



## *Sacramento Walking Sticks*

### **Ashton Park Walks 2-5's, 7, 10, & 11k**

**#1049**



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Sticks**

#### **Directions to Start Location:**

Walks start at Starbucks located at 610 Watt Avenue, Sacramento, CA 95864. From US 50, head north on Watt Ave. Starbucks is located on the right after crossing Fair Oaks Boulevard in a small strip mall past the Arco gas station. Vendors request we park toward the rear of the parking lot leaving spaces for their customers. Their hours are daily M-F 4:30 am to 8:00 pm , Sat/Sun 5 am to 7:30 pm. Call for holiday hours. The Walk Box is located next to the condiment counter in the seating area.

#### **Walk Information:**

Restrooms are available at the beginning of the walk. The 5K and 10K walks require a short drive to the Start Point at Ashton Park, 4251 Ashton Drive, Sac. CA. These beautiful walks take you on the American River Parkway. The 5K follows the dirt horse trail and both have lovely river views. The 5K, 7K, and 10K walks starting from Starbucks go through lovely, shady neighborhoods and have views of the river. Be sure to walk on the left side of the bike path for the safety as this trail is heavily used by cyclists. Keep dogs close on leash.

**OSB Info:** Be sure to log back into the OSB system ([my.ava.org](http://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 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 the walker participated in.

(Nevertheless, a fee of \$2 for a downloaded pdf is deducted from the user Event Bank when the pdf file is downloaded. Later, any pdf fees are credited back to the walker Event Bank when he/she submits the walk completion info as paying for a credit walker. **Note however that the \$2 coupon for the downloaded pdf expires in 60 days**

**OSB Event Directions:** Do not mix and match registration methods; for example, by registering using 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 it has been completed online with participation date, distances and any special programs.

**For emergencies, call 911**

**For local walk info: [balesb@att.net](mailto:balesb@att.net)**

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



# Sacramento Walking Sticks

**Ashton Park 5K Drive to Start - AVA # 1049**

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**Start Point: STARBUCKS, Arden Town Shopping Center**

**610 Watt Ave, Sacramento, CA 95864: (916) 484-1579**

**Contact: Beverly Bales (916) 488-8570 [balesb@att.net](mailto:balesb@att.net)**

**[www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)**

For safety's sake, please walk on the **left** side of bike trails or roadways without sidewalks.

## SEE BELOW FOR DRIVING DIRECTIONS TO ASHTON PARK AND THE START

Special Programs: A complete list of Special Programs for this walk can be found in the binder within the Walk Box.

#	Direction	Km
1	Leaving Ashton Park, go <b>RIGHT</b> on Ashton Dr (101 m)	0.10
2	<b>CROSS</b> American River Dr and <b>CONTINUE STRAIGHT</b> on Ashton Dr. to the levee. (242 m)	0.34
3	<b>PASS</b> through yellow posts and take the steps to the top of the levee (53 m)	0.40
4	<b>RIGHT</b> on levee road. (458 m)	0.85
5	<b>LEFT</b> at downhill dirt trail opposite Estates Dr (to the right is a small gate onto the end of Estates Dr) (37 m)	0.89
6	<b>CROSS</b> bike trail and enter the dirt trail across from bench (16 m)	0.91
7	<b>LEFT</b> in just a few feet at 4-way intersection of trails. <b>FOLLOW</b> this wide dirt horse trail always keeping the river on your right and the bike trail on your left. Stay on this trail through #13. <b>Distance to #14 is (1073 m)</b>	1.98
8	At intersections of dirt paths, keep going <b>STRAIGHT</b>	
9	Veer <b>RIGHT</b> at the Y	
10	At 2nd Horseshoe sign, keep going <b>STRAIGHT</b>	
11	At 4-way intersection of dirt paths, keep going <b>STRAIGHT</b>	
12	Just pass the 3rd Horseshoe sign, go slightly to the left and <b>CONTINUE</b> up the hill	
13	<b>RIGHT</b> on the dirt path	
14	<b>MERGE</b> to the <b>RIGHT</b> with the bike trail. (Pause at the benches to enjoy this beautiful spot by the river). (210 m)	2.19

