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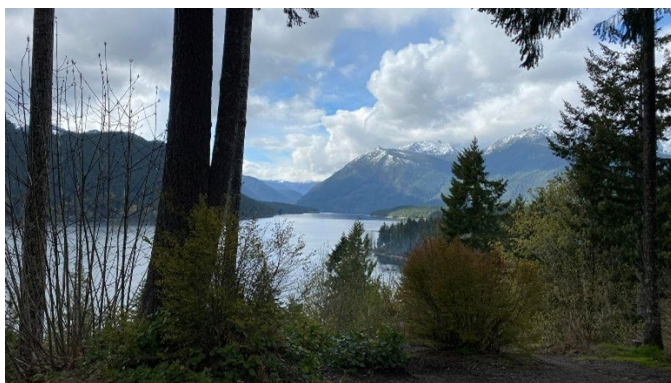
Limited Online Version

# **NORTHWEST PATHFINDER**

**A Northwest Walking Guide and Newsletter**

## **Wild and Woodsy in Washington**

April 25-28



Walks and Hikes in and around Olympia



**AMERICA'S  
WALKING CLUB**  
— ESTABLISHED 1976 —

**MARCH / APRIL 2024**  
**Volume 9, Issue 5**

Published by:  
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Front Cover: Photos courtesy of Carol Froelich, Jim Younkins,  
and the editor.

Back Cover: Coordinate map.

### Change in membership contact:

For issues not received or a change in address, please contact Chase Davis at NWPathfinder@comcast.net.

**NOTE: These events are subject to government orders made after publication, and may be revised, postponed, or cancelled. If necessary, check with the contact person prior to the event.**

### What we're about:

The Northwest Pathfinder is a newsletter that provides information about upcoming group walks and walks that you can do on your own.

# Please note:

**For renewal, address change, and issue not received,  
please contact:**

**Chase Davis**

**NWPathfinder@comcast.net**

*The Northwest Pathfinder* is a newsletter published bi-monthly by  
NW Pathfinder Club and is sent to all members.

Membership dues for associate members are \$14 / (foreign delivery--email for price, payable in US dollars).

Please make check or money order payable to: NW PATHFINDER CLUB.

Use the mailing form below or pay online with PayPal at [esva.online](http://esva.online).

## CHANGE OF ADDRESS:

**THE POSTAL SERVICE DOES NOT FORWARD STANDARD MAIL,**  
so you must notify us of address changes in order to continue  
receiving your newsletter.

The month/year printed on the address label is the date of the last newsletter the  
membership was paid for.

Renewals for May/June 2024 must be received by April 5, 2024.

## Join and pay online!

[www.esva.online/nw-pathfinder-home-delivery/](http://www.esva.online/nw-pathfinder-home-delivery/)

### *NW Pathfinder Club* MAILING FORM

**\$14.00 / (foreign delivery -- email for current price-US Funds) / 6 bi-monthly issues**

NOTE: A \$25.00 FEE WILL BE CHARGED FOR NSF CHECKS.

Name: \_\_\_\_\_ Telephone Number \_\_\_\_\_

Address: \_\_\_\_\_ Include 9-digit zip code

Email Address: \_\_\_\_\_

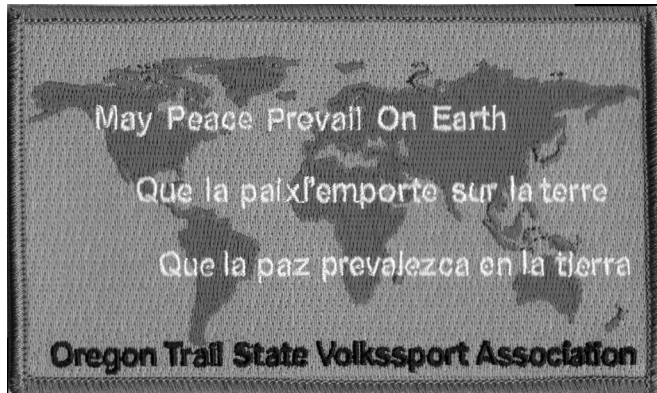
Make check payable and mail to:

NW PATHFINDER CLUB  
c/o CHASE DAVIS  
6623 RIVIERA COURT SE  
LACEY WA 98513-4965



# Peace Poles

A New OTSVA Special Program



Program runs Jan. 1, 2024 – Dec. 31, 2026  
Cost: \$10

Collect 20 stamps walking by a Peace Pole

Events walked in WA, OR, ID & AK are allowed

**Books for sale at many traditional events or by contacting Dan Webster at CedarMilersWalkingClub@gmail.com**

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# TRAIL RATINGS

## Part 1 – INCLINE

The following trail rating system is used to indicate the degree of incline and terrain for an AVA sanctioned event.

