

Instructions for:
Landmark Walk, Y410
Portland, OR, 5/10km, Rated 2B

Walk Start Location: Good Samaritan Hospital, 1040 NW 22nd Street (NW 22nd & NW Lovejoy), Portland, OR. GPS Coords: 45.5305, -122.6967.

Driving Directions: 1-5 Northbound to Exit onto 1-405. Exit 1-405 at NW Everett St, Exit 2B onto 14th Avenue. Continue north (Straight) on 14th to NW Marshall. Left on NW Marshall to parking garages #2 on left or #3 on right just past NW 21st.
1-5 Southbound to Exit 302B onto 1-405. Cross Fremont Bridge, take Exit 3, NW Industrial Area Vaughn St ramp. Left at traffic signal at NW 23rd St to NW Northrup. Left on NW Northrup to NW 22nd, Right on NW 22nd to NW Marshall. Left on NW Marshall to parking garages as listed above.

Park: Parking permits are in the physical startbox in the hospital if you choose to use the hospital parking garage. During COVID restrictions the walkbox is unavailable, so we recommend on-street parking within a few blocks of the hospital as well.

Restrooms are available in the hospital. (Not available during COVID restrictions, but available on route)

Walk Completion and Credit: Be sure to log back into the OSB system to finish/complete your online registration after doing the event. The OSB system does not deduct any event fee from a participant's Event Bank until they have submitted event completion info including the event was walked, the distance walked, and the selection of applicable special programs that person 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 user's Event Bank when he/she submits the event completion info as a paying credit participant. Note, however, the \$2 coupon for the downloaded PDF will expire in 60 days.)

"Please use either the Online Start Box (OSB) or Physical Start Box (PSB) to register and complete the event. Do NOT mix and match, for example, by registering using the OSB then completing your event using the PSB nor signing the PSB log sheet. The sponsoring club only receives credit for an OSB participation when an OSB registration has been completed online by entering your participation date, distances, and any special programs using the OSB."

PORTLAND LANDMARK WALK – YRE 410

10 km Walk – Rated 2B

AVA Challenges: Ice Cream

OTSVA Challenges: 2020 (Palm Tree, Parks, Roses, Statue, Salon, University, Unique)
2019 (Nature, Noodles, Nuts, Overlooks)

1. **EXIT** Good Sam Medical Center, **RIGHT** on 22nd to Lovejoy the **RIGHT** on Lovejoy to 23rd
2. **LEFT** on NW 23rd Av. to W. Burnside St. (1K)
3. **CROSS** and **RIGHT** on Burnside St. just past Osage St. to bus stop/water fountain
4. **LEFT** on Trail behind Bus stop uphill staying straight on the main trail in the center of the valley until reaching steps (*do not take trails or steps on right or left on main trail*), climb steps and cross roadway to sidewalk on other side. Enter sidewalk and stay right past restrooms keeping them on your left to “T”
5. **RIGHT** at “T” to Holocaust Memorial walking around the Memorial and returning to the restrooms. Keeping the restrooms on your left, walk to street intersection.
6. **CROSS** and **RIGHT** on Rose Park Road headed for the Rose Garden (see signs) as it bears **LEFT** then **RIGHT** to steps leading into the Rose Garden.
7. **LEFT** up the steps and enter Rose Garden (2K) and continue straight until the end of the garden, jog **RIGHT** then **LEFT** to paved road.
8. At road **GO AROUND** fence on your right past the restrooms and Rose Garden Store & **CROSS** next street at crosswalk (towards Japanese Gardens – sign showing way) to Kingston Av.
(Note if you would like to visit the Japanese Garden you can follow the signs to it for an additional 1 km. Return back to Kingston Av.)
9. **RIGHT** on Kingston Av. past tennis courts keeping them on your right to SW Parkside Dr.
10. **RIGHT** on Parkside Dr. to curve going left. On your right is a small pathway with steps going down. **RIGHT** taking path down to roadway. At roadway take path going left. At path circle you can take either way half way around and continue down steps to SW Park Pl.
11. **RIGHT** on SW Park Pl. to SW Wright Av. (3K)
12. **CROSS** Wright Av. and continue downhill staying left of the construction area to the next intersection, Lewis Clark Way.
13. **LEFT** on Lewis Clark Way one block to small unnamed road on right going uphill to the Lewis and Clark Obelisk. **RIGHT** on unnamed road and continue past the Obelisk down steps to SW Park Pl.
14. **STRAIGHT** on SW Park Pl. going downhill to SW King Av.
15. **CROSS & RIGHT** on SW King Av. ½ block to SW Salmon St.
16. **LEFT** on SW Salmon St. to SW 20th Av.
17. **LEFT** on SW 20th Av. to SW Morrison St.
18. **RIGHT** on SW Morrison St. to SW 10th Av. (5K @ 12th Av.)
19. **RIGHT** on SW 10th Av. to Portland Art Museum (about 1 block past Main). There will be a walk way between 2 buildings with a Sculpture Garden on your left.
20. **LEFT** into Sculpture Garden and walk to next street (SW Park Av.)
21. **RIGHT** on SW Park Av. 4 blocks to SW Market St.
22. **LEFT** on SW Market St. to SW 5th Av. (6K @ 6th Av.)
23. **LEFT** on SW 5th Av. to SW Yamhill St.
24. **CROSS** and **LEFT** on SW Yamhill St. 1 block to Pioneer Plaza on your right.
25. **CROSS** Pioneer Plaza **DIAGONALLY** going up steps on far side to Broadway & Morrison St **CHECKPOINT** just before steps there is a small amphitheater on your right. In the center there is a small circle. Stand on the circle and say “Welcome Portland” What was the reply?
26. **RIGHT** on Broadway to SW Oak St. (8K)
27. **LEFT** on SW Oak St. to 10th Av.
28. **CROSS** and **RIGHT** on 10th Av. and continue on NW 10th to NW Lovejoy St.
29. **LEFT** on NW Lovejoy St. to NW 22nd Av.
30. **RIGHT** on NW 22nd 1 block to finish.

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

PORTLAND LANDMARK WALK – YRE 410

5 km Walk – Rated 2B

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12. **CROSS** Wright Av. and continue downhill staying left of the construction area to the next intersection, Lewis Clark Way.
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14. **RIGHT** on SW Park Pl. going downhill to SW King Av.
15. **CROSS & RIGHT** on SW King Av. ½ block to SW Salmon St.
16. **LEFT** on SW Salmon St. to SW 20th Av.
17. **LEFT** on SW 20th Av. **CROSS** Burnside and continue going through Couch Park to Lovejoy
18. **LEFT** on NW Lovejoy St. to NW 22nd Av.
19. **RIGHT** on NW 22nd 1 block to finish.

The Rose City Roamers
Thank You for walking this walk

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Contacts : Emergency 911
POC Ed 360-921-1909

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