#	Direction	Km
15	<b>PASS Alec Hodgins bench on the river</b> side and take a sharp <b>LEFT</b> up the hill, just before the drinking fountain. (100 m)	2.29
16	<b>RIGHT</b> on levee road. (380 m)	2.67
17	<b>LEFT</b> on first gate leading to Regency Circle (no sign) and <b>STRAIGHT</b> on Regency Circle. (230 m)	2.90
18	<b>LEFT</b> on Chancery Wy. (150 m)	3.05
19	<b>RIGHT</b> on Whitehall Dr. (210 m)	3.26
20	<b>CAREFULLY CROSS</b> American River Dr. (no crosswalk) and <b>STRAIGHT</b> ahead on Piccadilly Cir following it around and back to American River Dr (470 m)	3.73
21	<b>RIGHT</b> on American River Dr. (240 m)	3.97
22	<b>RIGHT</b> on Wixford Wy. (140 m)	4.11
23	<b>LEFT</b> on Ashton Dr. to finish back at park on right. (970 m)	5.08

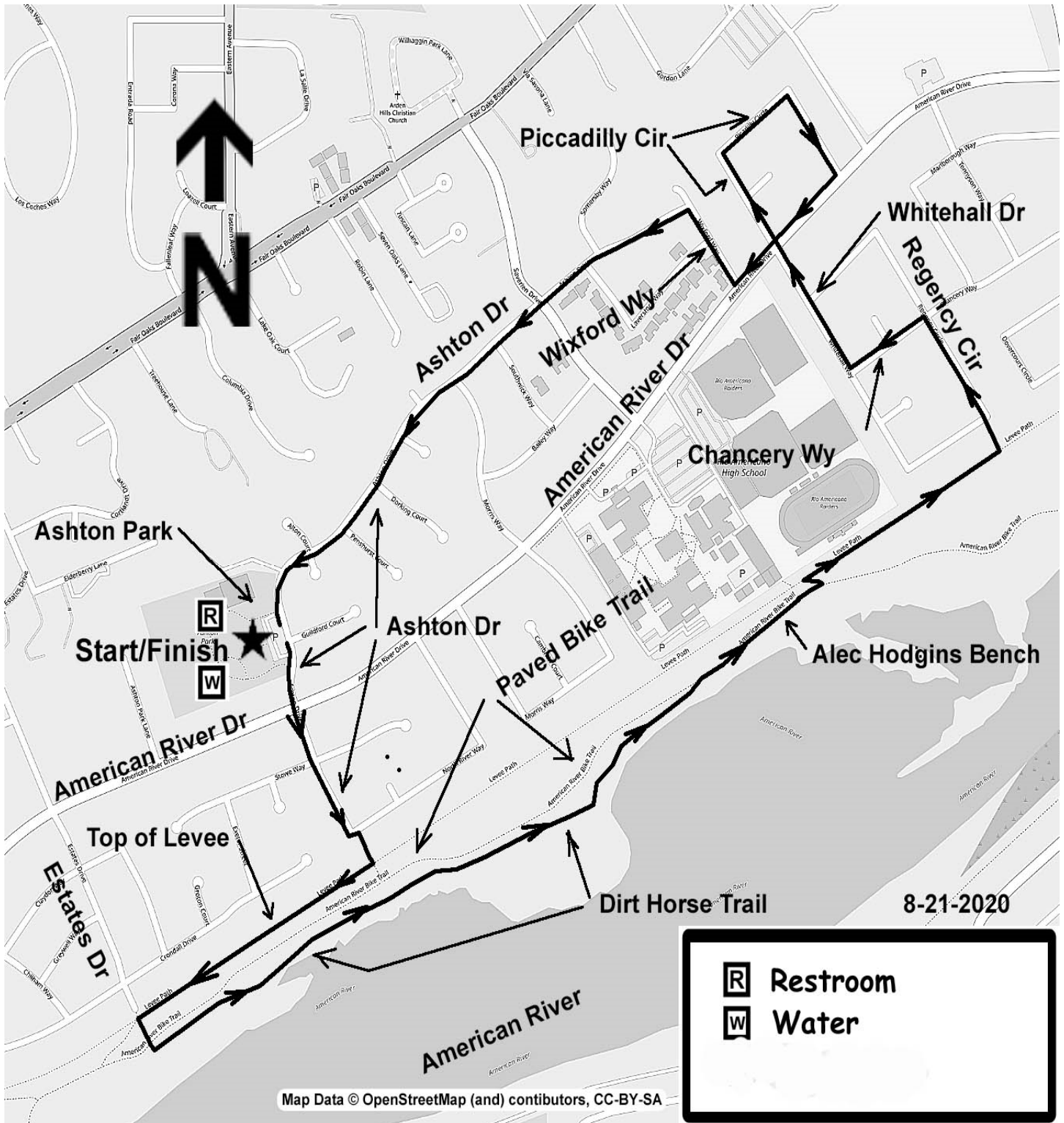
### CONGRATULATIONS!

