

**Twin State Volkssport Association
Welcomes You to
The Keene Walk
An AVA Sanctioned Seasonal Round Event
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Walk Description

Keene is a college town known for its beauty and music. The free Music Festival is in Aug. or Sept. each year. Located in the beautiful Monadnock Region. Our starting point is in a small shopping plaza near CVS and Panera Bread.

Keene has two walks which can be combined to walk 10 or 12.5 km. The 5 km city walk includes the historic parts of town, beautiful architecture, and part of the college (KSU) campus. It is mostly on sidewalks or paved surfaces with relatively little elevation. The 5 km park walk is along a trail system, using mostly abandoned rail lines. It includes more varied surfaces, 1A to 2B. The park walk has a short option to visit the former Bradford Inn. After visiting the inn, one may continue on the park walk for a total distance of 7.5 km, or loop back to the start for a distance of 5 km.

Special Programs

Little Free Libraries (Central Square)

Mayflower (Bradford Inn)

Rockin' Around the Clock (near Goodie Shop on Main St.)

Walking with America's Veterans

Walk Registration:

Registration takes place online using the AVA Online Start Box, on my.ava.org. Follow the instructions provided to create a user account and sign the AVA waiver (one time). Instructions for payment are also included. Download the directions and print as needed. The POC does not provide event directions or accept alternate payment methods.

Walk Completion and Walk Credit:

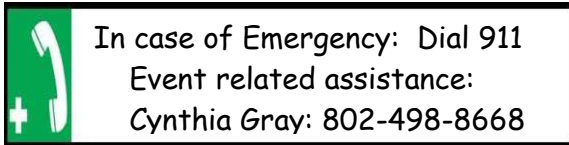
Once you have physically completed the walk, please login to your Online Start Box account click on the "My Start Box" tab, then the "Finish Table" tab, then click on "Go to Finish Table" button for the event you have completed. Use the displayed entry form to submit the date and distance of your walk as well as select applicable AVA Special Programs to generate stamped "virtual" insert cards that you may choose to print out.

Driving directions for the Keene NH walk**Starting Point Location:**

From NH-9, NH-S, NH-12S, take the exit for West Street. If coming from the south, RIGHT on West Street, otherwise LEFT on West Street, towards downtown Keene. Follow West Street for 0.5 miles to Panera Bread, at 298 West St.

**Restrooms:**

Restrooms are available at the starting location (inside Panera Bread, you might want to buy a snack), as well as numerous other businesses along the city walk route. Along the Park Route, restrooms are available at Wheelock Park, midway along the route.

Emergency Numbers:

WALK DIRECTIONS

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

1. From the front of Panera Bread, continue straight ahead towards the main street (West St.).
2. RIGHT on West St., crossing Island St., heading towards downtown Keene.
3. At the town common, cross West St. at the light and walk along the sidewalk with the common across the street on your right.
4. At Winter St., go STRAIGHT. You are now on Court St., crossing several side streets, passing many fine homes.
5. At 180 Court St., RIGHT to cross at crosswalk and STRAIGHT ahead onto Cross St.
6. At the end of the street, RIGHT on Washington St. (no sign), passing more fine homes. Pass on your left the Washington Street Cemetery and the Unitarian Universalist Church.
7. Enter Keene's central square at a rotary, with double yield signs. LEFT at crosswalk, crossing towards Lucas Restaurant, then RIGHT on sidewalk.
8. Continue along Main St., passing many shops and restaurants. Walk on either side you choose.
9. If you haven't crossed the street yet, at Dunbar St., cross at crosswalk towards Walpole Creamery.
10. With the creamery on your right, continue on sidewalk. At 199 Main St., pass the Horatio Colony Museum.

