

**Instructions for
Capital Waterways Walks, Y1413
Salem, Oregon
6/10 Km, rated 1A**

Walk Start Location: 665 Winter St SE, Salem, OR “Bldg A”

Driving Directions: Salem Hospital, Bldg A (ER), 890 Oak St SE, Salem. I-5, exit 253, go to Salem City Center. Follow Mission passing 12th Street traffic light to next traffic light. Right on Capitol. Free garage parking on levels 1-3.. Club’s small 2-drawer black metal cabinet is under the Volunteer sign-in stand in Bldg A (ER) on right opposite ER Desk. Mask is to be worn inside the Bldg. 44.93188, -123.03314

Park : Salem Hospital Parking Garage

Restrooms: 10K Start Point, 2.5K Riverfront Park 5K Start Point, 1.5K Riverfront Park.

“This map and direction may only be used in conjunction with a signed American Volkssport athletic waiver. All other uses are prohibited.”

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WALK 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 the event was walked, the distance walked, 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 he/she submits the event completion info as a paying for credit participant. Note, however, the \$2 coupon for the downloaded PDF will expire in 60 days.

“Please use either the Online Start Box (OSB) or Physical Start Box (PSB) to register and complete the event. Do NOT mix and match, for example, by registering using the 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 an OSB registration has been completed online by entering your participation date, distances, and any special programs using the OSB.”

Salem Waterways 2024 YRE 1413, 10K + 1K option, Rated 1A
Willamette Wanderers, Salem, Oregon ©2023
For AVA & Oregon Challenges see Challenges Table
P.O.C. Susan Hoskins 971-239-8659 2susanhoskins@comcast.net Emergency 911

1. LEFT on exiting Bldg A
2. Use crosswalk on Left to cross Winter St (No Sign) and turn RIGHT
3. LEFT on path before the bridge to walk alongside the stream.
4. RIGHT across small bridge, then LEFT on the path on the right side of the stream to Church St. (No Sign).
5. CROSS and RIGHT on Church St.
6. LEFT just after the bridge on the path following the stream.
7. RIGHT at the Y up to High St. (No sign)
8. RIGHT on High St continuing into small park with pond on your right, keeping left up to Trade St junction.
9. LEFT to cross HIGH St. and continue on the path through to Pringle Plaza keeping right after the pond on the path up to Trade St and Liberty St traffic signal.
10. LEFT on Liberty crossing Mill St (no sign) and Post office to the steps on the left. **(1K)**
11. LEFT down the steps to pass under Liberty and go through Civic Center Park with pond on your right to Commercial St. (No Sign.)
12. RIGHT on Commercial St to State St.
13. CROSS and LEFT on State St to Front St. **(2K)**
14. CROSS Front St and R.R. Tracks towards Carousel.
15. LEFT to pass in front of the Carousel.
16. LEFT between the RESTROOMS and playground.
17. RIGHT up the ramp to the Amphitheater.
18. RIGHT down the steps to the Earth Ball
19. LEFT going clock wise around the Earth Ball and under the bridge to continue on the riverside path to its end at Water St (no Sign). **(3K)** (Tom McCall Statue)
20. Straight ahead on Water St towards the iron pedestrian bridge across the Willamette River. (Gilbert House Museum is on the right) (Option 1K for a Rails to Trails: LEFT across pedestrian bridge to info sign just pass junction return back across bridge you are at #21.)
21. RIGHT on Water St to the Crosswalk at Front St. traffic signal.
22. CROSS and LEFT on Front St which curves around to meet Commercial St (No Sign).
23. CROSS Commercial St using the island and crosswalk.
24. LEFT on Commercial St to Division St
25. CROSS and RIGHT on Division St passing Salem Police Station.
26. CROSS and LEFT on Liberty **(4K)** before passing Boon's Treasury- McMennamins Restaurant to the traffic signal at High St.
27. CROSS and RIGHT on High St. to the Historical Marker (which faces away from you) for information about the founding of Salem and Mill Creek.
28. Continue on High St to Knapps St.
29. LEFT on Knapps St. to end to cross the small bridge over Mill Creek to Church St. (No Sign)
30. CROSS and LEFT on Church St to D St
31. RIGHT on D St. to Capitol St. **(5K)**
32. RIGHT on Capitol to 2nd path on the right.
33. RIGHT on streamside path to Summer St.
34. LEFT on Summer to first path on the LEFT (at 10 HR parking sign)
35. Follow the path into Veterans Memorial Park alongside the creek to its end at the WWI Veterans Memorial.
36. RIGHT through the Veterans Bldg parking lot to Summer St.
37. LEFT on Summer St **(6K)** to end at Center St.
38. CROSS & RIGHT on Center to first path on LEFT into Capitol Mall State Park (for restrooms, Cross & Left on Center to left path & ½ way down, back to Center, LEFT for #38).
39. Continue Straight ahead to Court St. (No Sign)
40. RIGHT to the 2nd crosswalk and CROSS Court St to continue into the Capitol Park path
41. RIGHT on path passing the fountain on your left towards the WWII MEMORIAL.