### DRIVING DIRECTIONS TO ASHTON PARK FROM STARBUCKS

1	<b>Exit FROM REAR OF</b> Arden Town Shopping Center, turn <b>RIGHT</b> on San Lucas Wy.	
2	<b>RIGHT</b> on Fair Oaks Blvd (into the right-hand lane of the 3 left turn lanes)	
3	<b>LEFT</b> on Watt Ave	
4	<b>RIGHT</b> at first exit off Watt to American River Dr.	
5	<b>LEFT</b> on American River Dr	
6	<b>LEFT</b> on Ashton Dr to Park ( <b>NOTE: parking lot closes at night. Don't get locked in</b> )	

Please visit our website for upcoming events, membership, and other information

**[www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)**



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Instructions last updated: 3-16-2020



## Sacramento Walking Sticks

### Ashton Park 10K Drive to Start - AVA # 1049

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**Start Point: STARBUCKS, Arden Town Shopping Center**  
**610 Watt Ave, Sacramento, CA 95864: (916) 484-1579**  
**Contact: Beverly Bales (916) 488-8570 [balesb@att.net](mailto:balesb@att.net)**

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For safety's sake, please walk on the **left** side of bike trails or roadways without sidewalks.

### SEE BACK SIDE FOR DRIVING DIRECTIONS TO ASHTON PARK AND THE START

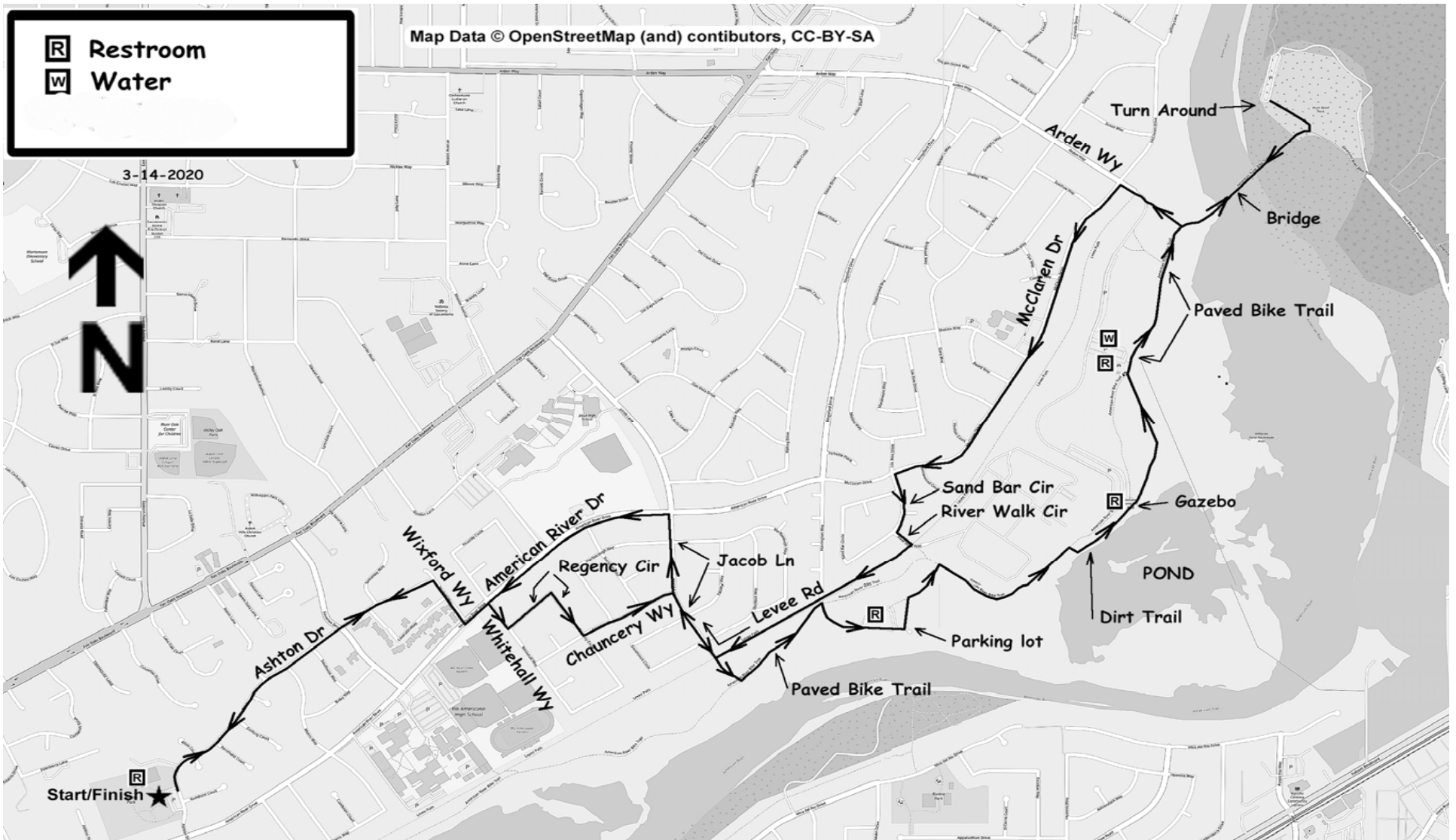
Special Programs: A complete list of Special Programs for this walk can be found in the binder within the Walk Box.

