

JEFFERSON CITY, MO 6K CAPITAL YRE 0454 WALK DIRECTIONS (Rated 2A)

This YRE is "On-line Start Box" only – there is no Physical Start Box

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This map and directions may only be used in conjunction with a signed American Volkssport Association (AVA) athletic waiver. All other uses are prohibited. In case of emergency: Dial 911

Start/Finish point is the Baymont by Wyndham Hotel, 319 W. Miller St., Jefferson City, MO 65101 (Parking and restrooms available). GPS: 38.57723, -92.17853

Directions from I-70: At Kingdom City, take I-70 Exit 148 to US-54 South approx. 30 miles to Jefferson City. After crossing the Missouri River, keep left and merge onto US-50 East/US-63 South for approx. 0.5 mile to Broadway. Turn right on Broadway, then an immediate right on W. Miller St. to Baymont Hotel.

Directions from I-44: At Rolla, take I-44 Exit 186 to US-63 North approx. 62 miles to Jefferson City. Turn left on Broadway, then an immediate right on W. Miller St. to Baymont Hotel.

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OSB 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 date of the event, the distance, 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 they submit the event completion info as a paying-for-credit participant. Note, however, the \$2 coupon for the downloaded PDF will expire in 60 days.) Also note that an event registration expires after 30 days, but if your registration lapses, you may re-register without cost.

Special Programs: City Halls; Walking with America's Veterans (MO Veterans Memorial & MO Veterans Commission); Walking US Capitals; Walking the USA A – Z ("J"); Walking Missouri Counties (*Cole County*)

Legend: TR = Turn Right, TL = Turn Left, SA = Straight Ahead, CR = Cross, SP = Special Program Qualifier

1. With your back to the hotel, **TR** on W. Miller St. for ½ block to Broadway.
2. **TL** on Broadway, carefully cross US-50/63, and continue **SA** to the end of Broadway at W. Main St.
3. **CR** W. Main St., then **TR** on the sidewalk as it curves in a clockwise direction around the Capitol. W. Main St. becomes W. Capitol Ave. at this point.
4. Continue on the left side of W. Capitol Ave., passing The Missouri Law Enforcement Memorial, the Liberty Bell replica, the Signing of the Treaty sculpture, the Fountain of the Centaurs, and the **Missouri Veterans Memorial (SP)** on your left, and the **Missouri State Capitol (SP)** on your right. *NOTE: To visit the Capitol, the main entrance is on the south side, the side away from the river. See the website <https://mostateparks.com/page/55186/missou>*
5. Continue on W. Capitol Ave. as it curves left, passing the Lewis and Clark Trailhead Plaza on your left, for one block to Jefferson St.
6. **TL** on Jefferson St. for one block to the **Jefferson Landing State Historic Site** at the end of Jefferson St. *See the website <https://mostateparks.com/page/55184/jefferson-landing-state-historic-site> for information on the Historic Site. NOTE: The Jefferson City Amtrak train station is located here at the end of Jefferson St.*
7. At the end of Jefferson St., **TR & CR** Jefferson St., then **TR** and continue back up the hill on the left side of Jefferson St.
8. Just before you get to E. Capitol St., **TL** and go up a short flight of steps into the **Carnahan Memorial Garden**. Cross the garden, then go

up another short flight of steps and **TR** to E. Capitol Ave. Across E. Capitol Ave. is the building, on the SE corner of Jefferson & E. Capitol, where the **Missouri Veterans Commission (SP)** is located.

9. **TL** on E. Capitol Ave. for ½ block to Madison St.
10. **TL** on Madison St., passing the **Missouri Governor's Mansion** on your left, to State St.
11. **TR** on State St. for one block to Monroe St. The old Jefferson City train depot (not open to the public) is on your left.
12. **TR** on Monroe St. for 6 blocks to McCarty St., (crossing Parsons Way, Capitol Ave., Commercial Ave., High St., and Wall Way), and passing the **Cole Co. Courthouse** on your left at High & Monroe.
13. **TL** on McCarty St. for one block to Adams St., passing the **City Hall (SP)** at 320 McCarty Ave.
14. **TL** on Adams St. for 2 blocks to Capitol Ave., passing the **Missouri River Regional Library** at 214 Adams and the **old Carnegie Library (1901)**, which now serves as the Cole Co. Assessor's Office, at 210 Adams.
15. **TR** on Capitol Ave. for one block to Jackson St.
16. **TL** on Jackson St. for one block to State St.
17. **TR** on State St. for 2 blocks to Lafayette St., passing the **Christopher S. Bond Federal Courthouse** on your left at State & Lafayette. Across Lafayette St. is the **historic Missouri State Penitentiary (1836 to 2004)**. See the website <https://www.missouripentours.com> for information on group tours of the historic old penitentiary.
18. **TR** on Lafayette St. for 4 blocks to High St.
19. **CR** High St., then **TR** on High St. for one block to Marshall St.
20. **TL** on Marshall St. for 2 blocks to McCarty St.
21. **CR** McCarty St., then **BEAR LEFT** onto the Jefferson City Greenway Trail.
22. Continue on the Greenway Trail, passing under the Hwy. 50/63 bridge, then passing some tennis courts on your left, to Dunklin St. (no street sign).
23. **TR** on Dunklin for 5 blocks to Madison St.