42. After entering and viewing the MEMORIAL keep LEFT then RIGHT past the statue to Cottage St. (no sign).
 43. LEFT to traffic signal at State and Cottage.
 44. CROSS and LEFT on State St. Hallie Ford Art Museum and then Willamette University will be on your right (**7K** opposite Capitol entrance)
 45. Continue on State St to the Crosswalk near Waverly St.
 46. CROSS State St and continue on the path into the park.
 47. To the left of Circuit Rider Statue are ruined columns from the old Capitol Bldg.
 48. Pass behind the Circuit Rider to a Y junction
 49. RIGHT at the Y to Court St. (No sign).
 50. RIGHT on Court St to 12th St traffic signal.
 51. CROSS 12th and the RR Tracks.
 52. RIGHT on the path paralleling the RR tracks to Mill ST. (**8K**)
 53. LEFT on Mill St to Entrance Gate to Heritage Center Kay Woolen Mill Complex.
 54. Entrance straight ahead to the information board about Willamette Heritage Center and Kay Woolen Mill. (When open you can explore the grounds and retail spaces.)
 55. Return to Mill St entrance.
 56. CROSS and RIGHT on Mill St to 12th St crosswalk.
 57. CROSS and RIGHT on 12th St to 1st path on the left beneath the overpass next to the sports field at Willamette University.
 58. LEFT alongside the Sports Field and down steps to Parking Lot.
 59. RIGHT on path beside parking lot to Eagle Statue fountain at the end.
 60. RIGHT past the Clock Tower and Hatfield Library, crossing the stream to the Quad field.
 61. LEFT on first path in front of Smith Auditorium to path at the end.
 62. LEFT on this path to T junction.
 63. RIGHT to Winter St. (**9K**)
 64. LEFT on Winter St.
 65. LEFT to finish at Salem Hospital Bldg A.
- TOTAL: 9.5K**

2025 Waterways 10K



1. LEFT on exiting Bldg A.
2. Use crosswalk on Left to cross Winter St (No Sign) and turn RIGHT.
3. LEFT on path before the bridge to walk alongside the stream.
4. RIGHT across small bridge, then LEFT on the path on the right side of the stream to Church St. (No Sign).
5. CROSS Church St. to continue on path along the Creek.
6. LEFT just after the bridge on the path following the stream.
7. RIGHT at the Y up to High St. (No sign)
8. RIGHT on High St continuing into small park with pond on your right and keeping Left to Trade St junction.
9. CROSS HIGH St. and LEFT to continue on the sidewalk through Pringle Plaza, keeping right after the pond on the path up to Trade St and Liberty St traffic signal.
10. Cross Liberty and continue on Trade to ramp just past the Firehouse parking lot. **1K**
11. GO down the ramp for view of Civic Center Park on the other side. Pringle Creek/Mill Race merge at that Park before going to Willamette River. There are plans to continue the walkway on that side to hook up with Riverfront Park.
12. GO **up stairs** or return to ramp to go back to Trade St. and then Left to Commercial.
13. RIGHT on Commercial St to State St.
14. CROSS and LEFT on State St to Front St.
15. CROSS Front St and R.R. Tracks towards Carousel.
16. LEFT to pass in front of the Carousel.
17. LEFT between the RESTROOMS and playground.
18. RIGHT in front of the lawn amphitheater. The new Gerry Frank Amphitheater is to the left as well as the Earth Ball and the Peter Courtney bridge to Minto-Brown Island Park.
19. FOLLOW outer sidewalk with Willamette River on the left. **2K**
20. RiGHT on sidewalk at Willamette Queen dock to head to Front & Court St with Splash Fountain and Pavilion on left.
21. CROSS Front St to walk on left side of Court St to High St..
22. LEFT on High to Chemeketa.
23. CROSS and RIGHT on Chemeketa to Winter. **3K**
24. LEFT on Winter to Union St.
25. CROSS and RIGHT on Union to Summer.
26. CROSS & LEFT on Summer. Before the bridge go RIGHT to enter the Veteran Memorials Park alongside Mill Creek to the WWI Veterans Memorial. **4K**
27. RIGHT on pathway to the right of the ramp to go through the Veterans Bldg parking lot to Summer St.
28. LEFT on Summer St. to its end at Center St.
29. CROSS and LEFT on Center St to the first path on the Right. Take it to Court St. (RESTROOMS on the left ½ way down path)
30. CROSS Court and take sidewalk to the Left of the Capitol which will curve to end at the Circuit Rider Statue.
31. RIGHT at the Statue and GO Left at the Y to cross State St at Waverly St crosswalk. **5K**
32. RIGHT on State St, passing Willamette University. Take entrance into Univ. at the Rose Garden. RIGHT at Eaton Hall.
33. LEFT after passing Waller Hall to continue on campus, crossing a bridge.
34. RIGHT at the end of the sidewalk passing Goudy Commons dining hall on right to head to Winter St.
35. LEFT on Winter St.
36. LEFT to return to Bldg A to finish the walk. I.