#	Direction	Km
1	Leaving Ashton Park, go <b>LEFT</b> on Ashton Drive following it to the end (958 m)	0.96
2	<b>RIGHT</b> on Wixford Wy to American River Drive (152 m)	1.11
3	<b>CROSS</b> American River Drive carefully (no crosswalk) and turn <b>LEFT</b> (100 m)	1.21
4	<b>RIGHT on Whitehall Wy (70 m)</b>	1.28
5	<b>LEFT</b> on Regency Cir and follow as it continues to the right (320 m)	1.60
6	<b>LEFT</b> on Chauncery Wy (at Marlborough - Little Free Library) (260 m)	1.86
7	<b>RIGHT</b> on Jacob Lane (210 m)	2.07
8	<b>PASS</b> through gate at the end of Jacob Lane over the levee to the connecting bike trail at bottom of hill (110 m)	2.18
9	<b>LEFT</b> at main bike trail (330 m)	2.51
10	<b>RIGHT</b> at the next intersection toward the park entrance and <b>WALK</b> to the end of the parking lot to enjoy the river view (bathrooms) (290 m)	2.80
11	<b>LEFT</b> on the dirt path back up to the bike trail (200 m)	3.00
12	<b>RIGHT</b> on the paved bike trail (492 m)	3.49
13	<b>RIGHT</b> at the first entry towards the pond (22 m)	3.51
14	<b>LEFT</b> on the dirt trail which becomes a wide dirt road and <b>CONTINUE</b> to the gazebo (restrooms on other side of bike trail) (165 m)	3.68
15	At the gazebo, <b>CONTINUE</b> on dirt trail closest to the river passing through 6 brown posts and then passing two rusty	3.87

#	Direction	Km
	brown stakes on left (230 m)	
16	<b>LEFT</b> on narrow asphalt path and <b>PASS</b> through 4 yellow posts to bike trail (bathroom and water across bike trail) (250 m)	4.12
17	<b>RIGHT</b> on bike trail and follow it over the Harold Richey Memorial Bicycle Bridge (890 m)	5.01
18	After crossing bridge, <b>LEFT</b> into park area (restrooms and water). Stop for water, snacks and turkey counting (15-on Aug 20, 2019) (20 m)	5.03
19	<b>Return</b> back over bridge (470 m)	5.50
20	<b>RIGHT</b> at first yellow posts on dirt trail out of park (120 m)	5.62
21	<b>RIGHT</b> on road out of park (Arden Wy, no sign) (80 m)	5.70
22	<b>LEFT</b> on McClaren Dr ( passing Del Dayo School on the right) (1100 m)	6.80
23	<b>LEFT</b> on Sand Bar Cir (Sheriff's Training sign) (180 m)	6.98
24	<b>LEFT</b> at River Walk Cir – sign on right side of road (Sheriff's Training sign) (50 m)	7.03
25	<b>RIGHT</b> on levee (620 m)	7.65
26	<b>RIGHT</b> at 2nd gate (Jacob Lane) – no access after sunset (440 m)	8.09
27	<b>LEFT</b> on American River (650 m)	8.74
28	<b>RIGHT</b> on Wixford (140 m)	8.88
29	<b>LEFT</b> on Ashton Drive to Ashton Park on right (950 m)	9.83
<b>CONGRATULATIONS!</b>		

Please visit our website for upcoming events, membership, and other information:

**[www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)**



**DRIVING DIRECTIONS TO ASHTON PARK FROM STARBUCKS**  
 Exit from rear of Arden Town Shopping Center turn **RIGHT** on San Lucas Way  
**RIGHT** on Fair Oaks Blvd. (*into the right-hand lane of the 3 left turn lanes*)  
**LEFT** on Watt Ave. **RIGHT** at first exit off Watt to American River Dr.  
**LEFT** on American River Dr. **LEFT** on Ashton Dr. to Ashton Park

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# Sacramento Walking Sticks

## Ashton Park 5K & 7K Walk (Starts at Starbucks) - AVA # 1049

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**Start Point: STARBUCKS, Arden Town Shopping Center**  
**610 Watt Ave, Sacramento, CA 95864: (916) 484-1579**  
**Contact: Beverly Bales (916) 488-8570 [balesb@att.net](mailto:balesb@att.net)**

[www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)

For safety's sake, please walk on the **left** side of bike trails or roadways without sidewalks.

The 5k and 10k walks start from Ashton Park and require that you drive to the start. The 7k walk goes to Ashton Park from Starbucks and can be combined with either the 5k or 10k walks to make 12k and 17k respectively and *eliminate the need to drive to the start*. To do this, take a copy of the 5k or 10k instructions and follow the 7k instructions until you get to step 12. Then follow the other walk directions which will bring you back to Ashton Park. Then come back to these instructions and continue from step #12.

#	Direction	Km
1	Leaving Starbucks turn <b>RIGHT</b> onto sidewalk and continue <b>RIGHT</b> around back of shopping center (28 m)	0.03
2	Make a <b>LEFT</b> just before getting to the Arden Town Shopping Center sign (93 m)	0.12
3	<b>CROSS</b> San Lucas Way onto La Sierra Dr. Walk on the left side (no sidewalks) (961 m)	1.08
4	<b>RIGHT</b> on San Ramon Way. Stay on left side (no sidewalks). <b>CROSS</b> San Ramon in crosswalk at Fair Oaks Blvd. (637 m)	1.72
5	<b>CROSS</b> Fair Oaks Blvd in crosswalk and continue on Wilhaggin Dr. (480 m)	2.20
6	<b>RIGHT</b> on Exmoore Circle (338 m)	2.54
<b>7k Walkers skip to step #7 below</b>		
6.1	<b>5k Walkers: RIGHT</b> on Wilhaggin Dr. and <b>CROSS</b> American River Dr. (110 m)	2.65
6.2	<b>RIGHT</b> on American River Dr. (365 m)	3.01
6.3	<b>LEFT</b> at first sidewalk, just beyond a cement address sign with "3640" and "3638" on it. Follow sidewalk to the back of the parking lot. (119 m)	3.13
6.4	Turn <b>LEFT</b> through the parking lot and locate a dirt path between 2 trees that leads up to the top of the levee. Take the right fork of this path to the top of the levee. (66 m)	3.20
6.5	<b>RIGHT</b> on the levee (612 m)	3.81
6.7	<b>RIGHT</b> on the sidewalk at Watt Ave (busy bridge). (Restrooms & water are on the other side of the bridge below the levee.) Carefully cross the exit and entrance ramps from and to Watt Ave. (407 m)	4.22

#	Direction	Km
6.8	Continue on Watt Ave. Carefully cross Fair Oaks Blvd at light. <b>WATCH FOR CARS MAKING RIGHT HAND TURN ON RED ONTO FAIR OAKS BLVD.</b> (308 m)	4.52
6.9	<b>RIGHT</b> on Fair Oaks Blvd. Cross La Brea Way (street behind Arco station) and take the ramp up to the covered walkway. (62 m)	4.59
6.10	Continue parallel to Fair Oaks Blvd. to the end of the 2nd building. (81 m)	4.67
6.11	<b>LEFT</b> at the end of the 2nd building. Follow sidewalk to La Sierra Dr (Arden Town Shopping Center sign will be on your right). (92 m)	4.76
6.12	<b>CROSS</b> La Sierra Dr. and <b>RIGHT</b> to San Lucas Way (42 m)	4.80
6.13	<b>LEFT</b> on sidewalk to Watt Ave. (100 m)	4.90
6.14	Return to start at Starbucks. (108 m)	5.01
<b>7K Walkers Return Here</b>		
7	<b>CROSS</b> Wilhaggin Dr. and continue on Dunster Way (421 m)	2.96
8	<b>RIGHT</b> on Ramel Way (83 m)	3.04
9	<b>RIGHT</b> on Estates Dr. (135 m)	3.18
10	<b>LEFT</b> on American River Dr. (443 m)	3.62
11	<b>LEFT</b> on Ashton Dr to enter Ashton Park on the left. Bathrooms are available in the Park. (168 m)	3.79
12	LEAVING THE PARK: <b>RIGHT</b> on Ashton Dr. Continue on Ashton Dr. crossing American River Dr. (282 m)	4.07
13	<b>RIGHT</b> on Stowe Way (156 m)	4.23
14	<b>LEFT</b> on Exeter Street (151 m)	4.38
15	<b>RIGHT</b> on Crondall Dr. (262 m)	4.64
16	Continue to Estates Dr. Regular route: Continue on Crondall Dr and go to step #17 below. (481 m)	5.12

