

**2025 SOUTH HILL PARKS WALK
DRIVING DIRECTIONS**

Start Location Address:

Super One Foods
830 E. 29th Ave.
Spokane, WA 99203

LAT: 47.628027 LNG: -117.400075

Directions from I-90 eastbound:

Take Exit 280 to Maple St.

Right on Maple St which becomes Cedar and then High Drive to 29th Ave.

Left on 29th Ave. to start point on the left.

Directions from I-90 westbound:

Take Exit 280-A to Maple St.

Left on Maple St and follow as above.

NOTE: There is a PSB at this location and the restrooms are available in Super One for participants of this event. Please use either the OSB or PSB to register and finish the process. Do not register with one and finish with the other.

**2025 SOUTH HILL PARKS
SANCTION # 127228 YRW 0761**

**The Lilac City Volkssport Association is pleased to offer this opportunity to
participate in an AVA sanctioned event in Spokane County**

This sanctioned event has two options for the walker: Both Rated 1A
11K, 7K

NOTE: 11K and 7K routes start together

Restrooms available in Super 1 Foods and in some of the parks

One or more of these options qualify for:

AVA Special Programs: Walking the USA A-Z (D), Walking the 50 State (WA), Par for the Course, Grain
Elevators

ESVA Challenge Programs: 39 Counties (Spokane), All Clubs (LCVA), Tell Me A Story, Front Line Heroes, That's
Entertainment

If you find this walk qualifies for another special program and/or state challenge feel free to take the credit
and let us know on the start card what we missed.

Thank You.

After signing in, take a start card, even if you are not walking for AVA credit, and enjoy the walk. Return the
start card with appropriate fees (if paying by check make payable to LCVA) in one of the provided envelopes to

