



Mid Florida Milers Walking Club

Ft Lauderdale 6K/16K&10K/21K Year-Round Event©

Administrative Information for the Fort Lauderdale Walk Event Y0257

[The walk is on two sets of instructions: 6/16K and 10/21K.]

DIRECTIONS: Parking: Garage at 151 SW 2nd St/Himmarshee, GPS 26.1201369,-80.1450188, is near park. Walk to park: exit garage to 2d St., turn right and cross RR tracks then 2 blocks & cross to Esplanade Park. Meter parking on Himmarshee St./SW 2nd St and SW 4th Ave.

GPS to Walk start: 26.1202573,-80.1475991. Esplanade Park is at 400 SW 2d St. between SW 4th and SW 5th Avenues (opposite the Museum of Discovery and Science at 401 SW 2nd St). Take Exit 27 from I-95S onto W. Broward Blvd. Turn left on W. Broward for 1.2 miles to SW 7th Ave. Turn right on SW 7th Ave to Himmarshee St. (also called SW 2nd St.). Left to garage at 151 SW 2d St. Strollers OK; wheelchairs OK on 6K only. Pets allowed on leash.

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

AVA Special Programs: Walking with America’s Veterans (Navy Memorial and WWII Medal of Honor memorial in front of the Center for Performing Arts, All - Riverwalk), Walking the USA A-Z: F.

There are two sets of directions: a 6K & 16K route and a 10K and 21K route. There are two maps for each to provide clarity. Download your choice.

Restrooms at Esplanade Park start and Starbucks on Las Olas; Ft. Lauderdale Beach (16/21K).

As with all remote walks your assistance to keep the route and information current is requested. Issues, comments? Email: jftbtt@hotmail.com

Walks off I-95 at Delray Beach (exit 52), West Palm Beach (exit 70), Miami South Beach (exit 4).

Log into the OSB system (my.ava.org) to “finish/complete” your online registration after the walk. You pay the \$4 fee by credit card and have access to the walk instructions/directions immediately. When you later enter ‘completed’, you can download your printable stamped insert card.



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As the Venice of America, Fort Lauderdale's extensive waterway network provides a scenic alternative for accessing attractions, hotels, restaurants and bars. Water Taxi/Water Bus offers an all-day pass (fees). There are no one-way tickets.

The historic Seminole name for the New River is *Himmarsee*. The English name is derived from early explorer's maps. The mouth of the river tended to continually change its entry point into the Atlantic Ocean through the shifting sand of the barrier island. Each time the coast was surveyed and charted the entry point would have shifted, so the location of the mouth would not be on any previous maps, and from off the coast would appear as if it had just developed. With each charting, the location would be recorded with the notation "new river". Since that was the name used on the maps, it was the name the first settlers came to know it, so the name stayed.

Museum of Discovery and Science


Across from the Esplanade spend time exploring over 200 fascinating interactive exhibits at the Museum of Discovery and Science. M-Sa 10am. to 5pm; Sun Noon to 5pm.

Brightline is an express high-speed rail system in Florida; the United States' only privately owned and operated intercity passenger railroad and its first since 1983. The station is 3 blocks from the Ft. Lauderdale walk start and a ride to West Palm is about 35 minutes. You register online and once there walk 2 blocks to be on the West Palm Beach walk route. <https://gobrightline.com/>



