605-347-6513. Traveling I-90 from Rapid City, take Exit 30. Rt. on Lazelle St. The start point is on the left after the 3rd stop light.  
**Event Info:** Walk will start in the downtown area going along the Sturgis Rally Block. After walking to Ft. Meade the return trip will be on the Alkali Creek Bike Path. The 5 KM will have a short drive to the City Park with the walk going out to Ft. Meade and returning along the Bike Path. The town of Sturgis holds the famous Sturgis Motorcycle Rally every August.

**Watertown****5K/11K Seasonal Walk (2017/Y0502) 4/1/2017 - 10/31/2017**

Animal Safari, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1B **Wheelchair:** Hard **Pets:** Yes  
**Sponsor:** AVA-0160 Prairie Wanderers Volkssport Club [www.AVAClubs.org/prairiewanderers](http://www.AVAClubs.org/prairiewanderers)  
**Contact:** Betty "Sam" Vaughn, [sambesd@itctel.com](mailto:sambesd@itctel.com), (605)695-1092, 3310 Pine Ave, Brookings, SD, 57006  
**Start Point:** Best Western Ramkota Hotel- 1901 9th Ave. SW 605-886-8011 or [ww.watertown.ramkota.com](http://ww.watertown.ramkota.com). From I-29 exit 177 go 4.2 miles straight west on US Hwy 212. Ramkota will be on right. Ask desk clerk for walk folder.  
**Event Info:** Trail is mostly on recreation path and sidewalks. Follows Big Sioux River, through parks, passes by Bramble Park Zoo, historic downtown and neighborhoods. Passes inspiration points used by famed artist Terry Redlin in his paintings. Walk is in Codington County. 5K will drive 4 miles back to Redlin Art Center to start of walk.

**TENNESSEE****Alcoa - Greenway Bike****25 km Year Round Bike (2017/Y1991) 1/1/2017 - 12/31/2017**

Cities in Song, Points of Reference, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0948 East Tennessee Wanderers [www.easttennesseewanderers.org](http://www.easttennesseewanderers.org)  
**Contact:** Linda Nelson, [linda37754@gmail.com](mailto:linda37754@gmail.com), (865)617-9945, 1036 Clendenen Road, Maryville, TN, 37801  
**Start Point:** Quality Inn- 206 Corporate Place, (865) 984-6800). Refer to Alcoa Greenway Walk (Y1606) for directions to start location. Ask for the Walk Box at the hotel registration desk. The hotel has a storage room to secure bicycles for hotel guests.  
**Event Info:** Daily. Bicycle on lighted, paved greenway paths. Although the route is mainly flat, there are areas of small hills of short duration. Bike helmets are required. Carrying water is recommended although it is available along the route most of the year. Water fountains may be turned off during winter months. One short section shares the road with vehicles utilizing a bike lane.

**Alcoa - Greenway Walk****5/10 km Year Round Walk (2017/Y1606) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Lakes and Reservoirs, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0948 East Tennessee Wanderers [www.easttennesseewanderers.org](http://www.easttennesseewanderers.org)  
**Contact:** Linda Nelson, [linda37754@gmail.com](mailto:linda37754@gmail.com), (865)617-9945, 1036 Clendenen Road, Maryville, TN, 37801  
**Start Point:** Quality Inn- 206 Corporate Place. From East and West I-40, take Exit 376 to I-140 to Maryville/Alcoa. Take Exit 11A (Hwy 129 South) and merge with traffic. After passing the airport, get into LEFT lane and follow US 411 North to US 321 North to Maryville, Townsend, Smoky Mountains, when road splits. Next, move into RIGHT lane (Hall Rd). At the first traffic signal, continue straight. Then turn RIGHT at the next street (Kings Ct). At the next corner, turn RIGHT onto Corporate Place, then LEFT into the Quality Inn. Ask for the Walk Box at the hotel registration desk.  
**Event Info:** Daily. Enjoy a relaxing stroll along the lighted, paved Alcoa/Maryville Greenway. Although the route is mainly flat, there are areas of small hills of short duration. Carrying water is recommended although it is available along the route most of the year. Water fountains may be turned off during winter months. Walkers should use caution as bicyclists also use the greenway. Shares Walk Box with Alcoa Greenway Bike YRE



**Chattanooga****10 / 5 k Year Round Walk (2017/Y0885) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Cities in Song, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** medium      **Pets:** No  
**Sponsor:** AVA-0020 Tuck-A-See Wanderers  
**Contact:** Deborah Fleming, tuckaseeava020@aol.com, (615)269-6225, 1028 Caldwell Lane, Nashville, TN, 37204

**Start Point:** Hilton Garden Inn- 311 Chestnut St, Chattanooga, TN 37402. Directions from the Hotel Staff  
 From Nashville 1-24E to I-27N Chattanooga Downtown, exit 1C/4th St. Turn left on Chestnut Street. Turn left at 3rd Street. Entrance is at next Street. Hotel parking is on the right (Parking is \$8/day).  
 From Knoxville I-75S to I-24W Chattanooga/Birmingham, Then to I-27N Chattanooga Downtown- Exit 1C/4th St. Turn left on Chestnut Street. Turn left at 3rd Street. Entrance is at next Street. Hotel parking is on the right (Parking is \$8/day).  
 From Airport Hwy 153 South, I-75 South, I-24 W to Chattanooga/Birmingham, Then to I-27N Downtown Chattanooga. Exit 1C/4th St. Turn left on Chestnut Street. Turn left at 3rd Street. Entrance is at next Street. Hotel parking is on the right (Parking is \$8/day).

**Event Info:** The Chattanooga route will cross the Tennessee River on the Walnut Street Bridge, the country's longest pedestrian-only bridge, the Hunter Museum, Bluff View Art District, the Chattanooga Choo-Choo and other sites of downtown Chattanooga.

**Clinton - Clinton 12 Historic****5 / 10 KM Year Round Walk (2017/Y1386) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0948 East Tennessee Wanderers [www.easttennesseewanderers.org](http://www.easttennesseewanderers.org)  
**Contact:** Jerrie or Joe Mitchell, mitchelljj@comcast.net, (865)291-8149, 1036 Clendenen Road, Maryville, TN, 37801

**Start Point:** Hoskins Drug Store- 111 N. Main St., Clinton, TN. From Knoxville, head northwest onto I-275 N via I-40 E ramp to Asheville. Take Exit #3 US-5W/I-640 to Clinton/Asheville and bear left toward Clinton. Continue on US-25W N to 111 N. Main Street

**Event Info:** Start and finish your walk at a 1940's era drug store with authentic soda fountain. Hoskins Drug Store is open 8 a.m. to 6 p.m. M-F and 8 a.m. to 4 p.m. on Saturday. Closed all major holidays. Soda fountain is open all day for ice cream, sodas, & grilled sandwiches. Hot plate lunches are available until 2 p.m. Walk in the steps of the twelve African-American students (Clinton 12) who enrolled in High School fall of 1956 to become first African-Americans to desegregate a state-supported public school in the Southeast. The walk will take you to Green-McAdoo Cultural Center (open Tues-Sat 10 a.m. to 5 p.m., free) to see the full success story of how a community came together for a better future for all. Walkers may want to call the Green-McAdoo Cultural Center (865-463-6500) in advance to confirm they will be open during the time you are planning your walk.

**Gatlinburg - Gatlinburg Trail****7/10km Year Round Walk (2017/Y1224) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Cities in Song, National Parks Centennial Challenge, Points of Reference, Trekking With the Trees, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** None      **Pets:** No

**Sponsor:** AVA-0948 East Tennessee Wanderers [www.easttennesseewanderers.org](http://www.easttennesseewanderers.org)

**Contact:** Linda Nelson, [linda37754@gmail.com](mailto:linda37754@gmail.com), (865)617-9945, 1036 Clendenen Road, Maryville, TN, 37801

**Start Point:** Nantahalla Outdoor Center (NOC) - 1138 Parkway 37738 866-349-5365 Refer to Elkmont Historic Trail Walk (Y1307) for directions to start point.

**Event Info:** While evidence of the forest fire is all around, the trail is open and walkable. Mon - Sat 10 AM to 7 PM, Sun 10 AM to 6 PM. Closed New Years and Christmas. Bring a camera and trail refreshments. Event is in Great Smoky Mountains National Park. Walk along west prong of Little Pigeon River and Sugarlands Nature Trail. See Cataract Falls. Shares Walk Box with Elkmont Historic Trail and Gatlinburg Tourist Walks

**Gatlinburg - Tourist Walk****5/10 km Year Round Walk (2017/Y1308) 1/2/2017 - 12/31/2017**

Cities in Song, Honoring Our Flag, Ice Cream Parlors, Points of Reference, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** No

**Sponsor:** AVA-0948 East Tennessee Wanderers [www.easttennesseewanderers.org](http://www.easttennesseewanderers.org)

**Contact:** Linda Nelson, [linda37754@gmail.com](mailto:linda37754@gmail.com), (865)617-9945, 1036 Clendenen Road, Maryville, TN, 37801

**Start Point:** Nantahalla Outdoor Center (NOC)- 1138 Parkway 37738 866-349-5365 Refer to Elkmont Historic Trail Walk (Y1307) for directions to start point.

**Event Info:** While damage from the forest fire can be seen along the trail, this walk is open and can be walked without any problem. Mon-Sat 10 AM to 7 PM, Sun 10 AM to 6 PM. Closed Christmas and New Years. Event shares Walk Box with Gatlinburg Trail and Elkmont Historic Trail Walks. Walk takes one through the tourist town of Gatlinburg. Get your fill of tourist attractions and all the shopping opportunities you could ask for from T-shirt to candy shops. Something for everyone.

**Great Smoky Mountain National Park - Elkmont Historic Trail Walk****7/12 km Year Round Walk (2017/Y1307) 1/2/2017 - 12/31/2017**

National Parks Centennial Challenge, Points of Reference, Trekking With the Trees

**Award:** IVV Credit Only **Strollers:** NO **Restroom:** Yes**Rating:** 2C **Wheelchair:** NO **Pets:** No**Sponsor:** AVA-0948 East Tennessee Wanderers [www.easttennesseewanderers.org](http://www.easttennesseewanderers.org)**Contact:** Linda Nelson, [linda37754@gmail.com](mailto:linda37754@gmail.com), (865)617-9945, 1036 Clendenen Road, Maryville, TN, 37801**Start Point:** Nantahalla Outdoor Center (NOC) or Townsend VC- NOC: 1138 Parkway 37738 866-349-5365 From I-40, take Foothills parkway (Exit 443) to US 321. Left on 321 and follow it to intersections with US 441 in Gatlinburg. Left on 441 (Parkway) and follow it to Light #10. NOC is on your immediate left. From Knoxville take I-40 East to Exit 407. Take TN 66 to Sevierville (8 miles), then south on US 441 Parkway to NOC at Light #10 Townsend VC: 7906 E. Lamar Alexander Pkwy, Townsend, TN For directions, see Townsend YRE.**Event Info:** NOC: Mon-Sat 10 AM to 7 PM, Sun 10 AM to 6 PM. Closed Christmas and New Years. Event shares Walk Box with Gatlinburg Trail and Tourist Walks. From registration at the NOC drive 8 miles (15 minutes) to the Elkmont Campground in the Great Smoky Mountain National Park. Directions in Walk Box. Townsend VC: Daily 9 a.m. to 5 p.m. Closed major holidays. Event shares Walk Box with Townsend Walk. From registration at Townsend VC, drive 17 miles to the Elkmont Campground in the Great Smoky Mountains National Park. Directions in Walk Box. Walk along the Little River Trail through the historic cabins at Elkmont. From the days of the Little River Lumber Company to old vacation homes with the natural surroundings of the Great Smoky Mountain National Park.**Knoxville - Music, Moonshine, and Art Walk****5/10 km Year Round Walk (2017/Y2049) 1/2/2017 - 12/31/2017**

Alternative Capitals, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, State Street Sashay, Take a Walk In a City Park, United States Post Offices, Vice Presidential Walks, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes**Rating:** 2A **Wheelchair:** Medium **Pets:** Yes**Sponsor:** AVA-0948 East Tennessee Wanderers [www.easttennesseewanderers.org](http://www.easttennesseewanderers.org)**Contact:** Linda Nelson, [linda37754@gmail.com](mailto:linda37754@gmail.com), (865)617-9945, 1036 Clendenen Road, Maryville, TN, 37801**Start Point:** Knoxville Marriott- 500 Hill Avenue SE, 37902 865-637-1234. Westbound I-40: Take Exit 389 (South Hall of Fame Drive). At end of ramp turn left on Hall of Fame. Eastbound I-40: Take Exit 389 (Hall of Fame Drive). At end of ramp turn right on Hall of Fame. Travel on Hall of Fame approx. 1.4 miles to Hill Avenue. The Women's Basketball Hall of Fame will be on your left and James White Fort Historical Site on your right. Turn left and then almost immediately left again into entrance to Marriott Hotel. If parking isn't available in front of the Marriott Hotel, you may use their parking garage (free). Ask for the Walk Box at the hotel registration desk.**Event Info:** Walk through the history of a fascinating southern city. Plan a stop at the Knoxville Visitor Center for lots of local information, gift shop, and cafe. Time your walk to be at the Visitors' Center at noon on any weekday and enjoy live music with the WDVX Blueplate Special. Your walk will introduce you to the art, history, and culture of this interesting city. Plenty of places to stop along the way for food and drink.

**Knoxville - University of Tennessee Walk****7/12 KM Year Round Walk (2017/Y0592) 1/1/2017 - 12/31/2017**

Alternative Capitals, Amphitheatres, Cities in Song, Honoring Our Flag, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Vice Presidential Walks, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes

**Rating:** 3A      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0948 East Tennessee Wanderers [www.easttennesseewanderers.org](http://www.easttennesseewanderers.org)

**Contact:** Linda Nelson, [linda37754@gmail.com](mailto:linda37754@gmail.com), (865)617-9945, 1036 Clendenen Road, Maryville, TN, 37801

**Start Point:** Knoxville Marriott- 500 Hill Avenue SE, 37902 865-637-1234. Refer to Music, Moonshine, and Art Walk (Y2049) for directions to start point. If parking isn't available in front of the Marriott Hotel, you may use their parking garage (free). Ask for the Walk Box at the hotel registration desk.

**Event Info:** Daily - Dawn to Dusk. Savor the charms of Gay Street and the Market Square area. Stroll through the site of the World's Fair of 1982 with its fountains, waterway and waterfalls and Sunsphere. The Sunsphere is open & free to the public. The observation area provides a 360 degree view of Knoxville and surrounding area. Visit the new East Tennessee Veterans Memorial at the north end of the park. Traverse the campus of the University of Tennessee including its Botanical Gardens. Walk along Vounteer Landing-a promenade along the TN River with recordings of Knoxville history and panoramic views. See sites from the Civil War Siege and Battle of Knoxville. Beware of traffic congestion and lack of parking during U of TN fall football games. Shares walk box with Music, Moonshine, and Art Walk.

**Maryville - Historic Downtown****5/10 km Year Round Walk (2017/Y1695) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Vice Presidential Walks, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0948 East Tennessee Wanderers [www.easttennesseewanderers.org](http://www.easttennesseewanderers.org)

**Contact:** Linda Nelson, [linda37754@gmail.com](mailto:linda37754@gmail.com), (865)617-9945, 1036 Clendenen Road, Maryville, TN, 37801

**Start Point:** Vienna Coffee House- 212 College St., Maryville. From East and West I-40, take Exit 376 to I-140 to Maryville/Alcoa. Take Exit 11A (Hwy 129 South) and merge with traffic. After passing the airport, get into LEFT lane and stay left at the split, following the sign for North US 411 to North US 321 to Maryville, Townsend, Smoky Mountains - this becomes Hall Rd. Continue on Hall Rd. through the city of Alcoa to Maryville. After crossing the Veterans Memorial Bridge, the road becomes Washington St. At the 2nd traffic light on Washington St., turn RIGHT on to Sevierville Rd which will curve to your left and become E. Church Ave. Watch for Vienna Coffee House building on your left with lots of parking. In addition there is a large city parking lot on your right, and Vienna Coffee House will be on your left down College St. There is also parking along College St.

**Event Info:** Open Daily (except Christmas & New Years). Mon-Wed 7 am - 7 pm, Thur - Sat 7 am - 9 pm. Sun 10 am - 4 pm. Enjoy a delightful walk through historical Maryville, which was founded in 1795. Enjoy the Cades Cove / Thompson-Brown House Museum and Blount County Historical Museum. Pass the Blount County Justice Center. Stroll through the tree lined streets of Maryville College. The walk passes the old Courthouse and new Municipal Center. Enjoy a section of the Alcoa / Maryville Greenway and see the spring which provided water to Fort Craig.

**Nashville - Capital****7/10/12 km Year Round Walk (2017/Y1364) 1/1/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Cities in Song, State Capital, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes

**Rating:** 3A      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0020 Tuck-A-See Wanderers

**Contact:** Deborah Fleming, fleming1129@yahoo.com, (615)269-6225, 1028 Caldwell Ln, Nashville, TN, 37204-3910

**Start Point:** Comfort Inn Music Row- 1501 Demonbreun Street 615-255-9977. From I-40 Exit 209B (Demonbreun Street). From S turn left on Demonbreun, go one block; Comfort Inn is on the left. From N turn right on Demonbreun St., Comfort Inn is on left.

**Event Info:** Registration is at a place of business. Regular customers have priority. Paid parking available at hotel, or park across street in paid lot or on side streets behind hotel.

**Nashville - Historic East Nashville****5/10K Year Round Walk (2017/Y1400) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0020 Tuck-A-See Wanderers

**Contact:** Bill Martin, bill@martinstation.com, (615)306-1769, PO Box 612, Brentwood, TN, 37024

**Start Point:** Edgefield Baptist Church - Walk box is at Asphalt Beach Skate Shop, 1K from start point.- Skate Shop is at 961 Woodland St., Nashville, TN (615) 228-1105 Open Mon-Fri, 10-6; Sat, 10-5. From I-24 exit 49, turn right at Shelby Ave. From Shelby Ave., turn left on South 10th St.. From South 10th St., turn left on Woodland Street. Asphalt Beach is on the right.

**Event Info:** East Nashville is home to beautifully restored Victorian and Craftsman homes, picturesque shopping, and eclectic dining.

**Nashville - Music Row & Universities****11 km Year Round Walk (2017/Y1387) 1/1/2017 - 12/31/2017**

Cities in Song

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0020 Tuck-A-See Wanderers

**Contact:** Deborah Fleming, fleming1129@yahoo.com, (615)269-6225, 1028 Caldwell Ln, Nashville, TN, 37204

**Start Point:** Comfort Inn Music Row- 1501 Demonbreun, 615-255-9977. From I-40 Exit 209 B (Demonbreun). From S, left on Demonbreun, 1 block, Comfort Inn on left. From N, turn right on Demonbreun, Comfort Inn on left.

**Event Info:** Registration is at a place of business. Regular customers have priority. Park across street in paid lot or on side streets behind hotel. Hotel lot is for guests only.

**Oak Ridge - Secret City Historic****5 / 10 KM Year Round Walk (2017/Y1392) 1/2/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Make a Wish at a Water Fountain, National Parks Centennial Challenge, Points of Reference, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street, Walking the Path of Inventions

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0948 East Tennessee Wanderers [www.easttennesseewanderers.org](http://www.easttennesseewanderers.org)

**Contact:** Jerrie or Joe Mitchell, [mitchelljj@comcast.net](mailto:mitchelljj@comcast.net), (865)291-8149, 1036 Clendenen Road, Maryville, TN, 37801

**Start Point:** American Museum of Science & Energy- 300 S Tulane. From I-40 W Exit 376-A, Pellissippi Pkwy/Hwy 162. Hwy 162 becomes Highway 62 after about 8 miles. Crossing the Solway Bridge, bear left lane, continue to Oak Ridge, through 3 traffic lights, turn right to Tulane (watch for Taco Bell on corner). Museum short distance down on left.

**Event Info:** Museum open M-Sat 9am-5pm, Sun 1-5pm daily except Christmas, Thanksgiving, and New Years Day. Admission \$5 Adults, \$3 Children, \$4 Seniors, well worth price. Take a walk into World War II history in the Secret City created for the Manhattan Project--development of the atomic bomb.

**Rogersville - Historic****6/10 km Year Round Walk (2017/Y1552) 1/1/2017 - 12/31/2017**

Honoring Our Flag, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0948 East Tennessee Wanderers [www.easttennesseewanderers.org](http://www.easttennesseewanderers.org)

**Contact:** Jerrie or Joe Mitchell, [mitchelljj@comcast.net](mailto:mitchelljj@comcast.net), (865)291-8149, 1036 Clendenen Road, Maryville, TN, 37801

**Start Point:** Rogersville Food City- 1287 E Main (Hwy 66), (423)272-2745. N or S I-81, Exit 23, follow signs to Rogersville, using Hwy 23, then Hwy 66. Once inside Rogersville city limits, go through 2 traffic lights, bear RIGHT to Main following sign to Historic District. Stay on Main for approx 2 miles. At traffic light at Park, turn LEFT and immediately turn RIGHT to Eastgate Shopping Center where Food City is located. Walk Box at Customer Service.

**Event Info:** Walk during daylight hours. Food City open 6am-12am M-Sat, 8am-12am Sun, Daily 6am-dusk. Closed Christmas. Walk through lovely Rogersville where more than 30 homes and buildings are on the National Register of Historic Places. Rogersville is home to the oldest courthouse, inn, and post office in Tennessee.

**Townsend - Peaceful Side of the Smokies****6/11/14 km Year Round Walk (2017/Y1648) 1/2/2017 - 12/31/2017**

Cities in Song, Honoring Our Flag, Points of Reference, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0948 East Tennessee Wanderers [www.easttennesseewanderers.org](http://www.easttennesseewanderers.org)

**Contact:** Linda Nelson, [linda37754@gmail.com](mailto:linda37754@gmail.com), (865)617-9945, 1036 Clendenen Road, Maryville, TN, 37801

**Start Point:** Townsend VC- 7906 E Lamar Alexander Pkwy, Townsend, TN. From Knoxville, take Alcoa Hwy S (US-129). Past airport, left at the Y to N. Hall/TN-35. Continue road becomes S Washington. Bear left at Y on E Lamar Alexander Pkwy (TN-35/US321). Drive 16.7 miles Townsend VC on right.

**Event Info:** Daily 9am-5pm. Please park in the field behind the VC to allow "regular tourists" space in parking lot. The trail follows the Townsend Historic Trail which is paved with gentle hills in places. Visit the The Little River Railroad and Lumber Company Museum. Shares Walk Box with Elkmont YRE

**Vonore - Ft Loudoun State Historic Area****10 / 5 km Year Round Walk (2017/Y2009) 1/2/2017 - 12/31/2017**

Amphitheatres, Boardwalks, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Points of Reference

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes

**Rating:** 3C      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0948 East Tennessee Wanderers [www.easttennesseewanderers.org](http://www.easttennesseewanderers.org)

**Contact:** Linda Nelson, [linda37754@gmail.com](mailto:linda37754@gmail.com), (865)617-9945, 1036 Clendenen Road, Maryville, TN, 37801

**Start Point:** Ft Loudoun State Historic Area VC- 338 Ft Loudoun, (423)884-6217. FROM N, E & W: I-81/I-40, Exit 376 (I-140) to Maryville/Alcoa. Exit 11a (Hwy 129 S) merge with traffic. After passing airport, stay RIGHT at split, following Hwy 129 passing Foothills Mall until Hwy 129 merges with Hwy 411 S. Stay on Hwy 411 S approx 17 miles to Hwy 360 S and traffic light. Turn LEFT on Hwy 360 S, less than 1 mile, cross bridge, take next LEFT to State Historic Area. FROM S: I-75 to Exit 72 (Hwy 72 E), Hwy 411 N. Turn LEFT to Hwy 360 S and traffic light. Turn RIGHT to Hwy 360, less than 1 mile, cross bridge, next LEFT to State Historic Area. Walk Box/Start Point at VC/Museum. Park Hours: 8am-Sunset. VCenter hours: 8am-4:30pm daily except Christmas Day when Park is closed.

**Event Info:** Museum is open M-Sat 9am-5pm, Sun noon-5pm. Museum closed Thanksgiving Day, Christmas Day, and New Year's Day.

**TEXAS****Albany - Shackelford County Walk, Fort Griffin****11 km/5 km Year Round Walk (2017/Y1110) 1/1/2017 - 12/31/2017**

National Register of Historic Places

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** None      **Pets:** No

**Sponsor:** AVA-0955 Texas County Walkers, Inc. [www.walktx.org](http://www.walktx.org)

**Contact:** David Sheppard, [dahv@earthlink.net](mailto:dahv@earthlink.net), (972)285-8102, 1134 Thistle Dr., Mesquite, Tx, 75149

**Start Point:** Visitors Center - Fort Griffin State Historic Site- 1701 N. U.S. Hwy 283, Albany TX 76430. 15 miles north of Albany, TX on U.S. 283.

**Event Info:** Walk park roads, Fort grounds, nature trails. Birding, wildlife, camping, star gazing. Home to State of Texas longhorn herd. See official Park website for holiday closings, monthly programs and event calendar.

**Allen - Allen Watters Branch Trail****10km/5km Year Round Walk (2017/Y2025) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Take a Walk In a City Park, Walking the USA A - Z, Water Towers

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0124 Plano Walking Club [www.walktx.org/planowalkingclub](http://www.walktx.org/planowalkingclub)

**Contact:** Therese Daniels, [maggiec01@verizon.net](mailto:maggiec01@verizon.net), (214)701-0958, 1317 Normandy Lane, Allen, TX, 75002

**Start Point:** Market Street @ Watters Creek- 985 W Bethany, 75013. Take US Hwy 75 (Central Expressway) to Bethany West (exit 33). Go west to Garden Park/Watters, turn left on Garden Park, Market Street is on the left. Walk Box at Customer Service Counter near main entrance.

**Event Info:** The walk trail follows Watters Branch Creek and travels through upscale neighborhoods and wooded areas. The walk also features a variety of shopping and dining options. Open 6am - 10pm, best to walk during daylight hours.

**Amarillo - Historic Amarillo****11km/5km Year Round Walk (2017/Y0140) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** No

**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0955 Texas County Walkers, Inc. [www.walktx.org](http://www.walktx.org)

**Contact:** Helen Bateman, [hbateman@me.com](mailto:hbateman@me.com), (214)732-3419, 3321 Dartmoor Dr., Dallas, TX, 75229

**Start Point:** WEB REGISTRATION ONLY [www.cva4u.org](http://www.cva4u.org) - START: Courtyard in downtown Amarillo.- REGISTRATION: Please use the online start box provided by the California Volkssport Association website [www.cva4u.org](http://www.cva4u.org) Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user. DRIVE TO START: From westbound I-40, take EXIT 70 to merge onto S Buchanan St/US-287 N/US-60 E towards US-87 N/ Downtown. Turn left at SE 10TH Ave/ U.S. 287 BUS. Turn right at South Polk St and Courtyard will be on your left. From eastbound I-40, take EXIT 70 to merge onto US 287 N/US-60 E/US87 N towards Downtown. Take the US 87 N/Fillmore Street exit on your left and continue onto US 87 N/S Fillmore St. Turn left on to E 8th. Turn right at South Polk St and Courtyard will be on your left. Street parking is available throughout downtown Amarillo.

**Event Info:** Take a break from I-40 and walk in historic downtown Amarillo, along a portion of Route 66, and in adjacent neighborhoods. Elevation 3600'. Walk on sidewalks and parkland.



**Austin - Capital****11km/6km Year Round Walk (2017/Y0068) 1/1/2017 - 12/31/2017**

Alternative Capitals, Amphitheatres, Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Honoring Our Flag, Ice Cream Parlors, Lady Liberty Special Program, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, State Capital, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** B Award **Strollers:** Medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0077 Colorado River Walkers [www.coloradoriverwalkers.org/](http://www.coloradoriverwalkers.org/)

**Contact:** Carol Obianwu, [cobianwu@utexas.edu](mailto:cobianwu@utexas.edu), (512)771-9566, 3109 Rogge Ln., Austin, TX, 78723

**Start Point:** Extended Stay America- 507 S 1st, 78704. N/S I-35, Exit-233/Town Lake/Riverside, go W on Riverside 1.1 miles. Cross Congress to LEFT turn lane. Turn LEFT to Barton Springs Rd. Go LEFT to S 1st. First driveway on LEFT is entrance to hotel. Parking at hotel with permit from registration desk. Walk box with registration.

**Event Info:** Walk includes the State Capital Complex (going through the Capitol Building when open); the LBJ Presidential Library and Museum; the University of Texas campus; and many historical buildings in downtown Austin. Open daily.

**Austin - Fairview/Travis Heights Neighborhoods****10km/6km Year Round Walk (2017/Y1672) 1/1/2017 - 12/31/2017**

Alternative Capitals, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** B Award **Strollers:** medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** medium **Pets:** Yes

**Sponsor:** AVA-0077 Colorado River Walkers [www.coloradoriverwalkers.org/](http://www.coloradoriverwalkers.org/)

**Contact:** Carol Obianwu, [cobianwu@utexas.edu](mailto:cobianwu@utexas.edu), (512)771-9566, 3109 Rogge Ln., Austin, TX, 78723

**Start Point:** Extended Stay America- 507 S 1st, Austin, TX 78704-1207. See Austin-Capital Y0068 for directions to start location and Walk Box.

**Event Info:** Central to this walk are neighborhoods dating back to the 1880s. You will pass a unique blend of elegant Victorian mansions, beautifully restored cottages, quaint bungalows, and recently built homes of striking design. The event winds through Stacy Park and finishes with a walk up South Congress Ave. where you will go by an interesting array of restaurants, retail shops and art galleries. Open daily.

**Austin - Lady Bird Lake Walk****10 km/5 km Year Round Walk (2017/Y0069) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Honoring Our Flag, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, You'll Never Walk Alone

**Award:** B Award**Strollers:** medium**Restroom:** Yes**Rating:** 1A**Wheelchair:** medium**Pets:** Yes**Sponsor:** AVA-0077 Colorado River Walkers [www.coloradoriverwalkers.org/](http://www.coloradoriverwalkers.org/)**Contact:** Carol Obianwu, [cobianwu@utexas.edu](mailto:cobianwu@utexas.edu), (512)771-9566, 3109 Rogge Ln., Austin, TX, 78723**Start Point:** Extended Stay America- 507 S 1st, Austin TX 78704-1207. See Austin-Capital Y0068 for directions to start location and Walk Box.**Event Info:** Walk around the western part of Lady Bird Lake on the natural surface of our Hike and Bike trail. Fantastic views of downtown Austin skyline. The small Butler Park has an observation hill from which you can get a panoramic view of city and lake. You will enter Zilker Park and view Barton Springs, the year-round spring-fed pool, a longtime favorite of Austinites and visitors. Open daily.**Bay City - Historic Bay City (Matagorda County) One Year Only****10km/5km Year Round Walk (2017/Y1081) 1/1/2017 - 12/31/2017**

Take a Walk In a City Park, Walking the USA A - Z

**Award:** IVV Credit Only**Strollers:** hard**Restroom:** Yes**Rating:** 1A**Wheelchair:** hard**Pets:** Yes**Sponsor:** AVA-0015 Houston Happy Hikers [www.houstonhappyhikers.com](http://www.houstonhappyhikers.com)**Contact:** Ken or Daralyn Schubert, [daralynSchubert@yahoo.com](mailto:daralynSchubert@yahoo.com), (281)857-7766, 1217 Forest Circle, Huffman, Tx, 77336**Start Point:** Holiday Inn Express & Suites - 5618 7th St, Bay City, TX 77414 From Wharton, take South TX 60, turn left on North TX 35/ 7th St, continue to hotel on the right. From State Highway 288, take exit for TX 35 Angleton/West Columbia/Bay City, turn right on 35 South and continue to the hotel on the left. (979-244-3333)**Event Info:** Bay City, county seat of Matagorda County, was established in 1894 on the coastal plains along the Colorado River. The walk will wind through the downtown historic district, around the courthouse, and through the Southside Residential Historical District which is on the National Register of Historic Places.**Belton - Historic Belton and Mary Hardin Baylor Campus****10km/6km Year Round Walk (2017/Y1399) 1/1/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** B Award**Strollers:** Medium**Restroom:** Yes**Rating:** 1A**Wheelchair:** Medium**Pets:** Yes**Sponsor:** AVA-0077 Colorado River Walkers [www.coloradoriverwalkers.org/](http://www.coloradoriverwalkers.org/)**Contact:** Carol Obianwu, [cobianwu@utexas.edu](mailto:cobianwu@utexas.edu), (512)771-9566, 3109 Rogge Lane, Austin, TX, 78723**Start Point:** CEFCO Shell Gas Station, 912 E. Central Ave. Belton, TX 78513- 912 E. Central Ave. Belton, TX 78513. On NW corner of Central and I-35, open 24/7. Coming from Dallas/Fort Worth area go S on I-35, exit 294A, continue to Shell. Coming from San Antonio/Austin area go N on I-35, exit 294A, cross left under I-35 to Shell. Walkbox at register. Drive a short distance to begin walk.**Event Info:** A beautiful walk through Historic Downtown Belton, Mary Hardin Baylor Campus, and Nolan Creek Hike and Bike Trail.

**Big Spring - Big Spring State Park****10km Year Round Walk (2017/Y0471) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0897 Midland Walkabout [www.midlandwalkabout.org](http://www.midlandwalkabout.org)  
**Contact:** Susan Fine, finesusan25@gmail.com, (432)770-4310, 4410 Harlowe Drive, Midland, TX, 79703  
**Start Point:** Big Spring State Park- THIS IS A REMOTE SITE. DIRECTIONS VIA EMAIL: gary.petersen@mygrande.net or finesusan25@gmail.com. Big Spring State Park is at No. 1 Scenic Drive, Big Spring, TX 79720. Telephone: 432-263-4931. The park is located 36 miles east of Midland and 100 miles west of Abilene. From Midland, take Interstate 20 East to Big Spring, take Business 20 exit eastbound (exit #174), and turn right onto FM 700. The park is located on the right. For westbound I-20 traffic, take exit 181A. The park will be on the left. For traffic off of U.S. Highway 87, follow the brown park signs to turn onto FM 700; you will make your turn near the VA Hospital.  
**Event Info:** The park is open 8am to sunset. NO entrance fee. The walk is on asphalt roads, dirt paths and a gravel trail. There are several hills and you will pass Prairie Dog Town. Birds are abundant so bring your binoculars. Includes a scenic view of Big Spring and the surrounding area.

**Boerne - Cemetery****10km/6km Year Round Walk (2017/Y1858) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Trekking With the Trees, Walking the USA A - Z, Water Towers

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0044 Randolph Roadrunners [www.randolphroadrunners.info](http://www.randolphroadrunners.info)  
**Contact:** Pat Gunter, patgunter@yahoo.com, (210)479-0805, 2506 Fairfield Bend Drive, San Antonio, TX, 782312226  
**Start Point:** Comfort Inn & Suites- 35000 I-10 W, Boerne, TX 78006-9201. NORTHBOUND on I-10 West take Exit-540 (TX-46/Bandera/New Braunfels). Go RIGHT on TX-46 for 1 block and turn RIGHT on Norris DR W. (Street becomes I-10 W). Go 1 block and the motel is on the RIGHT. SOUTHBOUND on I-10 W. Take Exit 540, TX-46/Bandera/New Braunfels, and turn LEFT on TX-46. Follow the Northbound directions. The Walk Box is under a table across from the Registration Desk.  
**Event Info:** The walk goes through residential neighborhoods, past schools, through the town cemetery and down the main street of Boerne. Many shops, restaurants and historical buildings and places of interest are featured along the route. Walk includes the newest portion of the hiking trail along Cibolo Creek. Open daily.

**Boerne - Cibolo Wilderness****10km/6km Year Round Walk (2017/Y1879) 1/2/2017 - 12/31/2017**

Boardwalks, Doin' The Louisiana Purchase, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0044 Randolph Roadrunners [www.randolphroadrunners.info](http://www.randolphroadrunners.info)  
**Contact:** Pat Gunter, patgunter@yahoo.com, (210)479-0805, 2506 Fairfield Bend DR, San Antonio, TX, 782312226  
**Start Point:** Comfort Inn & Suites- 35000 I-10 W, Boerne, TX 78006.. See directions for Boerne - Cemetery Y1858.  
**Event Info:** The trail goes through neighborhoods and on a "Rails to Trails" section to get to the Cibolo Nature Center. Almost 5km of the walk is inside the nature center where the walk is on trails and a boardwalk over a marsh. Also, see the dinosaur tracks. Nature Center may be closed on holidays.

**Boerne - Downtown****10km/6km Year Round Walk (2017/Y1857) 1/1/2017 - 12/31/2017**

Animal Safari, Doin' The Louisiana Purchase, Honoring Our Flag, Trekking With the Trees, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0044 Randolph Roadrunners [www.randolphroadrunners.info](http://www.randolphroadrunners.info)  
**Contact:** Pat Gunter, [patgunter@yahoo.com](mailto:patgunter@yahoo.com), (210)479-0805, 2506 Fairfield Bend Drive, San Antonio, TX, 78231-2226

**Start Point:** Comfort Inn & Suites- 35000 I-10 W, Boerne, TX 78006-9201. Follow Directions for the Boerne - Cemetery Y1858.

**Event Info:** The walk is on paved roads & sidewalks through neighborhoods & downtown Boerne with several historical and other points of interest. This walk takes you on paths by the river and down the Main Street lined with quaint antique shops and boutiques. Open daily.

**Breckenridge - Stephens County Walk****10 km / 6 km Year Round Walk (2017/Y1796) 1/1/2017 - 12/31/2017**

Alternative Capitals, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:**  
**Rating:** 2A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0955 Texas County Walkers, Inc. [www.walktx.org](http://www.walktx.org)  
**Contact:** Deborah Carter, [debwalk@earthlink.net](mailto:debwalk@earthlink.net), (972)285-8102, 1134 Thistle Dr, Mesquite, TX, 75149

**Start Point:** Ridge Motel- 2602 W. Walker St (U.S. 180), Breckenridge, TX 76424. East- or westbound on U.S. 180. Walk Box is in Motel Office. Register and drive 2 miles east on U.S. 180 to start point (park behind Courthouse between Rose Ave. & Court St.).

**Event Info:** A town walk with County Courthouse, historic markers/buildings, churches, high school, park, murals, and cemetery. Mural Capital of Texas.

**Brownwood - Brown County Walk****10 km / 5 km Year Round Walk (2017/Y1766) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, United States Post Offices, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:**      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:**      **Pets:**  
**Sponsor:** AVA-0955 Texas County Walkers, Inc. [www.walktx.org](http://www.walktx.org)  
**Contact:** Deborah Carter, [debwalk@earthlink.net](mailto:debwalk@earthlink.net), (972)285-8102, 1134 Thistle Dr, Mesquite, TX, 75149

**Start Point:** Dairy Queen- 1620 Austin Ave, Brownwood, TX 76801. From north or east take US 377 to Brownwood, then left (south) on Austin Ave. Continue past Howard Payne University to Dairy Queen on left. From the south on US 377, right on Coggin Ave to Austin Ave, then right Austin Ave.

**Event Info:** Walk historic downtown Brownwood, Howard Payne University, Lehnis Train Museum, Coggin Park, and other sites in the county seat of Brown County.

**Castroville - Historic Landmarks Walk****10km/5km Year Round Walk (2017/Y1877) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0088 Selma Pathfinders  
**Contact:** Mike Schwencke, mike.schwencke@outlook.com, (210)382-0367, 12235 White Ash Street, San Antonio, TX, 78245  
**Start Point:** Sammy's Restaurant- 202 US-90 E, Castroville, TX 78009. From San Antonio go West on US-90. Sammy's is 14 miles from Loop-410 and 10.6 miles from Loop-1604. Turn LEFT at traffic light before Medina River bridge on Lower Lacoste (There is NO street sign. Note: FM-471 North goes to the Right). Sammy's is on the LEFT. Ample parking around restaurant.  
**Event Info:** The walk starts just outside of downtown Castroville with its classic stores, unique Alsatian architecture and shops filled with antiques and collectibles. The route meanders past historic landmarks and sites, a timeworn cemetery, and along the shady Medina River. Open daily, dawn to dusk.

**Cedar Park - Brushy Creek****15/10/6km Year Round Walk (2017/Y1547) 1/1/2017 - 12/31/2017**

Amphitheatres, Boardwalks, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Honoring Our Flag, Lakes and Reservoirs, Make a Wish at a Water Fountain, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, You'll Never Walk Alone

**Award:** B Award      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0077 Colorado River Walkers [www.coloradoriverwalkers.org/](http://www.coloradoriverwalkers.org/)  
**Contact:** Doug Eide, doug.eide@gmail.com, (512)591-1320, 2005 Autumn Fire Dr., Cedar Park, TX, 78613  
**Start Point:** Twin Lakes Family YMCA- 204 E Little Elm Trail, Cedar Park TX 78613, Travelling N on I-35, take exit 240B for US 183 N. Travel about 12 miles and exit at LAST free exit before toll road begins. Pass Lakeline Mall Dr. & Lakeline Blvd. Follow the free US-183 N as it turns left under the toll road. Right at 2nd signal light (US-183/Bell). Take 1st right to E Little Elm Trail. Travelling S on I-35, exit and turn right to FM-1431 W then travel 8.5 miles. Turn left to N Bell/US-183. Turn left to E Little Elm Trail.  
**Event Info:** The walk is a beautiful out-back route along the heavily shaded Brushy Creek Regional Trail on cement, crushed granite and dirt paths. Open M-F 5am-10pm; Sat 7am-6pm; Sun noon-6pm.

**Cedar Park - Brushy Creek Regional Trail Bike****25Km Year Round Bike (2017/Y1541) 1/1/2017 - 12/30/2017**

Amphitheatres, Boardwalks, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Honoring Our Flag, Lakes and Reservoirs, Make a Wish at a Water Fountain, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0077 Colorado River Walkers [www.coloradoriverwalkers.org/](http://www.coloradoriverwalkers.org/)  
**Contact:** Doug Eide, doug.eide@gmail.com, (512)591-1320, 2005 Autumn Fire Dr., Cedar Park, TX, 78613  
**Start Point:** Twin Lakes Family YMCA- 204 E. Little Elm Trail, Cedar Park, TX 78613. Driving directions same as for Cedar Park-Brushy Creek (Y1547)YRE Walk.  
**Event Info:** The Brushy Creek Regional Trail (BCRT) is a wonderfully refreshing place to ride 25 km. This cement/crushed granite trail has lots of scenery including forested areas, meadows, mini lakes, a creek, and several parks with water and restrooms. Open M-F 5am-10pm, Sat 7am-6pm, Sun noon-6pm.

**Cleburne - Historic & Park****11km/5km Year Round Walk (2017/Y1830) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0718 Hood County Hummers [www.walktx.org/HoodCountyHummers/](http://www.walktx.org/HoodCountyHummers/)  
**Contact:** Lloyd Sigrist, lloydsigrist@gmail.com, (817)279-1130, 824 Woodhaven Ct, Granbury, TX, 76048

**Start Point:** HEB Supermarket- 600 W Henderson St (AKA Business US Hwy 67) From the north, south & east take Business US Hwy 67 west for 6 blocks from the Historic Town Square. From the west take Business US Hwy 67 east from the spit between US Hwy 67 and Business US Hwy 67.

**Event Info:** A walk through parks, neighborhoods, around the Historic Town Square and along the creek. Open 24/7.

**College Station - College Station 4 Parks Walk****10km/5km Year Round Walk (2017/Y1523) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0015 Houston Happy Hikers [www.houstonhappyhikers.com](http://www.houstonhappyhikers.com)  
**Contact:** Charlene Foerster, hhhpresident@houstonhappyhikers.com, (936)438-6157, 235 Willowbend, Huntsville, TX, 77320

**Start Point:** Holiday Inn Hotel & Suites- 2500 Earl Rudder FWY, College Station. TX Highway 6 to College Station, Exit Southwest Parkway. Entrance to Holiday Inn is on the left. The Walk Box is located in the Business Center.

**Event Info:** Walk is on paved paths and sidewalks through 4 of College Station's prettiest parks: Wolf Pen Creek, Beachy Central Park, Bee Creek Trail and Lemon Tree Park. Open daily, dawn to dusk.

**College Station - Texas A & M University****10km/6km Year Round Walk (2017/Y1357) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** No  
**Sponsor:** AVA-0015 Houston Happy Hikers [www.houstonhappyhikers.com](http://www.houstonhappyhikers.com)  
**Contact:** Charlene Foerster, hhhpresident@houstonhappyhikers.com, (936)438-6157, 235 Willowbend, Huntsville, TX, 77320

**Start Point:** George Bush Presidential Library & Museum- 1600 George Bush Drive West, College Station, TX 77845. From Houston: 290 West; Exit Hwy 6 N, left onto SH 30/Harvey Rd, right on Texas Ave, left on George Bush Ave; follow the signs to the library

**Event Info:** The route is on the Texas A & M Campus and includes Kyle Field (famous Aggie football stadium), Reed Arena, Bon Fire Memorial, the Academic Building and the Century Tree. Open M-Sat 9:30-5pm, Sun noon-5pm. Closed most major holidays.

### Columbus - Historic: Closed Due to Hurricane

10km/5km Year Round Walk (2017/Y0220) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0015 Houston Happy Hikers [www.houstonhappyhikers.com](http://www.houstonhappyhikers.com)  
**Contact:** Raz Creamer, [razcreamers@yahoo.com](mailto:razcreamers@yahoo.com), (979)732-9231, 1203 Kleihege Rd, New Ulm, TX, 78950  
**Start Point:** Americas Best Value Inn- 2436 TX Highway 71 S, Columbus TX 78934-9200 (south corner of I-10 and TX- 71S). From Houston: Take I-10 West to exit 696 and turn left on TX-71 to the hotel. From San Antonio, take I-10 East to Exit 696 and turn right on TX-71 to the hotel.  
**Event Info:** The walk will be through historic Columbus along the Colorado River and city park. Opens at 6am, walk during daylight hours.

### Comfort - Historic

10km/5km Year Round Walk (2017/Y0275) 1/2/2017 - 12/31/2017

**Award:** B Award      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0023 Hill Country Volkssportverein  
**Contact:** John Bohnert, [tinabohnert@gmail.com](mailto:tinabohnert@gmail.com) , (830)995-2421, 102 Edgewood Drive, Comfort, TX, 78013  
**Start Point:** High's Cafe and Store- 726 High Street, Comfort, TX 78013. North on I-10. Take Exit 524. Continue to TX-27 and bear LEFT. Turn LEFT on 8th St, go 1 block and turn RIGHT on High St. South on I-10. Take Exit-523. Turn RIGHT onto US-87 South and bear RIGHT at the "Y". Turn LEFT to the stop sign and cross TX-27, go 1 block and turn RIGHT onto High St.  
**Event Info:** Comfort was settled in 1854 and is rich in German Heritage. A large portion of the downtown area is included in the National Register of Historic Places. The route passes the German-language Treur de Union Monument (True to the Union). It was dedicated on August 10, 1866 to commemorate those who died at the 1862 Nueces massacre. The remains of the deceased are buried at the site of the monument. The community has quaint shops, antique stores and various eating establishments. The 5K route includes the town area while the 10K portion also meanders along the shady Cypress Creek. Open daily from 8:00 am to 4:00 pm

### Corpus Christi - Shoreline: CLOSED until further Notice

10km/5km Year Round Walk (2017/Y0057) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0179 Sparkling City Strollers [groups.yahoo.com/group/SparklingCityStrollers/](http://groups.yahoo.com/group/SparklingCityStrollers/)  
**Contact:** Myra Verneuil, [myraloye@gmail.com](mailto:myraloye@gmail.com), (361)230-9591, 862 N. Rife, Aransas Pass, TX, 78336  
**Start Point:** Due to damage from Hurricane Harvey, this walk is CLOSED until further notice. Corpus Christi Bayfront Hotel - WALK IS CLOSED: 601 N Water, 78401-2327. E on I-37, turn RIGHT on N Water. Go 5 Blocks to Corpus Christi Bayfront Hotel, on RIGHT. Ask for Walk Box at the Coffee Shop on the left as you come in from the Garage. Open daily.  
**Event Info:** The walk goes through Heritage Park, past the Watergarden, Convention Center, Selena Auditorium, and several museums, and along the shoreline for a nice view of the bay. Heritage Park is also in the museum district, where a number of older restored houses can be found.

**Dallas - Dallas "M" Streets****Distance 20km/11km/50km Year Round Walk (2017/Y1696) 1/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** No  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0034 Dallas Trekkers, Inc. [www.dallastrekkers.org](http://www.dallastrekkers.org)**Contact:** Deborah Carter, [debwalk@earthlink.net](mailto:debwalk@earthlink.net), (972)285-8102, PO Box743813, Dallas, TX, 75374-3813

**Start Point:** Run On! Dallas- 5400 E Mockingbird #114, 75206. N or S take Central Expressway (US-75) to Mockingbird Exit 3. E on Mockingbird 1 1/2 blocks. Left to DART park/ride for parking. To reach Run On, cross Mockingbird at traffic light. Run On store directly across Mockingbird from DART park/ride lot. Run On! closed most major holidays, call store to confirm hours (214)821-0909.

**Event Info:** Charming neighborhood of Tudor style 1920's homes. Also visit Greenville Avenue, one of East Dallas' most important arteries of entertainment and shopping and visit Tietze Park, complete with a WPA pavilion. Open Mon-Sat 10am, Sun at noon.

**Dallas - Downtown****Distance 20/10km/5km Year Round Walk (2017/Y0085) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Food For Thought, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, United States Post Offices, Vice Presidential Walks, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0034 Dallas Trekkers, Inc. [www.dallastrekkers.org](http://www.dallastrekkers.org)**Contact:** Helen Hull, [helenthehun@yahoo.com](mailto:helenthehun@yahoo.com), (972)530-1026, 2334 Saharah Dr., Garland, TX, 75044

**Start Point:** Old Red Museum (historic courthouse)- 100 S Houston, 75202. I-35 E, exit 428 to E Commerce (towards downtown), turn right on Houston. Old Red on left. DART light rail Red or Blue Lines or Trinity Railway Express, exit Union Station stop. Proceed thru Union Station to Houston St, then left on Houston to Old Red on right. Walk Box located at ticket kiosk on first floor. Open daily, closed Thanksgiving & Christmas.

**Event Info:** Water, water everywhere! Over 15 water features including fountains, quiet pools, children spray pads and a cattle drive crossing a river. Plus historic buildings and churches. So much to see.



**Dallas - Uptown****10km/5km Year Round Walk (2017/Y1670) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Ice Cream Parlors, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0034 Dallas Trekkers, Inc. [www.dallastrekkers.org](http://www.dallastrekkers.org)  
**Contact:** Bob Rountree, [jrtree@swbell.net](mailto:jrtree@swbell.net), (214)369-5658, 6225 Rincon Way, Dallas, TX, 75214

**Start Point:** McDonald's- 4151 N Central EXPY, 75204. S on US-75 Exit 2. Cross Henderson-Knox and Fitzhugh. McDonalds on corner on right. N on US-75 Exit 1B. Left on Fitzhugh, immediate left on S service road. McDonalds on right. DART light rail Red or Blue Line - Cityplace Station, W exit to Cityplace W, follow trolley tracks to McKinney. Right on McKinney to Start (10-15 minute walk). Walk Box stored in closet to right of drink fountain.

**Event Info:** This walk includes the popular Katy Trail to the American Lines Center and Crescent Hotel. The return is through Uptown, including the West Village shopping and dining district back. 5K is in the Knox and the West Village areas only. Open daily.

**Dallas - White Rock Lake****Distance 20/10km/6km Year Round Walk (2017/Y0141) 1/1/2017 - 12/31/2017**

Amphitheatres, Boardwalks, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0034 Dallas Trekkers, Inc. [www.dallastrekkers.org](http://www.dallastrekkers.org)  
**Contact:** Sharon Roy, [oscarmayer123@tx.rr.com](mailto:oscarmayer123@tx.rr.com), (972)270-4274, PO Box 743813, Dallas, TX, 75374

**Start Point:** Baylor Scott & White Hospital- 9440 Poppy, 75218. I-30 exit 53A. N on Buckner, turn left on Poppy. I-635 exit 12, go S on Garland. Right on N Buckner/TX Lp 12 S. Left on Poppy. From US 75, east on NW Hwy, right on Buckner, right on Poppy Drive. Turn in 2nd driveway for hospital. Park in Lot A or free garage. Enter automatic door below "Hospital Entrance" sign, to Communication Office, Rm 112, across from women's restroom. Ask for Walk Box. Dart instructions on website. Open daily.

**Event Info:** The 16km circles White Rock Lake with impressive views of downtown Dallas, the Dallas Arboretum, and the homes and gardens surrounding the lake. The 10km and 6km follow the east shore of the lake.

**Edna - Lake Texana****10km/5km Year Round Walk (2017/Y0573) 1/1/2017 - 12/31/2017**

Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0015 Houston Happy Hikers [www.houstonhappyhikers.com](http://www.houstonhappyhikers.com)  
**Contact:** Ken or Daralyn Schubert , [daralynschubert@yahoo.com](mailto:daralynschubert@yahoo.com), (281)857-7766, 1217 Forest Circle, Huffman, Tx, 77336  
**Start Point:** Brackenridge Recreation Complex - 46 Park Road 1, Edna, TX 77957 From highway 59, exit TX 111/FM 822 Edna/Yoakum. Turn on TX 111 toward Edna. Drive east about 8 miles to the Brackenridge Recreation Complex. Turn left into the Texana Park and Campground.  
**Event Info:** Open: Monday-Thursday 8:00 am to 5:00 pm; Friday 8:00 am to 6:00 pm; Saturday & Sunday 8:00 am to 4:00 pm. The walk box is located in the headquarters building. There is a \$3 Fee for all participants.  
Park entrance is free if you park at the headquarters and do the walk; there is a \$5 per car fee to drive further on the park roads or use picnic areas.

**El Paso - Fort Bliss****10/6/5km Year Round Walk (2017/Y1948) 1/1/2017 - 12/31/2017**

Cities in Song, Doin' The Louisiana Purchase, Honoring Our Flag, National Register of Historic Places, United States Post Offices, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** B Award      **Strollers:** easy      **Restroom:** No  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** No  
**Sponsor:** AVA-0108 Sun Country Striders [www.suncountrystriders.wordpress.com](http://www.suncountrystriders.wordpress.com)  
**Contact:** Derrill Rothermich, [derrillrothermich@hotmail.com](mailto:derrillrothermich@hotmail.com), (915)217-7477, 5810 Sun Court, El Paso, TX, 79924  
**Start Point:** Holiday Inn Express- 1744 Victory Ave, El Paso, TX 79906. From I-10, take Exit 25 (Airway). From east, turn right. From west, turn left. Go 1.8 miles on Airway to Buffalo Soldier Gate into Ft Bliss. If you do not have military ID, stop at pass office. Go 1 mile and turn right onto Jeb Stuart. Go 1 mile to third light at Cassidy and turn left. At second light, turn right on Marshall. Pass through two lights continuing to Victory Ave. Turn right to Start Point. Registration box is at front desk. Please express your appreciation.  
**Event Info:** Trail is on city streets through historic section of Ft Bliss--one of the largest military bases in the US. There is an amazing museum right across from Start Point. It covers history of Ft Bliss and 1st Armored Cavalry. Please take time to visit it.

**El Paso - UTEP Walk****10 KM/5 KM Year Round Walk (2017/Y1920) 1/1/2017 - 12/30/2017**

Amphitheatres, Cities in Song, Doin' The Louisiana Purchase, Honoring Our Flag, State Street Sashay, Take a Walk In a City Park, Trekking With the Trees, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** B Award **Strollers:** medium **Restroom:** Yes  
**Rating:** 3A **Wheelchair:** hard **Pets:** Yes  
**Sponsor:** AVA-0108 Sun Country Striders [www.suncountrystriders.wordpress.com](http://www.suncountrystriders.wordpress.com)  
**Contact:** Derrill Rothermich, [derrillrothermich@hotmail.com](mailto:derrillrothermich@hotmail.com), (915)217-7477, 5810 Sun Court Cir, El Paso, TX, 79924

**Start Point:** Albertson Super Market- 3100 North Mesa, El Paso, TX 79902. From I-10 eastbound, take Exit 16 (Executive Center Blvd) turning left towards the mountains. At second light, turn right onto North Mesa. After 1 mile, you will see Start Point on the left. From west bound I-10, take Exit 19A (Mesa Street). Continue straight to second light and turn right on Mesa Street. Go 1.4 miles and Start Point will be on the right. Registration box is at customer service desk. Please express your appreciation.

**Event Info:** Walk is on city streets through historic Kern Place residential neighborhood and University of Texas at El Paso (UTEP). UTEP features Kingdom of Bhutan design in all of it buildings.

**Fort Davis - Davis Mountain State Park Walk****10km/5km Year Round Walk (2017/Y0229) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only **Strollers:** Hard **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** None **Pets:** Yes  
**Sponsor:** AVA-0897 Midland Walkabout [www.midlandwalkabout.org](http://www.midlandwalkabout.org)  
**Contact:** Susan Fine, [finesusan25@gmail.com](mailto:finesusan25@gmail.com), (817)925-5447, 4410 Harlowe Dr., Midland, TX, 79703

**Start Point:** Interpretive Center at Davis Mountains State Park. There is no walk box - Directions will be emailed. Email: [gary.petersen@mygrande.net](mailto:gary.petersen@mygrande.net) or [finesusan25@gmail.com](mailto:finesusan25@gmail.com)- For walk directions, email: [gary.petersen@mygrande.net](mailto:gary.petersen@mygrande.net) or [finesusan25@gmail.com](mailto:finesusan25@gmail.com). Davis Mountains State Park is reached by traveling one mile north of Fort Davis on State Highway 17 to State Highway 118N, and then west on State Highway 118N for three miles to the Park Road 3 entrance. The walk starts at the Interpretative Center.

**Event Info:** Davis Mountains State Park offers a unique and remote destination for all sorts of adventures. Here you can hike, backpack, mountain bike or ride your own horse, take a scenic drive through the mountains, go camping, stargaze, geocache and study nature. Stay at one of the campsites or at Indian Lodge, a historic 39-room motel in the park, which has a restaurant, swimming pool (for Lodge guests only) and meeting rooms.

**Fort Davis - Fort Davis National Historic Site****10km/5km Year Round Walk (2017/Y0230) 1/1/2017 - 12/31/2017**

- Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0897 Midland Walkabout [www.midlandwalkabout.org](http://www.midlandwalkabout.org)  
**Contact:** Susan Fine, finesusan25@gmail.com, (817)925-5447, 4410 Harlowe Drive, Midland, TX, 79703  
**Start Point:** Fort Davis Chamber of Commerce. This is a remote site. There is no walk box. Directions available via email. Email: [gary.petersen@mygrande.net](mailto:gary.petersen@mygrande.net) or [finesusan25@gmail.com](mailto:finesusan25@gmail.com)- After receiving the walk directions via email, the walk starts at the Fort Davis Chamber of Commerce, located at #4 Memorial Square (On the South side of the Square across from the Courthouse).  
**Event Info:** Fort Davis National Historic Site along Texas Highways 17 - 118 at the foot of Sleeping Lion Mountain and Hospital Canyon, is considered perhaps the best preserved of all the 19th Century frontier forts and one of the best preserved "Buffalo Soldier" forts in the west. The site is well maintained and thoughtfully restored with interpretive and historical displays, an excellent book shop and a museum. Partially restored and fully restored buildings are scattered throughout the 523 acre grounds. Cost is \$3 to enter the park. Closed Thanksgiving, Christmas Day, New Year's Day and Martin Luther King Day. Pets not permitted in the public buildings of the site.

**Fort Worth - Cultural District/Trinity River****16/12/8/5 km Year Round Walk (2017/Y0052) 1/1/2017 - 12/31/2017**

- Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Hard      **Pets:** No  
**Sponsor:** AVA-0019 Tarrant County Walkers [www.walktx.org/TarrantCountyWalkers](http://www.walktx.org/TarrantCountyWalkers)  
**Contact:** Les and Kathy Minear, minear@mindspring.com, (817)244-6421, 11508 Northview Drive, Aledo, TX, 76008  
**Start Point:** Fairfield Inn - 1505 S University, 76107-6517. 817-335-2000. W on I-30, Exit 12/UNIVERSITY. E on I-30, Exit 12A. Go S on University to Fairfield Inn, on LEFT behind Macaroni Grill.  
**Event Info:** All routes begin along Trinity River. You will stroll through the Cultural District with five world-class museums, and through the oldest Botanic Gardens in Texas, then back to the river. Open daily, dawn to dusk.

**Fort Worth - Downtown****10km/5km Year Round Walk (2017/Y1148) 1/1/2017 - 12/31/2017**

- Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0019 Tarrant County Walkers [www.walktx.org/TarrantCountyWalkers](http://www.walktx.org/TarrantCountyWalkers)  
**Contact:** Michaela Cromar, Michaela.Cromar@claconnect.com, (817)874-5617, 9112 Autumn Falls Drive, Fort Worth, TX, 76118  
**Start Point:** Sheraton Ft Worth- 1701 Commerce, 76102. 817-335-7000. Sheraton located on E of downtown Ft Worth, at Lancaster and Commerce, across from Ft Worth Water Gardens. W on I-30, exit Henderson, right to Lancaster, right to Commerce, left on Commerce. E on I-30, exit on Lancaster/Cherry, E on Lancaster to Commerce. Left on Commerce.  
**Event Info:** This walk takes you through downtown Fort Worth with its rich architecture and western history. It includes the Fort Worth Water Gardens, the 35 -block Sundance Square, the Bass Performance Hall and the new campuses of Tarrant County College. Open daily.

**Fort Worth - Stockyards****12km/5km Year Round Walk (2017/Y0363) 1/2/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0019 Tarrant County Walkers [www.walktx.org/TarrantCountyWalkers](http://www.walktx.org/TarrantCountyWalkers)  
**Contact:** Barbara Salley, [salleyb2@yahoo.com](mailto:salleyb2@yahoo.com), (817)292-0673, 4809 South Dr. West, Fort Worth, TX, 76132  
**Start Point:** Ft Worth Stockyards Visitors Information Center- 130 E Exchange, 76164. 817-624-4741 or 1-800-433-5747. I-35W SB, Exit- 54B. NB, Exit 54-A. Go W on 28th to Main, turn LEFT to Main. Take Main to Exchange, turn LEFT. Proceed to VC on RIGHT. Free parking at end of Exchange, except during special events.  
**Event Info:** Discover the Historic Stockyards with cattle drives twice daily along Exchange Avenue, rustic Old West buildings and the World's Largest Honky Tonk, Billy Bob's Texas. Open Mon-Sat 9am, Sun at noon. Must be off trail by 5pm.

**Fredericksburg - AVA Pilgrimage****10km/5km Year Round Walk (2017/Y0001) 1/1/2017 - 12/31/2017**

Alternative Capitals, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Trekking With the Trees, United States Post Offices  
**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** easy      **Pets:** Yes  
**Sponsor:** AVA-0001 Volkssportverein Friedrichsburg [www.walktx.org/AVA1](http://www.walktx.org/AVA1)  
**Contact:** Dave Roberts, [dloberts34@hotmail.com](mailto:dloberts34@hotmail.com), (410)693-9829, 320 Morning Glory Drive, Fredericksburg, TX, 78624-6732  
**Start Point:** Sunday House Inn- 501 E. Main St. (US 290/87), Fredericksburg TX 78624. (800-274-3762 [sundayhouseinn.com](http://sundayhouseinn.com)) From IH-10 at Exit 477, turn east on US-290; at Exit 523, turn north on US-87. Continue to the start point on the south side of Main St. WALK BOX is in the lobby.  
**Event Info:** This walk is a self guided tour of the Historical District and honors the heritage of Volkssporting in America.

**Fredericksburg - Cross Mountain****10km/5km Year Round Walk (2017/Y1114) 1/1/2017 - 12/31/2017**

Alternative Capitals, Doin' The Louisiana Purchase, Food For Thought, Trekking With the Trees  
**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** No  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0001 Volkssportverein Friedrichsburg [www.walktx.org/AVA1](http://www.walktx.org/AVA1)  
**Contact:** Dave Roberts, [dloberts34@hotmail.com](mailto:dloberts34@hotmail.com), (410)693-9829, 320 Morning Glory Drive, Fredericksburg, TX, 78624-6732  
**Start Point:** Sunday House Inn- 501 E. Main St. (US 290/87), Fredericksburg TX 78624. (800-274-3762 [sundayhouseinn.com](http://sundayhouseinn.com)) From IH-10 at Exit 477, turn east on US-290; at Exit 523, turn north on US-87. Continue to the start point on the south side of Main St. WALK BOX is in the lobby. After registering at Sunday House Inn, drive about 2.7 miles to base of Cross Mountain.  
**Event Info:** NEW ROUTE in 2014. Walk begins with the spectacular view from the top of Cross Mountain, looking west over the valleys created by Town and Barons Creeks, which flow south into the Pedernales River. Then the route winds through period residential areas. Open daily.

**Fredericksburg - Enchanted Rock****10km/5km Year Round Walk (2017/Y1113) 1/2/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Honoring Our Flag, National Register of Historic Places

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes

**Rating:** 3C      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0001 Volkssportverein Friedrichsburg www.walktx.org/AVA1

**Contact:** Dave Roberts, dlroberts34@hotmail, (410)693-9829, 320 Morning Glory Drive, Fredericksburg, TX, 78624-6732

**Start Point:** Enchanted Rock State Natural Area Ranger Station- 16710 Ranch Rd-965, Fredericksburg TX 78624. From IH-10 at Exit 477, turn east on US-290; at Exit 523, turn north on US-87. In Fredericksburg, go N from Main St. on Milam (RR 965) 18 miles to park entrance gate on the LEFT side. Walk Box inside Ranger Station.

**Event Info:** Entry fee \$7 per person unless you have Texas State Park Pass. Arrive early, park opens at 8:30 and can be very busy. Enchanted Rock was designated a National Natural Landmark in 1970 and was placed on the National Register of Historic Places in 1984. Check office for limited seasonal hunting only days.

**Fredericksburg - St. Mary's Cemeteries****10km/5km Year Round Walk (2017/Y0107) 1/1/2017 - 12/31/2017**

Alternative Capitals, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, National Register of Historic Places, Trekking With the Trees, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** easy      **Pets:** Yes

**Sponsor:** AVA-0001 Volkssportverein Friedrichsburg www.walktx.org/AVA1

**Contact:** Dave Roberts, dlroberts34@hotmail.com, (410)693-9829, 320 Morning Glory Drive, Fredericksburg, TX, 78624-6732

**Start Point:** Sunday House Inn- 501 E. Main St. (US 290/87), Fredericksburg TX 78624. (800-274-3762 sundayhouseinn.com) From IH-10 at Exit 477, turn east on US-290; at Exit 523, turn north on US-87. Continue to the start point on the south side of Main St. WALK BOX is in the lobby. Registration is at Sunday House Inn, then participants drive (optional 2km if you walk) to downtown Marktplatz to begin walk.

**Event Info:** ROUTE REVISED in 2017. Trail includes residential areas and the two cemeteries associated with St. Mary's church; the main location and, following a refreshing stroll on the outskirts of town, the historic Pioneer Cemetery. Open daily.

**Galveston - Historical****10km Year Round Walk (2017/Y1159) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0015 Houston Happy Hikers www.houstonhappyhikers.com

**Contact:** Debbie Doyle, hhhpresident@houstonhappyhikers.com, (281)684-6779, 413 W. Bristol CT, League City, TX, 77573

**Start Point:** Starbucks Coffee Company- 102 Kempner/22nd, 77550-1523. Houston, I-45 S. I-45 becomes Broadway. Turn left to Rosenberg/25th. Right on Harborside. Right on Kempner/22nd. Starbucks at corner of Kempner/22nd and Harborside. Ask for Walk Box at order counter. Open Sun-Th 5:30am-9:30pm. Sat 5:30am-11pm.

**Event Info:** The walk includes historical sites such as the Strand, University of Texas Medical Branch-Old Red, Ashton Villa, Moody Mansion, Galvez Tremont Hotels, cruise ship viewing and the Galveston Seawall.

### Galveston - Seawall

#### 10km/5km Year Round Walk (2017/Y1526) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** No  
**Sponsor:** AVA-0015 Houston Happy Hikers [www.houstonhappyhikers.com](http://www.houstonhappyhikers.com)  
**Contact:** Debbie Doyle, hhhpresident@houstonhappyhikers.com, (281)684-6779, 413 W. Bristol CT, League City, TX, 77573  
**Start Point:** Galvez Hotel- 2024 Seawall, 77550, 409-765-7721, Houston take I-45 S, I-45 becomes Broadway, Right on 21st, Galvez Hotel on left at Seawall Blvd. Walk Box at hotel registration counter.  
**Event Info:** This walk takes you along the Galveston Seawall, passing the Galvez Hotel, Gaidos, the 1900 Storm Memorial, and the 61st Fishing Pier. Open daily at 7am.

### Gatesville - Coryell County Walk

#### 10km/6km Year Round Walk (2017/Y1676) 1/1/2017 - 12/31/2017

Alternative Capitals, Make a Wish at a Water Fountain, Take a Walk In a City Park, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0955 Texas County Walkers, Inc. [www.walktx.org](http://www.walktx.org)  
**Contact:** Deborah Carter, debwalk@earthlink.net, (972)285-8102, 1134 Thistle Dr, Mesquite, TX, 75149  
**Start Point:** Gatesville Public Library- 111 N. 8th St. Gatesville TX 76528. West of Waco on U.S. 84, right on 8th St. 1/2 block to Library Parking lot. Ask for walk box at desk.  
**Event Info:** County Courthouse, City Park(s), old cemetery, County Museum, churches, some neighborhoods. Spur Capital of Texas.

### Georgetown

#### 10km/6km Year Round Walk (2017/Y1037) 1/1/2017 - 12/31/2017

Alternative Capitals, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Walk the USA - Street by Street, Water Towers, You'll Never Walk Alone

**Award:** B Award      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0077 Colorado River Walkers [www.coloradoriverwalkers.org/](http://www.coloradoriverwalkers.org/)  
**Contact:** Colin Johnston, Colinj5@suddenlink.net, (512)591-1918, 819 River Walk Trail, Georgetown, TX, 78633  
**Start Point:** Georgetown Visitors Center- 103 W 7th, Georgetown Tx. 78626. N on I-35, Exit-261/University. Turn Right on University. Turn Left on Austin, Right on 7th. S on I-35, Exit 262/Williams, turn Left on Williams to Austin. Right on Austin, then Left on 7th.  
**Event Info:** This beautiful trail starts at the courthouse square, passes through Blue Hole Park, and follows the Hike & Bike Trail along the S San Gabriel River into San Gabriel Park. It returns via Southwestern U. and a portion of Historic Georgetown. Open M-Sat 9am-5pm, Sun 1-5pm.

**Glen Rose - Historic****12km/10km/5km Year Round Walk (2017/Y1340) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Take a Walk In a City Park, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0718 Hood County Hummers [www.walktx.org/HoodCountyHummers/](http://www.walktx.org/HoodCountyHummers/)  
**Contact:** Lloyd Sigrist, lloydsigrist@gmail.com, (817)279-1130, 824 Woodhaven Ct, Granbury, TX, 76048  
**Start Point:** Brookshire's Foods & Pharmacy- 607 SW Big Bend Trail @ Customer Service/Office. Located on US67 on the southwest edge of town, in front of the Glen Rose High School and Football Stadium. GPS Coordinates; N 3214.017 & W 9746.074  
**Event Info:** Walk through parks, city streets, past the Historic Town Square, along the river, over the dam (stairs here) and past the Big Rocks Park. Open Mon-Thu 6am-10pm; Fri 6am-8pm; Sat 10am-8pm.

**Goliad - Historic Goliad County Walk - CLOSED THRU 10/31/17****11km/5km Year Round Walk (2017/Y0901) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** No  
**Rating:** 1B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0955 Texas County Walkers, Inc. [www.walktx.org](http://www.walktx.org)  
**Contact:** Helen Bateman, hbateman@me.com, (214)732-3419, 3321 Dartmoor Dr., Dallas, TX, 75229  
**Start Point:** WEB REGISTRATION ONLY [www.cva4u.org](http://www.cva4u.org) - START Goliad County Courthouse, 127 N Courthouse Square, Goliad, Texas- REGISTRATION: Please use the online start box provided by the California Volkssport Association website [www.cva4u.org](http://www.cva4u.org) Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user. DRIVE TO START: From San Antonio, Take US - 181 S and TX 239 E to Goliad. Street parking is available throughout historic Goliad.  
**Event Info:** Walk historic Goliad. 11KM walkers will need to pay a State Park entrance fee or show their current Texas State Park Pass when they enter the Goliad State Park & Historic Site. Currently \$3 per person, children 12 and under are free. If you are walking the 11km you may find downloading the state park map helpful. In addition to the state park with its restored Mission Espiritu Santo, the 11km passes by the Presidio La Bahia, Zaragoza Birthplace, and Fannin Memorial.



**Gonzales - Old Jailhouse Walk****10 km/5 km Year Round Walk (2017/Y1718) 1/2/2017 - 12/29/2017**

Doin' The Louisiana Purchase, Honoring Our Flag, National Register of Historic Places,  
Walking the USA A - Z, Water Towers

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0044 Randolph Roadrunners [www.randolphroadrunners.info](http://www.randolphroadrunners.info)

**Contact:** Pat Gunter, [patgunter@yahoo.com](mailto:patgunter@yahoo.com), (210)479-0805, 2506 Fairfield Bend Dr., San Antonio, TX, 782312226

**Start Point:** Old Jailhouse Museum- 414 Saint Lawrence, 78629-4022. E on I-10, Exit-632, US-183/90 GONZALES/CUERO. Bear RIGHT, go S on US-183 for 11.9 miles to BUS US-183. LEFT, go 2.0 miles to TX-97/St Lawrence), LEFT, go 0.1 miles to Old Jailhouse Museum. W on I-10, Exit-649, TX-97/WAELDER/GONZALES. LEFT to TX-97, go 18.0 miles to Old Jailhouse Museum.

**Event Info:** The Old Jailhouse was built 1885-1870 and used until 1975. The route follows the homes, churches and memorials that feature the history of Gonzales. Gonzales is called the "Birthplace of Texas Independence" and is one of the most historic towns in Texas. Open M-F 8am-5pm, Sat 9am-4pm, Sun 1-4pm.

**Granbury - Historic****11km/6km/5km Year Round Walk (2017/Y0382) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, United States Post Offices, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0718 Hood County Hummers [www.walktx.org/HoodCountyHummers/](http://www.walktx.org/HoodCountyHummers/)

**Contact:** Sonny Byington, [sonnyraeb@gmail.com](mailto:sonnyraeb@gmail.com), (817)437-2882, 1408 Apache Trail East, Granbury, TX, 76048

**Start Point:** Hilton Garden Inn- 635 E Pearl, 76408, 817-579-3800. Pearl St. and Business US-377 are the same. Going West from US 377 on Bus. US 377 the hotel is approx. 1 mile on the left. Going East from US 377 on Bus. US 377 the hotel is approx. 2 miles on the right.

**Event Info:** Enjoy walking through old time Victorian neighborhoods, in beautiful shady parks, and around the town cemetery. You will see the 1886 Hood County Courthouse and many other historic sites. The walk takes you past many boutiques, antique shops and restaurants. Open daily, dawn to dusk.

**Groveton - Trinity County - 2017 ONLY****10km/5km Year Round Walk (2017/Y0406) 1/1/2017 - 12/31/2017**

Honoring Our Flag, National Register of Historic Places, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0863 East Texas Trekkers, Inc. [www.Walktx.org/EastTexasTrekkers/](http://www.Walktx.org/EastTexasTrekkers/)

**Contact:** Helen Hull, [helenthehun@yahoo.com](mailto:helenthehun@yahoo.com), (972)530-1026, 2334 Saharah Dr, Garland, TX, 75044

**Start Point:** B & B Market - 520 W 1st St (US-287), 5 blocks northwest of the courthouse on east side of highway.

**Event Info:** Visit Trinity County's courthouse, old jail, cemetery, and other historic buildings. 10km includes country lanes.

**Guadalupe Mountains National Park - Frijole Ranch****10km/6km Seasonal Walk (2017/Y0629) 1/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, National Parks Centennial Challenge

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 2C      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0108 Sun Country Striders [www.suncountrystriders.wordpress.com](http://www.suncountrystriders.wordpress.com)  
**Contact:** Derrill Rothermich, [derrillrothermich@hotmail.com](mailto:derrillrothermich@hotmail.com), (915)217-7477, 5810 Sun Court, El Paso, TX, 79924  
**Start Point:** Guadalupe Mountains National Park- REMOTE REGISTRATION ONLY. Contact POC.  
**Event Info:** Hiking fee is \$5 for seven days. Free to pass holders but must register at trailhead. Both trails visit Smith and Manzanita Springs which are two of the few sources of water for wildlife. Smith Springs is in small, tree-lined canyon. The 10k makes a loop through the foothills. Walk SP is a historic ranch house museum which is open irregularly. Due to desert environment, carry plenty of water.

**Guadalupe Mountains National Park - Guadalupe Mountains National Park****19/14/6 km Seasonal Walk (2017/Y0693) 1/1/2017 - 12/31/2017**

Amphitheatres, Doin' The Louisiana Purchase, Honoring Our Flag, National Parks Centennial Challenge

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 4D      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0108 Sun Country Striders [www.suncountrystriders.wordpress.com](http://www.suncountrystriders.wordpress.com)  
**Contact:** Derrill Rothermich, [derrillrothermich@hotmail.com](mailto:derrillrothermich@hotmail.com), (915)217-7477, 5810 Sun Court, El Paso, TX, 79924  
**Start Point:** Guadalupe Mountains National Park- 400 Pine Canyon Dr, Salt Flat, TX 79847. REMOTE REGISTRATION ONLY. Contact POC.  
**Event Info:** The 6km (3C) goes through Pine Springs Canyon and the ruins of an old stagecoach station. The 14km (4D) climbs 3500 ft to the summit of Guadalupe Peak, the highest point in Texas (8749 ft.) Elk and big horn sheep may be seen. The 19km (3D) is through foothills with views of salt flats to the west.

**Guadalupe Mountains National Park - McKittrick Canyon****18/12/8 km Year Round Walk (2017/Y0628) 1/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Honoring Our Flag, National Parks Centennial Challenge

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 4D      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0108 Sun Country Striders [www.suncountrystriders.wordpress.com](http://www.suncountrystriders.wordpress.com)  
**Contact:** Derrill Rothermich, [derrillrothermich@hotmail.com](mailto:derrillrothermich@hotmail.com), (915)217-7477, 5810 Sun Court, El Paso, TX, 79924  
**Start Point:** Guadalupe Mountains National Park- REMOTE REGISTRATION ONLY. Contact POC. Open 8am to 4:30pm MST in Winter and 6pm in Summer. Hiking fee is \$5 for seven days.  
**Event Info:** Free to pass holders but must register at trailhead. Walk is alongside small stream flowing through steep walled canyon. Wildlife is common. The trees are especially beautiful during Fall color changes from mid-October to mid-November. Visits historic ranch house and 12k continues to natural grotto. Rating for 8/12 km is 2C. The trail continues for 3 km to back ridge of canyon with a steep 2,380 ft climb to the top (The Notch) with a spectacular view back into the canyon.

**Highland Park****10 KM / 6 KM Year Round Walk (2017/Y0070) 1/8/2017 - 12/31/2017**

National Register of Historic Places

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0681 Star Trekkers of Irving [www.startrekkers.org](http://www.startrekkers.org)  
**Contact:** Gary Whitford, [grwhitford@gmail.com](mailto:grwhitford@gmail.com), (214)536-9756, 217 Chamberlain, Irving, Tx, 75060

**Start Point:** Royal Blue Grocery- 1 Highland Park Village, Highland Park, TX. From North or South on North Central Expressway (Hwy 75), Take Hwy 75 to Mockingbird (Exit 8). From the North turn right (West) or from the South turn left (West) on Mockingbird. Continue west on Mockingbird to Douglas (one block after Preston Road). Highland Park Village will be on your left and the parking lot will be on your right. Turn right into the parking lot.

**Event Info:** Enjoy the beautiful homes of Highland Park. Start in the Highland Park Village which is the first self-contained shopping center in America and which became a National Historic Landmark in 2000.

**Houston - Downtown: Closed Due to Heavy Flooding****10km/5km Year Round Walk (2017/Y0536) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** No  
**Sponsor:** AVA-0015 Houston Happy Hikers [www.houstonhappyhikers.com](http://www.houstonhappyhikers.com)  
**Contact:** Mike Shay, [hhhpresident@houstonhappyhikers.com](mailto:hhhpresident@houstonhappyhikers.com), (281)870-0127, 3407 Esterbrook Dr., Houston, TX, 77082

**Start Point:** Wyndham Hotel- 6800 Main St., Houston, TX 77030-3302. Located on the corner of South Main & Holcombe. From I-610 South Loop take Main Street exit, turn North on Main to the Wyndham Hotel. From US-59 take Greenbriar South to University, then LEFT on University to South Main and RIGHT on south Main to the Wyndham Hotel entrance. Ask to park in the Wyndham Hotel parking lot.

**Event Info:** Route includes Downtown Historic District, Theaters, Civic Center, Skyline, government, shopping, ballpark, urban parks and public art. Open daily, at 7am.

**Houston - Hermann Park: Closed Due to Heavy Flooding****10 km Year Round Walk (2017/Y0143) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0015 Houston Happy Hikers [www.houstonhappyhikers.com](http://www.houstonhappyhikers.com)  
**Contact:** Janet Johnson, [hhhcontact@houstonhappyhikers.com](mailto:hhhcontact@houstonhappyhikers.com), (281)851-3872, 1611 Martin Lake Drive, Richmond, TX, 77406

**Start Point:** Wyndham Houston - Medical Center Hotel and Suites- 6800 Main St., Houston, TX 77030-3302. From I-610 South Loop take Main Street exit, turn North on Main to the Wyndham Hotel. From US-59 take Greenbriar South to University, then LEFT on University to South Main and RIGHT on south Main to the Wyndham Hotel entrance. Please ask to park in the Wyndham Hotel parking lot.

**Event Info:** The trail passes by the University of Texas buildings. It continues around the Medical Center, then trail winds through Hermann Park, past the zoo, golf course, and Museum of Natural History; then through the Museum district before returning to the park. Open daily at 7am.

### Houston - Medical Center: Closed Due to Heavy Flooding

10 km Year Round Walk (2017/Y1388) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** No  
**Sponsor:** AVA-0015 Houston Happy Hikers [www.houstonhappyhikers.com](http://www.houstonhappyhikers.com)  
**Contact:** Janet Johnson, [hkhcontact@houstonhappyhikers.com](mailto:hkhcontact@houstonhappyhikers.com), (281)851-3872, 1611 Martin Lake Drive, Richmond, TX, 77406  
**Start Point:** Wyndham Houston - Medical Center Hotel and Suites- 6800 Main St., Houston, TX 77030-3302. Located on the corner of South Main & Holcombe. See directions for the Houston- Hermann Park YRE #Y0143. Ask for the Walk Box at the hotel registration desk.  
**Event Info:** The trail goes through the inner courtyards and past the fountains and statues of the Texas Medical Center, The University of Texas Health Science Center, Baylor College of Medicine, Texas Woman's University-Houston Center, Methodist and St. Luke's Hospitals, and the Denton A. Cooley Building, Texas Heart Institute. Then through a residential district on the way back. Open daily, at 7:30am.

