Battle Ground

## 10k, 6k, 5k, Rated 1A

## Start Point: Safeway

904 W Main St.
Description: Walk consists of two loops: a 5 K and a 6 K . Rotary Park and duck ponds are highlights. Restrooms in
Safeway and parks. Okay for pets, strollers, wheelchairs
Challenges: AVA - Apap For Yeteerans Step to the Bea ESVA - Clark County, FLH B-D-W , Entertainment, Rivers
Point of contact:
Cheryl Snodgrass cmsnodgrass54@gmail.com 360-607-3838

Camas
Start Point: Private Residence OSB

829 NW 44th Ave., Camas WA Start Box at front door; short drive to trail.
Lacamas Heritage Trail - 5, 6, 10, 11, 20k, Rated 1B
Description: Lovely wooded trail along Lacamas Lake 10 k includes upscale neighborhood and is rated 2B. Restrooms and water at trailhead and start point (if they are home). Difficult for strollers, wheelchairs on
the trail. Pets okay.
Challenges:
Point of Contact:

$$
\begin{aligned}
& \text { AVA - A to Z, Par-for-the-Course } \\
& \text { ESVA - Clark County } \\
& \text { Tom Baltes } \\
& \text { tlbaltes@gmail.com } \\
& 505-298-1256
\end{aligned}
$$

Cathlamet
10k, 6k, Rated 1B

Start Point:

## OSB Only

Description: Charming historic fishing town on the bank of the Columbia River. Walk Includes a pioneer cemetery wetlands, and open countryside on Puget Island. Pets okay. Not appropriate for wheelchairs and difficult for strollers. Restroom in marke
Challenges: AVA - A to Z .
ESVA - FLH, Wankiakum Co
Point of contact: Karen and Gary Hinderman gkmhind@comcast.net 360-920-7221
Note: FLH stands for Frontline Heroes, which Note: FLH stands for Frontline Heroes, which includes Delivery Services (DE), Essential Se
vices (ES), Medical Facilities (ME), and Sustenance (SU). Almost every town will have at least one of these.

## Vancouver USA

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## Vanconver, WasAington



Twenty Year-Round Walk In Southwest Washington One Bike Event

Battle Ground
Camas
Cathlamet
Kalama
Kelso
LaCenter
Long Beach
Longview
North Bonneville Washougal
Washougal Dike Cruise
Vancouver-Columbia Views
Vancouver-Felida Neighborhood
Vancouver-Fort Vancouver
Vancouver—Hazel Dell Burnt Bridge Trail Vancouver-Heights Neighborhood Vancouver-Maplecrest Neighborhood

Vancouver-Princess Ilchee
Vancouver-Tech Center Park
Vancouver-WSU Salmon Creek Campus
Vancouver-Whipple Creek
More Info: www.vusav.club

## Kalama - Waterfront Park

## 10k, 5k, Rated 1A

OSB
$\begin{array}{ll}\text { Start Point: } & \text { Red Lion Hotel (drive to start) } \\ & 510 \text { South Kelso Drive, Kelso }\end{array}$ 510 South Kelso Drive, Kelso
Description: Walk goes through Waterfront Park on the Columbia River, passing by McMenamin's "Riverboat Rest aurant " Go shoping for antiques in the old-fashioned downtown, climbing stairs to cross the railroad tracks, which will not work for strolers and wheelchairs. Pets okay. Restoon in park and restaurant.
Challenges: AVA - A to Z
ESVA FLH Cowlitz County
Breweries, Wineries, Distilleries
Point of contact: Jan Veeder
janveeder@comcast.ne
Kelso - City and Dike
17k, 10k, 5k Rated 1A
Start Point: Red Lion Hotel

$$
\begin{equation*}
510 \text { South Kelso Drive, Kelso } \tag{OSB}
\end{equation*}
$$

Description: Walk through the downtown of this "Smelt Capion one of the dikes. Restrooms available. Pets okay. Hard for strollers and wheelchairs
Challenges: AVA - A to Z, Veterans,

> ESVA - FLH, Cowlitz County

Point of Contact:

## anveeder@comcast.net 360-703-4702

La Center - Town and Wetlands
10k, 5k, Rated 2B
OSB
Start Point: LaCenter Marketplac
419 E. Cedar Avenue
Market open from 6 a.m. to 10 pm
Description: Walk in the quaint town center, as well as forested trails, through .pleasant neighborhoods, and along the Lewis River. Restrooms available; pets okay. Hard for strollers and not appropriate for wheelchairs. There are three casinos here
Challenges: AVA - A to Z, Clocktowers, Town Halls
ESVA - FLH, Clark County
Point of contact: Earl Bowen earld@tds.net 360-263-1228