- [1]** Very small hills or very little stair climbing. Probably suitable for strollers and wheelchairs.
- [2]** Some moderate hills and stair climbing. Probably suitable for strollers. May not be suitable for wheelchairs.
- [3]** Some significant hill or stair climbing. Not suitable for strollers or wheelchairs.
- [4]** Lots of significant hills or stair climbing.
- [5]** Many steep hills.

## Part 2 – TERRAIN

- [A]** Almost entirely on pavement.
- [B]** A significant part of the route is on well-groomed trails with very few obstacles.
- [C]** A significant part of the route is on somewhat difficult terrain (rocky/rooted paths or soft sand).
- [D]** A significant part of the route is on very difficult terrain.
- [E]** The majority of the route is on very difficult terrain.

### Examples:

A route that is mostly on flat pavement would be rated 1A.

A beach walk would be rated 1C.

A route with moderate hills on well-groomed trails would be rated 2B.

**PRECAUTIONS:** Be aware that weather conditions will cause a variance in the trail/route rating. An unexpected hot or cold day can increase the degree of difficulty of a trail as much as one or two full points, so each participant should adjust accordingly. It is as possible to become dehydrated in cold weather as in hot weather.

**It is advisable to carry water to all walking events.**

**ST PATRICK'S TEDDY BEAR WALK  
MARCH 16 (SATURDAY)**

**IVV CREDIT ONLY**

**SANCTION #:** 126219  
**SPONSOR:** Cedar Milers  
**LOCATION:** Cedar Hills Crossing  
3205 SW Cedar Hills Blvd  
B5 BEAVERTON OR  
**START TIME:** 9:30 am – NOON  
**FINISH TIME:** 3:00 pm  
**DISTANCE:** 11 km (6.8 miles)  
6 km (3.7 miles)

**TRAIL: (1A)** Walk on sidewalks and road shoulders through Beaverton neighborhoods and into Hyland Park, a small, forested area with well-maintained trails in the western part of Beaverton. **Suitable for strollers. Not suitable for wheelchairs.**

**AWARD:** IVV credit is \$4.00. All participants are welcome and must register, carry, and return a start card. Guests are welcome to join us. Donations to support activities like this are appreciated.

**PRE-REGISTRATION:** None.

**MISCELLANEOUS:** Water and restrooms at start/finish. **Pets permitted but NOT in buildings. Owners are responsible for leash and clean up laws.**

This event is our annual Teddy Bear collection for the Dougy Center in Portland. We prefer bears about 12-14" in height, just big enough for a child to hug.

**CHALLENGES:** Posted at start.

**MORE INFO:** Dan Webster 971-221-4994

**DIRECTIONS: I-5 NORTHBOUND:** Exit #292A (OR217). Exit #1 (Walker Rd). **LEFT** on Walker Rd. **LEFT** on SW Cedar Hills Blvd. **RIGHT** into Cedar Hills Crossing parking lot. Enter mall through front doors to the **RIGHT** of Boxer Ramen.

**I-5 SOUTHBOUND:** Exit #302B (I-405/US30W). Exit #1D (Beaverton) onto US26W (Sunset Hwy W). Exit #68. **LEFT** onto SW Cedar Hills Blvd. Continue as above.

**I-84 WESTBOUND:** Exit I-5N/US30. Exit #302B (I-405/US30W). Continue as above.

**WALK IN PUYALLUP'S SOUTH HILL PARKS  
MARCH 23 (SATURDAY)**

**IVV CREDIT ONLY**

**SANCTION #:** 126707  
**SPONSOR:** Daffodil Valley Volkssport  
**LOCATION:** Bradley Lake Park  
531 31st Ave. SE  
C3 PUYALLUP WA  
**START TIME:** 9:00 am – 11:00 am  
**FINISH TIME:** 2:00 pm  
**DISTANCE:** 10 km (6.2 miles)  
5 km (3.1 miles)

**TRAIL: (2C)** The walk route goes on asphalt trails through Bradley Lake Park and Wildwood Park. There is a dirt exercise trail in Wildwood Park that could be muddy and the route goes through some nearby neighborhoods. **Strollers and wheelchairs will have difficulty.**

**AWARD:** IVV credit is \$4.00. All participants are welcome and must register, carry, and return a start card. Guests are welcome to join us. Donations to support activities like this are appreciated.

**PRE-REGISTRATION:** None.

**MISCELLANEOUS:** Water and restrooms at start/finish. **Pets permitted but NOT in buildings. Owners are responsible for leash and clean up laws.**

**MAPS AND DIRECTIONS WILL BE PROVIDED. THERE WILL BE LIMITED TRAIL MARKINGS.**

**CHALLENGES: AVA: Par for the Course**

**MORE INFO:** Carolyn Warhol 253-347-0324  
jcwarhol@comcast.net

**DIRECTIONS: I-5: Exit #127 (WA512).** Take 3rd Puyallup exit (Fairgrounds). **RIGHT** on Meridian (WA161). **LEFT** on 23rd Ave SE. **RIGHT** on 7th St SE. **LEFT** into parking lot. If the parking lot is full, you can park across the street.