### Houston - Rice University: Closed Due to Heavy Flooding

11 km Year Round Walk (2017/Y0071) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0015 Houston Happy Hikers [www.houstonhappyhikers.com](http://www.houstonhappyhikers.com)  
**Contact:** Janet Johnson, [hkhcontact@houstonhappyhikers.com](mailto:hkhcontact@houstonhappyhikers.com), (281)851-3872, 1611 Martin Lake Drive, Richmond, TX, 77406  
**Start Point:** Wyndham Houston - Medical Center Hotel and Suites- 6800 Main St. Houston, TX 77030-3302. Located on the corner of South Main & Holcombe. See Directions for the Houston- Hermann Park YRE # Y0143.  
**Event Info:** The trail follows shaded paved streets and sidewalks with some curbs, past the Texas Medical Center, the shops and restaurants of the Village, art museums, sculpture gardens, scenic residential area and through the campus of Rice University. Open daily at 7am.

### Hunt - Hill Country Walk

10km/5km Year Round Walk (2017/Y0684) 1/1/2017 - 12/31/2017

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Honoring Our Flag, United States Post Offices, Walking the USA A - Z, You'll Never Walk Alone

**Award:** B Award      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0106 Kerrville Trailblazers [www.walktx.org/KerrvilleTrailblazers/](http://www.walktx.org/KerrvilleTrailblazers/)  
**Contact:** Jan Parker, [jparker172@hotmail.com](mailto:jparker172@hotmail.com), (830)367-3093, P. O. Box 291136, Kerrville, TX, 78028  
**Start Point:** Inn of the Hills- 1001 Junction HWY (TX 27), Kerrville, TX 78028. 830-895-5000. See Directions for Y1193.  
**Event Info:** Register at Inn of the Hills in Kerrville, drive to walk start point in Hunt. The walk starts at the historic Hunt Store (circa 1950) in Hunt, TX. You will walk through charming neighborhoods of Hunt, a hilly and scenic subdivision, and along the beautiful cypress-lined Guadalupe River. There are restaurants in Hunt.

### Huntsville - Historical

**10km/5km Year Round Walk (2017/Y1352) 1/1/2017 - 12/31/2017**

**Award:** A Award                      **Strollers:** Hard                      **Restroom:** Yes  
**Rating:** 1A                      **Wheelchair:** Hard                      **Pets:** Yes  
**Sponsor:** AVA-0015 Houston Happy Hikers [www.houstonhappyhikers.com](http://www.houstonhappyhikers.com)  
**Contact:** Charlene Foerster, [cfoerster@marykay.com](mailto:cfoerster@marykay.com), (936)295-7058, 235 Willowbend, Huntsville, TX, 77320  
**Start Point:** Wigwam/Neosho Gift Shop behind Steamboat House in Sam Houston Memorial Museum Complex- 1400 19th, 77340, 936-294-3671. From I-45 take exit 116: going SOUTH turn LEFT on 11th/HWY30/190E, going NORTH turn right on 11th. Turn right on Sam Houston, continue to 19th St. Turn right on 19th St to Steamboat House (on right) . Turn right, in front of Steamboat House to Gift Shop on the left.  
**Event Info:** Historical sites include Sam Houston Memorial Park and Museum, Dept. of Criminal Justice, Sam Houston State Univ., Sam Houston Grave and Monument, Oakwood Cemetery, the Courthouse, and Gibbs Powel Museum. Open Tue-Sat 9am- 4:30pm, Sun Noon-4:30pm. Closed on Mon.

### Irving - Heritage

**10km/5km Year Round Walk (2017/Y0316) 1/1/2017 - 12/31/2017**

**Award:** B Award                      **Strollers:** medium                      **Restroom:** Yes  
**Rating:** 1A                      **Wheelchair:** hard                      **Pets:** Yes  
**Sponsor:** AVA-0681 Star Trekkers of Irving [www.startrekkers.org](http://www.startrekkers.org)  
**Contact:** Gary Whitford, [gwhitford@gmail.com](mailto:gwhitford@gmail.com), (214)536-9756, 217 Chamberlain, Irving, TX, 75060  
**Start Point:** McDonald's Restaurant - 302 W Irving Blvd., Irving 75060. From N go S on I-35E to Loop TX-12, Exit 436. Continue S on Loop TX-12 to Irving, TX- 356. Go W about 2-miles to McDonald's Restaurant (left) prior to O'Connor. From E or W on I-30, Exit 38, Loop TX-12, go N to Irving, TX-356. Turn left on Irving Blvd, go W about 2-miles to McDonald's Restaurant just prior to O'Connor. South Irving Stop of TRE (Trinity Rail Express) is across street from McDonald's.  
**Event Info:** McDonald's closed on Thanksgiving & Christmas. Ask for the box behind the counter. The trail is on city sidewalks and through Centennial Park, Senter Park, Fritz Park, Milleniam Park, Veterans Memorial Park, Heritage Park, South Irving Dart Transit Center, the Clock Tower, and downtown, Main St. in Irving, TX.

### Irving - Las Colinas

**10km/6km/5km Year Round Walk (2017/Y0202) 1/1/2017 - 12/31/2017**

**Award:** B Award                      **Strollers:** Medium                      **Restroom:** Yes  
**Rating:** 1A                      **Wheelchair:** NO                      **Pets:** Yes  
**Sponsor:** AVA-0681 Star Trekkers of Irving [www.startrekkers.org](http://www.startrekkers.org)  
**Contact:** Gary Silkworth, [gsilkworth@msn.com](mailto:gsilkworth@msn.com), (817)571-9786, 805 Glenn Drive, Euless, TX, 76039  
**Start Point:** Dallas Marriott Las Colinas- 223 Las Colinas W, Blvd, Irving 75039-5404. 972-831-0000. N on I-35E, go S, Exit 436. Stay right at Loop 12 S (signs for Loop 12 S/Irving/DFW Airport). Exit to Grapevine/DFW Airport/TX-114. Right, continue on TX-114. Right on N OConnor BLVD. Left on Las Colinas. Start Point 1 block on right. From S on I-35 E, stay left, exit TX-183 W (signs for Irving/DFW Airport/TX-183/TX-114). Stay right, exit TX-114 W (signs for Grapevine/DFW Airport N entry/TX- 114). Right on N OConnor then same as above.  
**Event Info:** Walk Box located in brown cabinet to right as you enter front door. The route is on sidewalks, along the promenade around the Mandalay Canal and Lake Carolyn and along a short distance of the Campion Trail. See the marble cows and the Ben Carpenter Statute in Founders Park and the Mustangs of Las Colinas in Williams Square.

**Irving - Valley Ranch****10km/5km Year Round Walk (2017/Y0671) 1/1/2017 - 12/31/2017**

**Award:** B Award                      **Strollers:** easy                      **Restroom:** Yes  
**Rating:** 1A                      **Wheelchair:** medium                      **Pets:** Yes  
**Sponsor:** AVA-0681 Star Trekkers of Irving [www.startrekkers.org](http://www.startrekkers.org)  
**Contact:** Gary Whitford, [grwhitford@gmail.com](mailto:grwhitford@gmail.com), (214)536-9756, 217 Chamberlain, Irving, TX, 75060-5344  
**Start Point:** Java Me Up - 401 Cimarron Trail #150, 75063. From N or S on I-35 E: Exit 440C, go W on I-635 to Exit 31, MacArthur Blvd in Irving. Exit to MacArthur, turn Right. Take MacArthur to Cimarron Tr, turn Right. Immediately turn Left at first entrance to parking lot, continue ahead to rear of parking lot. Java Me Up on right (next to entrance to Valley Ranch Library).  
**Event Info:** This walk is along the canals in Valley Ranch and along Campion Trail in Sam Houston Park. As you enter, turn left toward patio and look right. Walk Box is on top shelf of bakers rack behind chairs. Hours: Mon-Sat: 7:00am Sun: 9:00am.

**Kerrville - Bridge Walk****10km/5km Year Round Walk (2017/Y1193) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Honoring Our Flag, Take a Walk In a City Park, Walking the USA A - Z, You'll Never Walk Alone  
**Award:** B Award                      **Strollers:** Medium                      **Restroom:** No  
**Rating:** 1B                      **Wheelchair:** Hard                      **Pets:** Yes  
**Sponsor:** AVA-0106 Kerrville Trailblazers [www.walktx.org/KerrvilleTrailblazers/](http://www.walktx.org/KerrvilleTrailblazers/)  
**Contact:** Jan Parker, [jparker172@hotmail.com](mailto:jparker172@hotmail.com), (830)367-3093, P.O. Box 291136, Kerrville, TX, 78029  
**Start Point:** Inn of the Hills- 1001 Junction HWY (TX 27), Kerrville, TX 78028. 830-895-5000. From I-10, Exit 508 (TX Hwy 16). Turn left, go approx. 2 miles. Turn right on Hwy 27 (Main St.). Go approx. 2 miles. Inn of the Hills Resort & Conference Center is on the left at 1001 Junction Hwy, next to Bank of the Hills. Open daily.  
**Event Info:** After registering, you will drive to the walk Start Point. The route begins at scenic Elm Creek Park, through residential areas, and across Kerrville's beautiful bridge crossing the Guadalupe River. You will also meander over a charming footbridge, and cross the river again on a 3rd bridge! The walk is on paved surfaces, except for the Elm Creek Park trail.

**Kerrville - Downtown****10km/5km Year Round Walk (2017/Y0026) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Lakes and Reservoirs, National Register of Historic Places, Take a Walk In a City Park, Walking the Path of Inventions  
**Award:** B Award                      **Strollers:** NO                      **Restroom:** Yes  
**Rating:** 2C                      **Wheelchair:** NO                      **Pets:** Yes  
**Sponsor:** AVA-0106 Kerrville Trailblazers [www.walktx.org/KerrvilleTrailblazers/](http://www.walktx.org/KerrvilleTrailblazers/)  
**Contact:** Jan Parker, [jparker172@hotmail.com](mailto:jparker172@hotmail.com), (830)367-3093, P.O. Box 291136, Kerrville, TX, 78029  
**Start Point:** Inn of the Hills- 1001 Junction HWY (TX 27), Kerrville, TX 78028. 830-895-5000. See Directions Y1193. Open daily.  
**Event Info:** The trail follows the beautiful Guadalupe River to Louise Hays Park, includes Riverside Nature Center (no pets allowed), and a portion of the new River Trail. It passes by historic buildings, museums, and art galleries in downtown Kerrville. Shops and restaurants are along the way.

**Kerrville - Guadalupe River Trail Walk****10km/5km Year Round Walk (2017/Y1365) 1/1/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Make a Wish at a Water Fountain, Take a Walk In a City Park, You'll Never Walk Alone

**Award:** B Award **Strollers:** Medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0106 Kerrville Trailblazers [www.walktx.org/KerrvilleTrailblazers/](http://www.walktx.org/KerrvilleTrailblazers/)

**Contact:** Jan Parker, [jparker172@hotmail.com](mailto:jparker172@hotmail.com), (830)367-3093, P. O. Box 291136, Kerrville, TX, 78028

**Start Point:** 1001 Junction HWY (TX 27), Kerrville, TX 78028-4913. 830-895-5000. - 1001 Junction HWY (TX 27), Kerrville, TX 78028. 830-895-5000. See Directions for Y1193. After registering, drive to the start point in Louise Hayes Park (off Hwy 16).

**Event Info:** The newly completed River Trail travels along the scenic Guadalupe River, on a 10 foot wide trail that accommodates hikers, runners, bikers and pets. The trail is tree-lined with majestic cypress trees, and you will pass a splash pad, charming dog park, and beautiful natural areas. There are several restaurants and shops one block away in the downtown area.

**Kerrville - Residential****10km Year Round Walk (2017/Y0027) 1/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Honoring Our Flag, Points of Reference, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** B Award **Strollers:** NO **Restroom:** Yes

**Rating:** 2B **Wheelchair:** NO **Pets:** Yes

**Sponsor:** AVA-0106 Kerrville Trailblazers [www.walktx.org/KerrvilleTrailblazers/](http://www.walktx.org/KerrvilleTrailblazers/)

**Contact:** Jan Parker, [jparker172@hotmail.com](mailto:jparker172@hotmail.com), (830)367-3093, P.O. Box 291136, Kerrville, TX, 78029

**Start Point:** Inn of the Hills- 1001 Junction HWY (TX 27), Kerrville, TX 78028-4913. 830-895-5000. From I-10, Exit 508 (TX Hwy 16). Turn left, go approx. 2 miles. Turn right on Hwy 27 (Main St.). Go approx. 2 miles. Inn of the Hills Resort & Conference Center is on the left at 1001 Junction Hwy, next to Bank of the Hills. After registering, you will drive to the walk Start Point.

**Event Info:** This route winds through the hilly, beautifully landscaped residential area of Riverhill which surrounds a golf course. The walk also passes the Southwestern styled Museum of Western Art (fee), and the century old Riverhill Country Club mansion.

**Kerrville - Schreiner University****11km/5km Year Round Walk (2017/Y0821) 1/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Take a Walk In a City Park, Walking the Path of Inventions, Walking the USA A - Z, You'll Never Walk Alone

**Award:** B Award **Strollers:** Medium **Restroom:** Yes

**Rating:** 2B **Wheelchair:** Hard **Pets:** Yes

**Sponsor:** AVA-0106 Kerrville Trailblazers [www.walktx.org/KerrvilleTrailblazers/](http://www.walktx.org/KerrvilleTrailblazers/)

**Contact:** Jan Parker, [jparker172@hotmail.com](mailto:jparker172@hotmail.com), (830)367-3093, P.O. Box 291136, Kerrville, TX, 78029

**Start Point:** Inn of the Hills- 1001 Junction HWY (TX 27), Kerrville, TX 78028-4913. 830-895-5000. See Directions Y1193. Open daily. After registering, you will drive to the walk Start Point.

**Event Info:** This route goes through charming Schreiner University and then through residential streets to a city park with a nature trail/playground/city pool/skate park. (Go for a swim!) and a good view of the hills across the Guadalupe River. The walk is on paved surfaces except for the nature trail.

### La Porte - San Jacinto Battleground

10 km/5 km Year Round Walk (2017/Y1671) 1/1/2017 - 12/31/2017

**Award:** A Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0015 Houston Happy Hikers [www.houstonhappyhikers.com](http://www.houstonhappyhikers.com)  
**Contact:** Ken/Daralyn Schubert, [daralynschubert@yahoo.com](mailto:daralynschubert@yahoo.com), (281)324-1573, 1217 Forest Circle, Huffman, TX, 77336  
**Start Point:** San Jacinto Battleground State Historic Site- 3523 Independence Pkwy, 77571-9773. Historic site located 19 miles E of downtown Houston. Sam Houston Tollway 8 or Loop-610 to TX-225 E. (If approaching Houston from E on I-10, Exit TX-146 S to TX-225 W) Exit Independence Pkwy (TX-134) turn left (N). At Y in road, take right fork to monument. Walk Box in kiosk left of W entrance.  
**Event Info:** Route winds throughout the San Jacinto Battleground State Historic Site, around the San Jacinto Monument, and past the State Historic Battleship Texas. Open 9am-6pm.

### Liberty - Liberty County - 2017 ONLY

10km/5km Year Round Walk (2017/Y1888) 1/1/2017 - 12/31/2017

**Award:** ZZ      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0863 East Texas Trekkers, Inc. [www.Walktx.org/EastTexasTrekkers/](http://www.Walktx.org/EastTexasTrekkers/)  
**Contact:** Helen Hull, [helenthehun@yahoo.com](mailto:helenthehun@yahoo.com), (972)530-1026, 2334 Saharah Dr, Garland, Tx, 75044  
**Start Point:** Liberty Chamber of Commerce- 1801 Trinity, Liberty. From US-90, north on Main (TX-227) 3 blocks to Trinity, then left on Trinity 1/2 block to Chamber of Commerce on right. Walk box is on entry porch next to front door and available at all hours.  
**Event Info:** Liberty is the county seat of Liberty County which was formed in 1836 during the early days of the Republic of Texas, but dates back to 1831 and the Mexican era. Wm Barret Travis, commander of the Alamo practiced law here. Check out the many historic homes, churches, buildings, and Liberty bells throughout the city.

### Longview - Historic (Gregg County)

10 km/5 km Year Round Walk (2017/Y1550) 1/1/2017 - 12/31/2017

Alternative Capitals, Cities in Song, Honoring Our Flag, National Register of Historic Places, United States Post Offices, Water Towers

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0863 East Texas Trekkers, Inc. [www.Walktx.org/EastTexasTrekkers/](http://www.Walktx.org/EastTexasTrekkers/)  
**Contact:** Vickie Pendergrass, [vsp987@aol.com](mailto:vsp987@aol.com), (903)360-2159, 2656 Private Rd 7908, Hawkins, TX, 75765  
**Start Point:** Longview Police Station- 302 W Cotton, 75601. W take I-20 E to TX-31, N on TX-31 to E Cotton. Right on E Cotton. Police Station approx. 1/2 mile on Right. E take I-20 W to Longview, exit 595 Estes Pkwy. Merge to I-20 Frontage Rd N. Right to Estes Pkwy/W Loop 281, continue on Estes Pkwy. (Estes Pkwy becomes High) Continue on S High to Cotton. Left on Cotton. Police Station on left of road. Walk box located in the lobby of the Policy Station.  
**Event Info:** Walk box replaced as of June 1. Ask for box at the 24-hour service window. Walk route passes downtown museums, shops, eateries, and historical locations. Inside the Post Office view the WPA artwork of Thomas Stell. Explore Greenwood cemetery and the Nuggett Hill historic area. Daily 6am-3 hours before dusk.



**Marshall - Historic Marshall****10km/5km Year Round Walk (2017/Y0424) 1/1/2017 - 12/31/2017**

Alternative Capitals, Doin' The Louisiana Purchase, Honoring Our Flag, National Register of Historic Places, United States Post Offices, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0863 East Texas Trekkers, Inc. [www.Walktx.org/EastTexasTrekkers/](http://www.Walktx.org/EastTexasTrekkers/)

**Contact:** Helen Hull, [helenthehun@yahoo.com](mailto:helenthehun@yahoo.com), (972)530-1026, 2334 Saharah Dr, Garland, TX, 75044

**Start Point:** Best Western- 5201 East End Blvd South - From I-20, north on US-59 (East End Blvd South) approximately 4 miles to hotel on left (west side of US-59).

**Event Info:** Walk Marshall with its many historic sites including the Confederate Missouri Capitol in exile. 10km will also visit Texas Baptist University campus. After registering, you will drive about 5 miles to the county courthouse to start the walk. Driving directions included on walk directions.

**McAllen - McAllen Historic Casa De Palmas Walk****11km/5km Year Round Walk (2017/Y2027) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** easy      **Pets:** No

**Sponsor:** AVA-0350 City of McAllen Parks and Rec. Dept.

**Contact:** Del Zander, [dandbzander@gmail.com](mailto:dandbzander@gmail.com), (702)525-7720, 3808 Hummingbird Ln, Mission, TX, 78572

**Start Point:** Casa De Palmas Hotel - 101 N. Main ST, McAllen, TX 78501. FROM US-281 exit onto BUSINESS 83 and drive to Main ST. Turn RIGHT on Main ST, cross the railroad tracks and turn LEFT immediately into the hotel parking garage. Free parking on the 2nd and 3rd floor and an elevator will take you to the first floor lobby area. FROM US-83, take the 10th ST exit and drive to BUSINESS 83 and turn LEFT. Turn RIGHT on Main ST, cross the tracks and turn LEFT into the hotel parking garage. Open daily.

**Event Info:** Walk through part of old town McAllen, past upscale housing, along a very nice bike/hike trail, and through two city parks. In the hotel courtyard is a spectacular tree, the Kigelia pinnata, one of only two in the US.

**McAllen - Quinta Mazatlan Walk****11km/5km Year Round Walk (2017/Y2110) 1/3/2017 - 12/30/2017**

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** easy      **Pets:** No

**Sponsor:** AVA-0350 City of McAllen Parks and Rec. Dept.

**Contact:** Rick Krauss, [rkrauss@mcallen.net](mailto:rkrauss@mcallen.net), (956)638-7214, 1000 S. Ware Road, McAllen, TX, 78501

**Start Point:** Quinta Mazatlan World Birding Center- 600 Sunset DR, McAllen, TX 78503. From I-2/US-83, exit onto South 10th ST. Continue South on 10th ST passing the La Plaza Mall on the RIGHT. Turn LEFT onto Sunset DR. Proceed toward the historic gates of Quinta Mazatlan. The parking lot is on the RIGHT outside the gates. Open Tue-Sat 8am-5pm.

**Event Info:** The route passes through a residential area, a hike trail, City Hall, and an early city cemetery. Walk through the historic gates to Quinta Mazatlan. Ask the clerk in the Nature Store for the Walk Box. There is no entry fee unless you want to explore the park grounds.

**McKinney - Historic****10km/5km Year Round Walk (2017/Y1665) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the USA A - Z, Water Towers

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0124 Plano Walking Club [www.walktx.org/planowalkingclub](http://www.walktx.org/planowalkingclub)  
**Contact:** Jo Ann Slaven, [birman99@sbcglobal.net](mailto:birman99@sbcglobal.net), (972)979-4617, 725 Mahogany Dr, Anna, TX, 75409

**Start Point:** Grand Hotel and Ballroom- 114 W Louisiana, 75069. Dallas, take US 75 N to Exit 40A to TX-359-Spur/Louisiana/FM-3038/Virginia Pkwy. Right at split stay on W Louisiana, continue to Grand Hotel. Hotel on left prior to Kentucky and town square. Public parking behind hotel or right on Kentucky to additional public parking. Ask for Walk Box at hotel registration counter. (469) 233-0161 / [maggiec01@verizon.net](mailto:maggiec01@verizon.net) - alternate POC.

**Event Info:** The walk will cover historic residential homes and commercial areas. Homes date from the 1890s with styles including Classical, Neo-classical, Tudor, Colonial and Victorian. Open daily, during daylight hours.

**Mesquite - Samuell Farm****10km/5km Seasonal Walk (2017/Y0579) 1/1/2017 - 4/30/2017**

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0034 Dallas Trekkers, Inc. [www.dallastrekkers.org](http://www.dallastrekkers.org)  
**Contact:** Deborah Carter, [debwalk@earthlink.net](mailto:debwalk@earthlink.net), (972)285-8102, 1134 Thistle Dr., Mesquite, Tx, 75149

**Start Point:** Samuell Farm- Walk box on porch 1134 Thistle Dr Mesquite 75149. From Dallas, Exit Hwy 80 Beltline Rd; Right (south) on Beltline to Kearney; Left to Buttercup; Left to Thistle; Right to 1134. Drive to Start: return to Beltline/Hwy 80; Right on service road 1/4 mi. to Samuell Farm 100 U.S. Hwy 80 E.

**Event Info:** Trail is through 340-acres of meadows, woods, ponds, South Mesquite Creek on old farm roads, trails, fields. Wildlife and many native plants in this remnant of Blackland Prairie. Carry Water. Somewhat remote, so don't walk alone. See website for group walk dates.

**Midland - Bush Homes****10km/5km Year Round Walk (2017/Y1881) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0897 Midland Walkabout [www.midlandwalkabout.org](http://www.midlandwalkabout.org)  
**Contact:** Carolyn Petersen, [gary.petersen@mygrande.net](mailto:gary.petersen@mygrande.net), (432)770-9988, 4410 Harlowe Drive, Midland, TX, 79703

**Start Point:** Doubletree by Hilton Hotel, - 117 W Wall Ave. Midland, TX 79701, Phone 432-683-6131. From Interstate 20, exit HWY 349 north. Proceed approx. 5 miles to Wall Street. Turn right. Continue east for 3 blocks. Hotel is on the right (corner of Wall and Loraine). After registering, you will drive to Windlands Park for the walk. Driving Directions are in the Walk Box. Open daily,

**Event Info:** The trail is on asphalt, concrete trails, sidewalks, and city streets. You will pass many city parks and see the childhood home of President G.W. Bush and the G.W. and Laura Bush home at 1405 W. Golf Course RD. There are many beautiful homes and a great view of the downtown Midland skyline. Walk during daylight hours.

### Midland - Midland Park Mall

**10km/5km Year Round Walk (2017/Y1825) 1/2/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** easy      **Pets:** No  
**Sponsor:** AVA-0897 Midland Walkabout [www.midlandwalkabout.org](http://www.midlandwalkabout.org)  
**Contact:** Carolyn Petersen, [gary.petersen@mygrande.net](mailto:gary.petersen@mygrande.net), (432)770-9988, 4410 Harlowe Dr., Midland, TX, 79703  
**Start Point:** Doubletree by Hilton Hotel - 117 W Wall Ave. Midland, TX 79701, 432-683-6131. After registering, you will drive to the Midland Park Mall. Driving Directions are in the Walk Box.  
**Event Info:** The walk is entirely inside the Midland Park Mall. You will pass many interesting shops and a food court. Open Mon-Sat: 7am-9pm and Sun: 9am-6pm.

### Midland - Racquet Club

**11km/6km Year Round Walk (2017/Y1827) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0897 Midland Walkabout [www.midlandwalkabout.org](http://www.midlandwalkabout.org)  
**Contact:** Carolyn Petersen, [gary.petersen@mygrande.net](mailto:gary.petersen@mygrande.net), (432)770-9988, 4410 Harlowe Drive, Midland, TX, 79703  
**Start Point:** Doubletree by Hilton Hotel- 117 W Wall Ave. Midland, TX 79701, 432-683-6131. See directions for Midland - Bush Homes YRE (Y1881). After registering, you will drive to Midland College to do the walk. Driving Directions are in the Walk Box. Open daily.  
**Event Info:** The walk starts at Midland College. This trail is on sidewalks and city streets. It goes through the Midland College campus and residential areas with beautiful shade trees and landscaping.

### Mission - Bentsen Rio Grande Valley State Park

**11km/5km Year Round Walk (2017/Y0142) 1/3/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0350 City of McAllen Parks and Rec. Dept.  
**Contact:** Del Zander or Rick Krauss, [dandbzander@gmail.com](mailto:dandbzander@gmail.com) or [rkrauss@mcallen.net](mailto:rkrauss@mcallen.net), (702)525-7720, 3808 Hummingbird, Mission, TX, 78572  
**Start Point:** Bentsen Rio Grande Valley State Park Visitors Center- 2800 S Bentsen Palm, 78572. From US 83 expressway, West of Mission, exit on Bentsen Palm, drive South to end of road. Parking lot on left, visitors center on right.  
**Event Info:** The walk explores virtually every corner of the State Park. The 3 trails provide a relatively easy walk. Bentsen State Park is the HQ for the World Birding Center. The Visitors Center is open Dec-May, Tu-Sun, and Jun-Nov, Th-Sun. Hours are 7:30am-5pm

**Mission - Country Walk****10km/5km Year Round Walk (2017/Y0204) 1/3/2017 - 12/30/2017**

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** easy      **Pets:** Yes  
**Sponsor:** AVA-0350 City of McAllen Parks and Rec. Dept.  
**Contact:** Del Zander or Rick Krauss, dandbzander@gmail.com or rkrauss@mcallen.net, (702)525-7720, 3808 Hummingbird lane, Mission, TX, 78572  
**Start Point:** Bentsen Rio Grande Valley State Park Visitors Center- 2800 S Bentsen Palm, 78572. From US 83 West of Mission, exit on Bentsen Palm, drive South to end of road, about 3 miles. Parking lot on left, visitors center on right.  
**Event Info:** This walk is outside of the State Park, which is the headquarters for the World Birding Center. The route will take you past a small lake, the National Veterans Cemetery, and a golf course before turning around at a wonderful city park. The National Butterfly Center is also on the route. The Visitors Center is open Dec-May, Tu-Sun and Jun-Nov, Th-Sun. Hours are 7:30am-5pm. Call to confirm hours.

**Monahans - Monahans Sandhills State Park****10km Year Round Walk (2017/Y0225) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0897 Midland Walkabout www.midlandwalkabout.org  
**Contact:** Susan Fine, finesusan25@gmail.com, (817)925-5447, PO Box 2935, Hobbs, nm, 88241  
**Start Point:** Dunagan Visitor Center at Monahans Sandhills State Park- Located East of Monahans, TX 79756, about 30 miles west of Odessa. EASTBOUND/WESTBOUND on I-20. Take Exit-86 and go North on Park Road-41. Follow the State Park signs. call 432/943-2092 for the latest updates.  
**Event Info:** The trail is mainly on park roads with a short optional sand trek. After the walk you can enjoy surfing sand dunes that rise up to 70 feet in this geologic wonderland. Open daily 8am-10pm. Closed Christmas Day.

**Nacogdoches - El Camino Real****6/11/12/17 km Year Round Walk (2017/Y0878) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Walk the USA - Street by Street

**Award:** B Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0863 East Texas Trekkers, Inc. www.Walktx.org/EastTexasTrekkers/  
**Contact:** Helen Hull, helenthehun@yahoo.com, (972)530-1026, 2334 Saharah, Garland, TX, 75044  
**Start Point:** Java Jack's- 1122 North St (Business US-59). Take Business US-59 to Java Jack's on east side about 1/2 mile south of SFA campus.  
**Event Info:** Walk goes thru SFA State Univ campus, arboretum, azalea gardens, nature trails and historic downtown including a portion of the El Camino Real. Basic loop goes thru campus with 2 additional loops of 5K and 6K allowing multiple options. South loop to downtown not suitable for strollers or wheelchairs. Open daily, 7am to dusk.

### New Braunfels - Don Flick Memorial

11km/5km Year Round Walk (2017/Y0614) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0036 NB-Marsch-und Wandergruppe [www.muw.walktexas.org](http://www.muw.walktexas.org)  
**Contact:** Jeffrey Busse, [jbusse523@mac.com](mailto:jbusse523@mac.com), (210)705-4369, 1130 Stone Trail, New Braunfels, TX, 78130  
**Start Point:** Faust Hotel and Brewing Company- 240 S Seguin, 78130. Parking behind hotel. From I-35, Exit 187, then turn left (from NB I-35) or right (from SB I-35) onto Seguin St. Turn left onto W Coll (First Protestant Church of New Braunfels on corner). Turn right onto S Castell, then right into the parking lot at the Faust sign.  
**Event Info:** The route follows city streets through the historic Sophienburg museum district, the downtown and past the 1898 Courthouse. It continues through Landa Park, Prince Soims Park and along the Comal River. Ask for "Volksmarchers Case" at front desk. Open daily at 8am.

### Odessa - University of Texas of the Permian Basin

11km/6km Year Round Walk (2017/Y1829) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** easy      **Pets:** Yes  
**Sponsor:** AVA-0897 Midland Walkabout [www.midlandwalkabout.org](http://www.midlandwalkabout.org)  
**Contact:** Alex Rose, [alex3haroz@gmail.com](mailto:alex3haroz@gmail.com), (432)687-2588, 4705 SpringMeadowLane #4, Midland, TX, 79705  
**Start Point:** Elegante Hotel in Odessa- 5200 E University, Odessa, Texas 79762. Telephone: (432) 368-5885. From I-20 take Exit 121 to Headlee Loop TX-338 North. Go North on TX 338. The hotel is on the left at the corner of 338 and University. You will get the walk box in the hotel, then drive to the start point.  
**Event Info:** The walk is on sidewalks and walking trails around the University of Texas of the Permian Basin Campus. It includes a nature trail around a duck pond. Bring binoculars as you may see black tail prairie dogs, rabbits, and burrowing owls. See the restored and relocated home of George H.W. Bush and childhood home of George W. Bush.

### Ottine - Palmetto State Park Walk

10km/5km Year Round Walk (2017/Y0543) 1/1/2017 - 12/31/2017

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Honoring Our Flag, Trekking With the Trees, Walking the USA A - Z, Water Towers

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0044 Randolph Roadrunners [www.randolphroadrunners.info](http://www.randolphroadrunners.info)  
**Contact:** Pat Gunter, [patgunter@yahoo.com](mailto:patgunter@yahoo.com), (210)479-0805, 2506 Fairfield Bend Dr., San Antonio, TX, 782312226  
**Start Point:** Palmetto State Park @ Headquarters Building- 78 Park Rd - 11 S, Gonzales, TX 78269-5180. 830-672-3266 for updates. E/W I-10: Exit-632 (US-183/90/ GONZALES/CUERO). Go S US-183 about 2.3 miles. RIGHT on TX PR-11, proceed 2.1 miles to park. From Gonzales, TX go 10 miles NW on US-183 to FM-1586. LEFT (W) on FM-1586, 2 miles to Ottine, TX. Turn LEFT, go SW on TX PR-11 to park.  
**Event Info:** The route follows park roads and trails and is relatively flat and improved. Many new trails have been added. CALL 521-389-8900, park headquarters, for park conditions before going. Following heavy rains, trails and bridges may be flooded. Open daily 8:15am-4:45pm.

**Palestine - My Home Town****10km/5km Year Round Walk (2017/Y0422) 1/1/2017 - 12/31/2017**

Animal Safari, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0863 East Texas Trekkers, Inc. [www.Walktx.org/EastTexasTrekkers/](http://www.Walktx.org/EastTexasTrekkers/)  
**Contact:** Helen Hull, [helenthehun@yahoo.com](mailto:helenthehun@yahoo.com), (972)530-1026, 2334 Saharah Dr, Garland, TX, 75044

**Start Point:** Palestine Fire Department- 611 Ave "A" (US-19, US-79, US-84). Proceed to downtown area and look for fire station across from Krogers (1 block west of courthouse). Park at Krogers or catty-corner behind station in Palestine Herald Press parking lot.

**Event Info:** Visit my home town as you explore Palestine with its historic courthouse and many homes and buildings. Call me for a special tour down memory lane.

**Pflugerville - Pflugerville****10km/5km Year Round Walk (2017/Y0478) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Water Towers, You'll Never Walk Alone

**Award:** B Award      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0077 Colorado River Walkers [www.coloradoriverwalkers.org/](http://www.coloradoriverwalkers.org/)  
**Contact:** carol obianwu, [cobianwu@utexas.edu](mailto:cobianwu@utexas.edu), (512)771-9566, 3109 rogge ln, austin, Texas, 78723

**Start Point:** Pflugerville Recreation Center- 400 Immanuel Rd., Pflugerville Tx. 78660. N bound on I-35, Exit-247. Drive about 1 mile on access road, turn right on Wells Branch Pkwy. \*Travel 3.3 miles, crossing Duval, then turn left on Immanuel . Rec. Center is about 0.8 miles on left. S bound on I-35, Exit 247, then turn left at traffic light at Wells Branch Pkwy, go under I-35. Continue from \* above.

**Event Info:** The route goes along creeks in greenbelts, parks, and through old historic downtown neighborhoods. The trail is on city streets and sidewalks, as well as concrete and crushed granite hike and bike trails. Open M-F 5:30am-9pm; Sat 8am-8pm; Sun 1-6pm.

**Plano - Arbor Hills Nature Preserve****10km/5km Year Round Walk (2017/Y1435) 1/1/2017 - 12/31/2017**

Cities in Song, Honoring Our Flag, Take a Walk In a City Park, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0124 Plano Walking Club [www.walktx.org/planowalkingclub](http://www.walktx.org/planowalkingclub)  
**Contact:** Maggie Cole, [maggiec01@verizon.net](mailto:maggiec01@verizon.net), (469)233-0161, 4221 Whistler Dr, Plano, TX, 75093

**Start Point:** Fire Station #9- 6625 W Parker, 75093. Parker W from Dallas N Tollway area. Fire Station (FS) and the park is N of Parker, a few blocks W of Midway. Turn right (N) on Arbor Vista. Take immediate left (W) to Fire Station entrance. Walk Box in lobby of FS Building, front entrance. Drive to starting point (park area) which is next to Fire Station.

**Event Info:** Arbor Hills Nature Preserve is a natural respite, left largely undisturbed, where visitors are surrounded by nature and experience the animals, plants and eco-regions found in North Central Texas. Daily, during daylight hours.

**Plano - Chisholm East****11km/5km Year Round Walk (2017/Y1415) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Take a Walk In a City Park, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0124 Plano Walking Club [www.walktx.org/planowalkingclub](http://www.walktx.org/planowalkingclub)  
**Contact:** Maggie Cole, [maggiec01@verizon.net](mailto:maggiec01@verizon.net), (469)233-0161, 4221 Whistler Drive, Plano, TX, 75093  
**Start Point:** 7-11 Store - 2025 W Spring Creek Parkway, Plano, TX 75023-4206- From US-75 take Exit-31/Spring Creek Parkway and go west to Custer Rd. The 7-11 is on the NE corner of Custer Rd and Spring Creek Pkwy. The Walk Box is behind the counter near & under the hot dog machine.  
**Event Info:** Walk on the east Chisholm Hike and Bike Trail, an 8 ft. wide concrete trail beside a creek that flows through a greenbelt area. The route follows along the creek for most of the walk, goes through Big Lake Park and covers mostly residential areas. The 11K route goes through Harrington Park and takes you near restaurant areas. Open daily.

**Plano - Chisholm West****10km/5km Year Round Walk (2017/Y0151) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Take a Walk In a City Park, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0124 Plano Walking Club [www.walktx.org/planowalkingclub](http://www.walktx.org/planowalkingclub)  
**Contact:** Maggie Cole, [maggiec01@verizon.net](mailto:maggiec01@verizon.net), (469)233-0161, 4221 Whistler Drive, Plano, TX, 75093  
**Start Point:** 7-11 Store - 2025 W Spring Creek Parkway, Plano, TX 75023-4206- Refer to the Plano Chisholm East (Y1415) for directions to start location. The Walk Box is on a shelf behind the counter, near and under the hot dog machine.  
**Event Info:** The Walk is on the Chisholm Hike and Bike Trail, an 8 ft. wide concrete trail beside a creek that flows through a greenbelt area. The route follows along the creek for most of the walk, goes through Jack Carter Park and covers some residential areas. On the return route you pass the Plano Veteran's Memorial Park. Open daily.

**Plano - Historic****10km/5km Year Round Walk (2017/Y1995) 1/1/2017 - 12/31/2017**

Cities in Song, Honoring Our Flag, Take a Walk In a City Park, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0124 Plano Walking Club [www.walktx.org/planowalkingclub](http://www.walktx.org/planowalkingclub)  
**Contact:** Maggie Cole, [maggiec01@verizon.net](mailto:maggiec01@verizon.net), (469)233-0161, 4221 Whistler Drive, Plano, TX, 75093  
**Start Point:** Fire Station #1- 1901 K AVE, Plano, TX 75074-5939. From US-75 (Central Expressway) either N or S, take Exit-29/15th ST. Proceed on "N" access road of US-75 to 18th ST. Turn right and go east to K AVE. Go left on K AVE about 3 blocks. The station is on the left. The Walk Box is located in the lobby of the Fire Station #1 building, NOT the Administration building. "Park across street in the shopping center nearest 18th ST (thrift store area) before or after registering." DO NOT leave car at Fire Station area when beginning walk.  
**Event Info:** The trail is along sidewalks through historic downtown Plano and passes several turn of the century homes. Part of the trail goes through Shell Park and historic Haggard Park. Daily, walk in daylight hours.

**Port Aransas - Beach: CLOSED until further notice****10km/5km Year Round Walk (2017/Y1568) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0179 Sparkling City Strollers groups.yahoo.com/group/SparklingCityStrollers/  
**Contact:** Myra Verneuil, myraloye@gmail.com, (361)230-9591, 862 N. Rife, Aransas Pass, TX, 78336  
**Start Point:** Tarpon Inn. Due to damage from Hurricane Harvey, this event is CLOSED until further notice.- CLOSED: 200 E. Cotter AVE, Port Aransas, TX 78373. Telephone: 361/749-5555. Cross the FREE ferry to Port Aransas, then follow TX-361 (Piper BLVD) for 0.1 miles to W. Cotter AVE. Stay on W. Cotter AVE for 0.5 miles. The Tarpon Inn is on the RIGHT. The Walk Box is located in Lobby. Open daily at 7:30am.  
**Event Info:** The walk goes along the Gulf of Mexico and is almost entirely on the beach. It also goes through the University of Texas Marine Science Institute's Wetlands Education Center, where there is a lot of information about Texas' Wetlands, conservation, and the wildlife that call the wetlands home.

**Port Aransas - Historic Town: CLOSED until further notice****10km/5km Year Round Walk (2017/Y0710) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0179 Sparkling City Strollers groups.yahoo.com/group/SparklingCityStrollers/  
**Contact:** Myra Verneuil, myraloye@gmail.com, (361)230-9591, 862 N. Rife, Aransas Pass, TX, 78336  
**Start Point:** Due to damage from Hurricane Harvey, this walk is CLOSED until further notice. Tarpon Inn- CLOSED: 200 E Cotter, 78373-5124. 361-749-5555. See directions for Port Aransas Beach #Y1568. Walk Box located in Lobby. Open daily at 7:30am.  
**Event Info:** The walk winds through the friendly town of Port Aransas. Along the ship channel, past a park, historic buildings, restaurants, and souvenir shops, through bird sanctuaries, and coastal residential areas.

**Richardson - City Parks****10km/5km Year Round Walk (2017/Y1860) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Food For Thought, Make a Wish at a Water Fountain, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0034 Dallas Trekkers, Inc. www.dallastrekkers.org  
**Contact:** Linda McDonald, lsmcdon@gmail.com, (972)727-2805, PO Box 743813, Dallas, TX, 75374  
**Start Point:** Heights Recreation Center- 711 W Arapaho, 75080 (SW corner of Arapaho/Floyd). From IH-635, Exit 19/Coit, go N, turn right on Arapaho. From US-75, Exit 25/Arapaho, go W 1.3 miles. Ask for Walk Box at CS desk.  
**Event Info:** The route takes you through beautiful wooded neighborhoods and across branches of White Rock Creek. Walk between Heights Park and Cottonwood Park (site of the Cottonwood Art Festival each spring and fall). Terrain is paved trails in the parks and on city sidewalks. Open M-F 6am-10pm; Sat 8am-5pm; Sun 1-6pm.



**Richardson - Spring Creek & Prairie Creek Trails****10km/5km Year Round Walk (2017/Y1883) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Take a Walk In a City Park, Walking the USA A - Z, Water Towers

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0124 Plano Walking Club [www.walktx.org/planowalkingclub](http://www.walktx.org/planowalkingclub)  
**Contact:** Evelyn Cole, [maggiec01@verizon.net](mailto:maggiec01@verizon.net), (469)233-0161, 4221 Whistler Dr, Plano , TX, 75093  
**Start Point:** Tom Thumb- 3411 Custer Parkway, Richardson, TX 75080. N or S: From US-75 (Central Expressway) Exit-27/Renner. Drive west to Custer Rd. Turn Right and then make a Left crossing over Custer entering the shopping center parking lot. Tom Thumb sits back from the street. This is the Northwest corner of Custer and Renner. Ask for Walk Box at the Customer Service counter.  
**Event Info:** The walk goes through a nice residential area and continues to the Spring Creek Trail that covers 4.5 miles of a heavily-wooded, winding, looping trail. There are many lovely trees, a water fountain, playground and restroom facility. Open 6:30am to 10:30pm.

**Rockport - Rockport Sampler: Closed due to Hurricane Damage****11km/6km Year Round Walk (2017/Y1040) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0966 Rockport City Trailways [www.cityofrockport.com](http://www.cityofrockport.com)  
**Contact:** Rick Martinez, [parks3@cityofrockport.com](mailto:parks3@cityofrockport.com), (361)463-9446, 622 E. Market Street, Rockport, TX, 78382  
**Start Point:** The Lighthouse Inn on Aransas Bay. Due to damage from Hurricane Harvey, this walk is CLOSED until further notice.- 200 S Fulton Beach, 78382. From Corpus Christi on US-181 N, over Harbor Bridge. US-181 N turns to TX-35 N. Continue TX-35 N to FM 3036. Turn right on FM 3036. Go through traffic light to Fulton Beach. Turn right, at Lighthouse Inn 3 blocks on left-Bayside. Register at Inn, drive short distance to start of trail. Directions are on trail directions.  
**Event Info:** The 11K course provides samples of what Rockport offers residents and visitors. It begins and ends on the "Tule Hike & Bike Trail" within a Texas Coastal Live Oak Forest bordering a coastal wetland called "Tule Lake". Walkers will also enjoy the Rockport Downtown Heritage District, the downtown shopping district, Rockport Harbor, Texas Maritime Museum, Rockport Beach Park and various other historical sites. The 6K course stays primarily within city parks on cement and asphalt surfaces.

**Round Rock****10km/5km Year Round Walk (2017/Y1673) 1/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Walk the USA - Street by Street, Water Towers, You'll Never Walk Alone

**Award:** B Award **Strollers:** Medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0077 Colorado River Walkers [www.coloradoriverwalkers.org/](http://www.coloradoriverwalkers.org/)

**Contact:** Carol Obianwu, [cobianwu@utexas.edu](mailto:cobianwu@utexas.edu), (512)771-9566, 3109 Rogge Ln., Austin, TX, 78723

**Start Point:** Allen R. Baca Center- 301 W Bagdad, Bldg 2, Round Rock TX 78664. From N and S IH 35, exit 252B, Rt 620. N turn right to Round Rock (620). S turn left, cross highway, to Round Rock (620). Go 2 blocks, turn right to N Brown, right to Bagdad. Baca Center is 2nd building on left, free parking nearby. Walk Box located in the reception area, bottom shelf of center information kiosk.

**Event Info:** The trail goes through historic Round Rock where outlaw Sam Bass is remembered, through residential areas and Veterans City Park, then along Brushy Creek to see the "Round Rock". Chisholm Trail Memorial Park has sculptures relating to bygone cattle drives. Baca Center open M & W 8am-7:15pm, Tu & Th 8am-8:45pm, F 8am-3:45pm, Sat & Sun 9am-11:45am.

**Salado - Salado Village****10km/6km Year Round Walk (2017/Y0450) 1/1/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Vice Presidential Walks, Water Towers, You'll Never Walk Alone

**Award:** B Award **Strollers:** Hard **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Hard **Pets:** Yes

**Sponsor:** AVA-0077 Colorado River Walkers [www.coloradoriverwalkers.org/](http://www.coloradoriverwalkers.org/)

**Contact:** Carol Obianwu, [cobianwu@utexas.edu](mailto:cobianwu@utexas.edu), (512) 77-9566, 3109 Rogge Lane, Austin, TX, 78723

**Start Point:** Holiday Inn Express- 1991 N. Stagecoach Rd. Salado, TX. 76571. Open 24/7. Traveling N on I-35 from Austin, take exit 286, and Holiday Inn will immediately be on your right. Traveling S on I-35 from Waco, take exit 286, cross over highway. Holiday Inn will be on your right. Walkbox located on floor at left inside 1st door. Drive short distance to begin walk.

**Event Info:** This interesting walk includes historical homes and passes by the ruins of Salado College, founded in 1859. The Central Texas Area Museum houses many artifacts from the Scottish early settlers. Bridges over Salado creek and springs provide beautiful vistas.

### San Angelo - Concho River Walk

10km/5km Year Round Walk (2017/Y1871) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0933 San Angelo Volkswalkers  
**Contact:** Brownie Roberts, bgroberts@earthlink.net, (325)949-1073, 3319 Lindenwood Dr., San Angelo, TX , 76904  
**Start Point:** Stripes Convenience Store- 635 S Bell, 76903 (corner Rio Concho). From US-67/US-277 stay on Houston Harte FRWY to Bell St exit. Turn S on Bell, drive approx 15 blocks to Stripes Convenience Store, on right. From US-87N or S or US-277S, stay on Bryant (one way S Abe or Koenigheim) to Concho. Turn E, proceed on Concho to Bell, about 2 miles. E Concho becomes Rio Concho, along Concho River.  
**Event Info:** The walk goes along the river past two garden areas, the San Angelo Museum of Fine Arts and through a unique shopping area of downtown San Angelo highlighting three historic murals. It also goes through the beautiful San Angelo Visitor's Center. Open daily, dawn to 3 hours before dusk,

### San Angelo - Fort Concho / Water Lily Collection

10km/5km Year Round Walk (2017/Y1869) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0933 San Angelo Volkswalkers  
**Contact:** Charles Winkelspecht, cfwinkelspecht@suddenlink.net, (325)245-3742, 4921 Royal Oak Dr, San Angelo, TX, 76904  
**Start Point:** Stripes Convenience Store- 635 S Bell, 76903-6606 (corner Rio Concho). See Directions for Concho River (Y1871). After registering you will drive to the start. Directions in the Box.  
**Event Info:** Route begins on the Concho River, runs along the International Water Lily Collection, loops through the Sunken Gardens and the Sculpture Garden, through downtown, and across the river to Fort Concho and the Railroad Depot. Open daily, dawn to 3 hours before dusk.

### San Antonio

25km Year Round Bike (2017/Y0923) 1/1/2017 - 12/31/2017

Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0044 Randolph Roadrunners www.randolphroadrunners.info  
**Contact:** Ellen Ott, ellenott@sbcglobal.net, (210)723-8574, 11906 Pepperidge Cove, San Antonio, Tx, 78213  
**Start Point:** Drury Inn and Suites- 15806 I -10W 78249 SW corner of 1604 and Loop 1604  
**Event Info:** Bike on a well maintained trail that is part of the Howard Peak trail system

**San Antonio - Beat the Heat: North Star Mall****10km/5km Year Round Walk (2017/Y2224) 9/1/2017 - 12/31/2017**

Cities in Song, Doin' The Louisiana Purchase, Ice Cream Parlors, Make a Wish at a Water Fountain, Points of Reference, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Easy      **Pets:** No

**Sponsor:** AVA-0979 Texas Trail Roundup texastrailroundup.org

**Contact:** Susan Medlin, sueammed@aol.com, (210)325-3523, 12527 Fern Creek, San Antonio, Tx, 78253

**Start Point:** WEB REGISTRATION ONLY [www.cva4u.org](http://www.cva4u.org) - Start: North Star Mall in San Antonio. - REGISTRATION: Please use the online start box provided by the California Volkssport Association website [www.cva4u.org](http://www.cva4u.org). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online Process should take less than 10 minutes for a first time user. DRIVE TO START: Driving Directions can be downloaded from the Online Start Box.

**Event Info:** Enjoy the air-conditioned comfort of the elegant North Star Mall. 4 laps is 10km, 2 laps is 5km. Interesting shopping and a food court available. Mall open Mon-Sat 10 am to 9 pm, Sun 12 to 6 pm. Free parking.

**San Antonio - Broadway Neighborhood****10km/5km Year Round Walk (2017/Y1848) 1/3/2017 - 12/23/2017**

Amphitheatres, Boardwalks, Cities in Song, Doin' The Louisiana Purchase, Honoring Our Flag, National Register of Historic Places, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0044 Randolph Roadrunners [www.randolphroadrunners.info](http://www.randolphroadrunners.info)

**Contact:** Ellen Ott, ellenott@sbcglobal.net, (210)723-8574, 11906 Pepperidge Cove, San Antonio, TX, 78213-1224

**Start Point:** Broadway Daily Bread Company- 5001 Broadway, Alamo Heights, TX 78209-5710. From LOOP I-410 go S on US-281. From I-35 go N on US-281. Exit Hildebrand, go E to Broadway. Left, go N about 1/2 mile. Broadway Daily Bread store on LEFT pass Central Market.

**Event Info:** The walk is two 5km loops, one in the lovely residential area in Alamo Heights and the Cathedral Meditation Park at the Episcopal Diocese of West Texas, Bishop Jones Center. The second 5km loop includes the University of Incarnate Word Campus. Open Tu-Fri 7am-6pm, Sat 7am-5pm, closed Sun & Mon.

**San Antonio - Brook Hollow Neighborhood Walk****10km/5km Year Round Walk (2017/Y1659) 1/2/2017 - 12/31/2017**

Take a Walk In a City Park, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0944 LoneStar Walkers

**Contact:** Heinz Johnson, lonestarwalkers@gvtc.com, (830)980-5723, 27727 Ramblewood, San Antonio, TX, 78261-2013

**Start Point:** La Taza Coffee House - 15060 San Pedro, 78232-3714. Going North on US-281 from Loop-410 take the Brook Hollow Exit. Go RIGHT at FIRST traffic light and turn into shopping center parking lot. Going South on US-281 from Loop-1604 take the Brook Hollow Exit. At the FIRST traffic light turn LEFT and drive under US-281. Turn into shopping center parking lot on RIGHT. The Walk Box is a registration stand located at the rear of the coffee house next to the restrooms.

**Event Info:** The walk winds through the Brook Hollow neighborhood. There are many shade trees along the walk on mostly lightly traveled city streets.

**San Antonio - Crownridge Canyon Natural Area****10km/6km Year Round Walk (2017/Y1584) 1/2/2017 - 12/31/2017**

Boardwalks, Cities in Song, Doin' The Louisiana Purchase, Trekking With the Trees, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** NO      **Pets:** No

**Sponsor:** AVA-0044 Randolph Roadrunners [www.randolphroadrunners.info](http://www.randolphroadrunners.info)

**Contact:** Susan Medlin, [sueammed@aol.com](mailto:sueammed@aol.com), (210)325-3523, 12527 Fern Creek, San Antonio, TX, 78253

**Start Point:** Rodeway Inn - 19793 W Interstate 10, 78257-1683. N on I-10 (from San Antonio). Exit-552 (Dominion), continue W on I-10 Frontage for 1.5 miles. Left at turn around at Dominion, go under I-10. Return E on I-10 Frontage for 1.7 miles to Rodeway Inn on right. After registering drive to start by taking a right out of Roadway parking lot. Immediate right to CrownRidge on Camp Bullis. Right to Luckey. Crownridge Canyon Natural area on right.

**Event Info:** Walk through the 200-acre Crownridge Canyon Natural Area and a very picturesque residential upscale neighborhood. Hiking boots and sticks recommended. Open daily at 7:30am.

**San Antonio - De Zavala Neighborhood****10 km/5 km Year Round Walk (2017/Y1852) 1/3/2017 - 12/23/2017**

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0044 Randolph Roadrunners [www.randolphroadrunners.info](http://www.randolphroadrunners.info)

**Contact:** Ellen Ott, [ellenott@sbcglobal.net](mailto:ellenott@sbcglobal.net), (210)723-8574, 11906 Pepperidge Cove, San Antonio, TX, 78213

**Start Point:** Broadway Daily Bread Company- 5011 De Zavala, 78249-2024. N on I-10, Exit-558, DE ZAVALA. Turn RIGHT at traffic light, go N on De Zavala. S on I-10, Exit-558, DeZavela. Turn LEFT at traffic light, go N on De Zavala. Past Vance Jackson; look for Clark High School on Right, continue to traffic light at corner of Brandeis. Broadway Daily Bread store on LEFT.

**Event Info:** Stroll through residential neighborhoods, a neighborhood park, a city park and past many restaurants & businesses. Open Tu-Fri 7am-6pm, Sat 7am-5pm, closed Sun & Mon.

**San Antonio - Eisenhower Park****11km/5km Year Round Walk (2017/Y0979) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Take a Walk In a City Park, Trekking With the Trees

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes

**Rating:** 2C      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0044 Randolph Roadrunners [www.randolphroadrunners.info](http://www.randolphroadrunners.info)

**Contact:** Susan A. Medlin, [sueammed@aol.com](mailto:sueammed@aol.com), (210)325-3523, 12527 Fern Creek, San Antonio, TX, 78253

**Start Point:** Drury Inn and Suites- 15806 I-10W, 78249. After registering you will drive to Eisenhower Park, 19399 N.W. Military Hwy, 78257. Exit 1604 on Military Highway. 2 miles to park entrance.

**Event Info:** This is a lovely natural area, with improved trails through traditional hill country scenery. An observation tower is at the summit. The 11km is a hike. Open daily, sunrise to sunset.

**San Antonio - Friedrich Wilderness Park****12km/10km/5km Year Round Walk (2017/Y0411) 1/2/2017 - 12/31/2017**

Cities in Song, Honoring Our Flag, Lady Liberty Special Program, Trekking With the Trees, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2C      **Wheelchair:** NO      **Pets:** No

**Sponsor:** AVA-0044 Randolph Roadrunners [www.randolphroadrunners.info](http://www.randolphroadrunners.info)

**Contact:** Susan Medlin, [sueammed@aol.com](mailto:sueammed@aol.com), (210)325-3523, 12527 Fern Creek, San Antonio, TX, 78253

**Start Point:** Rodeway Inn - 19793 W I-10, 78257-1683. N on I-10 (from San Antonio). Exit 552 (DOMINION), continue W on I-10 Frontage for 1.5 miles. LEFT at turnaround at Dominion, under I-10. Return E on I-10 Frontage 1.7 miles to Rodeway Inn on RIGHT. S on I-10 (From Boerne). Exit 554 (CAMP BULLIS). Rodeway Inn on RIGHT immediately after exiting I-10. Walk Box located on table in main lobby. After registering drive to Start Point at Friedrich Park.

**Event Info:** Friedrich Wilderness Park is a natural area. The Park has improved trails and runs through traditional hill country scenery. The 12k is rated 2C; the 10k is rated 3C; the 5k is rated 1B. Hiking Boots and sticks recommended. Park opens daily at 7:30am.

**San Antonio - Historic Churches Walk****10km/5km Year Round Walk (2017/Y1174) 1/1/2017 - 12/31/2017**

Food For Thought

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0944 LoneStar Walkers

**Contact:** Heinz Johnson, [lonestarwalkers@gvtc.com](mailto:lonestarwalkers@gvtc.com), (830)980-5723, 27727 Ramblewood, San Antonio, TX, 782612013

**Start Point:** Holiday Inn, San Antonio, Downtown, Market Square- 318 W Cesar E. Chavez BLVD, San Antonio, TX 78204-3103. Going North on I-10/I-35 take Exit 155B and go RIGHT 0.1 miles. Hotel is on RIGHT. Going South on I-10/I-35 take Exit-155C. Go North on Laredo 0.1mi and then on North Pecos-La Trinidad for 0.5mi. Turn LEFT on West Cesar E. Chavez BLVD. Hotel is on RIGHT.

**Event Info:** This walk celebrates the many Historic Churches in downtown San Antonio. It includes the famous Market Square, Main Plaza, Alamo Plaza, and many more historic places in the downtown area. The walk does not duplicate the two popular Riverwalk YREs.

**San Antonio - Leon Creek Greenbelt - Bill Radigan Memorial Walk-North****Distance 20/10/5 km Year Round Walk (2017/Y1154) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Honoring Our Flag, Take a Walk In a City Park, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0044 Randolph Roadrunners [www.randolphroadrunners.info](http://www.randolphroadrunners.info)

**Contact:** Ellen Ott, [ellenott@sbcglobal.net](mailto:ellenott@sbcglobal.net), (210)723-8574, 11906 Pepperidge Cove, San Antonio, TX, 78213

**Start Point:** Drury Inn and Suites- 15806 I-10W, 78249; SW corner of I-10 and Loop 1604.

**Event Info:** Walk is on a well maintained trail that is part of the Howard Peak ( San Antonio ) Trail System. Open daily, dawn to dusk.

**San Antonio - Leon Creek Greenway Bill Radigan Memorial Walk - SOUTH****10km/5km Year Round Walk (2017/Y0966) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0944 LoneStar Walkers**Contact:** Heinz Johnson, lonestarwalkers@gvtc.com, (830)980-5723, 27727 Ramblewood, San Antonio, TX, 782612013

**Start Point:** McDonald's Restaurant- 7663 Guilbeau, San Antonio, TX 78250-3226. From LOOP-410 take Exit-13A and go North on Bandera RD about 3.4 miles. Turn LEFT (West) on Guilbeau. McDonald's is on RIGHT. From LOOP TX-1604 take Exit 16 and go South on Bandera RD about 3.1 miles. Go RIGHT (West) on Guilbeau to McDonald's. You must drive to the actual Starting Point after Registering. Driving Directions are in the Walk Box.

**Event Info:** This event is dedicated to Lt. Col William J. Radigan, Jr. who was killed in a tragic motorcycle accident on 30 September 2014. Bill Radigan was a Volkssporter - Volunteer Extraordinaire. Volkssporters will see limestone bluffs, wildflower fields, stands of Cottonwoods and other heritage trees. Wildlife may be seen in the meadows.

**San Antonio - Maury Maverick Jr. Library Walk****10km/5km Year Round Walk (2017/Y0263) 1/1/2017 - 12/31/2017**

**Award:** B Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0944 LoneStar Walkers**Contact:** Heinz Johnson, lonestarwalkers@gvtc.com, (830)980-5723, 27727 Ramblewood, San Antonio, TX, 782612013

**Start Point:** McDonald's Restaurant- 7663 Guilbeau RD, San Antonio, TX 78250-3226. From LOOP-410 take Exit 13A and go North on Bandera RD about 3.4miles. Turn LEFT (West) onto Guilbeau RD. McDonald's is on RIGHT. From LOOP TX-1604 take Exit TX-16 and go South on Bandera RD about 3.1 miles. Go RIGHT (East) on Guilbeau RD to McDonald's.

**Event Info:** This is an easy walk as it winds through quiet neighborhoods in the Great Northwest of San Antonio. It visits the Maverick Branch Library for whom the walked is named. There are many shade trees along the routes and it is mostly on paved sidewalks.

**San Antonio - Medical Center****13km/10km/8Km/5km Year Round Walk (2017/Y0149) 1/1/2017 - 12/31/2017**

Cities in Song, Honoring Our Flag, United States Post Offices, Water Towers

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0088 Selma Pathfinders**Contact:** Martin Callahan, mlctxmil@yahoo.com, (210)392-3186, 5302 Bluff Haven Dr., San Antonio, Tx, 78228

**Start Point:** Martha's Mexican Restaurant- 5822 Babcock Road, San Antonio, TX 78240. Going west on Northeast Loop 410 take Exit 14C and turn right onto Babcock Road for about 3.2 miles until reaching the start at Martha's Mexican Restaurant on your left. Hours are 7 a.m. to 9 p.m. M-Sat; 8 a.m. to 9 p.m. Sun.

**Event Info:** The walk will follow a route leading to the South Texas Medical Foundation Walking trail. During the spring the trail should be thick with wildflowers and you may spot some of the many deer that populate the area. The walk will also include some of the new buildings and trails of the University of Texas Health Science Center campus.

**San Antonio - Mission Concepcion and Mission Reach Hike Trail****10km/6km Year Round Walk (2017/Y1686) 1/2/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, National Parks Centennial Challenge

**Award:** B Award **Strollers:** easy **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** medium **Pets:** Yes  
**Sponsor:** AVA-0088 Selma Pathfinders  
**Contact:** Leon LeVan, leon4126@satx.rr.com, (210)492-1778, 26 Spring Lake Dr, San Antonio, TX, 78248

**Start Point:** Mission San Jose Visitor's Center, San Antonio Missions National Historic Park- 6701 San Jose Drive, San Antonio, 78214 (Mission Rd at Roosevelt Ave). Telephone: 210-932-1001. From US-281 South, exit at Military Dr and go right past Brooks City Base to Roosevelt Ave. Turn right on Roosevelt Ave. and follow the National Parks signs to the San Jose Visitor Center. After signing in, drive to Mission Concepcion to begin the walk.

**Event Info:** World Heritage Site. The trail will include Concepcion Mission, the Yturri-Edmunds Home and Mill, and trails along the San Antonio River. Open 9am - 5pm.

**San Antonio - Mission San Jose to Mission Concepcion****13 km/6km Year Round Walk (2017/Y0461) 1/2/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, National Parks Centennial Challenge

**Award:** B Award **Strollers:** easy **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** medium **Pets:** Yes  
**Sponsor:** AVA-0088 Selma Pathfinders  
**Contact:** Leon LeVan, leon4126@satx.rr.com, (210)492-1778, 26 Spring Lake Dr, San Antonio, TX, 78248

**Start Point:** San Antonio Missions National Historical Park Visitor's Center at San Jose Mission - 6701 San Jose Dr, 78214 (Mission Rd at Roosevelt Ave) Telephone: 210-932-1001. See directions for Mission YRE (Y1686). Walk starts at San Jose Mission.

**Event Info:** World Heritage Site. The landscaped and paved trails follow the San Antonio River and are lined with wildflowers in the spring. You will visit Mission San Jose and Mission Concepcion. Open 9am-5pm.

**San Antonio - Mission San Jose to Mission San Juan****11km Year Round Walk (2017/Y1614) 1/2/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, National Parks Centennial Challenge

**Award:** B Award **Strollers:** Easy **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes  
**Sponsor:** AVA-0088 Selma Pathfinders  
**Contact:** Leon LeVan, leon4126@satx.rr.com, (210)492-1778, 26 Spring Lake Dr, San Antonio, TX, 78248

**Start Point:** San Antonio Missions National Historical Park San Jose Visitors Center- 6701 San Jose Drive, San Antonio, 78214-2715 (Mission Rd at Roosevelt Ave). Telephone: 210/932-1001 See directions for Mission YRE (Y1686). Walk begins at San Jose Mission.

**Event Info:** World Heritage Site. The route follows hike and bike trails between San Jose and San Juan Missions and includes the Espada acequia dam. The acequia has been in existence since 1731 and is still used by local farmers. The route will be a loop which includes the recently restored San Juan Mission. Open 9am - 5pm.



**San Antonio - Mission San Juan to Mission Espada****10km/5km Year Round Walk (2017/Y1615) 1/2/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, National Parks Centennial Challenge

**Award:** B Award **Strollers:** Easy **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** hard **Pets:** Yes

**Sponsor:** AVA-0088 Selma Pathfinders

**Contact:** Leon LeVan, leon4126@satx.rr.com, (210)492-1778, 26 Spring Lake Dr, San Antonio, TX, 78248

**Start Point:** San Antonio Missions National Historical Park, Visitor's Center at San Jose Mission- 6701 San Jose Drive, San Antonio, 78214 (Mission Rd at Roosevelt Ave). Telephone: 210/932-1001. See directions for Mission YRE (Y1686). After registering drive to San Juan Mission to begin the walk.

**Event Info:** World Heritage Site. The route includes San Juan Mission, the Espada Aqueduct which is a National Historical Landmark, and Espada Mission. Open 9am - 5pm. The Visitors Center is closed on major holidays.

**San Antonio - Riverwalk - North****10km/5km Year Round Walk (2017/Y1593) 1/1/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Take a Walk In a City Park

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Hard **Pets:** Yes

**Sponsor:** AVA-0006 Texas Wanderers [www.walktx.org/TexasWanderers](http://www.walktx.org/TexasWanderers)

**Contact:** Gerald Kamicka, GeraldK726@aol.com, (210)658-2160, 102 Wildridge Trail, Universal City, TX, 78148

**Start Point:** El Tropicano Riverwalk Hotel- 110 Lexington, San Antonio, TX 78205. From I-35 N/S, Take McCullough exit (Exit 157B). S on McCullough to St Mary's. right 2 blocks to Lexington, left, start on left. 10 hour metered on street parking available near hotel, meters are free on Sundays and major holidays. "Walk Box" located at the espresso bar on the right side of the hotel lobby..

**Event Info:** The route includes the museum reach of the Paseo del Rio or "Riverwalk" passing the San Antonio Museum of Art, walking trails in Brackenridge Park and passing through the Pearl Brewery complex. "Walk Box" is accessible 24/7.

**San Antonio - Riverwalk - South****11km/6km Year Round Walk (2017/Y0055) 1/1/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park

**Award:** IVV Credit Only **Strollers:** Hard **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** NO **Pets:** No

**Sponsor:** AVA-0006 Texas Wanderers [www.walktx.org/TexasWanderers](http://www.walktx.org/TexasWanderers)

**Contact:** Gerald Kamicka, GeraldK726@aol.com, (210)658-2160, 102 Wildridge Trail, Universal City, TX, 78148

**Start Point:** El Tropicano Riverwalk Hotel- 110 Lexington, San Antonio, TX 78205. Refer to the San Antonio Riverwalk North (Y1593) listing above for directions to the start location.

**Event Info:** Trail covers historic downtown San Antonio along the Paseo del Rio or "Riverwalk" through the King William district, La Villita, HemisFair Park, the Institute of Texan Cultures, San Fernando Cathedral and Mission San Antonio de Valero better known as "The Alamo". Numerous restaurants are located along the walk. Open daily.

**San Antonio - Salado Creek Greenway/McAllister Park****10km/5km Year Round Walk (2017/Y0199) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0006 Texas Wanderers [www.walktx.org/TexasWanderers](http://www.walktx.org/TexasWanderers)**Contact:** Gerald Kamicka, GeraldK726@aol.com, (210)658-2160, 102 Wildridge Trail, Universal City, TX, 78148

**Start Point:** Dollar General- 10331 Nacogdoches Road, San Antonio, TX 78217. From IH-35 North or South bound exit at O'Connor Road/Wurzbach Parkway. Drive west on O'Connor Rd. to Wurzbach Pkwy. and continue straight onto Wurzbach Pkwy. Exit Wurzbach Pkwy. at Nacogdoches Rd. and go south 1/2 mile to the Dollar General on the right.  
 From Loop 410 East or West bound exit at Nacogdoches Rd. and drive north on Nacogdoches Rd. for 2 miles to the Dollar General on the left.

**Event Info:** Drive approximately 1/4 mile to the Salado Creek Greenway trailhead in Lady Bird Johnson park. Walk on the Salado Creek Greenway trail to McAllister Park and return.

**San Antonio - Salado Creek Greenway/Tobin Park****15/10/5 km Year Round Walk (2017/Y0733) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0006 Texas Wanderers [www.walktx.org/TexasWanderers](http://www.walktx.org/TexasWanderers)**Contact:** Gerald Kamicka, GeraldK726@aol.com, (210)658-2160, 102 Wildridge Trail, Universal City, TX, 78148

**Start Point:** Dollar General- 10331 Nacogdoches, 78217. IH-35 N or S, exit at O'Connor/Wurzbach Pkwy. Drive W on O'Connor to 2nd traffic light, entrance to Wurzbach Pkwy. Continue straight on to Wurzbach Parkway. Exit Wurzbach Pkwy. at Nacogdoches, go S approx 1/2 mile to Dollar Genral on right. Loop 410 E or W bound, exit at Nacogdoches, drive N on Nacogdoches approx 2 miles to Dollar General on left.

**Event Info:** From Dollar General drive 1/2 mile to Salado Creek Greenway trail head in Lady Bird Johnson Park. The trail will be on the Salado Creek Greenway passing through Los Patios and Tobin Park. Open daily at 8am.

**San Antonio - Southside Lions Park****10km/6km Year Round Walk (2017/Y0136) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Lakes and Reservoirs, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes

**Sponsor:** AVA-0044 Randolph Roadrunners [www.randolphroadrunners.info](http://www.randolphroadrunners.info)

**Contact:** Susan Medlin, [sueammed@aol.com](mailto:sueammed@aol.com), (210)325-3523, 12527 Fern Creek, San Antonio, TX, 78253

**Start Point:** WEB REGISTRATION ONLY [www.cva4u.org](http://www.cva4u.org) - START: Pavilion 2 in the park. 4000 Pecan Dr. San Antonio, TX 78210.- REGISTRATION: Please use the online start box provided by the California Volkssport Association website [www.cva4u.org](http://www.cva4u.org). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternative payment methods. The entire online process should take less than 10 minutes for a first time user. DRIVE TO START: From I-10E, take Exit 577 to Roland Rd and turn Right. From I-10W, take Exit 577 and turn Left on Roland Rd. Drive to Pecan Valley Drive and turn Right. The main park entrance is on your Left, at 4600 Pecan Valley Dr.

**Event Info:** Enjoy a 1.6km stroll around a lovely lake. Then take the shaded path past Comanche and Coventry Parks. Open daily, 5am to 11pm.

**San Marcos - Historic and University****10km Year Round Walk (2017/Y0481) 1/2/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** None      **Pets:** No

**Sponsor:** AVA-0411 San Marcos River Walkers

**Contact:** Barbara Piersol, [bpiersol@grandecom.net](mailto:bpiersol@grandecom.net), (512)396-4463, 100 E. Laurel Lane, San Marcos, TX, 786660000

**Start Point:** San Marcos Activity Center- 501 East Hopkins ST, San Marcos, TX 78666. Telephone: 512/393-8280. From North on I-35 take Exit-205 (TX-80/Luling). Turn RIGHT at underpass and follow Hopkins Street West past the 3rd intersection (Charles Austin DR) to San Marcos Activity Center (just past Public Library on RIGHT). From South on I-35 take Exit-205, turn LEFT under freeway and follow Hopkins Street west to Activity Center.

**Event Info:** The trail is through Texas State University (where President LBJ graduated), historic neighborhoods and along the San Marcos River. See hours on Y1288.

**San Marcos - River and Adjoining Neighborhoods****10km/5km Year Round Walk (2017/Y1288) 1/2/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0411 San Marcos River Walkers

**Contact:** Barbara Piersol, [bpiersol@grandecom.net](mailto:bpiersol@grandecom.net), (512)396-4463, 100 E. Laurel Lane, San Marcos, TX, 78666

**Start Point:** San Marcos Activity Center- 501 East Hopkins ST, San Marcos, TX 78666. Telephone: 512/393-8280. See Directions for San Marcos-Historic & University YRE (#Y0481).

**Event Info:** This trail is along the San Marcos River, historic neighborhoods and historic downtown San Marcos. Open Mon-Thu 6am-10pm; Fri 6am-8pm; Sat 10am-8pm.

**San Marcos - TangerSTYLE of FITNESS for FAMILIES Walk****10km/5km Year Round Walk (2017/Y0228) 1/1/2017 - 12/31/2017****Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes**Rating:** 1A      **Wheelchair:** hard      **Pets:** No**Sponsor:** AVA-0944 LoneStar Walkers**Contact:** Heinz Johnson, lonestarwalkers@gvtc.com, (830)980-5723, 27727 Ramblewood, San Antonio, TX, 782612013**Start Point:** Tanger Outlets Visitors Center, Suite 319- 4015 South I-35, San Marcos, TX 78666-5952. Going North on I-35 take Exit- 200. Drive on Service RD and turn RIGHT before the Taco Cabana Restaurant. Continue straight ahead bearing RIGHT at end of island (divided street) and drive to second cross drive (main drive). Turn RIGHT and look Left and up for the SUBWAY/SHOPPER SERVICES sign displayed at the center inside corner of the building. Going South on I-35 take Exit 200. Drive on the Service RD to the Traffic Light at Center Point RD. Go LEFT under the interstate. Turn RIGHT at the traffic light into Tanger Outlets. Continue straight ahead and look Left and up for the SUBWAY/SHOPPER SERVICES sign at inside corner of building. The Walk Box is a registration stand immediately on the left of the front door as you enter Suite 319.**Event Info:** Most of the walk is shaded and under covered walkways in the two Outlet Malls.**Schertz - Schertz-Cibolo Neighborhood****10 km/6 km Year Round Walk (2017/Y1628) 1/2/2017 - 12/30/2017**

Animal Safari, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Honoring Our Flag, United States Post Offices, Walking the USA A - Z, Water Towers

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes**Sponsor:** AVA-0044 Randolph Roadrunners www.randolphroadrunners.info**Contact:** Pat Roberts, robertsp5734@hotmail.com., (210)846-1801, 5734 Windy Hollow, Windcrest, TX, 78239**Start Point:** Schertz Recreation Center (YMCA )- 621 Westchester Drive, Schertz, TX 78154. From the North on I-35 take Exit- 174 (Schertz PKWY ), turn Left and follow Schertz PKWY for about 2 1/2 miles to Elbel RD. Turn Left and go 1 block to Westchester Dr. Turn Right and go 1 block to the Recreation Center. From the South on I-35, take Exit-174 (Schertz PKWY). Turn Right and follow the above directions.**Event Info:** This is a new and improved walk. The Walk Box is on a wooden pedestal in the foyer. Open M-F 5am-9pm, Sat 7am-6pm; and Sun 1pm-5pm. Drive to the Start.**Schertz - Walkin' Old Schertz****10km/6km Year Round Walk (2017/Y1603) 1/2/2017 - 12/30/2017**

Doin' The Louisiana Purchase, Honoring Our Flag, Take a Walk In a City Park, Trekking With the Trees, Walking the USA A - Z, Water Towers

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes**Sponsor:** AVA-0044 Randolph Roadrunners www.randolphroadrunners.info**Contact:** Pat Roberts, robertsp5734@hotmail.com., (210)846-1801, 5734 Windy Hollow, Windcrest, TX, 78239**Start Point:** Schertz Recreation Center (YMCA )- 621 Westchester, 78154. See Directions for Schertz-Cibolo #Y1628.**Event Info:**

**Seguin - Seguin Historic Walk****10km/5km Year Round Walk (2017/Y1122) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Food For Thought, Take a Walk In a City Park,  
United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0944 LoneStar Walkers

**Contact:** Heinz Johnson, lonestarwalkers@gvvc.com, (830)980-5723, 27727 Ramblewood,  
San Antonio, TX, 78261

**Start Point:** Park Plaza Hotel - 217 South River ST, Seguin, TX 78155. From I-10 driving East take Exit-609 (TX-BUS 123/Austin ST) and turn Right (South). Driving West take Exit-609 and turn Left (South). Drive to Court ST (US-90A) and turn LEFT. Go 1 block and turn Right onto River ST. The park plaza hotel is in the second block on the Left.

**Event Info:** The Park Plaza is a newly renovated hotel which merges the charm of 1917 with modern conveniences, technology, and an award winning restaurant. The Walk Box is located on a shelf behind the Front Desk. The 10km walk goes along shaded city streets, through neighborhoods, a municipal golf course, and a park. It follows the Guadalupe River and goes through the downtown square. The 5km walk is in the downtown area. There are many historical sites on both walks. Periodically flooding occurs along Guadalupe River DR on the 10km route. Supplemental Route Directions are available to cover HIGH WATER conditions.

**Shiner - Historic Walk****10km/6km Year Round Walk (2017/Y0559) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0036 NB-Marsch-und Wandergruppe [www.muw.walktexas.org](http://www.muw.walktexas.org)

**Contact:** Marlin Brendsel, mbrendsel@hotmail.com, (830)226-7035, 746 Shady Hollow, New Braunfels, TX, 78132

**Start Point:** Howard's Convenience Store- 1701 N Ave E, 77984. Going East on I-10: Exit-632. Bear right, go S on US-183 for 12.7 miles. Turn left to ALT US-90/N. Continue on ALT US-90E for 18 miles. Howard's on left. Going West on I-10: Exit-661. Continue on Frontage, turn left on TX-95. Go 0.7 miles to US-90/TX-95. Right, go 0.2 miles to TX-95. Left, go 18 miles to FM-3435. Go 0.9 miles to ALT US-90, turn right. Howard's on right.

**Event Info:** The new route is through residential areas, parks and downtown. There are historic homes, memorials and markers. Shiner is home to the famous 1909 Spoetzel Brewery, the last independent brewery in Texas. Start point is open daily at 7am.

**Stanton****10km Year Round Walk (2017/Y1779) 1/2/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0897 Midland Walkabout [www.midlandwalkabout.org](http://www.midlandwalkabout.org)  
**Contact:** Susan Fine, [gary.petersen@mygrande.net](mailto:gary.petersen@mygrande.net), (432)770-4310, 4410 Harlowe Drive, Midland, TX, 79703  
**Start Point:** Stripes Town and Country Convenience Store - THIS IS A REMOTE SITE. WALK DIRECTIONS VIA EMAIL: [gary.petersen@mygrande.net](mailto:gary.petersen@mygrande.net) or [finesusan25@gmail.com](mailto:finesusan25@gmail.com). 1308 Lamesa Hwy, Stanton, TX . Exit 156 off IH-20. The Stripes is on the left. Please park on the side, to leave parking spaces for customers.  
**Event Info:** Don't miss the Old Jail House built in 1885 on the NW corner of School St. and St. Joseph St. The Carmelite Monks in 1881 began the first Catholic Church between Ft. Worth and El Paso. The monastery was completed in 1884 and St. Joseph's Church in 1885. Sisters of Divine Providence opened a short-lived school in 1887. The Sisters of Mercy reopened it in 1894. They operated a convent and academy until 1938. All that remains today are the dormitory, ruins of the other buildings and the cemetery. Open daily.

**Stephenville - The Texas Erath County Walk****11km/6km Year Round Walk (2017/Y0357) 1/1/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Honoring Our Flag, Walk the USA - Street by Street, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0718 Hood County Hummers [www.walktx.org/HoodCountyHummers/](http://www.walktx.org/HoodCountyHummers/)  
**Contact:** Sonny Byington, [sonnyraeb@gmail.com](mailto:sonnyraeb@gmail.com), (817)437-2882, 1408 East Apache Trail, Granbury, TX, 76048  
**Start Point:** Super 8 Motel- 921 South Second St., Stephenville, TX 76401, 254-965-0888, GPS coords are N32 12.389 AND W98 12.476. FROM THE N/E & S/W; US377 (not Business US377) to S 2nd St (at a stop light), turn onto 2nd St and enter the Super 8 parking lot on your right. FROM THE N & S; Enter Stephenville from SH108, US281, SH67 or FM914 and turn onto SH377 (traveling south/west) and go to S 2nd St. Turn right and then into the Super 8 parking lot. Open dawn to dusk.  
**Event Info:** Walk city parks, streets, a bike/walking trail, the Historic Town Square and through Tarleton State University.

**Stonewall - Lyndon B. Johnson State Park****20km/10km/5km Year Round Walk (2017/Y0547) 1/2/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Honoring Our Flag, National Parks Centennial Challenge, National Register of Historic Places

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0001 Volkssportverein Friedrichsburg [www.walktx.org/AVA1](http://www.walktx.org/AVA1)  
**Contact:** Dave Roberts, [dloberts34@hotmail.com](mailto:dloberts34@hotmail.com), (410)693-9829, 320 Morning Glory Drive, Fredericksburg, TX, 78624-6732  
**Start Point:** LBJ State Park Visitor Center - On US 290, between Fredericksburg (US 87) and Johnson City (US 281), 2 miles E of Stonewall. Call 830-644-2252 or 800-792-1112 or check website for latest updates. WALK BOX is in Visitor Center, by the bench.  
**Event Info:** Routes are new for 2017 -- 5km, 2 x 10km, 20km. The 10 km routes halve the 20km route in case you can't do all 20km at the same time. Longer routes also cover National Historical Park. A short section of stairs down/up a creek bed and stone crossing can be avoided if needed. Watch out for cattle, bison, longhorns, and deer.

**Texarkana - Historic - Bowie County****10km/5km Year Round Walk (2017/Y0150) 1/1/2017 - 12/31/2017**

Border Crossings, Doin' The Louisiana Purchase, Honoring Our Flag, National Register of Historic Places, Trekking With the Trees, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0863 East Texas Trekkers, Inc. [www.Walktx.org/EastTexasTrekkers/](http://www.Walktx.org/EastTexasTrekkers/)  
**Contact:** Helen Hull, [helenthehun@yahoo.com](mailto:helenthehun@yahoo.com), (972)530-1026, 2334 Saharah, Garland, TX, 75044

**Start Point:** Dairy Queen- 2506 Richmond St, Texarkana, TX 75503. From I-30 (east or west), take the Richmond St exit, then turn north on Richmond to Dairy Queen on the right.

**Event Info:** After registering, drive 4 miles to the historic downtown area. Walk from Texas to Arkansas as you traverse State Line. Many historic museums, homes, churches and buildings. Open 10:30am to 7pm.

**Tyler - Tyler Historic Churches****10km/5km Year Round Walk (2017/Y1556) 1/1/2017 - 12/31/2017**

Alternative Capitals, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, You'll Never Walk Alone

**Award:** B Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0863 East Texas Trekkers, Inc. [www.Walktx.org/EastTexasTrekkers/](http://www.Walktx.org/EastTexasTrekkers/)  
**Contact:** Bonnie Avonrude, [mercynurse62@hotmail.com](mailto:mercynurse62@hotmail.com), (682)551-7339, 10096 E Lakeshore Drive, Tyler, TX, 75709

**Start Point:** Brady's Coffee Shop- 309 W Rusk. In Tyler, take Broadway (US-69) about 1 mile south of downtown to Rusk St. West on Rusk 2 blocks to Brady's on right (north side of street).

**Event Info:** Walk historic downtown Tyler and its 5 historic churches. Route includes historic homes, county courthouse, and parks. New route for 2016. Open Mon-Sat: 9am - 9pm. Closed Sun.