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 Emergency: Call 911; Injury? 407.375.2387	
1.	6 & 16K: Enter Esplanade Park from Himmarshee/SW 2d St. and go towards New River and large gazebo. Go around the gazebo on the right.
2.	Facing New River: RIGHT onto the Riverwalk, with the river to your left to WW II memorial. Reverse on Riverwalk.
3.	Continue on Riverwalk as it goes left then right across RR tracks and immediately after Andrews Ave. bridge. STOP; LEFT on sidewalk on right side of bridge to Las Olas Blvd.
4.	RIGHT on Las Olas (<i>The Wave restaurant</i>).
5.	LEFT at Ft. Lauderdale Rotary Way/SE 1 st Ave. crossing Las Olas.
POI	<i>The city of Fort Lauderdale is named for a fortification built during the Second Seminole War on the banks of the New River. In 1838 Major William Lauderdale led a detachment of Tennessee Volunteers south along the east coast of Florida to capture Seminole agricultural lands and battle the elusive Indian warriors. Altogether, three Forts Lauderdale would be constructed: the first at the fork of the New River; the second at Tarpon Bend; and the third and largest on the beach, at the site of today's Bahia Mar.</i>
6.	RIGHT crossing Ft. Lauderdale Rotary Way. Continue on Las Olas for 15 blocks passing shops and restaurants.
POI	<i>6th Ave tunnel is the only one on US-1.</i>
7.	6K: RIGHT on 15 th Ave. crossing Las Olas at crosswalk. LEFT and continue on Las Olas. 6K go to Instruction #23. 16K: Continue on Las Olas heading toward the Atlantic Ocean. <i>POI: Read historical sign on beginning of Isles.</i>
8.	16K LEFT on Seven Isles Dr. - last Isle. Curve RIGHT on Desoto Dr.
9.	RIGHT on Barcelona Dr.
10.	LEFT on Seven Seas Dr.
11.	LEFT on Las Olas.
12.	Cross intercoastal to Ft. Lauderdale Beach Blvd.
POI	<i>Many restaurants on Ft. Lauderdale Beach Blvd.</i>

13.	Cross & RIGHT on Ft. Lauderdale Beach Blvd. staying along wide walkway. Bear left at Ft. Lauderdale Beach Park. <i>POI: On left at Bahia Mar overpass see stone pillar & plaque on the 3d 1830s Fort Lauderdale.</i>
14.	At end of walkway cross & RIGHT on Ft. Lauderdale Beach Blvd. Pass Bahia Mar. <i>POI: See plaque "Indian Haulover" at entrance.</i>
15.	Bear LEFT on Seabreeze Blvd. Pass Marina and International Swimming Hall of Fame.
16.	LEFT on Las Olas. Cross Bridge.
17.	Cross & LEFT on Poinciana. 1st street after bridge.
18.	LEFT on Idlewyld Dr. Intercoastal on the left. It curves sharp right onto Poinciana Dr.
19.	LEFT on Hibiscus Pl. crossing Poinciana.
20.	Cross & RIGHT on SE 25 th Ave.
21.	LEFT on Sunset.
22.	LEFT on Las Olas. Continue to 17 th St.
23.	6K: RIGHT at 17 th Ave. Walk to left. 16K: LEFT at 17 th Ave. Walk to left.
24.	6 & 16K: Curve RIGHT on 4 th Ave. & immediately LEFT continuing on 17 th Ave.
25.	RIGHT on Brickell Dr.
26.	RIGHT on Tarpon Ave. at Colee Hammock Park. <i>POI: The 1st Presbyterian Church was established in 1940. All Saints Church was established in 1912 and built & dedicated in 1958.</i>
27.	LEFT on Las Olas Blvd. to 6 th Ave.
28.	LEFT on SE 6 th Ave. at Cheesecake Factory to Riverwalk and enter walk to river; RIGHT at river. The historic Stranahan House is to the right.
POI	<i><u>Stranahan House</u>, Now a museum restored to a 1913 configuration, this turn-of-the-century structure nestled among downtown skyscrapers was home of Fort Lauderdale's first school teacher, Ivy Cromartie Stranahan. Ivy continued living in the house until her death in 1971. The two-story Florida vernacular style building that also has been a post office, bank and town hall, has Ivy's blue and white china and pictures of Old Fort Lauderdale. (not open every day)</i>
29.	Continue on Riverwalk. <i>POI: Fort Lauderdale History Center (10am – 4pm daily)</i>
30.	Continue to Esplanade Park and finish.