**I-405: Exit #2 (WA167/Auburn).** Exit onto WA512. Take 2nd Puyallup exit (Fairgrounds). **LEFT** on Meridian (WA161). Continues as above.

**EASTER WALK  
MARCH 30 (SATURDAY)**

**IVV CREDIT ONLY**

**SANCTION #:** 124789  
**SPONSORS:** Emerald City Wanderers  
**LOCATION:** **Madrona Park**  
**835 Lake Washington Blvd**  
**C2 SEATTLE WA**  
**START TIME:** 9:00 am – 10:30 am  
**FINISH TIME:** 1:30 pm  
**DISTANCE:** 10 km (6.2 miles)  
5 km (3.1 miles)

**TRAIL: (2A)–10km/5km (1A)–5km** Walk on sidewalks and groomed trails through the charming Madrona neighborhood and alongside Lake Washington for beautiful waterfront views. One **5km** loop follows along a portion of the **10km** route. The other **5km** loop stays along the lake for an out-and-back walk. **Strollers may have difficulty. Not suitable for wheelchairs.**

**AWARD:** IVV credit is \$4.00. All participants are welcome and must register, carry, and return a start card. Guests are welcome to join us. Donations to support activities like this are appreciated.

**PRE-REGISTRATION:** None.

**MISCELLANEOUS:** Water and restrooms at start/finish. **Pets permitted but not in buildings. Owners are responsible for leash and clean up laws.**

**MAPS AND DIRECTIONS WILL BE PROVIDED. THERE WILL BE LIMITED TRAIL MARKINGS. BOOKS WILL BE STAMPED AT THE START TABLE.**

**CHALLENGES:** Posted at start.

**MORE INFO:** Jane Clark 206-920-2544  
Jane3883@gmail.com

**DIRECTIONS:**  
I-5 NB: Exit 165A (Dearborn/James/Madison) to James (after Dearborn exit move to right lane (exit only). **RIGHT** on James (becomes E. Cherry St). **LEFT** on 34th Ave (curves right to become E. Denny Way then curves right to become Madrona Dr). **RIGHT** on Lake Washington Blvd. Continue past Madrona Park and yellow brick building on left, to parking lot on **LEFT**. Park and walk north (lake on right) about 0.25K to picnic shelter start point.  
I-5 SB: Exit 165A (James St). **LEFT** on James. Continue as above.

**TACOMA VS RUSTON WALK  
APRIL 13 (SATURDAY)**

**IVV CREDIT ONLY**

**SANCTION #:** 126756  
**SPONSOR:** Evergreen Wanderers  
**LOCATION:** **VFW Narrows Bridge Post**  
**4741 N Baltimore Street**  
**C3 TACOMA WA**  
**START TIME:** 9:00 am – NOON  
**FINISH TIME:** 3:00 pm  
**DISTANCE:** 12 km (7.4 miles)  
7 km (4.3 miles)  
5 km (3.1 miles)

**TRAIL:** Walk on sidewalks and road shoulders. Both loops total **12km** for a “charm ‘n views”-packed experience.

**(1A) LOOP #1** The **5km** goes south through neighborhoods with unique gardens, a pioneer stone church, the Sherman block and magnificent views of Commencement Bay. **Suitable for strollers. Not suitable for wheelchairs.**

**(2B) LOOP #2:** The **7km** goes north downhill to the Point Ruston Public Market, Dune Park, up over the bridge through Pt Defiance gardens and pond, and up through unique sites of Ruston. **Suitable for big wheel strollers. Not suitable for wheelchairs.**

**AWARD:** IVV credit is \$4.00. All participants are welcome and must register, carry, and return a start card. Guests are welcome to join us. Donations to support activities like this are appreciated.

**PREREGISTRATION:** None.

**MISCELLANEOUS:** Water and restrooms at start/finish and in parks for **7km** loop only. **Pets are permitted but not in buildings. Owners responsible for leash and clean up laws.**

**MAP WALK. MINIMAL TRAIL MARKINGS.**

**CHALLENGES:** Posted at start.

**MORE INFO:** Nancy Wittenberg 253-208-1331  
newittenberg@gmail.com

**DIRECTIONS:** I-5: Exit #132 (WA16W/Gig Harbor/Bremerton). **NORTHBOUND KEEP LEFT to WA16W/ SOUTHBOUND KEEP RIGHT** to take Exit #132B. Exit #3 (WA163N/Ruston/6th Ave). **CROSS** Bantz Blvd. **RIGHT** on N Pearl St. **RIGHT** on N 46th St. **LEFT** on N Baltimore St. **USE ON-STREET PARKING.**