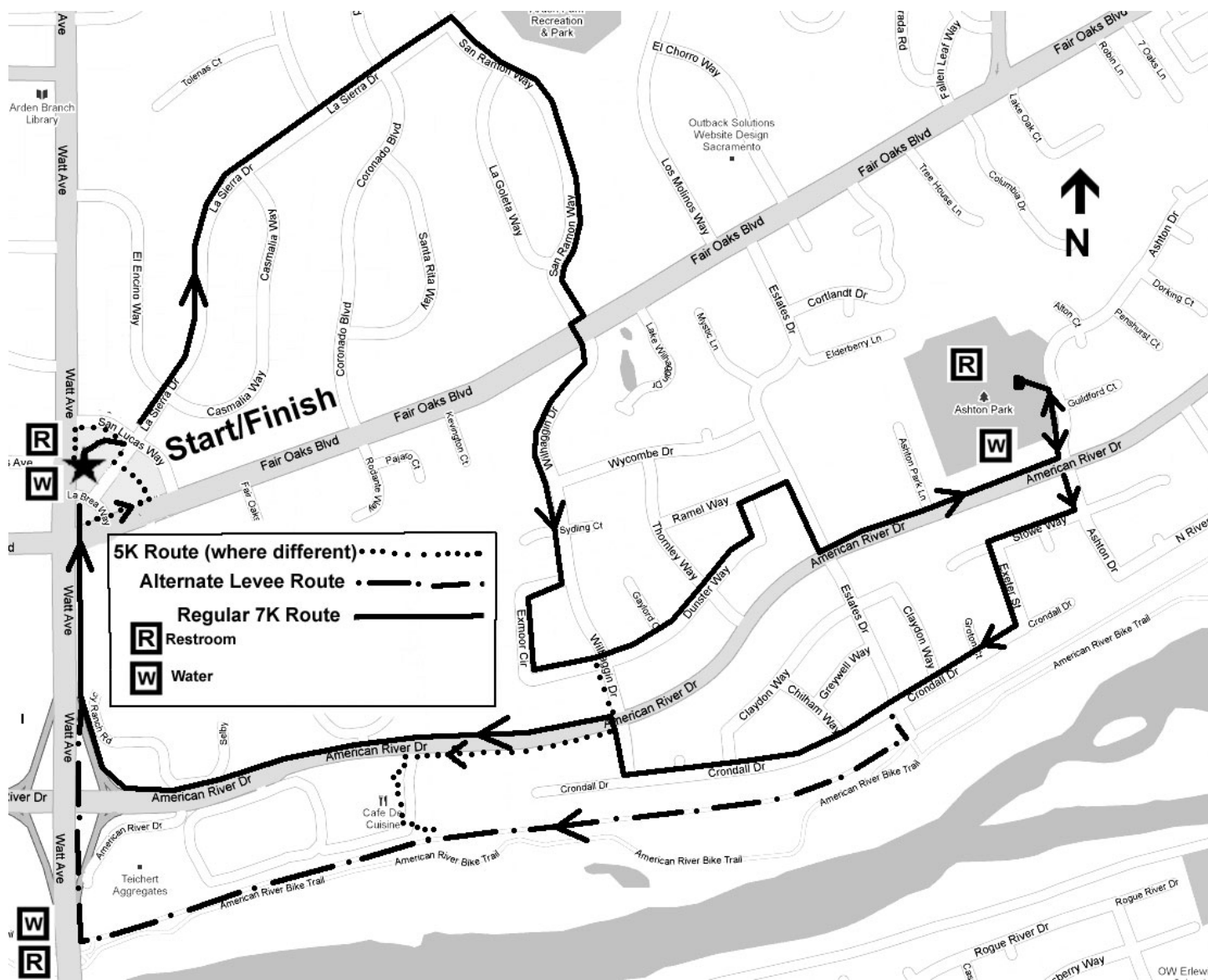
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#	Direction	Km
16.1	To take <b>alternate levee route</b> , turn left at Estates Dr. Recommended if you prefer nature to residential, but adds 0.3 k to the walk. (61 m)	4.70
16.2	After passing through the gate, <b>RIGHT</b> on the levee (1481 m)	6.18
16.3	<b>RIGHT</b> on the sidewalk at Watt Ave (busy bridge). <b>Carefully cross the exit and entrance ramps from and to Watt Ave.</b> (405 m)	6.59