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Mid-Florida Milers Thanks you
for Walking

Link to all MFM YREs




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 Emergency: Call 911; Injury? 407.375.2387	
1.	Enter Esplanade Park from Himmarshee/SW 2d St. and go towards New River and large gazebo. Go around the gazebo on the right.
2.	Facing New River: RIGHT onto the Riverwalk, with the river to your left. Pass Center for Performing Arts, Navy and WW II memorials.
3.	Exit thru gate (open from 8-8), cross circle & RIGHT up ramp to right onto overpass. LEFT onto Avenue of the Arts & cross bridge on left side.
4.	After crossing the bridge, LEFT on ramp to 4 th Ave.
5.	LEFT on 4 th Ave. towards river and follow it as it curves at river becoming 5 th Ave.
POI	<i>The city of Fort Lauderdale is named for a fortification built during the Second Seminole War on the banks of the New River. In 1838 Major William Lauderdale led a detachment of Tennessee Volunteers south along the east coast of Florida to capture Seminole agricultural lands and battle the elusive Indian warriors. Altogether, three Forts Lauderdale would be constructed: the first at the fork of the New River; the second at Tarpon Bend; and the third and largest on the beach, at the site of today's Bahia Mar.</i>
6.	Straight on sidewalk at planted area staying on 5 th Ave.
7.	LEFT on 6 th St. at road interruption (plants) w/chain link fence on the left.
8.	Cross 4 th Ave. Pass Tarpon Brewing to Publix Grocery at Andrews Ave. Restrooms.
9.	Cross & LEFT on Andrews Ave.
10.	BEFORE walking up the bridge bear RIGHT on the sidewalk along the bridge to the river. RIGHT from the bridge on the Riverwalk to Smoker Park.
POI	<i><u>Stranahan Landing</u> An overnight camp and ferry crossing was established at the New River, and Ohio native Frank Stranahan arrived to take charge of the facilities. He established a flourishing trading post with the local Seminoles, and by 1895 Stranahan's</i>

	<i>Trading Post was a south Florida landmark</i>
11.	At Smoker Park follow brick walkway to Stranahan Landing. POI: <i>Read plaques for the Landing and The Seminole Girl sculpture.</i>
12.	Continue and curve RIGHT to walkway between benches.
POI	<i>After the Second Seminole War ended, southeastern Florida remained a virtual wilderness due to the lack of transportation into the region. In 1892, however, the Dade County government authorized the construction of a rock road between Lantana (in Palm Beach County) and Lemon City (now North Miami).</i>
13.	LEFT onto red brick sidewalk on N. Rio Vista Blvd. No sign.
14.	RIGHT on SE 7 th St. after curve to right. Cross US-1.
15.	RIGHT on 3d Ave. & cross New River to Las Olas Blvd.
16.	RIGHT on Las Olas (<i>Sp. for The Wave</i>).
POI	<i>6th Ave tunnel is the only one on US-1.</i>
17.	10K: RIGHT on 15 th Ave. crossing Las Olas at crosswalk. LEFT and continue on Las Olas. Go to #33. 21K: Continue on Las Olas. <i>Read historical sign on Isle beginning.</i>
18.	21K LEFT on Seven Isles Dr. - last Isle. Curve RIGHT on Desoto Dr.
19.	RIGHT on Barcelona Dr.
20.	LEFT on Seven Seas Dr.
21.	LEFT on Las Olas.
22.	Cross intercoastal to Ft. Lauderdale Beach Blvd.
POI	<i>There are a dozen restaurants left on Ft. Lauderdale Beach Blvd. and many to right. A CVS is also to the left.</i>
23.	Cross & RIGHT on Ft. Lauderdale Beach Blvd. staying along wide walkway. Bear left at Ft. Lauderdale Beach Park. POI: <i>On left at Bahia Mar overpass see stone pillar & plaque on the 3d 1830s Fort Lauderdale.</i>
24.	At end of walkway cross & RIGHT on Ft. Lauderdale Beach Blvd. Pass Bahia Mar. POI: <i>See plaque "Indian Haulover" at entrance.</i>