**WILD AND WOOSY IN WASHINGTON**  
**APRIL 25-28 (THURSDAY / FRIDAY / SATURDAY / SUNDAY)**

**IVV CREDIT ONLY**

**SPONSOR:** Capitol Volkssport Club  
**LOCATION:** Washington Association  
of Sheriffs & Police Chiefs  
3060 Willamette Dr NE #200  
**C3 LACEY WA**  
**START TIME:** NOON – 5:00 pm (Thursday)  
8:00 am – 5:00 pm  
(Friday-Saturday)  
8:00 am – NOON (Sunday – Start point)  
9:30 am – 1:30 pm (Sunday NW Trek)

**AWARD:** Participant fee is \$3.00 per walk, which includes IVV credit. All participants are welcome but must sign the waiver. The walks are also available on the AVA Online Start Box from April 22 through May 3 for \$4.00 per walk.

**PRE-REGISTRATION: OPTIONAL**  
CapitolVolkssportClub.org

**MISCELLANEOUS:** Water and restrooms available at start/finish. **Pets permitted on a leash except at Northwest Trek wildlife park. Owners responsible for cleanup.**

**Social events (pre-registration required for food events):**  
**Thursday:** 4:00 pm Pub Crawl group walk.  
**Friday:** 10:00 am and 4:00 pm group walks.  
6:00 pm - 10:00 pm Meet & Greet. Appetizers provided with a no-host bar.  
**Saturday:** 10:00 am and 4:00 pm group walks.  
7:00 pm Buffet dinner with no-host bar. Doors open at 6:00 pm. Space is limited.

**CARRY WATER. THESE ARE MAP ONLY EVENTS and most include driving to the start point.**

Some events require a Washington State Discover Pass, day-use parking fee, or a National Park Pass.

**CHALLENGES:** Listed at start.

**MORE INFO:** Pamela Davis 360-790-9733  
GreigEnterprises@msn.com

**DIRECTIONS:** I-5: Exit #111. NORTHBOUND LEFT/SOUTHBOUND RIGHT on Marvin Rd NE. RIGHT on Hogum Bay Rd NE. RIGHT on Willamette Dr NE (roundabout). Washington Association of Sheriffs & Police Chiefs driveway on RIGHT past Orion Dr NE and prior to next roundabout.

**FIVE FRIENDLY PARKS WALK**

**SANCTION #:** 125118  
**DISTANCE:** 11 km (6.8 miles)  
5 km (3.1 miles)

**REGISTER AND DRIVE TO START.**

**TRAIL: (1B)** Walk on sidewalks and bark trails in shaded neighborhoods and gardens from Friendly Grove Park through five Olympia parks. An abandoned rhododendron garden is a highlight on this walk. **Suitable for strollers. Wheelchairs will have difficulty.**

**HERE A PARK, THERE A PARK WALK**

**SANCTION #:** 125212  
**DISTANCE:** 11 km (6.8 miles)  
6 km (3.7 miles)

**REGISTER AND DRIVE TO START.**

**TRAIL: (1B)** Walk on sidewalks, gravel, and bark paths through beautiful and peaceful park-like neighborhoods from Rainier Vista Park to Wonderwood Park. Lots of old-growth trees are a highlight on this walk. **Suitable for strollers and wheelchairs.**

**MILLERSYLVANIA STATE PARK WALK**

**SANCTION #:** 125213  
**DISTANCE:** 10 km (6.2 miles)  
5 km (3.1 miles)

**REGISTER AND DRIVE TO START.**

**TRAIL: (1C)** Walk well-groomed trails, gravel roads, and boardwalks through the old-growth forests, wetlands, and campground of Millersylvania State Park. **Not suitable for strollers or wheelchairs.**

**SQUAXIN PARK WALK**

**SANCTION #:** 125233  
**DISTANCE:** 10 km (6.2 miles)  
5 km (3.1 miles)

**REGISTER AND DRIVE TO START.**

**TRAIL:** Walk well-groomed trails amongst the woods and ferns of Squaxin Park. Views of Budd Inlet and the Capitol Building. Two **5km** loops, one is fairly level, the other has several steep hills and steps. Walk both **5km** loops for **10km**.

**LOOP #1: (3B)** Several steep hills and steps.

**LOOP #2: (1B)** Fairly level.

**Not suitable for strollers or wheelchairs.**



**WILD AND WOOSY IN WASHINGTON  
APRIL 25-28 (THURSDAY / FRIDAY / SATURDAY / SUNDAY)**

**IVV CREDIT ONLY**

**BIG CREEK HIKE**

**SANCTION #:** 125234  
**DISTANCE:** 10 km (6.2 miles)  
7 km (4.3 miles)

**REGISTER AND DRIVE TO START.**

**TRAIL: (2C)-7km (3C)-10km**

Hike rooted trails along Big Creek then up the lower slopes of Mount Ellinor with an elevation gain of 900 feet for the **7km** route or 1,700 feet for the **10km** route. The forested trail crosses cascading streams on sturdy bridges under the canopy of the Olympic National Forest. **Not suitable for strollers or wheelchairs.**