**Tyler - Tyler State Park****10km/5km Year Round Walk (2017/Y0537) 1/1/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, Trekking With the Trees

**Award:** B Award      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0863 East Texas Trekkers, Inc. [www.Walktx.org/EastTexasTrekkers/](http://www.Walktx.org/EastTexasTrekkers/)  
**Contact:** Vickie Pendergrass, [vsp987@aol.com](mailto:vsp987@aol.com), (903)360-2159, 2656 Private Rd 7908, Hawkins, TX, 75765

**Start Point:** Ranger Station at Tyler State Park - 789 Park Rd 16, 75706-3630. State Park N of Tyler. I-20 Exit-562 (FM-14 exit), go N on FM-14 to park entrance on left. Register at Ranger's Station, drive short distance to start.

**Event Info:** The walks are on park roads and trails. Park consists of 985 acres north of Tyler and includes a 64-acre lake. Check website for closure dates for hunting. Open daily 8am to 5pm. Closed Christmas Day.

**Universal City - Universal City****10km/5km Year Round Walk (2017/Y0156) 1/1/2017 - 12/31/2017**

Take a Walk In a City Park, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0006 Texas Wanderers [www.walktx.org/TexasWanderers](http://www.walktx.org/TexasWanderers)  
**Contact:** Gerald Kamicka, Jr., GeraldK726@aol.com, (210)658-2160, 102 Wildridge Trail, Universal City, TX, 78148  
**Start Point:** 7-Eleven Chevron Station- 3100 Pat Booker, 78148-2726. N I-35. Exit-171, Pat Booker /Universal City/Randolph AFB. 5th traffic light, Athenian. Left to 7 - Eleven Chevron. S I-35. Exit-172, Loop TX-1604/Anderson Loop/TX-218 Pat Booker/Randolph AFB. E on Loop TX-1604. Exit TX-218 Pat Booker/Universal City/Randolph AFB. Left at traffic light, go to 2nd traffic light, Athenian. Left to 7-Eleven Chevron. W on Loop TX-1604. Exit TX-218 Pat Booker/Live Oak. Right at 1st traffic light, go to 2nd traffic light, Athenian. Left to 7 Eleven Chevron.  
**Event Info:** After registering drive a short distance to start at AVA Headquarters. The walk goes down Pat Booker, Universal City's Main St., for a short distance, through residential areas and two city parks. Open daily.

**Uvalde - Tree City Bike****50km/25km/13km Year Round Bike (2017/Y1198) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Trekking With the Trees, Vice Presidential Walks

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0967 Whatever of Texas Sporting Club  
**Contact:** Clay Baulch, btcotx@gmail.com, (210)204-9301, P.O. Box 2178, Uvalde, TX, 78802  
**Start Point:** Minit Mart- 444 W. Main ST, Uvalde TX 78801. From San Antonio on US-90 (Main ST) go through Uvalde to store at corner of Main (US 90) & Grove (FM 1435). The store is open 24/7, daily. The box will be behind the counter by the register.  
**Event Info:** Mostly level route through Uvalde and surrounding Uvalde County countryside. There are now 13km, 25km, and 50km routes (the 50km route is an extension of the 25km route). 13km & 25km - 1A; 50km - 2A

**Uvalde - Tree City Walk****10km/5km Year Round Walk (2017/Y1201) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Vice Presidential Walks

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0967 Whatever of Texas Sporting Club  
**Contact:** Clay Baulch, btcotx@gmail.com, (210)204-9301, P.O. Box 2178, Uvalde, TX, 78802  
**Start Point:** Minit Mart - 444 W. Main ST, Uvalde TX 78801. From San Antonio on US-90 (Main ST) go through Uvalde to store at corner of Main (US 90) & Grove (FM 1435). The store is open 24/7, daily. The box will be behind the counter by the register.  
**Event Info:** Walk through city center with courthouse square and opera house and historic residential areas of Uvalde, including Vice President Garner's home, and along new river walkway.



### Vanderpool - Lost Maples State Natural Area

10km/5km Year Round Walk (2017/Y0460) 1/1/2017 - 12/31/2017

**Award:** B Award                      **Strollers:** Hard                      **Restroom:** Yes  
**Rating:** 1B                              **Wheelchair:** NO                      **Pets:** Yes  
**Sponsor:** AVA-0088 Selma Pathfinders  
**Contact:** Mike Schwencke, mschwencke@satx.rr.com, (210)679-7609, 12235 White Ash, San Antonio, TX, 78245  
**Start Point:** Ranger Station at Lost Maples State Natural Area - 37221 FM 187, 78885. 830-966-3413. From San Antonio, N on TX-16 through Bandera and Medina; W on FM 337 to FM 187. Right, go 5 miles to park. From Kerrville, W on TX 27 to Ingram, then TX 39 through Hunt. Left to FM 187 to park.  
**Event Info:** The 5km trail follows park roads and nature trails that are somewhat rocky, but have little change in grade. The 10km trail (3C) is over primitive trails, very hilly terrain, with significant grade changes. Please carry water, bring a walking stick and wear hiking shoes. Open daily at 8am.

### Waco - Historic

10km/5km Year Round Walk (2017/Y0626) 1/1/2017 - 12/31/2017

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Make a Wish at a Water Fountain, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Walk the USA - Street by Street

**Award:** IVV Credit Only                      **Strollers:** medium                      **Restroom:** Yes  
**Rating:** 1A                                      **Wheelchair:** NO                      **Pets:** Yes  
**Sponsor:** AVA-0034 Dallas Trekkers, Inc. www.dallastrekkers.org  
**Contact:** Eveline Evans, eee93@aol.com, (254)366-5708, 1420 Ritchie Rd., Lorena, TX, 76655  
**Start Point:** Hilton Hotel - 113 S University Parks, 76701-2241. N/S I-35, Exit-335B, UNIVERSITY PARKS. W on University Parks approx 1/2 mile to corner of University Parks and Franklin. Park in large parking lot behind Hilton Inn.  
**Event Info:** Walk Waco's historic and revitalized downtown. Highlights include City Hall, the Hippodrome Theater, Heritage Square, Magnolia Market, the Dr. Pepper Museum, and "Branding the Brazos" bronze sculptured cattle drive. You'll also cross the Brazos on the iconic Suspension Bridge, once an important river crossing on the Chisolm trail and now centerpiece of community festivals and events.

### Warren - Big Thicket - Tyler County - 2017 ONLY

10km/5km Year Round Walk (2017/Y0417) 1/1/2017 - 12/31/2017

Boardwalks, Bridges - Spanning the USA, National Parks Centennial Challenge

**Award:** IVV Credit Only                      **Strollers:** Medium                      **Restroom:** Yes  
**Rating:** 1A                                      **Wheelchair:** Hard                      **Pets:** Yes  
**Sponsor:** AVA-0863 East Texas Trekkers, Inc. www.Walktx.org/EastTexasTrekkers/  
**Contact:** Helen Hull, helenthehun@yahoo.com, (972)530-1026, 2334 Saharah Dr, Garland, TX, 75044  
**Start Point:** Country Food Mart & Pizza (Chevron Station)- 11560 US-69 South. Take US-69 to Warren. Chevron Station on west side just north of the Hardin/Tyler County Line and about 12 miles north of the Big Thicket Visitor Center. After registering, drive 5 files to start point.  
**Event Info:** Explore deep East Texas and the Big Thicket's Pitcher Plant and Turkey Creek Trails. Most pleasant Jan-Mar, Oct-Dec. Hot, humid, and lots of mosquitoes Apr-Sept. Repellent available in walk box.

**Waxahachie - Historic****10km/5km Year Round Walk (2017/Y0201) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Doin' The Louisiana Purchase, Take a Walk In a City Park,  
Treasure Hunt - A way to walk our precious trails, Walking the Path of Inventions

**Award:** B Award **Strollers:** Hard **Restroom:** Yes

**Rating:** 1A **Wheelchair:** medium **Pets:** Yes

**Sponsor:** AVA-0034 Dallas Trekkers, Inc. [www.dallastrekkers.org](http://www.dallastrekkers.org)

**Contact:** Marilyn Nash, [marilyn.nash@att.net](mailto:marilyn.nash@att.net), (972)617-5158, 608 Roaring Creek Court, Oak Leaf, TX, 75154

**Start Point:** Waxahachie Police Department- 216 N College, 75165. I-35 Exit 401B (Bus US-287/FM-664) to Waxahachie. (S Bus US-287 becomes Main in town). 2.3 miles to Rogers Hotel, on left, past intersection of E Main and College. Rogers Hotel go N (away from square) on College, stay on right of street to Waxahachie Police Dept. If you get to Railroad tracks you have gone too far. Enter police station, look for Walk Box under table between two chairs. Dispatchers located behind glass window and counter, do not disturb.

**Event Info:** Walk through Victorian architecture, and the town square with its elaborate Courthouse, considered among the most beautiful of Texas' older courthouses. Open daily.

**Weatherford - Historic****10km/5km Year Round Walk (2017/Y1355) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes

**Rating:** 1B **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0019 Tarrant County Walkers [www.walktx.org/TarrantCountyWalkers](http://www.walktx.org/TarrantCountyWalkers)

**Contact:** Daveenya Stone, [dast@amak.com](mailto:dast@amak.com), (817)507-9515, 1315 Vine Street, Weatherford, TX, 76086

**Start Point:** Albertsons Grocery Store- 225 E Spring at Hwy 180, 76086. W I-20, Exit-414 US-180/FT WORTH HWY. 6.3 miles, turn RIGHT on Spring. Albertsons on RIGHT. E I-20, Exit-408, turn LEFT on TX-171/FM-51. 2.5 miles. Courthouse traffic circle, turn RIGHT 90 degrees, exit circle on US-180/ FT WORTH HWY. Drive 2 blocks to traffic light, turn LEFT on E Spring. RIGHT to Albertsons parking lot.

**Event Info:** The walk winds through residential streets lined with Victorian homes, through the Old City Greenwood Cemetery and by the beautiful Chandor Gardens. There are some small hills and limited sidewalks. Daily, dawn to dusk.

**Weslaco - Historic Downtown Walk****10km/5km Year Round Walk (2017/Y1118) 1/2/2017 - 12/31/2017**

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** medium **Pets:** No

**Sponsor:** AVA-0350 City of McAllen Parks and Rec. Dept.

**Contact:** Del Zander, [dandbzander@gmail.com](mailto:dandbzander@gmail.com), (702)525-7720, 3808 Hummingbird Lane, Mission, TX, 78572

**Start Point:** Valley Nature Center- 301 S. Border AVE, Weslaco, TX 78599. From I-2 take the exit Highway 88 or Texas Blvd. From the west, turn RIGHT and from the east, turn LEFT. Follow Texas Blvd across a set of railroad tracks to West 4th. Turn RIGHT on West 4th to Border AVE. Turn RIGHT on Border AVE for one block then RIGHT into Gibson Park. The Valley Nature Center is located at the back of Gibson Park. Closed on Mondays.

**Event Info:** The walk goes past the Frontera Audubon Nature Center, through the historic downtown, past the restored railroad depot, a bakery, a 1928 water tower that is now a theater, churches, and the library. Open T-F 9am-5pm, Sat 8am-5pm, Sun 1-5pm,

**Wharton - Historic Wharton (Wharton County) One year only****10km/5km Year Round Walk (2017/Y1096) 1/1/2017 - 12/31/2017**

Take a Walk In a City Park, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0015 Houston Happy Hikers [www.houstonhappyhikers.com](http://www.houstonhappyhikers.com)  
**Contact:** Ken or Daralyn Schubert, [daralynschubert@yahoo.com](mailto:daralynschubert@yahoo.com), (281)857-7766, 1217 Forest Circle, Huffman, Tx, 77336  
**Start Point:** Holiday Inn Express & Suites - 10247 Hwy 59, Wharton, TX 77488 From Hwy 59, take exit for FM 102 Wharton/Eagle Lake, the hotel is located on the south side of Hwy 59. (979-282-8300)  
**Event Info:** Sights on walk: newly restored Wharton County Courthouse, historic downtown Wharton, numerous murals, and a life-size dinosaur sculpture.

**Wichita Falls - Country Club****10km/5km Year Round Walk (2017/Y0203) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Walk the USA - Street by Street, Walking the Path of Inventions

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0316 Lawton Walkers [facebook.com/pages/Holy-Family-Walkers-Volksmarching-Club/205700619489502](https://facebook.com/pages/Holy-Family-Walkers-Volksmarching-Club/205700619489502)  
**Contact:** Roland L Ouellette, [rlo@rioedmgroupp.com](mailto:rlo@rioedmgroupp.com), (214)649-4150, 2809 NE Heritage Ln, Lawton, OK, 73507  
**Start Point:** Econo Lodge- From the north take I-44 W/277 S to Wichita Falls, TX. I-44 becomes US/277 S. Take exit 1A on your right towards US/277-BRT Turn right and stay on US/277/BR/Fifth St. After a short distance turn right into hotel parking area and drive to hotel lobby. From the South take US 277 N. Take exit right towards Broad St/Business District straight on Broad St. Turn left on Fifth St. Drive for .2 mi. Turn right onto hotel parking area and drive to hotel lobby.  
**Event Info:** 1700 5th St. Wichita Falls, TX. Driving directions from Inn to the Start Point are included with instructions. Trail follows sidewalks through Midwestern State University and the Country Club section.

**Wichita Falls - Lucy Park****10km/6km Year Round Walk (2017/Y0109) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Lady Liberty Special Program, Points of Reference, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0316 Lawton Walkers [facebook.com/pages/Holy-Family-Walkers-Volksmarching-Club/205700619489502](https://facebook.com/pages/Holy-Family-Walkers-Volksmarching-Club/205700619489502)  
**Contact:** Roland L Ouellette, [rlo@rioedmgroupp.com](mailto:rlo@rioedmgroupp.com), (214)649-4150, 2809 NE Heritage Ln, Lawton, OK, 73507  
**Start Point:** Econo Lodge- From the North take I-44 W/277 S to Wichita Falls, TX. Take exit 1A on the right onto Broad St/Holiday St. After a short distance turn right into hotel parking area and walk to hotel lobby. From the S take US277 N. Take exit right towards Broad St/Business District. Go straight on Broad St. Turn left on Fifth St. Drive for 2 mi. Turn right into hotel parking area and walk to hotel lobby.  
**Event Info:** Econo Lodge, 1700 Fifth St., Wichita Falls, TX. 10 KM trail will have to cross swinging foot bridge. Not suitable for wheelchair or strollers. 10KM trail has been modified.

UTAH**Brigham City - Historic****10km Seasonal Walk (2017/Y1577) 4/1/2017 - 9/30/2017**

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0436 Golden Spike Striders  
**Contact:** Daniel Norgail, dannorgail@hotmail.com, (801)774-6102, 1904 West 2400 South, Syracuse, UT, 84075-9269  
**Start Point:** Smith's Food & Drug- 156 South Main, 435-734-2500. Take exit #363 from I-15, proceeding east on Forest St. Approximately 2.5 miles east of the I-15 exit, Forest Street dead-ends at Main Street. Turn right, Smith's will be on your right. Please park in the lot away from the area used by shoppers. The Volkswalk box is at the Customer Service Booth (hours 10-8 Mon. to Sat.). If it isn't open, other store personnel can access the box. Note: The store is open from 6 a.m. to midnight everyday.  
**Event Info:** Daily, dawn to dusk. Trail is rated 1A and is suitable for strollers and wheelchairs. Pets are not allowed in the historic cemetery; a bypass route is identified in walk instructions. This walk is on paved sidewalks and streets passing by the sites established by the early pioneer settlers of Brigham City. Note: Average elevation 4,200+ feet.

**Bryce Canyon - Bryce Canyon National Park****11km Seasonal Walk (2017/Y0984) 4/1/2017 - 9/30/2017**

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 4A      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0731 Gadabout  
**Contact:** Jane Gebhardt, jgbhrdt@hotmail.com, (435)256-6178, 1662 Garnett Ridge Drive, St George, UT, 84790  
**Start Point:** Bryce Canyon National Park Utah. Please use remote registration procedures listed below.- To receive AVA credit for this event: Please send a check to pay the event fee for each walker with a self-addressed stamped envelope to Jane Gebhardt, 1662 Garnett Ridge Drive, St George UT 84790. She will mail you the walk map and directions to the starting point in Bryce Canyon. Upon completion of the walk, return the start cards to Jane with another SASE so she can send you an insert card for each of your record books. This will save about 4 hours round trip drive time between St George and Bryce Canyon.  
**Event Info:** This event qualifies for National Heritage and Extreme Program, maximum elevation is 8000'. Portions of the trail may be closed during inclement weather. Check with the Park Rangers. Wheelchairs and strollers are impossible. Pets are not allowed on the trail. Restrooms are located in some of the parking lots. National Parks Pass or a \$25 fee is required to enter the park.

### Ivins - Snow Canyon State Park

#### 10K Year Round Walk (2017/Y0992) 1/2/2017 - 12/30/2017

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0731 Gadabout

**Contact:** Jane Gebhart, jgbhrdt@hotmail.com, (435)256-6178, 1662 Garnett Ridge Drive, St George, UT, 84790

**Start Point:** Snow Canyon State Park, Utah walk box is located at Harmon's Grocery Store, 3520 Pioneer Parkway, Santa Clara, UT 84766; 435-773-6200. Open 7 days a week, 6am-Midnight, closed Christmas Day- From I-15 North or South, take exit 5 onto Dixie Drive. Continue 4.6 miles to Sunset. Turn left onto Sunset, turn right at the first stoplight, to Warrior Drive also known as Lava Flow Drive. Continue through the residential area and turn left onto Pioneer Parkway. Drive about a mile and Harmon's will be on your right.

Ask the clerk inside the store, at the business center/customer service, for the AVA box. Take the box upstairs where there are tables, stairs to the left of business center. Always let other customers take preference. Restrooms are located inside. After signing the registration, please enclose \$3.00 and start card in envelope, and deposit in slot at back of file box.

To the Park: Turn right onto Rachel Drive and continue down to Snow Canyon Parkway. Turn right and when you arrive at the round a bout follow to the right 3/4 of the circle and take Snow Canyon Drive into the park.

**Event Info:** The park is open daily. Please note There is a \$6 State Park entry fee. The trail is a rolling bike path with some uphill stretches that would be difficult for a wheelchair. It would be strenuous with a stroller. A port-a-pot is located in the parking lot at the event site. There are also restrooms at the visitors' center.

### Ogden - Ogden River

#### 10km Year Round Walk (2017/Y0198) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0436 Golden Spike Striders

**Contact:** Daniel Norgail, dannorgail@hotmail.com, (801)774-6102, 1904 West 2400 South, Syracuse, UT, 84075-9269

**Start Point:** Motel 6 (Downtown)- 1455 Washington Blvd., 801-627-4560. Note: From I-15 take Exit #343, near the Flying J Plaza. Turn east towards the mountains and go approximately 2 miles. At Washington Blvd. turn left and proceed north for approximately 3/4 mile. The motel is on the left. The Volkswalk box is located in the lobby. Parking is in the large lot behind the motel.

**Event Info:** Daily, dawn to dusk. Path may have snow and/or ice during winter months. The walk is on sidewalks and a paved scenic trail that follows the Ogden River from the city's main street to the entrance to Ogden Canyon.

### Ogden - Pioneer Days Celebration

5K and 10K Seasonal Walk (2017/Y1668) 4/1/2017 - 9/30/2017

**Award:** IVV Credit Only      **Strollers:**      **Restroom:**  
**Rating:** 1A      **Wheelchair:**      **Pets:**  
**Sponsor:** AVA-0731 Gadabout  
**Contact:** Myra Tams, myratams@gmail.com, (801)390-3322, 3897 N 1050 W, Ogden, UT, 84414  
**Start Point:** Marriott Courtyard Hotel, 247 - 24th Street, Ogden UT 84401 - Exit \*-14 at the 24th Street, and head east into the city over the Ogden Union Station Viaduct. The hotel is just a block east of the railroad station. Inquire at the hotel registration desk for access to the walk box.  
**Event Info:** This event features a walk around our City, featuring the Painted Horse displayed throughout the town. The ponies appear on the streets prior to Pioneer Days Celebration in July and remain on the streets until the end of the summer season.

### Salt Lake City - Capital

5k/10km Year Round Walk (2017/Y0075) 1/1/2017 - 12/31/2017

**Award:** B Award      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0731 Gadabout  
**Contact:** Myra Tams, myratams@gmail.com, (801)390-3322, 3897 North 1050 West, Ogden, UT, 84414  
**Start Point:** Crystal Inn Hotel & Suites, 230 W 500 S, Salt Lake City UT 84101 (This is a new location)- Crystal Inn and Suites 230 W 500 South, Salt Lake City, UT 84101.  
From North: Take exit 307 for 400 S, Turn left onto 400 S then Turn Right onto 200 West. Take first right onto 500 South, Destination will be on the right.  
From South: Take exit 306 to merge onto 600 S, Turn Left on 200 West. Take second left onto 500 S, Destination will be on the Right.  
**Event Info:** Rating is 2+ for the 4,000 elevation. Route includes Temple Square, the State Capital, Memory Grove & the City Creek Mall. Steep streets are not recommended in icy conditions. Walk in daylight hours.

### Zion National Park - Zion Volkswalk

10km Year Round Walk (2017/Y0970) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0731 Gadabout  
**Contact:** Jane Gebhardt, jgbhrdt@hotmail.com, (435)256-6178, 1662 Garnett Ridge Drive, St George, UT, 84790  
**Start Point:** Springdale & Zion Canyon Visitor Center, 1101 Zion Park Blvd, Springdale UT 84767; ph 435-429-1555. www.ZionNationalPark.com.- Follow Highway 9 toward Zion National Park to Springdale city. Center is located next to the Hampton Inn.  
**Event Info:** Desk clerk has the walk box. Please take it away from the desk to register. All walkers are requested to pay \$3 to support event. Place fee and start card in envelope and deposit in slot at back of box. The walk 10 K is rated 2

**VERMONT****BENNINGTON****10/5/5 km Seasonal Walk (2017/Y1545) 4/1/2017 - 11/30/2017**

Bridges - Spanning the USA, Points of Reference, United States Post Offices, Vice Presidential Walks

**Award:** A Award **Strollers:** Medium **Restroom:** Yes

**Rating:** 2A **Wheelchair:** hard **Pets:** Yes

**Sponsor:** AVA-0410 Empire State Capital Volkssporters [www.walkescv.org](http://www.walkescv.org)

**Contact:** Amy Gitchell, [benningtonwalk@walkescv.org](mailto:benningtonwalk@walkescv.org), (518)399-6160, 3 Helen Court, Glenville, NY, 12302

**Start Point:** Jay's Art Shop and Frame Gallery- 113 S (Rt 7), (802)447-2342. S: I-87 N (NYS Thruway from NYC) Exit 23, I-787 N, Exit I-787 at Rt 7 (Troy/Bennington). \* I-90 E (NYS Thruway from Buffalo), Exit 24 & ramp I-87 N (Northway). Exit 7 (Rt 7 E \* I-87 S (Northway) to Exit 7 (Rt 7 E). \* Rt 7 E becomes VT Rt 9 at NY/VT. Rt 9 to DNTN Bennington. Southern New England: US Rt 7 (crosses I-90, MA Pike) Lee, MA, continues N to VT & crosses VT Rt 9 at intersection of downtown Bennington. Free parking behind Jays.

**Event Info:** M-Sat 9am-5pm; Sun 11am-5pm. Closed major holidays; call if in doubt. Between two mtn ranges (Green Mtns east; Taconics west), Bennington one of VT's oldest & most historic towns. Trail on city sidewalks. 2- 5k routes available - one 2A; 2nd 1A & accessible.

**Brattleboro****5k 10k Seasonal Walk (2017/Y0399) 5/1/2017 - 12/31/2017**

Border Crossings, Bridges - Spanning the USA, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Underground Railroad, United States Post Offices, Walking America's Ports of Call, Walking the Path of Inventions

**Award:** IVV Credit Only **Strollers:** hard **Restroom:** Yes

**Rating:** 1A **Wheelchair:** hard **Pets:** Yes

**Sponsor:** AVA-0341 Twin State Volkssport Assn. [www.avaclubs.org/tsva/](http://www.avaclubs.org/tsva/)

**Contact:** Jan and Bob Varnon, [jcvarnon@yahoo.com](mailto:jcvarnon@yahoo.com), (433)244-4128, 22 Madison Circle, Greenfield, MA, 01301

**Start Point:** Latchis Hotel- 50 Main Street, Brattleboro VT 05301. Corner of Main and Flat Sts. See [www.latchis.com](http://www.latchis.com)  
Interstate 91 to Vermont Exit 2 > Turn LEFT at end of the exit ramp > Follow Rt 9 East 1.1 mi towards downtown and Main Street > Turn RIGHT onto Main Street > At the 2nd set of lights, the Latchis will be on the corner of Main and Flat Streets > Turn RIGHT and see parking options below. For hotel guests, free parking, subject to availability, in the parking lot at the end of the Latchis building. Note that the lot is small and cannot accommodate all guests. There are a variety of easy-access and inexpensive alternative parking options indicated below. Brattleboro pay-and-display parking garage diagonally across from the hotel. Brattleboro pay-and-display parking lots, including one located next to the Latchis lot.

**Event Info:** Brattleboro is a lovely historic town with restaurants, coffee shops, and much Vermont charm. Our 5k highlights the downtown and a nearby residential area. The 10k explores more of the industrial history of the town, passing the Estey Organ warehouse. 5k is relatively flat, with a few small hills. 10k has more elevation. Optional 1k takes bridge to NH to see an island where a dance hall once stood. Optional brewpub also on the 1k.

**Chimney Point - Champlain Bridge VT/NY****5k/10k Seasonal Walk (2017/Y1890) 5/1/2017 - 11/30/2017**

Animal Safari, Border Crossings, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Points of Reference, Walking America's Ports of Call

**Award:** A Award **Strollers:** hard **Restroom:** Yes  
**Rating:** 2B **Wheelchair:** hard **Pets:** Yes

**Sponsor:** AVA-0341 Twin State Volkssport Assn. [www.avaclubs.org/tsva/](http://www.avaclubs.org/tsva/)

**Contact:** C Phillips, cpwalkvt@gmail.com, (802)343-3033, POB 907, Middlebury, VT, 05753

**Start Point:** The Bridge Restaurant, W Addison, VT- 8013 VT Rt 17 W. Crown Pt NY, Rt 9N/22 to Rt 185 (Bridge) to 17. Cross toll free Champlain Bridge to just inside VT; \*VT: Rt 22A to 17W. Additional parking may be available in lot across road. Restaurant closed on Tuesdays.

**Event Info:** The site has been important as a passage between shores for millenia. On both sides stood forts in 18th century; state historic sites of Crown Point NY & Chimney Point VT are united by the bridge. Explore both on this walk. Walk daylight hrs only. Historic sites close for season before walk does; plan accordingly.

**Derby Line - International Border Walk****Vermont Seasonal Walk (2017/Y1729) 5/1/2017 - 11/30/2017**

Border Crossings, Bridges - Spanning the USA, Ice Cream Parlors, National Register of Historic Places, United States Post Offices

**Award:** IVV Credit Only **Strollers:** Hard **Restroom:** Yes  
**Rating:** 2B **Wheelchair:** Hard **Pets:** Yes

**Sponsor:** AVA-0341 Twin State Volkssport Assn. [www.avaclubs.org/tsva/](http://www.avaclubs.org/tsva/)

**Contact:** Twin State Volkssport, carri757@gmail.com, (802)757-2500, P O Box 151, South Ryegate, VT, 05069

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) START: Derby Line walkers may park on Main Street near the Irving Oil Station (Circle K).- REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user.

**Event Info:** Our Derby Line walk is for those who want a unique border walk experience. Nearby is Newport which is on Lake Memphremagog, a resort destination here and in Canada. Derby Line is literally on the Canadian border, and Haskell library is in both countries. Those without a passport may visit the library. Those with a passport can see the rest of the community, which is almost entirely in Canada. We have permission from the CVF to continue the walk in Stanstead Quebec, but all walkers must have appropriate ID and check in at both border entries. More info on our website. There are no free walkers for this walk. PLEASE NOTE: The NEWPORT portion of this walk is temporarily unavailable, returning om 2018. The Derby Line portion of the Derby Line Stanstead walk is less than 3k; to get 5 or 10k, you MUST have a passport or enhanced ID.



**Middlebury****5/10k Seasonal Walk (2017/Y2012) 5/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Underground Railroad, United States Post Offices, Walking the Path of Inventions

**Award:** B Award **Strollers:** Hard **Restroom:** Yes  
**Rating:** 2B **Wheelchair:** Hard **Pets:** Yes

**Sponsor:** AVA-0341 Twin State Volkssport Assn. [www.avaclubs.org/tsva/](http://www.avaclubs.org/tsva/)

**Contact:** Charlotte Phillips, cpwalkvt@gmail.com, (802)343-3033, P O Box 907, Middlebury, VT, 05753

**Start Point:** Middlebury Inn- 14 Court Square, Middlebury VT. (802) 388-4963. Rte 7 to town center, across from village green. Additional parking at visitors cntr, 93 Court Street.

**Event Info:** Middlebury is the shire town of Addison County, and a college town of some renown. The 10k crosses the Otter Creek through an unusual double covered bridge. Pastoral scenes with some rolling hills and much flat terrain.

**Montpelier - Capital****10/7/5 km Year Round Walk (2017/Y0978) 1/1/2017 - 12/31/2017**

Make a Wish at a Water Fountain, National Register of Historic Places, State Capital, State Street Sashay, Take a Walk In a City Park, Underground Railroad, United States Post Offices, Walk the USA - Street by Street

**Award:** A Award **Strollers:** Hard **Restroom:** Yes  
**Rating:** 2A **Wheelchair:** hard **Pets:** Yes

**Sponsor:** AVA-0341 Twin State Volkssport Assn. [www.avaclubs.org/tsva/](http://www.avaclubs.org/tsva/)

**Contact:** Cindy Gray, crwgray@comcast.net, (802)244-6265, 220 Hollow Road, Waterbury, VT, 05671

**Start Point:** Capitol Region Visitors Cntr- 134 State Street. (802)828-5981. I-89 Exit 8, merge on Memorial. 2nd light take left to Bailey. At intersection, right to State St. Look for sign. Daily 9a-5p

**Event Info:** Nation's smallest capital. The 10k and the 5k Capital routes include the State House, interesting architecture, Nat Reg Hist properties. Our 10k is rated 2A for one long hill, while the 5k is rated 1A. New for 2016 is a 5K Park route, entirely in Hubbard Park, rated 3B for hills and trails, offering a view of the State House from the top of the town. More info: [http://bgs.vermont.gov/information\\_centers/capitol](http://bgs.vermont.gov/information_centers/capitol)

**Quechee - Vermont's Grand Canyon****5/10 km Seasonal Walk (2017/Y0836) 5/1/2017 - 11/12/2017**

Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** A Award **Strollers:** Hard **Restroom:** Yes  
**Rating:** 2B **Wheelchair:** None **Pets:** Yes

**Sponsor:** AVA-0341 Twin State Volkssport Assn. [www.avaclubs.org/tsva/](http://www.avaclubs.org/tsva/)

**Contact:** Pat Stark, pstark@hartford-vt.org, (802)295-3077, PO Box 547, Hartford, VT, 05047

**Start Point:** Quechee Gorge Visitors Center- 5966 Woodstock Rd, Quechee (802)295-6852. 8 mi E of Woodstock Rt 4; Vis Cntr is btw Q gorge & entrance to Q State Park campground. 2 mi W of I-89 & Rt 4 intersection. Open 9a-5p

**Event Info:** While not like Grand Canyon, AZ, this mile-long gorge is unique in New England; stunning views best seen at bridge on Rt 4 very near to Visitors Center. Trails into gorge are considered easy hike. Campground at nearby state park. Open Daily 9a-5p; call before Memorial Day or after Columbus Day in case hours change. Get your Q in VT.

**Stowe****10/5 km Year Round Walk (2017/Y1074) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Trekking With the Trees, United States Post Offices, Walking the Path of Inventions

**Award:** A Award **Strollers:** hard **Restroom:** Yes

**Rating:** 2B **Wheelchair:** NO **Pets:** Yes

**Sponsor:** AVA-0341 Twin State Volkssport Assn. [www.avaclubs.org/tsva/](http://www.avaclubs.org/tsva/)

**Contact:** C Gray, [crwgray@comcast.net](mailto:crwgray@comcast.net), (802)244-6265, POB 34, Waterbury, VT, 05677

**Start Point:** The Stowe Inn- 123 Mountain, Stowe VT (802)253-4030) In village N of Rt 100, Main & Rt 108, Mountain. I-89: Exit 10 & head N to Stowe. In main village, at flashing stop, turn left on Mountain. Stowe Inn left, first bend in road after Little River Bridge. Parking in yard; away from buildings.

**Event Info:** POC summer: PO Box 113, Hancock NH 03449 (802)498-8688. Daily dawn to dusk. Trail in heart of Green Mtns, place of YR recreational activities and great fall colors. Walk is along stream, on Stowe rec path, through wooded area; spectacular view Mt Mansfield, VT's highest peak. Alternate winter route provided. Home of MariaVonTrapp ("Sound of Music" fame); VT#1 tourist attraction, Ben/Jerry's, not far away. Host hotel serves meals.

**White River Jct - VT-NH Border Walk****5k 10k Seasonal Walk (2017/Y1966) 4/1/2017 - 12/31/2017**

Border Crossings, Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Vice Presidential Walks, Walking the Path of Inventions, Walking the USA A - Z

**Award:** IVV Credit Only **Strollers:** Hard **Restroom:** Yes

**Rating:** 2B **Wheelchair:** Hard **Pets:** Yes

**Sponsor:** AVA-0341 Twin State Volkssport Assn. [www.avaclubs.org/tsva/](http://www.avaclubs.org/tsva/)

**Contact:** Pat Stark, [pstark@hartford-vt.org](mailto:pstark@hartford-vt.org), (802)295-3077, P O Box 547, Hartford, VT, 05047

**Start Point:** Hotel Coolidge- 39 S. Main Street, White River Junction VT, phone: (802) 295-3118. Less than a 1 mi from I89 and I91. From Rt 5 N (Stay south of the White River) Straight thru Traffic Lights toward RR Station and Visitor Cntr; Go straight thru 3 Way stop; go right at curve to Hotel Coolidge on right.

**Event Info:** Our White River Junction walk returns as a Border Crossing event, crossing into West Lebanon NH. Historic Railroad town in VT, with operating Amtrak train station if you want to come by rail. Our walk includes town parks and local history. Daily 7a to Dusk

**Woodstock****11/10/8/5 km Seasonal Walk (2017/Y1022) 5/1/2017 - 11/12/2017**

Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, National Parks Centennial Challenge, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Underground Railroad, United States Post Offices

**Award:** A Award**Strollers:** Hard**Restroom:** Yes**Rating:** 2B**Wheelchair:** NO**Pets:** Yes**Sponsor:** AVA-0341 Twin State Volkssport Assn. [www.avaclubs.org/tsva/](http://www.avaclubs.org/tsva/)**Contact:** Pat Stark, [pstark@hartford-vt.org](mailto:pstark@hartford-vt.org), (802)295-3077, PO Box 547, Hartford, VT, 05047**Start Point:** Quechee Gorge Visitors Center- 5966 Woodstock, Quechee, VT (802)295-6852, 8 mi E of Woodstock Rt 4; Visitors Center btw Quechee gorge & entrance to Q State Pk campground. 2 mi W of I-89 & Rt 4 intersection. Daily 9-5**Event Info:** This offers choice of hike up Mt Tom, a visit to National Park, or walk through historic Woodstock, noted for its shops, culture, town square. 11/10/8K walks 3B; 5K, 1B. Shares walkbox with Quechee, 8 mi. away. 9am-5pm daily; call before Memorial Day or after Columbus Day. Start at Quechee Visitors Center, stamp books & drive 8 mi to Woodstock. <http://www.nps.gov/mabi/index.htm>**VIRGINIA****Alexandria - Dyke Marsh****10/12 KM/5KM Year Round Walk (2017/Y1820) 1/2/2017 - 12/31/2017**

Boardwalks, Honoring Our Flag, National Parks Centennial Challenge, Points of Reference, United States Post Offices

**Award:** IVV Credit Only**Strollers:** Medium**Restroom:** Yes**Rating:** 1A**Wheelchair:** hard**Pets:** Yes**Sponsor:** AVA-0151 Northern Virginia Volksmarchers [www.scenicroutes.us/nvv/](http://www.scenicroutes.us/nvv/)**Contact:** Helen Garamone, [hkgaramone@hotmail.com](mailto:hkgaramone@hotmail.com), (703)360-5692, 9009 Stratford Ln, Alexandria, VA, 22308**Start Point:** Roy Rogers Family Restaurant- 1506 Belle View (Belle View Shopping Center) 703-660-1264. From MD or VA on Capital Beltway (I-95/I-495): Drive to Alexandria, exit 177A (US-1 S; Ft Belvoir). Merge left about 0.2 miles, turn left at Huntington. Turn left to drive on Huntington for 1 block to Ft Hunt. Turn right, drive S on Ft Hunt about 1 mile to 2nd traffic signal, Belle View. Turn left, drive E on Belle View for about 2 blocks on Belle View. Roy Rogers at far (E) end of shopping center on left.**Event Info:** Hours 7am-10pm. Walk dawn-dusk. Call for hours on major holidays. Ask counter for "Walk Box" from beneath counter or from manager's office. The trail leads through pleasant residential neighborhoods and follows the Mount Vernon hiker/biker trail for more than 4 KM beside Dyke Marsh and the Potomac River. An optional 2 KM trail leads out and back to a point overlooking the marsh, which is a popular locale for birdwatchers.

**Alexandria - Old Town****5/10 KM Year Round Walk (2017/Y0061) 1/2/2017 - 12/31/2017**

Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Walking America's Ports of Call, You'll Never Walk Alone

**Award:** B Award **Strollers:** Medium **Restroom:** Yes  
**Rating:** 2A **Wheelchair:** NO **Pets:** Yes  
**Sponsor:** AVA-0151 Northern Virginia Volksmarchers [www.scenicroutes.us/nvv/](http://www.scenicroutes.us/nvv/)  
**Contact:** Robert Grunewald, [grunewar@yahoo.com](mailto:grunewar@yahoo.com), (703)303-5543, 5903 Wivenhoe Court, Alexandria, VA, 22315

**Start Point:** George Washington Masonic National Memorial- 101 Callahan Dr. By car, I-495/I-95 (Metro area Beltway) exit 176B, Telegraph Rd N (Rt 241) less than 1/4 mile, exit to Rt 236 (E) downtown Alexandria to 2nd stoplight. Turn left at stoplight to Callahan Dr, to 1st left turn to driveway of Masonic National Memorial (about 200 ft before stoplight at King St). Free parking N side of Memorial. By Metro, Yellow or Blue lines to King St station. Exit station to King St, turn left, walk up hill to Start Point.

**Event Info:** Start Point open 9am-5pm daily. Closed New Year, Thanksgiving and Christmas. May be closed on other days for special functions. Call 703-683-2007 to confirm. Trail is along city and residential streets and through paths or sidewalks of local parks alongside the Potomac River.

**Appomattox - Virginia State Parks and CCC - Holliday Lake****5 and 10 kms Year Round Walk (2017/Y0757) 1/16/2017 - 12/31/2017**

Amphitheatres, Boardwalks, Bridges - Spanning the USA, Lakes and Reservoirs, National Register of Historic Places, State Street Sashay, Trekking With the Trees, You'll Never Walk Alone

**Award:** A Award **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Hard **Pets:** Yes  
**Sponsor:** AAA-VA Virginia Volkssport Assn.  
**Contact:** Annette Tollett, [ahtollett3@gmail.com](mailto:ahtollett3@gmail.com), (757)814-1417, 3 Delmont Ct, Hampton, VA, 23666

**Start Point:** Holliday Lake State Park Park Laurel Ridge Campground Bathhouse- 2759 State Park Rd., From US 60 approximately 57 miles west of Richmond, left on US 15 S. 2nd right onto Andersonville Rd/VA-640 for 10.7 miles. Right onto VA-636/VA-640/Francisco Rd. Slight left onto Walker Rd. for 1.5 miles. Right onto VA-614/Forbes Rd. for 1.0 mile. 1st left onto State Park Rd/VA-692. Laurel Ridge Campground Bathhouse is on the right before you reach the toll both. Entrance fee is \$3 weekdays and \$4 weekends. You will drive approximately 0.2 miles after you register to start the walk.

**Event Info:** This event takes you on trails and roads within the Holliday State Park. This walk is part of the Virginia State Park and the CCC program, as well as Appomattox County for the Virginia Counties Program.

**Arlington - Ballston****10 KM Year Round Walk (2017/Y0060) 1/2/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the Path of Inventions

**Award:** B Award **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1B **Wheelchair:** Medium **Pets:** Yes  
**Sponsor:** AVA-0901 U.S. Freedom Walk Festival Club [www.usfreedomwalk.org/](http://www.usfreedomwalk.org/)  
**Contact:** Dolores Grenier, [info@USFreedomWalk.org](mailto:info@USFreedomWalk.org), (703)209-0174, PO Box 17208, Arlington, VA, 22216-2533

**Start Point:** Holiday Inn: Arlington At Ballston- 4610 N. Fairfax Dr., Arlington, VA 22203. From the Washington DC "Beltway" (I-495) exit for I-66 Eastbound. From I-66, take exit 71 for Fairfax Dr. toward VA-120/VA-237/N. Glebe Rd. The Holiday Inn Hotel is on the right immediately after the exit ramp. The main entrance is at the 1st traffic light (N. Wakefield St.). Another entrance to the parking lot is immediately after the exit ramp. The Start box will be at the Front Desk. Posted signs show these Parking

Fees apply:

0-30 minutes = Free;

30 minutes - 2 hours = \$5;

2 hours - 10 hours = \$10;

overnight = \$14

That same sign states: "Validation for Restaurant", please inquire at the Front Desk (the Manager is: Said Toumadi, [said.toumadi@hiava.com](mailto:said.toumadi@hiava.com)) if that, and any other reduction in parking fees may apply for walkers.

<<< Via Metrorail: the walk is 7 minutes, .3 miles. Take the Orange or Silver Line to the Ballston/Marymount U Station. Exit the station at the only exit, and make a U-turn at the top of the escalator, a few steps to the street, which is Fairfax Dr. An IHOP should be visible a block down to the right on Fairfax Dr. Turn left, in the opposite direction of the IHOP, on Fairfax Dr., and walk 5 blocks, crossing: N. Stuart St., N. Taylor St., N. Utah St., N. Vermont St., and N. Glebe Rd. to N. Wakefield St. Turn left into the hotel and proceed to the Front Desk. >>>

**Event Info:** (Note: I-66, Monday-Friday, inside the Beltway to the DC line (from I-495/I-66 to the Theodore Roosevelt Bridge), both lanes are reserved for HOV-2 (two or more people) eastbound in the morning (6:30 a.m. to 9 a.m.), and westbound in the afternoon (4 p.m. to 6:30 p.m.). Outside of those times there are no restrictions, and no restrictions on observed Federal Holidays.) Pets are not permitted in the hotel. Trail is rated 1B and is suitable for strollers but may be difficult for wheelchairs. It is almost entirely on sidewalks and paved bike trails along two small streams and through city parks, residential neighborhoods and a business district and shopping mall.

**Arlington - Beautiful Arlington, Virginia Highlights****5/10/15 km Year Round Walk (2017/Y0190) 1/2/2017 - 12/31/2017**

Amphitheatres, Cities in Song, Fraternal Organizations, Honoring Our Flag, National Register of Historic Places

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0901 U.S. Freedom Walk Festival Club [www.usfreedomwalk.org/](http://www.usfreedomwalk.org/)  
**Contact:** D Grenier, [info@USFreedomWalk.org](mailto:info@USFreedomWalk.org) , (703)209-0174, POB 17208, Arlington, VA, 22216

**Start Point:** Residence Inn: Arlington Courthouse- 1401 N. Adams St., 22201. (703) 312-2100. Via Metro, which is the best way to get to the Start Point, take the Orange or Silver Lines to the "Courthouse" Station. Exit onto Wilson Blvd, go left (west) crossing N. Veitch St., veer left and walk up Clarendon Blvd. for 2 blocks to N. Adams St., turn left to the front entrance of the Marriott Residence Inn. At outlying Metro Parking lots, parking is free on weekends and observed Federal Holidays. If you're driving From I-95 in VA, exit on I-395 North to VA Rte. 27 South, exit 8A, S. Washington Blvd/Columbia Pike for 3 miles; turn right on N. Clarendon Blvd.; go 0.5 miles; turn right on N. Adams St.; the Residence Inn will be on the left.

**Event Info:** Explore the commercial and governmental neighborhoods of Courthouse and Rosslyn. Pass by The Iwo Jima Statue and the Netherlands Carillon, and have spectacular views of the major monuments of Washington DC. A loop into Arlington National Cemetery brings you to the major attractions, including the Visitors Center, the Womens Memorial, the Kennedy graves, the Amphitheater (site of the presidential Veterans Day ceremonies), the Tomb of the Unknown Soldier, and Arlington House. Explore the residential neighborhoods of Clarendon and Lyon Village.

**Arlington - Bike Beautiful Arlington, Virginia****27 km Year Round Bike (2017/Y1912) 1/1/2017 - 12/31/2017**

Amphitheatres, Cities in Song, Fraternal Organizations, Honoring Our Flag, National Register of Historic Places

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:**      **Pets:**  
**Sponsor:** AVA-0901 U.S. Freedom Walk Festival Club [www.usfreedomwalk.org/](http://www.usfreedomwalk.org/)  
**Contact:** D Grenier, [info@USFreedomWalk.org](mailto:info@USFreedomWalk.org) , (703)209-0174, POB 17208, Arlington, VA, 22216

**Start Point:** Residence Inn: Arlington Courthouse- 1401 N. Adams St., 22201. (703) 312-2100. Via Metro, which is the best way to get to the Start Point, take the Orange or Silver Lines to the "Courthouse" Station. Exit onto Wilson Blvd, go left (west) crossing N. Veitch St., veer left and walk up Clarendon Blvd. for 2 blocks to N. Adams St., turn left to the front entrance of the Marriott Residence Inn. At outlying Metro Parking lots, parking is free on weekends and observed Federal Holidays. If you're driving From I-95 in VA, exit on I-395 North to VA Rte. 27 South, exit 8A, S. Washington Blvd/Columbia Pike for 3 miles; turn right on N. Clarendon Blvd.; go 0.5 miles; turn right on N. Adams St.; the Residence Inn will be on the left.

**Event Info:** Either bring your own bike, or try a bike rental. Capital Bike Share (fees may apply, availability not guaranteed) is located by the "Courthouse" Metro exit, across the street from the CVS near the California Tortilla, at 2057 Wilson Blvd., Arlington, VA 22201. The bike route follows the "Arlington Loop" bike trail, which, except to the start and finish, is on dedicated "multi use" paved asphalt trails. The elevation change is approximately 350 feet, and includes both up and down hill sections. The scenery along the route includes many Arlington neighborhoods, the I-66 corridor, restaurants of Shirlington, Ronald Reagan Washington National Airport, the George Washington Parkway, and Theodore Roosevelt Island. On a clear day, the sights of the National Capital area are a sight to behold.

**Ashburn****5/10 km Year Round Walk (2017/Y0683) 1/2/2017 - 12/31/2017****Award:** B Award **Strollers:** Easy **Restroom:** Yes**Rating:** 1A **Wheelchair:** Easy **Pets:** Yes**Sponsor:** AVA-0892 Loudoun Walking & Volkssport Club [www.loudounwalkingclub.org](http://www.loudounwalkingclub.org)**Contact:** Bob/Suzanne Wright, [rwright2@jhu.edu](mailto:rwright2@jhu.edu), (703)737-2175, 43224 Cardston Pl, Leesburg, VA, 20176**Start Point:** Potomac River Running store in Ashburn/Broadlands- NEW START LOCATION: 43150 Broadlands Center Plaza, Suite 154, Ashburn VA 20148, 703-729-0133. (Less than 3.5 miles from former Ashburn start.) From Washington Beltway (I-495), Rte 7 west toward Leesburg; at Lansdowne interchange, Rte 901 south; pass under Dulles Greenway (exit 5 if you want to take this toll road from the Beltway); at traffic light (Broadlands Blvd), left; Broadlands Center Plaza is on left. From Rte 28: west on Waxpool Rd (Rte 625) which turns left at 5th light; becomes Faulkner Pkwy and then Broadlands Blvd; after passing under Greenway plaza is on right. From the Dulles Toll Rd continue onto Greenway--toll (Rte 267): take exit 5 (Caliborne Pkwy) and left if (heading toward Leesburg) or right (if coming from Leesburg); left on left on Broadlands Blvd; plaza is on left. Ask associate for location of "Start Box."**Event Info:** Sun-Fri from 11 am; Sat from 10 am. (Holiday and winter hours may vary.) Finish before dusk. Map, hours at <http://potomacriverrunning.com/location/ashburn/>.**Ashland - "Center of the Universe"****5km and 10km Year Round Walk (2017/Y0673) 1/2/2017 - 12/31/2017**

Animal Safari, Food For Thought, Make a Wish at a Water Fountain, Take a Walk In a City Park, Walk the USA - Street by Street

**Award:** A Award **Strollers:** Medium **Restroom:** Yes**Rating:** 1A **Wheelchair:** medium **Pets:** Yes**Sponsor:** AVA-0610 Germanna Volkssport Association [www.walkfredericksburg.org](http://www.walkfredericksburg.org)**Contact:** Paul Farrow, [ppharrow@gmail.com](mailto:ppharrow@gmail.com), (540)455-0772, 5800 McKinley Dr., Fredericksburg, VA, 22407**Start Point:** Ashland & Hanover Visitors Center- 112 N Railroad Ave. 800-897-1479. Approx 12 miles N of Richmond, VA. I-95 either direction, Exit 92 (Ashland). Rt 54 W (England St.) to Ashland. VC located in old Ashland Railroad Depot, intersection of Rt 54 (England St.) and Railroad Ave.**Event Info:** VC daily 9am-5pm. Closed New Years, Thanksgiving, and Christmas. Route takes walkers through Historic Ashland with its serene landscapes, historic architecture and trains that rumble through downtown following the main street. This route also passes through the beautiful campus of Randolph-Macon College.**Buena Vista****10k Seasonal Walk (2017/Y0999) 4/1/2017 - 9/30/2017**

Walking the USA A - Z

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes**Rating:** 1B **Wheelchair:** Medium **Pets:** Yes**Sponsor:** AVA-0975 Canterbury Trails**Contact:** Nancy Stikes, [nstikes@mindspring.com](mailto:nstikes@mindspring.com), (540)258-2233, 270 Hickory Hill Lane, Glasgow, VA, 24555**Start Point:** Glen Maury Park office, open M-F from 8:30 to 4:45, call (540)261-8822 for weekend hours- 101 Maury River Dr., Buena Vista, VA Exit 188 off I-81, head east on hwy. 60, at 2nd light turn right onto hwy. 501, at 4th light turn right onto 10th St., after crossing river, turn right, park office will be at far end of parking lot to your left.**Event Info:** walk is in town, and over the Maury River, one hill up to the high school

**Burke - Burke Centre - Lake Barton****10 KM/5KM Year Round Walk (2017/Y1703) 1/2/2017 - 12/31/2017**

Honoring Our Flag, Lakes and Reservoirs, Trekking With the Trees

**Award:** IVV Credit Only**Strollers:** hard**Restroom:** Yes**Rating:** 2B**Wheelchair:** NO**Pets:** Yes**Sponsor:** AVA-0151 Northern Virginia Volksmarchers [www.scenicroutes.us/nvv/](http://www.scenicroutes.us/nvv/)**Contact:** B Plott, [barry.nvv@verizon.net](mailto:barry.nvv@verizon.net), (703)352-5135, 3704 Mason St, Fairfax, VA, 22030

**Start Point:** Potomac River Running Store- Burke Centre Shopping Center; 5715 Burke Centre Pkwy; 22015. (703)978-0500. (Call to verify start point open on inclement weather days.) I-66: Exit 55 (Fairfax County Pkwy/VA286) S to Fairfax, continue about 5.2 miles to Burke Centre Pkwy. Left on Burke Centre Pkwy, drive E about 0.7 miles to Ox (VA123), cross Ox, drive 1 block. Left to shopping center lot. Potomac River Running store next to CVS store. I-495 via Braddock: Capital Beltway (I-495), Exit 54A (Braddock W) to Fairfax, continue W on Braddock (VA620) about 6.0 miles. Pass entrances to George Mason University on right, shopping center on left, left on Ox (VA123), head S about 2.5 miles to Burke Centre Pkwy. Left on Burke Center Pkwy, head E 1 block. Left to shopping center lot. Potomac River Running store next to CVS store.

**Event Info:** Start Point open daily except major holidays; M-F 10am-8pm; Sat 10am-6pm; Sun 12-5pm. Hours subject to change. The trail is mostly on paved sidewalks with some natural-surface segments. It weaves through parks and around a small lake as well as through residential neighborhoods in Burke Centre.

**Burke - Burke Centre - Six Ponds Walk****7K/10K Year Round Walk (2017/Y0932) 1/2/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Trekking With the Trees

**Award:** IVV Credit Only**Strollers:** hard**Restroom:** Yes**Rating:** 3A**Wheelchair:** NO**Pets:** Yes**Sponsor:** AVA-0151 Northern Virginia Volksmarchers [www.scenicroutes.us/nvv/](http://www.scenicroutes.us/nvv/)**Contact:** Sandy Koontz, [shkrk@gmail.com](mailto:shkrk@gmail.com), (703)239-1073, 6018 Lincolnwood Court, Burke, VA, 22015

**Start Point:** Burke Towne Centre Starbucks- 6003A Burke Centre Parkway, Burke VA 22015 (703)250-2292

From I-66: Exit 55 (Fairfax County Pkwy/VA286) So. to Fairfax. Continue approx. 5.2 miles to Burke Centre Pkwy. Left on Burke Centre Pkwy. Drive east 0.7 miles to Ox Road (VA 123). Cross Ox Road. then drive approx. 2 miles. Left turn into Burke Towne Centre shopping center. Starbucks is next to Giant Grocery Store. Capital Beltway (I-495) Via Braddock Road: Take (I-495) to Exit 54A (Braddock Rd. W) to Fairfax. Continue West on Braddock (VA 620) approx. 1.6 miles. Make a slight left turn onto Burke Lake Rd. Drive 2.5 miles then turn right onto Burke Centre Pkwy. Drive 1.4 miles then turn right into Burke Towne Centre, Terre Centre Elem. School will be on your left. Ask the baristas at cash registers for the walk box. It should be on the counter top.

**Event Info:** 10KM/7KM - Open 7 days a week: Mon-Fri. 5:00 a.m.- 9:30 p.m. Sat. 5:30 a.m.-9:30 p.m. Sun. 5:30 a.m. - 8:30 p.m. Burke Centre abounds in lovely shaded and safe walking paths. This newest Burke Centre walk makes extensive use of these paths as you wend your way around six lovely ponds and pass windmills. Turtles sunning themselves on the rocks, redwing blackbirds flitting in and out of the cattails and newly hatched ducklings and goslings are just some of the flora and fauna you may enjoy. Ninety-five percent of the trail is on blacktop, mostly shaded.



**Cape Charles - Northampton County****05/10K Seasonal Walk (2017/Y1631) 5/1/2017 - 9/30/2017**

Amphitheatres, Animal Safari, Boardwalks, Bridges - Spanning the USA, Food For Thought, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z, Water Towers

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** No

**Sponsor:** AVA-0013 Gator Volksmarsch Club [www.avaclubs.org/gators](http://www.avaclubs.org/gators)

**Contact:** Charley Seward, [csewardmmc@aol.com](mailto:csewardmmc@aol.com), (757)427-0081, 2228 Margaret Dr., Virginia Beach, VA, 23456

**Start Point:** Cape Charles Museum & Welcome Center- 814 Randolph (SR 184) (757)331-1008. US 13 N or S to Cape Charles, about 10 miles N of entrance to Chesapeake Bay Bridge Tunnel. W on SR 184, 1.8 miles from intersection of Rt 13/Rt 184. Museum is tall brick building on S (left) of road, entering town, past water tower.

**Event Info:** M-F 10am-2pm; Sat 10am-5pm; Sun 1-5pm. Closed major Federal Holidays. The walk is through Historic Cape Charles, a town of diverse neighborhoods and building styles, with many excellent examples of Victorian, Colonial Revival, Craftsman, and Neoclassical styles popular from the town's inception in 1886 until approximately 1940.

**Charlottesville****5/10 km Year Round Walk (2017/Y0742) 1/16/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, United States Post Offices, Vice Presidential Walks, Walk the USA - Street by Street, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** A Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AAA-VA Virginia Volkssport Assn.

**Contact:** Terry Sullivan, [lemon2pie@yahoo.com](mailto:lemon2pie@yahoo.com), (434)295-1537, 1910 Carr's Hill Rd, Charlottesville, VA, 22903

**Start Point:** Charlottesville Visitors Center- 610 E Main St. From I-64 VA, Exit 120 (Rt 631, 5th St SW, Charlottesville), to Charlottesville. Approx 1.7 miles, changes to Ridge Rd, continue 0.6 miles. Traffic light at bottom of hill, turn right on Preston Ave. Changes to Market St about 1 block. Pass Fifth St NE, turn right to parking garage. Exit garage on E Market St, turn right on E Market St. Approx 1 block, to traffic light (Note: Police Memorial on right while walking). Right on Seventh St NE. Right on brick sidewalk. VC in Town Transit Station (brick/glass building at 610 E Main St(pedestrian mall).

**Event Info:** Daily 9am-5pm. Closed major holidays. VC validates parking ticket. Trail begins at the Visitors Center in the historic district and goes through the historic district of Charlottesville and through the University of Virginia campus. Qualifies for City of Charlottesville in Virginia Cities Program and Walking the USA - Street by Street (CT, GA, ID, MD, MI, NC, NH, NY, SC, UT, WI). THIS WALK MAY NOT BE RENEWED IN 2018 DUE TO LACK OF PARTICIPATON. SO IF YOU ARE WALKING VIRGINIA CITIES, YOU WILL WANT TO DO IT IN 2017.

**Chesapeake - Greenbrier****06/10 KM Year Round Walk (2017/Y1870) 1/3/2017 - 12/31/2017**

Animal Safari, Take a Walk In a City Park, Walking the USA A - Z, Water Towers

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes**Sponsor:** AVA-0013 Gator Volksmarsch Club [www.avaclubs.org/gators](http://www.avaclubs.org/gators)**Contact:** Dan/Dayle Horne, flyerdan@aol.com, (757)523-1614, PO Box 16953, Chesapeake, VA, 23328-6953**Start Point:** 7 Eleven - 1025-A Eden Way N. (757)312-0810. I-64, Exit 289 (Greenbrier Pkwy) S, to Greenbrier Mall. Pass mall, turn left at 1st stoplight after mall (Eden Way), to next stoplight, turn right on River Birch Run; turn in shopping center (mini) to 7 Eleven. Do not park immediately in front of stores in small shopping center, park in middle of lot. Walk box located to right, inside store, on shelf next to window.**Event Info:** Daylight hours, 7 days per week. The trail passes through residential areas of the Greenbrier section of Chesapeake. It follows city sidewalks, with a short section (about 100 yards) of unpaved path. A modern suburban residential development is the setting for this walk.**Chesapeake - Oak Grove Lake Park****05/10 KM Year Round Walk (2017/Y0373) 1/3/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Take a Walk In a City Park, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes**Rating:** 1A      **Wheelchair:** Medium      **Pets:** No**Sponsor:** AVA-0013 Gator Volksmarsch Club [www.avaclubs.org/gators](http://www.avaclubs.org/gators)**Contact:** Elaine Thompson, emt1208@gmail.com, (757)285-6675, 1208 Mill Run, Chesapeake, VA, 23322**Start Point:** Denny's Restaurant

- 1401 Tintern St., Chesapeake, VA 23322, 757-312-9008

GPS: N36 45' 52.85" W76 15' 10.33"

From Hampton/Richmond: Take I-64 East. At exit 290A-B, take ramp right for VA-168 South toward Great Bridge for 1.6 miles. Keep left onto VA-168 S Branch/Battlefield Blvd N. for .4 mile. Turn right onto Volvo Parkway for 338 feet. Arrive at Denny's.

From Suffolk: Take I-64 West. At exit 290-291, take ramp right for VA-168-BUSINESS South toward Great Bridge for 1.5 miles. Keep left onto VA-168 S Branch/Battlefield Blvd N. for .4 mile. Turn right onto Volvo Parkway for 338 feet. Arrive at Denny's.

**Event Info:** You will need to drive one mile from Denny's to Oak Grove Lake Park. If on the weekend it is permissible to park in the lot adjacent to the commercial office building. After parking, walk into the park to the picnic shelter. Enjoy your walk around the lake and through the parks of the commercial complex.

**Chesterfield County - Pocahontas State Park YRE****5 and 10 KM Year Round Walk (2017/Y1281) 1/3/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, Points of Reference, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0027 Lee Lepus Volksverband

**Contact:** Dee Schrum, dschrum4@comcast.net, (804)731-2863, POB 2031, Petersburg, VA, 23804

**Start Point:** Pocahontas State Park- 10301 State Park Road, Chesterfield. I-95 Exit 62 to Rt 288, exit onto SR 10 (Ironbridge Road) to Beach Road, turn right continue to park entrance on right.

**Event Info:** Daily, 8am-4pm. Parking fee per vehicle: \$4 weekdays, \$7 weekends, \$5 holidays. Virginia State Park Pass honored. Start box at gate guard shack or office building on right. Alternate Start Point: Spencer's Store, 11200 Bundle Road (corner of Bundle Road/Beach Road), 804-790-9818. I-95 exit 62 for Rt 288; Rt 288 to Rt 10 (Ironbridge Road). Continue on Rt 10 to Beach Road, right on Beach Road, pass Pocahontas State Park entrance, continue 1 3/4 miles to Spencer's on left. Open M-Sat 6am-10pm; Sun 7am-10pm. Closed Christmas Day. Stamp available at both locations.

**Clintwood - Dickenson County****5/10 km Seasonal Walk (2017/Y0615) 4/1/2017 - 9/30/2017**

National Register of Historic Places, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** easy      **Pets:** Yes

**Sponsor:** AAA-VA Virginia Volkssport Assn.

**Contact:** Annette Tollett, ahtollett3@gmail.com, (757)814-1417, 3 Delmont Ct, Hampton, VA, 23666

**Start Point:** Clintwood- Registration by mail only through point of contact. Directions to start point will be sent to each participant when they pre-register.

**Event Info:** The trail will be along the streets of Clintwood. It will count for the Virginia County Program for Dickenson County, as well as the Crooked Road. Walking the USA - Street by Street -K, AR, CA, FL, IA, IL, KS, KY, LA, MA, MD, MI, MS, NY, NY, OH, PA, SC, TN, TX, VA

**Colonial Heights - Colonial Heights seasonal walk****5/10 km Seasonal Walk (2017/Y0086) 4/1/2017 - 9/30/2017**

Bridges - Spanning the USA, Food For Thought, National Register of Historic Places,  
Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0027 Lee Lepus Volksverband  
**Contact:** Dee Schrum, dschrum4@comcast.net, (804)731-2863, 9301 Hickory Hollow Road,  
 Chesterfield, Va, 23838

**Start Point:** Swift Creek Mill Playhouse office.- 17401 Jefferson Davis Highway, Colonial Heights, VA. From I-95: Take Exit 58B onto Woods Edge Road. Travel .7 mile to US Route 1. Travel south on US Route 1 (Jefferson Davis Highway) 1.5 miles to Swift Creek Mill Theater on the left. The entrance is just before the bridge crossing Swift Creek. Playhouse personnel request we park closest to the Street, Jefferson Davis Highway to allow parking for performance attendees on matinee days.

**Event Info:** Start box is located in the Office building; looking at buildings from the street; it's the smaller building on the left. Office is open Monday through Saturday 10 am to 7 pm. Walk during daylight hours only. Closed Sunday and normal holidays. Event is an easy walk with very small hills or inclines, no stairs. Almost entirely on pavement suitable for strollers or wheelchairs. Colonial Heights and Chesterfield County is needed for Virginia Cities and Counties Programs.

**Culpeper - Historic District Street Scapes****10K & 5K Year Round Walk (2017/Y2061) 1/1/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Boardwalks, Bridges - Spanning the USA, Food For Thought, Ice Cream Parlors, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, United States Post Offices, Walking the USA A - Z

**Award:** A Award      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0610 Germanna Volkssport Association [www.walkfredericksburg.org](http://www.walkfredericksburg.org)  
**Contact:** Paul Farrow, pfarrow@gmail.com, (540)455-0772, 5800 McKinley Dr.,  
 Fredericksburg, VA, 22407

**Start Point:** Historic District Street Scapes/Start Point: Culpeper VC in historic Train Depot 109 S Commerce St., 22701- Fredericksburg & I-95: exit 130 to Rt 3 W, 35 miles to Culpeper. 2nd traffic light in Culpeper, right on Main, to 2nd traffic light, Right on Davis St., (2 blocks) to VC. Washington DC: I-66 W, exit 43A (Rt 29 S to Warrenton), approx 45 miles to 1st Culpeper exit-Business 29, 3 miles to Town of Culpeper-Main. 3rd traffic light, Left to Davis St., proceed to VC at end of road.

**Event Info:** Daylight hours. There is an award for walk, a patch depicting the Culpeper Minutemen "Don't Tread On Me" Flag. Cost including credit \$7. Credit only \$3. The uniqueness of this walk results from the emphasis Culpeper places on preserving historic buildings and landmarks from each era of its history. There are many interesting street scapes. Walk historic streets of Culpeper including National Cemetery and Yowell Meadow Park. Route is mostly on sidewalks and paved pathways.

**Cumberland - Virginia State Parks and CCC - Bear Creek Lake****5 and 10 kms Year Round Walk (2017/Y0795) 1/16/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Trekking With the Trees, Walk the USA - Street by Street

**Award:** A Award **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Hard **Pets:** Yes  
**Sponsor:** AAA-VA Virginia Volkssport Assn.  
**Contact:** Annette Tollett, ahtollett3@gmail.com, (757)814-1417, 3 Delmont Ct, Hampton, VA, 23666

**Start Point:** Bear Creek Lake State Park Visitors Center- 22 Bear Creek Lake Rd. From U.S. Route 60 west of Richmond,. Right on Route 622 (Trent's Mill Road - State Park sign just before turn). Left on Route 629 (Oak Hill Road - just past Bear Creek Lake State Park and Cumberland State Forest sign. Left on Route 666 (Bear Creek Lake Road). Park Office is on the right. Entrance fee is \$3 weekdays and \$4 weekends. You will drive a short distance after you register to start the walk.

**Event Info:** This event takes you on trails and roads within the Bear Creek Lake State Park. This walk is part of the Virginia State Park and the CCC program, as well as Cumberland County for the Virginia Counties Program. Walking the USA - Street by Street - AL, DE, NC, PA, WI

**Danville - Rail to Trail****10 km Year Round Walk (2017/Y1214) 1/16/2017 - 12/31/2017**

Alternative Capitals, Boardwalks, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, National Register of Historic Places, Treasure Hunt - A way to walk our precious trails, Water Towers

**Award:** A Award **Strollers:** medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** hard **Pets:** Yes  
**Sponsor:** AAA-VA Virginia Volkssport Assn.  
**Contact:** Helen Swanson, helenswanson2012@yahoo.com, (434)489-2668, 673 Westridge Dr, Danville, VA, 24541

**Start Point:** Danville Science Center- 677 Craghead St. 29S (Danville Expy/Bypass). Exit 58W (follow brown DSC signs). Approx 2 miles, left at 2nd stoplight to Main St Bridge. Cross over bridge, left to Craghead St at stoplight. Science Center approx 1 mile on left at "Crossing at the Dan." S: 29N to Danville to 29N Expy (also Rt 265 Bypass). \*\*\*E: 58W to Danville (follow brown DSC signs). 2nd stoplight, pass exits to US29, left at 2nd stoplight to Main St Bridge. \*\*\*W: 58E to Danville. Exit Downtown/86S/29S-Business (Central). 2nd Exit Memorial. Becomes Craghead St, cross Main. Science Center approx 1 mile on left at "Crossing at the Dan."

**Event Info:** Tue-Sat 9:30am-5pm. Sun 1-5pm. Open holiday Mondays after Labor Day. Closed Thanksgiving, Christmas Eve and Christmas Day. Flat and on hardtop surface -- follows the Dan River. Rails-to-Trails walk. This walk qualifies for the City of Danville in Virginia Cities Program. Always carry water. THIS WALK MAY NOT BE RENEWED IN 2018 DUE TO LACK OF PARTICIPATON. SO IF YOU ARE WALKING VIRGINIA CITIES, YOU WILL WANT TO DO IT IN 2017.

**Danville - Town****05/10 km Year Round Walk (2017/Y0221) 1/16/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Honoring Our Flag, Make a Wish at a Water Fountain, United States Post Offices, Vice Presidential Walks, Walk the USA - Street by Street, Water Towers

**Award:** A Award **Strollers:** Medium **Restroom:** Yes  
**Rating:** 2A **Wheelchair:** hard **Pets:** Yes  
**Sponsor:** AAA-VA Virginia Volkssport Assn.  
**Contact:** Helen Swanson, helenswanson2012@yahoo.com, (434)489-2668, 673 Westridge Dr, Danville, VA, 24541

**Start Point:** Danville Science Center- 677 Craghead St, (Danville Expy/Bypass). Exit 58W (follow brown DSC signs). Approx 2 miles, left at 2nd stoplight to Main St Bridge. Cross over bridge, left to Craghead St at stoplight. Science Center approx 1 mile on left at "Crossing at the Dan." S: 29N to Danville to 29N Expy (called Rt 265 Bypass). Exit 58W (follow brown DSC signs). Approx 2 miles, left at 2nd stoplight on Main St Bridge.\*\*\*E: 58W to Danville (follow brown DSC signs). 2nd stoplight past exits for US29, left at 2nd stoplight to Main St Bridge.\*\*\*W: 58E to Danville. Exit Downtown/86S/29S-Business (Central). 2nd Exit Memorial. Becomes Craghead St once cross over Main. Science Center approx 1 mile on left at "Crossing at the Dan."

**Event Info:** Tue-Sat 9:30am-5pm. Sun 1-5pm. Open holiday Mondays after Labor Day. Closed Thanksgiving, Christmas Eve and Christmas Day. This is a city walk on sidewalks. There is one long hill. This walk qualifies for the City of Danville in Virginia Cities Program and Walking the USA - Street by Street (AZ, CT, MA, MO, NC, NH, NY, PA, VA, WI), Carry water regardless of weather conditions. THIS WALK MAY NOT BE RENEWED IN 2018 DUE TO LACK OF PARTICIPATON. SO IF YOU ARE WALKING VIRGINIA CITIES, YOU WILL WANT TO DO IT IN 2017.

**Dinwiddle - Five Forks Battlefield Walk Seasonal Event****5/10 KM Seasonal Walk (2017/Y0121) 4/1/2017 - 9/30/2017**

Bridges - Spanning the USA, Honoring Our Flag, National Parks Centennial Challenge, Trekking With the Trees, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** None **Restroom:** Yes  
**Rating:** 2B **Wheelchair:** None **Pets:** Yes  
**Sponsor:** AVA-0027 Lee Lepus Volksverband  
**Contact:** Dee Schrum, dschrum4@comcast.net, (804)731-2863, 9301 Hickory Hollow Road, Chesterfield, VA, 23838

**Start Point:** Visitors Center, Five Forks Unit of the Petersburg National Battlefield, 9840 Courthouse Road, Dinwiddie, VA.- From I-95 in Petersburg, bear right onto I-85 S. Drive approx. 7 miles to exit 61A. At top of exit ramp, turn left, drive .3 miles to U.S. Hwy 1, Boynton Plank Road. Turn right onto U.S. 1 and drive approx. 9 miles to Courthouse Road in Dinwiddie. This is just past The Bank of McKinney, turn right and drive approx. 4 1/2 miles. The entrance to the Five Forks visitors center is just beyond the park boundaries, turn left into the parking lot.

**Event Info:** Start box is in visitors center. Gate to Visitor Contact Station parking lot opens at 8:00 am and closes at 5:00 pm. Driving tour parking areas close at dusk.

**Dumfries (Montclair)****5/10K Year Round Walk (2017/Y1163) 1/2/2017 - 12/31/2017**

Honoring Our Flag, Lakes and Reservoirs, Trekking With the Trees, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0306 Wood and Dale Wanderers  
**Contact:** Celia Miner, celiaminer@aol.com, (571)212-0329, PO Box 2422, Woodbridge, VA, 22195

**Start Point:** Burger King- 5301 Waterway Drive, Dumfries, VA. From I-95: Exit 152B to Route 234 toward Manassas, Virginia (Dumfries Road). Travel north along Route 234 for 3.2 miles. Turn right on Waterway Dr., and the shopping center will be on the right. From I-66: Exit south onto Route 234 for about 19 miles to Waterway Dr. Left on Waterway Dr. Shopping center is on the right.

**Event Info:** 6 am Mon-Sat/7 am Sun to sunset. Start Box is behind the drink fountain machines. Closed Thanksgiving and Christmas. The walk is along sidewalks, streets, and bike paths in the Ashland and Montclair communities and is suitable for strollers. No pets inside start point.

**Fairfax****10km/5km Year Round Walk (2017/Y1166) 1/2/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0151 Northern Virginia Volksmarchers [www.scenicroutes.us/nvv/](http://www.scenicroutes.us/nvv/)  
**Contact:** Barry and Karen Plott, barry.nvv@verizon.net, (703)352-5135, 3704 Mason St, Fairfax, VA, 22030-3215

**Start Point:** Fairfax Museum and Visitors Center- 10209 Main St; 703-385-8414. WA Beltway, Exit 6, Rt 236W (Little River Turnpike becomes Main St) to Fairfax, 4.3 miles to museum parking lot on left.

**Event Info:** Daily 9am-5pm. Closed New Year's Day, Christmas Eve and Day, Thanksgiving Eve and Day, and school snow closure days. Trail is on sidewalks and paved paths, includes historic Old Town Fairfax, a wooded city park, and the campus of George Mason University. Pets allowed, but not in buildings.

**Falls Church - Fall For Falls Church****5-km or 10-km Seasonal Walk (2017/Y2014) 10/1/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0901 U.S. Freedom Walk Festival Club [www.usfreedomwalk.org/](http://www.usfreedomwalk.org/)

**Contact:** Dawn Gurtner, dawn.r.gurtner@gmail.com, (703)549-8388, 122 E. Rosemont Ave., Alexandria, VA, 22301

**Start Point:** Falls Church Community Center, 223 Little Falls Street, Falls Church, VA 22046. (703) 248-5077- Take your favorite route to the Washington, DC Beltway -- 495 -- toward Tysons Corner. Exit 50B (Hwy 50-East). Follow signs to continue on Hwy 50 East for almost 2 miles, to Annandale Road. Turn LEFT onto Annandale Road for just under 1 mile, stay in the right lane. Turn RIGHT on S. Maple Ave. crossing Broad Street (stoplight) and go to the next street (Park Ave.) Turn LEFT onto Park Ave., and go to the next corner (stoplight.) Turn RIGHT onto Little Falls Street. The second driveway on the left is the entrance to the Community Center. The red sign is on the left just before the turn. After turning into the Center's driveway, go to the stop sign just a few feet away, and turn right into the main/center parking section. If you arrive during one of the restricted days/times, read all signs. Enter the Community Center at the front door, go up the short flight of stairs, to the large desk, and ask the staff for the "Walk Box" which should be in their area. There is a water-bottle filling station and vending machines inside the Community Center. GPS coordinates: N38 53.1786', W077 10.3065'.

**Event Info:** (Updated: Oct 25, for Construction Info. See "Comments" below.)The 5-km route is rated 1A and has little elevation change. The 10-km route is rated 2A, has greater elevation changes with a few small hills and a 2-block segment on a crushed bluestone path in the Isaac Crossman City Park. The primary surface of each route is on brick or concrete sidewalks and asphalt (W&OD Trail). The 5-km route uses the W&OD Trail, W. Broad Street, and one City Park. The 10-km uses the W&OD Trail, East and West Broad Street, 2 City Parks (different from the 5-km route), and some beautiful neighborhoods. No shade is available on the W&OD Trail, but there could be shade in the neighborhoods (depending on when the leaves fall), and the City Parks should be shaded. Falls Church is a high-traffic area, observe all posted speed limits and parking regulations. Please see the "Comments" for parking advice. There will be numerous food-drink-restroom chances along Broad Street. Check out Broad Street on Google to see your options ahead of time. There is a Hilton Garden Inn on W. Broad Street, which is on the 5-km and 10-km routes. Hotel Staff stated that parking is free for hotel guests. There is also a Marriott TownePlace Suites near the 10-km route, but is slightly less convenient than staying at the Hilton.

Regarding Special Programs: I do not know the requirements of every Special Program, so if you are looking for a specific Special Program, please check with me ahead of time and we can discuss your goals. If I missed a Special Program qualifier, please stamp your book and notify me so I can update this page. The Special Programs that I found are: Amphitheaters: 10-km only (the "Donald S. Frady Park"); Animal Safari: (The Donkey Statue at the Community Center entrance); Bridges: (W&OD pedestrian, Tripps Run pedestrian (10-km only)); Food for Thought: 10-km only (Cherry St., Maple St.); Honoring Our Flag; Ice Cream Parlors: 5-km (Baskin Robbins), 10-km (L'il City Creamery, Baskin Robbins); Points of Reference ("The Little City"); Take a Walk in a City Park; Trekking With the Trees; United States Post Offices; Walk the USA-Street by Street (listed in trail directions, or ask POC for list ahead of time); Walk the USA: A-Z ("F"- Falls Church); You'll Never Walk Alone; Virginia Independent Cities (Falls Church).



**Farmville - High Bridge State Park Event****5/10 km Year Round Walk (2017/Y1575) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, National Register of Historic Places, Points of Reference

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes**Sponsor:** AVA-0027 Lee Lepus Volksverband**Contact:** Dee Schrum, dschrum4@comcast.net, (804)768-0055, 9301 Hickory Hollow Road, Chesterfield, VA, 23838**Start Point:** McDonalds Restaurant in Farmville, High Bridge Trail State Park- McDonalds Restaurant, 306 South Main Street. FROM: I-295, I-95, I-64: to SR 288. Rt 360 West approx 31 miles to Rt 307 West (Farmville). Travel 9 miles on Rt 307, bear right onto Rt 460, approx 3 miles to Rt 460 Business (1st Farmville Exit), on 3rd Street intersection and Main Street (6th light) left on Main Street. Approx 1 mile to McDonald's on left (corner of Main Street/Putney Street). Coming from Portsmouth/Chesapeake/Virginia Beach area, travel Rt 460 for a more direct route.**Event Info:** After registering at McDonalds, drive short distance to begin walking. Parking fee per vehicle: \$3 weekdays, \$4 holidays. Virginia State Park Pass honored. High Bridge Trail is 31 miles long and ideally suited for hiking, bicycling and horseback riding. Once a rail bed, the trail is wide, level and generally flat. A finely crushed limestone surface makes it easy for everyone to enjoy. The park's centerpiece is High Bridge, which is more that 2,400 feet long and 125 feet above the Appomattox River. It is the longest recreational bridge in VA and among the longest in the US. High Bridge is a Virginia Historic Landmark and on the National Register of Historic Places.**Floyd - Floyd County****5/10 km Seasonal Walk (2017/Y0627) 4/1/2017 - 9/30/2017**

National Register of Historic Places, Trekking With the Trees, United States Post Offices,

Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes**Rating:** 2A      **Wheelchair:** easy      **Pets:** Yes**Sponsor:** AAA-VA Virginia Volkssport Assn.**Contact:** Annette Tollett, ahtollett3@gmail.com, (757)814-1417, 3 Delmont Court, Hampton, VA, 23666-5508**Start Point:** Floyd- Registration is by mail only through the point of contact. Directions to the start point and a start card will be sent to each participant when they pre-register.**Event Info:** The trail will be on sidewalks and shoulders of roads in the town of Floyd. Qualifies for Floyd Country for the Virginia Counties program and the Crooked Road program. Walking the USA - Street by Street - AL, AR, AZ, CA, CO, CT, FL, GA, IA, ID, KS, KY, LA, MA, MD, ME, MI, MN, MO, MS, MT, NC, ND, NE, NJ, NV, NY, OH, OK, PA, SD, TX, VA, WI, WV

**Fredericksburg - Historic****5 km and 10 km Year Round Walk (2017/Y0115) 1/2/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Ice Cream Parlors, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Underground Railroad

**Award:** B Award **Strollers:** medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** medium **Pets:** Yes

**Sponsor:** AVA-0610 Germanna Volkssport Association [www.walkfredericksburg.org](http://www.walkfredericksburg.org)

**Contact:** Paul Farrow, [ppharrow@gmail.com](mailto:ppharrow@gmail.com), (540)455-0772, 5800 McKinley Dr., Fredericksburg, VA, 22407

**Start Point:** Fredericksburg Visitor Center- 706 Caroline St. 540-373-1776. I-95 either direction, Exit 130A E. Follow signs Historic Dntn Fredericksburg along Rt 3 (locally named William St.) to Princess Anne St. Right to Princess Anne St, follow to Charlotte St. Left to Charlotte St., follow 1 block to Fredericksburg VC (left). Free parking available in 2 lots on Sophia St. which is 1 block from Caroline St. to River. Or parking garage on Wolfe St. between Caroline St./Sophia St. (1st 2 hrs free, then \$1/hr.)

**Event Info:** 9am-5pm M-Sat, 11am-5pm Sun. Walk through Historic Fredericksburg including the battlefield, along the Rappahannock River, and through the University of Mary Washington campus (10k only).

**Fredericksburg - Rappahannock Rambles****6K & 10K Year Round Walk (2017/Y1301) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Ice Cream Parlors, Take a Walk In a City Park, Underground Railroad, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A - Z

**Award:** IVV Credit Only **Strollers:** easy **Restroom:** Yes

**Rating:** 1A **Wheelchair:** medium **Pets:** Yes

**Sponsor:** AVA-0610 Germanna Volkssport Association [www.walkfredericksburg.org](http://www.walkfredericksburg.org)

**Contact:** Paul Farrow, [ppharrow@gmail.com](mailto:ppharrow@gmail.com), (540)455-0772, 5800 McKinley Dr., Fredericksburg, VA, 22407

**Start Point:** Fredericksburg Visitor Center- 706 Caroline St. See Fredericksburg Historic event for directions.

**Event Info:** VC daily 9am-5pm M-Sat, and 11am-5pm Sun. Closed Thanksgiving, Christmas, and New Years day. Great views of rapids and whitewater, particularly in the springtime. Drive to start of 5K in Old Mill Park.

