

Charleston, WV Y1020
Charleston, West Virginia
10k and 5k Walks

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In Case of Emergency: Dial 911
For Event Assistance: Jeff Giddings 240-753-0119

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Charleston, WV Y1020

YRE Description

Daniel Boone lived in Charleston western Virginia and walked to Richmond, Virginia (the then capital). You don't have to walk that far to enjoy the Cultural, Recreational, and Business Capital of the Appalachian Mountains.

The trail is on sidewalks and is mostly level, just two very small hills/bridges over the river on the 10k. The walk takes you through the Capitol Complex, along the riverwalk beside the Kanawha River and through the downtown area of Charleston. During the week it may be possible to tour the Capitol building but this is not part of the walk.

Both the 5k and 10k trails are suitable for strollers and wheelchairs. Pets are allowed, but must be leashed at all times during the walk.

AVA Special Programs

| Location | Special Program |
|-------------------------|--------------------------------------|
| Kanawha - Instruction 5 | Mayflower - 400th Anniversary Walk |
| Instruction 17 (10k) | Rockin' Around the Clock |
| Instruction 8 (10k) | Town Halls / City Halls |
| Instruction 3 | Walking the United States - Capitals |
| Instruction 1 | Walking with America's Veterans |

Registering for the walk

Please register for the walk using the OSB on my.ava.org. When you register for the walk you can download the PDF file with walk information. The PDF includes directions to the walk start and walk instructions. The fee for the download is \$2. You will be credited for this fee if you complete the walk and pay the walk participant fee within 60 days.

After you have completed the walk

Please remember to log back into the OSB's "Finish Table" after completing the walk. Completion information includes the date the event was walked, the distance walked and applicable special programs.



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Driving Directions to the trail start

The start point is located at the West Virginia Veterans Memorial in the Capitol Complex. There are restrooms at the Capitol Building.

Address: Veterans Memorial, Charleston, WV 25302

GPS Coordinates of the Veterans Memorial are **38.33865, -81.61295**

Plus code is **89QP+CR Charleston, West Virginia**

Plus codes are based on latitude and longitude. By using a simpler code system, they are intended to be shorter and easier to use than traditional global coordinates.

Parking is available in the Capitol Visitors Parking Lot. This parking lot is within 50 meters of the Veterans Memorial. You may access this parking lot from either Greenbrier St or Piedmont Rd.

This public parking is metered, **DO NOT park in unmetered areas as you will be towed.** The meters will accept quarters or credit cards through the PayByPhone mobile app. The cost of the meter is 25¢ for 30 minutes.

Directions from Eastbound I-64/I-77:

Take exit 99 toward Greenbrier St.

Keep right at the fork, follow signs for State Capitol/State Museum/Veterans Mem/Culture Ctr/UC Stadium and merge onto Greenbrier St.

Turn left into the Capitol Grounds at Washington St and follow the signs for Capitol Visitors Parking.

Directions from Westbound I-64/I-77:

Take exit 99 from I-77 S.

Keep right at the fork, follow signs for State Capitol/State Museum/Veterans Mem/Culture Ctr/UC Stadium and merge onto Greenbrier St.

Turn left into the Capitol Grounds at Washington St and follow the signs for Capitol Visitors Parking.



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Capitol Trail Directions

5k, 10k (3.1, 6.2 miles)

AVA rating 1A

Restrooms are available at the State Capitol building when it is open.

There will be some streets without sidewalks. Please use the sidewalks when available. Otherwise, walk on the left facing traffic. Use crosswalks when available.

From the Capitol Visitor (public) metered parking lot. Walk to the Veterans Memorial and the three flag poles.

The West Virginia Veterans Memorial contains the names of those who gave their lives in WWI, WWII, Korea, Vietnam, Desert Storm, Beirut, Panama, Iraq, and Saudi Arabia.

1. **Walk counterclockwise** around the memorial to the World War I side.
2. **RIGHT** onto the sidewalk toward the Coal Miners Memorial.
3. **LEFT** at the first paver brick sidewalk (on the left), and continue past the West Virginia Coal Miner Memorial on the right. Continue on the wide path keeping the West Wing of the Capitol building on the right.

The main section of the Capitol building is on the right at the small garden.

RESTROOMS - *If you need a restroom, the capitol building is usually open during the week. Find the Public Entrance and go through security to enter the Capitol building. Personnel at the guard station will be able to direct you to the nearest facility.*

While you are in the Capitol, please visit the Rotunda, and the House of Representatives and Senate Chambers on the second floor.

4. **RIGHT** at the end of the walkway, onto California Ave.

Look to your right and you will see the statue of "The Mountaineer." He carries a U.S. flag and a musket, representing the home guard who answered Lincoln's call to arms in 1861. By their actions, they helped to save Western Virginia for the Union. It was dedicated in 1912.

5. **RIGHT** at the traffic signal, onto Kanawha Blvd East, walking in front of the Capitol Building on the right.

The Kanawha River is located on your left. (MAYFLOWER)

The house on the corner of Greenbrier Street and Kanawha Boulevard is called Holly Grove. It is the "old" governor's mansion.

- a. Cross Greenbrier St using the pedestrian signal.
- b. Cross Elizabeth St.

On the right is the Ruffner Memorial Park. In the back of the marble monument is the headstone for Thomas Bullitt, the first owner of Charleston, WV.