**HAWKS PRAIRIE NEIGHBORHOOD WALK**

**SANCTION #:** 124375  
**DISTANCE:** 10 km (6.2 miles)  
5 km (3.1 miles)

**TRAIL: (1A)-5km (1C)-10km**

Walk sidewalks and dirt trails (**10km** only) through the Hawks Prairie area through impressive neighborhoods, woods, and golf courses. **5km suitable for strollers and wheelchairs. 10km strollers will have difficulty. Not suitable for wheelchairs.**

**MIMA FALLS HIKE**

**SANCTION #:** 125280  
**DISTANCE:** 10 km (6.2 miles)  
7 km (4.3 miles)

**REGISTER AND DRIVE TO START.**

**TRAIL: (2C)** Walk rocky trails in the Capitol State Forest, a beautiful recreation destination just a short drive from Lacey. Hike through lush forest and past lush wetlands to Mima Falls, a small but lovely waterfall. **Not suitable for strollers or wheelchairs.**

**WESTSIDE NATURE TRAILS WALK**

**SANCTION #:** 126026  
**DISTANCE:** 10 km (6.2 miles)  
5 km (3.1 miles)

**REGISTER AND DRIVE TO START.**

**TRAIL: (2B)** Walk on sidewalks, paved trails, dirt trails, and road shoulders through Grass Lake Nature Reserve, on the Ralph Munro Trail, and on the McLane School Forest Trail. This is a particularly colorful walk if the daffodils are in bloom. **Not suitable for strollers or wheelchairs.**

**PUB CRAWL WALK**

**SANCTION #:** 126039  
**DISTANCE:** 10 km (6.2 miles)  
5 km (3.1 miles)

**REGISTER AND DRIVE TO START.**

**TRAIL: (1A)** Walk on sidewalks through downtown Olympia and the surrounding area with several pubs located along the route. Group walk on Thursday, April 25 at 4:00 pm only. **Suitable for strollers. Difficult for wheelchairs.**

**TUMWATER VALLEY WALK**

**SANCTION #:** 126042  
**DISTANCE:** 10 km (6.2 miles)  
5 km (3.1 miles)

**REGISTER AND DRIVE TO START.**

**TRAIL: (1A)** Walk on sidewalks and well-groomed trails through Tumwater Falls Park and surrounding neighborhoods. This route starts from the Rivers Edge Restaurant which is our Meet & Greet and Saturday night dinner venue. **Difficult for strollers. Not suitable for wheelchairs.**

**NORTHWEST TREK WALK**

**SANCTION #:** 126642  
**DISTANCE:** 10 km (6.2 miles)  
5 km (3.1 miles)

**PRE-REGISTER AND DRIVE TO START.**

Pre-registration required since this walk is offered ONLY on Sunday, April 24 and requires an additional entrance fee. Walk both **5km** loops for a total of **10km**.

**TRAIL: (2A)-5km (2C)-10km**

**LOOP #1: (2A)** Walk paved paths through the Northwest Trek wildlife park. See amazing animals in their natural habitat. **Suitable for strollers and wheelchairs.**

**LOOP #2: (2C)** Walk on grass and dirt paths through the woods. **Strollers will have difficulty. Not suitable for wheelchairs.**