## Long Beach

40, 23,11,10, $5 k$, Rated 1A to 3 C
Start Point:
OSB
Directions to the Start Point are in the route instructions.
Description: Enjoy ocean views while walking along the Discovery
Trail and boardwalk. Follow in the footsteps of Lewis \& Clark to where they arrived. Hike into Cape Disappointment State Park to capture the views at two lighthouses, enjoy coastal forest trails, and visit the Lewis \& Clark Interpretative Center. Restroom
parks. Pets okay. No strollers/wheelchairs on longer trails.
Challenges: AVA - A to Z, Veterans
ESVA - FLH, Pacific County
ESVA - FLH, Pacific Cou
walkeriii@comcast.ne
360-798-8485
Longview - Lake Sacajawea
10k, 6k - Rated 1A
Start Point: Red Lion Hote 510 South Kelso Drive, Kelso
Description: Walk around Lake Sacajawea, plus parts of downtown, Old Historic West Side, and a Japanese Garden. Restrooms. Pets okay, ex
Challenges: AVA - A to Z
ESVA - FLH, Cowlitz County

Point of contact: Jan Veeder

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\begin{aligned}
& \text { janveeder@comcast.net } \\
& 360-703-4702
\end{aligned}
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North Bonneville
10k, 5k, Rated 1B
Description: Parks, trails and neighborhoods in this small town famous for housing the Bonneville Dam builders and campsite of the Lewis and Clark Expedition.
Challenges: AVA - A-Z, Town/City Halls
ESVA - Skamania County

POC:
Janet Traweek, jltraweek@yahoo.com
360-601-9534

Washougal - Dike Bike Cruise
tart Point: Pendelton Mill Factory Outlet Store OSB Pendelton Way, Washougal
Description: Route is along the Columbia River on the dike. Eagles and ospreys fly overhead, and other waterfow greet you along the trail.

> Challenges: AVA - A to Z, ESVA - Clark County,

Point of Conact: Tom Baltes
tlbaltes@gmail.com

Washougal Washougal Views
$5 \mathrm{Ks}, 16 \mathrm{~K}, 110 \mathrm{~K}$
Start Point: Pendelton Mill Factory Outlet Store Pendelton Way, Washougal
Description: 5 K loop in downtown Washougal, passing community artworks and a riverside park; 5 K loop on a flat dike trail along
the Columbia River; a 6 K and a 10 K in the Steigerwald Wildlife Re Columbia River; a 6 K and a 10 K
Challenges: AVA: A-Z, Par/Course, Town Halls, Veteran
POC: Janet Traweak jitraweek@yhoo com 360-601-9534:

Vancouver - Columbia Views
0k, 5k, Rated 3A
Start Point: QFC Grocery Store

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3505 \text { SE 192nd Ave, Vancouver }
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Description: Walk goes through several beautiful, vell appointed neighborhoods and has views ove columbia River. Okay for pets; hard for strollers;
not recommended for wheelchairs.
Challenges: AVA - A to Z
ESVA - FLH. Clark County
Point of contact: Tom Baltes tlbaltes@gmail.com 505-298-1256

Vancouver - Felida Parks and Neighborhoods 10k, 5k, Rated 1A
Start Point: Private Residence (drive to Felida) O 2216 NE 110th St., Vancouver
Description: The route, consisting of two 5 k loops, on paved streets and sidewalks, going through attractive residential areas and local parks, including Felida's main street. Pets, strollers, wheelchairs okay Restrooms in park.

Challenges
AVA - A to Z
ESVA - FLH, Clark County
oint of contact: Dick Bake
dickbkr@q.com

Vancouver - Fort Vancouver National Historic Site 10k, 5k - Rated 1A

Start Point: Fort Vancouver Visitors Center 1501 E. Evergreen Blva., Vanc
Open Tue-Sat 9a.m. to 4 p.m.
Description: Route goes through city parks, Clark College,
Pearson Airfield and Fort Vancouver passing monuments and historic buildings ort Vancouver, passing mo and historic buildings. Old Fort Vancouver was originally
established by the Hudson's Bay Company in 1824 as the trade center for the Northwest and Pacific region. The rout culminates by crossing the beautiful Land Bridge, designed connect Vancouver to the Columbia River. There are res chairs okay.
Challenges: AVA - A to Z, Airports, Veterans, Clocktowers Town Halls
ESVA - FLH, Clark County
Point of contact: Burt Paynter
walkeriii@comcast.net

