

## GENERAL CLUB INFORMATION

### Who are the Albany Fitwalkers?

Our 28-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](http://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, Club Vice-President, at 541-974-5780 or [donreed1946@yahoo.com](mailto:donreed1946@yahoo.com).

Our club meets monthly at 7 PM on the 2nd Wednesday of each month at Brookdale Villas Courtyard, 1929 Grand Prairie Rd SE, Albany. The public is invited to attend.

### Do you like to walk but are unsure where?

Consider the ten self-guided walks developed by the Albany Fitwalkers Club in Albany, Brownsville, Lebanon and on the Pacific Crest Trail. 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](mailto: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 Stroll information, contact Don Reed at 541-974-5780 or [donreed1946@yahoo.com](mailto:donreed1946@yahoo.com).

### 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](http://www.ava.org). For Walk Oregon Challenges, visit [www.walkoregon.org](http://www.walkoregon.org).



### Self-Guided Year-Round Walks January 3 - December 31

<u>Name</u>	<u>#</u>	<u>Distance</u>	<u>Rating</u>
Albany Carousel	Y2464	3/5/10/12K	1A
Albany Historic	Y0215	5/10K	1A
Albany Southeast	Y0377	5/10K	1A
Albany Talking Waters	Y1981	5/10K	1B
Albany Timber Linn	Y1960	5/10K	1A
Brownsville Historic	Y1272	5/10/13K	2B
Lebanon Bayou Trails	Y2247	5/6/10K	1A

### Seasonal Walks June 1 - November 30, 2019

Albany Wellness Trail	Y1722	5/10K	2B
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### Seasonal Walks July 1 - September 30, 2019

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

### Seasonal Bike Route April 1 - September 30, 2019

Millersburg Bike	Y1721	26K	1B
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**Albany Fitwalkers Volkssports Club NW 474**

**P.O. Box 1218**

**Albany, Oregon 97321**

[www.albanyfitwalkers.org](http://www.albanyfitwalkers.org)



## Walks in Albany:

**Historic Albany; Carousel in Old Town:** Y0215, 5K/10K, rated 1A; Y2464, 3K/5K/10K/12K, rated 1A. **Register/start: Pops Branding Iron 901 Pacific Blvd, Albany. Open 24 hours daily.** **Directions:** From I-5 take exit 233 west to Albany City Center/Corvallis. Destination on the right at Pacific Boulevard and Madison Street. The registration binder is now located in the small room next to the checkout area in a wall rack. Payment must be mailed. **Historic Walk** starts at Pops Branding Iron and goes through three parks and along a boardwalk. It also goes through three historic districts with many historic homes and a revitalized water front. This is a newly revised walk that goes by our new carousel and meets many challenges. The **Carousel Walk** begins at The Brass Ring, a beautifully restored carousel in historic downtown Albany. Walk on sidewalks and paved paths along the Willamette River through parks and past vintage homes and businesses. Along the way, pass qualifiers for many challenges and special programs.

**Southeast Albany Parks:** Y0377, 5K/6K/10K, rated 1A. **Register/Start: Villas at Courtyard, 1929 Grand Prairie Road SE, Albany.** **Directions:** From I-5 take exit 233. Turn toward City Center .5 miles. Turn left on Waverly Drive. At 1.2 miles turn right on Grand Prairie Road. At .4 miles turn right into Villas at Courtyard. The wood file cabinet is in the mail room by the front desk. Walk through five parks and quiet residential neighborhoods and along a bike path, a lake and a canal with many types of ducks and other birds.

**Albany Wellness Trail:** Y1722, 5K/10K, rated 2B. **Register/start: Java Network at Lake Shore Lanes 5444 Pacific Blvd (99E).** From city center, go south on Pacific Blvd to stop light at 53<sup>rd</sup> Avenue. Go one block past 53<sup>rd</sup> to enter parking lot on right. From I-5 North or south bound take exit 228. Go West toward Corvallis. Cross over overpass and exit to Albany. Turn left at Light onto Pacific. Travel 2.6 miles turn left into parking lot at Lake Shore Lanes. Enter Java Network to register. Binder will be in Oak file cabinet. This seasonal walk takes you through the trees of the Central Willamette Valley 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:** This seasonal walk includes a trail that can be a little damp in early spring. Hiking shoes recommended.

## **Timber Linn; Talking Waters Walks; Seasonal Bike:**

**Register: Holiday Inn, 105 Opal Ct NE, Albany.** **Directions:** 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 notebook binder is at check-in desk.

**Timber Linn Park:** Y1960, 5K/10K, rated 1A. Starts at the hotel. Walk goes to Timber Linn Park with Veterans Memorial, amphitheater, dog park, and Linn County Fairgrounds. The 10K continues to newer residential areas.

**Talking Waters:** Y1981, 5K/10K, rated 1B. Follow directions to Waverly Park. Walk includes the nationally recognized Talking Water Gardens (50-acre manmade wetlands park), Waverly Lake Park and the two Swan Lakes in a residential neighborhood, all connected by Cox Creek.

**Seasonal Bike:** Y1721, 26K, rated 1B. **Directions** to the start point at Millersburg Park are printed on the event map. Bike the quiet solitude of country roads with little traffic. Enjoy riding through the country, passing many orchards and farmsteads. Water and restrooms at the start point, in the park.

## **Walks in Other Nearby Towns:**

**Brownsville:** Y1272, 5K/10K/13K + 3K option, rated 2B. **Register/Start: Chevron Gas Station, 203 W Bishop Way, Brownsville.** **Directions:** 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 gas station. 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.

**Lebanon:** Y2247, 5K/6K/10K, rated 1A. **Register/Start: Best Western Boulder Falls Inn 505 Mullins Drive Lebanon, OR 97355.** Ask for binder at desk. **Directions:** 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 (20). Go .2 miles and left on Mullins to hotel as above. 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. This walk has something for everyone!

## **Pacific Crest Trail Wilderness Walks:**

**Register online at [www.cva4u.org](http://www.cva4u.org)** where you will follow the link on the left to 'Online Start Box'. **Rosary Lake** Y2465, 10K, rated 3C; and **Matthieu Lakes** Y2435, 10K/15K, rated 3C. Driving directions to each start point and walk instructions for these wilderness walks are provided upon registration.