24. **CR** Madison St., then **TR** on the left side of Madison St. for ½ block to **Central Dairy Ice Cream Parlor** home of some of the best ice cream in Missouri for over 80 years. After visiting Central Dairy, retrace your steps for ½ block back to Dunklin St.
25. **TR** on Dunklin St. for 3 blocks to Broadway.
26. **CR & TR** on Broadway for 2 blocks to Miller St.
27. **TL** on Miller St. and return to the start/finish at the Baymont Hotel.

Please refer any questions or comments on this walk to the walk POCs – DeAnne & Gordon Brown.

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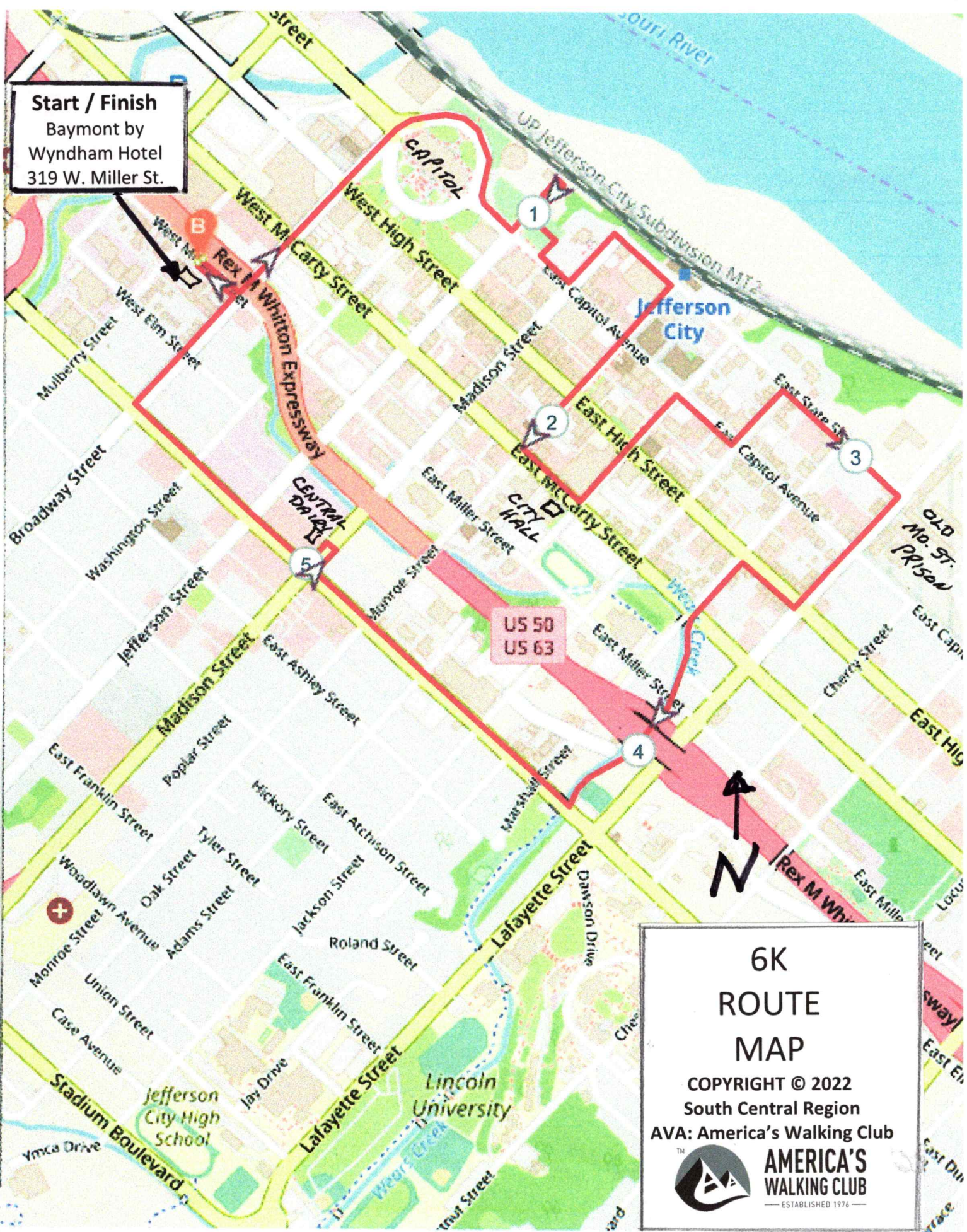
Please visit our web-site

<https://www.saintlouiswalkers.com/> for information on other walks in the St. Louis Metro area.