## Vancouver - Hazel Dell Burnt Bridge Trail

## 0k, 5k, Rated 2A

tart Point: Private Residence
2216 NE 110th St., Vancouver Drive to Black Rock Coffee, 7719 NE 5th Ave., Vancouver Description: Trail goes through attractive Hazel Dell neighborhoods and on a paved path on the Burnt Bridge Trail.
does not enter the BBT. Pets, strollers, wheelchairs okay. Challenges:

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\begin{aligned}
& \text { AVA - A to Z } \\
& \text { ESVA - FLH, Clark County } \\
& \text { Barbara Baker } \\
& \text { barbarabke@q.com } \\
& 360-573-6048
\end{aligned}
$$

Vancouver- Heights Neighborhood

## 0k, 5k, Rated 1A

Start Point: Parkrose Hardware

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\begin{align*}
& \text { Parkrose Hardware }  \tag{OSB}\\
& 8000 \text { E Mill Plain Blvd., Vancouver }
\end{align*}
$$

Description: The route is through the beautiful and wellestablished Vancouver Heights neighborhoods and parks on the Columbia River are available below many of the grand states. The four pretty neighborhood parks and private awns are especially beautiful in the spring, summer and fall fiower seasons. Okay for pets, strollers and wheelchairs.
Challenges:
AVA - A to Z, Great Lakes
ESVA - FLH, Clark County
Point of contact: Heidi Schurr
hschurr@hotmail.com

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& \text { hschurr@ } \begin{array}{l}
\text { hotm } \\
360-909-7917
\end{array}
\end{aligned}
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## Vancouver - Maplecrest Neighborhood Plus

## 0k, 5k - Rated 1A

tart Point: Parkrose Hardwar
16905 SE First
Drive to start
Description: Route goes through several neighborhoods, ncluding Stoney Meadows, with views of lovely houses and istant vistas, Maplecrest's park and trail, and Pacific Community Park, where there is a neighborhood pea patch and 10 K trail. Pets, strollers, wheelchairs okay.
Challenges: AVA - A To Z

> AVA - A To Z ESVA - FLH, Clark County

Point of contact: Dorothy Steedle
dsteedle@aol.com

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517-879-7602
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## ancouver - Princess llchee

0k, 6k, Rated 1A
Start Point: Same as Fort Vancouver

Description: Route goes along the Columbia River, following the Renaissance Trail, passing the Statue of Princes married to a factor of the Pacific Fur Company in an alliance with the tribe to keep the natives friendly. The tra also passes an artistic display honoring women who worked in the shipyards during WW II. The route features he new waterfront development which includes a spectacas several restaurants. Pets, strollers, wheelchairs okay.
Challenges:
Same as Fort Vancouver
Point of Contact: Same as Fort Vancouver

## Vancouver - Tech Center Park

## 10k, 5k, Rated 2A

Start Point: Fisher's Landing Fred Meyer OSB

Description: A lovely trail through pleasant neighborhood and the featured Tech Center Park. The park includes a unique playground, a boardwalk across a wetland, as well as several trails io nearby shops and restaurants. Pets, strollers, wheelchairs okay

Challenges: AVA - A to Z, ESVA - Clark County
Point of Contact: Joe Titone
titone@usc.edu
360-944-8190

Vancouver - Washington State University Campus 10k, 5k, Rated 2B

Start Point: Same as Hazel Dell Burnt Bridge OSB and Felida (Drive to Legacy Hospital)
Description: Route traverses the beautiful and rural campus of WSU-Vancouver, with views of Mt. Hood, Mt.
St. Helens and Mt. Adams. Restrooms available when ol is in chairs may have difficulty on some portions of the trail
Challenges: AVA - A to Z , ESVA - FLH, Clark Co.
Point of Contact:: Barbara Baker
barbarabkr@q.co
360-573-6048
Legacy Salmon Creek Medical Ctr., 2211NE 139th St.
Vancouver - Whipple Creek Walk
10k, 5k, plus 2k extension. Rated 1A and 2B
Start Point: Fred Meyer Store OSB

Description: Route is in new neighborhoods and a deeply forested and challenging trail. 10 k route is mainly on city sidewalks and a gravel country road. The 5 k route does not go into Whipple Creek Park. Restrooms avaiable at the Start/Finish only. Pets, strollers tions not provided for the 2 k extension.

Challenges: AVA - A to Z, Walk Like an Olympian ESVA - Clark County, FLH
Point of contact: Carolyn Affolter 503-891-4930