**Glasgow****10k Year Round Walk (2017/Y0942) 5/1/2017 - 9/30/2017**

Bridges - Spanning the USA, Walking the USA A - Z

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0975 Canterbury Trails

**Contact:** Dave VanOsten, [vanostens@gmail.com](mailto:vanostens@gmail.com), (540)291-1013, 178 Glencroft Ln., Natural Bridge, VA, 24578

**Start Point:** St John's Episcopal Church - 1002 Blue Ridge Rd., Glasgow, VA 24555 Exit 180 off I-81, left on Tinkerville Rd. (will eventually merge into Forge Rd.), right on Sallings Mtn. Rd. (will eventually merge into Blue Ridge Rd.), church will be on the left after crossing railroad and past library

**Event Info:** Glasgow is where the Maury and James Rivers meet, walk is mostly in town, some sidewalks

**Green Bay - Virginia State Parks and CCC - Twin Lakes****5 and 10 km Year Round Walk (2017/Y0738) 1/16/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Lakes and Reservoirs, National Register of Historic Places, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** A Award **Strollers:** Medium **Restroom:** Yes**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes**Sponsor:** AAA-VA Virginia Volkssport Assn.**Contact:** Annette Tollett, ahtollett3@gmail.com, (757)814-1417, 3 Delmont Ct, Hampton, VA, 23666**Start Point:** Twin Lakes State Park Office- 788 Twin Lakes Rd., From Southwest of Richmond, US-360 W toward Amelia for 55 miles. Right on Route 613 (Indian Springs Rd.). Right on Route 629 (Twin Lakes Rd. Right on Goodwin Lake Road. Entrance fee is \$3 weekdays and \$4 weekends. You will drive a short distance after you register to start the walk.**Event Info:** Office is open 9 am to 5 pm, closed Christmas. This event takes you on trails and roads within the Twin Lakes State Park. This walk is part of the Virginia State Park and the CCC program, as well as Prince Edward County for the Virginia Counties Program. Walking the USA - Street by Street - AR, CA, CO, MN, SD, WI.**Grundy - Buchanan County****5/10 km Seasonal Walk (2017/Y0014) 4/1/2017 - 9/30/2017**

Bridges - Spanning the USA, National Register of Historic Places, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** Easy **Restroom:** Yes**Rating:** 1B **Wheelchair:** easy **Pets:** Yes**Sponsor:** AAA-VA Virginia Volkssport Assn.**Contact:** Annette Tollett, ahtollett3@gmail.com, (757)814-1417, 3 Delmont Ct, Hampton, VA, 23666**Start Point:** Grundy- Registration by mail only through point of contact. Directions to start point and start card sent to participant when pre-registered.**Event Info:** The walk will be on sidewalks and shoulders of roads in Grundy..Qualifies for Buchanan County for the Virginia Vagabonds Virginia County Program. Walking the USA - Street by Street - CA, CO, DE, GA, FL, LA, MD, MN, MO, MS, OH, OK, SC, TX, VA, VT, WI

**Hampton - Fort Monroe****5 or 10 KM Year Round Walk (2017/Y0874) 1/2/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, National Parks Centennial Challenge, National Register of Historic Places, Trekking With the Trees, Underground Railroad, Water Towers, You'll Never Walk Alone

**Award:** A Award **Strollers:** Medium **Restroom:** Yes

**Rating:** 1B **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0142 Peninsula Pathfinders of Virginia peninsulapathfinder.org

**Contact:** S Boyd, walksboyd@aol.com, (757)722-5637, 11 Berkley, Hampton, VA, 23663

**Start Point:** Casemate Museum - 20 Bernard Road, Ft Monroe, VA 23651, 757-788-3391. I-64 to Hampton, Exit I-64 at Exit 268 Phoebus. Left at stop light to Mallory Street, approx 0.2 miles, right to E Mellon Street (SR E 143). Enter Historic Ft Monroe bearing right to McNair Road, past Historic Chamberlin Hotel/Senior Living (changes to Fenwick Road). Left at 1st stop sign, Ingalls Street. RIGHT at Ruckman Street. Drive over sallyport, moat and turn right, Bernard Road. Bernard Road curves left, Casemate Museum on RIGHT. Enter door marked EXIT. If door is locked, press buzzer on left of door. Museum personnel do not expect Volksmarchers to have to go thru front entrance, but if no one answers buzzer, you will have to walk thru front entrance through museum, to museum office. Volksmarch box in Museum Office (NOT sales office). Ask museum people (not sales office personnel) if you cannot find "walk" box. Park across from Casemate (on left by Casemate) DO NOT park between signs that say Museum Parking only. Construction may alter directions-any confusion ask for directions to Casemate Museum.

**Event Info:** Tue-Sun 10:30am-4:30pm. Closed Mondays (except Memorial Day and Labor), Easter, Thanksgiving, Christmas and New Years Day. This walk is along roads on the Fort. Part of the trail goes through and along the top of the Old Fort walls. Check Peninsula Pathfinders website ([www.peninsulapathfinder.org](http://www.peninsulapathfinder.org)) for additional information.

**Hampton - Historic Hampton and Hampton University****6 and 10 KM Year Round Walk (2017/Y1730) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, Water Towers, You'll Never Walk Alone

**Award:** A Award **Strollers:** Easy **Restroom:** Yes

**Rating:** 1A **Wheelchair:** medium **Pets:** Yes

**Sponsor:** AVA-0142 Peninsula Pathfinders of Virginia peninsulapathfinder.org

**Contact:** S Boyd, walksboyd@aol.com, (757)722-5637, 11 Berkley, Hampton, VA, 23663

**Start Point:** Hampton Visitors Center- 120 Old Hampton Lane, 23669. From I64 (E or W) exit 267, VA 143/US60/Settlers Landing Road. West on VA 143/US 60 approx 1.2 miles. Right on Old Hampton Lane, go 0.1 miles. Follow signs to Hampton History Museum & VC. VC on right. Park in any visitors lots, parking garage across from VC or street in authorized areas. Enter VC from door on Old Hampton Lane. Start box at information desk.

**Event Info:** Hours M-Sat 9am-5pm, Sun 1-5pm. Trails will go through Historic Hampton, Hampton University and the Hampton Veterans Administration Hospital. Visitors center is closed Thanksgiving, Christmas and New Years Day.

**Harrisonburg****05 km/10 km Year Round Walk (2017/Y1315) 1/16/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Boardwalks, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street, Walking the Path of Inventions, Walking the USA A - Z, You'll Never Walk Alone

**Award:** A Award **Strollers:** medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** medium **Pets:** Yes

**Sponsor:** AAA-VA Virginia Volkssport Assn.

**Contact:** Dale Sours, dlsours147@aol.com , (540)550-4973, 4973 Middle Rd, Winchester, VA, 22602

**Start Point:** Harrisonburg Visitor Center- 212 S Main St, (540)432-8935. I-81, Exit 247B to Harrisonburg. Follow US 33 W [E Market St] follow blue Tourist Info signs to S Federal St [1.5 miles]. Left to S Federal St, 1 block, turn right to E Water St. Right to E Water St, 2 blocks to S Liberty St. Left to S Liberty St, left to Parking Deck. Walking from Parking Deck to start: Exit to S Liberty St. Left to corner. Left to W Bruce St to S Main St. VC red brick building at corner of S Main St/E Bruce St.

**Event Info:** Daily 9am-5pm. Closed Major Holidays. The trail is a combination of hardtop, natural park trails and city sidewalks. The trail consists of a loop through Historic Woodbine Cemetery; through James Madison University (JMU); and, the Edith J. Carrier Arboretum at JMU. Qualifies for City of Harrisonburg in Virginia Cities Program and Walking the USA - Street by Street (NC, MA, ME, MS, NH, NY, OH, OK, SC, TN, TX, WA, WI, WV). . . THIS WALK MAY NOT BE RENEWED IN 2018 DUE TO LACK OF PARTICIPATON. SO IF YOU ARE WALKING VIRGINIA CITIES, YOU WILL WANT TO DO IT IN 2017.

**Jamestowne - Jamestowne National Park****5, 10, 12 with 2 km opton Year Round Walk (2017/Y0286) 1/2/2017 - 12/31/2017**

Alternative Capitals, Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, National Parks Centennial Challenge, National Register of Historic Places, Treasure Hunt - A way to walk our precious trails, United States Post Offices, Walking America's Ports of Call, You'll Never Walk Alone

**Award:** A Award **Strollers:** Medium **Restroom:** Yes

**Rating:** 1B **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0142 Peninsula Pathfinders of Virginia peninsulapathfinder.org

**Contact:** Pam Bowers, pbowers3@cox.net, (757)564-0147, 100 Andrews Circle, Williamsburg, VA, 23185

**Start Point:** Jamestowne Natl Historic Park Visitors Center- Colonial Natl Historical Park 1368 Colonial Parkway, Williamsburg VA. I-64 to Williamsburg to Exit 242A, Rt 199 W. Drive 3.4 miles to 2nd stoplight, right to S Henry Street (Rt 132). Immediately right to ramp for Colonial Pkwy, right at bottom of ramp to Colonial Pkwy to Jamestowne, approx 9 miles to VC for Jamestowne portion of Colonial Natl Historical Park. Right, parking lot adjacent to VC. Walk box at main desk in VC.

**Event Info:** Daily 9am-5pm. Closed Thanksgiving Day, Christmas and New Years. The 5, 10, and 12 km walks are on National Park lands and may be walked with your National Park or Golden Age Pass without paying an additional fee. A combined pass may be purchased for Yorktown and Jamestowne. Fees good for 7 days after purchase. The 2 km extension goes through the old fort, church, and town area, which are Preservation Virginia property and require an admittance fee. A number of different fee options are available. Check website for entrance options and costs, <http://www.nps.gov/jame/planyourvisit/feesandreservations.htm>. The walk trail is along the shoulders of roads in the park area and along dirt paths through the area where the town of Jamestowne was located. Qualifies for Virginia Counties program Jamestowne is in James City County.

**Lebanon - Russell County****5 km/10 km Seasonal Walk (2017/Y0253) 4/1/2017 - 9/30/2017**

Bridges - Spanning the USA, National Register of Historic Places, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AAA-VA Virginia Volkssport Assn.  
**Contact:** Annette Tollett, ahtollett3@gmail.com, (757)814-1417, 3 Delmont Ct, Hampton, VA, 23666

**Start Point:** Lebanon- Start Point / Driving Directions: Registration by mail only through point of contact. Directions to start point will be sent to participant when pre-registered.

**Event Info:** The trail will be along shoulders of roads in the town of Lebanon. Qualifies for Russell County in Virginia County program.

**Leesburg - Downtown Historic District****5/10 km Year Round Walk (2017/Y0822) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Underground Railroad, United States Post Offices, You'll Never Walk Alone

**Award:** B Award      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0892 Loudoun Walking & Volkssport Club [www.loudounwalkingclub.org](http://www.loudounwalkingclub.org)  
**Contact:** Bob/Suzanne Wright, rwright2@jhu.edu, (703)737-2175, 43224 Cardston Pl, Leesburg, VA, 20176-6459

**Start Point:** Loudoun County Visitors Center- Market Station (lower deck), 112G South St. SE, Leesburg VA 20715, 703-771-2170/888-803-7227. DIRECTIONS From Washington DC: Take Rte 7 into Leesburg (becomes Market St); after crossing Catocin Cir get in left lane; at top of hill bear left, and next intersection, Harrison St., turn left to visitors center (park in either lot on right at either end of Market Station). From Washington DC via Rte 267 (Dulles Toll Rd and Greenway--toll): take right exit onto Rte 15 north; left at next light (Plaza St); after crossing Catocin Circle get in left lane; at top of hill bear left, and next intersection, Harrison St., turn left to visitors center (park in lot at either end of Market Station). From MD: take Business Rte 15 into Leesburg; at Loudoun St (traffic light one block after Courthouse), left; at 2nd street, right on Harrison St. to visitors center (park in lot at either end of Market Station). Ask for start box.

**Event Info:** 9 am-5 pm (except New Years, Thanksgiving, Christmas). Trail follows the W&OD rail-Trail and sidewalks through historic Leesburg. Historic notes in directions. Food nearby. Antique shopping in town; Leesburg Premium Outlet Mall nearby.

**Leesburg - East & Historic Highlights****5/10 km Year Round Walk (2017/Y0666) 1/2/2017 - 12/31/2017**

Food For Thought, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Underground Railroad, United States Post Offices, You'll Never Walk Alone

**Award:** B Award **Strollers:** Easy **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Easy **Pets:** Yes  
**Sponsor:** AVA-0892 Loudoun Walking & Volkssport Club [www.loudounwalkingclub.org](http://www.loudounwalkingclub.org)  
**Contact:** Bob/Suzanne Wright, [rwright2@jhu.edu](mailto:rwright2@jhu.edu), (703)737-2175, 43224 Cardston Pl, Leesburg, VA, 20176

**Start Point:** Loudoun County Visitors Center- Market Station (lower deck), 112G South St. SE, Leesburg VA 20715, 703-771-2170/888-803-7227. DIRECTIONS From Washington DC: Take Rte 7 into Leesburg (becomes Market St); after crossing Catoctin Cir get in left lane; at top of hill bear left, and next intersection, Harrison St., turn left to visitors center (park in either lot on right at either end of Market Station). From Washington DC via Rte 267 (Dulles Toll Rd and Greenway--toll): take right exit onto Rte 15 north; left at next light (Plaza St); after crossing Catoctin Circle get in left lane; at top of hill bear left, and next intersection, Harrison St., turn left to visitors center (park in lot at either end of Market Station). From MD: take Business Rte 15 into Leesburg; at Loudoun St (traffic light one block after Courthouse), left; at 2nd street, right on Harrison St. to visitors center (park in lot at either end of Market Station). Ask for start box.

**Event Info:** 9 am-5 pm (except New Years, Thanksgiving, Christmas). Trail follows the W&OD rail-Trail and sidewalks through historic and eastern neighborhoods. Historic notes in directions. Food nearby. Antique shopping in town; Leesburg Premium Outlet Mall nearby.

**Leesburg - W&OD Trail****13K to 145K Year Round Bike (2017/Y1456) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Points of Reference

**Award:** IVV Credit Only **Strollers:** NO **Restroom:** Yes  
**Rating:** 2A **Wheelchair:** NO **Pets:** No  
**Sponsor:** AVA-0901 U.S. Freedom Walk Festival Club [www.usfreedomwalk.org/](http://www.usfreedomwalk.org/)  
**Contact:** D Grenier, [info@USFreedomWalk.org](mailto:info@USFreedomWalk.org), (703)209-0174, PO Box 17208, Arlington, VA, 22216

**Start Point:** Comfort Suites Hotel- 80 Prosperity Ln, Leesburg, VA 20175 (703) 699-1650\*\*\*From US-15/Leesburg Bypass, take Market St/Route 7 west towards Leesburg. Turn left onto Prosperity Ave (the first street). The Comfort Suites hotel will be on the left.

**Event Info:** The entire W&OD Trail is paved with nine foot wide asphalt and goes from Shirlington (Arlington County) to Purcellville. The W&OD Trail is flat except for a 4 mile section west of Leesburg. There is also a short but steep hill near Mile 15. \*\*\*\* Directions will be provided for a 13K and 25K bike ride starting from the Leesburg Comfort Suites hotel. \*\*\*\*\* This is an extended distance bike event. Participants have the option of starting at any point on the trail, going the direction they wish, and as far as they want (minimum distance is 13K for a short distance volksbike). Special Programs that should be included depending on distance selected: Bridges, Points of Reference ("Old" Dominion). Trail maps are available at [www.bikewashington.org/trails/wad/wad.htm](http://www.bikewashington.org/trails/wad/wad.htm)

**Lexington****5 km and 10km Year Round Walk (2017/Y0589) 1/16/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Take a Walk In a City Park, Vice Presidential Walks, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** A Award **Strollers:** hard **Restroom:** Yes  
**Rating:** 2B **Wheelchair:** hard **Pets:** Yes

**Sponsor:** AAA-VA Virginia Volkssport Assn.

**Contact:** Annette Tollett, ahtollett3@gmail.com, (757)814-1417, 3 Delmont Court, Hampton, VA, 23666

**Start Point:** Lexington Visitor Center- 102 E Washington St. 540-463-3777. From I-81, Exit 188 and follow Route 60 West to Lexington. Follow the signs to the Visitor Center. From I-64, Exit 55 and follow Route 11 South into Lexington. Follow signs to Visitor Center. Public parking is available at the Visitor Center.

**Event Info:** Daily 9am-5pm. Closed Thanksgiving and Christmas. The trail covers the historic business and residential district of Lexington, Virginia Military Institute (VMI) and Washington and Lee (W&L) University campuses. The trail also follows two miles of a natural surface trail on Woods Creek Trail. Closed major holidays. Qualifies for City of Lexington in Virginia Cities Program and WALKING THE USA - STREET BY STREET (AR, CT, FL, IN, MA, MD, MO, NH, NV, NY, SC, SD, VA, WA, WI, WV, WY). THIS WALK MAY NOT BE RENEWED IN 2018 DUE TO LACK OF PARTICIPATION. SO IF YOU ARE WALKING VIRGINIA CITIES, YOU WILL WANT TO DO IT IN 2017.

**Manassas - Historic Manassas****5K and 10K Year Round Walk (2017/Y0340) 1/2/2017 - 12/31/2017**

Alternative Capitals, Cities in Song, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** Easy **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** Easy **Pets:** Yes

**Sponsor:** AVA-0306 Wood and Dale Wanderers

**Contact:** C Miner, celiaminer@aol.com, (571)212-0329, POB 2422, Woodbridge, VA, 22195

**Start Point:** Manassas Visitor's Center (Old Train Station)- 9431 W St. 703-361-6599. I-66, exit Rt 28 (Centreville) to Manassas. Several miles on Centreville Rd (Rt. 28), changes to Church St. in Manassas, becomes 1-way street. Left on West St, cross Center and railroad tracks. Visitor Center on left in old train station. I-95, Rt 234 (Exit 152) W to Manassas to Business Rt 234. Right to Business Rt 234 (Dumfries), becomes Grant to Prince William (before railroad underpass). Right on Prince William to West St. Left on West St. Manassas Visitor Center located on right in old train station. Note four-hour parking limit. Start box under table in museum room connected to visitor center.

**Event Info:** Daily 9-5. An easy walk on paved roads and sidewalks through historic and residential areas of Manassas.



**Manassas - Manassas National Battlefield Park****11km Year Round Walk (2017/Y1845) 1/16/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, National Parks Centennial Challenge,  
National Register of Historic Places, Trekking With the Trees

**Award:** A Award **Strollers:** medium **Restroom:** Yes  
**Rating:** 1B **Wheelchair:** medium **Pets:** Yes  
**Sponsor:** AAA-VA Virginia Volkssport Assn.  
**Contact:** Jay Oakley, oakleyjjay@aol.com, (540)412-2247, 10809 Pinnacle Dr., Spotsylvania, VA, 22551

**Start Point:** Visitor Center, Manassas Natl Battlefield Park- 6511 Sudley Rd. Washington, DC: W on I-66 to Exit 47B, SR 234, thru 1st traffic light. Henry Hill VC located top of hill on right. Points W: E on I-66 to Exit 47, SR 234 N. Left to Rt 234, thru 1st traffic light. Henry Hill VC located top of hill on right. Registration box located at VC front desk.

**Event Info:** Daily 8:30am-5pm. . The trail is along established park trails where the First Manassas [First Bull Run] was fought in 1861. Carry water and wear hat. Qualifies for County of Prince William in Virginia Counties Program.

**Marion - VA State Parks and CCC - Hungry Mother****5 km/10 km Year Round Walk (2017/Y0616) 1/16/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs,  
National Register of Historic Places, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** A Award **Strollers:** hard **Restroom:** Yes  
**Rating:** 1B **Wheelchair:** NO **Pets:** Yes  
**Sponsor:** AAA-VA Virginia Volkssport Assn.  
**Contact:** Annette Tollett, ahtollett3@gmail.com, (757)814-1417, 3 Delmont Ct, Hampton, VA, 23666

**Start Point:** Hungry Mother State Park Office- 2854 Park Blvd. - take Exit 47 from Interstate 81. Travel approximately one mile on Route 11 toward Marion. Turn right on Route 16 north and travel four miles to the park Visitor Center (Park Office) on the left. The box will be in the Visitors Center. You will then drive a short distance to park and start your walk.

**Event Info:** Hours are 8 am to 10 pm in the summer and 8 am to 4:30 pm in the winter. If unsure, you may call 276-781-7400. Parking fees are \$3 weekdays and \$4 weekends. The walk will be along trails in Hungry Mother State Park. This walk is part of the Virginia State Park and the CCC program, as well as Smyth County for the Virginia Counties Program and Walking the USA - Street by Street - MI, MS, WI, WV.

**Millboro - Virginia State Parks and CCC - Douthat****5 km and 10 km Year Round Walk (2017/Y0625) 1/16/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Boardwalks, Cities in Song, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, State Street Sashay, Trekking With the Trees, You'll Never Walk Alone

**Award:** A Award **Strollers:** Hard **Restroom:** Yes  
**Rating:** 2B **Wheelchair:** None **Pets:** Yes  
**Sponsor:** AAA-VA Virginia Volkssport Assn.  
**Contact:** Annette Tollett, ahtollett3@gmail.com, (757)814-1417, 3 Delmont Ct, Hampton, VA, 23666

**Start Point:** Park Office, Douthat State Park- 14239 Douthat State Park Rd.- From I-64 in Virginia, take Exit 27 near Clifton Forge. Turn North onto State Route 629 (highway at exit ramp). Travel north two miles to the park entrance sign and another four miles to the park office. After registering you will have to drive a short distance to start the walk

**Event Info:** Hours are 8 am to 10 pm in the summer and 8 am to 4:30 pm in the winter. If unsure, you may call 276-781-7400. Parking fees are \$3 weekdays and \$4 weekends. The walk will be along trails in Douthat State Park. This walk is part of the Virginia State Park and the CCC program, as well as Bath County for the Virginia Counties Program.

**Montross - Virginia State Parks and CCC - Westmoreland****5 km/10 km Year Round Walk (2017/Y1216) 1/16/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Boardwalks, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, State Street Sashay, Trekking With the Trees, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** A Award **Strollers:** NO **Restroom:** Yes  
**Rating:** 2B **Wheelchair:** NO **Pets:** Yes  
**Sponsor:** AAA-VA Virginia Volkssport Assn.  
**Contact:** Annette Tollett, ahtollett3@gmail.com, (757)814-1417, 3 Delmont Ct, Hampton, VA, 23666

**Start Point:** Westmoreland State Park Visitors Center- 145 Cliff Rd. - From Fredericksburg (I-95), take Rt. 3 east, go about 40 miles to the park's entrance, turning left onto Rt. 347. At the T-intersection, turn right on Cliff Road. Visitors Center is on the left at the flag poles.  
 From Tappahannock, take U.S. 360 East to Warsaw. Turn left onto Rt. 3 west at the third stop light. Stay on this road until about six miles past Montross. Turn right into the park's entrance on Rt. 347. At the T-intersection, turn right on Cliff Road. Visitors Center is on the left at the flag poles.  
 From Richmond, take U.S. 360 East, then follow Tappahannock directions.  
 From Tidewater, take 17 north to Tappahannock. At the second light, past Lowrey's Restaurant, turn right onto 360 east, then follow Tappahannock directions

**Event Info:** Hours are 8 am to 4:30 pm. The Visitors Center is closed on Thanksgiving and Christmas. If unsure, you may call 804-493-8821. Parking fees are \$4 weekdays and \$5 weekends. The walk will be along trails and shoulders of roads in Westmoreland State Park. This walk is part of the Virginia State Park and the CCC program, as well as Westmoreland County for the Virginia Counties Program.  
 Walking the USA - Street by Street - NM

**Newport News - Battle of Dam #1****5/10 km Year Round Walk (2017/Y0694) 1/2/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, Walking the USA A - Z, You'll Never Walk Alone

**Award:** B Award **Strollers:** Easy **Restroom:** Yes

**Rating:** 1B **Wheelchair:** medium **Pets:** Yes

**Sponsor:** AVA-0365 Virginia Vagabonds

**Contact:** Annette Tollett, ahtollett3@gmail.com, (757)814-1417, 3 Delmont Court, Hampton, VA, 23666

**Start Point:** Campground Office, Newport News Park- 13564 Jefferson Avenue. Take I-64 to Exit 250B in Newport News. Turn left at traffic light onto VA Route 143W (Jefferson Ave). Follow Route 143W approximately 1.2 miles to the Newport News Park Campground at Campsite Dr. Turn right into the campground. At the 25 mph traffic sign, turn right into the parking lot. The start is in the campground office, which is located right beside the parking lot.

**Event Info:** Campground office is open 7 am to 7 pm daily. The walk trail will be primarily along park nature trails and park roads. One of the largest municipal parks in the country, this magnificent 8,000 acre-oasis is home to an incredible variety of native wildlife - deer, foxes, otter, raccoon and beaver, to name a few - all found in a natural setting of lush woodlands, flowering meadows and shimmering lakes. Its unique natural beauty makes Newport News Park a favorite destination for campers who love the great outdoors - and the convenience of being just moments away from the multitude of activities and attractions the surrounding area provides.

**Newport News - Christopher Newport University (CNU) and Causey's Grist Mill****6 or 10 KM Year Round Walk (2017/Y0833) 1/2/2017 - 12/31/2017**

Animal Safari, Cities in Song, Ice Cream Parlors, Make a Wish at a Water Fountain, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A - Z, You'll Never Walk Alone

**Award:** A Award **Strollers:** medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** medium **Pets:** Yes

**Sponsor:** AVA-0142 Peninsula Pathfinders of Virginia peninsulapathfinder.org

**Contact:** Ron Berard, walkingtheusa@gmail.com, (757)890-9220, 227 Cabell, Newport News, VA, 23602

**Start Point:** Mariners' Museum visitors desk- 100 Museum Dr, 23606, 757-596-2222. I-64 (E or W) Exit 258A, J Clyde Morris Blvd, US Rt 17 S. Drive about 2.5 miles to end of JCM Blvd at Warwick Blvd. Cross Warwick Blvd to Avenue of the Arts. Go 0.1 miles, left at blue Mariners' Museum sign. Straight to enter Mariners' Museum grounds. Parking near museum.

**Event Info:** M-Sat 9am-5pm and Sun 11am-5pm. May close Mondays during winter. The trail starts at the Mariners' Museum (one of the finest maritime history museums in the world) and home of the Monitor Center, walk wanders along the James River neighborhoods surrounding and through the campus of Christopher Newport University (CNU) and past their baseball stadium-Captains Park. Walk features the I.M. Pei designed Ferguson Center for the Arts.

**Newport News - Hilton Village****5KM, 10KM Year Round Walk (2017/Y1371) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Take a Walk In a City Park, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** A Award **Strollers:** easy **Restroom:** Yes

**Rating:** 1A **Wheelchair:** medium **Pets:** Yes

**Sponsor:** AVA-0142 Peninsula Pathfinders of Virginia peninsulapathfinder.org

**Contact:** Cheryl Lauria, cheryl.lauria@gmail.com, (757)771-6863, 9 Fulsom Ct, Newport News, VA, 23606

**Start Point:** YMCA- 7827 Warwick Blvd, Newport News: I-64, Exit 263A, Mercury Blvd approx. 3.3 mi, Right to Warwick Blvd, Left on Warwick Blvd, Left at first light

**Event Info:** Quiet tree lined established residential area with views of the James river. 1/2 mile along sidewalks thru historic Hilton Village

**Newport News - Joint Base Langley-Eustis****6 and 10 Km Year Round Walk (2017/Y1483) 1/2/2017 - 12/31/2017**

Food For Thought, Honoring Our Flag, National Register of Historic Places, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Water Towers, You'll Never Walk Alone

**Award:** A Award **Strollers:** Medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AVA-0142 Peninsula Pathfinders of Virginia peninsulapathfinder.org

**Contact:** Sandy Croushore, szcroushore@verizon.net, (757)532-3468, 302 Queens Crescent, Williamsburg, VA, 23185

**Start Point:** Joint Base Langley-Eustis (formerly Ft Eustis), (Newport News)- Registration by mail only through the point of contact. Directions to start will be sent to each participant when they pre-register. All persons entering Ft Eustis, US issued ID documents required. Driver must have proof of insurance and valid Driver's License. No weapons allowed on Ft Eustis.

**Event Info:** Dawn to Dusk daily. Please pay by check. Cost of patch is \$9. Register of Historic Places special program is available for additional distance (6 KM). The walk trail will be along roads on the grounds of JBLE.

**Newport News - Noland Trail****5 or 11 KM Year Round Walk (2017/Y1819) 1/2/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Lakes and Reservoirs, Make a Wish at a Water Fountain, Trekking With the Trees, Walking America's Ports of Call, Walking the USA A - Z, You'll Never Walk Alone

**Award:** A Award **Strollers:** medium **Restroom:** Yes

**Rating:** 1B **Wheelchair:** NO **Pets:** Yes

**Sponsor:** AVA-0142 Peninsula Pathfinders of Virginia peninsulapathfinder.org

**Contact:** Ron Berard, walkingtheusa@gmail.com, (757)890-9220, 227 Cabell Drive, Newport News, VA, 23602-7476

**Start Point:** Mariners' Museum-Noland Trail Walk - (Visitors Desk), 757-596-2222. 100 Museum Dr., 23606. I- 64 (E or W), Exit 258A, J Clyde Morris Blvd, US Rt 17 S. Drive about 2.5 miles to end of J Clyde Morris Blvd at Warwick Blvd. Across Warwick Blvd to Avenue of the Arts. Go 0.1 miles, left at blue Mariners' Museum sign. Straight to enter Mariners' Museum grounds. Parking lot near museum.

**Event Info:** M-Sat 9am-5pm, Sun 11am-5pm. During winter may close Mondays. Closed Thanksgiving, December 24th and December 25th (Christmas). The trail is on the grounds of the Mariners' Museum (one of the finest maritime history museums in the world) and home of the Monitor Center. The walk includes the Noland Trail. The trail will be primarily through the woods around Lake Maury.

**Norfolk - Botanical Garden****05/10 KM Year Round Walk (2017/Y0792) 1/3/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Boardwalks, Bridges - Spanning the USA, Food For Thought, Make a Wish at a Water Fountain

**Award:** B Award **Strollers:** medium **Restroom:** Yes  
**Rating:** 1B **Wheelchair:** medium **Pets:** No  
**Sponsor:** AVA-0013 Gator Volksmarsch Club [www.avacclubs.org/gators](http://www.avacclubs.org/gators)  
**Contact:** Joe Turlo, [jturlo@yahoo.com](mailto:jturlo@yahoo.com), (757)855-9650, PO Box 16953, Chesapeake, VA, 23328-6953

**Start Point:** Norfolk Botanical Garden, Baker Hall Visitor Center- 6700 Azalea Garden. 757-441-5830. I-64 Exit 279 (Norview Ave E) to Norfolk Intl Airport. After 0.9 miles, left at light at Azalea Garden. Entrance to Garden on right after 0.6 miles. Start box at Information Desk at BHVC.

**Event Info:** Daily 9am-5pm. Must arrive at BH before 5pm to register. April 15-October 15, may walk garden until 7pm. All other times, must finish by 5pm. Admission charge to Botanical Garden. Currently fee \$11 adults, \$10 seniors (62 and over). The route is almost completely flat and includes paved paths, unpaved natural trails in the Garden. Some paths may be difficult when wet. The Norfolk Botanical Garden includes over 150 acres of beautiful natural and classical landscapes offering changing vistas throughout the year. The Garden is home to a large and diverse collection of azaleas, camellias and rhododendrons.

**Norfolk - Downtown****05/10 KM Year Round Walk (2017/Y0469) 1/3/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Food For Thought, Make a Wish at a Water Fountain, Take a Walk In a City Park, United States Post Offices, Walking America's Ports of Call, Water Towers

**Award:** B Award **Strollers:** medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** medium **Pets:** Yes  
**Sponsor:** AVA-0013 Gator Volksmarsch Club [www.avacclubs.org/gators](http://www.avacclubs.org/gators)  
**Contact:** Bill Zimmerman, [zman402@verizon.net](mailto:zman402@verizon.net), (757)623-6943, PO Box 16953, Chesapeake, VA, 23328-6953

**Start Point:** MacArthur Memorial Visitor's Center Building- Bank St/City Hall Ave. 757-441-2965. I-64 to Norfolk, Exit 284A W, to I-264 to dntn Norfolk. I-264, Exit 10 (veer to right) to City Hall. Cross St Paul's, follow City Hall 2 more blocks. Right to new MacArthur Center mall, park where possible. Mall parking validated at start point. Exit garage on City Hall, cross street, walk to MacArthur Memorial. Start point in Theater Building. Ask attendant for Walk Box.

**Event Info:** Tue-Sat 10am-5pm; Sun 1-5:00pm. Finish by 4:30pm daily. Closed Thanksgiving and Christmas Day. NEW MODIFIED TRAIL! This walk starts at the MacArthur Memorial and goes along city sidewalks. There are many historical buildings, shops and restaurants plus tourist attractions located along the route of the walk. The walk will go past the Norfolk Campus of Tidewater Community College, Battleship Wisconsin, the Elizabeth River waterfront and Harbor Park, home of the Norfolk Tides.

**Petersburg - Petersburg National Battlefield YRE****5/10 km Year Round Walk (2017/Y2056) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, National Parks Centennial Challenge, Points of Reference

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes**Sponsor:** AVA-0027 Lee Lepus Volksverband**Contact:** Monica Gowin, mlgowin1972@gmail.com, (804)541-6945, 5489 Snow Creek Ct, , Prince George, VA, 23875**Start Point:** Petersburg Natl Battlefield Park, Eastern Front Visitors Center- 5001 Siege Road, Petersburg, VA. Do not use address with GPS, use 37 14'37,87"N 77 221'24.87"W. FROM Southbound I-95 Exit 52; Northbound I-95 Exit 50D, Northbound I-85 Exit 69 E Wythe St, (RT 36E) exit. Turn onto this one way road and follow it 2.5 miles to the park entrance on the right. FROM 295: Exit 9B onto Route 36W to park entrance on the right just past Fort Lee; FROM Norfolk: Take Route 460W to Petersburg. Take Crater Road (Route 301) north exit. Follow Crater Road to Wythe Street, turn right for 2.5 miles to park entrance.**Event Info:** No entrance fee. Visitor's Center open 9am-5pm daily except Thanksgiving, Christmas Day and New Year's Day. Park grounds open 8am-sunset except for holidays previously mentioned. Trail is on natural surfaces completely within the park.**Purcellville - In Town****5/10 km Year Round Walk (2017/Y1961) 1/1/2017 - 12/31/2017**

Honoring Our Flag, National Register of Historic Places, Points of Reference, Trekking With the Trees, United States Post Offices, Water Towers, You'll Never Walk Alone

**Award:** B Award      **Strollers:** Easy      **Restroom:** Yes**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes**Sponsor:** AVA-0892 Loudoun Walking & Volkssport Club www.loudounwalkingclub.org**Contact:** Bob/Suzanne Wright, rwright2@jhu.edu, (703)737-2175, 43224 Cardston Pl, Leesburg, VA, 20176**Start Point:** Shop 'n Save supermarket- Corner of Main St & Maple Ave (Blue Ridge Station Shopping Center), 540-338-1811--store. DIRECTIONS From Washington DC, take Rte 7 West past Leesburg; at Rte 287/Purcellville exit left; right on Business Rte 7; go through 2 stop lights; Shop 'n Save is on right. From MD, a better route might be to take Route 15/340 south from Frederick, then VA route 287 after crossing into VA at Brunswick. Start box is left of customer service behind Western Union stand.**Event Info:** Daily, from 7:00 am. Walk through this quaint little town on sidewalks and paved roads. Walk wanders through the historic downtown and residential areas.

**Quantico, Virginia - The Big "Q"****5 km / 10 km Seasonal Walk (2017/Y0707) 4/1/2017 - 12/31/2017**Amphitheatres, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs,  
Trekking With the Trees, You'll Never Walk Alone**Award:** IVV Credit Only**Strollers:** hard**Restroom:** Yes**Rating:** 2B**Wheelchair:** NO**Pets:** Yes**Sponsor:** AVA-0306 Wood and Dale Wanderers**Contact:** Tim Miner, thminer@aol.com, (571)212-0804, PO Box 2422, Woodbridge, VA, 22195**Start Point:** National Museum of the Marine Corps

- 18900 Jefferson Davis Highway, Triangle, VA 22172

From I-95 in Virginia, heading south, take exit 150A to US Route 1. \*Turn right (south) about 1/4 mile to museum entrance. From I-95 heading north, take exit 150 to US Route 1 and continue from \*. No charge for parking.

**Event Info:** 5K walks Semper Fidelis Memorial Park and then ventures into Locust Shade Park, with an option for those who have trouble with rough trail and hills. 10K continues onto less-improved trails. Best to wear sturdy boots. Carry water! No restrooms on 10K extension.**Reston - Reston-Herndon walk****5KM/11KM Year Round Walk (2017/Y1271) 1/2/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, United States Post Offices, You'll Never Walk Alone

**Award:** IVV Credit Only**Strollers:** medium**Restroom:** Yes**Rating:** 2B**Wheelchair:** NO**Pets:** Yes**Sponsor:** AVA-0151 Northern Virginia Volksmarchers [www.scenicroutes.us/nvv/](http://www.scenicroutes.us/nvv/)**Contact:** David Ackerman, ackermans@aol.com, (703)860-2025, 11261 Silentwood Ln., Reston, VA, 20191**Start Point:** Potomac River Running Store- Reston Town Center, 1191 Democracy Dr, 20190. 703-689-0999. Capital Beltway (I-495) Exit 45 (Toll Rd-RT 267 W to Exit 12 (Reston Pkwy) Right end of ramp, 2nd traffic light to left on Bluemont Way. To 2nd right turn at Library St, immediate right turn into parking garage, 1st floor. Parking fee M-F. Payment requires downloading an app to your cell phone or making a phone call. Many of the area shops will validate your ticket. Free on weekends. Proceed outside, turn left to Potomac River Running Store.**Event Info:** Starting Point M-F 10am-8pm, Sat 10am-6pm, Sun 12-5pm.

**Richmond - Capitol Walk****6 & 10 km Year Round Walk (2017/Y1536) 1/3/2017 - 12/31/2017**

Bridges - Spanning the USA, Make a Wish at a Water Fountain, National Parks Centennial Challenge, Points of Reference, State Capital, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Vice Presidential Walks, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A - Z

**Award:** A Award **Strollers:** hard **Restroom:** Yes

**Rating:** 2B **Wheelchair:** NO **Pets:** Yes

**Sponsor:** AVA-0027 Lee Lepus Volksverband

**Contact:** Dee Schrum, dschrum4@comcast.net, (804)768-0055, POB 2031, Petersburg, VA, 23804

**Start Point:** Legend Brewing Company- 321 W 7th. St., Richmond. (804)232-3446. From I-95, exit 73 (Maury St.). Follow exit ramp to traffic light which is Maury Street, turn left. At traffic light, turn right onto E. Commerce Street. At the 4th traffic light, Bainbridge Street, turn right. Drive 1 block to 7th Street, turn left. Drive 2 1/2 blocks to Legend Brewery which is on the right. Alternate POC: Mary Ann Gries, 804-353-5087.

**Event Info:** Legend Brewery open Mon-Sat 11:30am-10pm; Sun 11am-10pm. Closed Thanksgiving, Christmas and New Year's. 6/10 routes include the Capitol Building, Governor's Mansion & Brown's Island. Pedestrian bridge across the James River provides a panoramic view of the city. 10K includes Virginia War Memorial, Canal walk & goes along top of the floodwall. Start box located outside restaurant for early starters.

**Richmond - Maymont****5/10 km Year Round Walk (2017/Y1282) 1/3/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Boardwalks, Bridges - Spanning the USA, Food For Thought, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Walk the USA - Street by Street

**Award:** IVV Credit Only **Strollers:** hard **Restroom:** Yes

**Rating:** 3B **Wheelchair:** NO **Pets:** No

**Sponsor:** AVA-0027 Lee Lepus Volksverband

**Contact:** Mary Ann, gries818@hotmail.com, (804)353-5087, POB 2031, Petersburg, VA, 23804

**Start Point:** Virginia Historical Society Maymont- 428 North Boulevard. 804-358-4901. Closed Federal Holidays. From I-95, exit 78. Follow signs to Virginia Historical Society, corner of North Boulevard/Kensington Avenue. Parking available rear of building. Driving directions to 5km start point are included with walk instructions.

**Event Info:** Mostly on paved paths throughout Maymont, a 100-acre Victorian estate that contains a historic museum, gardens, wildlife exhibit & a petting zoo. The 10km also uses residential streets & passes the Carillon (bell tower), which is a 1918 War Memorial. Two mile drive from registration to 5km start. No animals/pets permitted in Maymont Park - no exceptions.



**Richmond - Monument****5/10/14 km Year Round Walk (2017/Y0591) 1/3/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Food For Thought, Ice Cream Parlors, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Vice Presidential Walks, Walk the USA - Street by Street, Walking the Path of Inventions, Walking the USA A - Z

**Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** medium **Pets:** Yes

**Sponsor:** AVA-0027 Lee Lepus Volksverband

**Contact:** Mary Ann Gries, gries818@hotmail.com, (804)353-5087, POBox 2031, Petersburg, VA, 23804

**Start Point:** Virginia Historical Society Monument- 428 North Boulevard. Phone 804-358-4901. Refer to the Richmond/Maymont walk for directions to start location. Parking available rear of building.

**Event Info:** Walk through the heart of Monument Avenues Historic District along a tree-lined boulevard passing grand homes, churches & monuments. The 10 km walk includes a variety of shops, boutiques & restaurants in Carytown. The optional 4 km loop on the 10km includes Hollywood Cemetery

**Rocky Mount - Franklin County****5/10 km Seasonal Walk (2017/Y0696) 4/1/2017 - 9/30/2017**

National Register of Historic Places, State Street Sashay, United States Post Offices, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes

**Rating:** 2B **Wheelchair:** medium **Pets:** Yes

**Sponsor:** AAA-VA Virginia Volkssport Assn.

**Contact:** Annette Tollett, ahtollett3@gmail.com, (757)814-1417, 3 Delmont Ct, Hampton, VA, 23666

**Start Point:** Rocky Mount- Registration by mail only through point of contact. Directions to start point will be sent to participant when pre-registered. Daylight hours only.

**Event Info:** The trail will be on shoulders of roads in the town of Rocky Mount. Qualifies for Franklin County in Virginia County program,, as well as Crooked Road. Walking the USA - Street by Street - AK, AL, AR, CO, GA, IA, ID, IL, IN, KS, KY, LA, MA, MD, ME, MI, MN, MO, NC, NE, NH, NM, NJ, NY, OH, OR, PA, SC, TN, TX, VA, WI, WV

**Scottsburg - Virginia State Parks and CCC - Staunton River****5 and 10 km Year Round Walk (2017/Y0700) 1/16/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Honoring Our Flag, National Register of Historic Places, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** A Award **Strollers:** Medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes

**Sponsor:** AAA-VA Virginia Volkssport Assn.

**Contact:** Annette Tollett, ahtollett3@gmail.com, (757)814-1417, 3 Delmont Ct, Hampton, VA, 23666

**Start Point:** Staunton River State Park Visitors Center- 1170 Staunton Trail, Staunton River State From South Boston, U.S. 360 East for 5.3 miles. Right onto S Terrys Bridge Rd for 3 miles. Right onto Scottsburg Rd. for 0.3 miles. Slight right onto MacDonald Rd .for 0.8 miles. Slight right onto Staunton Trl. Visitors Center is on the right. Entrance fee is \$3 weekdays and \$4 weekends. You will drive a short distance after you register to start the walk.

**Event Info:** Start point is open 8 am to 4:30 pm daily. Closed Thanksgiving and Christmas. This event takes you on trails and roads within the Staunton River State Park. This walk is part of the Virginia State Park and the CCC program, as well as Halifax County for the Virginia Counties Program. Walking the US - Street by Street - IL, IN, VA.

**Smithfield****05/11KM Year Round Walk (2017/Y1168) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Food For Thought, Ice Cream Parlors, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, United States Post Offices, Walk the USA - Street by Street, Walking the Path of Inventions, Walking the USA A - Z, Water Towers

**Award:** B Award**Strollers:** Medium**Restroom:** Yes**Rating:** 1B**Wheelchair:** Medium**Pets:** Yes**Sponsor:** AVA-0013 Gator Volksmarsch Club [www.avacclubs.org/gators](http://www.avacclubs.org/gators)**Contact:** W Lowell, wlowell@mindspring.com, (757)357-5355, PO Box 16953, Chesapeake, VA, 23328-6953

**Start Point:** Smithfield Station Restaurant - 415 S Church St (Business 10), 757-357-7700. MD, DC, Richmond: I-95 S to SR 10. Rt 10 E through Hopewell (approx 7 miles), continue Rt 10, 55 miles, through Town of Surry to Rt 10 Bypass around Smithfield. Watch for elevated water tank. Left Business 10, at stoplight. Business 10 approx 2 miles. Smithfield Station right, crossing Cypress Creek Bridge. Park either side of Business 10. "Southside" Hampton Rds (Norfolk, Chesapeake, etc): Rt 17 W from Portsmouth to James River Bridge (yellow/green targets from I-64), past I-664, about 10 miles, left Smithfield, stoplight at intersection US Rt 258/SR 32. Right intersection with Rt 10 (about 2.5 miles). Rt 10 W intersection with Business 10 (elevated water tank). Right, follow directions above. Peninsula: James River Bridge (Rt 17) S Newport News. Rt 17 intersection with Rts 258/32. Right, follow directions for "Southside" above. Ask attendant at front desk for Walk Box.

**Event Info:** Daylight hours, 7 days per week. Trail is through historic neighborhoods in the town of Smithfield. The route includes the Windsor Castle Trail, Pagan River, and the Corporate Headquarters of Smithfield Foods.

**Springfield - South Run****10 KM/5KM Year Round Walk (2017/Y0112) 1/2/2017 - 12/31/2017**

Honoring Our Flag, Lakes and Reservoirs, Points of Reference

**Award:** IVV Credit Only**Strollers:** Medium**Restroom:** Yes**Rating:** 2B**Wheelchair:** Hard**Pets:** Yes**Sponsor:** AVA-0151 Northern Virginia Volksmarchers [www.scenicroutes.us/nvv/](http://www.scenicroutes.us/nvv/)**Contact:** P Hyland, pathyland@verizon.net, (703)971-6468, 6505 Kalmia St, Springfield, VA, 22150

**Start Point:** South Run RECenter- 7550 Reservation Rd, 22153. 703-866-0566. I-66: Exit 55 (Fairfax Co Pkwy/VA-286). S VA-286 to Fairfax about 10 miles, traffic signal with Reservation Rd left, and S Run RECenter right. Right to road into park. Park in lot in front of RECenter. I-495 (Capital Beltway): Capital Beltway (I-495), Exit 54A (Braddock Rd W), about 1.4 miles to traffic signal at Burke Lake. Left to drive Burke Lake, about 3.6 miles to traffic signal at Fairfax Co Pkwy (VA-286). Left to VA-286, drive 2 miles, traffic signal with Reservation Rd left, and S Run RECenter to right. Right to road into park, parking lot front of RECenter.

**Event Info:** M-F 7am-9pm; Sat 7am-6pm; Sun 8am-8pm. Call to make sure start point open on holidays or during inclement weather. This is an out-and-back trail that follows somewhat hilly but mostly shaded paved paths. The trail passes through the woods along small streams and goes three-quarters of the way around Lake Mercer before returning to the start/finish point.

**Stafford - Porter Fitness Walk****5/10/15 km Year Round Walk (2017/Y1344) 1/2/2017 - 12/31/2017**

Treasure Hunt - A way to walk our precious trails, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes**Sponsor:** AVA-0610 Germanna Volkssport Association [www.walkfredericksburg.org](http://www.walkfredericksburg.org)**Contact:** Paul Farrow, [ppharrow@gmail.com](mailto:ppharrow@gmail.com), (540)455-0772, 5800 McKinley Dr., Fredericksburg, VA, 22407**Start Point:** Porter Library Phone: 540-659-4909 Address: 2001 Parkway Blvd., Stafford, VA 22554- From I-95 Exit 143; west on Rte 610 ~ 3 miles, left on Parkway Blvd; Library on left at top of hill. Mon - Thur. 9:00 a.m. to 9:00 p.m., Friday: 9:00 a.m. to 5:30 p.m., Saturday: 9:00 a.m. to 5:30 p.m., Sunday: 1:00 p.m. to 5:30 p.m.**Event Info:** Walk through neighborhoods in Stafford County. Closed Jan 1 and on most federal/state holidays. Please check their web site for additional closing information: <http://www.librarypoint.org/holidays>**Staunton****05/10 km Year Round Walk (2017/Y0832) 1/16/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, State Street Sashay, Take a Walk In a City Park, United States Post Offices, Vice Presidential Walks, Walk the USA - Street by Street, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** A Award      **Strollers:** Medium      **Restroom:** Yes**Rating:** 2A      **Wheelchair:** Medium      **Pets:** Yes**Sponsor:** AAA-VA Virginia Volkssport Assn.**Contact:** Dale Sours, [dlsours147@aol.com](mailto:dlsours147@aol.com), (540)550-4973, 4973 Middle Rd, Winchester, VA, 22602**Start Point:** Staunton Visitor Center- 35 S New St. I-81 VA, Exit 222 to US 250 W to Staunton, approx 2.7 miles on Richmond Ave. Turn right on Greenville Ave and then left after the railroad overpass to continue on Greenville Ave, Turn right on S New St. Visitor Center is on the right. Parking garage [fee] on right before New St. Parking available on street.**Event Info:** Apr-Oct: 9am-6pm; Nov-Mar: 9:30am-5:30pm. The walk route is mostly on city sidewalks passing Woodrow Wilson Library, his birthplace, Gypsy Hill Park and Thornrose Cemetery. Qualifies for City of Staunton in Virginia Cities Program and Walking the US - Street by Street (CO, CT, GA, KS, LA, MA, MD, ME, MI, MN, MO, MT, NC, NH, NY, PA, VA, VT, WI). THIS WALK MAY NOT BE RENEWED IN 2018 DUE TO LACK OF PARTICIPATON. SO IF YOU ARE WALKING VIRGINIA CITIES, YOU WILL WANT TO DO IT IN 2017.

**Sterling - Claude Moore Park****5/10 KM Year Round Walk (2017/Y0820) 1/2/2017 - 12/31/2017**

Animal Safari, Boardwalks, Food For Thought, Honoring Our Flag, National Register of Historic Places, Trekking With the Trees, You'll Never Walk Alone

**Award:** B Award **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1C **Wheelchair:** None **Pets:** Yes  
**Sponsor:** AVA-0892 Loudoun Walking & Volkssport Club [www.loudounwalkingclub.org](http://www.loudounwalkingclub.org)  
**Contact:** Bob/Suzanne Wright, [rwright2@jhu.edu](mailto:rwright2@jhu.edu), (703)737-2175, 43224 Cardston Pl, Leesburg, VA, 20176

**Start Point:** Claude Moore Park Lanesville Heritage Area Visitors Center- 21544 Old Vestals Gap Rd, Sterling VA 20164, 703-421-0443. DIRECTIONS From DC: take Rte 7 toward Leesburg; at Cascades Pkwy in Sterling go southbound (2nd exit); go through 3 stop lights; then .1 mile and left into Lanesville Heritage Preservation Area. From south: Rte 28 north; at light for Nokes Blvd, right; at 4th light, right onto Cascades Pkwy; then .1 mile and left into Lanesville Heritage Preservation Area. From Leesburg: take Rte 7 to Sterling; right on Cascades Parkway southbound (1st exit); go through 3 stop lights; then .1 mile and left into Lanesville Heritage Preservation Area. Start box is in vestibule on left.

**Event Info:** Daily from 7:30 am. Park closing time posted at gate; closed major holidays. Trail is partially marked! A pleasant walk, mostly on natural surface trails in the woods, with historic sites (walk in the footsteps of British soldiers, George Washington, and Mosby's Rangers) and interpretive trails; visitors center offers many activity sheets for children and literature for adults; muddy in wetlands areas after heavy rainfall.

**Sterling/Cascades - Algonkian Regional Park****5, 6, 10 and 11 km Year Round Walk (2017/Y1276) 1/2/2017 - 12/31/2017**

Boardwalks, Food For Thought

**Award:** B Award **Strollers:** Easy **Restroom:** Yes  
**Rating:** 1B **Wheelchair:** medium **Pets:** Yes  
**Sponsor:** AVA-0892 Loudoun Walking & Volkssport Club [www.loudounwalkingclub.org](http://www.loudounwalkingclub.org)  
**Contact:** Bob/Suzanne Wright, [rwright2@jhu.edu](mailto:rwright2@jhu.edu), (703)737-2175, 43224 Cardston Pl, Leesburg, VA, 20176

**Start Point:** Algonkian Regional Park, Golf Course Snack Bar- 47001 Fairway Dr, 20165, 703-450-4655. From Washington Beltway (I-495) VA Rte 7 11 miles west toward Leesburg; at Cascades Pkwy (VA Rte 637) north (1st right) 2 miles to park; on main road 1 mile to golf course club house. From Leesburg, Rte 7 east 7+ miles; at Cascades Pkwy follow park signs (2nd right); continue as above. IVV Walk Box behind snack bar at cash register.

**Event Info:** Daily from dawn. Closed New Year's, Christmas Days. Walk on fairly level paved and natural surface shaded trails, including trails near the Potomac river and sections of the Potomac Heritage National Scenic Trail.

**Stuart - Virginia State Parks and CCC - Fairy Stone****5 and 10 kms Year Round Walk (2017/Y0766) 1/16/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** A Award **Strollers:** Medium **Restroom:** Yes  
**Rating:** 2B **Wheelchair:** Hard **Pets:** Yes  
**Sponsor:** AAA-VA Virginia Volkssport Assn.  
**Contact:** Annette Tollett, ahtollett3@gmail.com, (757)814-1417, 3 Delmont Ct, Hampton, VA, 23666

**Start Point:** Fairy Stone State Park Office and Gift Shop- 967 Fairystone Lake Dr., From Richmond, take Route 360 West to Route 58 West to Route 220 North Bypass at Martinsville to Route 57 West to Route 346 North (Fairystone Lake Drive). Park Office and Gift Shop is on the left just before the contact station. Entrance fee is \$4 weekdays and \$5 weekends. You will drive a short distance after you register to start the walk.

**Event Info:** Open 8 am to 4:30 pm daily. Closed on weekends in January thru March and November thru December. Closed Thanksgiving and Christmas. This event takes you on trails and roads within the Fairy Stone State Park. This walk is part of the Virginia State Park and the CCC program, as well as Patrick County for the Virginia Counties Program.

**Suffolk****05/10 KM Year Round Walk (2017/Y0668) 1/3/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Food For Thought, State Street Sashay, United States Post Offices, Water Towers

**Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes  
**Rating:** 1A **Wheelchair:** NO **Pets:** Yes  
**Sponsor:** AVA-0013 Gator Volksmarsch Club [www.avaclubs.org/gators](http://www.avaclubs.org/gators)  
**Contact:** Peggy Bowers, Sassyb13@cox.net, (757)284-6316, 1106 Fenton Quay, Chesapeake, VA, 23320

**Start Point:** Suffolk Visitor Center- 524 N Main St. Suffolk, VA 757-514-4130  
 Richmond/Newport News: I-64 E. Hampton Coliseum (exit 264), I-664 S to exit 13 (US Highway 58 W). 6 miles on US Highway 58 W. Exit to US 58 Business Rt W. 3 miles to N Main St. Left before light at Main St. to Visitor Center Parking lot. Visitor Center on left in old Nansemond County Courthouse. Norfolk/Virginia Beach: I-64 (Inner Loop) or I-264 W to Bowers Hill. Exit to US Highway 58 W. 6 miles on US 58 W. Exit to US 58 Business Rt W. 3 miles to N Main St. Left before light at Main Street to Visitor Center Parking lot. Visitor Center on left in old Nansemond County Courthouse. Ask attendant for Walk Box.

**Event Info:** Daylight hours, Daily 9am-5pm. Closed Thanksgiving, Christmas and New Year's Day. View an eclectic mixture of architectural styles in historic and modern neighborhoods. Be sure to visit the diorama exhibits at the Seaboard Airline Railroad Station Museum. The walk route is mostly level, but there is one short steep grade. The trail follows city streets, but some do not have sidewalks. The trail includes the Nansemond River, Constant's Wharf area, and Cedar Hill Cemetery.

**Triangle****Distance 5/10/20 km Year Round Walk (2017/Y0848) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, National Parks Centennial Challenge,  
Points of Reference, Trekking With the Trees, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0306 Wood and Dale Wanderers  
**Contact:** C Miner, celiaminer@aol.com, (571)212-0329, P.O. Box 2422, Woodbridge, VA, 22195

**Start Point:** Prince William Forest Park- Park Entrance Road, Triangle, VA (GPS coordinates 38.55980,-77.34739), (703)221-7181. N on I-95: Exit 150B, bear right on Joplin (SR-619). Follow signs to Prince William Forest Park. Entrance on right, to Visitor Center (VC) for registration. S on I-95: Exit 150, bear left to Joplin (SR-619). Left on Joplin, pass under I-95 overpass to Park entrance on right, to VC for registration. Park entrance fee collected at entrance station or VC (or National Parks Pass). NOTE: RESTROOMS at Visitor Center are closed until Spring, 2017. Portable toilets are available, and a full comfort station is available at the picnic pavilion next to the Visitor Center.

**Event Info:** Daily 9am-5pm. National Park pass or entrance fee required. Park may close in inclement weather. Sturdy boots and tick repellent recommended, with adequate water. Closed Thanksgiving, Christmas. Open weekends only Nov - Feb. 5/10/20K trail options. One trail (5 and 10 km) is along fire roads and a paved scenic loop with excellent views of trees and access to most of the trail heads. 20K has easy loop (2A) on roads and harder loop (2B, more like 2C if wet) on rough, sometimes steep terrain.

**Vienna****5/10 KM Year Round Walk (2017/Y0869) 1/2/2017 - 12/31/2017**

National Register of Historic Places, Points of Reference, Take a Walk In a City Park

**Award:** B Award      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0151 Northern Virginia Volksmarchers [www.scenicroutes.us/nvv/](http://www.scenicroutes.us/nvv/)  
**Contact:** B Recore, rcoreb@verizon.net, (703)591-6579, 3306 Willow Crescent Dr #31, Fairfax, VA, 22030

**Start Point:** 7-11 Convenience Store- 8616 Park St; 703-876-8921. N, E, or W, Washington Metro Area Beltway (I-495/I-95) exit 50, Rt 50W (Arlington). 1-1/2 miles, right to Cedar Ln, 1-1/2 miles to Park St. Left on Park St. Start point on right. Park in shopping center across Park St (near McDonalds). Walk box file on counter or floor by ice freezer.

**Event Info:** Daily 7am-11pm. Trails follow city sidewalks through residential neighborhoods and some small commercial districts of Vienna as well as portions of the Washington & Old Dominion Rails-to-Trails walk/bike path.

**Virginia Beach - Boardwalk****14 KM and 8 KM Year Round Walk (2017/Y1161) 1/3/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Boardwalks, Bridges - Spanning the USA, Walk the USA - Street by Street, Water Towers

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0013 Gator Volksmarsch Club [www.avaclubs.org/gators](http://www.avaclubs.org/gators)

**Contact:** Charley Seward, [csewardmmc@aol.com](mailto:csewardmmc@aol.com), (757)427-0081, 2228 Margaret Dr., Virginia Beach, VA, 23456

**Start Point:** Holiday Food Mart - 909 General Booth Boulevard. Phone: 757-491-2550. From I-64 take Rte 264 East towards the Virginia Beach oceanfront. Take Exit 22 and turn south (right) on Birdneck Road. Go 2.8 miles to General Booth Boulevard. Turn right. The start point is the second building on the right side. Ask the cashier for the Walk Box.

**Event Info:** Daylight hours, 7 days per week. The walk goes past the Virginia Aquarium & Marine Science Center, the Atlantic Wildfowl Heritage Museum and the Old Coast Guard Museum, as well as the main Boardwalk along the beach. Trails follow city sidewalks and pedestrian paths (paved).

**Virginia Beach - First Landing State Park****05/10 KM Year Round Walk (2017/Y0468) 1/3/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Food For Thought, Take a Walk In a City Park, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1C      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0013 Gator Volksmarsch Club [www.avaclubs.org/gators](http://www.avaclubs.org/gators)

**Contact:** Rita Klahr, [ritak001@msn.com](mailto:ritak001@msn.com), (757)460-4463, POB 16953, Chesapeake, VA, 23322

**Start Point:** Virginia Beach Resort Hotel and Conference Center- 2800 Shore Drive. 757-481-9000. Located on N side of Shore Drive (Rt 60) intersection of Shore Drive/Great Neck Road, 3.5 miles E of Chesapeake Bay Bridge-Tunnel. N, Bridge-Tunnel (Rt 13) to Rt 60 E. NW, S and SW, I-64 to Rt 13 N (Northampton) to Rt 60 E. Intersection of Shore Drive/Great Neck Road, left to hotel parking lot. Ask attendant at front desk for Walk Box.

**Event Info:** Daylight hours, 7 days per week. NEW MODIFIED TRAIL TO WALK MORE ON NATURAL PATHS! The walk starts on city sidewalks and moves to established dirt trails marked and maintained by the First Landing State Park system. There are uphill climbs and an option which includes a walk on a sandy beach. From sandy beaches to cypress swamps, this walk explores a popular natural scenic area of the resort city.

**Warrenton - Brick Sidewalks****6K and 10K Year Round Walk (2017/Y1544) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Points of Reference, Walk the USA - Street by Street

**Award:** A Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0610 Germanna Volkssport Association [www.walkfredericksburg.org](http://www.walkfredericksburg.org)

**Contact:** Paul Farrow, [ppharrow@gmail.com](mailto:ppharrow@gmail.com), (540)455-0772, 5800 McKinley Dr., Fredericksburg, VA, 22407

**Start Point:** Warrenton Visitor's Center, 33 N Calhoun St., 20186- 12 miles W of Manassas. N or S US Hwys 15, 17 or 29 to Warrenton, VA. Follow Eastern Bypass 17/29 to E Lee St. (Co 643). Go W. Right to Falmouth St. Right on N Calhoun St to VC.

**Event Info:** Open 9am-5pm daily. VC phone 1-800-820-1021. 6K and 10K walks follow brick sidewalks in historic Warrenton past the post civil war home of Col. Mosby, the Gray Ghost. 10K also includes greenway railtrail.

**Williamsburg - Colonial Williamsburg****6 or 10 km Year Round Walk (2017/Y0287) 1/2/2017 - 12/31/2017**

Alternative Capitals, Amphitheatres, Animal Safari, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, United States Post Offices, Vice Presidential Walks, Walk the USA - Street by Street, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** A Award **Strollers:** medium **Restroom:** Yes

**Rating:** 1A **Wheelchair:** medium **Pets:** Yes

**Sponsor:** AVA-0142 Peninsula Pathfinders of Virginia peninsulapathfinder.org

**Contact:** Pam Bowers, pbowers3@cox.net, (757)564-0147, 100 Andrews Circle, Williamsburg, VA, 23185

**Start Point:** Front Desk of Best Western (formerly Clarion Hotel), 351 York Street, 23185 See "Comments"- Richmond/Points N: E on I-64 to Exit 238, "Camp Peary, Colonial Williamsburg", VA Rt 143. Top of ramp, right to VA Rt 143 E. Junction with Rt 5, continue on Rt 5. Approx 2.1 miles, left on US Rt 60 E (York Street). Best Western on left approx 0.1 miles after turn.  
Norfolk, Hampton, Newport News: I-64 W to Exit 242A (Hummelsine Pkwy), Williamsburg, VA Rt 199 W. About 1.1 miles to Exit for US 60. Right to exit. Bottom of ramp, left to US 60 W. Best Western on right approx 1.9 miles.

**Event Info:** Sunup to Sunset-but walk during daylight hours. Both trails use pedestrian roads and sidewalks, through the historical area of Colonial Williamsburg and the College of William and Mary. Both 6 and 10K qualify for more than 30 states for special program "walking the USA street by street".

**Williamsburg - Redoubts****5 km (1A) and 10 km (3C) Year Round Walk (2017/Y0288) 1/2/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Take a Walk In a City Park, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** hard **Restroom:** Yes

**Rating:** 3C **Wheelchair:** NO **Pets:** Yes

**Sponsor:** AVA-0142 Peninsula Pathfinders of Virginia peninsulapathfinder.org

**Contact:** Pam Bowers, pbowers3@cox.net, (757)564-0147, 100 Andrews Circle, Williamsburg, VA, 23185

**Start Point:** Front Desk of Best Western (formerly Clarion Hotel), 351 York Street, 23185 - see "Comments"- Richmond/Points N: East I-64 to Exit 238, "Camp Peary, Colonial Williamsburg", VA Rt 143. Top of ramp, right to VA Rt 143 E. Junction with Rt 5, straight, approx 2.1 miles, left on US Rt 60 E (York Street). The Best Western is on left approx 0.1 miles. Norfolk, Hampton, Newport News: I-64 W to Exit 242A, Williamsburg, VA Rt 199 W. About 1.1 miles to Exit US 60. Right to exit. Bottom of ramp, left to US 60 W. The Best Western is on the right approx 1.9 miles.

**Event Info:** Sunrise to Sunset-but walk during daylight hours. The 5 Km trail will be along the shoulder of the roads, on sidewalks, and on a wooden boardwalk to see two redoubts used in the Battle of Williamsburg during the Civil War. The 10 Km trail will be along the shoulder of the roads, on sidewalks, on a wooden boardwalk, and on a steep dirt trail with steps, roots and hills, to see three redoubts used in the Battle of Williamsburg. Use caution in icy or rainy weather since the hilly dirt trails to redoubt #2 could be muddy or slippery in inclement weather.



**Williamsburg - Warhill Trail - James City County****6/10 km Year Round Walk (2017/Y0119) 1/2/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** easy      **Pets:** Yes

**Sponsor:** AVA-0365 Virginia Vagabonds

**Contact:** Annette Tollett, ahtollett3@gmail.com, (757)814-1417, 3 Delmont Court, Hampton, VA, 23666

**Start Point:** 7-Eleven- 4840 Longhill.Rd FROM HAMPTON: Take I-64 West to Exit 242A - Route 199 W - Williamsburg (Humelsine Parkway). Follow Route 199 West for approximately 8.4 miles. Exit onto Longhill Rd (Route 612). At the top of the ramp, turn left on Longhill Rd for approximately 0.6 miles. The 7-11 is on the right at the corner of Longhill and Old Towne Rds. The box is located on the shelf across from the soda fountain.

FROM RICHMOND: Follow I-64 East to Exit 234A - Route 199 E - Lightfoot (Humelsine Parkway). Follow Route 199 E for approximately 4.0 miles. Exit onto Longhill Rd (Route 612). At the top of the ramp, turn right on Longhill Rd for approximately 0.6 miles. The 7-11 is on the right at the corner of Longhill and Old Towne Rds. . The box is located on the shelf across from the soda fountain.

**Event Info:** 7-11 open 24 hours a day. You will have to drive approximately 2-1/2 miles to start the walk. The walk will take you along the Warhill Multiuse Trail, as well sidewalks, and a short stretch along the shoulders of some neighborhood roads.

**Williamsburg - York River State Park****5 km/10 km Year Round Walk (2017/Y0686) 4/1/2017 - 9/30/2017**

Amphitheatres, Animal Safari, Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** A Award      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0365 Virginia Vagabonds

**Contact:** Annette Tollett, ahtollett3@gmail.com, (757)814-1417, 3 Delmont Court, Hampton, VA, 23666

**Start Point:** York River State Park- 9801 York River Park Rd -From I-64, take the Croaker Exit 231B. Go north on Route 607 (Croaker Rd.) for one mile, then right on Route 606 (Riverview Rd.) about one and a half miles to the park entrance. Take a left turn into the park. Drive to the end of the road at the Visitors Center. Walk box is inside the first area of the Visitors Center.

**Event Info:** The park is open daily 8 am to dusk. This walk will be along trails in York River State Park. Parking fee is \$3 during the week and \$5 on weekends. Your Virginia State Park pass is accepted by the park.

**Winchester****5 km/10 km Year Round Walk (2017/Y0590) 1/16/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Border Crossings, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Parks Centennial Challenge, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, United States Post Offices, Vice Presidential Walks, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** A Award **Strollers:** Easy **Restroom:** Yes

**Rating:** 1A **Wheelchair:** Easy **Pets:** Yes

**Sponsor:** AAA-VA Virginia Volkssport Assn.

**Contact:** D Sours, dlsours147@aol.com, (540)550-4973, 4973 Middle Rd, Winchester, VA, 22602

**Start Point:** Winchester-Frederick County Visitors Center- 1400 S Pleasant Valley Rd. (Points E: I-95/495 (Washington DC Metro Beltway) Exit 8, Rt 50 W (Arlington Boulevard). Winchester is 60 miles west. Upon entering Winchester, watch for and follow signs to Visitors Center. Turn right onto Pleasant Valley Rd and the Center is immediately on the right. From Points North: Use I-81 to Exit 313, Route 50 West. At first light, turn right. Follow signs to Visitors Center.

**Event Info:** Daily 9 a.m.-5 p.m. Closed major holidays. Route is primarily on sidewalks along city and residential streets and some natural surfaces around local park. Winchester is an independent city located in the northwestern portion of the Commonwealth of Virginia. You will pass a grist mill, the location of one of the forts George Washington built, Stonewall Jackson's Headquarters Museum and Patsy Cline's House. Directions include historical information for Winchester points of interest. This walk qualifies for the City of Winchester in Virginia Cities Program and Walking the USA-Street by Street (AL, CA, CT, IL, IN, LA, MA, ME, MS, MN, NC, ND, NH, NY, PA, SC, TN, TX, VA, VT, WA, WI, WV) .

**Woodbridge****5 and 11km Year Round Walk (2017/Y1177) 1/2/2017 - 12/31/2017**

Amphitheatres, Boardwalks, Border Crossings, Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, Trekking With the Trees, Underground Railroad, Walking America's Ports of Call, Water Towers, You'll Never Walk Alone

**Award:** A Award **Strollers:** hard **Restroom:** Yes

**Rating:** 2B **Wheelchair:** NO **Pets:** Yes

**Sponsor:** AVA-0306 Wood and Dale Wanderers

**Contact:** C Miner, celiaminer@aol.com, (571)212-0329, PO Box 2422, Woodbridge, VA, 22195

**Start Point:** Leesylvania State Park Park Office/Admin Bldg- 2001 Daniel K Ludwig Dr, Woodbridge, VA. 703-730-8205. I-95 Exit 156 E (Rt 784), to US 1 (Jefferson Davis Hwy). Right on US 1. 2nd traffic light, left to Neabsco (Rt 610) - Wawa Station/Store on left. Neabsco to Leesylvania State Park entrance on right. Start and Finish located at Park's Administrative Building past Entrance Station. Entrance Fee to enter Park. GPS: N38 35.9335', W077 15.7794'

**Event Info:** Dawn to dusk daily. Open holidays. State park pass or entrance fee required. After registering, drive to the Visitor Center to begin the walk.

**Yorktown - Battlefield****5 or 10 KM Year Round Walk (2017/Y0284) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, National Parks Centennial Challenge, National Register of Historic Places, Walking the USA A - Z

**Award:** A Award **Strollers:** Medium **Restroom:** Yes  
**Rating:** 1B **Wheelchair:** Medium **Pets:** Yes  
**Sponsor:** AVA-0142 Peninsula Pathfinders of Virginia peninsulapathfinder.org  
**Contact:** Gordon Rheinstrom, grheinstrom@gmail.com, (703)282-2916, 2 Fenwick Rd, Hampton, VA, 23651

**Start Point:** Yorktown Battlefield (Battlefield Walk) Colonial Natl Historical Pk VC- 1000 Colonial Pkwy, Yorktown 23690. From Norfolk, Hampton, Newport News: I-64 W, Exit 258B, US 17 N. Follow 17 N about 8.1 miles to stoplight at Cook Road. Right at stoplight to Cook Road (VA 704). Follow Cook Road to stop sign (about 2 miles). Left to VA 238. Proceed about 0.1 mile, turn hard right. Proceed to VC, park in parking lot. Richmond/Points N: I-64 E, Exit 242B Rt 199 E. Travel E on Rt 199 about 2 miles. Road narrows from 4 to 2 lanes. High security fence on both sides of road, water tower on left side. Pass water tower, turn right up ramp to Colonial Pkwy to stop sign (about 8.6 miles). At stop sign proceed straight across, park at VC parking lot. After registering, drive 1.0 miles to start walk. Qualifies for Virginia Cty Program walk in York Cty.

**Event Info:** Daily 9am-5pm. Closed Thanksgiving, Christmas and New Years. There is a fee to enter Yorktown. Check <http://www.nps.gov/index.htm> for fees and special events. The trail will be along the shoulder of roads through the battlefield area. The trail will follow the loop road starting at Surrender Field. The trail will go by the French Cemetery and to George Washington's Headquarters.

**Yorktown - town****5 and 11 KM Year Round Walk (2017/Y0285) 1/2/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Lady Liberty Special Program, Make a Wish at a Water Fountain, National Parks Centennial Challenge, Trekking With the Trees, Walking America's Ports of Call, Water Towers, You'll Never Walk Alone

**Award:** A Award **Strollers:** Medium **Restroom:** Yes  
**Rating:** 2B **Wheelchair:** Medium **Pets:** Yes  
**Sponsor:** AVA-0142 Peninsula Pathfinders of Virginia peninsulapathfinder.org  
**Contact:** Gordon Rheinstrom, grheinstrom@gmail.com, (703)282-2916, 2 Fenwick Rd, Hampton, VA, 23651

**Start Point:** Yorktown Battlefield (Historic Yorktown and some of the Battlefield) Colonial Natl Historical Pk VC- 1000 Colonial Pkwy Yorktown 23690. From Norfolk, Hampton, Newport News: I-64 W, Exit 258B, US 17 N, follow 17 N about 8.1 miles to stoplight at Cook Road. Right at stoplight on Cook Road(VA 704). Follow Cook Road to stop sign (about 2 miles). Left on VA 238. About 0.1 mile, hard right. Proceed to VC, park at parking lot. Richmond/Points N: I-64 E, Exit 242B Rt 199 E. Travel E on Rt 199 about 2 miles. Road narrows from 4 to 2 lanes. High security fence on both sides of road and water tower on left side. Pass water tower, turn right up ramp to Colonial Pkwy to stop sign (about 8.6 miles). At stop sign proceed straight across, park at parking lot at VC.

**Event Info:** Daily 9am-5pm. Closed Thanksgiving, Christmas and New Years. There is a fee to enter Yorktown. Check <http://www.nps.gov/index.htm> for fees and special events. Trail will be along the shoulder of roads through the battlefield area and through the Historical town of Yorktown. Parts of the walk trails are on dirt pathways.

**WASHINGTON****Aberdeen - Waterfront, Town, Hilltop****Distance 5/7/10/15/27km Year Round Walk (2017/Y0656) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, State Street Sashay, Take a Walk In a City Park, United States Post Offices, Volcanoes, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes

**Rating:** 3B      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0148 Capitol Volkssport Club [www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)

**Contact:** Mert Turner, mert0722@msn.com, (360)533-4352, POB 1565, Aberdeen, WA, 98520

**Start Point:** Best Western Plus 360-537-7460- 701 E. Heron St. Aberdeen, WA 98520 From I-5: Exit 104 and follow signs to Aberdeen. The highway will change from US 101 N., to WA-8, to US-12 W. In Aberdeen, turn left on Kansas St. (at Burger King before bridge). The hotel is straight ahead.

**Event Info:** Walk the town where Kurt Cobain spent early years. Choose from multiple distances and a variety of sights: a peaceful walk along multiple city parks and The Harbor waterfront: through town where you can see some outstanding murals and interesting quirky art; moderate stair and hill climbs to see old "timber-barron" homes, then on up for breath-taking views of The Harbor from hill-tops to see a glimpse of Mt. Rainier on a clear day. Descend down to various levels of the city via several sets of "secret stairs". ESVA: 39 counties (Grays Harbor); Womb to Tomb - school, church, city hall, courthouse; Restaurants - American, Asian, Mexican. OTSVA: antique shops, banks, city hall, libraries, monuments, waterways.

**Anacortes - Forest Lands and Downtown****6 & 11km Year Round Walk (2017/Y0512) 1/1/2017 - 12/31/2017**

Amphitheatres, Honoring Our Flag, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, United States Post Offices, Volcanoes, Walk the USA - Street by Street, Walking America's Ports of Call, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0482 NW Tulip Trekkers [www.nwtrekkers.org](http://www.nwtrekkers.org)

**Contact:** Fred/Sharon Fisher, sfisher@fidalgo.net, (360)293-7985, PO Box 1603, Mount Vernon, WA, 98273

**Start Point:** Tesoro Service Station- 2410 Commercial Avenue. Anacortes. I-5 exit Burlington. Take route 20 West and follow signs to Anacortes. Turn right on Commercial. Tesoro station is on the left at 24th. Hours 5 AM to 2 AM daily.

**Event Info:** Walk on trails through some of Anacortes pristine forest lands. Pass by historic Causland Park. Explore quaint downtown Anacortes with many shops and restaurants.

**Auburn - Downtown****5k, 10km Year Round Walk (2017/Y1808) 1/2/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0133 Sea-Tac Volkssports Club  
**Contact:** Preston Johnson, eldercounselor@comcast.net, (253)839-1892, 28414 15th Avenue S, Federal Way, WA, 98003-3150  
**Start Point:** Safeway Store AuburnDowntown Walk- 101 Auburn Way South. Take SR 167 North or South to 15th St. NW, exit eastbound to Auburn Way NE. Turn right (south). Bear left onto Auburn Way North to Safeway. From Seattle or Tacoma, take I-5 to Eastbound SR 18 to SR 167 north (Auburn/Kent) and proceed as above.  
**Event Info:** Walk downtown and surrounding area, on street sidewalks and paths through neighborhood parks. Pleasant walk in small town atmosphere.  
2011 AVA Challenges: America's Firehouses, Carnegie Library, Honoring Law Enforcement, America's Trails, Artistic Heritage. 2012 AVA Challenges: Golden Cinemas, Strutting down Mainstreet, America's Murals.  
ESVA challenges: Artwork, Statues, Mountains, Murals, Fire Station, Post Office, All Clubs, County

**Auburn - Super Mall****5 KM 10 km Year Round Walk (2017/Y0914) 1/2/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** medium      **Pets:** No  
**Sponsor:** AVA-0133 Sea-Tac Volkssports Club  
**Contact:** Preston Johnson, eldercounselor@comcast.net, (253)839-1892, 28414 15th Avenue S, Federal Way, WA , 98003-3150  
**Start Point:** Super Mall Walk - Safeway Store- 101 Auburn Way South. Take SR 167 North or South to 15th St. NW Exit, Eastbound to Auburn Way NE. Turn right (south). Bear left onto Auburn Way North to Safeway. From Seattle or Tacoma, take I-5 to eastbound SR18 to SR 167 north Auburn/Ken) and proceed as above.  
**Event Info:** Daily, dawn to dusk. Store is closed on major holidays. Trail is rated 1 and is suitable for strollers and wheelchairs. Walk on paved sidewalks and inside Super Mall in Auburn.

**Auburn - White River Trail and Parks****5k,10k Year Round Walk (2017/Y1451) 1/1/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Honoring Our Flag, Points of Reference, Take a Walk In a City Park, Volcanoes, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0754 Over-The-Hill-Gang Volkssport Club [www.theoverthehillgang.net/](http://www.theoverthehillgang.net/)  
**Contact:** Betty Hellers, RNHellers@comcast.net, (253)939-4798, 2829 U Street SE, Auburn, WA, 98002  
**Start Point:** Shell Gas Station- 2802 Auburn Way S. From I-5, exit to eastbound Hwy 18. Take Enumclaw/Hwy 164 exit from Hwy 18. Stay in left lane, go up the hill approximately 2 miles. Gas station is on the left just past the Muckleshoot Casino. After signing register and waiver, you will drive to walk start.  
**Event Info:** Walk on paved trails through Game Farm Park, past disc golf course to Ballard and Roegner Parks. The walk goes along the White River in King County.

**Bainbridge Island - Exploring Bainbridge Island****5/11km Year Round Walk (2017/Y1736) 1/2/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Volcanoes, Walk the USA - Street by Street, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 3B      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0384 Interlaken Trailblazers Volkssport Club [www.interlakentrailblazers.org](http://www.interlakentrailblazers.org)

**Contact:** Shirley Lindberg, [salindberg@centurylink.net](mailto:salindberg@centurylink.net), (425)226-3484, 3610 Park Ave N, Renton, WA, 98056

**Start Point:** Island Fitness- 190 Madison Ave. N. From Highway 305 and Winslow Way, go west on Winslow Way .3 mi. to first stop sign, turn right. Island Fitness is the second building on right. Approximately 1/2 mile from ferry. Start Box is located behind counter.

**Event Info:** M-F: 4:00 a.m.-10:00 p.m., Sat: 6:00a.m.-9:00 p.m., Sun: 7:00a.m.-8:00p.m. Closed major holidays. A walk through the historic town of Bainbridge Island and residential neighborhoods on country roads, sidewalks and trails. Enjoy great views of mountains, the sound and the Seattle skyline. Restrooms on route. Pets OK on leash but not in buildings. 5K rated 2B.

ESVA: County-Kitsap, City Park, Womb to Tomb, Restaurants; OTSVA: 4E's (Emergency, Engines, Entertainment, Eyes), Banks, Barbershops, Bicycle Shops, Docks, Worldwide Coasts

**Battle Ground - Battle Ground South****6 and 10km Year Round Walk (2017/Y0781) 1/2/2017 - 12/30/2017**

Honoring Our Flag, Ice Cream Parlors, Take a Walk In a City Park, United States Post Offices, Volcanoes

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0557 Vancouver USA Volkssporters [www.vancouverusavolkssporters.org](http://www.vancouverusavolkssporters.org)

**Contact:** Dick Baker, [dickbkr@q.com](mailto:dickbkr@q.com), (360)573-6048, P. O. Box 2121, Vancouver, WA, 98668-2121

**Start Point:** Safeway Store- Safeway is located on the corner of SR 503 and 219th (Main Street). From I-5 north or south take the Battle Ground exit and follow the signs to Battle Ground. Ask for the Start Box at Customer Service.

**Event Info:** The Battle Ground South route is mainly on residential sidewalks and city streets and goes into 2 small shopping malls - one of which has many bronze statues. It passes through a Kiwanis City Park that has a brand new large Veteran Memorial.

**Battle Ground - Greenways - North****5 and 10K Year Round Walk (2017/Y0398) 1/2/2017 - 12/30/2017**

Honoring Our Flag, Ice Cream Parlors, Lakes and Reservoirs, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, United States Post Offices, Volcanoes

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0557 Vancouver USA Volkssporters [www.vancouverusavolkssporters.org](http://www.vancouverusavolkssporters.org)

**Contact:** Dick Baker, [dickbkr@q.com](mailto:dickbkr@q.com), (360)573-6048, P. O. Box 2121, Vancouver, WA, 98668-2121

**Start Point:** Safeway Store- Safeway is located on the corner of SR 503 and 219th (Main Street). From I-5 north or south take the Battle Ground exit and follow the signs to Battle Ground. Ask for the Start Box at Customer Service.

**Event Info:** This route (revised in 2016) takes you on many peaceful paved walking trails through one of the newest neighborhoods in Battle Ground. One of the parks is a small cedar forest, another has three well populated duck ponds.

