

GENERAL CLUB INFORMATION

Who are the Albany Fitwalkers?

Our 34-year-old walking club is one of more than 200 clubs affiliated with the American Volkssport Association offering over 3,000 US walking events. Our walks are non-competitive and open to all with no age restrictions. Baby strollers and leashed dogs can usually be walked on our routes. For more information, please explore our website, www.albanyfitwalkers.org, or at Facebook. E-mail us at these sites if you have any questions and/or wish to be on our e-mail list. Or contact Don Reed, Trailmaster, at 541-974-5780 or donreed1946@yahoo.com.

Do you like to walk but are unsure where?

Consider the ten self-guided walks in Albany, Brownsville, Lebanon and on the Pacific Crest Trail developed by the Albany Fitwalkers Club. This brochure describes these walks, which are measured in kilometers (K), and the places where they start. Distances are noted within this brochure.

Please complete the registration sheet before taking the walking instructions and map. Walks are free unless you wish to receive credit from the American Volkssport Association (AVA). Contact the club for AVA information.

Do you like to walk but not alone?

Check the calendar on our website and consider carpooling with Albany Fitwalkers Club members to walks in other towns on Thursdays. For information, contact Julia at 541-967-3001 or pjwesterberg@comcast.net.

Also, consider joining the Albany Fitwalkers on their monthly Sunday Strolls as they alternate among the walks listed in this brochure. For more information, contact club president Don Reed, at donreed1946@yahoo.com or 541-974-5780.

Disclaimer:

Although every effort is made to make these self-guided walks enjoyable, memorable, and safe, the Albany Fitwalkers are not liable for accidents, thefts, and material damage. Please use caution and take a friend along. Walks are available from dawn to dusk daily. Maneuvering wheelchairs and strollers could be difficult, as not all curbs are cut and some walks include dirt/gravel paths. For the latest information on these walks and for the AVA Challenges met by these walks, visit www.ava.org. For Walk Oregon Challenges, visit www.walkoregon.org.

Always walk during daylight hours and carry water.

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Self-Guided Year-Round Walks January 3 - December 30

<u>Name</u>	<u>#</u>	<u>Distance</u>	<u>Rating</u>
Albany Historic	Y0215	5/10K	1A
Albany Southeast Parks	Y0377	5/6/10K	1A
Albany Talking Waters	Y1981	5/10K	1B
Albany Timber Linn Park	Y1960	5/10K	1A
Albany N Trails & Hills	Y2627	5/10K	2A
Brownsville Historic	Y1272	5/10/13K	2A
Lebanon Bayou Trails	Y2247	5/6/10K	1A

Seasonal Hikes July 1 - September 30, 2022

Eugene PCT Rosary Lakes	Y2465	10K	3C
Sisters PCT Matthieu Lakes	Y2435	10/15K	3C

Seasonal Bike Route April 1 - September 30, 2022

Millersburg Bike	Y1721	26K	1B
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Included: 12 regional walks not listed above



Albany Fitwalkers Volkssports Club NW 474

P.O. Box 1218

Albany, Oregon 97321

www.albanyfitwalkers.org



IN ALBANY

Albany - [Historic Walk](#): Y0215, 5K/10K, rated 1A. **REGISTER** and **START** at Pops Branding Iron 901 Pacific Blvd, Albany. *(From I-5 take exit 233 west to Albany City Center/Corvallis. Pops is on the right at Pacific Boulevard and Madison Street.)* The registration binder, located in the small room next to the checkout area in a wall rack, is available during. Payment must be mailed. **WALK** from Pops Branding Iron through three parks and along a boardwalk. Continue through three historic districts with many historic homes and a revitalized water front. This walk passes Albany's new carousel and meets many challenges. Restrooms at start point. Pets on leashes are allowed. Moderately difficult for strollers and wheelchairs.