Keene 5K DOWNTOWN WALK

11. At traffic circle, STRAIGHT on crosswalk to cross Winchester St. Continue along Main St.
12. At the main entrance to Keene State College, you will see an arched gateway with brick columns "Enter to Learn" and "Go Forth to Serve". Turn RIGHT to pass through this gateway.
13. Continue straight ahead on the alley through the campus passing the student union and the dining commons.
14. At the end of the alley (Owl's Nest & sign on building ahead) turn RIGHT onto Butler Court (no sign).
15. At end of street, LEFT onto Winchester St. (no sign).
16. At the next crosswalk, turn RIGHT and cross Winchester St. Walk STRAIGHT ahead onto a bike path (Ashuelot Rail Trail).
17. At Emerald Street with a fence in front of you and a parking lot ahead of you, turn LEFT and walk down the sidewalk until it becomes a bike path again.
18. At Island St. turn RIGHT using the first crosswalk to cross Island St., then continue in the same direction to end up at the corner of West and Island Streets. Turn LEFT passing the front of CVS to finish at your car.

KEENE 5K PARK WALK

If you wish to get the Mayflower qualifier, look at the Mayflower Add-On segment after this set of instructions. This will add 2.5 km to the Park Walk, for a total distance of 7.5 km. There is also an option to get the Mayflower qualifier and return to the Start/Finish, for a distance of 5 km

1. From the front of Panera Bread, continue straight ahead towards the main street (West St.).
2. RIGHT on West St., then immediate RIGHT on Island St. to the entrance to a bike path just past the parking lot. RIGHT onto the bike path through cement posts.
3. Cross Pearl St. (Cheshire Rail Trail sign) and start up a long ramp to a bridge.
4. Just past the bridge turn RIGHT on the first road at an orange gate.
5. At West St. (no sign) cross and STRAIGHT ahead onto May St.
6. At end of May St., LEFT onto Ridgewood for one block.
7. Take next RIGHT at Blossom St. (yellow house on corner).
8. Continue until it ends at Arch St. The Ladies Wildwood Park is just ahead of you. Use crosswalk to cross the street and turn RIGHT to walk to Park Ave.
9. Use crosswalk to cross Park Ave. and turn LEFT and walk towards Plotkin's Furniture. Turn RIGHT into Wheelock Park. Sidewalk on the left side of the driveway. Follow sidewalk until it ends and then walk along the left side of the parking lots. You will pass an elementary school on your right and ball fields on your left.
10. Continue STRAIGHT ahead past a sign to the campground, past the yellow gate.
11. Just past the gate at the stone post, bear RIGHT onto a paved path called Appel Way. Stay on this path for about 1.2K crossing over and under several roads.
12. After crossing the Ashuelot River, turn RIGHT off the paved path you are on, walk slightly downhill into the woods on a dirt path. You are now on the Jonathon Daniels Trail and are entering Ashuelot River Park.
13. Ignore smaller side paths, staying on the main trail with the river on your right and condominiums on your left.
14. When you come to a large clearing you will see a variety of gardens and a bridge on your right. Keep going straight ahead to a path that will take you under an arch and to

the corner of West and Island Streets.

Cross West St. at the light and return to finish at your car.

Keene Mayflower Add On

For the Park Walk: Follow the directions until you get to #4. Instead of turning at the Orange gate continue on the bike path crossing West Street and turning RIGHT onto Bradford Road which should be the next road you come to. Go up Bradford Road until you reach 70 Bradford Road. It is a house on your left where Daniel Bradford lived. As there is no sidewalk here, please walk single file on the left hand side. (*Postcard of the Bradford Inn in Keene New Hampshire. Located at 70 Bradford Road, it was built by sea captain Daniel Bradford prior to 1808 and was known for its wood ... Harry Colony bought the house in 1896 and made many renovations*). Once you have seen the house, turn around and walk back to Greenbrier Road and turn LEFT. Follow this to Andover Street and turn RIGHT at Ridgewood Street turn LEFT and follow to Blossom Street. To walk 7.5 km, turn LEFT and go to #8 on the 5K Park Walk directions. [**For a 5 km walk:** Continue one block past Blossom Street and turn RIGHT (May St.) Cross West Street, continuing straight ahead (Pitcher St.). Follow this a short distance until you return to the rail trail at an orange gate. Turn LEFT, soon crossing back over the long pedestrian bridge and stay on it to Island St., turning LEFT for the Finish.]

KEENE PARK WALK MAYFLOWER ADD-ON