# NORTHWEST REGION CALENDAR OF EVENTS

STATE/DATE	TYPE	LOCATION	CLUB	PHONE
<b>WASHINGTON</b>				
<b>W=Walk B=Bike GW=Guided Walk NW=Night Walk S=Swim</b>				
March 16	W	Edgewood - Edgewood Parks	Daffodil Valley	253-347-0324
March 23	W	Puyallup - Walk in South Hill Parks	Daffodil Valley	253-845-6592
March 30	W	Seattle - Easter on the Waterfront	Emerald City Wanderers	206-851-2101
April 23	W	Tacoma vs Ruston	Evergreen Wanderers	253-208-1331
April 25-28	11W	Wild and Woodsy in Washington	Capitol Volkssport	360-790-9733
May 9-11	6W	Winthrop in the Spring	Interlaken Trailblazers	
May 27	W	Seattle - Celebrate the Irish	Emerald City Wanderers	206-851-2101
June 8	W	Eatonville - Nisqually State Park	Daffodil Valley	253-347-0324
June 15	W	Shoreline - Walking Woodway	Sound Steppers Volkssport Club	206-214-5274
July 4	W	Seattle - Independence Day Walk	Emerald City Wanderers	206-851-2101
July 27	W	Renton - Renton River Days	Interlaken Trailblazers	
August 2-4	3W	Glacier - NW Hiking Weekend	Four Plus Foolhardy Folks	760-496-8610
August 14	GW	Seabrook	Capitol Volkssport	360-491-4767
August 14	GW	Moclips	Capitol Volkssport	360-491-4767
August 17	W	Puyallup - South Hills Parks	Daffodil Valley	253-347-0324
August 31	W	Seattle - Labor Day Weekend Walk	Emerald City Wanderers	206-789-1960
September 19-22	W	NW Regional Conference Kitsap County	ESVA	
September 28	W	Seattle - Shoreline	FS Family Wanderers	206-552-1775
October 5	W	Tumwater - Where the Salmon Run	Capitol Volkssport	360-485-3693
October 12	W	Easton - Lake Easton Fall Color Walk	Four Plus Foolhardy Folks	206-713-1564
October 26	W	Carnation - Remlinger Farms Halloween	Emerald City Wanderers	206-788-7969
November 9	W	Buckley - New White River Bridge	Daffodil Valley	253-347-0324
December 31	W	Seattle - New Year's Eve	Emerald City Wanderers	206-851-2101
<b>OREGON</b>				
March 16	W	Beaverton - St Patrick's Day Teddy Bear	Cedar Milers	971-221-4994
March 19	GW	Lebanon - Lake Walk	Albany Fitwalkers	541-974-5780
March 21	GW	Amity - Town & Country Walk	Willamette Wanderers	503-437-5508
April 16	GW	Sweet Home - Gateway to Santiam	Albany Fitwalkers	541-974-5780
April 20	W	Jefferson - Nancy's Soup Walk	Albany Fitwalkers	541-974-5780
April 30	GW	Albany - West Albany	Albany Fitwalkers	541-974-5780
May 3	GW	Sauvie Island - Warrior Rock Trail	Albany Fitwalkers	541-974-5780
May 14	GW	Champoeg State Park	Columbia River Volkssport Club	503-453-6018
May 19	GW	Corvallis - Adrienne's Walk	Albany Fitwalkers	541-974-5780
June 4	GW	Lyons City Park - Foot of Cascades	Albany Fitwalkers	541-974-5780
June 16	GW	Corvallis - Avery Park	Albany Fitwalkers	541-974-5780
June 18	GW	Clear Lake, Santiam - Lava Trail	Albany Fitwalkers	541-974-5780
July 13	GW	Albany - "Crazy Days" R & R	Albany Fitwalkers	541-974-5780
July 16	GW	Beverly Beach State Park - Punch Bowl	Albany Fitwalkers	541-974-5780
July 20	GW	Gresham - Arts Festival	East County Wind Walkers	541-951-0667
August 13	GW	Lake Shore Lanes - Albany Wellness Trail	Albany Fitwalkers	541-974-5780
August 18	GW	Philomath - Trail with a View	Albany Fitwalkers	541-974-5780
September 3	GW	Willamette Pass - "Water Falls"	Albany Fitwalkers	541-974-5780
September 14	GW	Salem - Governor's Mansion/Fairmount	Willamette Wanderers	541-967-3001
September 17	GW	Santiam Wagon Road - Walking History	Albany Fitwalkers	541-974-5780
September 24	GW	Corvallis - River and Lakes	Albany Fitwalkers	541-974-5780
October 8	GW	Philomath - Park and Wetland	Albany Fitwalkers	541-974-5780
October 17-20	2W	Shady Cove	CRVC-Rogue Valley Walkers	360-921-1909
<b>IDAHO</b>				
August 23-25	W	Wallace - Walking Event	Lilac City Volkssport	360-904-7236
<b>BRITISH COLUMBIA</b>				
October 11-13	W	Kelowna Wine Walks		

# Evergreen State Volkssport Association Clubs

## **CAPITOL VOLKSSPORT CLUB**

**360-357-9185**

711 Eastside St. NE, OLYMPIA 98506  
2nd Thursday/5:00 pm  
See website for meeting time and place.  
jcyounkins@comcast.net  
capitolvolkssportclub.org/

## **CENTRAL WASHINGTON SUN STRIDERS**

**509-966-4547**

PO Box 10523, YAKIMA 98909-1523  
2nd Wednesday monthly  
Contact for location/time.  
russ.elaine24@gmail.com

## **DAFFODIL VALLEY VOLKSSPORT ASSOCIATION 253-347-0324**

8718 159th St. E., PUYALLUP 98375  
Monthly every 2nd Monday afternoon  
Contact for meeting location.  
jcwahol@comcast.net  
daffodilvalleyvolkssport.com

## **EMERALD CITY WANDERERS 206-851-2101**

PO Box 16221, SEATTLE 98116  
2nd Thursday/7:00 pm  
Contact for meeting location.  
m.nagan@comcast.net  
emeraldcitywanderers.org

## **EVERGREEN WANDERERS 253-225-9398**

3204 90th St. S., LAKEWOOD 98499  
Quarterly 3rd Wednesday  
Contact for meeting location.  
Crick94et@comcast.net

