

**Twin State Volkssport Association
Welcomes You to
The Portsmouth Walk
An AVA Sanctioned Seasonal Event
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Walk Description

This event offers both a 5k walk and a 10k walk through the historic streets of Portsmouth. It was previously the capital of the English province of New Hampshire before the revolution. Both walks pass many historic sites. Walking is mostly on sidewalks on easy terrain with no significant hills.

Special Programs

Border Crossing (walk over the bridge into Maine)
Centurion Achievement Challenge
Mayflower – 400th Anniversary Walk (Piscataqua River)
Rockin' Around the Clock (North Church)
Walking the United States – States
Walking the USA, A-Z
Walking with America's Veterans (several memorials in town)

Walk Registration

Registration takes place online using the AVA Online Start Box, on my.ava.org. Follow the instructions provided to create a user account and sign the AVA waiver (one time). Instructions for payment are also included. Download the directions and print as needed. The POC does not provide event directions or accept alternate payment methods.

Walk Completion and Walk Credit

Once you have physically completed the walk, please login to your Online Start Box account, click on the "My Start Box" tab, then the "Finish Table" tab, then click on "Go to Finish Table" button for the event you have completed. Use the displayed entry form to submit the date and distance of your walk as well as select applicable AVA Special Programs to generate stamped "virtual" insert cards that you may choose to print out.

Amenities:

- Portsmouth has many shops and eateries in town. The walk passes near the Strawberry Banke Museum (fee to enter).
- Restrooms are available at the entrance to Foundry Place parking garage. Many businesses in towns have restrooms, but you may have to buy a snack to use them. Public restrooms are located at Prescott Park, on both the 5 and 10k walk. Seasonal restrooms are available on Four Tree Island (10k walk.)
- Leashed pets are allowed, but there are a couple of places on the walks where they aren't allowed to enter. These areas are clearly explained in the walk directions.

Emergency Numbers:

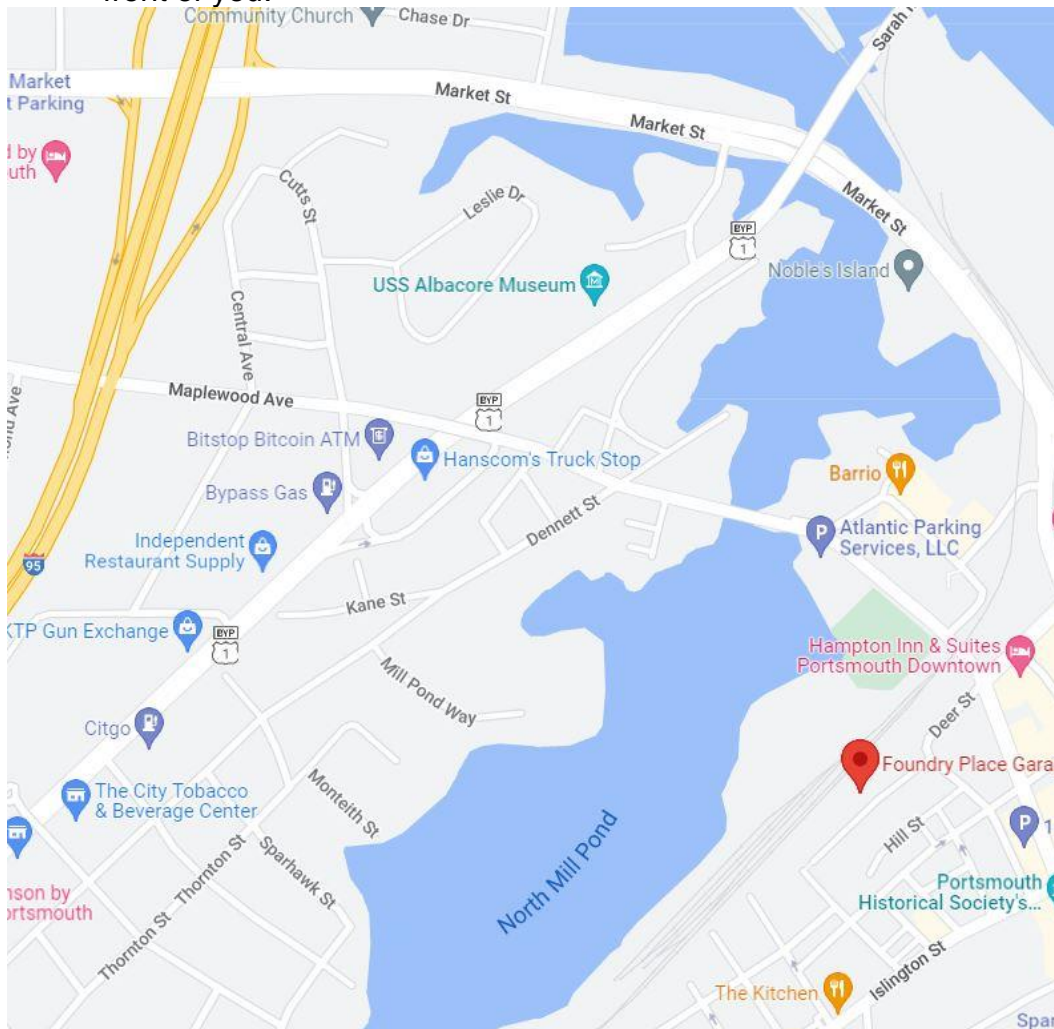


In case of Emergency: Dial 911
Event related assistance:
Claudia Cauchon: 603-842-5272

Driving Directions

The start point will be at the Foundry Place parking garage, 100 Foundry Place, Portsmouth, NH. At this writing, parking is \$1.00/hour, and there are restrooms at the entrance.

1. From I-95, take exit 7 for Market Street. If northbound, turn right; if southbound, turn left onto Market St.
2. Bear right onto Russell St. (there will be a sign pointing you to Foundry Place Garage)
3. Turn right onto Deer St.
4. Cross Maplewood Ave. at traffic lights and you will see Foundry Place Garage in front of you.



Portsmouth, NH 5 km Walk

These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

- 1) **Exit Foundry Parking Lot** at Main entrance and turn left.
 - 2) At end of street, **turn right** onto Bridge St (no sign)
 - 3) **Cross Hanover St.** (no sign) and continue on Bridge St (Bridge Street Bistro across street).
 - 4) At end of street, **turn right** onto Islington St.
 - 5) At first crosswalk on left in front of Keefe House, **cross** Islington St. and **turn right** to continue on Islington St.
 - 6) After Seaport Travel, **turn left** into Goodwin Park where the Soldiers and Sailors Monument is located.
 - 7) **Turn left** at statue.
 - 8) **Take the first left** to exit the park and go onto State Street (no sign).
 - 9) **Turn left** at traffic lights onto Middle St. (no sign)
 - 10) At traffic lights, **cross** Maplewood Ave/Middle St. and **go straight** onto Congress St.
 - 11) **Cross** Pleasant St and continue straight onto Daniel St (Tuscan Market on corner)
- “Please note the sidewalk on this side of the street could be blocked due to construction (you can't miss it as it is in front of you). If it is still going on when you walk the trail, then cross Daniel St. and walk on the left hand side sidewalk, then recross it at Penhallow St,
- 12) After Cambridge Trust on your right, **cross Memorial Bridge Parking Lot**, then **bear right** into Portsmouth Memorial Park
 - 13) Go around memorial and exit park on the other side, then **turn right** onto State St.(no sign)
 - 14) **Cross** Pleasant St. and continue on State St.
 - 15) After TD Bank, **cross State St at crosswalk** to go into the African Burying Ground Memorial.
 - 16) At end, **turn left** onto Court St. (no sign) (Feaster Apartments in front of you

17) After **crossing** Pleasant St., cross Court St. to walk on the right hand side of Court St. crossing the following streets: Fleet St, Pleasant St, Washington St. and Atkinson St.

18) At end of Court St, **cross** Marcy St. and head straight into Prescott Park (6 stone pillars at entrance)



DOGS ARE NOT ALLOWED IN Prescott Park! If you have a dog, turn left and go to direction #24

19) **Turn right** in front of fountain to go onto brick path then **turn left** walking towards the water.

“““During the summer months the rest rooms may be open in building to the right”””

20) At water **turn right** onto brick path, then **turn right** onto dirt path keeping the water to your left the whole time.

21) **Cross** road and go onto paved path keeping water to your left.

22) **Turn right** onto Mechanic St.

23) At end, **turn right** onto Marcy St.

24) At stop sign, **turn right** to walk underneath Memorial Bridge

25) At stop sign, **turn right** onto Bow St..

52) Continue on Bow Street until the end at Market St.