**Bayview - Padilla Bay Shore****5/10k Year Round Walk (2017/Y1801) 1/1/2017 - 12/31/2017**

Points of Reference, Volcanoes, Walk the USA - Street by Street, Walking the Path of Inventions

**Award:** IVV Credit Only **Strollers:** Medium **Restroom:** Yes**Rating:** 1A **Wheelchair:** None **Pets:** Yes**Sponsor:** AVA-0482 NW Tulip Trekkers [www.nwtrekkers.org](http://www.nwtrekkers.org)**Contact:** Fred & Sharon Fisher, [sfisher@fidalgo.net](mailto:sfisher@fidalgo.net), (360)293-7985, P.O Box 1603, Mount Vernon, WA, 98273**Start Point:** Farm House Restaurant- 13724 LaConner/Whitney Road. 1-5 Exit Burlingtn, exit 230 to Hwy 20 West. Follow signs toward Anacortes. Turn left at stop light toward LaConner. Take an immediate right into the Farmhouse parking lot. Start box is just inside the entry. Hrs. 7 AM-9 PM daily,**Event Info:** Drive 3.3 miles to begin the walk. Driving directions are on walk directions. There is a parking lot available with a porta potty. The walk will take you through the Bayview State Park, walking to the beach and then back to Padilla Bay Shore Trail. The trail is along the Puget Sound with beautiful views. You may see eagles, herons, seals, etc. Walk 3.4 k to the end of this trail. There is a porta potty here. You then reverse directions and return to your car.**Belfair - Theler Wetlands and Pacific Salmon Center Walk****10K, 5K Seasonal Walk (2017/Y0189) 2/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Trekking With the Trees

**Award:** IVV Credit Only **Strollers:** NO **Restroom:** Yes**Rating:** 1B **Wheelchair:** NO **Pets:** No**Sponsor:** AVA-0148 Capitol Volkssport Club [www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)**Contact:** Sheila Morrison, [sheila.morrison@comcast.net](mailto:sheila.morrison@comcast.net), (360)923-5381, 6634 Milano Ct SE, Olympia, WA, 98513**Start Point:** Belfair Safeway- 23961 NE State Route 3, Ste B, Belfair, WA 98528. (360) 275-0922. From I-5 in Tacoma, take Hwy 16 West (Bremerton/Gig Harbor) crossing the Tacoma Narrows toll bridge and stay on Hwy 16 for 26 miles. Take the exit on the left toward WA-3 (S/Belfair/Shelton) and follow WA-3 into Belfair. Safeway is on the right in Belfair about 0.1 miles past NE Creelman Rd. Ask for walk box at the customer service desk.**Event Info:** Walk through the Theler Wetlands Nature Preserve and the grounds of the adjacent Pacific Salmon Center in Mason County. This walk explores a wildlife-rich estuary at the farthest reaches of fjordlike Hood Canal. More info at <http://www.wta.org/go-hiking/hikes/mary-e-theler-wetlands-nature-preserve>. The Mary E Theler Community Center and Wetlands is a gift to the community a bequest to the North Mason School District. It is maintained by dedicated volunteers, a small staff and many community minded partners. A donation box is located on the right as you enter the wetlands.

**Bellevue - Art, Parks and Views****Distance 6K 10K 20K Year Round Walk (2017/Y1220) 1/2/2017 - 12/31/2017**

Honoring Our Flag, Lakes and Reservoirs, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Volcanoes, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0384 Interlaken Trailblazers Volkssport Club [www.interlakentrailblazers.org](http://www.interlakentrailblazers.org)  
**Contact:** Sharon Moats, [s.moats@comcast.net](mailto:s.moats@comcast.net), (425)235-0528, 2815 Lincoln PI NE, Renton, WA, 98056

**Start Point:** Quality Food Center (QFC)- 10116 NE 8th Street, Bellevue, WA. (opposite Nordstrom side of Bellevue Square) Directions to QFC: Northbound I 405: Take Exit 13B to NE 8th Street West. At the end of the off ramp move 2 lanes to left. Stay in that lane on NE 8th until 2nd light past Bellevue Way - turn right into QFC. Southbound I 405: Take Exit 13B West NE 8th Street - When you turn the corner on the off ramp move to the middle lane. Stay in that lane until 2nd light past Bellevue Way - turn right into QFC. Start box at Customer Service desk. Suggest parking at Bellevue Square Parking Garage. QFC is sometimes monitored for non customers.

**Event Info:** Daylight hours 7day/wk. Limited hours Thanksgiving, closed Christmas. Beautiful walk through parks, landscapes, artwork through downtown Bellevue. Wonderful views from Meydenbauer Beach and other places along the route. Loop 2 adds another 10K through South Parks and Trails. Do one or both.

**Bellevue - Bellevue Botanical Gardens/Kelsey Creek Farm****5K/10K Year Round Walk (2017/Y0991) 1/2/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Trekking With the Trees

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0384 Interlaken Trailblazers Volkssport Club [www.interlakentrailblazers.org](http://www.interlakentrailblazers.org)  
**Contact:** Patricia Ryan, [mzewe@comcast.net](mailto:mzewe@comcast.net), (425)641-9456, 4017 181st Ave SE, Bellevue, WA, 98008

**Start Point:** QFC (Quality Food Center)- 1510 145th PL SE.  
 I-90 EASTBOUND: Exit #11B (148th Ave SE). Continue to SE 16th St. LEFT to first traffic light. QFC on RIGHT. Start box located on top of REDBOX machine.

**Event Info:** NEW walk route for this event in 2016. Walk on gravel paths, forest trails, road shoulders, and sidewalks through the Bellevue Botanical Garden, Kelsey Creek Park, Wilburton Hill Park, and residential neighborhoods. Nature at its best. Sorry dogs are not allowed in the Botanical Gardens.

**Bellevue - Bellevue's Undiscovered Parks****6K ; 10K Year Round Walk (2017/Y1989) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0249 FS Family Wanderers  
**Contact:** Franja Bryant, [franjabryant@hotmail.com](mailto:franjabryant@hotmail.com), (425)562-0353, 2436 129th Ave SE, Bellevue, WA, 98005

**Start Point:** Extended Stay America-Homestead Suites - Bellevue/Redmond- 15805 NE 28th St. Bellevue/Redmond. I-405: Exit SR 520 East toward Redmond. Take the 148th Ave. NE South exit. Take first LEFT onto NE 24th St. LEFT on 156th Ave. NE. RIGHT on 28th St. Homestead Suites is on the RIGHT.

**Event Info:** Discover several of Bellevue's wooded and well-maintained pocket parks, plus the larger Crossroads Park that includes a water play/spray area for kids with an Orca fountain. (See if you can find the sea serpent there too.) Nice view of Lake Sammamish and Tiger Mountain at one point. Walk on paved walkways and wooded trails, but watch for tree roots in a couple of places. (6K is rated 1-B)



**Bellevue - Lake Hills Greenbelt and Parks****12K/7K Year Round Walk (2017/Y1030) 1/2/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Lakes and Reservoirs, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Trekking With the Trees

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0384 Interlaken Trailblazers Volkssport Club [www.interlakentrailblazers.org](http://www.interlakentrailblazers.org)

**Contact:** Patricia Ryan, [ryanpatricia07@gmail.com](mailto:ryanpatricia07@gmail.com), (425)641-9456, 4017 181st Ave SE, Bellevue, WA, 98008

**Start Point:** QFC (Quality Food Center)- 1510 145th PL SE.  
I90 EASTBOUND: Exit #11B (148th Ave SE). Continue to SE 16th St. LEFT to first traffic light. QFC on RIGHT. Start box is on top of the REDBOX machine.

**Event Info:** NEW walk route for this event in 2016. Walk on asphalt trails and gravel path through Lake Hills Greenbelt, Robinswood Park, and quiet residential areas. See a variety of wildlife and waterfowl. 7K is a shorter route and visits Phantom Lake with a 1B rating.

**Bellingham - Bellingham NE - Bloedel Donovan Park Whatcom Falls****10/15 km Year Round Walk (2017/Y1268) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, Points of Reference, Take a Walk In a City Park, Walk the USA - Street by Street, Walking America's Ports of Call, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0482 NW Tulip Trekkers [www.nwtrekkers.org](http://www.nwtrekkers.org)

**Contact:** Tom Stabile/Margaret Quick, [tandmwa@frontier.com](mailto:tandmwa@frontier.com), (360)966-2346, PO Box 1603, Mt Vernon, WA, 98273

**Start Point:** Haggen Food and Pharmacy - Barkley Village.- 2900 Woburn. From South or North, take: I-5 Exit 255 for Rt542/Sunset Drive. After exit, northbound turn right; southbound turn left onto Sunset Drive. Proceed 4-5 blocks. At Woburn Avenue, turn right and go a few blocks to Haggen. Open 6 am - 11 pm daily

**Event Info:** Walk through residential areas to Bloedel Donovan Park on trails around wooded Whatcom Falls park with views of Bellingham and the San Juan Islands from the Alabama St. Bridge. The trails are prepared and maintained on a gravel base. Ideal for walkers using walking poles. Restrooms at start/finish and in the parks along the way.

**Bellingham - Bellingham NW/Marina****10/15k Year Round Walk (2017/Y0929) 1/1/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Volcanoes, Walk the USA - Street by Street, Walking America's Ports of Call, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0482 NW Tulip Trekkers [www.nwtrekkers.org](http://www.nwtrekkers.org)

**Contact:** Tom Stabile/Margaret Quick, [tandmwa@frontier.com](mailto:tandmwa@frontier.com), (360)966-2346, PO Box 1603, Mt. Vernon, WA, 98273

**Start Point:** Haggen Food and Pharmacy- 2814 Meridian St., Bellingham. From I-5 take exit 255 Sunset Drive/Mt Baker. Drive west on Sunset Drive. Turn right on W. Illinois. Left into Haggens parking lot. Walk box is located in the cabinet in front of the customer service desk or ask at customer service desk for the walk box. Store open 6am-11pm daily.

**Event Info:** Walk through wonderful historical neighborhoods, the marina, Lower Whatcom falls, fish hatchery, by the newly renovated Theatre Guild bldg. and views of Bellingham Bay. Restrooms start/finish and along the way.

**Bellingham - Bellingham-Cordata Neighborhood****10 k Year Round Walk (2017/Y1713) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Make a Wish at a Water Fountain, Take a Walk In a City Park, Volcanoes, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** No  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0482 NW Tulip Trekkers www.nwtrekkers.org  
**Contact:** Tamara Belts, sisa98225@yahoo.com, (360)220-2111, PO Box 1603, Mt. Vernon, WA, 98273

**Start Point:** Community Food Co-op, Cordata- 315 Westerly Rd. open 7:00 am to 9 pm closed most major holidays. Driving southbound take exit 258, Bakerview exit, left over I-5, left on Eliza Ave., right on Westerly Rd. right into the co-op parking lot. Northbound take exit 256 B, left on Bellis Fair Pkwy, pass Target and left on Eliza Ave. Cross Bakerview, right on Westerly Rd. Right into the co-op parking lot. Due to limited parking. Please move your car to one of the College parking lots or one of the nearby store parking lots after registering.

**Event Info:** Walk on city sidewalks, wooded trails, through residential neighborhoods, a new city park, and the campus of Whatcom Community College.

**Bellingham - Fairhaven - Interurban Trail****Distance 10/20 km Year Round Walk (2017/Y0509) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Walking America's Ports of Call, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0482 NW Tulip Trekkers www.nwtrekkers.org  
**Contact:** Norm Colon, ng.colon@yahoo.com, (360)393-5054, PO Box 1603, Mount Vernon, WA, 98273

**Start Point:** Fairhaven Runners and Walkers Shoe Store- 1209 11th St. Take Fairhaven Pkwy W. (I-5 Exit 250). Turn right on 12th Street, left on Harris Ave., right on 11th. Store is on the right. Walk box is located in the rear right of the store. Store hours M - Sat 10-7 and Sun 11-5. Closed New Years, Christmas, and Easter.

**Event Info:** Walk through historic Fairhaven to the Interurban Trail. The full trail is seven miles long and runs through parks and wooded areas south of Fairhaven. Return through Fairhaven Park. Lots of restaurants near start/finish.

**Bellingham - Fairhaven - Sehome Arboretum****5/12km Year Round Walk (2017/Y0365) 1/1/2017 - 12/31/2017**

Boardwalks, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Trekking With the Trees, Walk the USA - Street by Street, Walking America's Ports of Call, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0482 NW Tulip Trekkers www.nwtrekkers.org  
**Contact:** Norm Colon, ng.colon@yahoo.com, (360)393-5054, PO Box 1603, Mount Vernon, WA, 98273

**Start Point:** Fairhaven Runners and Walkers- 1209 11th St. Take Fairhaven Pkwy W. (I-5 Exit 250). Turn right on 12th Street, left on Harris Ave., right on 11th. Store is on the right. Walk box in back right corner of store. Store hours M - Sat 10-7 and Sun 11-5. Closed New Years, Christmas, and Easter.

**Event Info:** This is a walk through historic Fairhaven and the wooded trails of Connelly Creek and Sehome Arboretum adjoining the Western Washington University campus. You return along a paved waterfront path and through a park with wonderful views of Bellingham Bay. On Saturdays April through September walk through the Farmers Market. Restaurants. Restrooms available at start/finish and along route.

**Bellingham - Lake Whatcom Trail****5/10km Year Round Walk (2017/Y1119) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Lakes and Reservoirs, Points of Reference,  
Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0482 NW Tulip Trekkers [www.nwtrekkers.org](http://www.nwtrekkers.org)  
**Contact:** Tom Stabile/MargaretQuick, [tandmwa@frontier.com](mailto:tandmwa@frontier.com), (360)966-2346, PO Box 1603, Mt Vernon, WA, 98273

**Start Point:** Haggen Food and Pharmacy-Barkley Village- 2900 Woburn. From South or North, take: I-5 Exit 255 for Rt542/Sunset Dr. After exit, northbound turn right; southbound turn left onto Sunset Drive. Proceed 4-5 blocks. At Woburn Avenue, turn right and go a few blocks to Haggen Note that you must register and drive to trailhead. Driving directions are included with walk directions. Open 6am - 11pm daily.

**Event Info:** Lake Whatcom Trail (also known as the Hertz Trail) is a former railroad bed located in a completely wooded area with great views along the north shore of Lake Whatcom. Parking lots for general public and special needs people at trailhead. The trail is prepared and maintained on a gravel base. Ideal for walkers using walking poles. Restroom available at start/finish only.

**Bellingham - Northridge-Big Rock Garden****10 k Year Round Walk (2017/Y1404) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Points of Reference, Take a Walk In a City Park, Walk the USA -  
Street by Street, Walking America's Ports of Call, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 2C      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0482 NW Tulip Trekkers [www.nwtrekkers.org](http://www.nwtrekkers.org)  
**Contact:** Tom and Margaret, [tandmwa@frontier.com](mailto:tandmwa@frontier.com), (360)966-2346, PO Box 1603, Mount Vernon, WA, 98273

**Start Point:** Haggen's Food and Pharmacy-Barkley Village2900 Woburn St.- From I-5, exit 255 Sunset Dr/Mt. Baker SR 542 Northbound turn right, southbound turn left. Drive 5 blocks, right on Woburn St. Left on Newmarket. Walk box on your left as you enter the store.

**Event Info:** Walk on Klipson trail to forested Northridge Park and Big Rock Garden (sculpture) and back on the Railroad trail with views from the Alabama St. Bridge.

**Bellingham - Northwest****5/10/15 km Year Round Walk (2017/Y1142) 1/1/2017 - 12/31/2017**

Boardwalks, Honoring Our Flag, National Register of Historic Places, Points of Reference,  
Trekking With the Trees, Volcanoes, Walk the USA - Street by Street, Walking America's  
Ports of Call, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0482 NW Tulip Trekkers [www.nwtrekkers.org](http://www.nwtrekkers.org)  
**Contact:** Tom Stabile/MargaretQuick, [tandmwa@frontier.com](mailto:tandmwa@frontier.com), (360)966-2346, PO Box 1603, Mt Vernon, WA, 98273

**Start Point:** Haggen Food and Pharmacy- 2814 Meridian. From I-5 North, take exit 256, Bellis Fair and turn left onto Meridian to start point. From I-5 South, take exit 256 and turn right on Meridan to store. Walk box is in the small cabinet in front of the Customer Service area or ask for walk box at Customer Service desk. Open 6 am - 11 pm daily.

**Event Info:** Walk through Historical residential neighborhoods, 5 parks, Bellingham Vocational College and on trails in northwest Bellingham. Fabulous old homes with a couple of mansions along the way. Restrooms at start/finish and along the way.

**Blaine - Peace Arch Walk****5&10K Year Round Walk (2017/Y1679) 1/1/2017 - 12/31/2017**

Amphitheatres, Boardwalks, Border Crossings, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Parks Centennial Challenge, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Volcanoes, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0482 NW Tulip Trekkers [www.nwtrekkers.org](http://www.nwtrekkers.org)

**Contact:** Lynne Ince, [lynne.ince@yahoo.com](mailto:lynne.ince@yahoo.com), (360)778-3134, PO Box 1603, Mt. Vernon, WA, 98273

**Start Point:** Big Al's Diner- Big Al's Diner- 234 D St. Blaine, WA 98230 Driving north take Blaine exit # 276 thru round-about and exit on 2nd St. Big Al's is in front of you. From the north. Cross the border at the Peace Arch crossing and exit at the first Blaine exit. Drive thru the first round-about drive under I-5. At the 2nd round-about exit on 2nd St. Big Al's is in front of you.

**Event Info:** Walk thru the Peace Arch Park, Blaine Marine park, pier, boat docks, downtown and residential areas of Blaine. Great views of White Rock, Semiahmoo, Mt. Baker, Pt. Roberts and Drayton Harbor along the way.

**Bothell - Town and Trail****5/10km Year Round Walk (2017/Y1687) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, United States Post Offices, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0384 Interlaken Trailblazers Volkssport Club [www.interlaken-trailblazers.org](http://www.interlaken-trailblazers.org)

**Contact:** Lisa Morin, [lisa\\_walking@yahoo.com](mailto:lisa_walking@yahoo.com), (425)478-8381, 909 241st PI SW, Bothell, WA, 98021

**Start Point:** Quality Food Center (QFC)- 18921 Bothell Way, Bothell WA 98011  
I-405 Northbound: Exit #23 SR 522 west to Bothell. Drive to SR527 (Bothell Way)  
Turn Right to NE 188th St. LEFT on NE 188th St. RIGHT into QFC Parking Lot. I-405 Southbound: Exit #23B. Continue as above.

**Event Info:** Daily 24 hours open 365 days. Check holiday hours. Pleasant relatively easy walk on the paved Sammamish River Trail in King County, the wetlands, through parks, past the Library, around the Bothell-Town-loop with historic markers through downtown and around the University of Washington Bothell, Cascadia College and Pioneer Cemetery. Stores, restaurants and restrooms are along the route. Great restaurants on Main St and the Hillcrest Scandinavian Bakery is near the end of the walk. 2 WPA sites are on this walk. The Historic Anderson School (soon to be a McMinnimans Restaurant) and the original city hall were built under WPA/New Deal funding and labor.

**Bremerton - Waterfront****5/10km Year Round Walk (2017/Y1689) 1/1/2017 - 12/31/2017**

Fraternal Organizations, Honoring Our Flag, Make a Wish at a Water Fountain, Take a Walk In a City Park, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0336 Daffodil Valley Volkssport Association [www.daffodilvalleyvolkssport.com](http://www.daffodilvalleyvolkssport.com)  
**Contact:** Don Whitt, whittjdj@comcast.net, (253)509-0804, 5604 155th St Ct NW, Gig Harbor, WA, 98332

**Start Point:** CJ's Evergreen General Store (drive & park) or Alternative Start - Fraiche Cup (ferry walk-ons)- CJ's Evergreen General Store 1417 Park Ave.; From North or South on SR3, take Kitsap Way exit. Follow Kitsap Way to 11th St. Left on 11th to Park Ave. Left on Park Ave to Evergreen Park. Parking in Evergreen Park and CJ's is across Park Ave. From the Bremerton Ferry, exit tunnel and turn RIGHT on Park Ave. Park at Evergreen Park parking lot and walk across the park and Park Ave. to CJ's. ALTERNATE STARTING POINT: Fraiche Cup (coffee shop), 120 Washington Avenue. Walk-on ferry riders may cross over Washington Avenue, register and begin the walk from the "Fraiche Cup". Start Box behind counter at both locations.

**Event Info:** CJ's start times: Daily 10:00 a.m.-6:00 p.m., 10:00-7:30 p.m. Thursdays, extended summer hours. Closed major holidays. Fraiche Cup start times: M-F 4:30am-6:00 pm. Sat 7:00am-6:00pm, Sun. 8:00am-5:00pm, except Christmas and New Years. The walk includes the Bremerton waterfront area, Harborside Fountain park with many museums and art galleries. Mainly on city streets, you visit several attractive parks and cross two bridges.  
 ESVA: County-Kitsap, Bakeries, City Parks, Clock Towers (10K only), Fire Stations, Post Offices, Restaurants.  
 OTSVA: 4D's, 4E's (Entertainment; Emergency 5K Downtown), Antique Shops, Arenas, Banks, Barber Shops, City Halls, Firehouses, Flowers, Monuments, Mountains, Murals, Museums, Watering Holes, Waterways, Worldwide Coastlines

**Buckley - Trail and Town****10km/5km Year Round Walk (2017/Y0963) 1/1/2017 - 12/31/2017**

Fraternal Organizations, Honoring Our Flag, United States Post Offices, Volcanoes, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0336 Daffodil Valley Volkssport Association [www.daffodilvalleyvolkssport.com](http://www.daffodilvalleyvolkssport.com)  
**Contact:** Diane Wagner, dianeswagner@comcast.net, (253)875-3064, 32506 Meridian East, Graham, WA, 98338

**Start Point:** Arrow Lumber and True Value Hardware- 28280 Hwy 410. SR410 east to Buckley. Arrow Lumber & Hardware is on the right before you enter the main part of town. Registration materials by the piano and restrooms. Drive to start.

**Event Info:** M-F 7a-6p. Sat. 8a-5p. Sun 9a-4p. Closed holidays. Walk on the Buckley stretch of the Foothills Trail, through downtown on city sidewalks, a new residential development, the Pioneer Cemetery, the log show arena and Loggers Memorial. Loggers Festival last weekend in June. Although pets are allowed on leash, pitbulls are not allowed by city statute. WSC: Restaurants.

**Burien - Stroll the Old and New****5K, 10K Year Round Walk (2017/Y1861) 1/2/2017 - 12/31/2017****Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes**Rating:** 2B      **Wheelchair:** hard      **Pets:** Yes**Sponsor:** AVA-0133 Sea-Tac Volkssports Club**Contact:** Fran Carson, fran55carson@gmail.com, (206)788-7969, P.O. Box 25101, Federal Way, WA, 98093**Start Point:** Safeway Store, Burien138 South 148thBurien, WA- From I-5: North or South: Take 518 West to BurienAt end of Freeway you will be at intersection with 1st Avenue South. Continure Straight.Safeway will be about one block on your right.**Event Info:** Walk on side walks, park paths, and road shoulders.. Come see the new and old Burien. Lots of new restaurants and stores to explore. Views of Lake Burien and Puget Sound. WA Start box located at Customer Service Counter**Burlington - Downtown and Skagit River Walk****5/10K Year Round Walk (2017/Y1277) 1/1/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Food For Thought, Honoring Our Flag, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Volcanoes, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes**Sponsor:** AVA-0482 NW Tulip Trekkers www.nwtrekkers.org**Contact:** Joe Pepia , pepia46@comcast.net, (360)899-5311, PO Box 1603, Mount Vernon, WA, 98273**Start Point:** Haggens Market- 757 Haggen Drive, Burlington, WA 98233. I-5 Exit 230 Right onto SR 20, Right onto Haggen Drive. Start box is in a two-drawer wooden file cabinet. Register and drive 2 miles to start. Driving directions to start on walk directions.**Event Info:** Walk on the dike bordering the Skagit River and through the old business district including small shops and nice restaurants and a restored train station. Start box is a two-drawer wooden file cabinet. Register and drive 2 miles to start. Restrooms at start, at Skagit River Park and behind the Chamber office in the restored RR station downtown (open at 10am). 7am to Dusk (park gates closed and cars can't get out). Closed Christmas Eve and Christmas day.**Camas - Lacamas Heritage Trail****6/10/11km Year Round Walk (2017/Y0364) 1/1/2017 - 12/30/2017**

Bridges - Spanning the USA, Points of Reference, Take a Walk In a City Park, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes**Rating:** 1B      **Wheelchair:** medium      **Pets:** Yes**Sponsor:** AVA-0551 All Weather Walkers www.allweatherwalkers.org/**Contact:** Tom Baltes, tlbates@aol.com, (505)298-1256, PO Box 241, Vancouver, WA, 98666**Start Point:** Lakeside Chalet Restaurant, - 3533 NE Everett Street. From I-5 or I-205, take SR-14 East, then Exit 10, SE 192nd Ave. LEFT at end of ramp and follow 192nd Ave. to SE 1st Street (Camas). RIGHT on 1st, which becomes NW Lake Road. LEFT on NE Everett Street and Chalet is about two blocks distance on left. Please do not park in the restaurant's customer parking area.**Event Info:** 6:30am-2pm daily. REMOTE START; register and drive one-half mile to begin the walk. Route is on Heritage Trail, a lovely wooded nature path meandering through old growth trees, native plants and seasonal wildflowers. Walk beside beautiful Lacamas Lake and Camas Meadows Golf Course, located in eastern Clark County and straddling the border between Vancouver and Camas. Fine gravel, wood chips, and paved paths. After registering, drive one-half mile to the start point, then walk peaceful Heritage Trail from end to end and back again. Restrooms and water at registration, start/finish point, and halfway turnaround. Suitable for strollers and wheelchairs.

**Camas - Three Lakes****5/10km Seasonal Walk (2017/Y1460) 4/1/2017 - 9/30/2017**

Boardwalks, Bridges - Spanning the USA, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Walk the USA - Street by Street, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0551 All Weather Walkers [www.allweatherwalkers.org/](http://www.allweatherwalkers.org/)  
**Contact:** Tom Baltes, [tlbaltes@aol.com](mailto:tlbaltes@aol.com), (505)298-1256, PO Box 241, Vancouver, WA, 98666-0241

**Start Point:** Lakeside Chalet Restaurant - 3533 NE Everett Street. From I-5 or I-205, take SR-14 East, then Exit 10, SE 192nd Ave. LEFT at end of ramp and follow 192nd Ave. to SE 1st Street (Camas). RIGHT on 1st, which becomes NW Lake Road. LEFT on NE Everett Street and Chalet is about two blocks distance on left. Please do not park in the restaurant's customer parking area.

**Event Info:** 6:30am-2pm daily. Closed major holidays. Hilltop and lakeside neighborhoods connect forested parks on nature paths and some rough trails along the shores of Lacamas and Round Lakes, and above Fallen Leaf Lake, part of Camas newest park. A rocky/tree-rooted forested path downhill from above Fallen Leaf Lake offers beautiful views of this little-known gem through the forested canopy. Hiking shoes and poles will help you navigate the 10km hike. An easier 5km is on smoother paths near or beside all the lakes. No strollers or wheelchairs on the 10km route, and 5k strollers may have difficulty across the narrow Round Lake Dam and fish wheel. Not suitable for wheelchairs.

**Cashmere - Town****5K and 10K Seasonal Walk (2017/Y0319) 4/1/2017 - 11/15/2017**

Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0360 Central Washington Sun Striders  
**Contact:** Duane Russell, [duanepat@nwi.net](mailto:duanepat@nwi.net), (509)548-4084, 10555 Fox Road, Leavenworth, WA, 98826

**Start Point:** Martin's Market Place- 130 Tichenal Way, Cashmere 98815 (509-782-3801). From Seattle on Hwy 97/2 at light at Cotlets Way turn right, then immediately left onto Tichenal Way to Martin's Market. From Wenatchee on Hwy 97/2 turn left at light at Cotlets Way, continue per above to Martin's Market. Walk box is by deli counter, on the left in window ledge.

**Event Info:** Walk through the "City of Many Trees," along the Wenatchee River to city park and through residential areas. Route passes through Riverside Park, home of The 9/11 Spirit of Memorial, containing artifacts of the Twin Towers and Pentagon facade. Downtown is home of Applets and Cotlets Candies--stop in for free samples! Wheelchairs not advised due to travel on road shoulders and one moderate hill.

**Castle Rock - Town and Country****11km, 5km option Year Round Walk (2017/Y1468) 1/1/2017 - 12/31/2017****Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes**Sponsor:** AVA-0530 Border Crossers [www.longviewbordercrossers.org](http://www.longviewbordercrossers.org)**Contact:** Sam Korff, [korff.sam@wildblue.net](mailto:korff.sam@wildblue.net), (503)728-0400, 74890 Palm Creek Rd, Clatskanie, OR, 97016**Start Point:** Mt St Helens Motel- 1340 Mt St Helens Way, NE. I-5 Exit #49. Southbound turn left, northbound turn right on St Helens Way. Motel is on the right.**Event Info:** Mt St Helens Motel - Daily 8 to dusk. You must drive 2 miles to start point. Box at registration desk. Walk on trails, country roads and downtown. Motel will give walkers AAA rate. After registering, drive to trailhead to start walk. Walk also passes the Castle Rock Public Library**Cathlamet - Historic****6/10 km Year Round Walk (2017/Y1601) 1/1/2017 - 12/31/2017****Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes**Rating:** 1B      **Wheelchair:** None      **Pets:** Yes**Sponsor:** AVA-0530 Border Crossers [www.longviewbordercrossers.org](http://www.longviewbordercrossers.org)**Contact:** Sam Korff, [korff.sam@wildblue.net](mailto:korff.sam@wildblue.net), (503)728-0400, 74890 Palm Creek Rd, Clatskanie, OR, 97016**Start Point:** Cathlamet, WA- From I-5, take Exit 36 at Longview, WA and follow SR432 into Longview. Follow signs toward SR 4 and Long Beach, WA. At SR4, turn left (west) and drive approximately 25 miles to Cathlamet, WA. Turn left at the sign into Cathlamet and onto Main St. Go 3 blocks to Cathlamet Market on the left. Restrooms at County Courthouse across the street and along the walk.**Event Info:** Walk through historic Cathlamet, through two parks, past a museum, across a wetland, through a Pioneer Cemetery and across the Cathlamet Channel of the Columbia River for a walk in the country on Puget Island. County seat of Wahkiakum County.**Centralia - Historic****10K / 5K Year Round Walk (2017/Y0957) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking the Path of Inventions

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes**Rating:** 1B      **Wheelchair:** None      **Pets:** Yes**Sponsor:** AVA-0148 Capitol Volkssport Club [www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)**Contact:** Bonnie Tucker, [bonniedale@comcast.net](mailto:bonniedale@comcast.net), (360)491-4767, 8230 Walnut Rd NE, Olympia, WA, 98516**Start Point:** Safeway Food & Drug Centralia- 1129 Harrison Ave. Centralia, WA. From I-5 Northbound: Take Exit 82. Turn left on Harrison Ave. Drive two blocks. Safeway is on the left. From I-5 Southbound: Take Exit 82. Turn right on Harrison Ave. Drive two blocks. Safeway is on the left. Walk Box is located at Customer Service counter.**Event Info:** Tour historic neighborhoods and a city center full of antique shops. Also enjoy trails of Fort Borst and Riverfront Parks. You will walk mainly paved sidewalks, as well as some bark paths in this historic town, located halfway between Seattle and Portland



**Chehalis - Willapa Trail****Distance 5/10/21k Year Round Walk (2017/Y0356) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Volcanoes

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes

**Sponsor:** AVA-0148 Capitol Volkssport Club [www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)**Contact:** Bonnie Tucker, [bonniedale@comcast.net](mailto:bonniedale@comcast.net), (360)491-4767, 8230 Walnut Rd NE, Olympia, WA, 98516**Start Point:** Holiday Inn Express & Suites- 730 NW Liberty Place, Chehalis, WA. From I-5 Northbound: Take Exit 77. Turn right. After northbound freeway entrance, take immediate left into Liberty Place. From I-5 Southbound: Take Exit 77. Take left over freeway. After northbound freeway entrance, take immediate left into Liberty Place. Ask for walk box at registration counter.**Event Info:** Drive 1.4 miles from start point to trail head. Driving directions printed on walk directions. Come celebrate a wonderful work in progress, the process of converting a 56 mile rail-trail. This path takes you over two century-old trestles and provides peaceful country scenes and a view of Mt. Rainier on clear days. In the summer you may see local kids at their favorite swimming hole. Listen for the whistle of the steam train in the distance. Veterans Memorial Museum and steam train ride near trail head.**Chelan - Town****5K/10km Seasonal Walk (2017/Y1974) 4/1/2017 - 10/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Walking the USA A - Z, Water Towers

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0360 Central Washington Sun Striders**Contact:** Duane Russell, [duanepat@nwi.net](mailto:duanepat@nwi.net), (509)548-4084, 10555 Fox Road, Leavenworth, WA, 98826**Start Point:** Chelan Shell Foodmart- 301 East Woodin Ave; Chelan WA 98816 From Wenatchee: take Hwy 97A north to Chelan. Continue over the new bridge for 3 blocks. Shell Foodmart is on the left. Ask cashier for walk box location.**Event Info:** The walk takes you thru downtown and along park at fjord-like Lake Chelan. Continues through residential areas, and to a dam overlook on the short Chelan River. Wheelchairs not recommended due to grassy areas in parks.**Clarkston - Walk Washington and Idaho****11k 5k Year Round Walk (2017/Y0780) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0326 Lilac City Volkssport Assn. [lilaccityvolks.com](http://lilaccityvolks.com)**Contact:** Keats McLaughlin, [gonanooks@ol.com](mailto:gonanooks@ol.com), (509)315-5142, 1815 E. 15th Ave., Spokane, WA, 99203**Start Point:** Clarkston Washington- Clarkston Motel 6, 222 Bridge St, US 2 East of SR 129, 509-758-1613**Event Info:** Walk two states and get a Washington County as well as the Clearwater and the mighty Snake Rivers and the historic towns Lewiston ID and Clarkston WA.. Lewis and Clark were here.

**Coupeville - Historic Fort Casey****5/10K Year Round Walk (2017/Y1549) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Lakes and Reservoirs, National Parks Centennial Challenge, National Register of Historic Places, Volcanoes, Walking America's Ports of Call, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0482 NW Tulip Trekkers [www.nwtrekkers.org](http://www.nwtrekkers.org)  
**Contact:** Bob & Sue Payton, [wishome@yahoo.com](mailto:wishome@yahoo.com), (360)914-4268, PO Box 1603, Mt. Vernon, WA, 98273

**Start Point:** Coupeville Inn, register and drive 4.5 miles to start. - 200 NW Coveland St. Follow SR 20 to traffic light in Coupeville. From North turn left, from South turn right onto Main Street. Left on Coveland St. 2 blocks to Coupeville Inn on your right. Registration is in a zipper binder in a drawer in the Lobby. Register and drive 4.8 miles to start. Discover Pass parking in graveled lot across the road from the Keystone Cafe or park for free along the highway. Do not park in the Keystone Cafes parking lot.

**Event Info:** Explore historic Fort Casey State Park, one of three artillery forts built to protect Puget Sound at the turn of the 20th Century. Walk through Admiralty Head Preserve, to the Admiralty Head Lighthouse and view Crockett Lake a major birding area. Sweeping views of Puget Sound and the majestic Olympic Mountains. Some of the 10K is along rural roads. Dogs on leash ok but not in buildings, must follow leash and cleanup laws.

**Coupeville - Historic Town & Country****Distance 5/6/11/16/21k Year Round Walk (2017/Y1548) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Parks Centennial Challenge, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Volcanoes, Walking America's Ports of Call, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0482 NW Tulip Trekkers [www.nwtrekkers.org](http://www.nwtrekkers.org)  
**Contact:** Bob & Sue Payton, [wishome@yahoo.com](mailto:wishome@yahoo.com), (360)914-4268, PO Box 1603, Mt. Vernon, WA, 98273

**Start Point:** Coupeville Inn- 200 NW Coveland St, Coupeville. Follow SR 20 to traffic light in Coupeville. From North, turn left, from South turn right at the stop light onto Main Street. Left on Coveland two blocks to Coupeville Inn on your right. Registration is in a zipper binder in the lobby. Open daylight hours from 8am - 8pm. Restroom within the first K of the walk across Alexander St. behind the Chamber of Commerce Office, and along the route. Do not park in Coupeville Inn parking lot.

**Event Info:** (16/21K rated 2B) Explore the historic town of Coupeville and walk along country roads in Ebey's Landing Historical Reserve with views of Puget Sound and farm fields. Views of Penn Cove, Puget Sound, Olympic Mountains, and on clear days Mt. Baker & Mt. Rainier. Optional 10K addition (available January 1 through August 31) takes you into Fort Ebey State Park. The bluff trail in Fort Ebey State Park offers views of Port Townsend, Protection Island, Dungeness, the Strait of Juan de Fuca, Vancouver Island and more. Part of walk is on rural roads. Dogs ok on leash but not in buildings. No wheelchairs or strollers on 10k addition to Fort Ebey State Park.

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### Dayton - Train Station and River Walk

10k,5k Year Round Walk (2017/Y0680) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0326 Lilac City Volkssport Assn. lilaccityvolks.com  
**Contact:** Alan, agheritage@hotmail.com, (509)465-2690, Heritage, Spokane, WA, 99218  
**Start Point:** Dayton Washington- Winehard Hotel - 235 E. Main St on Hiway 12Dayton WA, 509-382-4032.  
**Event Info:** Walk by the Oldest Historic Train Depot many historic personal residence's and a river walk along the Touchet River.

### Deception Pass State Park - Deception Pass State Park

6/10 km Seasonal Walk (2017/Y1681) 4/1/2017 - 9/30/2017

Amphitheatres, Animal Safari, Boardwalks, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Lakes and Reservoirs, Points of Reference

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 3C      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0482 NW Tulip Trekkers www.nwtrekkers.org  
**Contact:** Joy Hill, ride6945@yahoo.com, (253)891-2703, PO Box 1603, Mount Vernon, WA, 98273  
**Start Point:** Seabolt's Smokehouse- 40928 SR 20. From I-5 north or south, take exit 230 (SR 20/Burlington) and follow SR 20 west (left, if you are going north). Follow SR 20 for 11 miles toward Anacortes and turn left when SR 20 turns left towards Oak Harbor. Continue another 6 miles to Deception Pass Bridge. Cross the Bridge, Seabolt's is on your left before the first light. Short drive to the start of the walk.  
**Event Info:** Walk the south side of Deception Pass State Park. 6/10k walk is almost entirely within the park. Views include Puget Sound, San Juan Islands, Olympic Mountains and Deception Pass Bridge. Walk through old growth forest, sand dune environment and view marshland habitat. Photo opportunities at every turn. Beach combing and picnic opportunities abound. WA State Park Discovery Pass required - \$10 per day or \$30 per year.

### Des Moines - Creek Stroll

5K, 10K Year Round Walk (2017/Y0605) 1/2/2017 - 12/30/2017

Boardwalks, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0133 Sea-Tac Volkssports Club  
**Contact:** Fran Carson, fran55carson@gmail.com, (206)788-7969, P.O. Box 25101, Federal Way, WA, 98003  
**Start Point:** ABC Grocery, DesMoines, WA 98198- 22309 7th Avenue S, Des Moines, WA From I-5: Northbound: Exit 149B(Kent/DesMoines). LEFT on Kent-Des Moines Rd (SR516) which becomes Marine View Drive. I-5 SOUTHBOUND: Exit # 149. RIGHT on Kent-DesMoines Rd (SR516) Continue as above.  
**Event Info:** Walk on sidewalks, road shoulders and paved trails. Walk takes you through marina, Des Moines Waterfront Park and Des Moines Creek Trail. Great views of Puget Sound, Olympic Mountains, and peaceful stroll thru wooded area next to creek. ESVA Challenges: All Clubs, 39 Counties, Art, Landscape, Towns

**Du Pont - Historic Village****10km Year Round Walk (2017/Y0995) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Points of Reference, Take a Walk In a City Park, Volcanoes, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0754 Over-The-Hill-Gang Volkssport Club [www.theoverthehillgang.net/](http://www.theoverthehillgang.net/)  
**Contact:** Diane Wagner, [dianeswagner@comcast.net](mailto:dianeswagner@comcast.net), (253)875-3064, 32506 Meridian East, Graham, WA, 98338  
**Start Point:** DuPont Store/76 Station- 100 Barksdale Ave. North or South I-5: Take Exit 119 and follow signs to DuPont. Start point is located 1/10th of a mile from I-5. Parking is available on city streets and in gravel lot on the corner across from the 76 Station. Please do not leave your car in front of the start point after you register.  
**Event Info:** Daylight hours only. Store hours: M-Sun 7am-9pm Walk on sidewalks and groomed trails through the historic City of DuPont and surrounding woods. The 10 km is suitable for strollers, but not wheelchairs. Water and rest room is available at start point. Please do not park in front of the store.

**DuPont - Boyhood Memories****10k and 5k Year Round Walk (2017/Y0193) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Points of Reference, Volcanoes, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0754 Over-The-Hill-Gang Volkssport Club [www.theoverthehillgang.net/](http://www.theoverthehillgang.net/)  
**Contact:** Diane Wagner, [dianeswagner@comcast.net](mailto:dianeswagner@comcast.net), (253)875-3064, 32506 Meridian Ave Ea, Graham, WA, 98338  
**Start Point:** DuPont Store/76 Station- 100 Barksdale Ave. Northbound or Southbound I-5: Take exit #119 and follow signs to DuPont. The start point is 1/10 of a mile from I-5. You will drive to walk start after signing in and signing the waiver.  
**Event Info:** Enjoy the areas club founder, Jack Maxcy, played as a youth. The Sequatchew Creek trail down to Puget Sound and remnants of the DuPont Powder works dock are open. The gravel/paved trail through woods ends at Puget Sound with views of the Olympic Mtns and islands in the Puget Sound. You will also pass the original site of Fort Nisqually.

**East Wenatchee - River Walk****5/10 km Seasonal Walk (2017/Y0258) 4/1/2017 - 11/15/2017**

Alternative Capitals, Bridges - Spanning the USA, Points of Reference, Treasure Hunt - A way to walk our precious trails, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0360 Central Washington Sun Striders  
**Contact:** Duane Russell, duanepat@nwi.net, (509)548-4084, 10555 Fox Road, Leavenworth, WA, 98826

**Start Point:** Cedars Inn- 80 9th St NE; East Wenatchee. From Spokane, go west on I-90 to exit 151, take SR 17, go to SR 28, continue north on SR 28 to East Wenatchee. Stay right following SR 28 north. At the roundabout, go straight (which is 2nd exit off roundabout). Turn right at 9th Street NE, then an immediate right into the parking lot of Cedars Inn. From Seattle, take US 2 to Wenatchee. Take the turn-off to Spokane at the clover leaf and cross the Columbia River bridge. Take a right at the light and go to the 2nd stoplight. Turn left at 9th St. NE, then an immediate right into the parking lot of Cedars Inn. From Yakima take US97 over Blewett Pass. Proceed to Wenatchee, take the clover leaf turn off to Spokane. Cross the Columbia River bridge and follow above directions for Seattle.

**Event Info:** Take a walk across the Columbia River Bridge-the first highway bridge over the Columbia River in the USA, opened in 1908, now closed to cars. Then return across bridge to walk north along the Apple Capital Recreation Trail following the river.

**Eatonville - Historic Eatonville****10km/5km Year Round Walk (2017/Y0104) 1/1/2017 - 12/31/2017**

Fraternal Organizations, Honoring Our Flag, Take a Walk In a City Park, United States Post Offices, Volcanoes, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0336 Daffodil Valley Volkssport Association www.daffodilvalleyvolkssport.com  
**Contact:** Diane Wagner, dianaswagner@comcast.net, (253)875-3064, 32506 Meridian East, Graham, WA, 98338

**Start Point:** Arrow Lumber & Hardware- 388 Center St. E., Eatonville, WA. From I-5, take Puyallup/SR 512 exit #127. Take Eatonville/South Hill Mall exit. Go south on SR 161 (Meridian). Highway becomes Washington Avenue as you enter Eatonville. Left on Center St. Arrow Lumber on left. Walk Box near piano.

**Event Info:** M-F 7a-6p. Sat. 8a-5p. Sun 9a-4p. Closed holidays. Walk through residential areas and several parks in historic Eatonville including a historic cemetery. Great views of Mt. Rainier. WSC: City Parks, Restaurants.

**Edmonds - Waterfront****10k with 5k option Year Round Walk (2017/Y1913) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Make a Wish at a Water Fountain, Points of Reference

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0925 Sound Steppers Volkssport Club Soundsteppers.org  
**Contact:** Mary Badovinac, maryb@drg.com, (206)375-5184, 19702 5th Ave. NW, Shoreline, WA, 98177

**Start Point:** Harbor Square Athletic Club-Edmonds Waterfront- 160 Dayton Ave, I-5 northbound or southbound exit 177 Edmonds/Kingston ferry, SR104 west, turn left on Dayton St, turn left into Harbor Square complex. Front Desk in Athletic Club.

**Event Info:** Walk thru residential and business area of Edmonds. Thru two beach parks with views of Puget Sound and Olympic mountains. Walk along Marina and pass ferry terminal. Pets not allowed in Beach Parks.

**Edmonds - Woodway****10K Year Round Walk (2017/Y1908) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Take a Walk In a City Park, Walking America's Ports of Call, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0925 Sound Steppers Volkssport Club Soundsteppers.org  
**Contact:** Linda Pugmire, linda.pugmire@frontier.com, (206)542-1060, 1025 NW 175th Street, Shoreline, WA, 98177  
**Start Point:** Edmonds-Woodway walk.- Harbor Square Athletic Club, 160 Dayton Ave. I-5 Northbound or Southbound-Exit 177 Edmonds/Kingston Ferry, SR104-West, turn Left on Dayton Street, turn Left into Harbor Square Complex. Front desk in athletic club.  
**Event Info:** This is a beautiful walk through city parks, the town of Woodway with its horse stables and gardens, residential and historic Edmonds, and ends with views of Puget Sound and the Olympic Mountains.

**Ellensburg - City****5K and 10K Seasonal Walk (2017/Y0320) 4/1/2017 - 11/15/2017**

Animal Safari, Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, United States Post Offices, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** B Award      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0360 Central Washington Sun Striders  
**Contact:** Lynn Blazek, lynn\_gen@hotmail.com, (509)929-1836, 1913 Green Parks Dr., Ellensburg, WA, 98926  
**Start Point:** Starbucks Coffee - 908 E. University Way, Ellensburg 98926. - EB I-90 Exit 109, right on Canyon Rd (becomes Main St.). Continue north through town to University Way and turn right. Travel ten blocks to Starbucks on left. Park in back parking lot, away from front of store. WB I-90 Exit 106, exit becomes University Way. Follow passing Main St. and continue as above. Ask for "walkbox" at counter.  
**Event Info:** Excellent views of the valley from Craig's Hill. Walk through the downtown National Historic District, through a National Historic neighborhood, the Central Washington University campus and several city parks. Enjoy a visit to art galleries and historical museums in town. Trail is on city sidewalks. Pets on leash only. Open daily, dawn to dusk.

**Ellensburg - River and Parks****6K, 10K Seasonal Walk (2017/Y1151) 4/1/2017 - 11/15/2017**

Bridges - Spanning the USA, Cities in Song, Lakes and Reservoirs, Points of Reference,  
 Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Walking the  
 USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1C      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0360 Central Washington Sun Striders  
**Contact:** Lynn Blazek, lynn\_gen@hotmail.com, (509)929-1836, 1913 Green Parks Drive,  
 Ellensburg, WA, 98926

**Start Point:** Best Western Plus- 211 W. Umptanum Road, Ellensburg WA 98926. From I-90 EB or WB, take exit 109. Right on Canyon Road to Umptanum Road (stoplight). Turn left on Umptanum, cross railroad tracks. Best Western on right. Daily, dawn to dusk. Ask for "walk box" at registration desk. After registering, turn right on Umptanum to drive to remote start at Irene Rinehart Park, almost one mile.

**Event Info:** Walk through 3 city parks, and 5 blocks of quiet residential. Route starts at Irene Rinehart City Park, continues along the Yakima River and Carey Lakes, then to West Ellensburg and Rotary Parks. 5k is in Irene Rinehart Park only. In case of spring flooding, alternate route will be on paved county dike road. Dogs on leash only (dog off-leash park area currently under construction in Rotary Park).

**Enumclaw - Town****5 km 10 km Year Round Walk (2017/Y1076) 1/2/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0133 Sea-Tac Volkssports Club  
**Contact:** Glenda Chambers, Glenda19905@aol.com, (253)630-2728, PO Box 25101, Federal Way, WA, 98093-2101

**Start Point:** Guest House Hotel 1000 Griffin Avenue, Enumclaw, WA- 1000 Griffin Avenue. From I-5 exit 142A (SR18) to Auburn Way exit. Go left (south) 14 miles into downtown Enumclaw. Continue through two stoplights. The hotel is located one block further. From I-405 take SR169 exit driving south out of Renton. Drive 25 miles into Enumclaw. At the stoplight (Griffin Avenue) turn left and continue with directions above.

**Event Info:** Daily, dawn to dusk. Trails are suitable for strollers but wheelchairs will have difficulty because all curbs are not cut and there are roads with no shoulders. Route is on sidewalks, paved paths and road shoulders through historic residential areas of this quiet country town. Sights include murals depicting the town's logging history, beautiful historic homes, and breathtaking view of Mt. Rainier. ESVA Challenges, 39 Counties, All Club, Art, Landscape, Towns AVA Challenges, Honoring Law Enforcement, Bakeries, Main Street, Murals.

**Everett - Langus Riverfront Park and Spencer Island****WA Seasonal Walk (2017/Y1202) 4/1/2017 - 9/30/2017**

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** No  
**Sponsor:** AVA-0925 Sound Steppers Volkssport Club Soundsteppers.org  
**Contact:** Sherry Ogur, Sgogur@gmail.com, (435)697-3728, 5502 220 St SW, D204, Mountlake Terrace, WA, 98043

**Start Point:** Everett Animal Shelter - Open Mon.- Sun. 10-5pm. Start box located outside Animal Shelter and available at all hours.- 333 Smith Road, Everett, WA. About 30 miles north of Seattle on I-5, take first Everett exit Exit 192 Broadway and continue through town. After the bridge, take exit road to the right and follow the Animal Shelter signs to the start point.

**Event Info:** Pleasant walk on asphalt trail along Snohomish River and nature trail on Spencer Island. Wildlife and bald eagles are common sights. A little oasis just outside the city of Everett.

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### Everett - Waterfront

**10k, 7k option Year Round Walk (2017/Y1919) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0925 Sound Steppers Volkssport Club Soundsteppers.org  
**Contact:** Carole Williams, e2carole@gmail.com, (425)344-7347, 1330 Bth-Evt Hwy #303, PMB 638, Mill Creek, WA, 98012  
**Start Point:** Providence Hospital - Colby Campus- 13th and Colby, I-5 northbound exit 192 north on Broadway to 13th St, turn left. I-5 southbound exit 198 SR529 south, cross Snohomish river, Broadway to 13th St turn right. Parking Garage on 13th. Enter OLD hospital lobby at 13th and Colby, walk through lobby, taking a right after the elevators and another right to the box.  
**Event Info:** Walk to Legion Park Arboretum, continue to Marine View Drive and down to the waterfront and walk along waters edge. Walk thru Marine park and views of Jetty Island park, continue past Everett Naval Base. Up a pedestrian overpass to Grand Ave and Grand Ave Overlook Park. 5k option to the Legion Park Arboretum.  
Challenges: Diners, Honoring our Flag, Trekking with Trees

### Federal Way - Celebration Park

**11km/6km Year Round Walk (2017/Y1525) 1/2/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0779 Third Planet Volkstours  
**Contact:** Dorman Batson, dlbatsonfedwy@comcast.net, (253)517-9634, 35806 1st Avenue, South, Federal Way, WA, 98003  
**Start Point:** Private Residence- 35806 1st Avenue South, Federal Way, WA 98003. Directions: Take I-5 exit #142B (Puyallup/Mt Rainier). Drive to 1st Avenue South. Turn left to South 358th Street. Park along 1st AVE S or S 358th St. Park in the driveway if space permits. Start box on front porch.  
**Event Info:** Daylight hours. Celebration Park/BPA Corridor Trail YR1525. Walk on sidewalks and asphalt trails through Weyerhaeuser's West Campus Business Park, Celebration park and BPA Corridor Trail past Weyerhaeuser King County Aquatic Center.

### Federal Way - Downtown

**10 kilometers/5km Year Round Walk (2017/Y1021) 1/2/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0779 Third Planet Volkstours  
**Contact:** Dorman Batson, dlbatsonfedwy@comcast.net, (253)517-9634, 35806 1st Ave S, Federal Way, WA, 98003  
**Start Point:** Private Residence- 35806 1st Ave S Federal Way, WA 98003. I-5 Northbound/ Southbound Exit#142B to 1st Ave S.LEFT to S 358th. Park on shoulder of S 358th St or 1st Ave S. Start box on front porch of private residence.  
**Event Info:** Private residence daily, dawn to dusk box on front porch.



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### Federal Way - Hylebos Wetlands

10km/5km Year Round Walk (2017/Y1528) 1/2/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0779 Third Planet Volkstours  
**Contact:** Dorman Batson, dlbatsonfedwy@comcast.net, (253)517-9634, 35806 1st Avenue, South, Federal Way, WA, 98003-0000  
**Start Point:** Private Residence- 35806 1st Avenue South, Federal Way, WA. Directions: Take I-5 exit 142B (Puyallup/Mt Rainier). Drive to 1st Avenue South. Turn left to South 358th Street. Park along 1st Avenue South or 358th Street. You may park in driveway if space permits.  
**Event Info:** Daily, dawn to dusk Hyblos Wetlands/Wildlife Preserve Park. Walk on sidewalks, boardwalk, and hike/bike asphalt trail through quiet, planned residential areas, past junior high school, the King County Aquatic Center - from a different direction - and along wetlands nature trail/boardwalk. Pets not permitted in wetlands area only.

### Federal Way - Southeast Federal Way-Weyerhaeuser

11km/7km Year Round Walk (2017/Y1326) 1/2/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0779 Third Planet Volkstours  
**Contact:** Dorman L Batson, dlbatsonfedwy@comcast.net, (253)517-9634, 35806 1st Ave S, Federal Way, WA, 98003  
**Start Point:** Private Residence. 35806 1st Ave S Federal Way WA 98003 From I-5, north or south, take Exit #142B, Puyallup/Mt Rainier. Drive to 1st Avenue South. Left to South 358th St. Park along 1st Avenue S or South 358th St, or in driveway, if space permits.- 35806 1st Ave S, Federal Way, WA 98003.From I-5, north or south, take Exit #142B, Puyallup/Mt Rainier. Drive to 1st Avenue South. Left to South 358th St. Park along 1st Ave S or South 358th St, or in driveway if space permits. Start box on porch of private residence.  
**Event Info:** Daylight hours. Walk on asphalt road shoulders, dirt trails and sidewalks into southeast Federal Way, and around Weyerhaeuser Corporate Headquarters heavily wooded Campus and a residential area. Pets are permitted but not in buildings. Owners responsible for clean-up laws.

### Federal Way - The Ups and Downs of Federal Way

6k,10k Year Round Walk (2017/Y2035) 1/2/2017 - 12/31/2017

Honoring Our Flag, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Volcanoes, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0754 Over-The-Hill-Gang Volkssport Club [www.theoverthehillgang.net/](http://www.theoverthehillgang.net/)  
**Contact:** Ken Grieser, grieserkcjm@gmail.com, (253)517-9640, 303 So 325 Lane, Federal Way, WA, 98003  
**Start Point:** Federal Way Community Center- 876 S 333 St, Federal Way. From I-5 North or South take exit #142B (S. 348 St/Puyallup). Continue West on S 348 St to 9 Ave S. RIGHT TURN on 9 Ave S. to S 322 St. LEFT TURN on S 322 St to entrance to Community Center on the right at the top of the hill.  
**Event Info:** Walk on sidewalks, paved and gravel paths through the City of Federal Way. Walk on the BPA and West Campus trails. Federal Way is a community of ups and downs with pleasant residential areas. Community Center hours: Mon-Fri 5:30am-9:30pm, Sat 7am-6pm, Sun 10am-6pm. CLOSED MAJOR HOLIDAYS. Walk during daylight hours.

### Federal Way - West Federal Way-Dash Point State Park

13km/11km/7km Year Round Walk (2017/Y0948) 1/2/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 3C      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0779 Third Planet Volkstours  
**Contact:** Dorman Batson, dlbatsonfedwy@comcast.net, (253)517-9634, 35806 1st Ave S, Federal Way, WA, 98003  
**Start Point:** Private Residence- 35806 1st Ave S, Federal Way, WA 98003 From I-5, north or south, take Exit #142B, Puyallup/Mt Rainier. Drive to 1st Avenue South. Left to South 358th St. Park along 1st Avenue S or South 358th St. or in the driveway, if space permits.  
**Event Info:** Daylight hours. Walk in Dash Point State Park. Route in Southwest Federal Way on mostly woodland trails, road shoulders in park and beach. Views of Olympic Mountains, Vashon Island and Puget Sound. Pets are permitted but not in buildings. Owners obey leash and clean-up laws.

### Ferndale

5/10km Year Round Walk (2017/Y1005) 1/1/2017 - 12/31/2017

Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Volcanoes, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0482 NW Tulip Trekkers [www.nwtrekkers.org](http://www.nwtrekkers.org)  
**Contact:** Tamara Belts, sisa98225@yahoo.com, (360)676-1314, PO Box 1603 , Mt Vernon, WA, 98273  
**Start Point:** Haggen's Food and Pharmacy, 1815 Main Street- From north or south, take I-5 exit 262 to Ferndale. Haggen's is on the left side of Main Street just off the interstate. Hours 9 am - 9 pm Mon-Fri; 9 am - 7 pm Sat; 9 am- 6 pm Sun.  
**Event Info:** Revised walk thru downtown, Pioneer, Hovander Homestead, Tennent Lake parks and along the Nooksack River. Enjoy murals, historic buildings and views of Mt Baker as you walk through Ferndale's parks and downtown. Wonderful boardwalk walk thru Tennent Lake (closed hunting season).

### Forks - Forks Revisited

10/5 Year Round Walk (2017/Y1831) 1/1/2017 - 12/31/2017

Treasure Hunt - A way to walk our precious trails, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0517 Olympic Peninsula Explorers [www.opevolkssport.org](http://www.opevolkssport.org)  
**Contact:** Todd Oberlander, ope-webmaster@smartsandcomputer.com, (360)620-0810, 293 Kingfisher Pl, Port Hadlock, WA, 98339  
**Start Point:** REMOTE . Registration is on line after mail-in of fees to Todd Oberlander, 293 Kingfisher Pl, Port Hadlock, WA 98339. Directions will be e-mailed/mailed after receipt of fees.- You will start at the Forks Transit Center. Walk on city streets and parks through residential areas and retrace the locations made famous by Stephenie Meyer in her Twilight Saga books and movies: the Police Station, Forks High School and Forks Hospital.  
**Event Info:** City Hall has a Twilight Display for you to enjoy.

**Friday Harbor (Anacortes) - Friday Harbor****5 km or 11 km Year Round Walk (2017/Y0987) 1/1/2017 - 12/31/2017**

Animal Safari, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Trekking With the Trees, Volcanoes, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0482 NW Tulip Trekkers [www.nwtrekkers.org](http://www.nwtrekkers.org)  
**Contact:** Fred & Sharon Fisher, [sfisher@fidalgo.net](mailto:sfisher@fidalgo.net), (360)293-7985, P. O. Box 1603, Mount Vernon, WA, 98273  
**Start Point:** Tesoro Service Station- 2410 Commercial Avenue, Anacortes, WA 98221. I-5 Exit 230 (Burlington.) Take Route 20 West and follow signs to Anacortes. Turn right on Commercial. Tesoro station is on the left on 24th. Hours are 5AM to 2AM.  
**Event Info:** Hours M-F 5 AM to 2 AM Daily. Register for this walk in Anacortes and then drive 4.4 miles to the ferry. (Fee parking at ferry terminal). Driving directions are on the walk directions. You need not take your car as the walk begins and ends from the ferry landing in Friday Harbor. There is a parking fee. Walk along country roads with fabulous water views. The walk finishes through downtown Friday Harbor. The 5 km stays in Friday Harbor business and residential districts. Toilets available at ferry landing but not on the walk routes. Take water as there is none on the route. Check ferry sailing times at: <http://www.wsdot.com/Ferries/Schedule/>

**Gardiner - Troll Stroll****5/10 km Year Round Walk (2017/Y1952) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0517 Olympic Peninsula Explorers [www.opevolkssport.org](http://www.opevolkssport.org)  
**Contact:** Frances Johnson, [opepresident@hotmail.com](mailto:opepresident@hotmail.com), (360)385-5861, PO Box 291, Chimacum, WA, 98325  
**Start Point:** Wild Birds Unlimited- 275953 Highway 101, Gardiner WA (360) 797-7100  
DIRECTIONS: From the east go north on SR 3 to Hood Canal Bridge. After crossing the bridge continue on SR 104 and go north on US 101 in the direction of Sequim and Port Angeles. Wild Birds is about five miles past Discovery Bay, on the right after MP 277 at MP 276. There is ample parking, but park away from the front of the store. From the west, Wild Birds is about 10 miles east of Sequim on US 101. You will see the Gardiner Community Center on your left just before coming to Wild Birds on the left. Ask inside for the Troll Stroll Box located in the store.  
**Event Info:** 9:00 am to 5:00 pm. ROUTE: See the artistic trolls carved into the buildings and fence posts of Troll Haven!!! While walking on public roads, you may see beautiful mountains on a clear day. You will pass farmlands, a boat ramp and a beautiful fire station. There are several Geocaches in the area.

**Gig Harbor - Historic Waterfront****5 km & 10 km Year Round Walk (2017/Y1234) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Make a Wish at a Water Fountain,  
National Register of Historic Places, Take a Walk In a City Park, Volcanoes, Walking  
America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0115 Evergreen Wanderers

**Contact:** Don Whitt, whittjdj@comcast.net, (253)509-0804, P.O. Box 111943, Tacoma, WA, 98411-1943

**Start Point:** HARBOR GENERAL STORE- 7804 Pioneer Way. From SR 16, Westbound exit to Wollochet Dr./ Pioneer Way. Right on Pioneer Way down the hill to near the bottom, on left. Eastbound SR 16. Exit on Wollochet Dr./ Pioneer Way. Left on Wollochet crossing SR 16. Will become Pioneer Way. Proceed down the hill to Harbor General Store near bottom, on left. Start Box in cabinet at far right end of store near front.

**Event Info:** Both 5 and 10k trails go past the Harbor History Museum, numerous parks, viewing points, shops, and restaurants. During the year there is an art festival, street scramble, and others.

**Grand Coulee - Coulee Dam Seasonal****5K/10K Seasonal Walk (2017/Y1921) 4/1/2017 - 9/30/2017**

Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, Points of  
Reference, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees,  
Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0360 Central Washington Sun Striders

**Contact:** Millie Haupt, m.haupt@charter.net, (509)965-4980, 2510 So. 52nd Avenue, Yakima, WA, 98903

**Start Point:** Grand Coulee Dam Visitor Center- Lincoln Ave. & SR 155 North, Grand Coulee WA 99133 (509-633-9265). From I-90 Eastbound. Exit 151 follow SR 283 (Ephrata). (SR 283 becomes SR 28 south of Ephrata.) Follow SR 28 to Soap Lake. From Soap Lake take SR 17 north to US 2. Follow US 2 east through Coulee City to SR 155. Follow SR 155 to Grand Coulee, entering town on Midway Ave. \* Continue past Grand Coulee Dam and continue downhill to Visitor Center on your right. Park in the visitors parking lot. From Spokane: Follow US 2 to Wilbur, then SR 21 and SR 174 to Grand Coulee. At intersection with SR 155, turn right onto Midway Ave. and continue per directions above. \*

**Event Info:** Center hours: Open April 1 to May 29 from 9:00 a.m. to 5:00 p.m.; and May 30 to Sept. 30 from 8:30 a.m. to 10:30 p.m. Ask for walk box at the entrance desk. Walk on paved trail and city streets. Event consists of two 5K routes. Upper route rated 3C; lower route rated 1B. Route includes three counties: Grant, Douglas and Okanogan. Guided tours of Third Power plant are free and last 45 minutes. Laser shows nightly from May 31 through Sept. 30.

**Hansville - Buck Lake Greenway****Distance 5/11/21 km Year Round Walk (2017/Y0368) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Food For Thought, Treasure Hunt - A way to walk our precious trails

**Award:** IVV Credit Only **Strollers:** None **Restroom:** Yes**Rating:** 3C **Wheelchair:** None **Pets:** Yes**Sponsor:** AVA-0517 Olympic Peninsula Explorers [www.opevolkssport.org](http://www.opevolkssport.org)**Contact:** Todd Oberlander, [ope-webmaster@smartsandcomputer.com](mailto:ope-webmaster@smartsandcomputer.com), (360)620-0810, 293 Kingfisher Pl, Port Hadlock, WA, 98339**Start Point:** Hansville Grocery- 7542 NE Twins Spits Road. From Kingston-Edmonds ferry stay on SR104 to the Hansville Road. Turn Right and follow road to the Hansville Market on the right as the roadway begins to curve left in the town. From the SOUTH take SR3, exit at Poulsbo to SR305 and then Left on Bond Road SR307 which becomes SR104. Left on Hansville Road to Store. Walk box just inside store door on the left.**Event Info:** You must drive to Buck Lake County Park, approximately 1 mile to start this event. Walk through the Hansville Greenway, visit the Point No Point Lighthouse walking on trails and rural roads. 5K rated 1B, 21K rated 4C. 21K follows Sid Knutson trail from Puget Sound to Hood Canal on roadway shoulders and primitive trails. Restroom at Buck Lake.

ESVA: County - Kitsap, Restaurant (21K only)

OTSVA: Worldwide Coastlines (11K &amp; 21K only) 4E's (Engines, Emergency-21K only).

**Hansville - Point No Point Lighthouse****5/11km Year Round Walk (2017/Y1684) 1/1/2017 - 12/31/2017**

Animal Safari, Points of Reference, Treasure Hunt - A way to walk our precious trails, Volcanoes

**Award:** IVV Credit Only **Strollers:** None **Restroom:** Yes**Rating:** 2B **Wheelchair:** None **Pets:** Yes**Sponsor:** AVA-0517 Olympic Peninsula Explorers [www.opevolkssport.org](http://www.opevolkssport.org)**Contact:** Todd Oberlander, [ope-webmaster@smartsandcomputer.com](mailto:ope-webmaster@smartsandcomputer.com), (360)620-0810, 293 Kingfisher Pl, Port Hadlock, WA, 98339**Start Point:** Hansville Grocery- 7542 Northeast Twin Spits Road. From the Kingston-Edmonds Ferry stay on SR104 to the first stop light (about 1.7 miles). Turn RIGHT on HANSVILLE Road. The Hansville Market is on the right as the road begins to curve to the left in town. From the west: take SR 104 as if you are going to the Kingston-Edmonds Ferry and turn LEFT on HANSVILLE Road. From the south: on SR3, take the Poulsbo exit and at the third stop light turn LEFT onto SR307 (Bond Road). SR 307 merges with SR104. Continue as above from the west. Walk box on left as you enter the store.**Event Info:** Daily 7:30am-7:30pm. Closed major holidays. The route follows country roads all the way out to historic Point No Point Lighthouse. After leaving the lighthouse, walk on rural roads to Buck Lake County Park, and through the Hansville Greenway.

ESVA: County-Kitsap, Restaurants 5K rated 1A. Restrooms at start point and Buck Lake.

OTSVA: Worldwide Coastlines

**Hoquiam - Town and Waterfront****10K/5K Year Round Walk (2017/Y0546) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, National Register of Historic Places, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0148 Capitol Volkssport Club [www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)

**Contact:** Mert Turner, mert0722@msn.com, (360)533-4352, PO Box 1565, Aberdeen, WA, 98520

**Start Point:** Best Western Plus- 701 E. Heron St. Aberdeen. From I-5, take exit 104 to Aberdeen. Turn left on Kansas St. (at Burger King before bridge that goes into downtown). Best Western is straight ahead (t-intersection) across street and into parking lot. Drive to start in Hoquiam; directions available at registration.

**Event Info:** Walk in town through parks, over bridges, along the waterfront of the river, and along the harbor in a rural setting. Some of the 10K is on trails. Wheelchairs and strollers on 5K only.

**Ilwaco - Cape Disappointment, Lighthouses & Coastal Trails****5K/10K/21K/32K Seasonal Walk (2017/Y0548) 4/1/2017 - 9/30/2017**

Honoring Our Flag, Ice Cream Parlors, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 3B      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0557 Vancouver USA Volkssporters [www.vancouverusavolkssporters.org](http://www.vancouverusavolkssporters.org)

**Contact:** Burt Paynter, walkeriii@comcast.net, (360)798-8485, 2515 SE Spyglass Drive, Vancouver, WA, 98683

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) -- START: Ilwaco Pavillion at Port of Ilwaco. - REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. the POC does not provide event directions or accept alternative payment methods. The entire online process should take less than 10 minutes for a first time user.

DRIVE TO START: Ilwaco Pavillion, 165 Howerton Ave, Ilwaco, WA. From I-5 northbound, take Exit 39 at Kelso, turn left & follow signs to WA State Route (SR) 4. Follow SR 4 west to its intersection with US 101 west of Naselle & continue straight to follow US 101 south to Pacific Way in Seaview. Turn left on Pacific Way & proceed about 2 miles to the traffic signal in Ilwaco. Continue straight on 1st St which turns left in 4 blocks & becomes Howerton Ave. Park in lot across from the Ilwaco Pacilian. From I-5 southbound, take Exit 104 south of Olympia to US 101. Follow SR 8 & then US 12 to the intersection with US 101 at Aberdeen. Follow US 101 south to Seaview Turn left on Pacific Way & follow directions to Ilwaco Pavillion described above.

**Event Info:** Daily, daylight hours. This event provides the opportunity to thoroughly explore Cape Disappointment State Park. The more you do the more you will be delighted with what you find. The 5K route goes to Beard's Hollow Overlook, then down to Beard's Hollow. The 10 K route adds Bell's View trail & the North Head Lighthouse. Try the 21K route to add the challenging North Head Trail, McKenzie Head, the Confluence Project elements designed by Maya Lin, Lewis & Clark Interpretive Center on a bluff overlooking the Pacific Ocean, World War II artillery batteries, Cape Disappointment Lighthouse, & Coastal Forest Loop. The 32K route adds the south portion of the Discovery Trail along dunes, beach & ocean, a swing thru Seaview, & a tour of Ilwaco. Combine the 32K route with the Long Beach walk to score a 42K marathon hike.

**Iron Horse State Park - John Wayne Pioneer Trail****Distance 10K-177K Seasonal Bike (2017/Y0955) 4/1/2017 - 10/31/2017****Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes**Rating:** 1B      **Wheelchair:** NO      **Pets:** No**Sponsor:** AVA-0360 Central Washington Sun Striders**Contact:** Joe Blazek, joeblazek1@gmail.com, (509)899-6535, 1913 Green Parks Drive, Ellensburg, WA, 98926**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) - REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use PayPal. The directions and insert cards are PDF's that you can download and print as needed. The POC does not provide event directions or accept alternative payment methods. The entire online process should take less than 10 minutes for a first time user.

Driving Directions: DRIVE TO START at various trailheads along I-90 near North Bend, Ollalie State Park, Hyak, Easton, South Cle Elum, Thorp, Ellensburg, Kittitas and Vantage. Driving directions to each trailhead are described in each section.

**Event Info:** This trail is the abandoned Milwaukee Road RR grade that is mostly hard-packed gravel except for portions on the Army base that are soft sand. The trail is 177K from near North Bend to the Columbia River with several intermediate trailheads. Drive to the trailhead of your choice and track your kilometers for your distance accomplished. Distances are described between each trailhead in each of the section listings. Portions of the trail from Easton to Ollalie State Park may have snow on them until June 1st during heavy snow seasons. The Hyak tunnel is open May 1 - October 31. The trail on the Yakima training center between Army West and Army East trailheads will be closed to entry from 6/1/2017 to 7/2/2017 and from 8/1/2017 to 8/15/2017. Information on Iron Horse State Park and maps of trailheads is found at <http://parks.state.wa.us/521/Iron-Horse>. Washington State Discover Pass required to park at trailheads.**Issaquah - Historic Issaquah and around Town****Distance 6/10/11/21K Year Round Walk (2017/Y0985) 1/2/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes**Rating:** 1B      **Wheelchair:** NO      **Pets:** Yes**Sponsor:** AVA-0384 Interlaken Trailblazers Volkssport Club [www.interlaken Trailblazers.org](http://www.interlaken Trailblazers.org)**Contact:** Irene Stanford, irenestanford@msn.com, (425)584-7531, 25320 SE 184th St, Maple Valley, WA, 98038**Start Point:** Jackson Market (Shell Station)- 15 E Sunset Way, Issaquah, WA  
From I-90 Eastbound Exit 17 (Front St) TURN RIGHT to Front Street. Continue to E Sunset Way. TURN LEFT then RIGHT into parking lot. Westbound same as above except after exit from I-90 TURN LEFT to Front St. Please enter the store on the side door facing Front St. Walk Box is on cabinet on your left as you enter the store. If you bring a group please use restrooms at Police Dept, just across the street in 1 block.**Event Info:** NEW walk event route June 2017. Walk through historic Issaquah on sidewalks, and pathways. Walk route explores old and new areas of Issaquah. Loop 2 follows the trails up to Tradition Lake. You can do 6K/10K/11K or 21K.

**Issaquah - Walking in the Highlands****Distance 6/10 km Year Round Walk (2017/Y0827) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Points of Reference, Take a Walk In a City Park, Volcanoes, Water Towers

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0384 Interlaken Trailblazers Volkssport Club [www.interlaken-trailblazers.org](http://www.interlaken-trailblazers.org)  
**Contact:** Sharon Moats, [atthepond3@comcast.net](mailto:atthepond3@comcast.net), (425)235-0528, 2815 Lincoln Pl NE, Renton, WA, 98056  
**Start Point:** Eastside Fire and Rescue Station 73- 1280 NE Park Dr., Issaquah, WA. From I-90E Take Exit 18. Turn right onto Highlands Drive NE. Take 3rd Right to Federal Dr. Keep Right several blocks. You will pass Eastside Fire and Rescue on your left. Make a "U" turn at NE Hickory Lane to Fire Station.

**Event Info:** Explore the new Neighborhoods, trails and views from Issaquah Highlands.**Kalama - Waterfront Park****10km/5km Year Round Walk (2017/Y1363) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0530 Border Crossers [www.longviewbordercrossers.org](http://www.longviewbordercrossers.org)  
**Contact:** Martha Korff, [walk4fun@wildblue.net](mailto:walk4fun@wildblue.net), (503)369-9906, 74890 Palm Creek Rd, Clatskanie, OR, 97016  
**Start Point:** Private Residence 319 Third St, Kalama, WA - drive to City Hall to start walk- Register at 319 Third St, Kalama, WA and return downhill to downtown to park at City Hall on First St to begin walk. Take I-5 Exit 30. I-5N turn RIGHT on Elm St to Third St. LEFT to registration point. I-5S Turn LEFT to cross freeway. RIGHT to parallel freeway until reaching Elm St. LEFT onto Elm and LEFT on Third St. City Hall is on First St. Return downhill to First St and turn RIGHT.

**Event Info:** Walk along paved river waterfront path and city streets. Must climb stairs to cross railroad tracks. Many opportunities to shop for antiques in the downtown portion.**Kelso - City and Dike****5/10/17 km Year Round Walk (2017/Y0059) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0530 Border Crossers [www.longviewbordercrossers.org](http://www.longviewbordercrossers.org)  
**Contact:** Jan Veeder, [janveeder@comcast.net](mailto:janveeder@comcast.net), (360)703-4702, 3148 Garfield St, Longview, WA, 98632  
**Start Point:** The Red Lion Hotel- 510 Kelso Drive, Kelso, WA 98626. From I-5 Northbound: Take exit 39. Turn Left going under I-5, then immediately turn Right onto Kelso Drive. Turn Left into the Hotel parking lots. Ask for the Walk Box at the Registration Desk. Southbound: Take exit 39 and turn left at light. Follow directions above  
**Event Info:** Kelso was declared Smelt Capital of the World in 1956. Walk past Post Office(NRHP), Train Station, thru downtown and on two dike paths, with an additional 9K option. The alt 10K is on the Coweeman Slough dike trail. The 5K walks thru town.



**Kennewick - Sacajawea Trail****5K, 10K Seasonal Walk (2017/Y1015) 4/1/2017 - 11/15/2017**

Bridges - Spanning the USA, Honoring Our Flag, Make a Wish at a Water Fountain,  
 National Register of Historic Places, Points of Reference, Treasure Hunt - A way to walk  
 our precious trails, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0360 Central Washington Sun Striders  
**Contact:** Millie Haupt, m.haupt@charter.net, (509)965-4980, 2510 So. 52nd Avenue, Yakima, WA, 98903

**Start Point:** Clover Island Inn - 435 Clover Island Drive, Kennewick WA 99336 (509-586-0541)  
 From I-82 Exit 113 US-395 (Kennewick/Spokane). Follow US-395 4.5 miles to  
 Kennewick Ave. Right on Kennewick to Washington. Left on Washington, crossing  
 Columbia Drive and continuing ahead to Clover Island. Follow road to the right to  
 Clover Island Inn. Park in hotel parking lot. Ask for "walk box" at registration desk.

**Event Info:** Route goes past lighthouse on Columbia River, the only river lighthouse west of the  
 Mississippi. Walk continues on paved Sacajawea Heritage Trail along the river and  
 through Columbia Park. Some walking on grassy areas in park and along road  
 shoulder. Pets on leash only. Daily, dawn to dusk, except last week in July when  
 route closed due to hydroplane races. Call for confirmation of closed dates.

**Kent - Green River Trail****5km, 10km Year Round Walk (2017/Y0972) 1/1/2017 - 12/31/2017**

Alternative Capitals, Bridges - Spanning the USA, Honoring Our Flag, Points of Reference,  
 Volcanoes, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0754 Over-The-Hill-Gang Volkssport Club [www.theoverthehillgang.net/](http://www.theoverthehillgang.net/)  
**Contact:** Alicia Maxcy, jackalicia@comcast.net, (253)927-4580, PO Box 23057, Federal Way, WA, 98093-0057

**Start Point:** Safeway Grocery Store- 210 Washington Ave S. I-5: Exit 149A or 149B; East on  
 SR516, approx 2.6 miles, LEFT on Washington Ave. From SR167, take Willis St  
 Exit. west to Washington Ave and TURN RIGHT. Safeway on right. Ask for "walk  
 box" at customer service.

**Event Info:** Daylight hours only- 7 days a week. Walk on paved interurban trail, urban areas,  
 and along the Green River. Water and rest room is available. Pets are allowed on  
 leash.

**Kent - Lake Fenwick Park****10k Seasonal Walk (2017/Y1291) 4/1/2017 - 9/30/2017**

Alternative Capitals, Boardwalks, Honoring Our Flag, Lakes and Reservoirs, Points of  
 Reference, Volcanoes, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0754 Over-The-Hill-Gang Volkssport Club [www.theoverthehillgang.net/](http://www.theoverthehillgang.net/)  
**Contact:** Alicia Maxcy, jackalicia@comcast.net, (253)927-4580, PO Box 23057, Federal Way, WA, 98093-0057

**Start Point:** Safeway Grocery Store- 210 Washington Ave So. From I-5, Exit 149A or B, east on  
 SR516 approx. 2.6 miles. LEFT on Washington Ave. From SR167, take Willis St exit  
 west to Washington Ave S., RIGHT on Washington Ave S. to Safeway on your right.  
 Ask for "walk box" at customer service.

**Event Info:** Daylight hours only; 7 days a week. Walk on boardwalk through wooded area to  
 metal stairs to gravel trail. Cross wood walkways over Lake Fenwick to Lake  
 Fenwick Park. Return for new views of the Lake and woods.

**Kent - Parks and Downtown****5k, 10k Year Round Walk (2017/Y1492) 1/1/2017 - 12/31/2017**

Alternative Capitals, Honoring Our Flag, Points of Reference, Take a Walk In a City Park,  
United States Post Offices, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0754 Over-The-Hill-Gang Volkssport Club [www.theoverthehillgang.net/](http://www.theoverthehillgang.net/)  
**Contact:** Alicia Maxcy, jackalicia@comcast.net, (253)927-4580, PO Box 23057, Federal Way, WA, 98093-0057  
**Start Point:** Safeway Grocery Store- 210 Washington Ave S. From I-5 take Exit 149A or B east on SR516, approx 2.6 mi LEFT on Washington Ave. From SR167 take Willis St exit, go west to Washington Ave S and turn right. Safeway on right. Ask for "walk box" at customer service.  
**Event Info:** Daylight hours only-7 days a week. The walk is through Kent downtown, through the parks and interurban paths, to the Green River. Water and rest room is available at the start point. Pets are allowed on leash.

**Kent - Soos Creek Trail****5K, 10K, 20K Year Round Walk (2017/Y0879) 1/2/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0133 Sea-Tac Volkssports Club  
**Contact:** Fran Carson, fran55carson@gmail.com, (206)788-7969, 17526 151st Avenue SE, Renton, WA, 98058  
**Start Point:** Soos Creek Trail WalkFairwood Safeway 17230 140th SeRenton, WA 98058- Sign up at Fairwood Safeway at 17230-140th SE and drive southbound on 140th to SE 208th. 140th will curve and become 132nd Left onto SE 208th to Gary Grant Park, on left side of road at intersection with 137th Ave. SE.  
**Event Info:** Walk on paved trail on the Soos Creek Trail. Sign up at Fairwood Safeway and drive to trail head at Gary Grant Park. Trail is mostly flat with some small short inclines. Trail begins at Park on 208th St SE and continues to Lake Meridian.

**Kingston - Historic****5/10 km Year Round Walk (2017/Y1927) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 3C      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0925 Sound Steppers Volkssport Club [Soundsteppers.org](http://Soundsteppers.org)  
**Contact:** Mary Badovinac, maryb@drg.com, (206)375-5184, 19702 5th Ave. NW, Shoreline, WA, 98177  
**Start Point:** Drifters Galley- 11265 N.E. Highway 104. Kingston is on SR 104. From the south take SR 3 in the direction of Hood Canal Bridge. Exit at Poulsbo, and take a left at the second light after turning onto SR 305. This is Bond Road, SR 307 (becomes SR 104). Kingston is about 8.7 miles from this intersection. Drifters Galley is on the right, just before the ferry toll booths. From the west, turn left on SR 104 as you leave the Hood Canal Bridge and follow it to the junction with Bond Road. Follow directions above. From the Kingston-Edmonds Ferry: Drifters Galley is one of the first businesses on your left as you exit the ferry. Turn left and proceed as above on SR 104. Driving off ferry: Take a left at the first light, As you cross Highway 104, Drifters Galley is on your right.Walkbox located on windowsill on your right as you enter Drifters Galley.  
**Event Info:** 9:00 a.m.-8:00 p.m. Daily. Closed Christmas and Thanksgiving. A walk through the historic town of Kingston and residential neighborhoods on country roads, sidewalks and trails. Restrooms on the route and at the marina. Pets OK on leash. 5K rated 1A. ESVA: County -Kitsap, County Parks, Restaurants, Womb to Tomb (church); OTSVA: 4E's (Emergency), Banks, Coast, Docks

**Kirkland - Bridle Trails Neighborhood and Parks****7K/11K Year Round Walk (2017/Y0603) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, Points of Reference, Take a Walk In a City Park, Water Towers

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0384 Interlaken Trailblazers Volkssport Club [www.interlakentrailblazers.org](http://www.interlakentrailblazers.org)  
**Contact:** Mike Zewe, [mikezewe75@gmail.com](mailto:mikezewe75@gmail.com), (425)305-1275, 610 S Liberty, Port Angeles, WA, 98362  
**Start Point:** BridleTrails Red Apple Market- 6625 132nd Ave.NE, Kirkland, WA 98033, 425-881-7602. From I-405 North or South take Exit 17 (NE 70th PL). Northbound turn left on 116th Ave NE, Right on NE 70th PL for 1 mile. Right on 132nd Ave NE to Red Apple on your right. Southbound Right on NE 72nd PL for 1.2 miles. Right on 132nd Ave NE to Red Apple on your right.  
**Event Info:** 5AM - 11PM day/wk Closed Christmas and closes early on Thanksgiving. NEW ROUTE FOR 2014 Walk through West Kirkland neighborhoods, in Bridle Trails State Park.Part of the walk goes through neighborhoods some having Horse farms. Not suitable for strollers or wheelchairs. Restrooms are available at start/finish in Bridle Trails State Park and some seasonal restrooms in other parks. Walk half on paved sidewalks and half on soft trail. Mostly flat walking in park, few hills.