## **FOUR-PLUS FOOLHARDY FOLKS 760-496-8610**

17634 122nd Pl SE, RENTON 98058  
2nd Wednesday/7:00 pm/Call for location  
jensenholmespa@gmail.com  
<https://fourplushikers.weebly.com>

## **FS FAMILY WANDERERS**

**206-523-2207**

6311 20th Ave NE, SEATTLE 98115  
3rd Tuesday/Noon  
Cafe Arta, 6504 20th Ave NE  
michellero1956@gmail.com

## **INTERLAKEN TRAILBLAZERS VOLKSSPORT CLUB 206-228-3915**

25320 SE 184th St, MAPLE VALLEY 98038  
1st Wednesday/7:00 pm  
Contact for meeting location.  
Irenestanford@msn.com  
interlakentrailblazers.org/

## **INTERNATIONAL WANDERERS 360-260-9393**

PO Box 871000, VANCOUVER 98687  
fun@walkingadventures.com

## **LILAC CITY VOLKSSPORT ASSOCIATION**

**509-465-2690 / 360-904-7236**  
12508 N. Denver Dr., SPOKANE 99218-4701  
1st Tuesday/7:00 pm  
Manito Park Conservatory Annex  
agheritage@hotmail.com  
lilaccityvolks.com

## **NW PATHFINDER CLUB**

**360-584-6446**  
6623 Riviera Court SE, LACEY 98513  
NWPPathfinder@comcast.net

## **NW TULIP TREKKERS**

**360-491-5560**  
533 Rainbow Dr, SEDRO WOOLLEY 98284  
Contact for meeting location.  
nwtclub@gmail.com

## **OLYMPIC PENINSULA EXPLORERS**

**210-204-9301**

PO Box 1706, SEQUIM 98382  
Check website for location and time.  
cbaulch31@gmail.com  
opevolkssport.org

## **SEA-TAC VOLKSSPORTS CLUB**

**206-788-7969**

PO Box 25101, FEDERAL WAY 98093  
4th Tuesday/7:00 pm  
Contact for meeting location.  
fran55carson@gmail.com

## **SOUND STEPPERS VOLKSSPORT CLUB 425-697-3728**

PO Box 3405, LYNNWOOD 98046-3405  
2nd Thursday of the month 6:15-7:15pm  
Contact for meeting location.  
Sgogur@gmail.com  
Soundsteppers.org

## **THE OVER-THE-HILL GANG VOLKSSPORT CLUB 253-875-3064 / 253-444-8515**

32506 Meridian E, GRAHAM 98338  
4th Wednesday  
Contact for meeting time and location.  
dianeswagner@comcast.net

## **VANCOUVER USA VOLKSSPORTERS 505-298-1256**

PO Box 2121, VANCOUVER 98668-2121  
2nd Thursday/6:30 pm  
Contact for meeting location.  
dsteedle@aol.com  
vusav.club

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# Oregon Trail State Volkssport Association Clubs

## **ALBANY FITWALKERS**

**541-974-5780**

PO Box 1218, ALBANY 97321  
2nd Wednesday/7:00 pm  
Brookdale Villas Courtyard, 1929 Grand  
Prairie Rd SE  
albanyfitwalkers@gmail.com

## **CEDAR MILERS**

**503-591-5893**

1195 SW Jay Ct, ALOHA 97003  
2nd Monday/6:45 pm/Cedar Mill Library  
Check website for updates/changes  
cedarmilerswalkingclub@gmail.com  
cedarmilerswalking.club

## **COLUMBIA RIVER VOLKSSPORT**

**360-921-1909**

11410 SE 90th Ave, #1511, HAPPY VALLEY 97086  
2nd Monday Feb/Apr/June/Aug/Oct.  
Check website for meeting information.  
opahainline49@gmail.com  
walking4fun.org

## **CORVALLIS CRUISERS**

**541-981-3794**

517 NW 10th, CORVALLIS 97330  
1st Wednesday except December 5:30 pm  
Timberhill Athletic Club, 2855 NW 29th St  
silverwalker@webtv.net

## **EAST COUNTY WINDWALKERS**

**541-951-0667**

PO Box 854, GRESHAM 97030-0192  
2nd Thursday Jan./April/June/October - 1:00 pm  
Mt. Hood Medical Center 24800 SE Stark St.  
ecwindwalkers@yahoo.com  
<https://eastcountywindwalkers.weebly.com/>

## **ROGUE VALLEY WALKERS**

**541-772-8311**

35 Fooths Creek Rd, GOLD HILL 97525  
Group walk every other Saturday.  
mjwhyme@gmail.com  
RogueValleyWalkers.com

## **ROSE CITY ROAMERS**

**360-991-8806**

2216 NE 110th St, VANCOUVER, WA 98686  
2nd Wednesday/7:00 pmFeb/Apr/June/Oct/Dec  
Portland Adventist Medical Center,  
dickbkr@q.com  
RoseCityRoamers.org