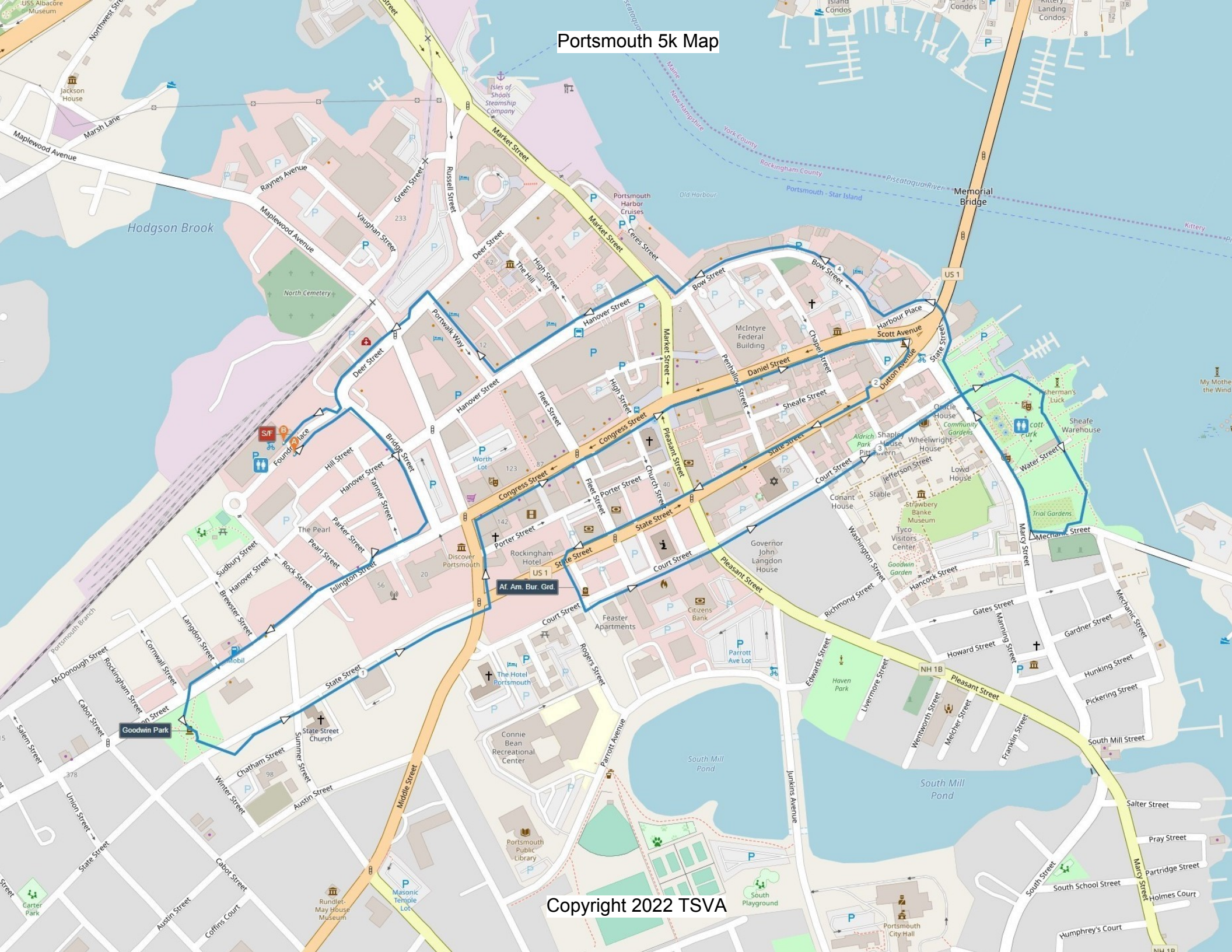
53) **Turn right** onto Market St., then cross it at crosswalk in front of Marco Polo to go onto Hanover St.

54) **Cross Hanover St. at crosswalk in front of La Carreta** and go straight onto Portwalk Place (no sign) (110 Grill/Row 34/Do Not Enter sign across the street)

55) At end of Portwalk Place, **turn left** onto Deer St. (no sign)

56) Cross Maplewood Ave. and continue on Deer St. until you get back to Foundry Parking Garage.