**Kirkland - Kirkland and Juanita Waterfront Parks****Distance 6/10/20 km Year Round Walk (2017/Y1701) 1/2/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0384 Interlaken Trailblazers Volkssport Club [www.interlakentrailblazers.org](http://www.interlakentrailblazers.org)  
**Contact:** Don Whitt, [whittjdj@comcast.net](mailto:whittjdj@comcast.net), (425)466-8635, 5604 135th Street Ct NW, Gig Harbor, WA, 98332  
**Start Point:** Columbia Athletic Club- 11450 98th Ave NE, Kirkland, WA From I-5 north or south Exit #168 to SR 520 E to Bellevue. Exit SR 520 to Lake Washington Blvd NE (RT 908) Kirkland. Continue north to Central Way. Turn left on Central Way to Market Street. Right on Market Street continuing to the Columbia Athletic Club. From I-405 north or south use Exit #18 (Redmond/Kirkland). Follow the signs to Kirkland west downhill to Market Street. Right on Market to the start point.  
**Event Info:** Explore the Juanita Bay Park, other waterfront parks, wetland and views of the Olympic Mountains, the skyline of Seattle, attractive neighborhoods, and a limited part of downtown Kirkland. 20K extension takes you on a tour of the Rose Hill neighborhood and Forbes Creek wetlands. Especially beautiful early in the morning.

**Kirkland - Kirkland Corridor Trail and Lake Washington Waterfront****6K/11K Year Round Walk (2017/Y0134) 1/2/2017 - 12/31/2017**

Amphitheatres, Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Lakes and Reservoirs, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0384 Interlaken Trailblazers Volkssport Club [www.interlakentrailblazers.org](http://www.interlakentrailblazers.org)  
**Contact:** Don Whitt, [whittjdj@comcast.net](mailto:whittjdj@comcast.net), (425)466-8635, 5604 135th Street Ct NW, Gig Harbor, WA, 98332

**Start Point:** La Quinta Inn- 10530 Northup Way, Kirkland, WA 98033  
 From I-5 north or south, Exit #168 to SR 520 E to Bellevue. Exit SR 520 onto Lake Washington Blvd (RT 908) to Kirkland. Turn right at the traffic light onto Northup Way. Turn left into parking lot at La Quinta Inn.  
 From I-405 north or south Exit #14 to SR 520 West to Seattle. Exit SR 520 immediately to 108th Ave NE. Right at bottom of hill onto 108th Ave NE. Left at traffic light onto Northup Way. La Quinta Inn several blocks on the right.

**Event Info:** New route for 2016! Lovely walk in King County. Start your walk on the new Kirkland Corridor Trail then head to downtown Kirkland. Outdoor sculptures are located along the route and the Lake Washington waterfront is lined with flowers in well landscaped condominiums and parks, views of the Olympic Mountains and Seattle skyline. The downtown area is a charming mix of galleries, shops and eateries. It was voted the 3rd Best National Year Round in 2011. Route is revised for 2016 to maximise use of Kirkland new Corridor Trail.

**La Center - Town & Wetlands****5/10km Year Round Walk (2017/Y1540) 1/2/2017 - 12/30/2017**

Amphitheatres, Bridges - Spanning the USA, Take a Walk In a City Park, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0557 Vancouver USA Volkssporters [www.vancouverusavolkssporters.org](http://www.vancouverusavolkssporters.org)  
**Contact:** Heidi Schurr, [hschurr@hotmail.com](mailto:hschurr@hotmail.com), (360)573-8999, PO Box 2121, Vancouver, WA, 98668-2121

**Start Point:** La Center Marketplace at Heritage Center- 419 E Cedar Ave. From I-5, take Exit #16 to La Center Rd. Southbound turn left or Northbound turn right, & then proceed about 2 miles into La Center. Turn right on 4th St to Heritage Center on the left. Park on nearby streets only, not in store parking lot. Ask for the Start Box at the counter.

**Event Info:** Sun - Thu, 6 to 10, Fri & Sat 6 to 11. La Center is a small town within a magnificent Northwest setting. Enjoy the wetlands formed by the East Fork of the Lewis River where bird blinds are available for wildlife viewing. Scenic Stearnwheeler Park with its totems poles & wood carved sculptures is on the route. Enjoy the fountains & historical displays. You will explore the quaint town center & cozy neighborhoods. Walking trails through natural areas & parks will delight you.

**La Conner - Town Walk****5/10 K Year Round Walk (2017/Y1279) 1/1/2017 - 12/31/2017**

Amphitheatres, Boardwalks, Food For Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, State Street Sashay, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Volcanoes, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0482 NW Tulip Trekkers [www.nwtrekkers.org](http://www.nwtrekkers.org)

**Contact:** Fred/Sharon Fisher, [sfisher@fidalgo.net](mailto:sfisher@fidalgo.net), (360)293-7985, PO Box 1603, Mount Vernon, WA, 98273

**Start Point:** Farmhouse Restaurant- Farmhouse Restaurant-13724 La Conner/Whitney Road. I-5 Exit Burlington exit 230 to Hwy 20 West. Follow signs toward Anacortes. Turn left at stop light toward La Conner. Take an immediate right into the Farmhouse parking lot. Start box is just inside the entryway. Hrs. 7AM to 9 PM daily. Register and drive 5 miles to begin this walk. Driving directions are on the walk directions.

**Event Info:** Walk past the marina and along the beautiful Swinomish Channel on a brand new walkway. Walk along First Street browsing in the unique gift shops and galleries. Walk through Pioneer Park. There are many restaurants and fun sculptures along the way. 5K Rated 1A; 10K Rated 2B.

**Lacey - Historic (College, Park Walk)****Distance 5/10/20 km Year Round Walk (2017/Y0950) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** NO      **Pets:** No

**Sponsor:** AVA-0148 Capitol Volkssport Club [www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)

**Contact:** Tom & Barb Malone, [ravniz08@yahoo.com](mailto:ravniz08@yahoo.com), (360)485-3693, 7608 38th Ct. SE, Lacey, WA, 98503

**Start Point:** Safeway Food & Drug- 6200 SE Pacific, Lacey. From I-5 Northbound and Southbound: Take Exit 109. Northbound: Turn RIGHT on Martin Way. Southbound: Turn LEFT on Martin Way. Turn RIGHT on Carpenter Rd. Safeway is on the LEFT; at the corner of Carpenter Rd and Pacific Ave.

**Event Info:** Daily - open 24 hours. Lacey was originally called Woodland after settlers Isaac and Catherine Wood, who settled here in 1853. The small settlements of Woodland and Chambers Creek consolidated into Lacey in the 1950s. Walk explores, St. Martin University campus and follows a trail to a lake and community park. 20K takes you through the Lacey business district, Panorama City and Wonderwood Park. 5K takes you by lake and community park and historic area.

**Lacey - Lacey Southeast "States" Walk****Distance 5/10/20km Year Round Walk (2017/Y0586) 1/2/2017 - 12/31/2017**

Volcanoes, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0148 Capitol Volkssport Club [www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)  
**Contact:** Sheila Morrison, [sheila.morrison@comcast.net](mailto:sheila.morrison@comcast.net), (360)923-5381, 6634 Milano Ct SE, Olympia, WA, 98513  
**Start Point:** Thrive Community Fitness- 5401 Corporate Center Loop SE, Lacey, WA 98503. I-5 Northbound: Take Exit 108 and follow the College Street signs. Turn right onto College St SE. Drive approximately three miles. Turn right onto Corporate Center Drive (first light past the roundabout). Turn left at the first cross street and then right at the first driveway into the Thrive parking lot. I-5 Southbound: Take Exit 109, turn right onto Martin Way and then left at the traffic light on College Street. Proceed as above.  
**Event Info:** Daily - 7:00 a.m. - 7:00 p.m. Closed Thanksgiving, Christmas & Easter. The route that follows a two mile portion of the Chehalis Western Trail, continuing on paths and streets through a newer neighborhood that includes 11 streets named after states and great views of Mt Rainier. The 5K requires a short drive to the start point in a city park and then walking on streets through an older neighborhood on a public golf course and the newer neighborhood with state named streets. There is an option to walk both 5K, 10K, 15K or 20K out and back entirely on the Chehalis Western Trail.

**Lacey - Southeast Lacey Bike Event****25K, 46K, 69K, 89K Year Round Bike (2017/Y1931) 1/2/2017 - 12/31/2017**

Volcanoes

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** No  
**Rating:** 1A      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0148 Capitol Volkssport Club [www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)  
**Contact:** Bob Morrison, [morrisonr@comcast.net](mailto:morrisonr@comcast.net), (360)923-5381, 6634 Milano Ct SE, Olympia, WA, 98513  
**Start Point:** Thrive Fitness Center- 5401 Corporate Center Loop SE, Lacey, WA 98503. I-5 Southbound: Take exit 109 and turn right on Martin Way. Quickly move to the left turn lane and turn left onto College St at the first traffic light. Follow College Street about three miles. Right onto Corporate Center Drive (first light past roundabout). Left at first cross street and right into the parking lot. I-5 Northbound: Take exit 108 and follow signs to College St. Right on College St SE. Proceed as above.  
**Event Info:** Daily - 7 a.m. to 6 p.m.. Closed Thanksgiving & Christmas. The historic Weyerhaeuser-owned Chehalis Western Railroad, which operated from 1926 through the mid-1980's, has now become the Chehalis Western Trail. The trail runs north - south through the heart of Thurston County and links up with the county-owned 14.5-mile Yelm to Tenino Trail. It passes through a variety of ecosystems and environments in both the urban and rural areas of the county. It provides access to over 170-acres of park land including nearly two miles of frontage along the Deschutes River, and features access to the Puget Sound, Chambers Lake, wetlands, forests, farmland, creeks, prairies, and other habitats. Bike ride is south on the Chehalis Western Trail and back. 25K goes to mile post 17.0. 46K goes to Rainier. 69K goes to Yelm OR Tenino. 89K goes to Yelm and Tenino.

WASHINGTON	2017	WASHINGTON
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### Lake Forest Park - Lake Forest Park

10k with 6k option Year Round Walk (2017/Y1144) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0925 Sound Steppers Volkssport Club Soundsteppers.org  
**Contact:** Brad Hudson, dbradhudmt@mac.com, (206)619-8275, 24101 43rd Ave. W., Mountlake Terrace, WA, 98043  
**Start Point:** Albertsons store- 17171 Bothell Way, take exit 177 205th NE/Ballinger Way, I-5 northbound exit right, I-5 southbound left at stop light. Ballinger Way SR104 to end at Bothell Way. Turn right and then an immediate right into the Albertson's parking lot.  
**Event Info:** From the Lake Forest Park town center, wind through quite neighborhoods and enjoy views of Lake Washington and Mt. Rainier. Follow the Burke-Gilman Trail to historic Log Boom Park. Take a moment to sit and enjoy the view. Walk onto the fishing pier at Lake Washington. Return on winding road with great views of Lake Washington.

### Leavenworth - Icicle Gorge Trail

3K, 7K, 10K Seasonal Walk (2017/Y1675) 5/1/2017 - 10/31/2017

Bridges - Spanning the USA, Points of Reference, Treasure Hunt - A way to walk our precious trails, Walking the USA A - Z, You'll Never Walk Alone  
**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0360 Central Washington Sun Striders  
**Contact:** Duane Russell, duanepat@nwi.net, (509)548-4084, 10555 Fox Road, Leavenworth, WA, 98826  
**Start Point:** Icicle Village Resort - Icicle Inn- 505 Hwy 2 From Seattle: Hwy 2 to Leavenworth, entering Leavenworth, hotel is on the right. From East Hwy 2 to Leavenworth, go through town to west end. Hotel is on the left. Ask for Walk Box at registration desk. Drive to start of walk, directions on Walk Instructions sheet.  
**Event Info:** Trail follows Icicle River -- enjoy both beautiful mountain and river views.

### Leavenworth - Town

5/10km Seasonal Walk (2017/Y0452) 4/1/2017 - 11/15/2017

Bridges - Spanning the USA, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Walking the USA A - Z, You'll Never Walk Alone  
**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0360 Central Washington Sun Striders  
**Contact:** Duane Russell, duanepat@nwi.net, (509)548-4084, 10555 Fox Road, Leavenworth, WA, 98826  
**Start Point:** Icicle Village Resort - Icicle Inn- 505 Hwy 2. From Seattle: Hwy 2 to Leavenworth, entering Leavenworth, hotel is on the right. From East Hwy 2 to Leavenworth, go through town to west end. Hotel is on left. Ask for "walk box" at registration counter.  
**Event Info:** Walk through the Bavarian town of Leavenworth, parks and some residential areas with scenic views of mountains. Walk along the Wenatchee River, crossing bridges to Blackbird Island and to the new Upper Valley Museum. Wheelchairs not recommended due to rough terrain at Blackbird Island and road shoulders.

**Long Beach - Lewis & Clark - End of the Trail****10K/5K Seasonal Walk (2017/Y0272) 4/1/2017 - 9/30/2017**

Boardwalks, Honoring Our Flag, Ice Cream Parlors, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes**Sponsor:** AVA-0557 Vancouver USA Volkssporters [www.vancouverusavolkssporters.org](http://www.vancouverusavolkssporters.org)**Contact:** Burt Paynter, [walkeriii@comcast.net](mailto:walkeriii@comcast.net), (360)798-8485, 2515 SE Spyglass Drive, Vancouver, WA, 98683

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) -- START: Long Beach Peninsula Visitor Center. - REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. the POC does not provide event directions or accept alternative payment methods. The entire online process should take less than 10 minutes for a first time user.

DRIVE TO START: Long Beach Peninsula Visitor Center, 3914 Pacific Way, Seaview, WA. From I-5 northbound, take Exit 39 at Kelso, turn left & follow signs to WA State Route (SR) 4. Follow SR 4 west to its intersection with US 101 west of Naselle & continue straight to follow US 101 south to Pacific Way in Seaview. Turn right on Pacific for a short block to the Visitor Center on the right.

From I-5 southbound, take Exit 104 south of Olympia to US 101. Follow SR 8 & then US 12 to the intersection with US 101 at Aberdeen. Follow US 101 south to Seaview & the Visitor Center as described above.

**Event Info:** Daily, daylight hours. The walk route follows the Lewis & Clark Corps of Discovery journey along the beach to a bronze tree sculpture placed to commemorate the most northerly point reached on the Pacific coast. The trail is on asphalt pavement & elevated boardwalks with great views of the beach & sand dunes. Other sites along the way point out observations made in their journals. The return route goes thru the town of Long Beach passing a museum, sculptures, memorials & many shops & restaurants.

**Longview - Lake Sacajawea****10k, 6K Year Round Walk (2017/Y1316) 1/1/2017 - 12/31/2017****Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes**Sponsor:** AVA-0530 Border Crossers [www.longviewbordercrossers.org](http://www.longviewbordercrossers.org)**Contact:** Jan Veeder, [janveeder@comcast.net](mailto:janveeder@comcast.net), (360)703-4702, 3148 Garfield St, Longview, WA, 98632

**Start Point:** The Merk - 1339 Commerce Ave. Open M-Sa 8-5:30, closed Sun & major holidays. From I-5 NB: Take exit 36. Follow SR-432 (Tennant Way) 3.6 mi to Commerce Ave. Turn RIGHT on Commerce Ave then LEFT on Broadway St then LEFT on 14th Ave and enter parking lot on Left. From I-5 SB: Take exit 39. Turn RIGHT on SR-4 (Allen St). Keeping Left, Continue on Allen St across the Cowlitz River Bridge, where Allen becomes W Main St. Veer LEFT on Washington Way to 15th Ave. Veer Left on 15th Ave one block to Broadway St. Turn LEFT on Broadway St one block to 14th Ave. Turn RIGHT on 14th Ave and enter parking lot on Left. Building entry is the last door to the left when facing the building. Walk box in file cabinet at Commerce Ave entrance. ALT. Registration: Red Lion Hotel, Kelso, WA. Drive to The MERK to begin walk. From I-5 NB: Take exit 39. Turn Right & Right onto Kelso Dr. Turn Left into the Hotel parking lots. From I-5 SB: Take exit 39. Turn Left going under I-5, then follow directions above. Walk box at registration desk.

**Event Info:** Walk through downtown, the Old West Side Historic Neighborhood and around Lake Sacajawea. Walk through the Japanese Garden (no dogs allowed) and see the totem pole on Lion Island. Strollers and wheelchairs may have problems.



**Lyle - Klickitat Trail****12K/7K Seasonal Walk (2017/Y0139) 4/10/2017 - 10/31/2017**

Animal Safari, Bridges - Spanning the USA, Fraternal Organizations, Honoring Our Flag, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0336 Daffodil Valley Volkssport Association [www.daffodilvalleyvolkssport.com](http://www.daffodilvalleyvolkssport.com)  
**Contact:** Nancy Wittenberg, [newittenberg@gmail.com](mailto:newittenberg@gmail.com), (253)841-0580, 12626 129th St E, Puyallup, WA, 98374

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) -- START: at the Lyle Merchantile, Lyle, WA. There is NO start box at the start.- REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. the POC does not provide event directions or accept alternative payment methods. The entire online process should take less than 10 minutes for a first time user.

DRIVE TO START: 615 State St (SR14). From I-84 Hood River, take the Hood River bridge to Washington state. Turn right on WA SR14, 11.1 miles to Lyle. From Vancouver, SR14 east 76 miles to Lyle. From Yakima, take I-82E to US97 to SR14. Slight right on SR14, 24.4 miles to Lyle. Lyle Merchantile is on the east end of town.

**Event Info:** Daily, daylight hours. Out and back through Lyle and on the Klickitat Trail, an old Burlington Northern Railbed along the wild & scenic Klickitat River with lots of wild flowers and bird watching opportunities. The 12K walk passes through Yakama and Klickitat Indian Ceremonial and fishing grounds. No trespassing off the trail. Trail head at SR14 with toilet, otherwise no restroom on the trail. First 3K of the Klickitat trail to Fisher Hill Rail Trestle bridge (7K turn around) is improved packed gravel, suitable for big wheel strollers. Paved Fisher Hill rail trestle bridge over the river with great views of the Lyle Falls. Beyond the trestle the trail is unimproved but easily passable. Dogs allowed on leash only and must not be allowed off the trail. Poison Oak along the edges in some places. Sunny, so wear a hat, bring water, and use sunscreen.

**Lynden - Town and Parks****10 K Year Round Walk (2017/Y0943) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Ice Cream Parlors, Points of Reference, Take a Walk In a City Park, Volcanoes, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0482 NW Tulip Trekkers [www.nwtrekkers.org](http://www.nwtrekkers.org)  
**Contact:** Lynne Ince, [lynne.ince@yahoo.com](mailto:lynne.ince@yahoo.com), (360)778-3134, PO Box1603, Mt. Vernon, WA, 98273

**Start Point:** Lynden Food Pavilion- 8130 Washington 539, Lynden, WA. I-5 exit 256A, Bellingham.Right on Guide Meridian for 10.5 miles. Right at stoplight at Kok Rd. Food Pavilion is in the shopping center on your left.

**Event Info:** Revised Walk through the picturesque town thru residential areas,downtown and parks with views of Mt. Baker and the Canadian Cascades. Restrooms at start and finish and along the way.

**Lynnwood - Lynnwood Lakes and Trails****10k and 5k Year Round Walk (2017/Y1909) 1/1/2017 - 12/31/2017****Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes**Sponsor:** AVA-0925 Sound Steppers Volkssport Club Soundsteppers.org**Contact:** Bev Kerlin, bevkerlin@hotmail.com, (425)582-1523, 5502 220th SW D101, Mountlake Terrace, WA, 98043**Start Point:** QFC Grocery Store on 196th St- 7500 196th St SW, Lynnwood WA 98036, I-5 northbound exit 181A 44th Ave W, turn left, left on 196th, crossing Hwy, 99 continuing to QFC Grocery store on the left. I-5 southbound exit 181 196th SW, continue west on 196th, crossing Hwy. 99 and continuing on to GFC Grocery store on your left..**Event Info:** A old favorite Lynnwood Lakes and Trails, floating walkway on Scriber Lake, Scriber Creek trail, Interurban Trail and Golf Course trail. Sidewalks connect the trails. 5k route uses neighborhood streets and the trail around the golf course.**Manson - Lakes****10 km Seasonal Walk (2017/Y0397) 4/1/2017 - 10/31/2017**

Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Points of Reference, Treasure Hunt - A way to walk our precious trails, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes**Rating:** 2A      **Wheelchair:** NO      **Pets:** Yes**Sponsor:** AVA-0360 Central Washington Sun Striders**Contact:** Duane Russell, duanepat@nwi.net, (509)548-4084, 10555 Fox Road, Leavenworth, WA, 98826**Start Point:** Manson Red Apple Market- 610 Wapato Way (Hwy 150). From Wenatchee drive north on 97A to Chelan-follow signs for North Shore and Manson which is located 7 miles uplake on Hwy 150. The Market is on the left side of hwy prior to entering Manson.**Event Info:** Some small to moderate hills, walking on roads with views of three lakes as you meander rural orchards and vineyards near Lake Chelan. Wheelchairs not advised due to walking along highway shoulders.**Maple Valley - Green to Cedar Trail****5km-10km Year Round Walk (2017/Y1328) 1/1/2017 - 12/31/2017**

Lakes and Reservoirs, Points of Reference, Trekking With the Trees, Volcanoes, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes**Sponsor:** AVA-0754 Over-The-Hill-Gang Volkssport Club www.theoverthehillgang.net/**Contact:** Marilyn Viola, joemar11@comcast.net, (253)864-7443, 9202 169 East, Puyallup, WA, 98375**Start Point:** Maple Valley- Johnsons Home and Garden, 26625 Maple Valley Hwy (SR169). From SR167 take SR18 east 9 miles to SE 272 St (SR516) RIGHT on SE 272 St 5 miles to Four Corners Square. LEFT at 238 Ave SE. RIGHT at next street, LEFT in Johnson Home and Garden parking lot. PLEASE PARK AWAY FROM THE FRONT OF THE STORE. Store hours: M-Sa 7:30a-8:00p, Su 8a-7p. Closed Thanksgiving and Christmas. Abbreviated hours on other holidays. Walk box (gray accordian folder) located at the customer service area immediately to your left upon entering the store**Event Info:** Walk on light gravel forested trail in King County on the Green to Cedar Trail. The former railroad bed passes Lake Wilderness. 10k route passes under 4 overpasses (tunnels) before returning for new views on the trail. No Restrooms on the trail.

**Mercer Island - Luther Burbank Park****Distance 6/11/16/20km Year Round Walk (2017/Y1051) 1/1/2017 - 12/31/2017**

Amphitheatres, Honoring Our Flag, Lakes and Reservoirs, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0384 Interlaken Trailblazers Volkssport Club [www.interlakentrailblazers.org](http://www.interlakentrailblazers.org)  
**Contact:** Diane Hildebrand, walkin-crazydi@hotmail.com, (253)813-1776, P. O. Box 59592, Renton, WA, 98058  
**Start Point:** Walgreens- 7707 SE 27th St, Mercer Island, WA 98040. I-90 eastbound, exit 7A (77th Ave SE), at top of ramp turn right onto 77th Ave SE.// I90 westbound, exit 7, straight to 77th Ave SE, turn left.// From 77th, left onto SE 27th St. First right into parking lot. Park in perimeter parking spots. Walk box at PHOTO CENTER in back of store.  
**Event Info:** Daily, dawn to dusk. King County, North End Parks, I-90 Regional Trail. Lovely walk on Mercer Island through Luther Burbank Park and the Park-on-the-Lid. Walk by historic Roanoke Inn and Keewaydin Club, under I-90 to Calkins Landing and Slater Park. Restrooms in parks. Additional 5.6K option, walk over I-90 bridge for great water & Mt. Rainier views. NEW: there is an additional 4K option (rated 2B) once you are over the I-90 bridge (for a total of 20K).

**Mercer Island - Mid Mercer Walk****11K, 6K Year Round Walk (2017/Y1050) 1/2/2017 - 12/31/2017**

Honoring Our Flag, Points of Reference

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 3B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0384 Interlaken Trailblazers Volkssport Club [www.interlakentrailblazers.org](http://www.interlakentrailblazers.org)  
**Contact:** Diane Hildebrand, walkin-crazydi@hotmail.com, (253)813-1776, P. O. Box 59592, Renton, WA, 98058  
**Start Point:** Walgreens- 7707 SE 27th St, Mercer Island, WA 98040. I-90 eastbound, exit 7A (77th Ave SE), at top of ramp turn right onto 77th Ave SE.// I90 westbound, exit 7, straight to 77th Ave SE, turn left.// From 77th, left onto SE 27th St. First right into parking lot. Park in perimeter parking spots. Walk box at PHOTO CENTER in back of store.  
**Event Info:** Daily, dawn to dusk. Closed Christmas. New Route for 2015. Explore mid- Mercer Island, around residential areas, as well as wooded trails. The 11k is a revised route, with some exceptional views of both mountain ranges and Lake Washington. Restrooms at Start/Finish and in parks. 6k is rated 2A; 11k is rated 3B.

**Mill Creek - Nature Trails****10K & 6k Year Round Walk (2017/Y1791) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0925 Sound Steppers Volkssport Club [Soundsteppers.org](http://Soundsteppers.org)  
**Contact:** Neil Smith, neil.smith@comcast.net, (206)214-5274, 21329 76th W. #10, Edmonds, WA, 98026  
**Start Point:** Central Market store- 15605 Main Street, Mill Creek, WA. I-5 exit 183, 164th SW northbound right, southbound left. 164th SW to Mill Creek blvd turn Left, turn Left on Main St, turn Right to Central Market parking lot.  
**Event Info:** Walk is on paved trails along North Creek Nature area. WSU extension garden. Thru woods of McCollum Park. Continue past Mill Creek Sports park and Restrooms. City sidewalks to second paved Nature Trail and return to Mill Creek town center.

**Monroe - Lake Tye, Parks, City, River****5k, 10k, 14K Year Round Walk (2017/Y1977) 1/2/2017 - 12/31/2017**

Honoring Our Flag, Lakes and Reservoirs, Points of Reference, Take a Walk In a City Park

**Award:** IVV Credit Only **Strollers:** easy **Restroom:** Yes**Rating:** 1A **Wheelchair:** Medium **Pets:** Yes**Sponsor:** AVA-0384 Interlaken Trailblazers Volkssport Club [www.interlakentrailblazers.org](http://www.interlakentrailblazers.org)**Contact:** Robert kunzmann, bobbkunzmann@yahoo.com, (425)788-2182, 20034 NE 194th, Woodinville, WA, 98077**Start Point:** YMCA of Snohomish County, Monroe- 14033 Fryelands Blvd. Monroe, WA 98272 From I-5 in Everett, take Hwy 2 to Monroe Right one block on Fryelands to YMCA on left. From Seattle take Hwy 522 to Hwy 2 west, turn right to Fryelands, left to YMCA on left. Start Box in Lobby**Event Info:** 10K and 5K walk around Lake Tye, green belts, neighborhoods and parks. 14k adds historic Lewis and Main street with old buildings, businesses, restaurants and a Museum and Skykomish river trail and park mostly on level pavement. Nice views of mountains and farmlands and river.**Montesano - Town & Lake Trail****5/10/13/15 km Seasonal Walk (2017/Y0941) 5/1/2017 - 10/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street

**Award:** IVV Credit Only **Strollers:** None **Restroom:** Yes**Rating:** 2C **Wheelchair:** None **Pets:** Yes**Sponsor:** AVA-0148 Capitol Volkssport Club [www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)**Contact:** Mert Turner, mert0722@msn.com, (360)533-4352, POB 1565, Aberdeen, WA, 98520**Start Point:** Bee Hive Restaurant- 300 S. Main St. (corner of Pioneer Ave.) I-5: Exit 104 and follow the signs toward Aberdeen. The highway will change from US 101 N., to WA-8, to US-12 W. Take the WA-107 ramp toward Montesano/Raymond. Turn right onto S. Main St. 300 S. Main St. is on the right, at the corner of the traffic light. Phone 360-249-4131**Event Info:** Walk a bit around town, past the city park that has seen many festivals and the clock tower/dome of the county seat, which has very old, beautifully done murals inside. Then enjoy the peaceful setting of Lake Sylvia State Park for a hike/walk-about, and maybe camp for the weekend? The trail loops in a near figure 8 and ends up back in town on a route that many locals don't even know about. Enjoy the berries in season and wear boots if we've had rain. 5K rated 2A, 10K, 13K & 15K rated 2C. Shade is sparse for the last 3K of the 15, for those wanting to see the cemetery, so if hot weather, consider doing this early in the day. ESVA challenges: 39 counties - Grays Harbor; Restaura2Bnts - American, Asian, Mexican; Womb to Tomb - School, Vow & Death.

**Moses Lake - Neppel Landing Trail & Parks****10K/5K Year Round Walk (2017/Y1062) 1/1/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Food For Thought, Fraternal Organizations, Lady Liberty Special Program, Lakes and Reservoirs, Take a Walk In a City Park, Trekking With the Trees, Volcanoes, Walk the USA - Street by Street, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0336 Daffodil Valley Volkssport Association [www.daffodilvalleyvolkssport.com](http://www.daffodilvalleyvolkssport.com)  
**Contact:** Nancy Wittenberg, [newittenberg@gmail.com](mailto:newittenberg@gmail.com), (253)841-0580, 12626 129th St E, Puyallup, WA, 98374

**Start Point:** Holiday Inn Express- 1735 Kittleson Road. Tel. 509-766-2000. I-90 exit 179 (SR17): EB left, WB right on SR17 to Kittleson Road (light). Left on Kittleson to Holiday Inn Express on the left. Ask for the "walk box" at the counter. Wait until the desk clerk is not busy. Mail in credit fee in envelope provided. Drive to start.

**Event Info:** Daily, dawn to dusk. A mostly flat, pleasant walk predominantly on pavement along the Neppel Landing bike path, an old railroad bed along Moses Lake, through neighborhoods bordering Moses Lake, McCosh Park, the Japanese Garden, the Civic Center and downtown. Pass the fountain in Moses Lake (running seasonally) and downtown art. Some shady areas, but Moses Lake is very warm in the summer. Walk early in the day in summer, wear a hat and carry water. Pets on leash. Owners responsible for cleanup. Some uncut curbs will make wheelchairs difficult. WSC: Restaurants.

**Mount Vernon - East Mount Vernon****6/10K Year Round Walk (2017/Y1275) 1/1/2017 - 12/31/2017**

Animal Safari, Honoring Our Flag, Points of Reference, Take a Walk In a City Park, Volcanoes, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0482 NW Tulip Trekkers [www.nwtrekkers.org](http://www.nwtrekkers.org)  
**Contact:** Joe Pepia, [pepia46@comcast.net](mailto:pepia46@comcast.net), (360)899-5311, PO Box 1603, Mount Vernon, WA, 98273

**Start Point:** Haggens Market- 2601 East Division St., Mount Vernon, WA 98273. I-5 Exit 225 From South turn right, from North turn left, on Anderson Road, go straight through round-about, Anderson Road will curve and become Laventure Rd. Right on E Division St. Haggens will be on the left. Start box is a two-drawer wooden file cabinet.

**Event Info:** Daylight Hours. Closed 10 pm Christmas eve and Christmas day. This walk is mostly on the eastern side of Mount Vernon. Walk along a short path that is a favorite place for ducks when there is enough water in the small ponds. Through housing areas with a slow steady climb up the hill and through newer housing developments and city park. The apex of the walk is on a short city trail that leads to a panoramic view of the Skagit Valley, Mount Baker and the start of the route across the North Cascades. The route back is mostly down hill with weather dependent views to the west of Mount Erie and the valley between. Restroom at Start and portapotty at city park.

**Mt. Rainier National Park - Ohanapecosh Campgrounds****5K and 10K Seasonal Walk (2017/Y0789) 7/1/2017 - 9/5/2017**

Bridges - Spanning the USA, National Parks Centennial Challenge, Points of Reference,  
Treasure Hunt - A way to walk our precious trails, Walking the USA A - Z, You'll Never  
Walk Alone

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 3C      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0360 Central Washington Sun Striders  
**Contact:** Millie Haupt, m.haupt@charter.net, (509)965-4980, 2510 So. 52nd Avenue, Yakima, WA, 98903

**Start Point:** Visitors Information Center, Ohanapecosh Campgrounds, Mt. Rainier National Park- (360-569-6046) Southbound: From Tacoma, take HWY 410 to junction with Hwy 123 (Cayuse Pass). Follow Hwy 123 and turn left at sign to Ohanapecosh Campgrounds. Northbound: From Portland, take I-5 North to exit 68. Take Hwy 12 East through Packwood to junction with Hwy 123. Turn left on Hwy 123 and follow to sign into Ohanapecosh Campgrounds. Park in Day Use Only area. Walk Box at Visitors Info Center.

**Event Info:** Scenic mountain trail with view of Silver Falls and into Grove of the Patriarchs. Rough nature trail with roots in places. Walking sticks helpful.

**Mt. Rainier National Park - Pacific Crest Trail -- Naches Loop and Dewey Lakes****7/10/12 Km Seasonal Walk (2017/Y2050) 7/1/2017 - 9/30/2017**

**Award:** A Award      **Strollers:** None      **Restroom:** Yes  
**Rating:** 3C      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0534 Four-Plus Foolhardy Folks <http://fourplushikers.weebly.com>  
**Contact:** Nancy Wittenberg, newittenberg@gmail.com, (253)841-0580, 12626 129th St E, Puyallup, WA, 98374

**Start Point:** WEB REGISTRATION ONLY ([www.cva4u.org](http://www.cva4u.org)) -- Start at Tipsoo Lake. - REGISTRATION: Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use PayPal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternative payment methods. The entire online process should take less than 10 minutes for a first time user.  
DRIVE TO START: From Enumclaw, drive east on State Route 410 (Chinook Pass Highway) toward Chinook Pass (about 44 miles). Park at the Tipsoo Lake parking area, a half mile west of Chinook Pass.  
You will need to have a Golden Eagle Pass per car or a USFS Northwest Forest Pass. You can stop at the Ranger Station in Enumclaw to purchase one (daily pass is \$5).

**Event Info:** Start at Tipsoo Lake parking lot. The route follows the PCT/Naches Peak Loop Trail NE for a total 700 foot elevation gain. An extension down and back up to Dewey Lake adds an additional 700 feet in elevation. The views of Mt. Rainier on the return are spectacular. Trail is in Mt Rainier National Park and the William O. Douglas Wilderness.

**Mt. Rainier National Park - Skyline Trail****10K Seasonal Walk (2017/Y0835) 7/1/2017 - 9/30/2017**

**Award:** A Award                      **Strollers:** None                      **Restroom:** Yes  
**Rating:** 3C                      **Wheelchair:** None                      **Pets:** No  
**Sponsor:** AVA-0534 Four-Plus Foolhardy Folks <http://fourplushikers.weebly.com>  
**Contact:** Betty Stauff, brstauff@comcast.net, (425)228-4085, 13813 - 139th Ave. S.E., Renton, WA, 98059  
**Start Point:** Mount Rainier National Park, Paradise- Remote registration only - contact the POC or visit our website at [www.fourplushikers.weebly.com](http://www.fourplushikers.weebly.com) to register. At our website, be sure to click the link to the Mt. Rainier website to check current trail conditions.  
**Event Info:** There's a reason they named it Paradise. John Muir said he'd never seen a finer trail. You too will be amazed at the abundant variety of wildflowers, amused at the antics of marmots, and awed by the grand views of Mt. Rainier's glaciers. Come see this incredible National Park. This is a very popular, well-maintained trail that starts in the parking lot of the Paradise Visitor Center. Starting elevation: 5,400'. Top elevation: 7,000'.

**Mt. Vernon****Distance 5/10/20 km Year Round Walk (2017/Y1957) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Food For Thought, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Volcanoes, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only                      **Strollers:** hard                      **Restroom:** Yes  
**Rating:** 2A                      **Wheelchair:** hard                      **Pets:** Yes  
**Sponsor:** AVA-0482 NW Tulip Trekkers [www.nwtrekkers.org](http://www.nwtrekkers.org)  
**Contact:** Marie Weltz, rmweltz@frontier.com, (360)424-7490, P.O. Box 1603, Mount Vernon, WA, 98273  
**Start Point:** Red Apple Market- 820 Cleveland Ave. I-5 Exit 226. Southbound turn right on Kincaid and proceed two blocks to Red Apple market on the left. Northbound turn left and go under the bridge on Kincaid. Proceed two blocks to Red Apple market on the left. Start box location in espresso area to right after entering store. Hours: 7am - 10pm daily.  
**Event Info:** Trails for 5km, 10km and 20km distances. Walk along bike trails, trails along the Skagit River, parks and residential areas. Beautiful views of the Skagit River and the Skagit Valley. 5km route is rated 1A. Restaurants and restrooms at start/finish.

**Newcastle - Newcastle Trails and Treasures****Distance 7/10/13/21km Year Round Walk (2017/Y2052) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Lakes and Reservoirs, Points of Reference, Take a Walk In a City Park, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only                      **Strollers:** None                      **Restroom:** Yes  
**Rating:** 2C                      **Wheelchair:** None                      **Pets:** Yes  
**Sponsor:** AVA-0384 Interlaken Trailblazers Volkssport Club [www.interlaken-trailblazers.org](http://www.interlaken-trailblazers.org)  
**Contact:** Sharon Moats, atthepond3@comcast.net, (425)235-0528, 2815 Lincoln PL NE, Renton, WA, 98056  
**Start Point:** Safeway- 6911 Coal Creek Parkway, Newcastle, WA. From I-405, Exit #10 (Coal Creek Pkwy). Northbound RIGHT/Southbound/LEFT at bottom of Exit Ramp. Continue on Coal Creek Pkwy for 3 miles to Safeway Shopping Center on the right. Park away from businesses. Start box at service center.  
**Event Info:** Explore Newcastle Coal Country on sidewalks, paved paths and trails enjoying the views and history

**Newport - Around Town****5km/10km Seasonal Walk (2017/Y0989) 4/1/2017 - 9/30/2017****Award:** IVV Credit Only **Strollers:** Hard **Restroom:** Yes**Rating:** 3C **Wheelchair:** None **Pets:** Yes**Sponsor:** AVA-0326 Lilac City Volkssport Assn. lilacityvolks.com**Contact:** George Withers, gdonnageorge@aol.com, (509)624-6518, 404 W 20th Ave, Spokane, WA, 99203**Start Point:** Newport Community Hospital- From Spokane I-90: Exit #281 (Division St /Newport). Follow US-2 to Newport (50 miles). Follow the one way into the main part of town. Turn left on 1st St. and follow 1st St. to Scott. (Follow Hospital signs) Hospital is located Pine and Scott. 714 W Pine. Ask for Volkssport File Box at Reception Desk on Right side from main entry doors.**Event Info:** Open dawn to dusk 7 days a week. Walk on sidewalks, asphalt streets and extended dirt trails in Wolf Natural Area, through the historic community of Newport with possible sighting of wildlife and wild flowers. Strollers may have difficulty. Not suitable for wheelchairs.**Nordland - Fort Flagler****10/5 Year Round Walk (2017/Y1859) 1/1/2017 - 12/31/2017**

Treasure Hunt - A way to walk our precious trails, Volcanoes

**Award:** IVV Credit Only **Strollers:** NO **Restroom:** Yes**Rating:** 2C **Wheelchair:** NO **Pets:** Yes**Sponsor:** AVA-0517 Olympic Peninsula Explorers www.opevolkssport.org**Contact:** Todd Oberlander, ope-webmaster@smartsandcomputer.com, (360)620-0810, 293 Kingfisher Pl, Port Hadlock, WA, 98339**Start Point:** Nordland General Store, 7180 Flagler Road. NOTE: YOU MUST DRIVE FROM THE STORE TO FORT FLAGLER TO BEGIN WALKING. A Washington State (Parks) Discover Pass is required for parking. (Automated machine to buy daily or annual Discovery pass located at Park).- Either heading north from Tacoma or from Seattle on the Bainbridge Ferry get on SR 3 and cross the Hood Canal Bridge. Continue on SR 104, watch for the sign to Chimacum, and turn RIGHT. At the next 4-way stop turn RIGHT towards Port Hadlock. Proceed about 1 mile and turn RIGHT onto SR 116. Continue on SR 116, crossing the bridge and passing by Naval Magazine Indian Island to Marrowstone Island. After about five miles, look for the Nordland General Store on the right, across from the Marina. From the west on US 101 at Discovery Bay, turn LEFT at the Port Townsend exit onto SR 20. Continue a little over 3 miles to the Lake Anderson Road and turn RIGHT. Take Lake Anderson Road to SR 19 and turn LEFT. In a short distance turn RIGHT onto SR 116 and proceed as above.**Event Info:** This walk explores the fascinating history and natural beauty of Marrowstone Island and Fort Flagler. See the beautiful views, waterfront camp ground and many batteries to explore.



**North Bend - Historic North Bend and Snoqualmie River****5K/10K Year Round Walk (2017/Y1008) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Points of Reference,  
Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, You'll  
Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0384 Interlaken Trailblazers Volkssport Club [www.interlakentrailblazers.org](http://www.interlakentrailblazers.org)  
**Contact:** Irene Stanford, irenestanford@msn.com, (206)228-3915, 25320 SE 184th St, Maple Valley, WA, 98038  
**Start Point:** QFC (Quality Food Center)- 460 E North Bend Way. I90: Exit #31 (North Bend). EASTBOUND LEFT/WESTBOUND RIGHT on Bendigo Blvd to E North Bend Way. RIGHT 3/10 mile to QFC on LEFT. Walkbox at service counter.  
**Event Info:** NEW walk route for this event. Walk on sidewalks, and road shoulders through downtown and Historic North Bend, past several parks with views of Mt Si, and south fork of the Snoqualmie River.

**North Bend - Rattlesnake Lake and Iron Horse Trail****5K/10K Year Round Walk (2017/Y1024) 1/2/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs,  
Points of Reference, Trekking With the Trees

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1C      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0384 Interlaken Trailblazers Volkssport Club [www.interlakentrailblazers.org](http://www.interlakentrailblazers.org)  
**Contact:** Irene Stanford, irenestanford@msn.com, (206)228-3915, 25320 SE 184th St, Maple Valley, WA, 98038  
**Start Point:** QFC (Quality Food Center)- 460 E North Bend Way. I-90: Exit #31 (North Bend). EASTBOUND LEFT/WESTBOUND RIGHT on Bendigo Blvd to E North Bend Way. RIGHT 3/10 mile to QFC on LEFT. REGISTER AND DRIVE TO START. Start Box at Customer Service Center.  
**Event Info:** NEW walk route for this event. Walk on crushed rock rail bed alongside Rattlesnake Lake past the Cedar Falls Education Center and along the Iron Horse Trail. This is a mountain walk and not recommended during inclement weather

**Oak Harbor - Oak Harbor****5/10k Year Round Walk (2017/Y1057) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0951 Volkssport USA  
**Contact:** Curt/Martha Myron, worldwalker8477@gmail.com, (360)679-3638, PO Box 1603, Mt Vernon, WA, 98273  
**Start Point:** Walgreen's- 31490 State Route 20, corner of SR20 and Pioneer Blvd. Take I-5 Exit 230, Burlington, SR20 west toward Anacortes. Follow SR20 for 11 miles and turn left when SR20 turns left toward Oak Harbor. Continue about 12 miles to Oak Harbor and start location. Ask for the 'walk box' at the Photo Counter. Count your miles twice by registering with the Walk with Walgreens program. Hours: 8am -10pm seven days a week.  
**Event Info:** Walk along Oak Harbor's shoreline and through the downtown area. Visit Reverberation Circle. The walk is all on paved or gravel trails and very suitable for using your Nordic Walking poles. Toilets, restaurants and picnic areas are along the route, with mountains in the distance - North Cascades, Olympics, Mount Baker, and on a clear day, Mt Rainier.

**Ocean Shores - Bayside Walk****6/10/18km Year Round Walk (2017/Y0004) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0148 Capitol Volkssport Club [www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)**Contact:** Jeanne Allan, kokolo@olywalking.net, (360)790-4600, 1221 9th St. SE, Olympia, WA, 98501

**Start Point:** Ocean Shores IGA- 101 E. Chance-A-La-Mer. From I-5 take exit 104 west through both Aberdeen and Hoquiam to Ocean Shores. From Hoquiam follow SR 109 approximately 18 miles to the intersection with SR 115 and turn left. Continue to Pt. Brown Ave. and turn left. Drive several blocks to the round about. Turn left on Chance-A-La-Mer. IGA is on right. Inside store immediately turn right. File cabinet is next to furthest register.

**Event Info:** Walk through developed and undeveloped areas of Ocean Shores pausing at several of the city parks with views up and down Duck Lake, some with restrooms and picnic areas, and often good sites for bird watching. The walk is entirely on pavement and loops around the lake. 18k passes Ocean Shores Interpretive Center, open weekends

**Ocean Shores - Beach Walk****Distance 8/10/11/20km Year Round Walk (2017/Y0379) 1/2/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:**  
**Rating:** 1C      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0148 Capitol Volkssport Club [www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)**Contact:** Jeanne Allan, kokolo@@olywalking.net, (360)790-4600, 1221 9th St SE, Olympia, WA, 98501

**Start Point:** Ocean Shores IGA Store- 101 E. Chance-A-La-Mer. From I-5 both North and Southbound, take Exit 104 West through both Aberdeen and Hoquiam to Ocean Shores. From Hoquiam follow SR 109 approximately 18 miles to the intersection with SR 115 and turn left. Continue to Pt. Brown Avenue and turn left. Drive several blocks to the round about. Turn left on Chance-A-La-Mer. IGA is on right. Inside store immediately turn right. File cabinet is next to furthest register.

**Event Info:** Enjoy an in and out stroll along a wide, flat beach with options ranging from 5K to 20K which ends at the jetty (a favorite locations for seeing spouting whales March, April, & May). For fun, pack a lunch and stop and enjoy the birds and kite flyers. Use restrooms at IGA or public restrooms at entrance to the beach. No water or restrooms once on the beach. ESVA Challenges: Grays Harbor County, Washington Restaurants.

**Odessa - Explore Lincoln County****5K/10K Seasonal Walk (2017/Y2015) 7/1/2017 - 10/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Take a Walk In a City Park, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2C      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AAA-WA Evergreen State Volkssport Assn. [www.esva.org](http://www.esva.org)**Contact:** Sharon Moats, s.moats@comcast.net, (206)909-5176, 2815 Lincoln Pl NE, Renton, WA, 98056

**Start Point:** Remote Registration with ESVA POC- Chiefs Bar and Grill Family Restaurant 17 East First Ave Odessa WA  
 E or W from I-90. Take Exit 206 (WA201) North to 1st Ave. TURN RIGHT to Restaurant on your right.

**Event Info:** Enjoy walking in historical German farming town in Lincoln County. You will walk on sidewalks, roadsides and trails. 5K is rated 1B and 10K is rated 2B Walk during the 47th Deutschesfest Dates: September 15, 16 and 17, 2017

**Olympia - Capital Downtown****5K, 10K Year Round Walk (2017/Y0653) 1/1/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Boardwalks, Cities in Song, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, State Capital, State Street Sashay, Take a Walk In a City Park, Trekking With the Trees, Walking America's Ports of Call, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0148 Capitol Volkssport Club [www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)  
**Contact:** Jeanne Allan, kokolo@olywalking.net, (360)790-4600, 1221 9th Street SE, Olympia, WA, 98501

**Start Point:** Bayview Thriftway Store Deli- 516 W 4th Ave, Olympia, WA 98502. From I-5 Northbound: Take Exit 105 and follow Port of Olympia signs. Turn left on Plum St and left on State St which becomes 4th Ave. Bayview is on the right just before the bridge. Deli is in back on left side of store. From I-5 Southbound: Take Exit 105B which merges into Plum St. Proceed as above.

**Event Info:** Thriftway open daily 6:00 a.m. to 11:00 p.m. The site of Olympia was home to Lushootseed-speaking peoples for thousands of years, including Squaxin, Nisqually, Puyallup, Chehalis, Suquamish, and Duwamish. The first recorded visit by Europeans was in 1792 when Peter Puget and a crew from the British Vancouver Expedition charted the site. In the 1840s, Edmund Sylvester and Levi Smith jointly claimed the land that now comprises downtown Olympia. In 1853 the town settled on the name Olympia, at the suggestion of local resident Colonel Isaac N. Ebey due to its view of the Olympic Mountains to the northwest. Walk around Capitol Lake, through State Capitol grounds, downtown Olympia and Olympia's waterfront in what walking advocate, Sue Parks, calls the "most stunning setting" of all the US capitol cities.

**Olympia - Evergreen State College****10K Year Round Walk (2017/Y0657) 1/1/2017 - 12/31/2017**

Amphitheatres, Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Trekking With the Trees, Walk the USA - Street by Street, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2C      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0148 Capitol Volkssport Club [www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)  
**Contact:** Perki Sweet, pandpsweet@gmail.com, (360)459-8167, 4318 15th Ave NE, Lacey, WA, 98513

**Start Point:** Safeway Food and Drug- 3215 Harrison Ave. NW. I-5 South and North: Take Exit #104. Travel on Hwy 101 to West Olympia/Black Lake Exit. Turn right onto Black Lake Blvd. Change to left lane immediately. Turn left onto Cooper Point Rd at 1st stop light. Follow Cooper Point Rd. for about .8 miles. Safeway is on the left at the intersection of Cooper Pt. Rd. and Harrison Ave. NW. Turn left into the parking lot just before Harrison Ave. After registering drive to the walk start point at The Evergreen State College.

**Event Info:** Closed Christmas. The Evergreen State College is the first public four-year college created in Washington in the 20th century, opening in 1971. The campus contains a large tract of undeveloped land along the Puget Sound waterfront, much of it being second growth evergreen forest, which is of use to the students and faculty as a research and natural area. The entire campus comprises about 1008 acres, including 27 acres of south Puget Sound tidelands. In addition to the main campus, there is also an organic farm. Walk through the campus on sidewalks and maintained paths with some stairs. Pets need to be on a leash. State Challenges: Thurston County, All clubs.

**Olympia - Nisqually Wildlife Seasonal****5 & 10km Seasonal Walk (2017/Y0838) 4/15/2017 - 9/30/2017**

Boardwalks, Volcanoes

**Award:** IVV Credit Only                      **Strollers:** medium                      **Restroom:** Yes  
**Rating:** 1B                                      **Wheelchair:** NO                      **Pets:** No  
**Sponsor:** AVA-0115 Evergreen Wanderers  
**Contact:** Chuck Repik, crepik@aol.com, (253)582-7474, P.O. Box 111943, Tacoma, WA, 98411-1943

**Start Point:** Billy Frank Jr. Nisqually Wildlife Refuge- Chevron Station, 10246 Martin Way E. From North or South on I-5 take exit 114. Southbound exit goes right on to Martin Way E. Northbound turns right at the end of the ramp and another right at Martin Way E. Look for the Chevron Station on the right. Ask staff for Walk Box.

**Event Info:** Daily dawn to dusk. Walk on boardwalks and hard packed gravel trail. Boardwalks may be slippery in wet weather. The Nisqually Refuge has become an important place for wildlife and migratory birds. View songbirds, eagles, osprey and seasonal wildflowers. Save time for exhibits. Free entrance to Visitors Center. Volunteers are on hand to answer your questions (not on Monday or Tuesday). Bring camera and binoculars. Park entrance fee of \$3.00 for up to 4 people. Various National Park passes allow entry for FREE (check sign board at Visitors Center). NO PETS ALLOWED IN REFUGE.

**Olympia - Waterfronts****Distance 5/10/42 km Year Round Walk (2017/Y0260) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Cities in Song, Food For Thought, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, State Capital, Take a Walk In a City Park, Walking America's Ports of Call, You'll Never Walk Alone

**Award:** IVV Credit Only                      **Strollers:** medium                      **Restroom:** Yes  
**Rating:** 1A                                      **Wheelchair:** None                      **Pets:** Yes  
**Sponsor:** AVA-0148 Capitol Volkssport Club [www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)  
**Contact:** Jeanne Allan, kokolo@olywalking.net, (360)790-4600, 1221 9th Street SE, Olympia, WA, 98501

**Start Point:** Bayview Thriftway Store Deli- 516 W 4th Ave, Olympia, WA 98502 - From I-5 Northbound: Take Exit 105 and follow Port of Olympia signs. Turn left on Plum St and left on State St which becomes 4th Ave. Bayview is on the right just before the bridge. Deli is in back on left side of store. From I-5 Southbound: Take Exit 105B and merge into Plum St. Proceed as above.

**Event Info:** Bayview Thriftway open 6:00 a.m. to 11:00 p.m daily. Walk along the Olympia waterfront from West Bay Park to Port Plaza. Lovely views of Olympia, the Capitol, Puget Sound and the Olympic Mountains. 5K and 10K are rated 1A. 10K continues through the Farmer's Market (open Thurs. - Sun. April through Oct; open Sat. & Sun. Nov - Dec) to the view point past the Swantown Marina (picnic tables). There are optional add ons that vary in difficulty that can be added together to walk up to 42K. Some add ons are rated 2C and are not suitable for strollers. Restrooms at startpoint, Percival Landing and Swantown Marina (10K only). Places to sit along route. Boardwalk slippery when wet. Both 5K and 10K pass the berth of the tug boat Sandman, one of eight boats on the National Historic Register. .

**Olympia - West Side Hills Walk****10k Year Round Walk (2017/Y1967) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Take a Walk In a City Park, Walk the USA - Street by Street, Walking America's Ports of Call, You'll Never Walk Alone

**Award:** IVV Credit Only**Strollers:** NO**Restroom:****Rating:** 2B**Wheelchair:** NO**Pets:** Yes**Sponsor:** AVA-0148 Capitol Volkssport Club [www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)**Contact:** Jeanne Allan, [kokolo@olywalking.net](mailto:kokolo@olywalking.net), (360)790-4600, 1221 9th Street SE, Olympia, Wa, 98501**Start Point:** Bayview Thriftway Store Deli- 516 W. 4th Ave, Olympia, WA 98502 - From I-5 northbound: Take Exit 105 and follow Port of Olympia signs. Turn left on Plum St. and left on State St which becomes 4th Ave. Bayview is on the right just before the bridge. From I-5 southbound: Take Exit 105B and merge into Plum St., proceed as above. Deli is in back on left side of store.**Event Info:** Walk up hills, through parks, through neighborhoods and along water front for views and a good workout on Olympia's Westside. Carry water.**Olympia - Woodard Bay Trail****Distance 5/10/15/20/22k Year Round Walk (2017/Y1009) 1/1/2017 - 12/31/2017**

Boardwalks, Honoring Our Flag, National Register of Historic Places, Volcanoes

**Award:** IVV Credit Only**Strollers:** Medium**Restroom:** Yes**Rating:** 1A**Wheelchair:** Medium**Pets:** Yes**Sponsor:** AVA-0148 Capitol Volkssport Club [www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)**Contact:** Bonnie Tucker, [bonniedale@comcast.net](mailto:bonniedale@comcast.net), (360)491-4767, 8230 Walnut Rd. NE, Olympia, WA, 98516**Start Point:** South Bay Market- 3425 Shincke Rd. NE, Olympia, WA. From I-5 Northbound: Take Exit 107. Right on Pacific. Get in left lane and turn left at 2nd light onto Lilly Rd. Drive 2.8 miles. Turn left onto South Bay. South Bay Market is on the right at the corner of South Bay and Shincke. From I-5 Southbound: Take Exit 109. Right on Martin Way for 1.2 miles. Right on Lilly Rd. For 2.5 miles. Turn left onto South Bay. South Bay Market is on right at corner of South Bay and Shincke. Ask at the service counter for location of walk box.**Event Info:** Daily 7:00-10:30. Walk paved Chehalis Western Trail (CWT) through farmlands and forests, on rural northern route with additional 2K option into wooded overlook (seasonal closure Apr 1-Aug 15). 5K option of Woodard Bay Natural Resources Area is open year-round. Bark trail with steps and boardwalk through the woods and paved trail to Chapman Bay overlook on return. Wildflowers in season. Also look for great blue herons, eagles, and harbor seals. No dogs allowed on 2K or 5K trail extension. Southern route also follows CWT through farmlands and edges of neighborhoods to the entrance of St. Peter Hospital and returns to start with 5K and 10k distances. Strollers, wheelchairs and pets on 5k and 10K CWT portions of trails. ESVA: Thurston County, Hospital, American restaurant.

**Orting - BIKE****25K to 63K Year Round Bike (2017/Y1802) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Fraternal Organizations, Honoring Our Flag, Make a Wish at a Water Fountain, United States Post Offices, Volcanoes

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0336 Daffodil Valley Volkssport Association [www.daffodilvalleyvolkssport.com](http://www.daffodilvalleyvolkssport.com)  
**Contact:** Carolyn Warhol, [jcwarhol@comcast.net](mailto:jcwarhol@comcast.net), (253)845-6592, 8718 159th St E, Puyallup, WA, 98375  
**Start Point:** Arrow Hardware and Lumber- 201 Calistoga. SR 167 to SR410 to second Sumner exit. Exit south on SR162 to Orting. Right on Calistoga at center of town. Arrow Hardware and Lumber is 1 block on the right. File cabinet inside near the piano. Please have exact change or pay by check.  
**Event Info:** M-F 7a-6p. Sat. 8a-5p. Sun 9a-4p. Closed holidays. Explore the Foothills Trail, a former rail trail, and/or the Puyallup Riverwalk Trail from Puyallup to the South Prairie and back along the Carbon River, South Prairie Creek, and the Puyallup River. Multiple trailheads to pick from for start/finish but registration and stamp will be housed in Orting. Some street riding if doing the entire route.

**Orting - Town and Foothills Trail****10km/5km Year Round Walk (2017/Y0920) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Fraternal Organizations, Honoring Our Flag, Make a Wish at a Water Fountain, United States Post Offices, Volcanoes, Walk the USA - Street by Street

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0336 Daffodil Valley Volkssport Association [www.daffodilvalleyvolkssport.com](http://www.daffodilvalleyvolkssport.com)  
**Contact:** Carolyn Warhol, [jcwarhol@comcast.net](mailto:jcwarhol@comcast.net), (253)845-6592, 8718 159th St E, Puyallup, WA, 98375  
**Start Point:** Arrow Hardware and Lumber- 201 Calistoga. Refer to the Orting--Bike (Y1802) for directions to start location.  
**Event Info:** M-F 7a-6p. Sat. 8a-5p. Sun 9a-4p. Closed holidays. Through the downtown area and out and back on the asphalt Foothills Trail, a former rail trail, along the Carbon River with great views of Mt. Rainier and past a bison and llama farm. Great walk for birders. A well-used local trail. Restrooms at the start and at the Orting city park. WSC: City Park, Restaurants.

**Pasco - River Trail****5K and 10K Seasonal Walk (2017/Y0148) 4/1/2017 - 11/15/2017**

Bridges - Spanning the USA, Honoring Our Flag, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0360 Central Washington Sun Striders  
**Contact:** Millie Haupt, [m.haupt@charter.net](mailto:m.haupt@charter.net), (509)965-4980, 2510 So. 52nd Avenue, Yakima, WA, 98903  
**Start Point:** Sleep Inn of Pasco - 9930 Bedford St., Pasco WA 99336 (509-545-9554). I-82 Exit 102 (I-182 Richland/Pasco). After crossing Columbia River, take Exit 7 Broadmoor Blvd. Turn left over freeway, then right into Sleep Inn parking lot. Open daily dawn to dusk. Ask for "walk box" at registration desk.  
**Event Info:** Walk on paved Sacajawea trail through Wade Park along the Columbia River and past a newer residential area.

**Port Angeles - Historical Tour****6/10 km Year Round Walk (2017/Y0608) 1/1/2017 - 12/31/2017**

Food For Thought, Points of Reference, Take a Walk In a City Park, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0517 Olympic Peninsula Explorers [www.opevolkssport.org](http://www.opevolkssport.org)  
**Contact:** Mike Zewe, [mzewe@comcast.net](mailto:mzewe@comcast.net), (425)305-1275, 610 S Liberty St., Port Angeles, Wa, 98362

**Start Point:** William Shore Memorial Pool - 225 E 5th St , Port Angeles DIRECTIONS: From Seattle Tacoma area cross the sound by ferry or the Tacoma Narrows Bridge and proceed to the Hood Canal Bridge. Follow SR 104 to US 101. Continue on US 101 to Port Angeles. Turn LEFT on Lincoln. Turn LEFT on 5th Street. Please park on the back (west) side of the pool building. The walkbox is in the front entry.

**Event Info:** M-F 5:30 am to 8:30 pm; Sat 7:30 am to 4 pm; Sun 10 am to 4 pm. ROUTE: A walk on city streets and sidewalks passing a variety of historical buildings and enjoying the unique outdoor art display. Information on the historical buildings is included at the end of the walk directions. Enjoy the statues and fountains and a peek at the Olympic Mountains. Note: the 6 km option does not go up to the College Campus or the Fine Arts Center. There are numerous Geocaches in the Port Angeles area.

**Port Angeles - Hurricane Hill****5/10/11 km Seasonal Walk (2017/Y1937) 5/1/2017 - 10/31/2017**

National Parks Centennial Challenge, Points of Reference, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 3B      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0517 Olympic Peninsula Explorers [www.opevolkssport.org](http://www.opevolkssport.org)  
**Contact:** Mike Zewe, [mzewe@comcast.net](mailto:mzewe@comcast.net), (425)305-1275, 610 S Liberty St., Port Angeles, Wa, 98362

**Start Point:** William Shore Memorial Pool- 225 E 5th St , Port Angeles DIRECTIONS: From Seattle Tacoma area cross the sound by ferry or the Tacoma Narrows Bridge and proceed to the Hood Canal Bridge. Follow SR 104 to US 101. Continue on US 101 to Port Angeles. Turn LEFT on Lincoln. Turn LEFT on 5th Street. Please park on the back (west) side of the pool building. The walkbox is in the front entry. YOU MUST DRIVE TO HURRICANE RIDGE TO BEGIN THIS WALK.

**Event Info:** M-F 5:30 am to 8:30 pm; Sat 7:30 am to 4 pm; Sun 10 am to 4 pm ROUTE: The route follows some roads, forest trails and a well maintained trail to Hurricane Hill. Breathtaking mountain and valley views all the way!! Wildflowers change with the season. Elevation is over 5000 feet. This Seasonal starts in April, but check ahead for snow conditions.  
Hurricane Ridge Conditions: 360-565-3131. ONP Visitors Info: 360-565-3130.

**Port Angeles - Marymere Falls****5/10 km Year Round Walk (2017/Y0525) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Points of Reference, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes**Rating:** 2C      **Wheelchair:** None      **Pets:** No**Sponsor:** AVA-0517 Olympic Peninsula Explorers [www.opevolkssport.org](http://www.opevolkssport.org)**Contact:** George Christensen, 28edward@embarqmail.com, (360)697-2172, 268 W Spruce St., Sequim, WA, 98382**Start Point:** Fairmount Restaurant- 1127 Lauridsen Blvd. Hwy 101 West. Turn LEFT on Lincoln St. Continue Straight on Lincoln past several stop lights. Turn RIGHT on Lauridsen Blvd at the Stop light staying on 101 West. Go approx 1 mile to Fairmount Shell on RIGHT. Just before the Shell station is the Fairmount on the right. Driving east on Hwy 101, after you pass the airport turnoff, look for the Shell station on your LEFT. Fairmount is just past the station on the left. Walk box is in the far right entry. NOTE: YOU MUST DRIVE 17 MI. TO THE LAKE CRESCENT LODGE TO BEGIN THIS WALK.**Event Info:** 6:30 am - 9:00 pm daily. Closed Christmas. ROUTE: A walk to Marymere Falls through old growth forest up to a 90 foot waterfall, returning along beautiful Lake Crescent with views of the Olympic Mountains from this valley. The Moments in Time Trail offers unusual artwork to enjoy.**Port Angeles - ODT to Elwha River Bridge****10 km Year Round Walk (2017/Y1428) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes**Rating:** 2A      **Wheelchair:** Medium      **Pets:** Yes**Sponsor:** AVA-0517 Olympic Peninsula Explorers [www.opevolkssport.org](http://www.opevolkssport.org)**Contact:** Mike Zewe, mzewe@comcast.net, (425)305-1275, 610 S Liberty St., Port Angeles, Wa, 98362**Start Point:** William Shore Memorial Pool- 225 E 5th St, Port Angeles. DIRECTIONS: from Seattle/Tacoma area cross the Sound by ferry or the Tacoma Narrows Bridge and proceed to the Hood Canal Bridge. Follow SR 104 to US 101. Continue on US 101 to Port Angeles. LEFT on Lincoln and LEFT on 5th St. Walk box is in the front entry. YOU WILL NEED TO DRIVE A SHORT DISTANCE TO THE START OF THE TRAIL ON 18TH.**Event Info:** M-F 5:30 am to 8:30 pm; Sat 7:30 am to 4 pm; Sun 10 am to 4 pm. ROUTE: Walk along the newly opened section of the Olympic Discovery Trail (ODT) from Port Angeles to the Elwha River Bridge. Restrooms are only available at the start/finish. There are numerous geocaches in the Port Angeles area.



**Port Angeles - Sol Duc Falls****6/10 km Seasonal Walk (2017/Y1720) 5/1/2017 - 10/31/2017**

Bridges - Spanning the USA, National Parks Centennial Challenge, Points of Reference,  
Walking America's Ports of Call

**Award:** IVV Credit Only**Strollers:** None**Restroom:** Yes**Rating:** 3C**Wheelchair:** None**Pets:** No**Sponsor:** AVA-0517 Olympic Peninsula Explorers [www.opevolkssport.org](http://www.opevolkssport.org)**Contact:** Mike Zewe, [mzewe@comcast.net](mailto:mzewe@comcast.net), (425)305-1275, 610 S Liberty St., Port Angeles, Wa, 98362

**Start Point:** Fairmount Restaurant- DIRECTIONS: 1127 Lauridsen Blvd. Hwy 101 West. Turn LEFT on Lincoln St. Continue Straight on Lincoln past several stop lights . Turn RIGHT on Lauridsen Blvd at the Stop light staying on 101 West. Go approx 1 mile to Fairmount Shell on RIGHT. Just before the Shell station is the Fairmount on the right. Driving east on Hwy 101, after you pass the airport turnoff, look for the Shell station on your LEFT. Fairmount is just past the station on the left. Walk box is in the far right entry.

YOU MUST DRIVE 41 MILES TO THE PARKING AREA AT SOL DUC HOT SPRINGS WHERE THE WALK BEGINS. NOTE: Fees for National Parks apply.

**Event Info:** 6:30 am - 9:00 pm daily. Closed Christmas. ROUTE: Along this trail the forest mixes the elements of the rainforests to the west with plants of the rainshadow to the east. Near the Falls the woodland is dominated by Douglas Fir and masses of fern. As the trail reaches the spectacular Sol Duc Falls the route turns downstream following the east bank back to the starting point. There is a Geocache at the Hot Spring area and several along the Sol Duc River.

**Port Angeles - Spruce Railroad****6/12 km Year Round Walk (2017/Y1719) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Points of Reference, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** No  
**Rating:** 3C      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0517 Olympic Peninsula Explorers [www.opevolkssport.org](http://www.opevolkssport.org)  
**Contact:** Mike Zewe, [mzewe@comcast.net](mailto:mzewe@comcast.net), (425)305-1275, 610 S Liberty St., Port Angeles, Wa, 98362

**Start Point:** Fairmount Restaurant- DIRECTIONS: 1127 Lauridsen Blvd. Hwy 101 West. Turn LEFT on Lincoln St. Continue Straight on Lincoln past several stop lights. Turn RIGHT on Lauridsen Blvd at the Stop light staying on 101 West. Go approx 1 mile to Fairmount Shell on RIGHT. Just before the Shell station is the Fairmount on the right. Walk box is in the far right entry. Driving east on Hwy 101, after you pass the airport turnoff, look for the Shell station on your LEFT. Fairmount is just past the station on the left. YOU MUST DRIVE 19 MILES TO THE TRAIL HEAD WHERE THIS WALK BEGINS.

**Event Info:** 8/26/17: Now open to through traffic. Work on East Beach Road is on-going. Flaggers will continue to direct traffic during work hours, expect up to 30-minute delays on East Beach Road during weekday work hours.  
Paving work set to begin on East Beach Road after Labor Day  
September 6: paving patches will begin between the Lyre River Trailhead for the Spruce Railroad Trail and the intersection of Joyce-Piedmont and East Beach Roads. There will be limited access between 8:30 am and 6:30 pm. Travelers should expect 30 to 60-minute delays.  
September 7: paving operations between the Lyre River Trailhead for the Spruce Railroad Trail and the intersection of Joyce-Piedmont and East Beach Roads will restrict access to the area from 8:30 am to 11:00 am. Following this period, paving patches will begin on East Beach Road with 30-minute delays until 6:30 pm.  
September 8: East Beach Road paving patches will continue during work hours with 30-minute delays until 6:30 pm. Restaurant open 7 am to 8:00 pm daily. Closed Christmas. ROUTE: This trail offers a nice walk along the north shore of Lake Crescent as well as some forest trail. Mostly following the old abandoned railroad grade, the first tunnel has been restored and can be walked through, but skirts the 2nd tunnel, which is dangerous to enter. There are beautiful views of Lake Crescent and a host of other landmarks. There are parts of the trail that are rocky (if you opt to walk the trail around the first tunnel) and sometimes a bit muddy. Restrooms at the trail head and Log Cabin Resort.

**Port Angeles - Waterfront****5/11 km Year Round Walk (2017/Y0361) 1/1/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Points of Reference, Take a Walk In a City Park, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0517 Olympic Peninsula Explorers [www.opevolkssport.org](http://www.opevolkssport.org)  
**Contact:** Mike Zewe, [mzewe@comcast.net](mailto:mzewe@comcast.net), (425)305-1275, 610 S Liberty St., Port Angeles, Wa, 98362

**Start Point:** William Shore Memorial Pool - 225 E 5th St, Port Angeles DIRECTIONS: From Seattle Tacoma area cross the sound by ferry or the Tacoma Narrows Bridge and proceed to the Hood Canal Bridge. Follow SR 104 to US 101. Continue on US 101 to Port Angeles. Turn LEFT on Lincoln. Turn LEFT on 5th Street. Please park on the back (west) side of the pool building. The walkbox is in the front entry.

**Event Info:** M-F 5:30 am to 8:30 pm; Sat 7:30 am to 4 pm; Sun 10 am to 4 pm. A route along the Port Angeles Waterfront and newly opened portion of the Discovery Trail and city streets. Enjoy the mountain views along the way as well as artwork and murals in town. The 10 km option takes you past a post office. Pets okay on a leash. There are numerous Geocaches in the Port Angeles area.

**Port Gamble - Historic****6/11km Year Round Walk (2017/Y1685) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, Trekking With the Trees, United States Post Offices, Walking America's Ports of Call, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0148 Capitol Volkssport Club [www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)  
**Contact:** Barb Malone, [ravnliz08@yahoo.com](mailto:ravnliz08@yahoo.com), (360)485-3693, 7608 38th Ct. S.E., Lacey, WA, 98502

**Start Point:** Port Gamble General Store and Cafe- 32340 Rainier Ave. Port Gamble is on SR104. From the Kingston-Edmonds Ferry follow SR104 through Kingston. In about three miles, at the second stop light, by the TEXACO Station, stay on SR104 as it turns RIGHT toward Port Gamble and the Hood Canal Bridge. In Port Gamble, as SR104 curves sharply to the left, go STRAIGHT. The Olympic Outdoor Center is on the left. From the south, take SR3 in the direction of the HOOD CANAL BRIDGE, do NOT turn left onto the Bridge, but continue STRAIGHT on SR104 into Port Gamble. When SR104 curves sharply to the right, turn LEFT into the town. Port Gamble General Store is on the right. From the Olympic Peninsula, take US 101 to where it intersects with SR104 and follow SR104 over the HOOD CANAL BRIDGE and at the Stop Light turn LEFT, staying on SR104.

**Event Info:** Open 8:00am-5:00pm daily, closed Christmas, New Years. Historic Port Gamble offers one a view of an authentic northwestern lumber mill town and port. The walk takes you through this small village, where you may enjoy many shops and a fine museum. A large segment of the walk includes a portion of the former tree farm. Port Gamble is the site of the Historic Fort Malikoff. Ask cashier for walkbox location. Register and drive to start point. Restrooms at registration but not at start point.

**Port Orchard - Historic Downtown & Bayside****5/10K Year Round Walk (2017/Y1175) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Take a Walk In a City Park, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0336 Daffodil Valley Volkssport Association [www.daffodilvalleyvolkssport.com](http://www.daffodilvalleyvolkssport.com)  
**Contact:** Don Whitt, [whittjdj@comcast.net](mailto:whittjdj@comcast.net), (253)509-0804, 5604 155th St Ct NW, Gig Harbor, WA, 98332

**Start Point:** Comfort Inn- 1121 Bay Street. DIRECTIONS: From the north and the south, exit Highway 16 at Tremont St. and turn right (whether coming from the north or south). Turn left on Port Orchard Blvd. (3rd light). Turn right on Bay Street. Comfort Inn is about 2 blocks past Sidney on your left. Please park away from Comfort Inn if possible. From the foot ferry from Bremerton: walk off the boat onto Sidney. Walk to Bay Street, turn left and Comfort Inn is 2 blocks on your left.

**Event Info:** Walks go through historic downtown Port Orchard, through neighborhoods and along the shore of Sinclair Inlet. The surface is sidewalks and road shoulders. Use of wheelchairs is not advised. Pets OK on leash. Walks feature great views of Sinclair Inlet, the Puget Sound Naval Shipyard and the Olympic Mountains. Ask at desk for walk box location.  
 ESVA: County-Kitsap, City Parks, Clock Towers (Analog), Mountains, Restaurants  
 OTSVA: 4D's, 4E's (Entertainment), Auditorium (10K only), Banks, Bicycle Shops, Birds & Beasts, Candy Shops, Chinese Food, City Halls, Clock Towers (Analog), Flowers, Libraries, Monuments, Mountains, Museums, Murals, Restaurants, Sticks & Stones (Port "Orchard"), Watering Holes, Waterways, Worldwide Coastlines. This is a reworked route.

**Port Townsend - Fort Townsend****5/10km Year Round Walk (2017/Y0421) 1/1/2017 - 12/31/2017**

Amphitheatres, Points of Reference, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2C      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0517 Olympic Peninsula Explorers [www.opevolkssport.org](http://www.opevolkssport.org)

**Contact:** Frances Johnson, opepresident@hotmail.com, (360)385-5861, PO Box 291, Chimacum, WA, 98325

**Start Point:** Subway Restaurant- 1300 Water Street, Port Townsend. DIRECTIONS: Follow SR 104 from the Hood Canal Bridge. Exit RIGHT at SR 19 (Port Townsend). SR 19 becomes SR 20 2.5 miles south of Port Townsend. Continue into Port Townsend on the highway. Subway is on the left across from the ferry entrance at the stop light. Park your car in the lot on the right or on the street, after passing the ferry entrance. Walk across to Subway to register. Please no parking in the limited Subway lot. Ask for the walk box.  
 YOU MUST DRIVE TO FORT TOWNSEND STATE PARK TO BEGIN THIS WALK.  
 NOTE: A daily \$10 vehicle fee (or \$30 annual pass) is required to enter a Washington State Park.

**Event Info:** Open 7am to 9pm daily. Closed Thanksgiving, Christmas and New Years Day.  
 ROUTE: Fort Townsend State Park lies atop a 150-foot cliff, commanding a scenic view of Admiralty Inlet, Port Townsend Bay and the Cascade Mountains. Walk along the nature/hiking trails throughout this heavily wooded park, with its rich military history dating from pioneer days. There are several Geocaches in the State Park.

**Port Townsend - Historic****5/10 km Year Round Walk (2017/Y2039) 1/1/2017 - 12/31/2017**

Amphitheatres, Food For Thought, Ice Cream Parlors, Points of Reference, Volcanoes, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 3B      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0517 Olympic Peninsula Explorers [www.opevolkssport.org](http://www.opevolkssport.org)

**Contact:** Frances Johnson, opepresident@hotmail.com, (360)385-5861, PO Box 291, Chimacum, WA, 98325

**Start Point:** Subway Restaurant- 1300 Water Street, Port Townsend. DIRECTIONS: Follow SR 104 from the Hood Canal Bridge. Exit RIGHT at SR 19 (Port Townsend.) SR 19 becomes SR20 2.5 miles south of Port Townsend. Continue into Port Townsend on the highway. Subway is on the left across from the ferry entrance at the stop light. Park your car in the lot on the right or on the street, after passing the ferry entrance. Walk across to Subway to register. Please no parking in the limited Subway lot. Ask for the walk box.

**Event Info:** Open 7 am to 9 pm daily. Closed Thanksgiving, Christmas and New Years Day.  
 ROUTE: Enjoy the many historical Victorian homes and buildings in downtown Port Townsend. You will also walk along the parade grounds in Fort Worden. 5k walk rated 2B. There are numerous Geocaches in the Port Townsend area.

**Port Townsend - Larry Scott Trail Bike****Distance 25 km Year Round Bike (2017/Y1971) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Points of Reference, Volcanoes, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:**      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:**      **Pets:** Yes

**Sponsor:** AVA-0517 Olympic Peninsula Explorers [www.opevolkssport.org](http://www.opevolkssport.org)**Contact:** Frances Johnson, opepresident@hotmail.com, (360)385-5861, PO Box 291, Chimacum, WA, 98325

**Start Point:** Subway Restaurant- 1300 Water Street, Port Townsend. DIRECTIONS: Follow SR 104 from the Hood Canal Bridge. Exit RIGHT at SR 19 (Port Townsend). SR 19 becomes SR 20 2.5 miles south of Port Townsend. Continue into Port Townsend on the highway. Subway is on the left across from the ferry entrance at the stop light. Park your car in the lot on the right or on the street, after passing the ferry entrance. Walk across to Subway to register. Please no parking in the limited Subway lot. Ask for the walk box.

**Event Info:** Open 7 am to 9 pm daily. Closed Thanksgiving, Christmas and New Years Day. ROUTE: Enjoy the new Larry Scott Trail with views of Whidbey Island, Indian Island, mountains and both marinas. You will be sharing the trail with horses, walkers and runners, etc. There are numerous Geocaches in the Port Townsend area.

**Port Townsend - The Artillery Hill Walk****10/5 Year Round Walk (2017/Y1828) 1/1/2017 - 12/31/2017**

Points of Reference, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0517 Olympic Peninsula Explorers [www.opevolkssport.org](http://www.opevolkssport.org)**Contact:** Frances Johnson, opepresident@hotmail.com, (360)385-5861, PO Box 291, Chimacum, WA, 98325

**Start Point:** Subway Restaurant- NOTE: due to construction, 5k option closed until further notice. 1300 Water Street. DIRECTIONS: Follow SR 104 from the Hood Canal Bridge. Exit RIGHT at SR 19 (Port Townsend). SR 19 becomes SR 20 2.5 miles south of Port Townsend. Continue in to Port Townsend on the highway. Subway is on the left across from the ferry entrance at the stop light. Park your car in the lot on the right or on the street, after passing the ferry entrance. Walk across to Subway to register. Please no parking in the limited Subway lot. Restrooms available. Ask for the walk box.

**Event Info:** NOTE: due to construction, 5k option closed until further notice. TIMES: Open 7 AM to 9 PM daily. Closed Thanksgiving, Christmas and New Years.

**Port Townsend - Waterfront****5/10 km Year Round Walk (2017/Y1678) 1/1/2017 - 12/31/2017**

Points of Reference, Take a Walk In a City Park, Volcanoes, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0517 Olympic Peninsula Explorers [www.opevolkssport.org](http://www.opevolkssport.org)

**Contact:** Frances Johnson, opepresident@hotmail.com, (360)385-5861, PO Box 291, Chimacum, WA, 98325

**Start Point:** Subway Restaurant- 1300 Water Street, Port Townsend. DIRECTIONS: Follow SR 104 from the Hood Canal Bridge. Exit RIGHT at SR 19 (Port Townsend). SR 19 becomes SR 20 2.5 miles south of Port Townsend. Continue into Port Townsend on the highway. Subway is on the left across from the ferry entrance at the stop light. Park your car in the lot on the right or on the street, after passing the ferry entrance. Walk across to Subway to register. Please no parking in the limited Subway lot. Ask for the walk box.

**Event Info:** Open 7am to 9pm daily. Closed Thanksgiving, Christmas and New Years Day. ROUTE: A walk along the beautiful waterfront of Port Townsend. Includes a stretch of the new Larry Scott Trail with views of Whidbey Island, Indian Island, mountains and both Marinas. Enjoy the artwork and statues along the trail as well as a view of the clock tower at the courthouse on your return trip. There are numerous Geocaches in the Port Townsend area.

**Poulsbo - Norwegian Downtown and Waterfront****6/10km Year Round Walk (2017/Y1683) 1/2/2017 - 12/31/2017**

Boardwalks, Honoring Our Flag, Points of Reference, Take a Walk In a City Park, Volcanoes

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0384 Interlaken Trailblazers Volkssport Club [www.interlaken-trailblazers.org](http://www.interlaken-trailblazers.org)

**Contact:** Shirley Lindberg, salindberg@centurylink.net, (425)226-3484, 3610 Park Ave N, Renton, WA, 98056

**Start Point:** Hot Shots Java- 18881B Front Street. DIRECTIONS: From Seattle and the Bainbridge Island Ferry take SR305 in the direction of Poulsbo. At the first stop light, turn LEFT on HOSTMARK. Go RIGHT on FRONT Street. Turn LEFT on YOUNG or King Harald V to find ample free parking. From SR 3, either from the north or south, take SR305 toward POULSBO. Turn right at Bond Road (3rd light from the north, 2nd from the south) and turn left at the next light, Front Street. Hot Shots Java is on the right in the middle of town. Parking is behind the stores to the west. Walkbox located behind the counter by door.

**Event Info:** 7:00am-9:00pm daily. Closed Christmas, Thanksgiving and New Years. Walk in the quaint Norwegian downtown of Poulsbo with its many shops, on the boardwalk, and continue along the waterfront, past marinas with breath-taking views of both the majestic Olympic Mountains and towering Mount Rainier.  
ESVA: County- Kitsap, City Parks, Restaurants, Womb to Tomb  
OTSVA: Banks (10K only), Docks, Worldwide Coastlines, Emergency

**Prosser****5K and 10K Seasonal Walk (2017/Y2092) 4/1/2017 - 10/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Points of Reference, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0360 Central Washington Sun Striders

**Contact:** Millie Haupt, m.haupt@charter.net, (509)965-4980, 2510 So. 52nd Ave., Yakima, WA, 98903

**Start Point:** Best Western Plus - Inn at Horse Heaven- 259 Merlot Drive., Prosser WA (509/786.7977. I-82 Exit 80 (Gap Road) turn towards Prosser. Turn left immediately on Merlot Drive to Best Western. Turn left into parking lot. Open daily, dawn to dusk. Ask for "walk box" at registration desk,.

**Event Info:** Walk on sidewalks and road shoulders through Vinter's Village wineries, then through downtown historical district and residential areas. Enjoy many Yakima Valley wineries and restaurants along the route. Prosser's Hot Air Balloon Festival is last weekend in Sept.

**Pullman - Washington State University****10k, 7k, 5k. Year Round Walk (2017/Y1949) 1/1/2017 - 12/31/2017**

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0326 Lilac City Volkssport Assn. lilaccityvolks.com

**Contact:** Allan Heritage, agheritage@hotmail.com, (509)465-2690, 12508 N. Denver Dr., Spokane, WA, 99218

**Start Point:** Palouse Family Medicine Building 825 SE Bishop Blvd Pullman WA 99163- From I90 South on US195 to WSH27 (South of Pullman. Left on WSH27 to Bishop Blvd. Right on Bishop to Fairmount Dr. Right on Fairmount Dr. and then left into Medical Offices parking lot. From the south, north on US195 to WSH27 to Bishop Blvd and then follow as above. From Moscow west on Idaho 8 (becomes WSH270 at state line to Bishop Blvd. Left on Bishop to Fairmount. Left on Fairmount and then left into medical offices parking lot. Start Box is located inside to the right of the main entrance.