#	Direction	Km
16.4	Rejoin the regular route at step # 20	
17	<b>RIGHT</b> on Wilhaggin Dr. and <b>CROSS</b> American River Dr. (116 m)	5.24
18	<b>LEFT</b> on American River Dr. (846 m)	6.08
19	<b>RIGHT</b> on ramp sidewalk to Watt Ave (190 m)	6.27
20	Continue on Watt Ave. Carefully cross Fair Oaks Blvd at light. <b>WATCH FOR CARS MAKING RIGHT HAND TURN ON RED ONTO FAIR OAKS BLVD.</b> Return to the start. (423 m)	6.70/ 7.01

### Congratulations!

Be sure to patronize Starbuck's and thank them for hosting the Ashton Park walks.



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# Sacramento Walking Sticks

## Ashton Park 11K Walk (Starts at Starbucks) - AVA # 1049

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**Start Point: STARBUCKS, Arden Town Shopping Center**  
**610 Watt Ave, Sacramento, CA 95864: (916) 484-1579**  
**Contact: Beverly Bales (916) 488-8570 [balesb@att.net](mailto:balesb@att.net)**

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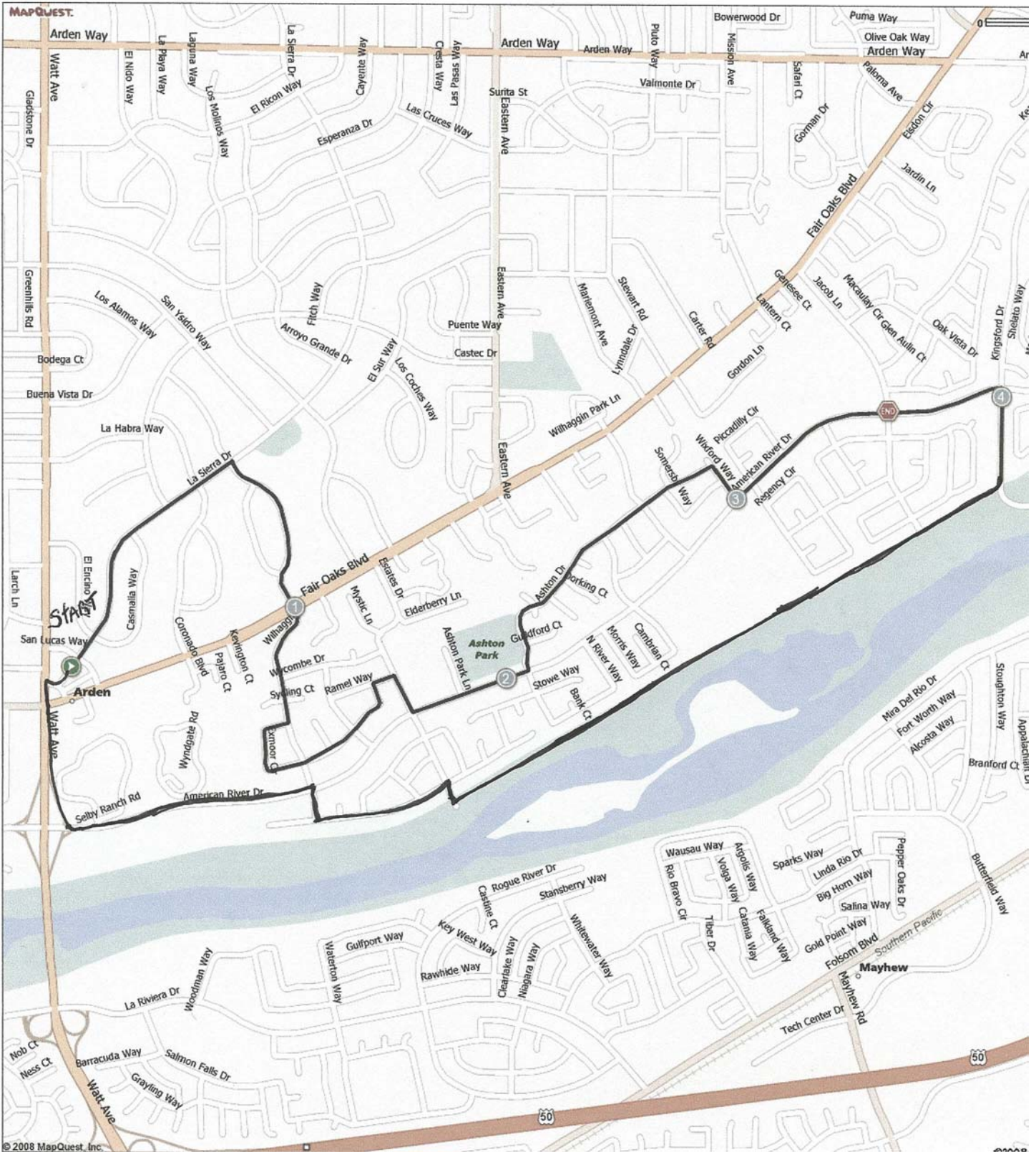
For safety's sake, please walk on the **left** side of bike trails or roadways without sidewalks.