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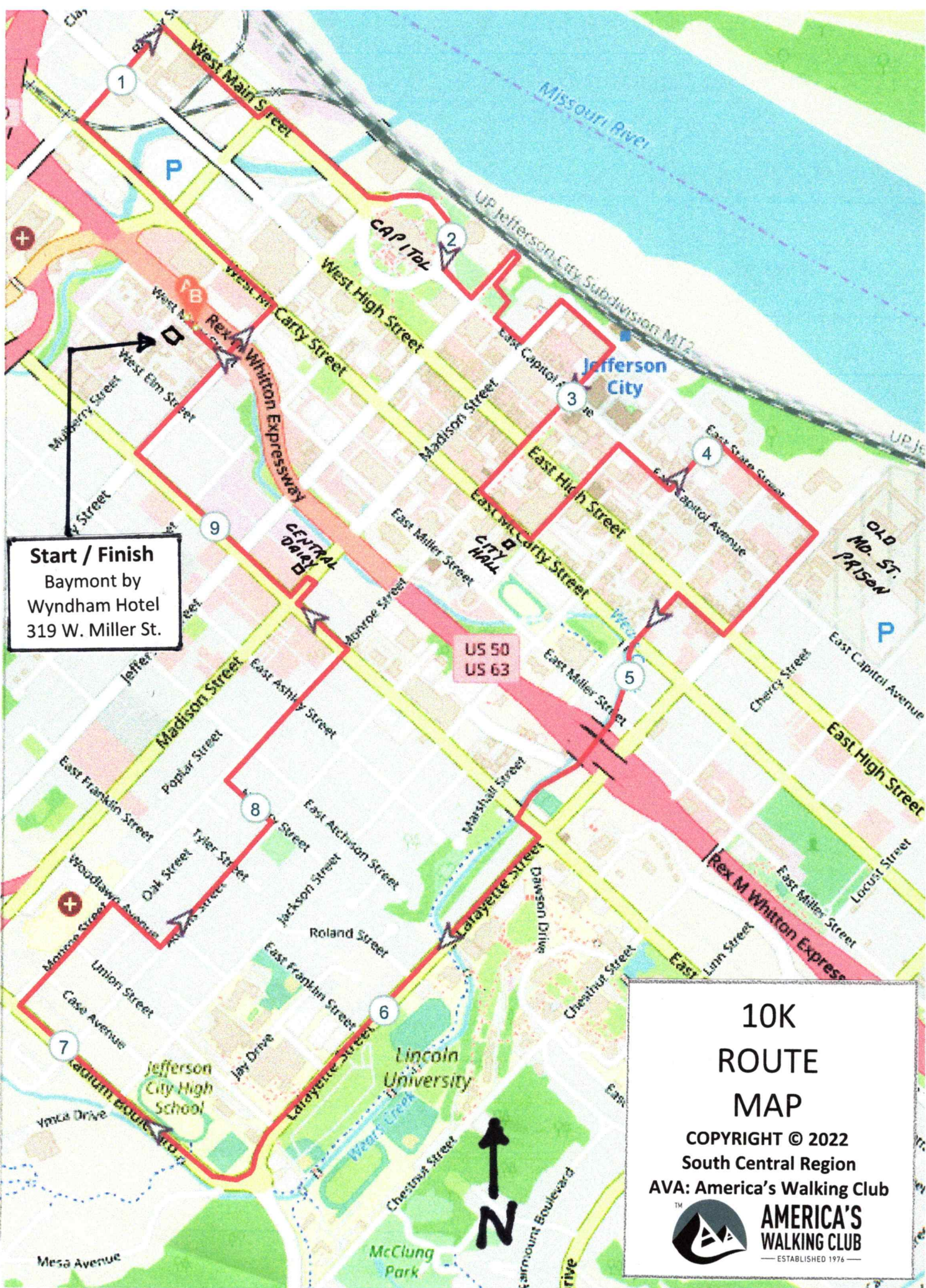
Start / Finish
Baymont by
Wyndham Hotel
319 W. Miller St.



**6K
ROUTE
MAP**

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Start / Finish
 Baymont by
 Wyndham Hotel
 319 W. Miller St.

**10K
 ROUTE
 MAP**

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NOTE: See 6K walk directions for driving directions to the start point.