**Event Info:** Walk part of the paved Chipman Trail (Pullman to Moscow), onto the WSU Campus trail at light. WSU established 1890 is the State of Washington Land Grant University. The National Land Grant program began in the Lincoln administration to provide Education in Agriculture and Mechanical Arts. It is the home of the Edward R Murrow School of Communication. Walk by animal pens to bear exhibits, College of Agriculture, around Lewis Alumni Center. (welcome to visit when open). Visit Ferdinand's Bar for delicious Ice Cream & Cheese. (open weekdays). have a snack at the CUB, check out the Bookie.(much more than a book store) Finish the walk on City trails and streets.

**Puyallup - Riverwalk****14km/10km/5km Year Round Walk (2017/Y0915) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Take a Walk In a City Park, Trekking With the Trees, Volcanoes

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0336 Daffodil Valley Volkssport Association [www.daffodilvalleyvolkssport.com](http://www.daffodilvalleyvolkssport.com)  
**Contact:** Carolyn Warhol, [jcwarhol@comcast.net](mailto:jcwarhol@comcast.net), (253)845-6592, 8718 159th St E, Puyallup, WA, 98375  
**Start Point:** Safeway Store- 1405 E. Main St., Puyallup, WA 98371. From I-5, Take exit #127 (Puyallup/SR 512). Go east on SR 512 for 11 miles. Exit on Pioneer Avenue and turn right. Turn left at light onto 15th St. SE and go through the next light at Main St. into the Safeway parking lot. Ask for Walk Box at Customer Service Counter.  
**Event Info:** Daily, 9 am to dusk. Closed Christmas. Walk along the Puyallup River enjoying the 2 sections of the Puyallup Riverwalk.

**Puyallup - South Hill Stroll****10K/6K Year Round Walk (2017/Y0013) 1/1/2017 - 12/31/2017**

Boardwalks, Honoring Our Flag, Lakes and Reservoirs, Take a Walk In a City Park, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0336 Daffodil Valley Volkssport Association [www.daffodilvalleyvolkssport.com](http://www.daffodilvalleyvolkssport.com)  
**Contact:** Chyrrl Coscorrosa, [chyrrlcos@gmail.com](mailto:chyrrlcos@gmail.com), (253)-22-7288, 8510 150th Ave Ct E, Puyallup, WA, 98372  
**Start Point:** Lowe's Home Improvement- 3511 5th St. SE, From I-5, take Puyallup/SR 512 exit #127. Take 2nd Puyallup exit, Eatonville Hwy WA 161. Right on Meridian. Left at 2nd light (37th Ave E). Lowes is on left.  
**Event Info:** M-S 6 am-10 pm/Sun. 8 am-9 pm. Walk to Bradley Lake Park, walk through surrounding neighborhoods, part of Wildwood Park, and part of Rainier Woods Park. WSC: City parks.

**Puyallup - Town Walk****10km/5km Year Round Walk (2017/Y0242) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Fraternal Organizations, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0336 Daffodil Valley Volkssport Association [www.daffodilvalleyvolkssport.com](http://www.daffodilvalleyvolkssport.com)  
**Contact:** Carolyn Warhol, [jcwarhol@comcast.net](mailto:jcwarhol@comcast.net), (253)845-6592, 8718 159th St E, Puyallup, WA, 98375  
**Start Point:** Safeway Store- 1405 E. Main St., Puyallup, WA 98371. From I-5, Take exit #127 (Puyallup/SR 512). Go east on SR 512 for 11 miles. Exit on Pioneer Avenue and turn right. Turn left at light onto 15th St. SE and go through the next light at Main St. into the Safeway parking lot. Walk box at customer service counter.  
**Event Info:** Daily, 9 am to dusk. Closed Christmas. An easy walk through neighborhoods, several city parks, including the new library and pavilion (farmers market open Saturdays, May through October) at Pioneer Park, much iron sculpture artwork in the downtown area, Powerhouse Brewery & Pub, the Meeker Mansion, Karshner Memorial Museum, and the Riverwalk along the Puyallup River. Restrooms at start and in several parks along the way. WSC: City Parks, Restaurants.



**Quincy****5K and 10K Seasonal Walk (2017/Y1543) 4/1/2017 - 10/31/2017**

Honoring Our Flag, Points of Reference, Treasure Hunt - A way to walk our precious trails,  
Walking the USA A - Z, Water Towers

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0360 Central Washington Sun Striders

**Contact:** Millie Haupt, m.haupt@charter.net, (509)965-4980, 2510 So. 52nd Ave., Yakima, WA, 98903

**Start Point:** SUBWAY Sandwiches- 450 "F" Street SW, Quincy WA 98948 (509-787-4603). From eastbound I-90, Exit 149 (WA Hwy 281) Quincy/Wenatchee. Turn left over freeway on Hwy 281. See below\* for more directions. From westbound I-90, Exit 151 (WA Hwy 28) Quincy/Wenatchee. Follow exit road to Hwy 281 and turn right. \*Proceed north into Quincy (about 10 miles). Hwy 281 becomes Central Ave. At first stoplight ("F" St.) turn left. Proceed five blocks. SUBWAY is on left at the corner of 5th & "F" Streets. Ask for Walk box" at register counter.

**Event Info:** Open daily, M-F 7 a.m. to 9 p.m.; Sun 9 a.m. to 9 p.m. Walk on sidewalks and road shoulders through residential and downtown areas of this agricultural town. Dogs on leash only. During summertime shade is scarce--wear hats, use sunscreen, and carry water.

**Redmond - Redmond City, Parks and Marymoor Park Trail and Education Hill****Distance 6/11/21 km Year Round Walk (2017/Y1067) 1/1/2017 - 12/31/2017**

Alternative Capitals, Amphitheatres, Animal Safari, Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0384 Interlaken Trailblazers Volkssport Club [www.interlaken-trailblazers.org](http://www.interlaken-trailblazers.org)

**Contact:** Mike Zewe, mzewe@comcast.net, (425)305-1275, 610 S Liberty St, Port Angeles, WA, 98362

**Start Point:** Redmond QFC (Bella Bottega Center)- 8867 161st Ave NE Redmond, WA WA-520 E toward Redmond. Take the West Lake Sammamish Parkway Northeast exit. Turn left onto West Lake Sammamish Pkwy NE. Continue onto 154th Ave NE. Turn right onto NE 90th St. Turn right onto 161st Ave NE. Left into store parking lot.

**Event Info:** Explore Redmond and walk along the Bear Creek and Sammamish River Trail to Marymoor Park. Walk on Marymoor Park Trail to the Heron rookery and explore this wonderful park. Return on the Sammamish River Trail enjoying many gardens and artwork.. Redmond is Bicycle Capital of the NW. Loop 2 takes you up Education Hill to more parks and trails.

**Renton - Historic Renton, Cedar River and Coulon Park****Distance 6/11/21 km Year Round Walk (2017/Y0759) 1/2/2017 - 12/31/2017**

Alternative Capitals, Animal Safari, Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** IVV Credit Only **Strollers:** hard **Restroom:** Yes**Rating:** 1A **Wheelchair:** Hard **Pets:** No**Sponsor:** AVA-0384 Interlaken Trailblazers Volkssport Club [www.interlakentrailblazers.org](http://www.interlakentrailblazers.org)**Contact:** Sharon Moats, [atthepond3@comcast.net](mailto:atthepond3@comcast.net), (425)235-0528, 2815 Lincoln PL NE, Renton, WA, 98056

**Start Point:** Common Ground Coffee and Cupcakes- 900 So 3rd St. Renton, WA. M-F: 7:30AM-8:00PM, Sat: 8:00AM-7:30PM, Sun: 9:00AM-7:30PM. Closed major holidays. [www.commongroundcoffee.com](http://www.commongroundcoffee.com) From I-405 take Exit 2A (from north) Exit 2 (from south) continue on I-167 (Rainier Ave) northbound. Turn right at S 3rd Street to 900 So 3rd St. Parking is available on side streets. Walk box is located on top of counter on your right as you enter the shop.

**Event Info:** Routes revised for 2017! Please note that Dogs are not allowed in Coulon Park. You may bring Fido on the 6K. This walk now has 2 loops so you may enjoy a full 21K walk. Walk through Historic Downtown Renton, through lovely parks and to the Landing and Coulon Park. The second 10K loop creating a 21K walk gives you a longer walk through Coulon Park into the Kenndale neighborhood and the new part of the May Creek Trail. 6K is a shorter route through downtown and along Cedar River. The Renton History Museum (former fire station) was built as a WPA Project. You may drive to Coulon Park to start the 2nd loop if you wish to do the uphill portion first. 21K - second loop through Kenndale neighborhood is rated 2B.

**Republic - Sherman Loop Trail South****10&15 km (2C)19km 3D Seasonal Walk (2017/Y0714) 7/1/2017 - 9/30/2017****Award:** B Award **Strollers:** None **Restroom:** Yes**Rating:** 3D **Wheelchair:** None **Pets:** Yes**Sponsor:** AVA-0534 Four-Plus Foolhardy Folks <http://fourplushikers.weebly.com>**Contact:** Betty Stauff, [brstauff@comcast.net](mailto:brstauff@comcast.net), (425)228-4085, 13813 - 139th Ave. S.E., Renton, WA, 98059

**Start Point:** Sherman Loop Trail South- SR20 17 mi east of Republic. Pit toilets at start. This is a remote registration event. To register contact point of contact. Follow directions on the point of contact web page. Upon receipt of registration, directions to start and trail directions will be mailed. Upon completion return registration to point of contact and stamped insert cards will be mailed.

**Event Info:** Primitive tent/RV camping with running water close. Water, hiking poles, boots, snacks recommended. Forest Service/Golden Eagle pass required. Views from the trail stretch from Canada, Columbia River Valley, Okanogan Highlands, and the Southern end of the Kettle Mountain Range.

**Republic - Sherman Pass North "Kettle Crest Trail"****Distance 7&12(2C)30k(3c) Seasonal Walk (2017/Y0715) 7/1/2017 - 9/30/2017**

**Award:** B Award                      **Strollers:** None                      **Restroom:** Yes  
**Rating:** 3D                      **Wheelchair:** None                      **Pets:** Yes  
**Sponsor:** AVA-0534 Four-Plus Foolhardy Folks <http://fourplushikers.weebly.com>  
**Contact:** Betty Stauff, brstauff@comcast.net, (425)228-4085, 13813 - 139th Ave. S.E., Renton, WA, 98059  
**Start Point:** Ferry Co. off SR20 @ Sherman Pass in 17 mi east of Republic. - E-mail point of contact to register. With payment, driving instructions and event directions will be e-mailed. Upon completion send registration back to point of contact and insert card will be sent.  
**Event Info:** Walking sticks, boots, water, snacks recommended. Pit toilet @ start. National Forest/Golden Eagle Pass required. Primitive tent/RV camping close with running water. Views from the trail stretch from Canada, Columbia River Valley, Okanogan Highlands, and the Southern end of the Kettle Mountain Range. More information: [www.fourplushikers.weebly.com](http://www.fourplushikers.weebly.com).

**Richland - Columbia Point Park****10K Seasonal Walk (2017/Y1012) 4/1/2017 - 11/15/2017**

Bridges - Spanning the USA, Honoring Our Flag, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only                      **Strollers:** Easy                      **Restroom:** Yes  
**Rating:** 1A                      **Wheelchair:** medium                      **Pets:** Yes  
**Sponsor:** AVA-0360 Central Washington Sun Striders  
**Contact:** Millie Haupt, m.haupt@charter.net, (509)965-4980, 2510 So. 52nd Avenue, Yakima, WA, 98903  
**Start Point:** Sleep Inn of Pasco - 9930 Bedford St., Pasco WA 99336 (509-545-9554) I-82, Exit 102 (I-182 Richland/Pasco). After crossing Columbia River, take Exit 7 Broadmoor Blvd. Turn left over freeway, right on Bedford St., then right into Sleep Inn parking lot. Ask for "walk box" at registration desk. Note: After registering, drive to start of walk at Columbia Point in Richland. Driving instructions on walking directions.  
**Event Info:** Walk on paved pathway along Columbia River past marinas, residential areas, and parks. Open daily dawn to dusk. After registering, drive to start point at Columbia Park, Richland. Pets on leash only.

**Ritzville****6K and 10K Seasonal Walk (2017/Y1011) 4/1/2017 - 9/30/2017**

Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, National Register of Historic Places, Points of Reference, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only                      **Strollers:** hard                      **Restroom:** Yes  
**Rating:** 1B                      **Wheelchair:** NO                      **Pets:** Yes  
**Sponsor:** AVA-0360 Central Washington Sun Striders  
**Contact:** Millie Haupt, m.haupt@charter.net, (509)965-4980, 2510 So. 52nd Avenue, Yakima, WA, 98903  
**Start Point:** Days Inn Ritzville - 1513 Smitty's Blvd., Ritzville WA 99169 (509-659-1007) From eastbound I-90 take Exit 221 (WA Hwy 261) toward Ritzville. Turn right on Smitty's Blvd. to the hotel on left, behind Zip's Restaurant. Ask for "walk box" at registration desk. Open daily, dawn to dusk.  
**Event Info:** Walk on sidewalks and road shoulders through downtown historic district, residential areas, and on paved trail through fairgrounds. Walk is suitable for strollers but unsafe for wheelchairs due to walking on road shoulders. Pets on leash only. Please wear hats, use sunscreen, and carry water.

**Roslyn - Historic Area****10K/5k Seasonal Walk (2017/Y1565) 4/1/2017 - 10/31/2017**

Fraternal Organizations, Honoring Our Flag, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0336 Daffodil Valley Volkssport Association [www.daffodilvalleyvolkssport.com](http://www.daffodilvalleyvolkssport.com)  
**Contact:** Nancy Wittenberg, [newwittenberg@gmail.com](mailto:newwittenberg@gmail.com), (253)841-0580, 12626 129th St E, Puyallup, WA, 98374

**Start Point:** Suncadia Lodge. - Suncadia Resort, Bullfrog Road, Roslyn, WA. I-90 Exit 80 (Roslyn/Salmon LaSac). Turn north onto Bullfrog Road to rotary leading into Suncadia Resort. Turn left onto Suncadia Trail Road, letting gatekeeper know you're going to the Lodge, 1.8 miles to the Lodge at Suncadia on your right. Park in self-parking lot. Ask for Walk Box at Concierge Desk on left inside front Lodge door. Drive to start in Roslyn (about 3 miles) Daylight Hours.

**Event Info:** Walk through the National Historic area of Roslyn, where the 1990's TV show "Northern Exposure" was filmed. View the historic Roslyn cemetery with its 23 separate ethnic and fraternal areas and walk along the Coal Mines Trail. Some short hills and gravel paths make this walk not suitable for wheelchairs. WSC: City & County parks, Restaurants.

**Roslyn - Suncadia Resort Trails****11K/5k Seasonal Walk (2017/Y1599) 4/1/2017 - 10/31/2017**

Trekking With the Trees, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0336 Daffodil Valley Volkssport Association [www.daffodilvalleyvolkssport.com](http://www.daffodilvalleyvolkssport.com)  
**Contact:** Nancy Wittenberg, [newwittenberg@gmail.com](mailto:newwittenberg@gmail.com), (253)841-0580, 12626 129th St E, Puyallup, WA, 98374

**Start Point:** Suncadia Lodge. Ask for walk box at concierge desk. Fire danger is past.- Bullfrog Road, Roslyn, WA. Refer to Roslyn - Historic Area Y1565 for directions to start location.

**Event Info:** The 11K walk includes some gravel/dirt hiker trails with some elevation down and uphill. The initial switchback may be easier with a hiking stick in inclement weather. This route explores the north part of Suncadia before returning uphill to meet the 5K route on paved paths and road shoulders through pine forests overlooking golf course and into new residential developments. Walk around the lake and to the lodge viewpoint overlooking the Cle Elum River below. 5K is rated 1A, 10K 2B. WSC: Kittitas County, USA restaurants.

**Seattle - Alki Beach****5km.10km Year Round Walk (2017/Y0596) 1/1/2017 - 12/31/2017**

Cities in Song, Ice Cream Parlors, Lady Liberty Special Program, Volcanoes, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0249 FS Family Wanderers  
**Contact:** Jenny Berg, netjberg@comcast.net, (206)617-1959, 23009 127th Ave SE, Kent, WA, 98031

**Start Point:** 7-11 Store- 2429 Harbor Ave SW., Seattle, WA. Directions: I-5: Northbound Exit #163/Southbound Exit #163A (West Seattle Freeway/Spokane St). Cross West Seattle Bridge to Harbor Ave Exit (NOT Harbor Island). Right on Harbor Ave. 7-11 Store is one mile on the left. Bus information: [www.Tripplanner.KingCounty.gov](http://www.Tripplanner.KingCounty.gov) or call METRO's Rider Information Office at 206.553.3000. The walk box is on the right side of the checkout counter as you enter the store. Register here and drive or take the bus to the start of the walk.

**Event Info:** Daily dawn to dusk. Walk on city sidewalks along Alki Beach on Puget Sound. Enjoy views of Mt. Rainier, Mt. Baker, the Olympic mountains, the Seattle skyline, and a monument to Seattle's birthplace. The 10K route continues to the Log House Museum, to Constellation Park on Beach Drive and the Alki Beach Lighthouse. You can watch volley ball games on the beach, rollerbladers, joggers, scuba divers, Washington State ferries to Bremerton and Bainbridge Island and the foot ferry to Seattle. Restrooms along beach. WA Challenges: 39 Counties: King County; Restaurants: Asian, American: Womb to Tomb (School, Vows).

**Seattle - Arboretum/Madison Park****6/10K Year Round Walk (2017/Y1823) 1/2/2017 - 12/31/2017**

Cities in Song, Honoring Our Flag, Lakes and Reservoirs, Make a Wish at a Water Fountain, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0318 Emerald City Wanderers [www.emeraldcitywanderers.org](http://www.emeraldcitywanderers.org)  
**Contact:** Jan Jarrell, [jjarrell@emeraldcitywanderers.org](mailto:jjarrell@emeraldcitywanderers.org), (206)962-0876, 3614A California Avenue SW, Seattle, WA, 98116

**Start Point:** Bert's Red Apple Market 1801 41st Avenue East Seattle, WA- 1801 41st Avenue East, Seattle. From I-5 NB exit onto Madison Street eastbound (away from downtown). Go 2.8 miles to 41st East. The store is on the left. From I-5 SB take Montlake Blvd exit, and then the Montlake offramp. Right on Montlake, left on Interlake, Right on Lk Washington Blvd, and then left on Madison. Do not park in the store lot; there is plenty of parking on neighborhood streets.

**Event Info:** 10K - Walk through the Madison Park community along Lake Washington passing some great viewpoints, and then walk thru and enjoy the Washington Park Arboretum. 6K walkers will enjoy the Arboretum after walking to it. The Arboretum is open dawn to dusk; the Red Apple Market is open 7 a.m. to 10 p.m.

**Seattle - Ballard****6 /7/10km Year Round Walk (2017/Y1865) 1/2/2017 - 12/31/2017**

Cities in Song, National Register of Historic Places, Take a Walk In a City Park, Walking America's Ports of Call, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0318 Emerald City Wanderers [www.emeraldcitywanderers.org](http://www.emeraldcitywanderers.org)

**Contact:** David Madsen, dmadsen@seattleu.edu, (206)789-1960, 1112 NW 61st, Seattle, WA, 98107

**Start Point:** Saleh's Delicatessen- 2401 NW 80th. From I-5 north or southbound, take exit 172 and drive west on N 85th (> NW 85th) for approximately 2.5 miles to 24th Avenue NW. Turn left onto 24th NW and proceed 0.3 miles to the neighborhood shopping area at NW 80th and 24th NW. Saleh's will be on your right at the SW corner of the intersection. On street parking only; please do not park in store lot. Bus #18 from 3rd Avenue in downtown. The start packet is kept on the floor behind the counter; ask for it.

**Event Info:** Store hours: M-F 7-11, Sat & Sun 8-11. Start packet is kept behind counter; fees must be mailed. Route passes through parks, several residential neighborhoods, commercial & historic Ballard, the Chittenden Locks & fish ladder. 6/7K route takes you directly to & from the Locks.

**Seattle - Capitol Hill Ghost Walk****5/6 or 10/11K Year Round Walk (2017/Y0814) 1/2/2017 - 12/31/2017**

Cities in Song, Honoring Our Flag, Lakes and Reservoirs, Take a Walk In a City Park, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0318 Emerald City Wanderers [www.emeraldcitywanderers.org](http://www.emeraldcitywanderers.org)

**Contact:** Edla Deppman, edla@seanet.com, (206)938-5929, 3909 SW Rose Street, Seattle, WA, 98136

**Start Point:** QFC Grocery Store 417 Broadway East- I-5 S'bound take exit 165A to James; turn left onto James. I-5 N'bound take exit 164A to James; right onto James. Drive up hill & move to left lane. Left onto Broadway for one mile (passing one QFC) to start at QFC at 417 Broadway East. Underground or on-street parking. Bus #49 from 4th & Pike in downtown. Walkbox at Customer Service desk in rear of store.

**Event Info:** Start point closed on some holidays; if in doubt call 206-328-6920. Ask for Start Box at Customer Service desk in rear of store. "Ghost Walk" visits several spooky sites on Capitol Hill. 1 K option includes Lakeview Cemetery, the final resting place of many Seattle pioneers, & the graves of martial arts legends, Bruce and Brandon Lee.

**Seattle - Downtown/Waterfront****5km, 10km,11km,12km,13km Year Round Walk (2017/Y0011) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Make a Wish at a Water Fountain, National Parks Centennial Challenge, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0249 FS Family Wanderers

**Contact:** Michelle Roberts, michellero1956@gmail.com, (206)552-1775, 6311 20th Ave NE, Seattle, WA, 98115

**Start Point:** Seattle Quality Inn & Suites- 618 John St. Seattle, WA 98109. Directions: From I-5, take Exit 167, Mercer/Fairview. (From the south, exit is on left lane of freeway.) Keep to the left on the exit ramp; left on Fairview Ave N at light. Right on Denny Way. Right on 6th Ave N. Right on John St. Quality Inn is on left.

**Event Info:** Daylight hours. Walk through the Seattle Center grounds, past the Chihuly Glass Museum, along the waterfront and through downtown Seattle. Highlights include Pike Place Market, Pioneer Square, Klondike Gold Rush National Historical Park and Museum and the International District.

**Seattle - Fremont Ship Canal****6, 10 & 13 km Year Round Walk (2017/Y0408) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Lakes and Reservoirs, Volcanoes, Walking America's Ports of Call, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0318 Emerald City Wanderers [www.emeraldcitywanderers.org](http://www.emeraldcitywanderers.org)

**Contact:** David W. Madsen, dmadsen@seattleu.edu, (206)789-1960, 1112 NW 61st Street, Seattle, WA, 98107

**Start Point:** Fisheries Supply- 1900 N Northlake Way. Refer to the Seattle-University of Washington (Y351) for directions to start location.

**Event Info:** Mon-Sat 9-6; Sun 9-5. Closed major holidays. This walk visits Gasworks Park, Fremont with its world famous sculptures of the Troll, Waiting for the Interurban, and Vladimir Lenin (therein lies a tale), & both sides of the Lake Washington Ship Canal. The 13 K option continues to the Hiram Chittenden Locks & historic Ballard.

**Seattle - Lake Union****11K Year Round Walk (2017/Y1402) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Lakes and Reservoirs, Make a Wish at a Water Fountain, Walking America's Ports of Call, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0318 Emerald City Wanderers [www.emeraldcitywanderers.org](http://www.emeraldcitywanderers.org)

**Contact:** David W. Madsen, dmadsen@seattleu.edu, (206)789-1960, 1112 NW 61st Street, Seattle, WA, 98107

**Start Point:** Fisheries Supply- 1900 N Northlake Way. Refer to the Seattle-University of Washington (Y351) for directions to start location.

**Event Info:** 9-6 Mon-Sat & 9-5 Sundays. Keep the lake on your right is the basic rule as you circle Seattle's in-city recreational & marine industrial lake. Everything from yachts & houseboats to drydocks & South Lake Union Park. Restaurants and/or two drawbridges may detain you so that you can enjoy the views longer. Public restroom near start point; private/restaurant restrooms along route.

**Seattle - Lincoln Park****5/10 K Year Round Walk (2017/Y2051) 1/2/2017 - 12/31/2017**

Cities in Song, Honoring Our Flag, Take a Walk In a City Park, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0318 Emerald City Wanderers [www.emeraldcitywanderers.org](http://www.emeraldcitywanderers.org)  
**Contact:** Jan Jarrell, [jjarrell@emeraldcitywanderers.org](mailto:jjarrell@emeraldcitywanderers.org), (206)962-0876, 3614A California Avenue SW #215, Seattle, WA, 98116

**Start Point:** The Kenney, 7125 Fauntleroy Way SW, Seattle, WA- West Seattle. From I-5 take the West Seattle Bridge exit (S'bound 163 A; N'bound 163). Follow expressway uphill as it angles left & becomes Fauntleroy Way. Continue on Fauntleroy for approximately 2.2 miles to the Kenney located on the right (west) side of Fauntleroy Way north of Lincoln Park. Use south entry with sign saying "The Kenney 7125 Fauntleroy Way SW." Walkbox is in a cabinet opposite the reception desk.

**Event Info:** Lincoln Park is a Seattle gem on Puget Sound. The 5 (1B) and 10 K (2B) routes follow beach & bluff trails in the Park. 10 K continues through neighborhood with panoramas of Sound & Olympic Mountains. Because of the wooded nature of the bluff trail participants are encouraged to walk with a companion. Daylight hours only. Walk box at reception desk. Restrooms in the Park.

**Seattle - Madrona/Leschi****Distance 5/10/15/20km Year Round Walk (2017/Y1561) 1/2/2017 - 12/31/2017**

Cities in Song, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Volcanoes, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0318 Emerald City Wanderers [www.emeraldcitywanderers.org](http://www.emeraldcitywanderers.org)  
**Contact:** Edla Deppman, [edla@seanet.com](mailto:edla@seanet.com), (206)938-5929, 3909 SW Rose Street, Seattle, WA, 98136

**Start Point:** Leschi Mart- 103 Lakeside Avenue. For driving directions to the Mart refer to Seattle--Seward Park (Y1562).

**Event Info:** Daily 9-8. Start packet in hanging file on your right as you enter the store (above the newspapers). A lovely walk through the Madrona and Leschi neighborhoods, Frink and Mt. Baker parks. Magnificent views of Lake Washington, the Floating Bridge (above, below & possibly across), the Eastside and the Cascades. Walk by the historic Ellsworth-Storey cottages. 4 5K loops allow you to choose your distance.



**Seattle - Northgate****5K, 6K, 10K Year Round Walk (2017/Y1221) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0249 FS Family Wanderers

**Contact:** Michelle Roberts, michellero1956@gmail.com, (206)552-1775, 6311 20th Ave NE, Seattle, WA, 98115

**Start Point:** General Nutrition Center (GNC)- Northgate Mall 401 Northgate Way Seattle, WA. I-5 Exit 173 (Northgate/1st Ave. NE). Northbound: Right at light on 1st Ave. NE. Left at next entrance to Mall. GNC is on left just past entrance door. Southbound: Follow signage for Northgate. Right (east) at stoplight on Northgate Way. Right at light on 1st Ave. NE. Left at second entrance into Mall. The mall entrance doors are straight ahead. Follow above directions to GNC.

**Event Info:** GNC Hours: M-SA 10am-9 pm, Su 11am-7pm. Ask at counter for the walk box. Slightly revised route in 2017. Walk through historic and military cemeteries. Explore several small city parks. Visit the Beaver Ponds Natural Area, and wend paths along Thornton Creek. A paved trail on the former Interurban Railroad is on the 10K route.

**Seattle - Northgate/Green Lake****6 K, 11 K Year Round Walk (2017/Y0974) 1/2/2017 - 12/31/2017**

Animal Safari, Cities in Song, Food For Thought, Honoring Our Flag, Lakes and Reservoirs, Points of Reference, Take a Walk In a City Park, Volcanoes, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0249 FS Family Wanderers

**Contact:** Michelle Roberts, michellero1956@gmail.com, (206)552-1775, 6311 20th Ave NE, Seattle, WA, 98115

**Start Point:** GNC Northgate Mall- 401 NE Northgate Way, Seattle, WA 98125. Refer to the Seattle-Northgate (Y1221) for directions to start location.

**Event Info:** GNC Hours: M-SA: 10 am-9 pm, SU 11am-7 pm. Walk during daylight hours. Walk on sidewalks through residential neighborhoods to Green Lake-a favorite park of Seattle walkers. 6 K walkers will pass a charming duck sanctuary on the return route. The 11 K route includes a paved trail around the lake.

**Seattle - Queen Anne Hill****5km, 10km Year Round Walk (2017/Y0054) 1/2/2017 - 12/31/2017**

Cities in Song, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Volcanoes, Walking America's Ports of Call, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0249 FS Family Wanderers

**Contact:** Michelle Roberts, michellero1956@gmail.com, (206)552-1775, 6311 20th Ave NE, Seattle, WA, 98115

**Start Point:** Seattle Quality Inn & Suites- 618 John St.. Seattle, WA 98109. Directions: From I-5, take Exit 167, Mercer/Fairview. (From the south, exit from left lane of freeway.) Keep to the left on the exit ramp; left on Fairview Ave N at light. Right on Denny Way. Right on 6th Ave N. Right on John Street. Quality Inn is on left.

**Event Info:** Daylight hours. Walk is on sidewalks and park paths through the Seattle Center grounds, passing the Chihuly Glass Museum, and Queen Anne Hill. There are beautiful homes and gardens, museums, a firehouse and sweeping views of Elliot Bay, Olympic and Cascade Mountains, and downtown Seattle along the route.

**Seattle - Queen Anne/Top of The Hill****10km, 5km Year Round Walk (2017/Y1529) 1/2/2017 - 12/31/2017**Bridges - Spanning the USA, Points of Reference, Take a Walk In a City Park, Volcanoes,  
Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A - Z**Award:** IVV Credit Only **Strollers:** medium **Restroom:** Yes**Rating:** 1A **Wheelchair:** hard **Pets:** Yes**Sponsor:** AVA-0249 FS Family Wanderers**Contact:** John Ellingboe, jellin8159@aol.com, (206)789-4796, 7735 Jones Ave. NW, Seattle, WA, 98117-4332**Start Point:** S & L Cafe- 535 W McGraw St, Seattle, WA 98119. Directions: From I-5, take Exit 169 NE 45th-NE 50th St. Northbound Left/Southbound Right on NE 45th. Left on Fremont Ave N, cross the Fremont Bridge. Right on Nickerson. Left on 3rd Av W. Right on W McGraw St.**Event Info:** S & L Cafe hours: NOTE NAME CHANGE. Monday-Friday 5:30 am-5pm; Sat 6 am-5 pm; Sun 7 am-5 pm. The walk box is found at the top of the short ramp (next to the magazine rack). Walk on sidewalks and park paths on the top of Queen Anne Hill. The route goes also passes assorted shops and restaurants on Queen Anne Avenue. Great views in every direction.**Seattle - Seward Park and Lake Washington****Distance 5/10/20 km Year Round Walk (2017/Y1562) 1/2/2017 - 12/31/2017**Cities in Song, Honoring Our Flag, Lakes and Reservoirs, Take a Walk In a City Park,  
Walking America's Ports of Call, You'll Never Walk Alone**Award:** IVV Credit Only **Strollers:** easy **Restroom:** Yes**Rating:** 1A **Wheelchair:** medium **Pets:** Yes**Sponsor:** AVA-0318 Emerald City Wanderers [www.emeraldcitywanderers.org](http://www.emeraldcitywanderers.org)**Contact:** Edla Deppman, edla@seanet.com, (206)938-5929, 3909 SW Rose Street, Seattle, WA, 98136**Start Point:** Leschi Mart- 103 Lakeside Avenue, Seattle, WA 98122. I-5 S'bound take exit 165A to James; turn left onto James. I-5 N'bound take exit 164A to James; turn right onto James. Drive up hill & move to right lane. Right onto Boren & move to left lane. Continue on Boren down hill to Yesler (stoplight). Left & continue on Yesler 1.2 miles to 32nd Ave. Left onto 32nd & follow road as it curves down to lake. Right on Lake Washington Blvd (becomes Lakeside Ave). Mart will be on right across from lake. Street parking or lot across street; do not park in store lot. Bus #27 downtown Seattle.**Event Info:** Daily 9-8. Start packet in hanging file on your right as you enter the store (above the newspapers). 20 K begins here; 5 & 10K require driving to start of routes. Lovely homes & lovely views abound; look for wildlife in the park.

**Seattle - University of Washington****10km Year Round Walk (2017/Y0351) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Take a Walk In a City Park, United States Post Offices, Volcanoes, Walking America's Ports of Call, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0318 Emerald City Wanderers [www.emeraldcitywanderers.org](http://www.emeraldcitywanderers.org)  
**Contact:** David W. Madsen, [dmadsen@seattleu.edu](mailto:dmadsen@seattleu.edu), (206)789-1960, 1112 NW 61st Street, Seattle, WA, 98107

**Start Point:** Fisheries Supply- 1900 N. Northlake Way. From I-5 north or southbound, take exit 169/NE 45th Street. Turn west onto NE 45th to Meridian Avenue North. Turn left onto Meridian and proceed downhill on Meridian. Fisheries Supply faces N 34th Street at the SW corner of Meridian and 34th. Turn onto 34th for the best on-street parking. Do not park in the store lot.

**Event Info:** Mon-Sat 9-6; Sun 9-5. Closed major holidays. Route begins on the Burke-Gilman Trail (BGT) and visits the U District, but most of the route tours the beautiful campus of the University of Washington returning to the start point via the Ship Canal (beneath the Montlake Bridge), the UW Medical campus, and Northlake. The route is not suitable for strollers or wheelchairs. Once work on the campus portion of the BGT is completed, an alternate stroller/wheelchair route will again be made available.

**Seattle - West Seattle/Delridge****5km.10km Year Round Walk (2017/Y0094) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0249 FS Family Wanderers  
**Contact:** Jenny Berg, [netjberg@comcast.net](mailto:netjberg@comcast.net), (206)617-1959, 23009 127th Ave SE, Kent, WA, 98031

**Start Point:** 7-11 Store- 2429 Harbor Ave SW, Seattle, WA. I-5 Northbound Exit #163/southbound/Exit 163A (West Seattle Bridge/Spokane St). Cross West Seattle Bridge to Harbor AVE Exit (NOT Harbor Island Exit) . Right on Harbor Ave SW. 7-11 is one mile on LEFT. Register here and drive to the start of the walk. Bus routes: [www.tripplanner.kingcounty.gov](http://www.tripplanner.kingcounty.gov) or call 206-553-3000.

**Event Info:** Daylight hours. The 10K walk is on sidewalks and trails on the Longfellow Creek Legacy Trail, crossing a stream in the belly of a salmon and meeting a giant dragonfly. Continue through residential neighborhoods and South Seattle Community College's Arboretum with views of downtown and West Seattle. The 5K option goes on a sidewalk portion of the Trail past the dragonfly. WA Challenges: 39 Counties: King County; Womb to Tomb:School.

**Sequim - Dungeness Spit****Distance 5/10/20 km Seasonal Walk (2017/Y1940) 4/1/2017 - 9/30/2017****Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes**Rating:** 2C      **Wheelchair:** None      **Pets:** No**Sponsor:** AVA-0517 Olympic Peninsula Explorers [www.opevolkssport.org](http://www.opevolkssport.org)**Contact:** Janet Lenfant, [richardandjanet@olypen.com](mailto:richardandjanet@olypen.com), (360)461-9028, 610 N Dunlap Av, Sequim, WA, 98382**Start Point:** QFC - Quality Food Center- DIRECTIONS: Follow Hwy. 101 to Sequim. From the East, take the Washington St. Exit; QFC is in Bell Creek Plaza Shopping Center on the RIGHT as you come into town. From Port Angeles or the west, take the Sequim Ave. Exit and turn RIGHT on Washington St. QFC is on the LEFT after Brown Rd. Walk box is in the lobby of the right hand side entry.  
YOU MUST DRIVE TO THE PARKING AREA WHERE YOU BEGIN THIS WALK.**Event Info:** Open 24/7. Closed Christmas. ROUTE: Walk by bluffs over-looking the Strait of Juan de Fuca, through verdant meadows, forests and out on the Dungeness Spit. Enjoy the mountain views. There are several Geocaches in the Dungeness Recreation Area.**Sequim - John Wayne Marina****7/12 km Year Round Walk (2017/Y1938) 1/1/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Take a Walk In a City Park, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes**Sponsor:** AVA-0517 Olympic Peninsula Explorers [www.opevolkssport.org](http://www.opevolkssport.org)**Contact:** Janet Lenfant, [richardandjanet@olypen.com](mailto:richardandjanet@olypen.com), (360)461-9028, 610 N Dunlap Av, Sequim, WA, 98382**Start Point:** QFC- Quality Food Center- DIRECTIONS: Follow Hwy. 101 to Sequim. From the East, take the Washington St. Exit; QFC is in Bell Creek Plaza Shopping Center on the RIGHT as you come into town. From Port Angeles or the west, take the Sequim Ave. Exit and turn RIGHT on Washington St. QFC is on the LEFT after Brown Rd. Walk box is in the lobby of the right hand side entry.**Event Info:** Open 24/7. Closed Christmas. ROUTE: Walk along country roads and the Discovery Trail and enjoy mountain views, fountains, farmlands and a trestle bridge. Visit the John Wayne Marina and enjoy beautiful water views. Enjoy the bakery inside QFC when you are finished. The 7 km option does not go to the Marina and is Rated 1A. There are numerous Geocaches in the Sequim area.

**Sequim - ODT Bike****Distance 88/32/28 km Year Round Bike (2017/Y1054) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AVA-0517 Olympic Peninsula Explorers [www.opevolkssport.org](http://www.opevolkssport.org)**Contact:** Janet Lenfant, [richardandjanet@olypen.com](mailto:richardandjanet@olypen.com), (360)461-9028, 610 N Dunlap Av, Sequim, WA, 98382

**Start Point:** QFC - Quality Food Center- DIRECTIONS: Follow Hwy. 101 to Sequim. From the East, take the Washington St. Exit; QFC is in Bell Creek Plaza Shopping Center on the RIGHT as you come into town. From Port Angeles or the west, take the Sequim Ave. Exit and turn RIGHT on Washington St. QFC is on the LEFT after Brown Rd. Walk box is in the lobby of the right hand side entry. YOU MUST DRIVE A SHORT DISTANCE TO THE PARKING AREA WHERE THE BIKE BEGINS.

**Event Info:** Open 24/7. Closed Christmas. ROUTES: All on the Olympic Discovery Trail (ODT). Ride #1 (QCF to Blyn Rd MP28). Ride #2 (QFC to the bridge on Old Olympic HWY just past MP10). Ride #3 (Parking Lot on Wild Current Way to Port Angeles Pier MP0). This is both paved trail and roadways (significant hills only on Ride #3's portion). There are numerous Geocaches in the Sequim and Port Angeles area.

**Sequim - Robin Hill Farm - ODT****10/5 km Year Round Walk (2017/Y1427) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0517 Olympic Peninsula Explorers [www.opevolkssport.org](http://www.opevolkssport.org)**Contact:** Janet Lenfant, [richardandjanet@olypen.com](mailto:richardandjanet@olypen.com), (360)461-9028, 610 N Dunlap Av, Sequim, WA, 98382

**Start Point:** QFC - Quality Food Center- DIRECTIONS: Follow Hwy 101 to Sequim. From the East, take the Washington St Exit. QFC is in the Bell Creek Plaza Shopping Center on the RIGHT as you come into town. From Port Angeles or the West, take the Sequim Ave Exit and turn RIGHT on Washington St. QFC is on the LEFT after Brown Rd. Walk box is in the lobby of the right hand side entry. YOU MUST DRIVE A SHORT DISTANCE TO ROBIN HILL FARM COUNTY PARK PARKING AREA.

**Event Info:** Open 24/7. Closed Christmas. ROUTE: a walk on the Olympic Discovery Trail (ODT) from Robin Hill Farm County Park to the West. Enjoy the beautiful farms and countryside as well as the views of the Olympic Mountains. There are numerous Geocaches in the Sequim area.

**Sequim - RR Bridge/Robin Hill****Extended Walk 5/12/15 km Year Round Walk (2017/Y1939) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0517 Olympic Peninsula Explorers [www.opevolkssport.org](http://www.opevolkssport.org)**Contact:** Janet Lenfant, [richardandjanet@olypen.com](mailto:richardandjanet@olypen.com), (360)461-9028, 610 N Dunlap Av, Sequim, WA, 98382

**Start Point:** QFC - Quality Food Center- DIRECTIONS: Follow Hwy. 101 to Sequim. From the East, take the Washington St. Exit; QFC is in Bell Creek Plaza Shopping Center on the RIGHT as you come into town. From Port Angeles or the west, take the Sequim Ave. Exit and turn RIGHT on Washington St. QFC is on the LEFT after Brown Rd. Walk box is in the lobby of the right hand side entry.  
 YOU MUST DRIVE TO THE PARKING AREA WHERE THIS WALK BEGINS.

**Event Info:** Open 24/7. Closed Christmas. ROUTE: Walk on the Olympic Discovery Trail (ODT) from Sequim Railroad Bridge to Robin Hill Farm County Park passing fields, forest, wetlands and research plots/gardens. Enjoy the mountain views on a clear day. Pets must be on leash. The 3 km extension provides an opportunity to visit the Robin Hill Farm County Park Trails. The extension is not suitable for wheelchairs. The 5km option follows the ODT to a turn around point. There are numerous Geocaches in the Sequim area.

**Shoreline - Interurban Trail****6k and 12k Year Round Walk (2017/Y1390) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Take a Walk In a City Park, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0925 Sound Steppers Volkssport Club [Soundsteppers.org](http://Soundsteppers.org)**Contact:** Sandi Severtsen, [fabulous50s@gmail.com](mailto:fabulous50s@gmail.com), (206)546-6644, 1205 NW 203rd St, Shoreline, WA, 98177

**Start Point:** Walgreens Store-Shoreline Interurban Trail- 17524 Aurora Ave. N. Shoreline: I-5 exit #176 /N 175th, northbound Left, southbound Right, onto 175th. Right on Midvale Ave. Left to Walgreens parking lot.

**Event Info:** The Shoreline Interurban Trail is the main focus of this walk, covering the City of Shoreline from it's north and south borders. Walk the Interurban trail while seeing various works of art. This trail was originally cleared in 1910 and used as an electric train connection from Everett to Tacoma, for the next 30 years. Enjoy local neighborhoods, parks, sport fields, elementary schools, and the Shoreline Athletic Center. Return back to the start point by passing Echo Lake on Ashworth and N 200th St. Echo Lake Park use to be a popular "bathing beach" originally opened to the public from 1916-1966. In the early days, it cost a nickel to get in. Some kids would spend this on candy and sneak in instead. In the winter, the lake was also used for ice-skaing. Enjoy the history as you walk! (historical facts are provided courtesy of HistoryLink.org). Restrooms are available at the start and at the tennis courts on 190th and 1st Ave. Paved trails and two bridges over main arterial streets, stairs and/or ramps to cross bridges. One gradual hill up on Interurban Trail and one hill down thru Shoreline neighborhood. Two 6k options. Challenges include ESVA Restaurants: Thai, American. Oregon Challenge Books A-Z are accepted.

**Shoreline - Shoreline Richmond Beach Park****12K Year Round Walk (2017/Y0354) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 3B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0925 Sound Steppers Volkssport Club Soundsteppers.org  
**Contact:** Sandi Severtsen, severtsens@aol.com, (206)546-6644, 1205 NW 203rd St, Shoreline, WA, 98177

**Start Point:** Walgreens Store- 17524 Aurora Ave. N. Shoreline: I-5 exit #176 /N 175th, northbound Left, southbound Right, onto 175th. Right on Midvale Ave. Left to Walgreens parking lot.

**Event Info:** The City of Shoreline is one of Seattle's closest suburbs. Located immediately north of Seattle, the area was settled first by homesteaders and soon after by vacationers. Over time a community formed, and although Seattle's boundaries had pushed farther north, Shoreline has preserved it's autonomy and, in 1995, incorporated as a city in its own right. Enjoy walking a short distance on the interurban trail, then head west through Boeing Creek trail which was the original homestead and hunting grounds of William Boeing, followed by views of activity in Puget Sound and views of the Olympic Mountains. Walk during daylight hours. Route goes through parking lot of Shoreline Community College, then Boeing Creek Trail, Shoreview Park, Innis Arden, and Richmond Beach. There is a long uphill trek on Richmond Beach Drive back to Aurora Ave. Interurban Trail. Route is rated 3B due to the uphill trek and walking dirt trails in Boeing Creek. Restrooms are at the beginning and at Shoreview Park.

**Silverdale - Clear Creek Trail****5/10km Year Round Walk (2017/Y1739) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Treasure Hunt - A way to walk our precious trails, United States Post Offices, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0517 Olympic Peninsula Explorers www.opecvolkssport.org  
**Contact:** Todd Oberlander, ope-webmaster@smartsandcomputer.com, (360)620-0810, 293 Kingfisher Pl, Port Hadlock, WA, 98339

**Start Point:** Harrison Silverdale Healthcare Campus- NOTE: due to construction, closed until further notice. 1800 NW Myhre Rd., Silverdale WA 98383  
**DIRECTIONS:** I-5 (Tacoma) exit 132, (HWY 16) to Bremerton. Follow Hwy 16 to junction with Hwy 3. Follow Hwy 3 north past Bremerton to Silverdale. Take exit 45B (Hwy 303) East Bremerton, Follow Hwy 303 to Ridgetop Blvd. (first exit). Take the Ridgetop exit. At the end of the exit ramp turn right and right again to Harrison Silverdale Healthcare Campus. Follow signs for "Emergency Walk-In". Start box is inside righthand set of doors on the right.

**Event Info:** NOTE: due to construction, closed until further notice. Daily, dawn to dusk. Walk on sidewalks, road shoulders, boardwalks and trails. Most of the walk is on the Clear Creek Trail. 5K rated 1B.  
 ESVA: County-Kitsap, Womb to Tomb  
 OSTVA: Birds & Beasts, Flowers, Mountains, Monuments (5K), Murals (5K), Watering Holes (5K), Banks (5K), Waterways (5K), Worldwide Coastlines (5K), 4E's

**Silverdale - Newberry Hill Heritage Park Trails****6K/11K Year Round Walk (2017/Y0720) 1/1/2017 - 12/31/2017**

Animal Safari, Food For Thought, Points of Reference, Treasure Hunt - A way to walk our precious trails, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 2C      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0517 Olympic Peninsula Explorers [www.opevolkssport.org](http://www.opevolkssport.org)  
**Contact:** Todd Oberlander, [ope-webmaster@smartsandcomputer.com](mailto:ope-webmaster@smartsandcomputer.com), (360)620-0810, 293 Kingfisher Pl, Port Hadlock, WA, 98339  
**Start Point:** R&H Market and Gas- 8802 NW Newberry Hill Road, Silverdale, WA 98383  
 From SR3 take Newberry Hill Road Exit. Turn WEST (uphill) on Newberry Hill Rd and go 3.3 miles to start box location. Ask for walk box at counter. It will be necessary to drive 0.9 miles to trailhead to start this walk. Restrooms at start box location only.  
**Event Info:** Walk along woodland trails past wetlands and through forests and meadows. Bicycles & horses allowed on trail; yield to horses on trail. ESVA: County-Kitsap; OTSVA: Flowers, Birds & Beasts, Forest, Lakes

**Silverdale - Old Town/ Waterfront****5K/10K Year Round Walk (2017/Y1190) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Food For Thought, Points of Reference, Treasure Hunt - A way to walk our precious trails, United States Post Offices, Volcanoes, Walk the USA - Street by Street, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0517 Olympic Peninsula Explorers [www.opevolkssport.org](http://www.opevolkssport.org)  
**Contact:** Todd Oberlander, [ope-webmaster@smartsandcomputer.com](mailto:ope-webmaster@smartsandcomputer.com), (360)620-0810, 293 Kingfisher Pl, Port Hadlock, WA, 98339  
**Start Point:** Harrison Silverdale Healthcare Campus- NOTE: due to construction, closed until further notice. 1800 NW Myhre Rd. I-5 (Tacoma) exit 132, (Hwy 16) to Bremerton. Follow Hwy 16 to junction with Hwy 3. Follow Hwy 3 north past Bremerton to Silverdale. Take exit 45B (Hwy 303) East Bremerton. Follow Hwy 303 to Ridgeway Blvd. (first exit). Take the Ridgeway exit. At the end of the exit ramp turn right and right again to Harrison Silverdale Healthcare Campus. Follow signs for Emergency Walk-In. Start box is inside right-hand set of doors on the right.  
**Event Info:** NOTE: due to construction, closed until further notice. Daily, dawn to dusk. Walk on sidewalks, trails and road shoulders. This walk explores Old Town, the Waterfront and portions of the Clear Creek Trail. Restrooms and start and along the route. ESVA: County-Kitsap, Restaurants  
 OSTVA: 4D's, 4E's, Barber Shops, Bicycle Shops, Birds & Beasts, Flowers, Library, Monuments, Mountains, Museums, Watering Holes, Waterways, Worldwide Coastlines



**Snohomish - Snohomish Town Walk****10k/5k Year Round Walk (2017/Y1855) 1/1/2017 - 12/31/2017****Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes**Rating:** 1A      **Wheelchair:** medium      **Pets:** No**Sponsor:** AVA-0925 Sound Steppers Volkssport Club Soundsteppers.org**Contact:** Bobbi Cross, foxybird1@comcast.net, (425)397-7301, 8430 15th Pl SE #30, Lake Stevens, WA, 98258**Start Point:** Haggen's Grocery Store, 1301 Ave. D, Snohomish, WA 98290- Going north of Seattle about 30 miles on I-5, take Exit 194 (Snohomish-Wenatchee-Hwy. 2) eastbound. Take Snohomish/Bickford Ave. exit. Bickford Ave. becomes Ave D, continue across bridge into town of Snohomish. Haggen's Grocery Store is on the left side as you enter town. Ask for start box at customer service counter.**Event Info:** The route includes a section of the Centennial Trail which extends into the town of Snohomish. This diverse walk goes through two parks, around a lake, and continues along a lovely riverfront trail. It continues in downtown Snohomish with its many antique shops, restaurants and 100+ year old neighborhoods. Historic Snohomish is a pleasure to walk through, and stop and shop in many unique stores or have a meal in one of the many fine restaurants.**Snoqualmie Pass - Pacific Crest Trail -- Kendall Katwalk****19K Seasonal Walk (2017/Y0786) 7/1/2017 - 9/30/2017****Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes**Rating:** 4C      **Wheelchair:** None      **Pets:** Yes**Sponsor:** HQS-0003 AVA Vice-President**Contact:** Nancy Wittenberg, newittenberg@gmail.com, (253)841-0580, 12626 129th St E, Puyallup, WA, 98374**Start Point:** WEB REGISTRATION ONLY (www.cva4u.org) -- Start from Snoqualmie Pass, I-90 Exit 52 Snoqualmie Pass West, PCT Trailhead Parking area.- REGISTRATION: Please use the online start box provided by the California Volkssport Association website (www.cva4u.org). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use PayPal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternative payment methods. The entire online process should take less than 10 minutes for a first time user. DRIVE TO START: EB I-90 exit 52 (Snoqualmie Pass West) to PCT parking lot. Northwest Forest Service Pass, Golden Eagle Pass or equivalent required to park. Self Register at the trailhead for a permit to hike.**Event Info:** A twelve mile round trip hike through old growth forests and up switchbacks to alpine wildflower gardens and the famous Katwalk, a 150 foot long, 4-5 foot wide trail blasted into a sheer slope at 5400 feet. 2700 foot elevation gain. Check for snow conditions. Be prepared for all kinds of weather. Bring the 10 essentials, including food and water.

### Spokane - Down Town and Spokane River Walk

5to6km/10to11km Year Round Walk (2017/Y0796) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0326 Lilac City Volkssport Assn. lilaccityvolks.com  
**Contact:** George Withers, gdonnageorge@aol.com, (509)624-6518, 404 W 20th Ave, Spokane, WA, 99203-2030  
**Start Point:** Auntie's Bookstore- 402 W Main Ave, Spokane, WA 99201 (509) 838-0206 OPEN Mon. 9 a.m. - 6 p.m. Tues.-Sat. 9 a.m. - 9 p.m. Sunday 11 a.m. - 6 p.m. East (on I-90) At exit 280B, take ramp right and follow signs for Lincoln St 0.3 mi3. Keep straight onto S Lincoln St 0.3 mi . Road name changes to N Lincoln St 0.1 mi . Turn right onto W Main Ave 0.1 mi . Turn left onto N Wall St 102 ft Arrive at 402 W Main Ave, Spokane, WA 99201 on the left. West (on I-90) At exit 280, take ramp right for Maple St toward Lincoln St 0.2 mi . Keep straight onto W 5th Ave 397 ft . Turn left onto S Walnut St 0.3 mi . Bear right onto W 1st Ave 0.4 mi . Turn left onto S Lincoln St 240 ft . Road name changes to N Lincoln St 0.1 mi . Turn right onto W Main Ave 0.1 mi 0. Turn left onto N Wall St 102 ft Arrive at 402 W Main Ave, Spokane, WA 99201 on the left  
**Event Info:** DUE TO CONSTRUCTION IN SPOKANE AND RIVERFRONT PARK THE WALK DISTANCE CAN VARY FOR CONSTRUCTION DETOURS Walk in Downtown Spokane. Through a Historic modernized Pleasant Valley along the Spokane River to the Standifer Memorial Bridge and to the Centennial Trail by Kendell Yards to the new Avista Dam Park and into Riverfront Park. The back section of the walk go through the new University District.

### Spokane - Historic Chewelah

10k,5k Seasonal Walk (2017/Y0739) 4/1/2017 - 9/30/2017

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0326 Lilac City Volkssport Assn. lilaccityvolks.com  
**Contact:** Allan G. Heritage, agheritage@hotmail.com, (509)465-2690, P. O. Box 4362, Spokane, WA, 99220  
**Start Point:** 500 E Webster Ave Chewelah, WA 99109.- Highway 395 to Chewelah exit onto East Webster to Hospital.  
**Event Info:** Walk historic Chewelah Washington.

### Spokane - South Hill Park

7km/11km Seasonal Walk (2017/Y0761) 4/1/2017 - 10/23/2017

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0326 Lilac City Volkssport Assn. lilaccityvolks.com  
**Contact:** George Withers, gdonnageorge@aol.com, (509)624-6518, 404 W 20th Ave, Spokane, WA, 99203-2030  
**Start Point:** Super One Foods 830 E 29th Ave- I-90 E take Exit 280 to Maple Street. Turn Right, continue on Maple which becomes Cedar then becomes High Drive to 29th Ave. Turn Left, continue on 29th Ave to 830 E 29th Ave and Super One Foods. I-90 West take Exit 280-A to Maple. Turn Left continue on Maple as above. The Start Box should be around the Fast checkout and Customer service area.  
**Event Info:** Daily, dawn to dusk.The Start Box should be around the Fast checkout and Customer service area.Walk through the world famous Manito Park and gardens includes the Rose Garden, Lilac Garden, Duncan Garden , Japanese Garden and many others. Walk along Manito Blvd and enjoy the park divided street to High Drive. View the Qualchan Golf course and other panoramic views along High drive to and through Historic triangle Park, Canon Hill Park, Cliff Park, and the Edwidge Woldson Park

### Spokane and Coeur d'Alene - Centennial Trail-Bike

Distance 97 K Year Round Bike (2017/Y2074) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0326 Lilac City Volkssport Assn. lilaccityvolks.com  
**Contact:** George Withers, gdonnageorge@aol.com, (509)624-6518, 404 W 20th Ave, Spokane, WA, 99203-2030

**Start Point:** Auntie's Book Store - 402 W. Main Ave., Spokane, WA 99201

**Event Info:** Most of the trail in either state is on multi-use paved trails.  
Auntie's Bookstore hrs: Mon 9-6, Tue-Sat 9-9, Sun 11-6.

### Spokane and Coeur d'Alene - Walk the Centennial Trail

Distance 97K Year Round Walk (2017/Y0024) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0326 Lilac City Volkssport Assn. lilaccityvolks.com  
**Contact:** George Withers, gdonnageorge@aol.com, (509)624-6518, 404 W 20th Ave, Spokane, WA, 99203-2030

**Start Point:** Aunties Bookstore Spokane WA - Auntie's Book Store - I-90 Division Street Exit, North to Riverside, Left on Riverside to Washington, Right on Washington to Main (Parking lot on left between Main and Spokane Falls Blvd.

**Event Info:** This walk is an extend 97K walk in Washington and Idaho. After registering, drive to the selected trailhead. One section can be started at either of the start points.

### Steilacoom - Fort Steilacoom

6 & 10km Year Round Walk (2017/Y1996) 1/1/2017 - 12/31/2017

Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Volcanoes

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0115 Evergreen Wanderers  
**Contact:** Jerry Williams, j.williams1327@comcast.net, (253)320-8600, PO Box 111943, Tacoma, WA, 98411-1943

**Start Point:** Chevron Station- 3025 Steilacoom Blvd SW. From I-5 Exit 129 (So. 72nd St). Southbound Get in right lane on off-ramp following So. 74th St Westbound. Turn right onto So. 74th St. and follow it for 2.1 miles. After crossing Lakewood Dr. W., So. 74th becomes Custer Rd W. Follow Custer for 1.3 miles merging into right lane. Stay in right lane as it turn right onto 88th St W. After the first traffic signal 88th merges into Steilacoom Blvd. SW. Follow Steilacoom Blvd. for 2 miles to Sentinel/Far West Dr SW. Chevron Station is on the right. Park in a stall away from the station entrance if possible. Northbound Get in left lane at end of off-ramp and turn left onto So. 72nd St. After crossing over I-5, So. 72nd St. becomes So.74th St. Follow directions above to start point.

**Event Info:** Daily dawn to dusk. Walk Box in cupboard toward rear of store. Walk on asphalt, gravel, dirt trails as well as city sidewalks through Fort Steilacoom Park, Western State Hospital and the city of Lakewood. Fort Steilacoom Park was once a large farm where crops were grown and animals were raised for food for Western State Hospital. Circle a small lake and pass a large cemetery used by the hospital. On the return walk through the grounds of the current Western State Hospital and pass the few remaining houses of the original Fort Steilacoom (used by the army from 1849 to 1868). The 6 km trail passes the same sites as the 10 km trail.  
Washington State Challenge: WOMB TO TOMB: Cemetary

**Steilacoom - Historic Town****5 & 10km Year Round Walk (2017/Y0635) 1/1/2017 - 12/31/2017**

Alternative Capitals, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, United States Post Offices, Volcanoes

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0115 Evergreen Wanderers  
**Contact:** Jerry Williams, jwilliams1327@comcast.net, (253)320-8600, PO Box 111943, Tacoma, WA, 98411-1943

**Start Point:** Chevron Station- 3025 Steilacoom Blvd. SW. From I-5 Exit 129 (So 72nd St). Southbound -Get in right lane on off-ramp following So 74th St Westbound. Turn right onto So 74th and follow it for 2.1 miles. After crossing Lakewood Dr. W., So. 74th becomes Custer Rd W. Follow Custer for 1.3 miles merging into right lane. Stay in right lane as it turns right onto 88th St W. After the first traffic signal 88th merges into Steilacoom Blvd SW. Follow Steilacoom Blvd for 2 miles to Sentinell/Far West Dr SW. Chevron Station is on the right. Park in a stall away from the station entrance  
Northbound - Get in left lane at end of off-ramp and turn left onto So. 72nd St. After crossing over I-5, So 72nd St becomes So 74th St. Follow Directions above to start point.

**Event Info:** Daily dawn to dusk. To register the "Walk Box" is in cupboard toward rear of store. Walk is on city sidewalks and two short trails through the historic town of Steilacoom. Site of the first Territorial Jail, library and Protestant Church north of the Columbia River. Steilacoom was the original capital of Washington State. The Catholic Mission has been in continual use since 1867. Pass ferry dock. Views of Puget Sound, Olympic Mountains and various islands served by the ferry. The 5km trail goes directly into the town of Steilacoom and back, passing most of the sites listed above. Washington State Challenge: WOMB TO TOMB -- Church

**Sumner - Main Street USA****10km/5km Year Round Walk (2017/Y0159) 1/1/2017 - 12/31/2017**

Alternative Capitals, Honoring Our Flag, Take a Walk In a City Park, Volcanoes, Walk the USA - Street by Street, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0336 Daffodil Valley Volkssport Association [www.daffodilvalleyvolkssport.com](http://www.daffodilvalleyvolkssport.com)  
**Contact:** Chyrl Coscorrosa, chyrlcos@gmail.com, (253)226-7288, 8510 150th Ave Ct E, Puyallup, WA, 98372

**Start Point:** Stafford Suites- 15519 62nd St Ct E. SB SR167 to SR410: Second Sumner exit. Turn left at exit onto Valley, right on Meade McCumber, left on Parker Rd. Stafford Suites is on the left. NB I-5: Exit 127 (SR512) to SR410 and follow above directions. File cabinet located in library section of building on left after entering building. Open 8:30am - 4:30pm. Ring bell after hours for admittance. Have exact change or pay by check.

**Event Info:** Daily 7:30am-8:39pm. Route goes through quiet neighborhoods with lots of flowers in season and views of Mt. Rainier and down Main Street "USA" with many gift and antique shops. Restrooms at the start, at City Hall when it's open, at the Sounder train station. Ryan House on Main St. is on the Nat'l Historic Register. WSC: City Parks, Restaurants. Sumner is the "Rhubarb Pie Capital of the World."

**Tacoma - Downtown****5 & 11km Year Round Walk (2017/Y1262) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Volcanoes

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 3A      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0115 Evergreen Wanderers

**Contact:** Rosemarie Hirsch, crick94et@comcast.net, (253)225-9388, P.O. Box 98411-1943, P.O. Box 111943, WA, 98411-1943

**Start Point:** Spar Coffee Bar and Cafe- 2123 N. 30th St. From Interstate 5: Exit 133(I-705/City Center). Exit onto I-705. After the first exit, go to the right lane following Schuster Parkway sign, then to the left lane exiting I-705 onto Schuster Parkway. Once on Schuster Parkway, take the N. 30th St/Old Town exit. The Spar Coffee Bar and Cafe is on the corner (right side) at N. 30th St and McCarver St. Use street parking. Start box is in cabinet just inside The Spar to the left.

**Event Info:** Walk during daylight hours. Spar opens every-day except Thanksgiving and Christmas. May close early the day prior to a major holiday. You will pass many of the Tacoma's famous and historical sites, including the Tacoma Art Museum, Union Station, Washington State History Museum, Museum of Glass, University of Washington Tacoma Campus, Stadium Bowl, Seymour Botanical Conservatory and the Tacoma Convention Center. You will walk through the "Theater District", "Antique Row", and pass many historical homes and mansions on the return. Bring your camera. Restrooms at Start/Finish and along the route. On the 5 km route you pass Stadium Bowl and many historic apartments and homes. Washington State Challenge: WOMB TO TOMB: Courthouse, Church, School, City Hall

**Tacoma - Narrows Bridge Walk****6, 10 or 12 km Year Round Walk (2017/Y1630) 1/2/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Volcanoes

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0115 Evergreen Wanderers

**Contact:** Tess Sutton, Tess2@Juno.com, (253)539-8498, PO Box 111943, Tacoma, WA, 98411

**Start Point:** Tacoma YMCA Morgan Branch- 1002 S Pearl St. -- I-5 Exit 132(SR16 Bremerton) West Bound on SR16 take Exit #3 (Sixth Ave). Left at end of ramp on 6th Ave. Left at next light onto Pearl St. Right 1/2 block into YMCA parking lot. East Bound: SR16 Exit at #3 (Pearl St/Ruston). Left onto Pearl and Right 1/2 block into YMCA parking lot. Enter YMCA through both sets of doors and start box is in the lobby in a cabinet to the left.

**Event Info:** Closed on Christmas, Easter and New Year's Day.

**Tacoma - Parkland****10km/5km Year Round Walk (2017/Y1999) 1/1/2017 - 12/31/2017**

Honoring Our Flag, National Register of Historic Places, Trekking With the Trees, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0336 Daffodil Valley Volkssport Association [www.daffodilvalleyvolkssport.com](http://www.daffodilvalleyvolkssport.com)  
**Contact:** Nancy Wittenberg, [newwittenberg@gmail.com](mailto:newwittenberg@gmail.com), (253)841-0580, 12626 129th St E, Puyallup, WA, 98374

**Start Point:** Walgreen Drugs- 12105 Pacific Ave. From I-5, take exit #127 (SR512). Take the SR7 (Parkland) exit. Turn south (right) onto Pacific Ave. Continue to 121st. Turn left at light to Walgreen's. Park in the store parking lot except during the Christmas rush. There is a park & ride across the street and on-street parking. Ask at the checkout counter for the "Walk Box". Do not leave money in the walk box. Mail in credit fees in envelope provided.

**Event Info:** Mon-Sat 8am to dusk; Sunday 9am to dusk. Walk through Pacific Lutheran University campus; the historic area of Parkland with its surrounding parks and residential areas. WSC: City Parks, Restaurants.

**Tacoma - Point Defiance Park****5 & 10km Year Round Walk (2017/Y0366) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Take a Walk In a City Park, Trekking With the Trees, Volcanoes

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0115 Evergreen Wanderers  
**Contact:** Chuck Repik, [crepik@aol.com](mailto:crepik@aol.com), (253)582-7474, PO Box 111943, Tacoma, WA, 98411-1943

**Start Point:** Boathouse Marina and Tackle Shop- 5400 North Pearl. Directions: North or Southbound I-5: Exit 132 onto SR 16/Bremerton. Take 6th Ave exit, staying in middle lane. Continue straight through the first traffic light and merge to the right lane. Turn RIGHT at the second light onto N. Pearl Street. Follow N. Pearl St for 3 miles. At the end of Pearl St., follow signs into Pt. Defiance Park. Once inside the park, merge to right lane. After a curve to the left, the lane turns right and drops down a hill toward the Waterfront. Park at the bottom of the hill, cross the street and enter the Boathouse Marina. Start Box is in a cabinet on the left by the last window. If parking lot is full, turn right and park in lot near the Ferry Terminal.

**Event Info:** Daylight hours only. Boat House is Closed Thanksgiving and Christmas. Gradual hills and a long steep down hill. Walk on road shoulders through this heavily wooded park. Abundant views of the Puget Sound and the Tacoma Narrows Bridge. Pass by the WPA constructed replica of Ft. Nisqually. Owen Beach, rose gardens, ponds, and many picnic areas. Bring a camera. Strollers must be carried up a flight of stairs just after starting. TRAIL MAY BE CLOSED FOLLOWING MAJOR WINDSTORM. Call POC at (253) 582-7474 to check on conditions if coming from a long distance. 5 km trail does not pass Ft. Nisqually or major view points.

**Tacoma - Proctor District/University of Puget Sound Walk****5 & 10km Year Round Walk (2017/Y0816) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Make a Wish at a Water Fountain, Volcanoes

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0115 Evergreen Wanderers

**Contact:** Charles Repik, crepik@aol.com, (253)582-7474, P.O. Box 111943, Tacoma, WA, 98411

**Start Point:** Safeway Supermarket- 2411 N. Proctor St., Tacoma, WA (1) From I-5, exit to I-705 (Schuster Parkway). Exit Schuster Parkway to N. 30th St. From N. 30th St., LEFT on N. Proctor St. to N. 25th St. Safeway is on the left at the corner of Proctor and 25th. (2) From SR 16 East, exit #3 to S. Pearl St. RIGHT on S. Pearl St. to N. 21st St. RIGHT on N. 21st St. to N. Proctor St. LEFT on N. Proctor St. to N. 25th St. Safeway is on the right on corner of Proctor and 25th. Walk box in customer service area at front of store.

**Event Info:** Walk on paved sidewalks, paths, streets through Tacoma's Proctor District, Univ. of Puget Sound campus, and residential areas of older, stately homes. Water and restrooms at start/ finish and on Univ. campus. ESVA challenges Womb to Tomb

**Tacoma - Snake Lake****5 km and 11km Year Round Walk (2017/Y0367) 1/2/2017 - 12/31/2017**

Honoring Our Flag, Lakes and Reservoirs, Take a Walk In a City Park, Volcanoes

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** hard      **Pets:** No

**Sponsor:** AVA-0115 Evergreen Wanderers

**Contact:** Tess Sutton, Tess2@Juno.com, (253)539-8498, P.O. Box 111943, Tacoma, WA, 98411-1943

**Start Point:** Tacoma YMCA Morgan Branch- 1002 S Pearl St. -- I-5 Exit 132(SR16 Bremerton) West Bound on SR16 take Exit #3 (Sixth Ave). Left at end of ramp on 6th Ave. Left at next light onto Pearl St. Right 1/2 block into YMCA parking lot. East Bound: SR16 Exit at #3 (Pearl St/Ruston). Left onto Pearl and Right 1/2 block into YMCA parking lot. Enter YMCA through both sets of doors and start box is in the lobby in cabinet to the left.

**Event Info:** Closed on Christmas, Easter and New Year's Day. Walk on sidewalks and paved and gravel paths through Snake Lake Nature Center and residential areas of Tacoma.

**Tacoma - Waterfront****5 or 11km Year Round Walk (2017/Y1263) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Take a Walk In a City Park, Volcanoes

**Award:** IVV Credit Only **Strollers:** easy **Restroom:** Yes**Rating:** 1A **Wheelchair:** medium **Pets:** Yes**Sponsor:** AVA-0115 Evergreen Wanderers**Contact:** Rosemarie Hirsch, crick94et@comcast.net, (253)225-9388, P.O.Box 111943, Tacoma, WA, 98411-1943**Start Point:** Spar Coffee Bar and Cafe- 2123 North 30th St. From Interstate 5: Exit #133 (I-705/City Center). Exit onto I-705. After the first exit, go to the right lane following Schuster Parkway sign, then to the left lane exiting I-705 on Schuster Parkway. Once on Schuster Parkway, take the N. 30th St/Old Town exit. The Spar Coffee Bar and Cafe is on the corner (right side) at N. 30th St and McCarver St. Use street parking. Start box is in cabinet just inside The Spar to the left.**Event Info:** Walk daylight hours. Spar opens every-day except Thanksgiving and Christmas. May close early the day prior to a major holiday. There is a fee to enter waterfront area on July 4th due to Tacoma's Independence Day Celebration. This walk is entirely along the Tacoma waterfront going to a newly developed Japanese's Park and Pagoda and Point Ruston area and back. A very scenic walk passing parks and restaurants, on a wide sidewalk. Many passing boats in Commencement Bay along the entire route. The 5km walk follows the same route for half the distance and back.**Tenino - Tenino Town and Trail****5K, 10K Year Round Walk (2017/Y0678) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, United States Post Offices, Walk the USA - Street by Street

**Award:** IVV Credit Only **Strollers:** None **Restroom:** Yes**Rating:** 2C **Wheelchair:** None **Pets:** Yes**Sponsor:** AVA-0148 Capitol Volkssport Club [www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)**Contact:** Peter & Perki Sweet, pandpsweet@gmail.com, (360)459-8167, 4318 15th Ave NE, Lacey, WA, 98516**Start Point:** Tenino Market- 669 Lincoln Ave E, Tenino, WA 98589. From I-5 Southbound take exit 101 and turn left onto Tumwater Blvd. Drive about a mile to Capitol Blvd (old Hwy 99) and turn right. Follow Old Hwy 99 for 10 miles to Tenino. Start point is on the left. From I-5 Northbound, take exit 88. Turn right onto Old Hwy 99 and drive eight miles to Tenino. Continue on Old Hwy 99 (Sussex Ave) through town to start point at intersection of Hwy 507 and Old Hwy 99. Start box is at customer service counter in front of store next to check stands.**Event Info:** Daily - 7:00 a.m. - 10:00 p.m. 360-264-5650 (call to check holiday closures) After registering, drive less than a mile from start point to Tenino City Park (directions in box) to begin walk. Seasonal restrooms (April - October) at park. Restrooms at start point. After exiting the Tenino City Park, this walk passes through a small residential area and then joins the Yelm-Tenino Trail (a paved former rail bed). It later joins a nature trail and makes a big loop up a steep trail through the forest above the park. Leaving the park the second time, the walk goes into the town of Tenino where sandstone from Tenino's own quarry was used to rebuild downtown after fires in 1905 and 1917. A local master stone carver still works on Olympia Ave. You see some of his works on the walk. You will pass an antique mall and unique shops. The walk passes the Tenino Depot Museum (open Sat and Sun 12 - 4). The park is home to a 95-feet deep swimming pool. The terraced walls on the hillside above the pool are reminders of the stone quarrying activity of the past. The 5K walk is a town walk only and does not include the Yelm-Tenino Trail or the trail into the forest. 5K is rated 1A.



**Tukwila - Christiansen Trail****11km/6km Year Round Walk (2017/Y0120) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0336 Daffodil Valley Volkssport Association [www.daffodilvalleyvolkssport.com](http://www.daffodilvalleyvolkssport.com)  
**Contact:** Nancy Wittenberg, [newwittenberg@gmail.com](mailto:newwittenberg@gmail.com), (253)841-0580, 12626 129th St E, Puyallup, WA, 98374  
**Start Point:** Hampton Inn- 7200 South 156th St., Tukwila. I-5 NB, Exit 154; I-5 SB, Left Exit 154B and merge onto I-405 NB toward Renton. Take Exit 1 (WA181/West Valley Hwy). At bottom of ramp go straight through intersection onto S. 156th St. I-405 SB Exit 1: Right onto Interurban/West Valley to 2nd light. Left onto S. 156th St. Ask for Walk Box at counter.  
**Event Info:** Daily, dawn to dusk. And out along the Interurban trail, then onto the Christiansen Green River trail, a popular exercise and cycling trail along the Green River. Pass by small parks and businesses to Briscoe Park before returning. Restrooms at the start and in Bicentennial Park. ESVA: City and County Parks.

**Tukwila - Ft. Dent****10km/5km Year Round Walk (2017/Y1293) 1/1/2017 - 12/31/2017**

Honoring Our Flag, National Register of Historic Places, Take a Walk In a City Park, Volcanoes, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0336 Daffodil Valley Volkssport Association [www.daffodilvalleyvolkssport.com](http://www.daffodilvalleyvolkssport.com)  
**Contact:** Nancy Wittenberg, [newwittenberg@gmail.com](mailto:newwittenberg@gmail.com), (253)841-0580, 12626 129th St E, Puyallup, WA, 98374  
**Start Point:** Hampton Inn - 7200 S 156th St., Tukwila. Refer to the Tukwila--Christiansen Trail (Y0120) for directions to start location.  
**Event Info:** Daily, dawn to dusk. Begins on the Interurban trail, a former rail line then by the Tukwila City Park, through portions of the Tukwila Trail, by historic sites in the Tukwila "highlands" and down to the Riverwalk along the Green River greenbelt to Fort Dent Park, returning on the Interurban. Walk is on sidewalks, dirt trails & paved bicycle trails. The first part of the 10K has some gradual uphill and downhill sections, the 5K is rated 1A. Restrooms available at the start, seasonally in Tukwila City Park and Joseph Foster Memorial Park, at the Tukwila Library (Nat'l Hist. Register) when open and in Fort Dent Park. Alternate route around Tukwila Trail segments for strollers. WSC: City Parks.

**Tukwila - Green River Bike****58km/30km/28km Year Round Bike (2017/Y0066) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Volcanoes, Walking the USA A - Z

**Award:** IVV Credit Only**Strollers:** None**Restroom:** Yes**Rating:** 1A**Wheelchair:** None**Pets:** Yes**Sponsor:** AVA-0336 Daffodil Valley Volkssport Association [www.daffodilvalleyvolkssport.com](http://www.daffodilvalleyvolkssport.com)**Contact:** Nancy Wittenberg, [newwittenberg@gmail.com](mailto:newwittenberg@gmail.com), (253)841-0580, 12626 129th St E, Puyallup, WA, 98374**Start Point:** Hampton Inn- 7200 S 156th St., Tukwila. Refer to the Tukwila--Christiansen Trail (Y0120) for directions to start location.**Event Info:** Daily, dawn to dusk. New Route South. Starting on the Interurban Trail take two loops: north following the Green River trail and south a loop. First on the Interurban to connect with the Green River Trail at Foster Park to return through parks, commercial and some rural areas. Lots of scenic views. Helmets required. Carry water. Restrooms at the start and in parks along the way. For a short route on the south loop, turn around at Foster Park on the Interurban or at any point along the way. Use your GPS to determine length. WSC: City parks.**Tukwila - Springbrook Trail****11km/6km Year Round Walk (2017/Y1063) 1/1/2017 - 12/31/2017**

Boardwalks, Honoring Our Flag, Lakes and Reservoirs, Take a Walk In a City Park, Trekking With the Trees, Walking the USA A - Z, Water Towers

**Award:** IVV Credit Only**Strollers:** Medium**Restroom:** No**Rating:** 1A**Wheelchair:** Hard**Pets:** Yes**Sponsor:** AVA-0336 Daffodil Valley Volkssport Association [www.daffodilvalleyvolkssport.com](http://www.daffodilvalleyvolkssport.com)**Contact:** Nancy Wittenberg, [newwittenberg@gmail.com](mailto:newwittenberg@gmail.com), (253)841-0580, 12626 129th St E, Puyallup, WA, 98374**Start Point:** Hampton Inn- 7200 South 156th St., Tukwila: Refer to Tukwila -- Christiansen Trail Y0120 for directions to start location.**Event Info:** Daily, dawn to dusk. Walk around the "Boeing" Lake, down Oakesdale Ave and onto the Springbrook Trail. Dogs not allowed on some trail segments, but there are walk arounds. Trail goes through the water treatment park with it's Grotto. Restrooms available only at the start.

**Tumwater - Tumwater Historical Parks Walk****Distance 6/8/11/20km Year Round Walk (2017/Y1743) 1/1/2017 - 12/31/2017**

Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Water Towers

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0148 Capitol Volkssport Club [www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)  
**Contact:** Holly Spaulding, [holly.spaulding@comcast.net](mailto:holly.spaulding@comcast.net), (253)770-0691, 4627 Timothy Street SE, Lacey, WA, 98503

**Start Point:** Tumwater Safeway Store- 520 Cleveland Blvd., Tumwater, WA. From I-5 Northbound: Take Exit 103 to E Street. Turn Right on E Street. Turn Left on Capitol Way, and Right on Custer Way. Turn Left onto Cleveland. Safeway is on the right. I-5 Southbound: Take Exit 103; straight onto 2nd Ave. Turn Left onto Custer Way. Turn Left again at the 2nd light onto Cleveland. Safeway is on the right.

**Event Info:** Daily - 8:00 a.m. to dusk. Tumwater was founded next to the falls of the Deschutes River at the south end of Puget Sound as New Market in 1846 by a group of pioneers led by Michael Simmons and George Bush. It was the first American settlement on Puget Sound. These early settlers were attracted by the water-power potential from the falls, the easy access to Budd Inlet for shipping, and the open prairie land in the area for cattle grazing. Walk goes through Tumwater Falls Park, Watershed Park, Trillium Park, residential neighborhoods, and the business district. Tumwater Falls Park open at 8:00 a.m. & closed at dusk May - October & closed at 4:30 p.m. November - April & is closed Christmas Day. 20K Woodland Trail Option. Caution - trails may be slippery when wet. Walking partner is recommended for Watershed & Trillium Parks.

**University Place - University Place Walk****5, 10, and 12 km Year Round Walk (2017/Y1639) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Volcanoes

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0115 Evergreen Wanderers  
**Contact:** Charles Repik, [crepik@aol.com](mailto:crepik@aol.com), (253)582-7474, P.O.Box 111943, Tacoma, WA, 98411-1943

**Start Point:** Safeway Store- 3842 Bridgeport Way. I-5 Exit 132(SR16 Bremerton) West Bound on SR16. Exit at Jackson (last exit before Narrows Bridge). TURN LEFT at end of off ramp onto Jackson. Eastbound: Take exit to Jackson Ave. (Last exit before Narrows Bridge). Turn RIGHT on Jackson Ave. After crossing 6th Ave, Jackson becomes Bridgeport Way. Continue on Bridgeport Way to 40th St. W. Safeway is in shopping center on the right.

**Event Info:** Walk on sidewalks and paved paths through mostly residential area. Walk goes past Curran Apple Orchard, Chambers Bay Golf Course (Home of the 2015 US Open Tournament). and Tacoma Cemetery. 12km option is the Chambers Bay Golf Course Trail which follows the course perimeter. Has great views of Puget Sound and Olympic Mountains. 5km walk by passes most of the areas noted above.

**Vancouver - Biddlewood Park****5 & 10 km Year Round Walk (2017/Y1443) 1/1/2017 - 12/30/2017**

Ice Cream Parlors, Points of Reference, Volcanoes, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0551 All Weather Walkers [www.allweatherwalkers.org/](http://www.allweatherwalkers.org/)  
**Contact:** Joe Titone, titone@usc.edu, (360)944-8190, P O Box 241, Vancouver, WA, 98666  
**Start Point:** Fred Meyer - Cascade Park - 11325 SE Mill Plain Blvd. From I-205 freeway Northbound exit Mill Plain 28A East (far right lane) and turn right. Fred Meyer will be on your right. From I-205 southbound take exit 28 and turn left going over the freeway. Fred Meyer will be first building on your right after crossing freeway. Start box is inside Garden Center entrance.  
**Event Info:** Walk will be on paved paths, in city parks and greenways, and sidewalks in east Vancouver.

**Vancouver - Burnt Bridge Trail Cruise****26 kilometers Year Round Bike (2017/Y0732) 1/2/2017 - 12/30/2017**

Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** easy      **Pets:** Yes  
**Sponsor:** AVA-0557 Vancouver USA Volkssporters [www.vancouverusavolkssporters.org](http://www.vancouverusavolkssporters.org)  
**Contact:** Tom Baltes, TLBaltes@aol.com, (505)298-1256, 829 NW 44th Ave, Camas, WA, 98607  
**Start Point:** Starbucks- 8302 E Mill Plain Blvd. Refer to the Burnt Bridge Trail East walk for directions to start location.  
**Event Info:** A 26 kilometer round trip biking route on a pleasant paved trail on a green corridor through wetlands, parks and neighborhoods.

**Vancouver - Burnt Bridge Trail East****5/10 km Year Round Walk (2017/Y0632) 1/2/2017 - 12/30/2017**

Bridges - Spanning the USA, Points of Reference, Take a Walk In a City Park, Volcanoes, Walk the USA - Street by Street, Water Towers

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0557 Vancouver USA Volkssporters [www.vancouverusavolkssporters.org](http://www.vancouverusavolkssporters.org)  
**Contact:** Dick Baker, dickbkr@q.com, (360)573-6048, PO Box 2121, Vancouver, WA, 98668-2121  
**Start Point:** Starbucks - Mill Plain- 8302 E Mill Plain Blvd. From I-205, take Exit #28, Mill Plain Blvd. Southbound, turn right on Mill Plain Blvd. Northbound, stay in the left lane of the exit, circle under Mill Plain, bear right & then turn right onto Mill Plain Blvd heading west. Continue about 1.5 miles. Pass hospital on right & continue another 4 blocks. Starbucks will be on your right on the north side of Mill Plain Blvd. Ask for Walk Box at counter. REMote Start as you will park about 2 blocks further west at the The Mill shopping center at Garrison and Mill Plain.  
**Event Info:** Mon-Sat: 6-6; Sun: 10-6. The Burnt Bridge Trail exhibits the beauty of fertile wetlands within the city, & the variety of plants & animals that inhabit them. You will cross several nice bridges on the trail & go by beautifully landscaped neighborhoods & parks. The 5 km route stays in the Heights overlooking the Burnt Bridge Trail area & goes through David Douglas Park. Views of Mt St Helens can be seen on clear days.