## **SILVERTON WALK ABOUTS**

**503-769-5380**

1708 Wilshire Place, STAYTON 97383  
2nd Monday/Santiam Memorial Hospital and  
alternating Restaurants in Silverton  
mcdermot@wvi.com

## **WILLAMETTE WANDERERS**

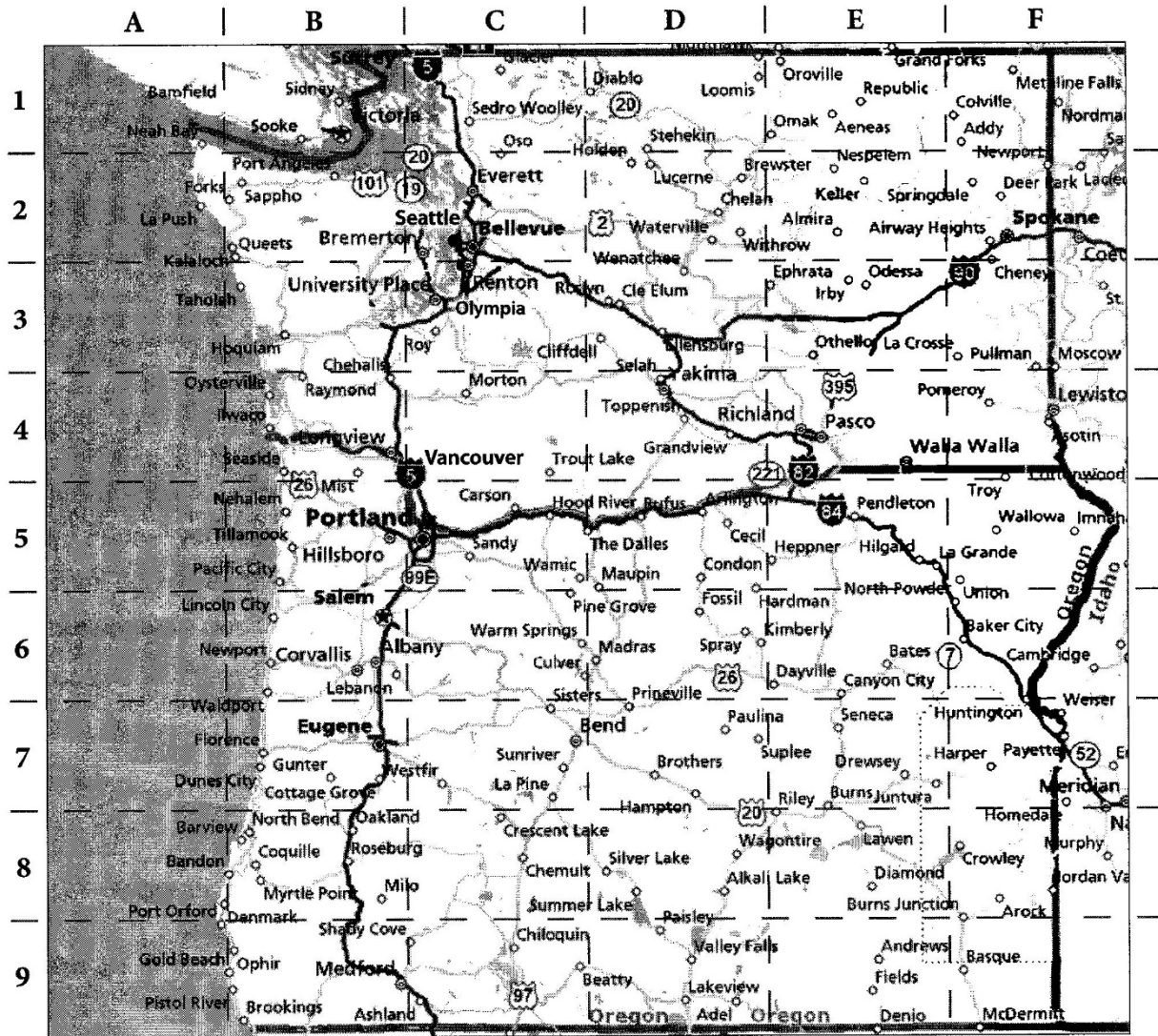
**PO Box 13982, SALEM 97309-9998**

3rd Wednesday/1:00 pm  
Salem Library  
585 Liberty Street SE, Salem  
BARNEVE@aol.com  
willwander.weebly.com

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## WASHINGTON/OREGON STATES EVENT LOCATION MAPS

The purpose of this map is to assist participants in locating event start points in unfamiliar areas.



This is the coordinate map used in walk events to designate the area where the event will be held. When you see the letter and a number (like D7) shown on the left side on the line below "LOCATION", please refer to this map.