Albany - [Southeast Parks Walk](#): Y0377, 5K/6K/10K, rated 1A. **REGISTER** at 2937 SE Moraga, Albany. *(From I-5 take exit 233. Turn toward City Center .5 miles. Left on Waverly Drive. Left on SE Moraga to 2937 on left.)* Cabinet on front porch. **DRIVE** to **START** at Brookdale Villa Courtyard on Grand Praire. **WALK** through five parks and quiet residential neighborhoods along a bike path, a lake, and a canal with many types of ducks and other birds. Daylight hours. Restrooms and water at start point. Leashed pets allowed. Moderately difficult for strollers and wheelchairs.

Albany - [North Trails & Hills Walk](#): Y2627, 5K/10K, rated 2A. **REGISTER** at the North Albany IGA Supermarket 621 Hickory Street, Albany. *(From I-5 take Hwy 20 exit towards Corvallis. After crossing the Willamette River, turn right on North Albany Road to IGA Supermarket on the right.)* Register inside market 6AM-10PM. Binder in two-drawer file cabinet near the front door. **DRIVE** to **START** at North Albany Park on Hillcrest Street: Directions to park are included with walk directions. **WALK** trails, sidewalks and streets through new and established areas. Enjoy views from top of Spring Hill. Watch for deer on the Countryman Loop. Walk consists of two 5K loops starting at North Albany Park. Daylight hours. Restrooms at registration location. Pets on leashes are allowed. Hard for strollers. No wheelchairs.

Albany - Talking Waters and Timber Linn

Both walks **REGISTER** at the Holiday Inn Express Hotel, 105 Opal Ct NE, Albany. *(I-5 S, exit 234A. Right at the next two stop signs and under I-5 on Knox Butte Road. Hotel on right. I-5 N, exit 234. Right at stop sign onto Knox Butte Road. Hotel on right.)* The registration binder is at check-in desk. Restrooms and water available.

- **[Talking Waters Walk](#):** Y1981, 5K/10K, rated 1B. **DRIVE** to **START** at Talking Water Gardens: Directions with walk map. **WALK** through Talking Water Gardens, a nationally recognized, 50-acre,

manmade wetlands park. Also included on the walk are Waverly Lake Park and the two Swan Lakes, all connected by Cox Creek. Leashed pets allowed.

- **[Timber Linn Park Walk](#):** Y1960, 5K/10K, rated 1A. **START** at the hotel dawn to dusk. **WALK** to Timber Linn Park passing Linn County Fairgrounds, a Veterans Memorial, an amphitheater, and a dog park along the way. The 10K continues through newer residential areas. Leashed pets allowed.

NEAR ALBANY

Brownsville - [Historic Brownsville Walk](#): Y1272, 5K/10K/13K, & 3K option, rated 2B. **REGISTER** and **START** at the Chevron Gas Station, 203 W Bishop Way, Brownsville. *(From I-5 take exit 216. Head for Brownsville. Drive about four miles on Hwy 228, which becomes Bishop Way. The Chevron Station is on the right.)* Please park on Washburn Street, not at Chevron. Ask attendant for notebook binder. **WALK** historic Brownsville, settled in 1846, nestled in the foothills of the Cascades in the mid-Willamette Valley. This walk goes through Pioneer Park and the historic downtown with charming shops and restaurants and vintage houses where the movie "Stand By Me" was filmed. The 3K option to the pioneer cemetery passes the grave of a prominent Calapooia Native American. Moderately difficult for strollers

Lebanon - [Bayou Trails of Small Town America Walk](#): Y2247, 5K/6K/10K, rated 1A. **REGISTER** and **START** at Best Western Boulder Falls Inn at 505 Mullins Drive Lebanon, OR 97355. *(From I-5 north, take exit 233. Right at light onto Hwy 20/Lebanon. Go 11 miles, then right on Mullins Drive. Right at circle to park at end of hotel. From I-5 south, take exit 228. Right on 34/Lebanon. Go eight miles, and then left onto Main (Hwy 20). Go .2 miles and left on Mullins to hotel.)* Ask for binder at registration desk. **WALK** newly developed trails along waterways and through farm areas, part of which go through old parts of the city of Lebanon, including the old train depot. New area includes interesting terrarium, pond and garden as well as a nice restaurant. Moderate difficulty for strollers/wheelchairs.