Portsmouth 5k Map



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- 1) Exit Foundry Parking Lot at Main entrance, and turn left.
- 2) At end of street, turn right onto Bridge St (no sign)
- 3) Cross Hanover St. (no sign) and continue on Bridge St (Bridge Street Bistro across street)
- 4) At end of street, turn right onto Islington St.
- 5) At first crosswalk on left in front of Keele House, cross Islington St. and turn right to continue on Islington St.
- 6) After Seaport Travel, turn left into Goodwin Park where the Soldiers and Sailors Monument is located.
- 7) Turn left at statue.
- 8) Take the first left to exit the park and go onto State Street (no sign).
- 9) Turn left at traffic lights onto Middle St. (no sign).
- 10) At traffic lights, cross Maplewood Ave/Middle St. and go straight onto Congress St.
- 11) Cross Pleasant St and continue straight onto Daniel St. (Tuscan Market on corner)
““Please note the sidewalk on this side of the street could be blocked due to construction (you can't miss it as it is in front of you). If it is still going on when you walk the trail, then cross Daniel St. and walk on the left hand side sidewalk then recross it at Penhallow St.
- 12) After Cambridge Trust on your right, cross Memorial Bridge Parking Lot, then bear right into Portsmouth Memorial Park.
- 13) Go around memorial and exit park on the other side, then turn right onto State St.(no sign)
- 14) Cross Pleasant St. and continue on State St.
- 15) After TD Bank, cross State St. at crosswalk to go into the African American Burying Ground Memorial.

- 16) At end, turn left onto Court St. (no sign) (Feaster Apartments in front of you).
- 17) After crossing Pleasant St., cross Court St. to walk on the right hand side of Court St. crossing the following streets: Fleet St, Pleasant St, Washington St. and Atkinson St.
- 18) At end of Court St., cross Marcy St. and head straight into Prescott Park (6 stone pillars at entrance)



DOGS ARE NOT ALLOWED in Prescott Park! If you have a dog, turn right, then turn left onto Mechanic St and go over the bridge to head onto Pierce Island. Go to direction #23.

- 19) Turn right in front of fountain to go onto brick path, then turn left walking towards the water.

““During the summer months the rest rooms may be open in building to the right”“

- 20) At water, r i g h t onto brick path, then turn right onto dirt path keeping the water to your left the whole time.
- 21) Cross road and go onto paved path, keeping water to your left
- 22) Turn left onto Pierce Island Road, and go over bridge
- 23) After crossing bridge, turn left into parking lot (Peirce Island Sign)
- 24) Go around gate to enter Four Tree Island