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1. With your back to the hotel, **TR** on W. Miller St. for ½ block to Broadway.
2. **TL** on Broadway, and carefully cross US-50/63. Continue **SA** for one block to McCarty St.
3. **CR & TL** on McCarty St. for 2 long blocks to Bolivar St.
4. **TR** on Bolivar St. for 2 blocks to Main St.
5. **TR** on Main St. for 2 blocks to Missouri Blvd.
6. At Missouri Blvd., **TL & CR** Main St., then **TR & CR** Missouri Blvd. Continue on the left side of Main St. to the "Y" intersection just before the State Capitol.
7. At the "Y" intersection, **BEAR LEFT** on W. Capitol Ave. and continue on the left side of Capitol Ave., passing the Missouri Law Enforcement Memorial, the Liberty Bell replica, the Signing of the Treaty sculpture, the Fountain of the Centaurs, and the **Missouri Veterans Memorial (SP)** on your left, and the **Missouri State Capitol (SP)** on your right. *NOTE: To visit the Capitol, the main entrance is on the south side, the side away from the river. See the website <https://mostateparks.com/page/55186/missouri-state-capitol> for information on the Capitol.*
8. Continue on W. Capitol Ave. as it curves left, passing the Lewis and Clark Trailhead Plaza on your left, for one block to Jefferson St.
9. **TL** on Jefferson St. for one block to the **Jefferson Landing State Historic Site** at the end of Jefferson St. *See the website <https://mostateparks.com/page/55184/jefferson-landing-state-historic-site> for information on the Historic Site. NOTE: The Jefferson City Amtrak train station is located here at the end of Jefferson St.*
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12. **TL** on E. Capitol Ave. for ½ block to Madison St.
13. **TL** on Madison St., passing the **Missouri Governor's Mansion** on your left, to State St.
14. **TR** on State St. for one block to Monroe St. The old Jefferson City train depot (not open to the public) is on your left.
15. **TR** on Monroe St. for 6 blocks to McCarty St., (crossing Parsons Way, Capitol Ave., Commercial

Ave., High St., and Wall Way), and passing the **Cole Co. Courthouse** on your left at High & Monroe.

16. **TL** on McCarty St. for one block to Adams St., passing the **City Hall (SP)** at 320 McCarty Ave.
17. **TL** on Adams St. for 2 blocks to Capitol Ave., passing the **Missouri River Regional Library** at 214 Adams and the **old Carnegie Library (1901)**, which now serves as the Cole Co. Assessor's Office, at 210 Adams.
18. **TR** on Capitol Ave. for one block to Jackson St.
19. **TL** on Jackson St. for one block to State St.
20. **TR** on State St. for 2 blocks to Lafayette St., passing the **Christopher S. Bond Federal Courthouse** on your left at State & Lafayette. Across Lafayette St. is the **historic Missouri State Penitentiary (1836 to 2004)**. See the website <https://www.missouripentours.com> for information on group tours of the historic old penitentiary.
21. **TR** on Lafayette St. for 4 blocks to High St.
22. **CR** High St., then **TR** on High St. for one block to Marshall St.
23. **TL** on Marshall St. for 2 blocks to McCarty St.
24. **CR** McCarty St., then **BEAR LEFT** onto the Jefferson City Greenway Trail.
25. Continue on the Greenway Trail, passing under the Hwy. 50/63 bridge, then passing some tennis courts on your left, to Dunklin St. (no street sign).
26. **CR & TL** on Dunklin for ½ block to Lafayette St.
27. **TR** on Lafayette St. for several blocks to Stadium Blvd., passing **Lincoln University** on your left and **Jefferson City High School** on your right. (there is a traffic circle at Lafayette & Stadium).
28. **TR** on Stadium Blvd. for 3 blocks to Monroe St., passing the Jefferson City H.S. football stadium on your right.
29. **TR** on Monroe St. for 3 blocks to Woodlawn Ave., passing the **Capital Region Medical Center** on your left.
30. **TR** on Woodlawn Ave. for 2 blocks to Adams St.
31. **TL** on Adams St. for 2 blocks to Hickory St.
32. **TL** on Hickory St. for one block to Monroe St.
33. **TR** on Monroe St. for 3 blocks to Dunklin St.
34. **CR & TL** on Dunklin for one block to Madison St.

35. **CR** Madison St., then **TR** on the left side of Madison St. for ½ block to **Central Dairy Ice Cream Parlor**, home of some of the best ice cream in Missouri for over 80 years. After visiting Central Dairy, retrace your steps for ½ block back to Dunklin St.
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37. **CR & TR** on Broadway for 2 blocks to Miller St.
38. **TL** on Miller St. and return to the start/finish at the Baymont Hotel.

Please refer any questions or comments on this walk to the walk POCs – DeAnne & Gordon Brown.

(D) deeebee333@gmail.com

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Phone: (D) 314-401-1715 or
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Please visit our web-site

<https://www.saintlouiswalkers.com/> for information on other walks in the St. Louis Metro area.



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