Allan G. Heritage
12508 N. Denver Drive
Spokane, WA 99218

***The Lilac City Volkssport Association hopes you enjoyed this walk in Spokane WA
Please come again.***

**2025 SOUTH HILL PARKS WALK
1.1K INSTRUCTIONS RATED 2A
YRSW 0761/SANCTION # 127228**

©2020 by the Lilac City Volkssport Association

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

EMERGENCY: CALL 911

POC: Allan Heritage 360.904.7236

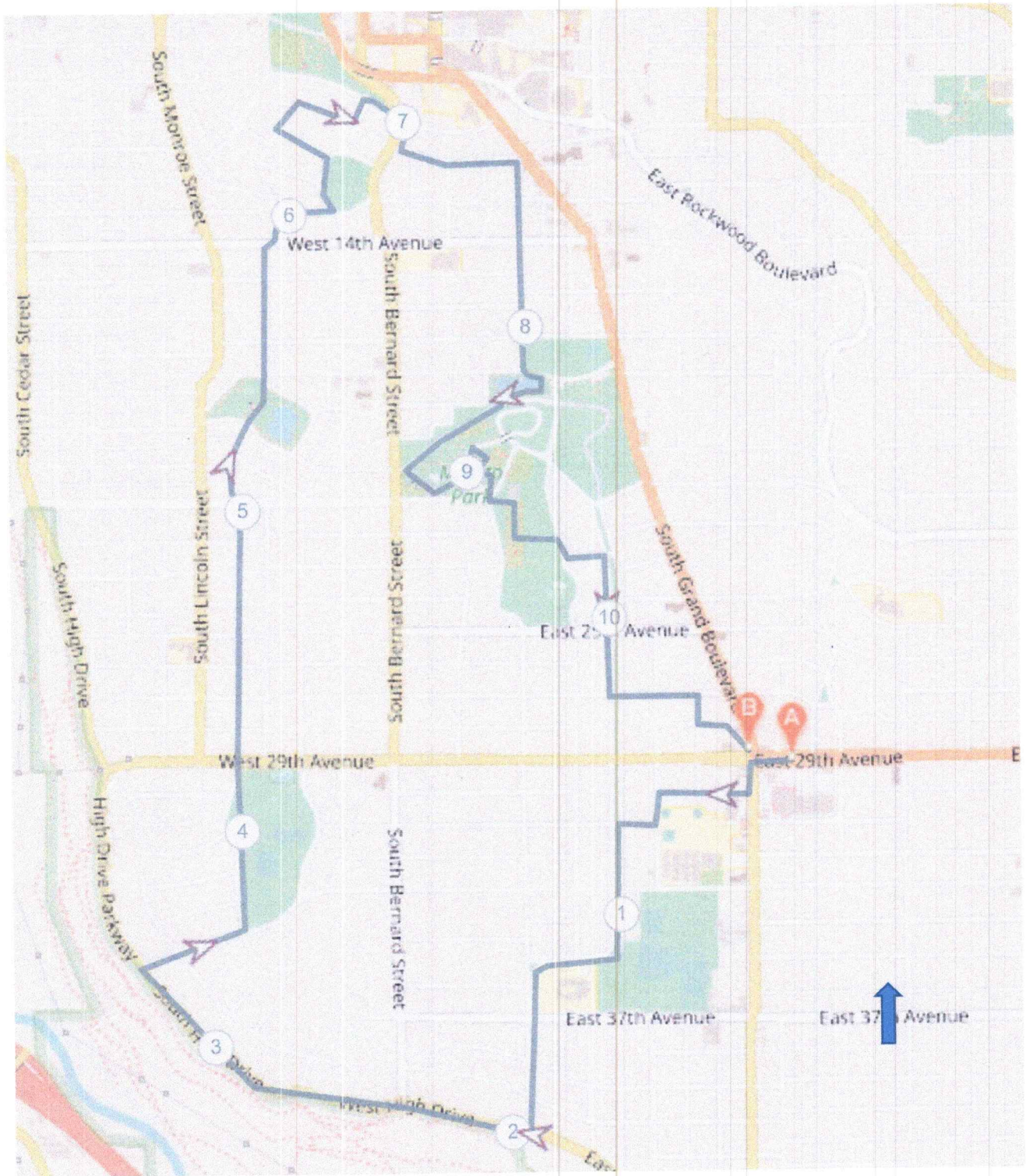
1. **EXIT** Super One Parking Lot to 29th Ave. (Restrooms available in Super One)
2. **LEFT** on 29th Ave. to Grand Blvd. and cross
3. **LEFT** on Grand Blvd. to 30th Ave.
4. **RIGHT** on 30th to Lamonte
5. **LEFT** on Lamonte to 31st Ave.
6. **RIGHT** on 31st Ave. to Manito Blvd. (Olmstead designed the blvd. when the Spokane park system was created)
7. **LEFT** on Manito Blvd. to High Drive (Keep school on your left as Manito Blvd. turns and then crosses 37th to High Drive) (1K at Tekoa) and cross
8. **RIGHT** on High Drive to 33rd Ave. (Bluff Park is on the left overlooking Qualchan Golf Course and Hangman Creek)
9. **RIGHT** at 33rd Ave ADA Ramp and cross High Drive
10. **CONTINUE** on 33rd Ave to Lincoln Drive and cross
11. **LEFT** on Lincoln Drive (sidewalk borders Comstock Park) follow sidewalk to 29th and Post (Restrooms available)
12. **CROSS** 29th and continue on Post to 21st Ave (4K) (Olmstead designed 21st when the park system was formed)
13. **CONTINUE** on Post to 20th (Olmstead designed Triangle Park)
14. **STAY** on Post to Shoshone and cross
15. **ENTER** Cannon Hill Park
16. **CROSS** stone bridge (pond will be on far right, second stone bridge on left slightly behind restroom building and playground as you exit the bridge)
17. **EXIT** park at the intersection of three streets, 18th, 19th and S. Wall
18. **CROSS** 18th to Wall
19. **STRAIGHT** on Wall to 14th Ave.
20. **CROSS** 14th and continue on Wall to 13th Ave.
21. **RIGHT** on 13th to Stevens and cross to sidewalk along Cliff Park
22. **LEFT** on Stevens (a short distance from the corner is a wide section of the street with a large rock border look right and see a set of stairs (50+) up to the Cliff Park Overlook (add .5K if you select to climb to the overlook)
23. **CONTINUE** on Stevens, park on right, to Cotta Street
24. **LEFT** on Cotta St to Wall
25. **RIGHT** on Wall to Sumner