DOGS ARE NOT ALLOWED on Four

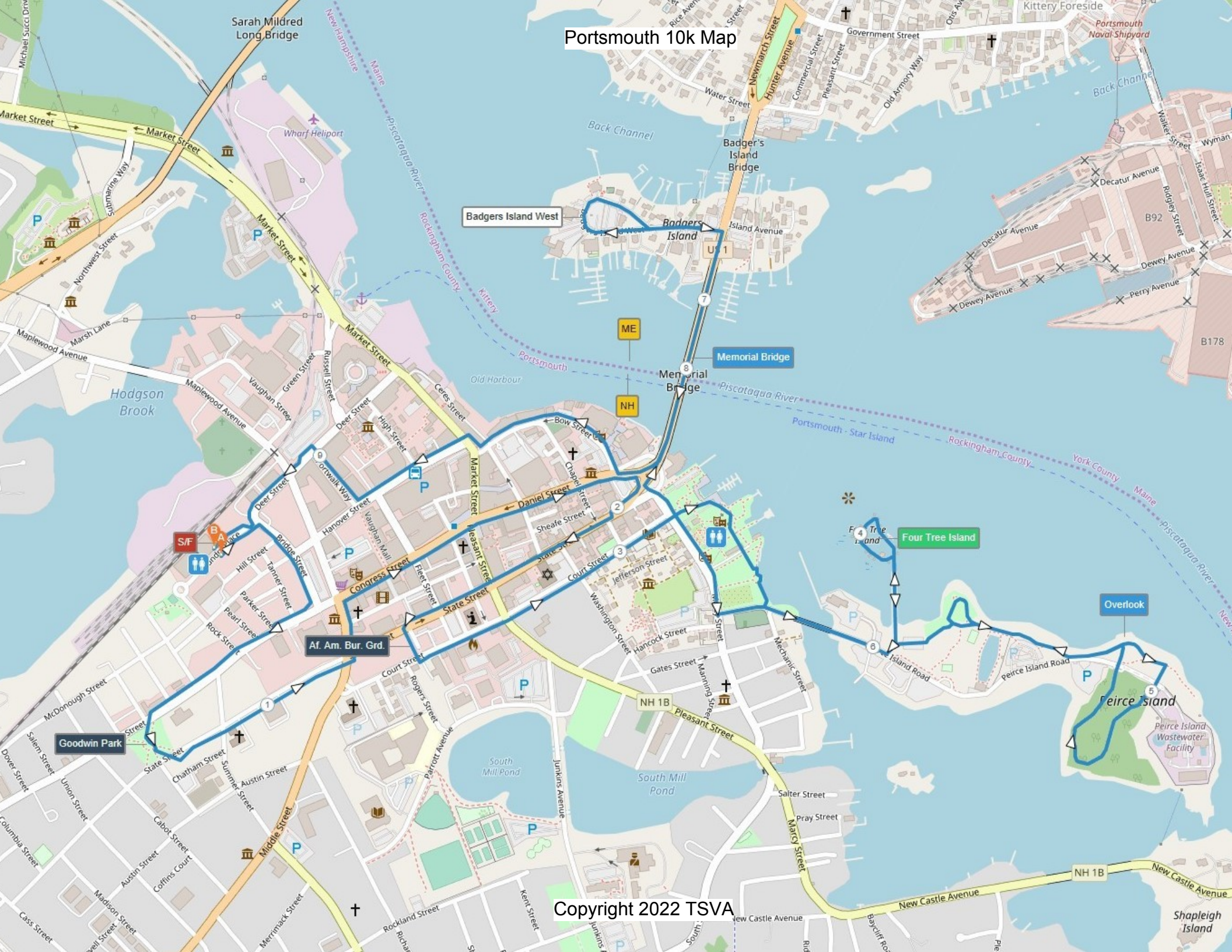


Tree Island. Go straight through parking lot to trail head at end and go to direction #27

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- 25) **Circle the island** clockwise or counter clockwise, whichever you prefer.
""During the summer the rest rooms on the island could be open""
- 26) **Exit the island** and **turn left** into parking lot and head to trail head.
""Dogs are welcome on Peirce Island""
- 27) **Turn left** onto dirt trail to keep water on your left and walk over the wooden bridge.
- 28) **Bear left** at intersection.
- 29) **Bear left** at Y (keeping water to your left and outdoor pool to the right).
- 30) **Bear left** at "Please Clean Up after Your Dog" sign
- 31) **Continue straight** to overlook.
- 32) **Turn around.**
- 33) **Turn left** at first intersection and go up hill.
- 34) **Cross** Road and **go straight** onto trail (keeping water treatment plant on your left)
- 35) **Continue straight** on trail (5 boulders on the left and a tree that splits at the base) until you reach the water and **turn right** keeping water on your left.
- 36) At trail exit sign, **turn right** to go uphill.
- 37) **Turn left** at top of hill to head back down the trail you came on.
- 38) Cross road and go down hill.
- 39) At end of hill, **turn left** keeping water on your right.
- 40) **Bear right** at Y, still keeping water to your right
- 41) After Outdoor Pool, **bear left** at Y.
- 42) At end, **turn left** at Y to go over Wooden Foot bridge.
- 43) **Turn right** and exit onto Four Tree Island parking lot
- 44) Exit parking lot going back over bridge you came on
- 45) At end **turn right** onto Marcy St.
- 46) At stop sign cross State St. to go up stairs
- 47) **Turn right** to go over Memorial Bridge
- 48) After crossing bridge cross State Rd. Route 1 at crosswalk and head straight onto Badger Island West
- 49) **Bear right** at first intersection to walk clockwise around island
- 50) At end at State Rd,/ Route 1 **turn right** to recross Memorial Bridge
- 51) At crosswalk after crossing the bridge cross Daniel St. and **go straight** onto Bow St.
- 52) Continue on Bow Street until the end at Market St.
- 53) **Turn right** onto Market St. then cross it at crosswalk in front of Marco Polo to go onto Hanover St.
- 54) **Cross Hanover St. at crosswalk in front of La Carreta** and go straight onto Portwalk Place (no sign) (110 Grill/Row 34/Do Not Enter across street)
- 55) At end of Portwalk Place **turn left** onto Deer St. (no sign)
- 56) Cross Maplewood Ave. and continue on Deer St. until you get back to Foundry Parking Garage.
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Portsmouth 10k Map



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