**Vancouver - Columbia Overlook****5/11K Year Round Walk (2017/Y1569) 1/2/2017 - 12/30/2017**

Take a Walk In a City Park, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes**Rating:** 1B      **Wheelchair:** Hard      **Pets:** Yes**Sponsor:** AVA-0557 Vancouver USA Volkssporters [www.vancouverusavolkssporters.org](http://www.vancouverusavolkssporters.org)**Contact:** David Hickey, [dphickey4@gmail.com](mailto:dphickey4@gmail.com), (360)852-2858, PO Box 2121, Vancouver, WA, 98668-2121**Start Point:** QFC -Fisher's Landing- 3505 SE 192nd Ave, Vancouver, WA. From I-5 (Exit #1A) or I-205 (Exit #27), take State Route 14 east toward Camas to Exit #10, SE 192nd Ave. At end of off-ramp, turn left (north) onto SE 192nd Ave & continue about 1 mile to traffic signal at SE 41st Dr. Turn right into QFC parking lot. Start box podium is located in the dining area where there are tables & chairs.**Event Info:** Open 24/7. Principle business hours are 8 to 8. Closed some holidays. Route begins with a climb to an overlook of the beautiful Columbia River from a bluff above a quarry. Then you walk through newer neighborhoods & several city parks following sidewalks & occasionally an improved natural trail. Enjoy views across fields & evergreen forests with Mt. St. Helens in the background on clear days.**Vancouver - Felida Parks and Neighborhoods****5/10 km Year Round Walk (2017/Y1872) 1/1/2017 - 12/30/2017**

Food For Thought, Points of Reference, Volcanoes, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes**Sponsor:** AVA-0551 All Weather Walkers [www.allweatherwalkers.org/](http://www.allweatherwalkers.org/)**Contact:** Liz Connors, [takeahike68@yahoo.com](mailto:takeahike68@yahoo.com), (360)798-6956, PO Box 241, Vancouver, WA, 98666**Start Point:** The Country Store/B&B Gas; - 1804 NW 119th Street. I-5 Exit 5, NE 99th Street. Go West (Northbound left, Southbound right) on NE 99th Street. Right on NW 21st Avenue (traffic light). Right on NW 119th Street (stop sign) to The Country Store/B&B Gas on left.**Event Info:** 6:30am-10pm Monday-Saturday. 7am-10pm Sunday. Walk daylight hours only. Newly modified route (remote start) is two 5km loops through elegant neighborhoods, several parks, and school greenways. Surfaces include sidewalks and paved paths. Restrooms and water available at registration area and Felida Park. Leashed pets OK with proper clean-up. Strollers OK; not suitable for wheelchairs.**Vancouver - Hazel Dell - Burnt Bridge Creek Neighborhoods****5/10km Year Round Walk (2017/Y0425) 1/1/2017 - 12/30/2017**

Bridges - Spanning the USA, Food For Thought, Points of Reference, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** No**Rating:** 2A      **Wheelchair:** hard      **Pets:** Yes**Sponsor:** AVA-0551 All Weather Walkers [www.allweatherwalkers.org/](http://www.allweatherwalkers.org/)**Contact:** Barbara Baker, [barbarabkr@q.com](mailto:barbarabkr@q.com), (360)573-6048, 2216 NE 110th St, Vancouver, WA, 98686**Start Point:** Black Rock Coffee Bar, Hazel Dell - 7710 NE 5th Avenue, Suite 122. From I-5 north or south, take Exit #4 NE 78th Street. At end of ramp, turn Northbound/left or Southbound/right onto 78th Street. Quickly get into far left lane and turn left at next traffic light onto NE 5th Avenue. Right into Black Rock Coffee Bar. Please use perimeter spaces in the shopping center's parking lot away from start point.**Event Info:** Route goes into very nice neighborhoods and parks in Hazel Dell and along the Burnt Bridge Creek Greenway. 5km does not enter the Burnt Bridge Creek Greenway and is rated 1A.

**Vancouver - Heights Neighborhoods****5/10km Year Round Walk (2017/Y0116) 1/2/2017 - 12/30/2017**

Points of Reference, Take a Walk In a City Park, Volcanoes, Walk the USA - Street by Street, Water Towers

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0557 Vancouver USA Volkssporters [www.vancouverusavolkssporters.org](http://www.vancouverusavolkssporters.org)  
**Contact:** Dick Baker, dickbkr@q.com, (360)573-6048, PO Box 2121, Vancouver, WA, 98668-2121

**Start Point:** Starbucks on Mill Plain- 8302 E Mill Plain Blvd. Refer to the Burnt Bridge Creek Trail East event (Y0632) for directions to start location.

**Event Info:** The route is through the beautiful & well-established Vancouver Heights area neighborhoods & parks on residential streets without sidewalks. Magnificent views of the Columbia River are available below many of the grand estates. You will go by four pretty neighborhood parks. This area is especially beautiful in the spring, summer and fall flower seasons. Restrooms and water are available at Starbucks, at Burnt Bridge trailhead on Devine St. and at David Douglas Park.

**Vancouver - Historic Fort Vancouver & Land Bridge****5 & 10km Year Round Walk (2017/Y0138) 1/2/2017 - 12/31/2017**

Alternative Capitals, Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Parks Centennial Challenge, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Volcanoes, Walking America's Ports of Call, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0557 Vancouver USA Volkssporters [www.vancouverusavolkssporters.org](http://www.vancouverusavolkssporters.org)  
**Contact:** Burt Paynter, walkeriii@comcast.net, (360)798-8485, PO Box 2121, Vancouver, WA, 98668-2121

**Start Point:** Fort Vancouver National Historic Site Visitor Center - 1501 E. Evergreen Blvd. From I-5 in Vancouver, take Exit 1C to Mill Plain Blvd. Northbound vehicles turn RIGHT & southbound turn LEFT onto Mill Plain Blvd. At the 1st traffic signal, turn RIGHT onto Ft Vancouver Way. At the roundabout, go 3/4 of the way around to the 3rd exit and head east on Evergreen Blvd. After about 1/2 km, turn RIGHT into the Visitor Center parking lot. If the lot is full, there are 2 other parking areas beside Evergreen Blvd back the way you came.

**Event Info:** Spring & Summer (Daylight Savings Time) Hours: Mon - Sat, 9 am to 4 pm; Sun, 10 am to 4 pm. Fall & Winter (Standard Time) Hours: Tue - Sat, 9 am to 4 pm; closed Sun & Mon. Closed New Years Day & Eve, Thanksgiving, and Christmas Eve & Day. Those needing to walk on days of closure, email and/or call point of contact ahead of walk date to request remote registration. This event explores the importance of this area in the history of the US, the Northwest & the Pacific region. Route goes thru city parks, Clark College, Pearson Airfield & the National Historic Site, passing monuments & historic buildings along the way. At the core of the historic site is Old Fort Vancouver, originally established by the Hudson's Bay Company in 1824 as the trade center for the Northwest & Pacific region. The route culminates by crossing the Land Bridge designed to connect to the Columbia River.

**Vancouver - Princess Ilchee****5, 10 & 14 km Year Round Walk (2017/Y0369) 1/2/2017 - 12/31/2017**

Alternative Capitals, Border Crossings, Bridges - Spanning the USA, Honoring Our Flag, National Parks Centennial Challenge, Take a Walk In a City Park, Volcanoes, Walking America's Ports of Call, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** easy      **Pets:** Yes  
**Sponsor:** AVA-0557 Vancouver USA Volkssporters [www.vancouverusavolkssporters.org](http://www.vancouverusavolkssporters.org)  
**Contact:** Burt Paynter, [walkeriii@comcast.net](mailto:walkeriii@comcast.net), (360)798-8485, PO Box 2121, Vancouver, WA, 98668-2121

**Start Point:** Fort Vancouver National Historic Site Visitor Center- 1501 E. Evergreen Blvd. Refer to Historic Fort Vancouver & Land Bridge event (Y0138) for directions to start location.

**Event Info:** Spring & Summer (Daylight Savings Time) Hours: Mon - Sat, 9 am to 4 pm; Sun, 10 am to 4 pm. Fall & Winter (Standard Time) Hours: Tue - Sat, 9 am to 4 pm; closed Sun & Mon. Closed New Years Day & Eve, Thanksgiving, and Christmas Eve & Day. There is a short drive to the start of the walk after registering. Those needing to walk on days of closure, email and/or call point of contact ahead of walk date to request remote registration. The route highlights the relationship of Vancouver to the Columbia River following it upstream along the Renaissance Trail. It passes the Statue of Princess Ilchee & goes to an artistic display honoring the women who worked in the shipyards during WW II. The 10 km walk continues thru Marine Park where Lewis and Clark camped in March 1806, & on to the Water Resource Education Center. From there the 4 km option continues thru Tidewater Cove to Wintler Park.

**Vancouver - Tech Center Park****5/10k Year Round Walk (2017/Y1017) 1/1/2017 - 12/30/2017**

Amphitheatres, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Volcanoes, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0551 All Weather Walkers [www.allweatherwalkers.org/](http://www.allweatherwalkers.org/)  
**Contact:** Jill McLean, [janbreneman@gmail.com](mailto:janbreneman@gmail.com), (360)944-5051, PO Box 241, Vancouver, WA, 98666

**Start Point:** Fred Meyer Shopping Center, Fishers Landing - 16600 SE McGillivray Blvd. From Interstate 5 (Exit #1A) or Interstate 205 (Exit #27), take Highway 14 East (Camas) to Exit #8, SE 164th Avenue. At end of off-ramp (traffic signal), turn left (north) onto SE 164th Avenue. Turn right on SE McGillivray Blvd. Take second left, around the curve, into Fred Meyer parking lot at Garden Entrance "C".

**Event Info:** 7am-11pm daily. Closed Christmas. Walk daylight hours only. Walk through upscale neighborhoods, several parks and water features north and east of the start point. Cascade mountain views, a school greenway, and Tech Center Central Park, with its many water features. Easy route on sidewalks and pavement; rating includes one set of stairs.

**Vancouver - Whipple Creek****5/10km Year Round Walk (2017/Y0157) 1/2/2017 - 12/30/2017****Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes**Rating:** 1A      **Wheelchair:** NO      **Pets:** Yes**Sponsor:** AVA-0557 Vancouver USA Volkssporters [www.vancouverusavolkssporters.org](http://www.vancouverusavolkssporters.org)**Contact:** Carolyn Affolter, [caffolt@aol.com](mailto:caffolt@aol.com), (360)574-9108, PO Box 2121, Vancouver, WA, 98668-2121**Start Point:** Starbucks - Tenny Rd- 800 NE Tenney Rd, #7. Northbound - take the NE 134th St exit from I-5 (Exit #7) or I-205 (Exit #36). Turn left (west) on 134th St. Southbound - from I-5 take the I-205 exit (#7) & in a short distance take the 134th St exit (#36). Turn right (west) on 134th St. In either case, proceed 1/2 mile on 134th St to the Fred Meyer store on right. Starbucks is on the SW corner of Fred Meyer building. Ask for Start Box at the counter.**Event Info:** Dawn to dusk. The route is in new neighborhoods & goes through several parks. In Whipple Creek Park, enjoy a nearby horse barn & the historic water wheel that is being restored. The 10 km route is mainly on city sidewalks & a graveled country road. The 5 km route is in the neighborhoods & does not go to Whipple Creek Park. A 2 km extension is offered on Whipple Creek Park's forested horse trail. This trail can be muddy after a rain making the rating 2B for the extension.**Vancouver - WSU Cougar Views****5/10km Year Round Walk (2017/Y1905) 1/1/2017 - 12/30/2017**

Amphitheatres, Animal Safari, Boardwalks, Bridges - Spanning the USA, Food For Thought, Make a Wish at a Water Fountain, Points of Reference, Treasure Hunt - A way to walk our precious trails, Volcanoes

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes**Sponsor:** AVA-0551 All Weather Walkers [www.allweatherwalkers.org/](http://www.allweatherwalkers.org/)**Contact:** Barbara Baker, [barbarabkr@q.com](mailto:barbarabkr@q.com), (360)573-6048, 2216 NE 110th St, Vancouver, WA, 98686**Start Point:** Legacy Salmon Creek Hospital, - 2211 NE 139th Street. NORTHBOUND: From I-5, take NE 134th Street, Exit 7. Turn right (east) on NE 134th St. After crossing over I-205, turn left (north) on NE 23rd Avenue (traffic light). Continue from \*\*\*\*\* below. From I-205, take NE 134th Street, Exit 36. At end of ramp (traffic light), go straight (north) onto NE 23rd Avenue. Continue from \*\*\*\*\* below. SOUTHBOUND: From I-5, take I-205 (Exit 7). Stay in right-hand lane and very shortly take NE 134th Street, Exit 36. Turn left (east) onto NE 134th St. After crossing over I-205, turn left (north) on NE 23rd Avenue (traffic light). Continue from \*\*\*\*\* below.\*\*\*\*\* Proceed on NE 23rd Avenue to the Emergency entrance (second hospital driveway). Turn left, then right into parking garage. Park on 4th level (P4), walk across the skybridge to hospital (not the medical offices). You are entering the hospital's second floor. Right down escalator to first floor. Veer left to Information Desk and ask for the walk registration box.**Event Info:** The walk is mainly on the Washington State University Campus in Vancouver. This campus setting contrasts nicely with a surrounding rural atmosphere. Experience public art, stately brick architecture, and ponds, meadows and mature forests. Cross a wooden bridge over Mill Creek, pass a historic pioneer cabin site, walk beside hay fields, through wetlands and a riparian restoration project. Country and mountain views. Many of the jogging paths and interpretive trails follow foot paths and game trails established by original homesteaders long ago. Surfaces include sidewalks, paved campus paths, and bark/wood chip nature trails. Three short sets of steps. Restrooms and water available at registration and on campus; campus buildings closed all major holidays.



**Vashon Island - Island Center Forest****10K/5K Seasonal Walk (2017/Y1566) 4/1/2017 - 10/13/2017**

Bridges - Spanning the USA, Honoring Our Flag, Trekking With the Trees, United States  
 Post Offices, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0336 Daffodil Valley Volkssport Association [www.daffodilvalleyvolkssport.com](http://www.daffodilvalleyvolkssport.com)  
**Contact:** Nancy Wittenberg, [newwittenberg@gmail.com](mailto:newwittenberg@gmail.com), (253)841-0580, 12626 129th St E, Puyallup, WA, 98374  
**Start Point:** Island Home Center and Lumber- 17633 97th PL SW. From Seattle on Fauntleroy Ferry or Kitsap Peninsula on Southworth Ferry south on SW Vashon Hwy. Left on SW Bank Rd to start. North from Tacoma Pt Defiance Ferry on SW Vashon Hwy. Right on SW Bank Rd. Walk box on aisle 4. For Vashon Island bus service from Ferry terminals see <http://metro.kingcounty.gov/schedules/118/n0.html>.  
**Event Info:** The Island Center Forest will be open for hunting from October 14 - 31, 2017. So the walk will be closed from October 14 through the rest of the season. Open daily. Through business center of Vashon on sidewalks and road shoulders and through Island Center Forest on well groomed trails. Trails may be muddy in places in rainy weather. Pay attention to the directions.

**Walla Walla****5Km/10Km Seasonal Walk (2017/Y1922) 4/1/2017 - 11/15/2017**

Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Points of Reference,  
 Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking  
 With the Trees, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0360 Central Washington Sun Striders  
**Contact:** Millie Haupt, [m.haupt@charter.net](mailto:m.haupt@charter.net), (509)965-4980, 2510 So. 52nd Ave., Yakima, WA, 98903  
**Start Point:** Quality Inn Suites- 520 North 2nd Ave., Walla Walla WA 99362 (509) 525-2522. Follow Hwy 12 eastbound to Walla Walla. Take the 2nd Avenue exit and turn right. Immediately turn left into the Quality Inn. Open daily, dawn to dusk. Ask for "walk box" at registration desk.  
**Event Info:** Route follows city streets and paved pathways through downtown area to Whitman College Campus, through city parks and historical homes. Water and restroom at start point.

**Washougal - Steigerwald Lake / Gibbons Creek Wildlife Art Trail****5/10/11/12/13/14 km Year Round Walk (2017/Y1968) 1/1/2017 - 12/30/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Points of Reference, Take a Walk In a City Park, United States Post Offices, Volcanoes, Walking America's Ports of Call

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** hard      **Pets:** No  
**Sponsor:** AVA-0551 All Weather Walkers [www.allweatherwalkers.org/](http://www.allweatherwalkers.org/)  
**Contact:** Jan Breneman, janbreneman@gmail.com, (360)835-9686, PO Box 241, Vancouver, WA, 98666

**Start Point:** Pendleton Mill Factory Outlet Store - 2 Pendleton Way. From Vancouver, Interstate 5 (Exit #1A) or Interstate 205 (Exit #27), take State Highway 14 East to Washougal. Just past Mile Post 16, turn left at traffic light onto Washougal River Road. Right on "A" Street. Right on Pendleton Way. Plenty of parking, but please use outlying spaces. Ask for start box at retail counter.

**Event Info:** Mon-Fri 8am-5pm. Sat 9am-5pm. Sun 11am-5pm. Closed Easter, Thanksgiving, Christmas, and New Year's Day. Walk daylight hours only. The Gibbons Creek Wildlife Art Trail features scenic viewpoints of three small lakes, the Columbia River, and Columbia River Gorge National Scenic Area. Enjoy an easy, genuine nature hike, with many bird varieties and other wildlife, natural habitat, and unique art signs. Options of 10/11/12/13/14km can be done directly from Pendleton. The Gibbons Creek and Columbia River Dike trails combine for several distance options. A 5k and 10/11/12/13/14km route options start directly from the Pendleton Outlet Store start point, through a pedestrian plaza and tunnel under SR-14; all others are remote starts, 2.5 miles driving. Due to a seasonal trail closure, wintertime distances are out-and-back. No water on trails; carry water with you. A 5km route directly from Pendleton includes a loop through downtown and the Columbia River Dike Trail with a loop in the middle at Cottonwood Beach and Captain William Clark Park. Leashed pets permitted and restrooms available at the halfway point. Restrooms and water at registration; restrooms only at trailhead. Suitable for strollers but difficult for wheelchairs. NO PETS are allowed on the Gibbons Creek Wildlife Art Trail, but are OK on the other dike trail options.

**Waterville - Town****5K, 10K Seasonal Walk (2017/Y0290) 4/15/2017 - 9/30/2017**

National Register of Historic Places, Points of Reference, Treasure Hunt - A way to walk our precious trails, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0360 Central Washington Sun Striders  
**Contact:** Duane Russell, duanepat@nwi.net, (509)548-4084, 10535 Fox Road, Leavenworth, WA, 98826

**Start Point:** Blue Rooster Bakery- Filebox is under a table next to front entrance of bakery. Walk through historical downtown, park, and residential areas. Climb hill with views of surrounding wheat fields.

**Event Info:** 100 West Walnut St. From Seattle, north on I-5 towards Everett, then east on US2 for 150 miles. From Spokane, west on Hwy 2 approx. 150 miles. Turn right on Walnut St. for one block, next to city park.

**Wenatchee - Art****5 km/10km/14 km Seasonal Walk (2017/Y0503) 4/1/2017 - 11/15/2017**

Alternative Capitals, Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, United States Post Offices, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0360 Central Washington Sun Striders  
**Contact:** Duane Russell, duanepat@nwi.net, (509)548-4084, 10555 Fox Road, Leavenworth, WA, 98826  
**Start Point:** Safeway Store - 501 N. Miller. I-90 Westbound: Exit #149. Right on SR-281 to Quincy. Left on SR-28 to East Wenatchee. Left across Seller Bridge. Right on Mission St. Left on Fifth St. to Safeway at Fifth and Miller St. Ask for box at Customer Service counter. I-90 Eastbound: US-97 to US-2. Turn right and cross the Wenatchee River to Wenatchee Ave. At the fifth stoplight turn right onto Miller St. to Safeway at Miller and Fifth St.  
**Event Info:** Daily 7 AM to dusk. Route through the city and park, viewing many art pieces, past courthouse, museum, murals, statues and fountain artwork. The option of an additional 4km takes you to a state park via bridge over the Wenatchee River. Option walk through Pybus Market, an indoor farmers' market with other small retail stores.

**Westport - Marina and Beach****5/10/11/12km Year Round Walk (2017/Y0837) 1/1/2017 - 12/30/2017**

Boardwalks, Honoring Our Flag, National Register of Historic Places, Points of Reference, Volcanoes, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0148 Capitol Volkssport Club [www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)  
**Contact:** Mert Turner, mert0722@msn.com, (360)533-4352, PO Box 1565, Aberdeen, WA, 98520  
**Start Point:** Shop 'N Kart- 108 South Montesano St, Westport, WA 98595. From I-5: Exit 104 and follow signs to Aberdeen. The highway will change from US 101 N to WA-8 to US 12 W. In Aberdeen stay in left lane turning left after Rite Aid and crossing the big bridge. Follow Westport and highway signs for US 101 S, then WA 105. In 18 miles make a slight right onto S Montesano St. Shop 'N Kart is on the right. If you go through the traffic light, you have passed the store and it's parking lot. Ask for the Walk Box in the deli.  
**Event Info:** All but 1K of the trail is paved, and walkers have the option of walking the beach for major parts of the 11K. You will see: the public docks, where people fish and crab; a working marina where fresh fish can be purchased right off the boat; and quaint shops of this fishing town; plus the ocean and the "tallest lighthouse in Washington". On a clear day, you can see a view of the Olympics and Mt. Rainier.

### Winlock - Workout

10 km Year Round Walk (2017/Y0791) 1/1/2017 - 12/31/2017

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** Hard      **Pets:** Yes  
**Sponsor:** AVA-0530 Border Crossers [www.longviewbordercrossers.org](http://www.longviewbordercrossers.org)  
**Contact:** Sam Korff, [korff.sam@wildblue.net](mailto:korff.sam@wildblue.net), (503)728-0400, 74890 Palm Creek Rd, Clatskanie, OR, 97016  
**Start Point:** Winlock IGA- I-5 N or S, exit 63. N turn left. S turn right. Proceed to Winlock. IGA right on SR 505. Ask for Volkswalk Box at service desk. Drive a few blocks to begin the walk.  
**Event Info:** Visit this historic town once a major player in the railroad and egg industry. Walk by historic homes and repurposed buildings. See the world's largest egg and many chickens scattered throughout the downtown area (one decorated to commemorate the 2014 Seahawk Superbowl Champions). Walk out of town to Winolequa Park along Olequa Creek. The 4th weekend of June is the annual Egg Festival.

### Woodinville - Sammamish River Trail

5/11/13K Year Round Walk (2017/Y1724) 1/1/2017 - 12/31/2017

Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, United States Post Offices, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0384 Interlaken Trailblazers Volkssport Club [www.interlakentrailblazers.org](http://www.interlakentrailblazers.org)  
**Contact:** T Czapinski, [tlczapinski@comcast.net](mailto:tlczapinski@comcast.net), (425)766-9905, 19917 NE 194th St, Woodinville, WA, 98077  
**Start Point:** Panera Bread- 13780 NE 175th St, Woodinville WA 98077. I-405 N: Exit 23, head E (SR522) to Monroe/Wenatchee. First exit (SR202) turn right. Continue to 2nd stoplight, turn LEFT to NE 175th St. Follow to 13780 on your left. I-405 S: Exit 23A, continue as above. Walk box at Service Counter. Please wait in line if restaurant is busy.  
**Event Info:** Flat, easy, pleasant walk on sidewalks around Woodinville shops, eateries, past beautiful parks, a cemetery, under a railroad bridge, through the country by the river on the paved Sammamish River Trail with wildlife and birds, to the fun Redhook Brewery with a 2K option to the famous Chateau Ste. Michelle Winery grounds. Tours and wine tasting available. Great evening walk in summer. The Old Woodinville school was expanded under WPA/New Deal funds and labor and is designated as a Woodinville Landmark. Daily, dawn to dusk. Limited hours Thanksgiving, closed Christmas.

### Woodinville - Tolt Pipeline Unexpected Delights

Distance 14/17/26km Year Round Walk (2017/Y2094) 1/1/2017 - 12/31/2017

Bridges - Spanning the USA, Honoring Our Flag, Points of Reference, Take a Walk In a City Park

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes  
**Rating:** 3B      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0384 Interlaken Trailblazers Volkssport Club [www.interlakentrailblazers.org](http://www.interlakentrailblazers.org)  
**Contact:** T. Czapinski, [tlczapinski@comcast.net](mailto:tlczapinski@comcast.net), (425)844-0175, 19918 NE 194th St, Woodinville, WA, 98077  
**Start Point:** Panera Bread- 13780 NE 175th St, Woodinville WA 98077. I-405 N: Exit 23, head E (SR522) to Monroe/Wenatchee. First exit (SR202) turn right. Continue to 2nd stoplight, turn LEFT to NE 175th St. Follow to 13780 on your left. I-405 S: Exit 23A, continue as above. Walk box at Service Counter. Please wait in line if restaurant is busy.  
**Event Info:** New Year Round Walk! Walk route is through downtown Woodinville and up the Tolt Pipeline Trail. Enjoy the views as you walk this route.

**Yakima - Chesterley Park****5K and 10k Seasonal Walk (2017/Y0993) 4/1/2017 - 11/15/2017**

Food For Thought, Honoring Our Flag, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Trekking With the Trees, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes  
**Sponsor:** AVA-0360 Central Washington Sun Striders  
**Contact:** Millie Haupt, m.haupt@charter.net, (509)965-4980, 2510 So. 52nd Avenue, Yakima, WA, 98903

**Start Point:** Powerhouse Grill- 3807 River, Yakima WA 98902 (509) 469-9900. South on I-82 to Yakima. Take Exit 31A (Hwy 12 Naches) west. From north on I-82 to Yakima, take Exit 31 (Hwy 12 Naches). Proceed west on Hwy 12 to 40th Ave exit. Follow 40th Ave to 2nd stoplight, turn left onto River Rd. Turn left on driveway between McDonald's and Powerhouse Grill into Bi-Mart parking lot. Park there or across the street in Chesterley Park lot. Do not park in Powerhouse Grill parking lot. Registration stand located inside restaurant first door on left.

**Event Info:** Daily, 6am-10pm, closed Thanksgiving and Christmas Day. Route follows Powerhouse Canal Pathway through residential neighborhoods and parks; some small hills. Walk daylight hours only. Restrooms available inside restaurant. Dogs on leashes only.

**Yakima - Greenway****5K and 10K Seasonal Walk (2017/Y0574) 4/1/2017 - 11/15/2017**

Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Volcanoes, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0360 Central Washington Sun Striders  
**Contact:** Millie Haupt, m.haupt@charter.net, (509)965-4980, 2510 S. 52nd Ave., Yakima, WA, 98903

**Start Point:** Oxford Inn- 1603 E Yakima, 98901 (509) 457-4444. Southbound on I-82. Take Exit 33B left Yakima, cross over I-82. Oxford Inn on left. Northbound on I-82, take Exit 33 Terrace Heights. Bear right. Immediately cross to lefthand lane. Oxford Inn on left. Walk dawn to dusk. Ask for Walk Box at registration desk.

**Event Info:** Walk on paved trail along Yakima River Greenway and natural scenic areas. Walk on gravel path through Yakima Arboretum. Water/restrooms at start point/Arboretum (when open).

**Yelm - Town and Trail.****10K/6K Year Round Walk (2017/Y1657) 1/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Take a Walk In a City Park, Volcanoes, Walk the USA - Street by Street, Walking the USA A - Z, Water Towers

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** Yes  
**Sponsor:** AVA-0336 Daffodil Valley Volkssport Association [www.daffodilvalleyvolkssport.com](http://www.daffodilvalleyvolkssport.com)  
**Contact:** Robert Morrison, morrisonr@comcast.net, (360)923-8581, 6634 Milano Ct SE, Olympia, WA, 98513-8332

**Start Point:** Safeway- 1109 E. Yelm Ave. I-5 exit 111 (Yelm-Hwy 510). 510 to Yelm; Hwy 510 changes to Hwy 507 at traffic light. In Yelm, follow Hwy 507/E. Yelm Ave. to Safeway on right. Black metal file cabinet near shopping carts.

**Event Info:** Yelm: "The Pride of the Prairie". The area was originally inhabited by the Nisqually Indian Tribe, and was a crossroad of trails for fur traders. This walk takes you through neighborhoods, parks, and on sections of the Yelm-Tenino Trail.

**Zillah****10Km Seasonal Walk (2017/Y1951) 4/1/2017 - 10/31/2017**

Animal Safari, Honoring Our Flag, National Register of Historic Places, Points of Reference, Treasure Hunt - A way to walk our precious trails, United States Post Offices, Volcanoes, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 1C      **Wheelchair:** NO      **Pets:** Yes  
**Sponsor:** AVA-0360 Central Washington Sun Striders  
**Contact:** Millie Haupt, m.haupt@charter.net, (509)965-4980, 2510 So. 52nd Avenue, Yakima, WA, 98903

**Start Point:** Best Western Plus- 911 Vintage Valley Pkwy, 98952 (509) 829-3399. From Yakima, follow I-82 south to Exit 52 Zillah. Left on bridge over I-82 towards Zillah, then left on first road, Vintage Valley Pkwy. Hotel on right. Walk box at registration desk.

**Event Info:** Open daily, 8am-6pm. Route goes through town of Zillah, passing historic "Teapot Dome" 1922 gas station and pioneer cemetery. Follow Sunnyside Canal which winds through orchards in rural countryside and returns to residential area. Wheelchairs/strollers may have difficulty on gravel trails. Terrain rating "C" due to gravel on canal road. Pets on leash only. During summer, there is no shade along canal. Wear hats, use sunscreen, carry water. Water/restroom at start point.

**WEST VIRGINIA****Buckhannon - Upshur County****5/10k Seasonal Walk (2017/Y0135) 4/1/2017 - 9/30/2017**

Take a Walk In a City Park, Trekking With the Trees, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0151 Northern Virginia Volksmarchers [www.scenicroutes.us/nvv/](http://www.scenicroutes.us/nvv/)  
**Contact:** Barry Plott, barry.nvv@verizon.net, (703)352-5135, 3704 Mason St., Fairfax, VA, 22030

**Start Point:** Registration is by mail only through point of contact: Barry Plott, 3704 Mason St. Fairfax, VA 22030.- Driving and walk directions will be provided upon receipt of payment and signed start card containing the standard liability waiver statement.

**Event Info:** The trail is on sidewalks and paved paths in Buckhannon, Upshur County, in north central WV, including the downtown historic district, WV Wesleyan College, and the scenic North Buckhannon Riverside Park.

**Charleston - Capital****5 and 10 km Year Round Walk (2017/Y1020) 1/16/2017 - 12/31/2017**

Alternative Capitals, Amphitheatres, Animal Safari, Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, State Capital, State Street Sashay, Trekking With the Trees, United States Post Offices, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** easy      **Pets:** Yes

**Sponsor:** AVA-0365 Virginia Vagabonds

**Contact:** Annette Tollett, ahtollett3@gmail.com, (757)814-1417, 3 Delmont Court, Hampton, VA, 23666

**Start Point:** Hampton Inn - 1 Virginia St W, Charleston, WV 25302. (304) 343-9300. From Eastbound I-64/I-77 take Exit 58-B/Virginia St exit. The Hampton Inn is at the bottom of the ramp. From Westbound I-64/I-77 take exit 58-C. Move to the center of the three lanes. Go through the first stop light. At the second stop light be prepared to move to the left lane. At the third stop light turn Left on Virginia St. Go under the interstate and the Hampton Inn is on your left.

**Event Info:** Open Daily from dawn to dusk. Trail is on sidewalks and is mostly level - two very small hills/bridges over the river. The walk takes you through the downtown area of Charleston, through the Capital Complex, and along the riverwalk beside the Kanawha River. During the week it may be possible to tour the Capitol building but this is not part of the walk.

**Harper's Ferry****5/10/15 km Seasonal Walk (2017/Y1933) 4/1/2017 - 12/30/2017**

Border Crossings, Bridges - Spanning the USA, Civil War Battlefield, Fraternal Organizations, Honoring Our Flag, Ice Cream Parlors, National Parks Centennial Challenge, National Register of Historic Places, United States Post Offices, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** None      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** None      **Pets:** Yes

**Sponsor:** AAA-PA Keystone State Volkssport Assn. www.ksva.net

**Contact:** Jane Snurr, janey0726@aol.com, (717)697-3654, 920 Charles St, Mechanicsburg, PA, 17055

**Start Point:** Appalachian Trail Conservancy Visitor Ctr- 799 Washington St, (304)535-6331 Take favorite route to Rt 340 and turn onto Union Street into Harpers Ferry. Turn right onto Washington St; start point will be on the right. \*\*\*\*\* The parking lot behind the ATC Headquarters is no longer available. There are about six parking spaces on the street next to the ATC Headquarters (Old Storer Place). If these are taken, follow Old Storer Place to a "T" intersection and turn right onto Filmore. There are two parking lots on the right that are used by the National Park Services. Neither are signed restricting parking but if the upper parking lot is almost full, park in the lower parking lot.\*\*\*\*\*The walk box is normally kept in the back room, on the bottom shelf of the bookcase on the rear wall.

**Event Info:** Open 7 days 9am-5pm, closed Thanksgiving Day, Christmas Day, and New Year's Day. A portion of the walk is along the Appalachian Trail and The C&O Canal and in Harper's Ferry National Park. Walk is on dirt paths, sidewalks and has a lot of hills and inclines and stairs. Stroller can be used in town, but would have major difficulties on dirt path part of the walk.

**Shepherdstown****6 / 11 km Year Round Walk (2017/Y1305) 1/1/2017 - 12/31/2017**

Border Crossings, Bridges - Spanning the USA, Civil War Battlefield, Food For Thought, Fraternal Organizations, Honoring Our Flag, National Parks Centennial Challenge, National Register of Historic Places, Trekking With the Trees, United States Post Offices, Walking the Path of Inventions, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes

**Rating:** 2B      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AAA-PA Keystone State Volkssport Assn. [www.ksva.net](http://www.ksva.net)

**Contact:** Jane Snurr, [janey0726@aol.com](mailto:janey0726@aol.com), (717)697-3654, 920 Charles St, Mechanicsburg, PA, 17055

**Start Point:** Clarion Hotel- 233 Lowe Dr, Shepherdstown, WV . From Winchester, VA, I-81 toward Martinsburg, WV. Take WV45/Winchester exit 2; turn Right to WV45. Follow WV45 East to Shepherdstown (becomes German St). Turn S to 480/Duke St, drive less than a mile to Lowe Dr. Start box at registration desk. From DC: N to Frederick, MD. From Frederick take Rt 340 W past Harpers Ferry to Rt 230. Take Rt 230 N to Shepherdstown. Rt 230 becomes German St in Shepherdstown. Turn W on German St, then S/Left on Rt 480. See above. From Hagerstown, MD: Rt 65 to Sharpsburg, then Rt 34 W to Shepherdstown, MD 34 becomes WV 480. Follow 480 to Lowe Dr.

**Event Info:** Hotel open 7x24. Wheelchairs & strollers will have difficulty with curbs and uneven sidewalks on both trails. The 11 K route includes a short but steep switch back trail from the C&O Canal towpath to Ferry Hill Plantation. Pets are not permitted inside the start point, Elmwood cemetery or Ferry Hill Planation. You must clean up after them during the walk.

**WISCONSIN****Baraboo - Devil's Lake State Park****10km & 6km & 5km Seasonal Walk (2017/Y1056) 4/1/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Food For Thought, Lakes and Reservoirs, National Register of Historic Places, Points of Reference, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes

**Rating:** 3C      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0835 Madison Area Volkssport Assn. [www.dairylandwalkers.com/](http://www.dairylandwalkers.com/)

**Contact:** Mary Liebig, [mbliebig@charter.net](mailto:mbliebig@charter.net), (608)846-2299, 6809 Bootmaker Way, Windsor, WI, 53598

**Start Point:** Devils Lake State Park- 608-356-8301. S5975 Park Road. From I-90/94 take exit 92 (US-12) south. Follow US-12 south through Baraboo to WIS-159 (left). Follow signs to North Shore Dr. Walk box is at the Visitors Center, the second building a visitor sees upon entering the north end of the park. A daily park fee will be charged. NOTE: Visitor Center might be temporarily closed during times of slow park activity. Call ahead if concerned.

**Event Info:** GPS: N43 25.7042' W89 43.9060'. Daily, 8:00AM to 6:00PM. Devil's Lake State Park is the largest and most visited state park in Wisconsin. This event offers four different walking routes. Two routes, a 10K and 6K, start on the East Bluff Trail, and feature magnificent views from 500 foot quartzite bluffs overlooking the 360 acre Devil's Lake. Both of these routes then continue on wooded trails, and the 10K includes a section of the Ice Age Trail. Two additional routes are offered on the west side of Devil's Lake, a 6K and 5K. The 6K climbs the west bluff on a section of the Ice Age Trail, with terrific views from atop the bluffs, and then returns on a nearly level trail right along the lake. The 5K is an out and back on the trail nearly level with the lake and is the only route rated 2B.



**Cedarburg****10km or 5km Seasonal Walk (2017/Y0690) 4/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places,  
Points of Reference, Take a Walk In a City Park, Walk the USA - Street by Street,  
Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** No  
**Sponsor:** AVA-0835 Madison Area Volkssport Assn. [www.dairylandwalkers.com/](http://www.dairylandwalkers.com/)  
**Contact:** Cindy Haagensen, chaagensen@charter.net, (208)789-5259, 6403 Bridge Rd. #101,  
 Madison, WI, 53713

**Start Point:** Washington House Inn- 262-375-3550. W62N573 Washington Ave., Cedarburg; 15 miles N of Milwaukee. From I-43, exit 89 to Pioneer (Hwy C). W on Pioneer to Washington Ave (WIS-57). Right (N) 5 blocks. Inn is on left at intersection with Center. Do not park in lot at rear of the Inn as it is reserved for Inn's guests.

**Event Info:** GPS: N43 17.7792' W87 59.2567'. Daily, dawn to dusk. Wheelchairs will have some difficulty - short stretches of gravel / grass. Route takes you through the historic Main Street district, which is listed on the National Register of Historic Places, over the old Interurban railroad bridge, through many of the city's lovely parks, and through Immanuel Cemetery. Parking on side streets only, NOT in hotel lot!

**Eau Claire****10km & 6km Seasonal Walk (2017/Y0433) 4/1/2017 - 12/31/2017**

Amphitheatres, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs,  
Points of Reference, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** Hard      **Pets:** No  
**Sponsor:** AVA-0835 Madison Area Volkssport Assn. [www.dairylandwalkers.com/](http://www.dairylandwalkers.com/)  
**Contact:** Don Suloff, suloff@tds.net, (608)821-0263, 4306 Fox Bluff Court, Middleton, WI, 53562

**Start Point:** Dairy Queen- (715) 834-9323. 1160 Menomonie Street, Eau Claire. From Interstate 94, take State Rt 37 (Hendrickson Dr) north at exit 65 and follow it for 1.3 mile. At U.S. 12 (Clairemont Ave) turn left (west) and follow Clairemont Ave for 1 mile to Menomonie St. Turn right (east) on Menomonie St and follow it 0.25 mile to the Dairy Queen at 1160 Menomonie St on the left (north) side of the street. Parking is available adjacent to the Dairy Queen.

**Event Info:** GPS: N44 48.0182' W91 31.5602'. Daily, 8:00 am - 9:30 pm. The walk passes through Carson Park featuring recreational and historic areas, along the Chippewa River Trail, and includes loops passing a farmers market, labyrinth, historic homes and a portion of the University of Wisconsin-Eau Claire. The walk crosses the Chippewa River three times and the Eau River once, and is primarily on asphalt paths and city sidewalks. A portion of the route is on an abandoned rail bed. See the stadium where Hank Aaron began his professional career. Walk the USA A-Z - The letter "E"; Wisconsin Counties - Eau Claire County.

**Fond du Lac - Fond du Lac Walk****10K or 5K Seasonal Walk (2017/Y1106) 4/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** No

**Sponsor:** AVA-0835 Madison Area Volkssport Assn. [www.dairylandwalkers.com/](http://www.dairylandwalkers.com/)

**Contact:** Joanne Reuter, [jmreuter815@gmail.com](mailto:jmreuter815@gmail.com), (608)846-2763, N815 Kroncke Rd., De Forest, WI, 53532

**Start Point:** Tobacco Outlet Plus- 471 N. Park Ave. {corner of N. Park Ave. and Winnebago Dr.} From US 41, take Wis. 23 {Johnson St.} east about 2 miles to N. Park Ave., turn left on N. Park Ave. to start point.

**Event Info:** GPS: N43 47.5092' W88 26.3447'. Daily, dawn to dusk. Pets are not allowed in the park. This is a city walk through Lakeside Park by the lighthouse (open Apr. 15-Oct. 15, 8AM-sunset) past historic Victorian homes, and through the downtown business district. Route is on city streets and paved trails.

**Janesville****10km & 5km Seasonal Walk (2017/Y0436) 4/1/2017 - 12/31/2017**

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 2A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0835 Madison Area Volkssport Assn. [www.dairylandwalkers.com/](http://www.dairylandwalkers.com/)

**Contact:** Dave Rieff, [drieff@hotmail.com](mailto:drieff@hotmail.com), (608)756-1599, 1415 Clark Street, Janesville, WI, 53545

**Start Point:** Stop - N - Go- 1604 E Racine Street, Janesville. From I-39/90 take Exit 175 (E Racine Street). At the top of the ramp, take E Racine St WEST for one mile to the second stop light. Stop-N-Go is on the left at corner of Racine and Randall Avenue. Please utilize street parking if store parking is full.

**Event Info:** GPS: N42 40.7232' W89 0.1573'. Daily, dawn to dusk. Route is on paved city streets, sidewalks, and graveled/paved paths. The walk will take you through the downtown area crossing the Rock River, past historic residences, the beautiful Rotary Gardens (there is a fee to enter the main gardens), the church site where Abraham Lincoln attended services, and the site of a 1960 John F. Kennedy campaign stop. Route also passes by the site where a band of Sauk and Fox Indians, led by Blackhawk, camped during the Blackhawk War. Walk the USA A-Z - Letter "J"; Wisconsin Counties - Rock County

**La Crosse - La Crosse Walk****11km & 5km Seasonal Walk (2017/Y1250) 4/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Ice Cream Parlors, Points of Reference, Take a Walk In a City Park, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** medium      **Pets:** No  
**Sponsor:** AVA-0835 Madison Area Volkssport Assn. [www.dairylandwalkers.com/](http://www.dairylandwalkers.com/)  
**Contact:** Susan Wester, [smwester@mac.com](mailto:smwester@mac.com), (608)698-6549, 5102 Flambeau Rd, Madison, WI, 53705

**Start Point:** Kwik Trip #761- 608-782-6474. 506 Cass Street, La Crosse. Located on the corner of 5th and Cass Streets. Two blocks east of the Mississippi River Bridge. From I-90 take Exit 3 (Hwy 53) south, about 4 1/2 miles, to King Street. Left on King two blocks to 5th Ave. Right on 5th Ave one block to Cass Street and start point.

**Event Info:** GPS: N43 48.5009' W91 14.9699' Daily, dawn to dusk. This is a city walk that includes historic residences, historic downtown La Crosse and a stroll through a park along the Mississippi River. Part of the 11km route goes through a marsh and may be flooded during spring snow melt or heavy rain. An alternate route is available.

**Lake Geneva****10km & 6km Seasonal Walk (2017/Y0677) 4/1/2017 - 10/31/2017**

Animal Safari, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, United States Post Offices, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2C      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0835 Madison Area Volkssport Assn. [www.dairylandwalkers.com/](http://www.dairylandwalkers.com/)  
**Contact:** Chris Flessert, [c.flessert@reagan.com](mailto:c.flessert@reagan.com), (608)208-5014, 1112 W Cramer St, Ft. Atkinson, WI, 53538

**Start Point:** Mobil Gas Station- 350 N Edwards Blvd., Lake Geneva, phone 262-248-2305. From US Hwy 12, take exit 330A, proceed west on WI Hwy 50 to first right. Turn right onto N Edwards. Station is on left. Park in the parking lot behind Taco Bell/Sherwin Williams across the street from the Mobil gas station.

**Event Info:** GPS: N42 35.624' W88 24.884'. Daily, dawn to dusk. Route is half lakeside paths and half in the historic town of Lake Geneva. Lake Geneva is a turn-of-the-century summer resort site of wealthy families, and several of their "cottages" are on the route, as are other historic structures.

**Madison - Arboretum****10km & 5km Year Round Walk (2017/Y1247) 1/1/2017 - 12/31/2017**

Animal Safari, Boardwalks, Bridges - Spanning the USA, Cities in Song, Food For Thought, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** Medium      **Pets:** No  
**Sponsor:** AVA-0835 Madison Area Volkssport Assn. [www.dairylandwalkers.com/](http://www.dairylandwalkers.com/)  
**Contact:** Norma Kasmarek, [nkasmarek@charter.net](mailto:nkasmarek@charter.net), (608)274-8651, 5309 Denton Place, Madison, WI, 53711

**Start Point:** Colectivo Coffee- (608) 630-8930. 2530 Monroe St. From US-12 (W Beltline Hwy) take Midvale Blvd exit N. Proceed 1 block N to Nakoma Rd. intersection. Turn right, proceed on Nakoma for approx 1.25 miles. Stay on Nakoma as it curves right & becomes Monroe. Proceed on Monroe 10 blocks, just past Sprague St. Colectivo Coffee is on the left. Ask for box at the counter. GPS: N 43 03.496 W 89 25.674

**Event Info:** M-F 6am-9pm; Sat 6:30am-9pm, Sun 6:30am-8pm. Call if in doubt. A scenic walk around Lake Wingra, past a former stagecoach inn, through the 1,260 acre UW Arboretum, past Henry Vilas Zoo (free admission), and Edgewood College.

**Madison - Capital****10km & 6km Year Round Walk (2017/Y0763) 1/1/2017 - 12/31/2017**

Cities in Song, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Points of Reference, State Capital, State Street Sashay, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street, Walking the Path of Inventions, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** Medium      **Pets:** No  
**Sponsor:** AVA-0835 Madison Area Volkssport Assn. [www.dairylandwalkers.com/](http://www.dairylandwalkers.com/)  
**Contact:** Jerry Wilson, [jpatw4@gmail.com](mailto:jpatw4@gmail.com), (608)695-6449, 2045 Atwood #409, Madison, WI, 53704

**Start Point:** The Park Hotel- 22 S. Carroll St. (Bellhop/Parking Desk) From I-90 exit W on US-12/18, proceed to John Nolen Dr. exit. At 5th light on John Nolen turn left on Broom St. Proceed to 3rd light, turn right on W Washington Ave. to Capitol Square. Turn right on Carroll St. one block to hotel on right. Hotel parking is limited and there is a charge unless you are a registered guest. Five (5) public parking ramps are within 3 blocks.

**Event Info:** GPS: N43° 4.3909' W89° 23.0605'  
Daily, dawn to dusk. Strollers and wheelchairs may have some difficulty due to curbs and moderate hills. Route includes the State Capitol, the Frank Lloyd Wright designed Monona Terrace Convention Center, a portion of the University of Wisconsin campus, a walk along the shore of Lake Monona, museums, and a portion of the shore of Lake Mendota. The trail is on city sidewalks and blacktopped bicycle trail.

**Madison - Civil War****10K & 5K Seasonal Walk (2017/Y1505) 4/1/2017 - 12/31/2017**

Cities in Song, National Register of Historic Places, Points of Reference, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0835 Madison Area Volkssport Assn. [www.dairylandwalkers.com/](http://www.dairylandwalkers.com/)  
**Contact:** Ruth E Walde Schams, [ighthouse@sonofarock.org](mailto:ighthouse@sonofarock.org), (608)692-7789, 14 Eastbourne Cir, Madison, WI, 53717

**Start Point:** Best Western Inn Towner Motel- 1-800-258-8321 (reservations only, 10% room discount for walkers). 2424 University Ave, Madison. From Beltline (US-12/18) exit on Midvale Blvd. N on Midvale to University Ave. (approx 2.5 miles). E (right) on University continuing on University, bearing right at Campus/University split. Turn left on Highland. Inn Towner on right. GPS: N43 4.3448' W89 25.7030'

**Event Info:** Daily, dawn to dusk. Walk highlights Madison's involvement in the Civil War. It includes Camp Randall and Forest Hill Cemetery. Camp Randall was a Civil War military training camp through which some 70,000 Wisconsinites and nearly 4,000 Confederate prisoners of war would pass. Forest Hill Cemetery contains two Civil War plots. The Confederate Rest (a Designated National Cemetery) is the northernmost Confederate cemetery in the United States. The walk includes part of the University of Wisconsin, Camp Randall Stadium, and University Heights, an architecturally and historically important area of Madison. Walk is primarily on city sidewalks. Includes steps and some moderate hills. A portion of the route is on an abandoned rail bed. Route directions include brief descriptions of historical buildings and sites.

**Madison - Eastside****10km 6km Year Round Walk (2017/Y1246) 1/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Cities in Song, Food For Thought, Honoring Our Flag, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** No  
**Sponsor:** AVA-0835 Madison Area Volkssport Assn. [www.dairylandwalkers.com/](http://www.dairylandwalkers.com/)  
**Contact:** Karen Reger, ksreger1926@charter.net, (608)244-6583, 1926 Shelley Ln, Madison, WI, 53704  
**Start Point:** Monty's Blue Plate Diner- 608-244-8505. 2089 Atwood Ave, Madison. From I-90 take the WIS-30 exit and go west (toward Madison) to N Fair Oaks Ave exit. Turn left (south under WIS-30) onto Fair Oaks. Go right at second light onto Atwood Ave (approx. 3/4 mile). Monty's is on the left (about 1/2 mile).  
**Event Info:** GPS: N43 5.5493' W89 21.1251'  
 Daily, 7:30 am - 9:00 pm. Closed Thanksgiving and Christmas. There is 2-hour meter parking 1/2 block from Monty's on Atwood or free unlimited street parking in the neighborhood north (Rusk St or Linden Ave). Walk goes through one of Madison's earliest neighborhoods, the first city park, shoreline Indian mounds and by historical buildings. A portion of the route is on an abandoned rail bed.

**Madison - Picnic Point****10K & 5K Seasonal Walk (2017/Y0414) 4/1/2017 - 12/31/2017**

Cities in Song, Lakes and Reservoirs, Points of Reference, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2C      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0835 Madison Area Volkssport Assn. [www.dairylandwalkers.com/](http://www.dairylandwalkers.com/)  
**Contact:** Ruth E Walde Schams, lighthouse@sonofarock.org, (608)692-7789, 14 Eastbourne Cir, Madison, WI, 53717  
**Start Point:** Best Western Inn Towner Motel- 1-800-258-8321 (reservations only, 10% room discount for walkers). 2424 University Ave, Madison. From the Beltline (US-12/18) exit on Midvale Blvd. Go north on Midvale to University Ave. (approx. 2.5 miles). Go east (right) on University continuing on University Ave, bearing right at Campus Drive/University Ave. split. Turn left on Highland. The Inn Towner will be on the right.  
**Event Info:** GPS: N43 4.3448' W89 25.7030'. Daily, dawn to dusk. The route is mostly in natural areas along the shore of Lake Mendota with panoramic views of the Capitol and the lake. It includes a walk through Eagle Heights Woods. The trails vary from wide and paved to narrow rough dirt paths. NOTICE: Wet weather can make portions of this route soggy, muddy, and slippery.

**Madison - West Side Parks Walk****10K - 5K Seasonal Walk (2017/Y1471) 4/1/2017 - 12/31/2017**

Amphitheatres, Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, Points of Reference, Take a Walk In a City Park, United States Post Offices, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Hard      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0835 Madison Area Volkssport Assn. [www.dairylandwalkers.com/](http://www.dairylandwalkers.com/)  
**Contact:** Diane Thornbery, [dthornbery@gmail.com](mailto:dthornbery@gmail.com), (608)233-8408, 4122 Chippewa Dr, Madison, WI, 53711

**Start Point:** Firestone Complete Auto Care,- (608) 319-1227. 7105 Mineral Point Rd, Madison WI (adjacent to West Towne Mall). Box is stored in the manager's office. From I-39/90, take exit 142 West on US 12/18. Follow US 12/18 West to Mineral Point Rd., exit 254. Turn right (East) on Mineral Point for approx 0.8 miles to Firestone Auto Care on right, at West Towne Mall.

**Event Info:** Walk Box GPS: 43 3.615N 89 30.340W. Mon Sat: 7am 7pm. Sun: 9am 5pm.  
 \*\*\*This walk actually starts at a location some distance from the walk box. After registering at Firestone, return to Mineral Point Rd and turn right. Follow Mineral Point for 1.3 miles, crossing Gammon, Grand Canyon, and Yellowstone. Turn left on Rosa and then take the next right into Garner Park. Walk to the park shelter and begin your walk.\*\*\*

**Madison - West Towne Mall****10km & 5km Year Round Walk (2017/Y1297) 1/1/2017 - 12/31/2017**

Animal Safari, Food For Thought, Points of Reference, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** No  
**Sponsor:** AVA-0835 Madison Area Volkssport Assn. [www.dairylandwalkers.com/](http://www.dairylandwalkers.com/)  
**Contact:** Diane Thornbery, [dthornbery@gmail.com](mailto:dthornbery@gmail.com), (608)233-8408, 4122 Chippewa Dr, Madison, WI, 53711

**Start Point:** Firestone Complete Auto Care- 608-319-1227, 7105 Mineral Point Road (adjacent to West Towne Mall). Box is stored in the manager's office. From I-39/90, take exit 142 West on US 12/18. Follow US 12/18 West to Mineral Point Rd., exit 254. Turn right (East) on Mineral Point for approx 0.8 miles to Firestone Auto Care on right. From Capitol Square, take West Washington Ave west to Regent St. Right on Regent to Speedway. Left on Speedway to Mineral Point Road. West Towne will be on the left at South Gammon Road. Firestone entrance is just west of Gammon on Mineral Point.

**Event Info:** GPS: N43 3.615' W89 30.340'. Mon-Sat: 7am-7pm Sun: 9am-5pm The walk is entirely within the confines of West Towne Mall.

**Marinette - Historic****12/5 km Seasonal Walk (2017/Y1300) 4/1/2017 - 12/31/2017**

**Award:** B Award      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes  
**Sponsor:** AVA-0864 Menominee River Volkssport Club  
[menomineerivervolkssporters.webs.com](http://menomineerivervolkssporters.webs.com)  
**Contact:** Gilbert Engel, [gilengel@hotmail.com](mailto:gilengel@hotmail.com), (715)251-3300, 1249 Garfield St., Niagara, WI, 54151

**Start Point:** Best Western Riverfront Inn- 1821 Riverside Ave., Marinette, WI. Follow US 41 to the Michigan/Wisconsin border which is the Menominee River. Best Western is just off US41. North on Riverside Ave on the Wisconsin side of the river.

**Event Info:** The walk is by historical museums, the historical town area of Menominee, along Green Bay and a pier and lighthouse. It also goes into a city park on the bay and along a beach area. The last part of the walk will seem long and has no water. There are eating options and water along the first half and part of the last part of the walk.

**Medford - Medford Walk****10K - 5K Seasonal Walk (2017/Y0611) 5/27/2017 - 9/28/2017**

Bridges - Spanning the USA, Honoring Our Flag, Points of Reference, Take a Walk In a City Park, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0835 Madison Area Volkssport Assn. [www.dairylandwalkers.com/](http://www.dairylandwalkers.com/)  
**Contact:** Don Suloff, [suloff@tds.net](mailto:suloff@tds.net), (608)821-0263, 4306 Fox Bluff Ct., Middleton, WI, 53562  
**Start Point:** Water's Edge BP Station- (715)748-9200. 127 W. Broadway Ave, Medford, WI 54451. Follow Hwy 51 north. Approaching Wausau, take Exit 191B to Hwy 29. Follow Hwy 29 west to Hwy 13 at Abbotsford. Take Hwy 13 north to Medford. At Medford turn left on Hwy 64 (E Broadway Ave.) Follow Hwy 64 approximately 0.7 miles, crossing Main St and railroad tracks to the start point on the right. Park near the start point, but avoid conflicting with business customers.  
**Event Info:** GPS: N45.13877 W90.34730. Monday Sunday 8am 8pm. Call if in doubt. The walk features a segment of the Pine Line Trail a rails-to-trails project, passes through the 100-acre Medford City Park, and follows the River Walk along the Black River.

**Merrill - Merrill Walk****10K - 5K Seasonal Walk (2017/Y0638) 5/27/2017 - 9/28/2017**

Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Walking the USA A - Z, Water Towers, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** None      **Pets:** Yes  
**Sponsor:** AVA-0835 Madison Area Volkssport Assn. [www.dairylandwalkers.com/](http://www.dairylandwalkers.com/)  
**Contact:** Don Suloff, [suloff@tds.net](mailto:suloff@tds.net), (608)821-0263, 4306 Fox Bluff Ct., Middleton, WI, 53562  
**Start Point:** Holiday Station, - (715) 536-1438. 702 N Center Ave, Merrill, WI 54452. Approaching Merrill on Hwy 51, take Exit 208 and turn left on Hwy 64 (E. Main St). Follow Hwy 64 for 1.3 miles to BR 51 (Center Ave), Turn right on Center and follow it five blocks to the start point on the left. Park on the street next to the start point.  
**Event Info:** GPS: N45.18621 W89.68339. Sunday 8am 8pm. Call if in doubt. Walk past two buildings on the National Register of Historic Places, learn what a river rat is, see a remarkable three arch stone bridge, and walk through Prairie Park along the Prairie River.

**Middleton****10K & 5K Year Round Walk (2017/Y0675) 1/1/2017 - 12/31/2017**

Honoring Our Flag, Lakes and Reservoirs, Points of Reference, Trekking With the Trees, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 1B      **Wheelchair:** NO      **Pets:** No  
**Sponsor:** AVA-0835 Madison Area Volkssport Assn. [www.dairylandwalkers.com/](http://www.dairylandwalkers.com/)  
**Contact:** Don Suloff, [suloff@tds.net](mailto:suloff@tds.net), (608)821-0263, 4306 Fox Bluff Ct, Middleton, WI, 53562  
**Start Point:** Hubbard Avenue Diner- 608-831-6800. 7445 Hubbard Ave., Middleton. From I-90 take US-12/18 (Beltline) W. Take University Ave. exit (251A) E. Proceed 1st stoplight, turn right on Parmenter. 2nd left is Hubbard. Parking lot across street from diner. GPS: N43 5.7086' W89 30.6331'  
**Event Info:** Daily 7:30am-9pm. Closed major holidays. Call if in doubt. Walk combines the trails of Middleton's Parks, a nature preserve, and a stroll through Middleton's Historic District, which includes the Capital Brewery, an 1895 railroad depot, and St. Bernard's Cemetery. Route directions include brief descriptions of historical buildings and sites.

**Milwaukee****10km & 6KM Seasonal Walk (2017/Y0205) 4/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, State Street Sashay, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the Path of Inventions, Walking the USA A - Z

**Award:** IVV Credit Only                      **Strollers:** medium                      **Restroom:** Yes

**Rating:** 1A                                      **Wheelchair:** medium                      **Pets:** No

**Sponsor:** AVA-0835 Madison Area Volkssport Assn. [www.dairylandwalkers.com/](http://www.dairylandwalkers.com/)

**Contact:** Scott Kempen, [skempen@wi.rr.com](mailto:skempen@wi.rr.com), (414)429-0087, 3211 S Landl Ln, Apt. 217, Milwaukee, WI, 53227

**Start Point:** Marriott Residence Inn (Downtown)- 414-224-7890. 648 N Plankinton Ave, Milwaukee. FROM THE WEST: Take I-94 east - exit 310C (St. Paul Av). Turn left onto St. Paul Av (east). Continue on St. Paul Av to Plankinton Av. Turn left (north) onto Plankinton Av for about 3 blocks - Residence Inn is on the right and parking structure is on the left. FROM THE SOUTH: Take I-94 west (goes north from Chicago) Exit 1D - Plankinton Av exit. Continue north on Plankinton Av 2 blocks to hotel on right and parking structure on left.

**Event Info:** GPS: N43 2.2814' W87 54.6638'. Daily, dawn to dusk. Please do not interrupt hotel business customers. Route goes through downtown Milwaukee, with its interesting architecture and passes the Milwaukee Art Museum. Watch the "wings" on the museum open and close several times a day. The walk is on paved pathways and city sidewalks. Views are afforded of Lake Michigan and the Milwaukee River.

**Monona****11K & 6K Year Round Walk (2017/Y0916) 1/1/2017 - 12/31/2017**

Animal Safari, Honoring Our Flag, Lakes and Reservoirs, Points of Reference, Take a Walk In a City Park, Walking the USA A - Z

**Award:** IVV Credit Only                      **Strollers:** medium                      **Restroom:** Yes

**Rating:** 2B                                      **Wheelchair:** None                      **Pets:** No

**Sponsor:** AVA-0835 Madison Area Volkssport Assn. [www.dairylandwalkers.com/](http://www.dairylandwalkers.com/)

**Contact:** Tricia Gundlach, [tnt84@chorus.net](mailto:tnt84@chorus.net), (608)222-4200, 5517 Pheasant Hill Road, Monona, WI, 53716

**Start Point:** Monona Police Department- Monona City Hall, 5211 Schluter Road (at corner with Nichols Road), Monona, Wisconsin. Ask the duty officer for the walk box. From Madison Beltline (US 12/18) turn north on Monona Drive (exit 265) for about 1 mile and turn left on Nichols for about .7 miles to the start point. Ample parking is available. Additional parking available at the Community Center, about 100 yards down Nichols from City Hall.

**Event Info:** GPS: N43 3.7880' W89 20.3490'. Daily, dawn to dusk, throughout year. The walk features outstanding views of Lake Monona, Wisconsin State Capitol, Monona Terrace Convention Center, and the Madison skyline, plus beautiful, historic homes, area parks, and Indian burial and effigy mounds.



**Neenah****10km or 5km Seasonal Walk (2017/Y1077) 4/1/2017 - 12/31/2017**

Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, Lady Liberty Special Program, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** No

**Sponsor:** AVA-0835 Madison Area Volkssport Assn. [www.dairylandwalkers.com/](http://www.dairylandwalkers.com/)

**Contact:** Joanne Reuter, jmreuter815@gmail.com, (608)846-2763, N815 Kroncke Rd., De Forest, WI, 53532

**Start Point:** Express Convenience Center,- 521 S Commercial St, Neenah. From US Hwy 41, exit 131 {Hwy 114-Winneconne Ave) east. Continue on Hwy 114 about 1 1/4 miles to Commercial St. Turn right, go 1/2 block on S Commercial to start point on right.

**Event Info:** GPS: N44 10.8692' W88 27.9164'. Daily, dawn to dusk. The walk on city sidewalks and paved trails takes you by historic homes, on the riverwalk downtown, through city parks, and by the lighthouse.

**Oshkosh****10K & 6K Seasonal Walk (2017/Y1093) 4/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, State Street Sashay, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Medium      **Pets:** Yes

**Sponsor:** AVA-0835 Madison Area Volkssport Assn. [www.dairylandwalkers.com/](http://www.dairylandwalkers.com/)

**Contact:** Jill Ruef, jill.ruef@hotmail.com, (608)643-6142, 773 7th St, Priarie du Sac, WI, 53578

**Start Point:** Blue Moose Citgo,- 208 Bowen St. (corner of Bowen and Otter). From US 41, take the 9th St. exit east about 2.5 miles to Main St. Turn left on Main St. After crossing the Fox River go 3 blocks, turn right on Waugoo Ave., go 6 blocks to Bowen St. turn right, go one block to start point (on your left).

**Event Info:** GPS: N44 0.8747' W88 31.6401'. Daily, dawn to dusk. This walk will take you through a portion of downtown Oshkosh where you will pass a number of historic buildings, a Civil War Monument, and the location where a portion of the movie "Public Enemy" filmed. The walk includes part of the UW Oshkosh campus and will take you through a historic residential area. It includes a stroll along the Fox River and Lake Winnebago; Wisconsin's largest lake. The route is on city streets and trails. Walk the USA A-Z the Letter "O"; Wisconsin Counties, Winnebago County

**Port Washington****10K & 5K Seasonal Walk (2017/Y0676) 4/1/2017 - 12/31/2017**

Animal Safari, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes

**Rating:** 3A      **Wheelchair:** NO      **Pets:** No

**Sponsor:** AVA-0835 Madison Area Volkssport Assn. [www.dairylandwalkers.com/](http://www.dairylandwalkers.com/)

**Contact:** Cindy Haagensen, chaagensen@charter.net, (208)789-5259, 6403 Bridge Rd. #101, Madison, WI, 53716

**Start Point:** Dockside Deli- 262-284-9440. 222 E Main, Port Washington: 25 miles N of Milwaukee. From I-43, N or S, exit at Hwy 33. Proceed E on Hwy 33 as it becomes Grand Ave in Port Washington. Turn left on Franklin and then turn right on Main to Dockside Deli. Public parking across street.

**Event Info:** GPS: N43 23.3014' W87 52.1402'. Summer Hours (Memorial Day-Labor Day) M-Sat 7am-6pm. Sun 7am-4pm. Winter Hours (Day after Labor Day-day before Memorial Day) M-Sat 7am-3pm, closed Sun. Call 262-284-9440 if in doubt of hours. Route is on paved park pathways and city streets with a significant amount of stair climbing. It will take you into the marina, along Lake Michigan, through Union Cemetery, past Old St. Mary's Cemetery, and through historic parts of the city.

**Rhineland - Rhineland Walk****10K - 5K Seasonal Walk (2017/Y0601) 5/27/2017 - 9/28/2017**

Bridges - Spanning the USA, Points of Reference, Take a Walk In a City Park, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** Medium      **Restroom:** Yes

**Rating:** 1A      **Wheelchair:** Hard      **Pets:** Yes

**Sponsor:** AVA-0835 Madison Area Volkssport Assn. [www.dairylandwalkers.com/](http://www.dairylandwalkers.com/)

**Contact:** Don Suloff, suloff@tds.net, (608)821-0263, 4306 Fox Bluff Ct., Middleton, WI, 53562

**Start Point:** Rhineland Area Chamber of Commerce, - (715) 365-7464. 450 West Kemp St, Rhineland, WI 54501. From US 51 take US 8 east approx. 14.5 miles to Rhineland. At intersection of US 8 & WI 47, continue straight ahead on US 8 as it becomes W. Kemp St for approx. 0.75 mi. Look for the "Hodag" on the left at Sutliff and Kemp Sts. Parking at the start point.

**Event Info:** GPS: N45.63232 W89.42250. Monday Friday 9am 5pm. Saturday 9am 1pm. Closed on all Sundays and closed on Saturdays after Labor Day. Call if in doubt. The walk follows along the Wisconsin River through picturesque Hodag Park, passes through the historic downtown of Rhineland, and strolls through the remarkable Pioneer Park with a variety of museums. Should you encounter any problems on this walk, blame it on the Hodag!

**WYOMING****Buffalo - Clear Creek Trail****5 K/11 K Seasonal Walk (2017/Y1747) 4/1/2017 - 9/30/2017**

Amphitheatres, Bridges - Spanning the USA, Cities in Song, Doin' The Louisiana Purchase, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Take a Walk In a City Park, United States Post Offices, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** medium      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** medium      **Pets:** Yes

**Sponsor:** AVA-0942 Buffalo Pathfinders

**Contact:** Lois Petersen, lois.petersen@gmail.com, (307)684-9160, 1197 N. Burritt, Buffalo, WY, 82834

**Start Point:** Super 8 Motel, 655 E Hart.- From I-90 Exit 56B to I-25 S Exit 299, right at stop sign at bottom of ramp. Left immediately after Col Bozeman's Steak House. From I-25 N, exit 299. Left immediately after Col Bozeman's Restaurant.

**Event Info:** Start Point open 24/7. Dogs permitted on leash on 5K, not allowed on 11K due to proximity of livestock. Walk includes historic downtown Buffalo, passes the outdoor pool (free to all), Jim Gatchell Museum, then meanders along scenic Clear Creek with the Big Horn Mountains in the background. Halfway on the 11K route is the Veterans Home of Wyoming, the previous site of Fort McKinney. Elevation of Buffalo is 4650 feet.

**Buffalo - Mentock Trail - Picnic Hike****11 K Seasonal Walk (2017/Y1259) 4/1/2017 - 9/30/2017**

Cities in Song, Doin' The Louisiana Purchase, Food For Thought, Walking the USA A - Z, You'll Never Walk Alone

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes

**Rating:** 2C      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0942 Buffalo Pathfinders

**Contact:** Lois Petersen, lois.petersen@gmail.com, (307)684-9160, 1197 N. Burritt, Buffalo, WY, 82834

**Start Point:** Super 8 Motel Registration Desk.- Refer to Buffalo - Clear Creek Trail Y1747 for directions to start location.

**Event Info:** Start Point open 24/7. After registering, you must drive short distance to the trail start. Directions are in the walk box. Offers a natural surface scenic walk through mostly forested areas along Clear Creek and the opportunity to picnic in comfort. Picnic tables and restroom facilities are available midway through the hike. The elevation in Buffalo is 4650 feet.

**Buffalo - Mt Plains Heritage Park****5/12K Seasonal Walk (2017/Y1641) 4/1/2017 - 9/30/2017**

Cities in Song, Doin' The Louisiana Purchase, Trekking With the Trees, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes

**Rating:** 1B      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0942 Buffalo Pathfinders

**Contact:** Lois Petersen, lois.petersen@gmail.com, (307)684-9160, 1197 N. Burritt, Buffalo, WY, 82834

**Start Point:** Super 8 Motel, 655 E Hart. - Refer to Buffalo - Clear Creek Trail Y1747 for directions to start location.

**Event Info:** Start Point open 24/7. After registering, you must drive a short distance to the start at Heritage Park. Directions are in the walk box. Experience the western plains as they used to be while enjoying a panoramic view of the nearby Big Horn Mountains. Trail crosses the historic Bozeman Trail, the terminus of the railroad system that helped settle the west, and continues through a wildlife reserve. The 12k route includes Willow Grove Cemetery which highlights the history and gravestones of the 1800s. Bathrooms are available only at the Super 8. Buffalo's elevation is 4650 feet.

**Cheyenne - Capital****5K/10KM Year Round Walk (2017/Y0002) 1/1/2017 - 12/31/2017**

Doin' The Louisiana Purchase, Honoring Our Flag, Walking the USA A - Z

**Award:** IVV Credit Only      **Strollers:** hard      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** hard      **Pets:** Yes

**Sponsor:** AVA-0072 Falcon Wanderers [www.falconwanderers.org](http://www.falconwanderers.org)

**Contact:** Sarah Gregory Long, [sglong@att.net](mailto:sglong@att.net), (785)271-1056, PO Box 17162, Colorado Springs, CO, 80935-7162

**Start Point:** Wrangler Western Wear Store- 1518 Capitol Ave. From I-25 Use Exit #9 (Lincolnway) (which is 16th Street downtown). Proceed straight through 7 stoplights; Wrangler will be on the right. From I-80 take Central Ave Exit #362 to Lincolnway. At bottom of viaduct turn left to the red building on the corner of 16th Street and Capitol Ave. Free city parking on 15th St & Pioneer for 2 hours.

**Event Info:** Elev. 6067'; Trail is on city streets, no hills. Highlights of 10K include city park, historic railroad depot, State office buildings complex, cemetery, Liberty Bell Replica, downtown city streets. 5K stays around downtown area. Store open 7 days a week. Hours vary with the seasons. May through Labor Day: 9 a.m. to 9 p.m. Sun: 10 a.m. to 6 p.m. Winter: Mon - Sat 9:30 am to 5 pm; Sun 11 am to 5 pm. Closed on Easter, Christmas, Thanksgiving. Special Programs: Honoring Our Flag, Doin' the Louisiana Purchase, Walking the USA, A-Z and walking the United States (50 states/51 Capitals). County: Laramie

**Devil's Tower - Devil's Tower Seasonal Walk****11k Seasonal Walk (2017/Y1911) 4/1/2017 - 10/15/2017**

Amphitheatres, Animal Safari, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Ice Cream Parlors, National Parks Centennial Challenge, United States Post Offices, Volcanoes

**Award:** A Award      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 3C      **Wheelchair:** NO      **Pets:** No

**Sponsor:** AVA-0274 Black Hills Volkssport Assn. [www.bhva.org](http://www.bhva.org)

**Contact:** Diane Johannesen, [dianejohannesen@hotmail.com](mailto:dianejohannesen@hotmail.com), (307)290-0746, PO Box 16, Sundance, WY, 82729

**Start Point:** Devil's Tower Trading Post- From I-90 take US Hwy 14 to State Road 24, turn left at the junction of State Road 110 and drive 1/2 mile to Devil's Tower Trading Post on the left just before the entrance to Devil's Tower National Monument.

**Event Info:** Walks winds through the prairie dog town before the steep ascent to the tower, circles the tower and returns along the Red Bed Trail. Park entrance fee will be charges. No pets allowed. Elevation 4245 feet.

**Gillette - Gillette****5k/10k Seasonal Walk (2017/Y0376) 4/1/2017 - 9/30/2017**

Animal Safari, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Food For Thought, Make a Wish at a Water Fountain, Take a Walk In a City Park, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** Easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** Easy      **Pets:** Yes  
**Sponsor:** AVA-0274 Black Hills Volkssport Assn. [www.bhva.org](http://www.bhva.org)  
**Contact:** Diane Johannesen, [dianejohannesen@hotmail.com](mailto:dianejohannesen@hotmail.com), (307)290-0746, PO Box 16, Sundance, WY, 82729

**Start Point:** Campbell County Recreation Center- 250 Shoshone Ave., Gillette, WY  
 From the East on I-90 take Exit 126 (Douglas exit) turn left on Hwy 59. Turn right on Boxelder Rd then left on Four-J. Left on Shoshone and the Rec Center is on the left. From the West on I-90 take Exit 126 (Douglas exit) turn right on Hwy 59. Turn right on Boxelder Rd then left at Four-J. Left on Shoshone and the Rec Center is on the Left. (Rec Center is about 2.8 miles from I-90). Please note Four-J turns into Enzi Dr.

**Event Info:** The walk takes you through town following the walk/bike path. Elevation 4554 feet

**Grand Teton National Park - Jenny Lake/Cascade Canyon****Distance 12/24 km Seasonal Walk (2017/Y0435) 6/1/2017 - 9/30/2017**

**Award:** B Award      **Strollers:** None      **Restroom:** Yes  
**Rating:** 3C      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0534 Four-Plus Foolhardy Folks <http://fourplushikers.weebly.com>  
**Contact:** Betty Stauff, [brstauff@comcast.net](mailto:brstauff@comcast.net), (425)228-4085, 13813 - 139th Ave. S.E., Renton, WA, 98059

**Start Point:** Grand Teton National Park - Jenny Lake-

**Event Info:** The Jenny Lake loop (12K) is one of the centerpieces of Grand Teton National Park and includes the spectacular Hidden Falls and Inspiration Point. The 24K continues on into scenic Cascade Canyon, which follows a cascading stream and frequently offers great wildlife viewing. Take the boat ride for shorter distance and fun, scenic trip. This is an out and back, turning around at Inspiration Point or the Forks of Cascade Canyon Patrol Cabin. Starting elevation: 6,785 feet. Inspiration Point elevation: 7,200 feet. Forks of Cascade Canyon elevation: 7,820 feet.

**Grand Teton National Park - Two Ocean Lake****10K Seasonal Walk (2017/Y0325) 6/1/2017 - 9/30/2017**

**Award:** B Award      **Strollers:** None      **Restroom:** Yes  
**Rating:** 2B      **Wheelchair:** None      **Pets:** No  
**Sponsor:** AVA-0534 Four-Plus Foolhardy Folks <http://fourplushikers.weebly.com>  
**Contact:** Betty Stauff, [brstauff@comcast.net](mailto:brstauff@comcast.net), (425)228-4085, 13813 - 139th Ave. S.E., Renton, WA, 98059

**Start Point:** Two Ocean Lake- (see comments) Remote registration starts at [www.fourplushikers.org](http://www.fourplushikers.org). Click to Seasonal Events, then Grand Teton, Bradley & Taggart Lakes.

**Event Info:** Two Ocean Lake hike takes you through meadows and regenerating forests. There are magnificent and frequent views of the Teton Range and Grand Teton. This is a well-maintained trail, and has little shade. Bring water, sunscreen, sunglasses, and rain gear. Summer days are generally warm and sunny but afternoon thunderstorms often develop quickly. A hat, binoculars and camera are useful, too. Starting elevation about 6900 feet. Elevation gain about 240 feet.

**Greybull - Greybull****5k/10k Seasonal Walk (2017/Y0380) 4/1/2017 - 9/30/2017****Award:** IVV Credit Only **Strollers:** Easy **Restroom:** Yes**Rating:** 1A **Wheelchair:** Easy **Pets:** Yes**Sponsor:** AVA-0274 Black Hills Volkssport Assn. www.bhva.org**Contact:** Mary Jayne Jordan, mjjordan92@hotmail.com, (307)290-2349, PO Box 1098, Sundance, WY, 82729**Start Point:** The Yellowstone Motel, 247 Greybull Ave. Greybull, WY- (Highway 14) if coming from the east the motel is on your left, if coming from the north or south on Highway 433 turn east at the stop light (towards the Bighorn Mountains) and motel will be on your right. Walk box is at the front desk in the lobby. Please wait while customers are served.**Event Info:** Walk along city walk/bike path and sidewalks to explore Greybull, WY. Elevation 3789 feet**Newcastle - Town****5K/10K Seasonal Walk (2017/Y0856) 4/1/2017 - 9/30/2017****Award:** IVV Credit Only **Strollers:** easy **Restroom:** Yes**Rating:** 1A **Wheelchair:** easy **Pets:** Yes**Sponsor:** AVA-0274 Black Hills Volkssport Assn. www.bhva.org**Contact:** Allan & Irene Ward, arward44@gmail.com, (307)283-3733, Sundance, PO Box 1355, WY, 82729**Start Point:** Deckers Food Center- 709 W Main Street (RT 16 Business) Newcastle, WY (Courtesy Counter) (307) 746-2779**Event Info:** Newcastle is located in the Northeast section of Wyoming  
Business Hours: 8 am to closing (Call 307-746-2779) May be closed on major holidays. Walk through town on sidewalks and a bike path and pass by historic buildings, county museum, train depot, several city parks and points of interest. Alternate trail info in the registration box.**Sheridan - Sheridan****5k/10k Seasonal Walk (2017/Y0238) 4/1/2017 - 9/30/2017****Award:** IVV Credit Only **Strollers:** Easy **Restroom:** Yes**Rating:** 1A **Wheelchair:** Easy **Pets:** Yes**Sponsor:** AVA-0274 Black Hills Volkssport Assn. www.bhva.org**Contact:** Mary Jayne Jordan, mjjordan92@hotmail.com, (307)290-2349, PO Box 1098, Sundance, WY, 82729**Start Point:** Sheridan, Wyoming- Mill Inn, - Take Exit 25 off of I-90 into Sheridan. Mill Inn is located at 2161 Coffeen Avenue with an additional entrance on the east side of the Inn off of East Brundage Lane (State Highway 334). Walk box is at the front desk in the lobby.**Event Info:** Walk along city walk/bike path and sidewalks to explore historic Sheridan, WY. Elevation 4750 feet

**Sundance - Sundance Bike****25K Seasonal Bike (2017/Y0910) 4/1/2017 - 9/30/2017**

Animal Safari, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Ice Cream Parlors, Take a Walk In a City Park, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** NO      **Restroom:** Yes  
**Rating:** 2A      **Wheelchair:** NO      **Pets:** Yes

**Sponsor:** AVA-0274 Black Hills Volkssport Assn. [www.bhva.org](http://www.bhva.org)

**Contact:** Diane Johannesen, [dianejohannesen@hotmail.com](mailto:dianejohannesen@hotmail.com), (307)290-0746, Box 16, Sundance, WY, 82729

**Start Point:** Sundance Travel Center (Conoco)- Take I-90 to Sundance Exit 189 The Sundance Travel Center (Conoco) is right at the exit.

**Event Info:** Bike goes east to Moskee Rd. and back into Sundance pass the other end of town and back to the starting point. Elevation 4750 feet

**Sundance - Sundance Travel Center Seasonal****5K/10K Seasonal Walk (2017/Y2036) 4/1/2017 - 9/30/2017**

Animal Safari, Bridges - Spanning the USA, Doin' The Louisiana Purchase, Ice Cream Parlors, Take a Walk In a City Park, United States Post Offices

**Award:** IVV Credit Only      **Strollers:** easy      **Restroom:** Yes  
**Rating:** 1A      **Wheelchair:** easy      **Pets:** Yes

**Sponsor:** AVA-0274 Black Hills Volkssport Assn. [www.bhva.org](http://www.bhva.org)

**Contact:** Diane Johannesen, [dianejohannesen@hotmail.com](mailto:dianejohannesen@hotmail.com), (307)283-1043, PO Box 16, Sundance, WY, 82729

**Start Point:** Sundance Travel Center (Conoco) - Take I-90 to Sundance Exit 189. The Sundance Travel Center (Conoco) is right at the exit.

**Event Info:** Walk into town on sidewalks pass historic building, and other points of interest. You will also be on the walk/bike path for our city parks. Elevation 4750 feet

**Yellowstone National Park - Fairy Falls/Imperial Geyser****10K/11K Seasonal Walk (2017/Y0455) 6/1/2017 - 9/30/2017**

**Award:** B Award      **Strollers:** medium      **Restroom:** No  
**Rating:** 1B      **Wheelchair:** medium      **Pets:** No

**Sponsor:** AVA-0534 Four-Plus Foolhardy Folks <http://fourplushikers.weebly.com>

**Contact:** Betty Stauff, [brstauff@comcast.net](mailto:brstauff@comcast.net), (425)228-4085, 13813 - 139th Ave. S.E., Renton, WA, 98059

**Start Point:** Yellowstone National Park, near Old Faithful- Remote registration only starting at [www.fourplushikers.weebly.com](http://www.fourplushikers.weebly.com). Click on "seasonal walks", then scroll down to Yellowstone National Park.

**Event Info:** This hike is located near the Madison Junction. A mostly flat trail in the heart of Yellowstone's geothermal activity area; it's an out and back trail leading to the 200-foot-high Fairy Falls, and, if you're up for it, a little further on to Spray Geyser and Imperial Geyser (secret location of several moose and buffalo sightings).

# **Yellowstone National Park - Mount Washburn Trail from Dunraven Pass**

**10K Seasonal Walk (2017/Y1463) 6/1/2017 - 9/30/2017**

**Award:** B Award                      **Strollers:** None                      **Restroom:** Yes  
**Rating:** 2B                              **Wheelchair:** None                      **Pets:** No  
**Sponsor:** AVA-0534 Four-Plus Foolhardy Folks <http://fourplushikers.weebly.com>  
**Contact:** Betty Stauff, brstauff@comcast.net, (425)228-4085, 13813 - 139th Ave. S.E., Renton, WA, 98059  
**Start Point:** Yellowstone National Park, Mount Washburn from Dunraven Pass (see comments)- Remote registration only. Start at our website: [www.fourplushikers.weebly.com](http://www.fourplushikers.weebly.com). Click on "seasonals", then scroll down to Yellowstone National Park and click on "more . . ."  
**Event Info:** Trail is turn-of-the-century wagon road which starts at 8,859 feet and climbs to 10,243 feet to the Mount Washburn Lookout Tower, with 360-degree panoramic views 20-50 miles in all directions. Not as hard as it sounds! The road is unpaved, well-groomed and gently graded. Give it a try - you might surprise yourself.