Millersburg - [Seasonal Bike](#): Y1721, 26K, rated 1B. **REGISTER** at Holiday Inn Express Hotel, 105 Opal Ct NE, Albany. *(Southbound I-5, exit 234A. Turn right at the next two stop signs and go under I-5 on Knox Butte Rd. Hotel is on the right. From northbound I-5, exit 234, turn right at the stop sign onto Knox Butte Rd. Hotel is on the right.)* The registration binder is at check-in desk. **DRIVE** to **START** at Millersburg Park. Bike route map includes directions to the park where water and restrooms are available. **RIDE** lightly traveled paved roads through the quiet countryside past orchards and farmlands.

IN THE PACIFIC NORTHWEST

Bandon - [Coos County, Beach, Lighthouse & Old Town](#)

Walk: Y0637, 5K/10K, rated 2A. **REGISTER** using the Online Start Box after signing in to your personal [myAVA.org](#) account. **START** at Ray's Food Place, 66 Michigan Avenue, Bandon. *(From Hwy 101, turn towards the ocean on NE 2nd and then left on Michigan Avenue NE to Shopping Center.)* **WALK** daylight hours through "Old Town" and the city park, along the beach and a wildlife refuge, and to the jetty for a great view of the Coquille River Lighthouse. Beach option, rated 1C, NOT for use at high tide. Restrooms and water at start point and two places on walk.

Charleston - [Coos County, Cape Arago and Shore Acres](#)

Gardens Walk: Y1763, 5K/10K, rated 3C. **REGISTER** using the Online Start Box after signing in to your personal [myAVA.org](#) account. **START** at Cape Arago State Park. The 10K, rated 3C, is on the Pacific Coast Trail (PCT) through forests and to/through Shore Acres State Park (SASP). The 5K, rated 2B, is a shorter portion of the PCT and through SASP. Both have extensive formal gardens and dramatic seaside cliffs.

Cottage Grove - Both walks **REGISTER** at Middlefield Village Golf Course Pro Shop 91 Village Drive, Cottage Grove. *(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. **DRIVE** to **START** points: Directions included with walk map.

- [Covered Bridges Walk:](#) Y0804, 5K/10K, rated 1A. **WALK** city streets and sidewalks thru parks, restored Chambers RR Covered Bridge, Centennial Bridge and downtown Cottage Grove. 5/10K, rates 1A. Strollers/wheelchairs-med. Pets permitted, but NOT in buildings.
- [Row River Trail/Dorena Lake Walk:](#) Y1441, 5K/10K, rated 1A. **WALK** on Row River Trail (Rails to Trails) through Mosby Creek Covered Bridges to the top of Dorena Lake Dam. Mostly paved surfaces. 11k/5k rated 1-A; out and back routes. Strollers and wheelchairs. Pets on leash OK, not in buildings. Water and restrooms at start/finish.

Eugene - Multiple walks **REGISTER** at Valley River Inn (VRI), Eugene, 1000 Valley River Way, Eugene. *(From I-5, Exit 194B toward Eugene. Take Exit 1, 2nd exit, for Delta Hwy toward Beltline Hwy. Take Valley River Center exit. Keep right. Merge onto Valley River Way. Continue to Valley River Inn on left at the end. Ask at registration desk for Volkswalk box.*

- [Riverbank Trail/Delta Ponds Walk:](#) Y1970, 7K/10K, rated 1B. **WALK** from the VRI 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. Water and restrooms at start point and beginning of Delta Ponds trail. Walk on right side of path allowing room for bikers to pass easily on your left. Dogs are prohibited at Delta Ponds.
- [Roses & History Walk:](#) Y1203, 5K/10K, rated 2B. **WALK** from VRI along and over the Willamette River to the nine-acre Owen Rose Garden. Continue on 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. Return on a wide paved path past an innovative children's playground and a replica of Skinner's cabin. The 5K route rated 1A, skips Skinner Butte and is easy for strollers and wheelchairs. Water and restrooms at Valley River Inn and at three points along the river. When on the river path, walk to the right allowing bikers to pass on left. Pets on leashes are allowed.
- [U of O and Rhododendron Garden Walk:](#) Y0413, 6K/11K, rated 2B. From Valley River Inn **DRIVE** to **START** point at Hendricks Park: Directions provided with walk instructions. **WALK** one or both loops. Loop #1, a 5K rated 2B, goes through Rhododendron Garden, native plant garden, and on various trails in Hendricks Park. Loop #2, a 6K rated 2A, goes through the eastside of the U of O campus, past a patisserie and an ice cream parlor. Pets not allowed in Rhododendron Garden. Moderately difficult for strollers. Not suitable for wheelchairs. Water and restrooms available at Valley River Inn and at the rhododendron garden.