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Capitol Trail Directions - 5k, 10k

At 1516 Kanawha Blvd on the right (Physiologix sign) is the John Carver House . It was built in 1902-1903 for coal operator John Carver and his wife, Frances, by brothers John and Wayland Davidson. Carver emigrated from Wales and moved to Charleston in the 1870s. Along with brothers Enoch and James, he operated Carver Brothers Coal Company.

- c. Cross Ruffner Ave.
- d. Cross Bradford St.

6. **LEFT** at the traffic signal at Morris Street to cross Kanawha Boulevard. Then **RIGHT** to walk on the left side of Kanawha Boulevard.

On the left within the small black fence is a plaque on the ground "In Memory of Charles Clendenin for Whom Charleston Was Named".

- a. Continue on Kanawha Blvd.
- b. Pass under the South Side bridge.
- c. Continue on the sidewalk as it turns right, then left to go around the building.

5k Trail Split

7. **RIGHT** to cross Kanawha Blvd onto Capitol Street. Continue with instruction #19.

- a. Continue on the sidewalk past the building to stay on the left side of Kanawha Blvd.

Restrooms to the left in the second building with a red roof.

The Haddad Riverside Park is on the left across from the Four Points Sheraton on the right.

There are 13 flags flying in front of Haddad Riverside Park between Laidley and Summers Streets.

8. **RIGHT** at the second traffic signal, cross Kanawha Blvd onto Court Street.

At the corner of Kanawha Blvd and Court Street on the left is the Kanawha County Courthouse. It is a block-long structure constructed in 1892 of rock-face masonry. It is noteworthy for its picturesque massing and precise Richardsonian Romanesque design.

Charleston City Hall is across the street from the courthouse. The major, or entrance, elevation faces Virginia Street with monumental design features and walls clad in smooth gray limestone. The equally impressive limestone-faced Court Street facade presents a grand prospect which runs southward for nearly a block between Virginia Street and Kanawha Boulevard. These two elevations are entirely formal in design because they were intended to face the courthouse and principal city thoroughfare. The four-story building is centered with a colossal engaged colonnade of six fluted Doric columns, which rises three-stories in support of a massive cornice.

9. **Cross and RIGHT** at the traffic signal onto Virginia St.

The Masonic Temple is on the left at 8210 Virginia Street.

The Basilica of the Co-Cathedral of the Sacred Heart Catholic Church is on the left at the corner of Virginia Street and Leon Sullivan Way.

10. **LEFT** at the traffic signal onto Leon Sullivan Way.

11. **LEFT** at the traffic signal onto Quarrier St.

You are now entering the Downtown Charleston Historic District. You will be in it until you reach Summers St.

Old WVSU Capital Center Theatre is located to the left on Summers Street. It opened in 1912 as Plaza Theatre with vaudeville. Then in 1921 it added silent movies and in 1923 "talkies" were added. It closed in 1982.



Capitol Trail Directions - 5k, 10k

On the left at Truslow Street is the back of the Charleston Municipal Auditorium. It was constructed in 1939 and is a monolithic concrete and steel structure of massive proportions, situated in the southwestern section of Charleston's central business district. It is an excellent representation of the Art Deco architectural style in a public building.

a. Cross the bridge over the Elk River.

12. **LEFT** at the far end of the bridge and walk down the steps.

13. **Bear LEFT** to walk across the parking lot toward the left corner of the hotel.

This is the Hampton Inn Charleston-Downtown that hosted the walk box for many years.

14. **Sharp LEFT** at the far end of the hotel, onto the road, and walk through the underpass.

The Elk River will be on your right.

15. **RIGHT** at the stop sign, cross the road to the sidewalk that leads along the river.

a. Pass the Starburst sculpture.

16. **RIGHT** at the traffic signal, onto Lee St West.

a. Cross over the Elk River.

17. **RIGHT** onto Capitol St to 225 Capitol St, on the right, just past the clock.

Ellen's Homemade Ice Cream is located on the right.

18. **Reverse your direction.**

5k Trail Rejoins

19. **RIGHT** onto Lee Way.

20. **Straight** at the corner onto Lee St.

21. **LEFT** at the traffic signal onto Dickinson St.

22. **RIGHT** at the traffic signal onto Washington St.

a. Cross Leon Sullivan Way, Brooks St, Morris St, Bradford St, Shelton Ave, Beauregard St, Ruffner Ave, Elizabeth St.

23. At the traffic signal at Greenbrier Street, **Cross and Enter** the West Virginia State Capitol Complex grounds.

24. **Bear RIGHT** to the three flag poles and the West Virginia Veterans Memorial, our start/finish point.

*Thank you for walking our YRE today!
We hope you enjoyed this trail.*

If you have any corrections or suggestions, please email them to at_rd@ava.org.




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Capitol Trail Directions - 5k, 10k



Map created by plotaroute.com, map background copyrighted by OpenStreetMap contributors
5k trail is the solid red line, 10k extension is the dashed red line.

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Capitol Trail Y1020

Internet Resources

Charleston, West Virginia: https://en.wikipedia.org/wiki/Charleston,_West_Virginia

History of the Capitol:

<https://generalservices.wv.gov/history-of-the-capitol/Pages/default.aspx>

West Virginia State Capitol - Wikipedia:

https://en.wikipedia.org/wiki/West_Virginia_State_Capitol

Kanawha River- Wikipedia:

https://en.wikipedia.org/wiki/Kanawha_River

Ecoregion: [https://en.wikipedia.org/wiki/Western_Allegheny_Plateau_\(ecoregion\)](https://en.wikipedia.org/wiki/Western_Allegheny_Plateau_(ecoregion))

Club Information: [AVA - Atlantic Region](#)



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