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26.	LEFT on Las Olas. Cross Bridge.
27.	Cross & LEFT on Poinciana. 1st street after bridge.
28.	LEFT on Idlewyld Dr. Intercoastal on the left. It curves sharp right onto Poinciana Dr.
29.	LEFT on Hibiscus Pl. crossing Poinciana.
30.	Cross & RIGHT on SE 25 th Ave.
31.	LEFT on Sunset.
32.	LEFT on Las Olas. Continue to 17 th St.
33.	10K: RIGHT at 17 th Ave. Walk to left. 20K: LEFT at 17 th Ave. Walk to left.
34.	10&21K: Curve RIGHT on 4 th Ave. & immediately LEFT continuing on 17 th Ave.
35.	RIGHT on Brickell Dr.
36.	RIGHT on Tarpon Ave. at Colee Hammock Park. <i>POI: The 1st Presbyterian Church was established in 1940. The All Saints Church on the left</i>

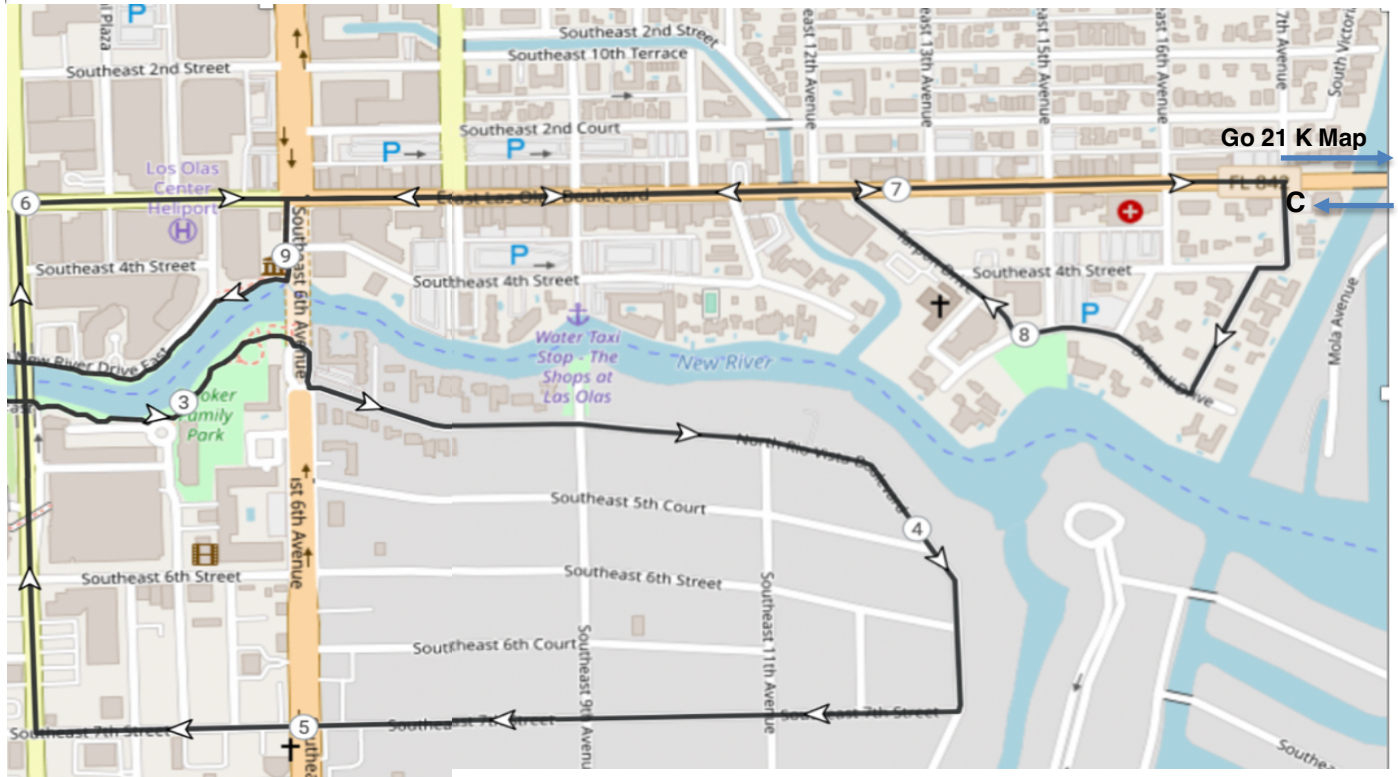
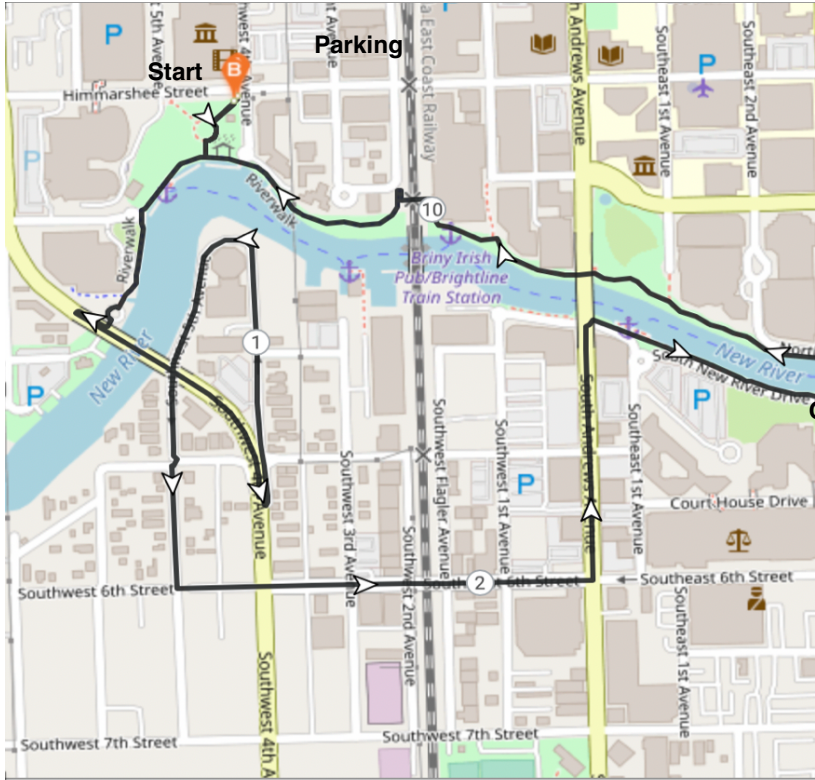
	<i>was established in 1912 and built & dedicated in 1958.</i>
37.	LEFT on Las Olas Blvd. to 6 th Ave.
38.	LEFT on SE 6 th Ave. at Cheesecake Factory to Riverwalk and enter walk to river; RIGHT at river. The historic Stranahan House is to the right.
POI	<i><u>Stranahan House</u>, Now a museum restored to a 1913 configuration, this turn-of-the-century structure nestled among downtown skyscrapers was home of Fort Lauderdale's first school teacher, Ivy Cromartie Stranahan. Ivy continued living in the house until her death in 1971. The two-story Florida vernacular style building that also has been a post office, bank and town hall, has Ivy's blue and white china and pictures of Old Fort Lauderdale. 45-min Tours (fee)</i>
39.	Continue on Riverwalk. Pass Fort Lauderdale History Center (fee).
40.	Continue to Esplanade Park and finish.
	Mid-Florida Milers Thanks you for Walking Link to all MFM YREs



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Inset 1





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21K Map