Newport - Two talks **REGISTER** at Hallmark Resort, 744 SW Elizabeth St, Newport. *(From Hwy 101, Right at Case Street. Right at Elizabeth.)* **START** box at the front desk. **WALK** 7AM to dusk. [Historic Walk:](#) Y0665, 5K/10K, rated 2B. See the sea, the river and the bay as you walk both coasts of Newport along Nye Beach and through Old Town, along the Bay Front, past Yaquina Bay Lighthouse and through Yaquina Bay State Park. 2K beach option available at lower tides and dry weather. Hard for strollers. Not suitable for wheelchairs.

Always walk during daylight hours and carry water.

Newport Nature Walk: Y2970 5K/10K Beginning at the Rogue Brewery, the first loop takes you across the Yaquina Bay Bridge, along the Marina, around Mark Hatfield Science Center, along Yaquina Bay Estuary Trail, past the Oregon Coast Aquarium and Pirates Plunder Antique Store, across the Coast Highway, up for a view of the surrounding area, and under the Yaquina Bay Bridge. The second loop takes you along the South Jetty Road and onto a paved trail to a day use area of South Beach State Park and the Cooper Ridge Nature Trail. Hard for strollers. Not suitable for wheelchairs.

Port Orford - Historic Scenic Walk: Y2757, 5K/10, rated 2B. **REGISTER** using the Online Start Box after signing in to your personal myAVA.org account. **START** at the visitors' information building. **WALK** through Historic Port Orford waterfront area and in the area where the old fort was located. The interesting history of the area attached to the walk directions. You will also walk on an out and back set of trails after passing by the Life Boat Museum. Pets on leashes are allowed. Difficult for strollers. No wheelchairs.

Winchester Bay - Douglas County, Umpqua River Lighthouse Walk: Y0636, 10K, rated 2B. **REGISTER** using the Online Start Box after signing in to your personal myAVA.org account. **START** here for 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. Restrooms at the marina and county park. Pets on leashes are allowed. Difficult for strollers. No wheelchairs.

Yachats - Gerdemann Gardens Walk: Y1491, 5K/10K, rated 1B. **REGISTER** and **START** at the Overleaf Lodge, 280 Overleaf Lodge Lane, on the northwest side of Hwy 101 in Yachats. Lobby opens at 7AM. Binder Located under phone in hallway to left of front door. Restrooms at the Overleaf Lodge. Take a meandering hike on natural trails and paved paths through Gerdemann Botanical Preserve, an exotic and native plant garden just north of Yachats, and then along portions of the 804 Trail for a spectacular view of surf and spouting horns on the rocky edge of the sea. No dogs allowed in Preserve.

PACIFIC CREST TRAIL

Pacific Crest Trail Wilderness Hikes - REGISTER using the Online Start Box after signing in to your personal myAVA.org account. Driving directions to each start point and instructions for these wilderness hikes are provided upon registration.

- **Rosary Lakes** Y2465, 10K, rated 3C. The first 3K is a gradual incline with an occasional glimpse of Diamond Peak and Odell lake. You will pass the Lower, middle and North Rosary lakes.
- **Matthieu Lakes** Y2435, 10K/15K, rated 3C. Moderate hike with an elevation gain of about 900 feet. Mountain views and lakes.

Make sure you are well prepared with water, extra clothing and snack food. It's a good idea to check the weather before starting mountain hikes.

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