

**WELCOME TO THE
EAST WENATCHEE RIVER - SEASONAL WALK - Y0258**

In Douglas County, Washington

5K and 10K rated 1A

Central Washington Sun Striders

This On-line Start Box packet contains the following 4 pages of information:

1. This Welcome page.
2. Driving Directions and Supplemental Info (one page).
3. Walk directions for both 5K and 10K (one page).
4. A map for both the 5K and 10K (one page).

Sponsored by the Central Washington Sun Striders

POC: J. Blazek 509-899-6535

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East Wenatchee Walk Driving Directions and Supplemental Information

Driving Directions to the Walk Start

This walk starts at the 19th Street Trailhead parking lot for the Apple Capital Recreation Loop Trail

Coordinates: N 47.43412 W 120.30184

From Quincy, take SR 28 to East Wenatchee. In East Wenatchee, continue straight (north) on SR 28 West through the Grant Rd intersection and also the roundabout. Turn left on 19th Street NW and just after a small brown sign that says Loop Trail Parking, turn left on an unsigned street that leads to the parking lot on your right.

From Wenatchee, take US2 East across the Columbia River bridge to the stop light. Turn right on SR 28 East toward East Wenatchee. Turn right on 19th Street NW and just after a small brown sign that says Loop Trail Parking, turn left on an unsigned street that leads to the parking lot on your right.

When you are driving on 19th Street NW, **if** you get to where the road curves to the right, you have missed the unsigned street that takes you to the Loop Trail parking lot.

Restroom Information

Restrooms are available at the starting point in the Russell Congdon Recognition Plaza area. There are no other restrooms along the route.

EAST WENATCHEE, WA. 5K and 10K SEASONAL WALKS Y0258
CENTRAL WASHINGTON SUN STRIDERS - RATING 1A

Restrooms at the Start Point Plaza

(Both 5K and 10K do #1-5)

In Case of Emergency: call 911

1. From the corner of the parking lot, **follow** the paved trail through the small park and plaza to a "T" at the paved Apple Capital Rec Loop Trail.
2. Turn **LEFT** on the paved Apple Capital Rec Loop Trail. (*river will be on your right*).
3. **CURVE LEFT** up a small rise to the 9th Street intersection and the pedestrian bridge over the river. (*This was the first highway bridge over the Columbia River*).
4. Turn **AROUND** and return the way you came on the river trail. (*river will be on your left*)
5. **FOLLOW** the paved trail back to the Russell Congdon Recognition Plaza sign and paved trail junction.
6. **5Kers** turn **RIGHT** on the paved trail back through the plaza to the parking lot and your car. **10Kers** continue **STRAIGHT** ahead on the paved Apple Capital Rec Loop trail (*river on your left*).
7. At the next junction with a paved access trail to your right, continue **STRAIGHT** on the paved river trail.
8. At the next junction with a paved access trail to your right (*bench on your left*), turn **RIGHT** on the access trail that will **CURVE RIGHT** and go to the 27th Street parking lot (*no sign*).
9. At the parking lot, turn **AROUND** and return on the access trail back to the paved river trail.
10. Turn **LEFT** on the river trail.
11. At the trail junction with the Russell Congdon Rec. Plaza sign, turn **LEFT** on the paved trail back through the plaza to the parking lot and your car.

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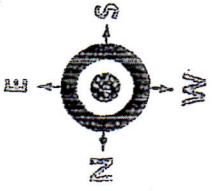
Thank you for walking our East Wenatchee walk. There is another On-line Start Box AVA walk across the river in Wenatchee that goes through the downtown area and along a different part of the paved Apple Capital Rec Loop river trail.

The walk directions and maps may only be used in conjunction with a signed AVA athletic waiver. All other uses are prohibited.

Be sure to log back into the OSB system (my.ava.org) to finish/complete your online registration after doing the walk. The OSB system does not deduct any walking fee from a walker's Event Bank until they have submitted walk completion info including the date the event was walked, the distance walked, and the selection of applicable special programs that walker is participating in. (Nevertheless, a fee of \$2 for a downloaded pdf is deducted from the user's Event Bank when the pdf is downloaded. Later, any pdf fees are credited back to a walker's Event Bank when he/she submits the walk completion info as a paying for credit walker.) The \$2 "coupon" for the downloaded PDF expires in 60 days.