#	Direction	Km
1	<b>RIGHT</b> leaving Starbucks onto sidewalk and <b>CONTINUE RIGHT</b> to back of shopping center (110 m)	0.11
2	<b>LEFT</b> after passing Arden Town Shopping Center sign (35 m)	0.15
3	<b>CROSS</b> San Lucas Way onto La Sierra Drive and continue on Las Sierra to San Ramon Way (942 m)	1.09
4	<b>RIGHT</b> on San Ramon Way cross Fair Oaks Blvd. and continue straight on Wilhaggin Drive. (1071 m)	2.16
5	<b>RIGHT</b> on Exmoore Circle (396 m)	2.55
6	<b>CROSS</b> Wilhaggin Drive and <b>CONTINUE</b> on Dunster (440 m)	2.99
7	<b>RIGHT</b> on Ramel Way (73 m)	3.07
8	<b>RIGHT</b> on Estates Drive (130 m)	3.20
9	<b>LEFT</b> on American River Dr. staying on the left side of the street (438 m)	3.63
10	<b>LEFT</b> on Ashton Dr. and enter Ashton Park on the left. Bathrooms are available in the Park. (197 m)	3.83
11	<b>LEAVING THE PARK: LEFT</b> on Ashton Dr. following it to the end. (1007 m)	4.84
12	<b>RIGHT</b> on Wixford to American River Drive. (157 m)	5.00
13	<b>LEFT</b> on American River Drive. (1072 m)	6.07

14	<b>RIGHT</b> on Harrington crossing American River Dr. to the end at the levee where you enter American River Parkway. (359 m)	6.43
<b>NOTE: Bathrooms are straight ahead on the road past the Guard Kiosk. Return to bike trail to continue.</b>		
15	<b>RIGHT</b> on Bike Trail (not levee). Walk on the left hand side of trail facing oncoming bikes. <b>CONTINUE</b> on bike trail and just past 11 mile marker (painted on asphalt) look for dirt path n <b>RIGHT</b> leading up to the top of the levee. (2331 m)	8.76
16	<b>RIGHT</b> on dirt path over the levee and <b>CONTINUE</b> onto Estates Dr. (106 m)	8.86
17	<b>LEFT</b> on Crondall Drive (468 m)	9.33
18	<b>RIGHT</b> on Wilhaggin Drive and <b>CROSS</b> American River Dr. (119 m)	9.45
19	<b>LEFT</b> on American River Drive (881 m)	10.33
20	<b>RIGHT</b> on ramp sidewalk up to Watt Ave. (209 m)	10.54
21	<b>CONTINUE</b> on Watt Ave. carefully crossing Fair Oaks Blvd at Light. <b>WATCH FOR CARS MAKING RIGHT HAND TURNS ON RED ONTO FAIR OAKS BLVD.</b> (261 m)	10.80
22	<b>CONTINUE</b> on Watt Ave. to Finish at Starbucks. (129 m)	10.93
<b>CONGRATULATIONS!</b>		

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Instructions last updated: 11-09-2015