TOTAL: 6.3K

2025 Waterways 6K - Use This



2026 AVACHALLENGES	Capital - Waterways Y1413 10K	Capital - Waterways Y1413 6K
PAR FOR THE COURSE	Playgrounds Riverfront Park/ Soccer @ WU	Playgrounds Riverfront Park
Rails to Trails	Union ST bridge " 1K option"	
STATE CAPITALS	Salem	Salem
WALKING WITH AMERICA'S VETERANS	Veterans Memorial Park, and Court & Cottage	Veterans Memorial Park,
Step to the Beat	Amphitheatre Riverfront Park, Rogers Music Center WU Campus	Amphitheatre Riverfront Park, School of Dance
Walk With The Wild Things	Earle Antiques, 129 Commercial NE, N of State	Earle Antiques, 129 Commercial NE, N of State
Anniversaries Hurrah	Clubs 40th Anniversary	Clubs 40th Anniversary
2026 OTSVA CHALLENGES		
GALLERY	Gift Gallery, Riverfront Carousel	Gift Gallery, Riverfront Carousel
GARGOYLE/GNOME	Earle Antiques, 129 Commercial NE, N of State	Earle Antiques, 129 Commercial NE, N of State
HISTORIC HOUSES	A.E. Gilbert House	
HOSPITALS	Salem Hospital	Salem Hospital
HOTELS	Grand Hotel	Grand Hotel
IMAGES (CAMERA, COPY SHOPS)	141 Commercial Kelly Imaging	141 Commercial Kelly Imaging
INK (TATTOO SHOPS)	104 Commercial S Oregon Tattoo	104 Commercial S Oregon Tattoo
IRISH	Mago's 275 Commercial S	Mago's 275 Commercial S
ITALIAN	325 High St. Gamberetti's	325 High St. Gamberetti's
JUSTICE (COURTS LAWYERS, Etc.)	Salem Police Station	198 Commercial St. SE Public defenders of Marion Co.
OVERLOOKS	2 Overlooks along river	
PALM TREES	D St. & Cottage St.	
PARKS	Riverfront Park	Riverfront Park
PEDESTRIAN BRIDGES	End of Knapp St.	Bridge across creek near Hospital
PLAYGROUND STRUCTURES	Riverfront Park	Riverfront Park
QUAD	Willamette University	Willamette University
QUEEN	Willamette Queen	Willamette Queen
RAILROADS	Enter & Exit Riverfront Park	Enter & Exit Riverfront Park
RECREATION CENTERS	Willamette University Sparks Center	
RIVERS	Riverfront Park	Riverfront Park
ROSES	As you circle around Eco-Earth	Capital Mall
SKATE PARKS	Marion Park	
STATUES	Circuit Rider Statue Capital Park	East end of State Capital
TRIALS	Oregon Supreme Court State & Waverly St.	Marion Co. Court House High & Court Memorial
UNIQUE	Willamette oldest University in western United States	Willamette oldest University in western United States
UNIVERSITY	Willamette University	Willamette University
USED	Blast Off Vintage 860 NE High St.	450 Court St. The Book Bin
Victorian	A.E. Gilbert House	
Yeti/Bigfoot		Munchies Market Court St.
Yarn Shop	Teaselwick Wools 1313 Mill St SE	Wild Knits 310 High St NE
X-Ray	Salem Hospital	Salem Hospital
Zones - Hospital, School	Salem Hospital	Salem Hospital
Peace Poles	Riverfront Park Near Eco Earth Globe	Riverfront Park Near Eco Earth Globe
2026 ESVA CHALLENGES		
Historic Train Station	Across 12th at Bellevue	
Strolling Along the River	Riverfront Park	Riverfront Park
Med Facilities	Salem Hospital	Salem Hospital
Essential Services	370 Trade St. SE Salem Fire Station	370 Trade St. SE Salem Fire Station
Sustenance Providers	Willamette University Goudy Commons	Willamette University Goudy Commons
Delivery Services	Post Office 410 Mill St across Liberty @ crossing Pringle Creek	
Cultural	Hallie Ford Art Museum, on State Street	The Book Bin 450 Court St NE
Fair Grounds/Festivals/Arcades		The Coin Jam , 439 Court St NE
Crafts/Hobbies	Teaselwick Wools 1313 Mill St SE	Wild Knits 310 High St. NE
Sports Venues	Sparks Center WU	
Tell Me A Story	Mark O Hatfield Libray WU Campus	The Book Bin 450 Court St NE
State Parks	Capital Mall State Park	Capital Mall State Park