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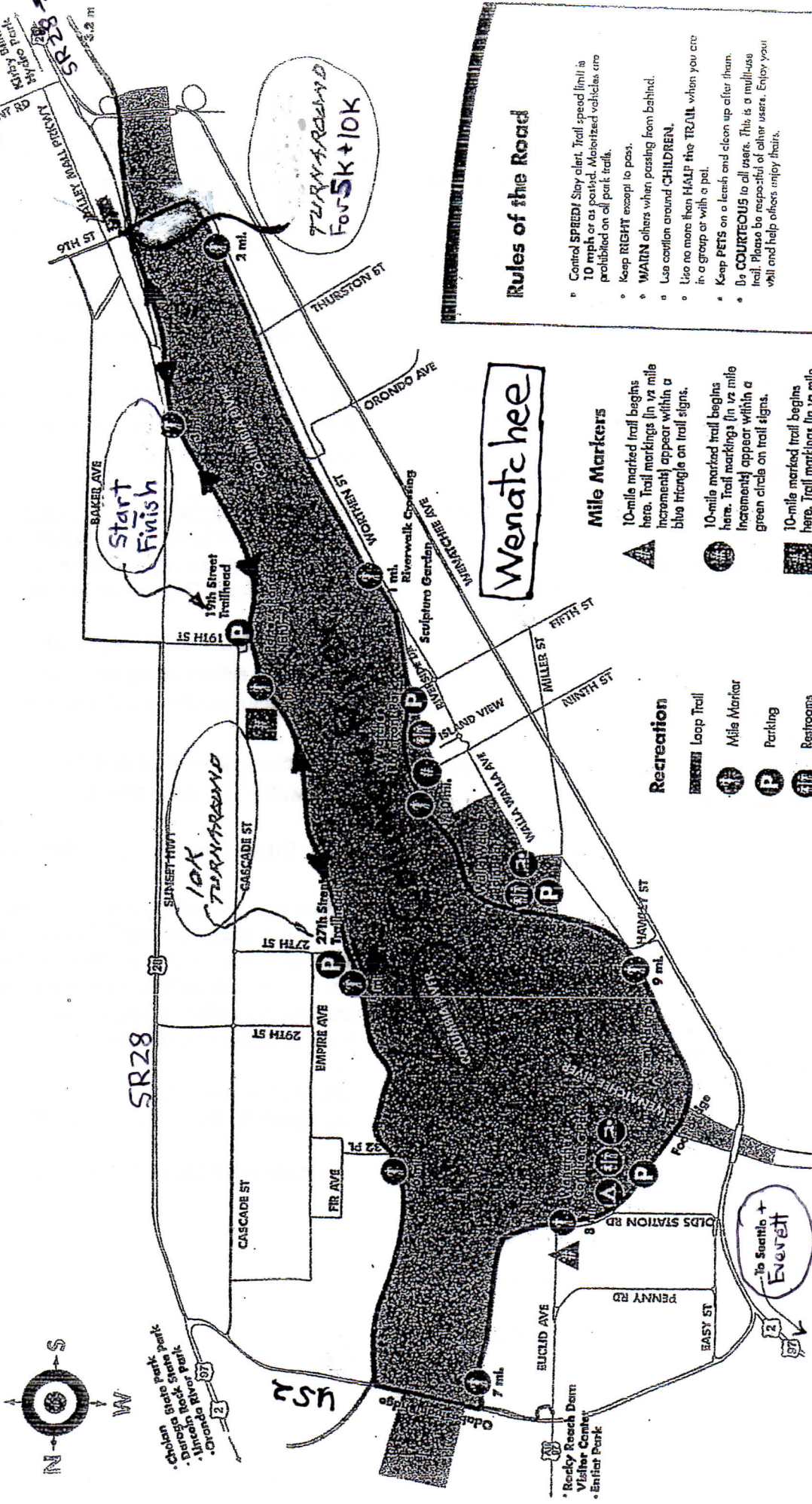
Apple Capital Recreation Loop Trail



- Chelan State State Park
- Dungeness Park State Park
- Lincoln River Park
- Okanogan River Park

East Wenatchee

Driving To Quincy



TURN AROUND For 5K + 10K

10K TURN AROUND

Start Finish

Wenatchee

Mile Markers

10-mile marked trail begins here. Trail markings (in 1/2 mile increments) appear within a blue triangle on trail signs.

10-mile marked trail begins here. Trail markings (in 1/2 mile increments) appear within a green circle on trail signs.

10-mile marked trail begins here. Trail markings (in 1/2 mile increments) appear within a red square on trail signs.

Recreation

- Loop Trail
- Mile Marker
- Parking
- Restrooms
- Camping
- Swimming

Rules of the Road

- Control SPEED! Stay alert. Trail speed limit is 10 mph or as posted. Motorized vehicles are prohibited on all park trails.
- Keep RIGHT except to pass.
- WAIVE others when passing from behind.
- Use caution around CHILDREN.
- Use no more than HALF the TRAIL when you are in a group or with a pet.
- Keep PETS on a leash and clean up after them.
- Be COURTEOUS to all users. This is a multi-use trail. Please be respectful of other users. Enjoy your trail and help others enjoy theirs.