26. **RIGHT** on Sumner to Stevens
27. **LEFT** on Stevens to Cliff Drive
28. **CROSS** Cliff Drive and enter Edwidge Woldson Park overlook of downtown Spokane
29. **EXIT** park to Cliff Drive
30. **LEFT** on Cliff Drive to Grove
31. **RIGHT** on Grove to Sumner
32. **LEFT** on Sumner to S. McClellan (View St John Cathedral)
33. **RIGHT** on McClellan to 13th
34. **LEFT** on 13th to Division
35. **RIGHT** on Division to 18th and Manito Park entrance
36. **LEFT** into the park and follow paved path around Mirror Pond keeping pond on right and restrooms on left.
37. **LEFT** at end of paved path and transfer to the park road
38. **RIGHT** on park road to the Japanese Gardens
39. **LEFT** to Nishinomiya Road (Restrooms on left and Japanese Gardens on right)
40. **CONTINUE** up a slight hill to entrance to Rose Garden
41. **RIGHT** into the Rose Garden
42. **CROSS** the garden,
43. **RIGHT** at each intersection
44. **RIGHT** and down the stairs
45. **CROSS** road to the entrance to Duncan Gardens (Restrooms available on north side of building)
46. **UP** the slight incline to stairs in front of Gaiser Conservatory and Duncan Gardens
47. **DOWN** the stairs to the fountain

48. **LEFT** at the fountain and exit park to Tekoa
49. **RIGHT** on Tekoa to 22nd Ave
50. **LEFT** on 22nd Ave to Manito Blvd
51. **RIGHT** on Manito Blvd to 27th Ave
52. **LEFT** on 27th Ave to Lamonte
53. **RIGHT** on Lamonte to 28th Ave
54. **LEFT** on 28th Ave to Walgreen Parking Lot
55. **RIGHT** and angle through the parking lot to 29th Ave and Grand Blvd
56. **CROSS** 29th Ave and Grand Blvd
57. **LEFT** on 29th Ave to Start/Finish

REMINDER: *Log back into the OSB System to finish/complete your online registration by entering participation date, distances, and any special programs after completing this event.*

The Lilac City Volkssport Association and Super One Foods hope you enjoyed your experience and will come again.



Spokane South Hills 11K

**2025 SOUTH HILL PARKS WALK
7K INSTRUCTIONS RATED 2A
YRSW 0761/SANCTION # 127228**

©2020 by the Lilac City Volkssport Association

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

EMERGENCY: CALL 911

POC: Allan Heritage 360.904.7236

1. **EXIT** Super One Parking Lot to 29th Ave.
(Restrooms available in Super One)
2. **LEFT** on 29th Ave. to Grand Blvd. and cross
3. **LEFT** on Grand Blvd. to 30th Ave.
4. **RIGHT** on 30th to Lamonte
5. **LEFT** on Lamonte to 31st Ave.
6. **RIGHT** on 31st Ave. to Manito Blvd.
(Olmstead designed the blvd. when the Spokane park system was created)
7. **LEFT** on Manito Blvd. to High Drive (Keep school on your left as Manito Blvd. turns and then crosses 37th to High Drive) (1K at Tekoa) and cross
8. **RIGHT** on High Drive to 33rd Ave. (Bluff Park is on the left overlooking Qualchan Golf Course and Hangman Creek)
9. **RIGHT** at 33rd Ave ADA Ramp and cross High Drive
10. **RIGHT** on 33rd Ave to Lincoln Drive and cross
11. **LEFT** on Lincoln Drive (sidewalk borders Comstock Park) follow sidewalk to 29th and Post (Restrooms available)
12. **CONTINUE** on Post to 25th
13. **RIGHT** on 25th to Division
14. **CROSS** 25th, Division becomes Park
15. **CONTINUE** on Park to 21st
16. **RIGHT** to entrance to Duncan Gardens
17. **LEFT** to stairs in front of Gaiser Conservatory and Duncan Gardens
18. **DOWN** the stairs to the fountain
19. **LEFT** at the fountain and exit park on Tekoa
20. **RIGHT** on Tekoa to 22nd Ave
21. **LEFT** on 22nd Ave to Manito Blvd
22. **RIGHT** on Manito Blvd to 27th Ave
23. **LEFT** on 27th Ave to Lamonte
24. **RIGHT** on Lamonte to 28th Ave
25. **LEFT** on 28th Ave to Walgreen Parking Lot
26. **RIGHT** and angle through the parking lot to 29th Ave and Grand Blvd
27. **CROSS** 29th Ave and Grand Blvd
28. **LEFT** on 29th Ave to Start/Finish

REMINDER: *Log back into the OSB System to finish/complete your online registration by entering participation date, distances, and any special programs after completing this event.*

The Lilac City Volkssport Association and Super One Foods hope you enjoyed your experience and will come again.

South Hill Park Walk 7k

