



Walk 'n Mass 5/10-kilometer Volkswalk Lowell Massachusetts



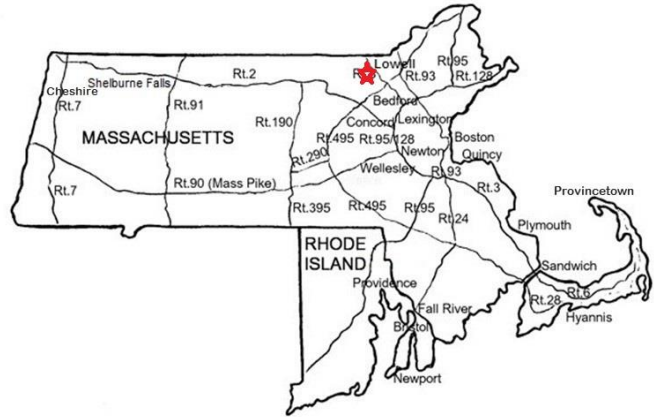
EVENT ID: 2026/Y1518

OPEN: January 1 to December 31, 2026

TRAIL DESCRIPTIONS: The walk is comprised of two 5km loops.

The **Pawtucket Falls Loop** goes through a business district, along the western canalway, past two churches over 100 years old, and through the historic Acre neighborhood. The trail leads down to the Pawtucket Falls and across the Merrimack River before ascending a slight hill towards part of the UMass-Lowell campus and back into town. Sights in town include the library, local businesses, city hall, and the Whistler Museum before returning to the Start/Finish.

The **Rivers & Canals Loop** departs the Visitor Center and heads to the Pawtucket Canal, then the Lower Gate Locks, and past Middlesex Community College. The trail winds its way through a small business district to Boott Mills and out to the Merrimack River. Walking along the river, you pass behind Tsongas Arena and LeLacheur Stadium (former home of the Lowell Spinners minor league baseball affiliate), through part of the UMass-Lowell campus and to the Northern Canal. Other sights on this loop include the Merrimack Canal, Lucy Larcom Park, B&M steam locomotive #410, the New England Quilt Museum, and the Streetcar Museum before returning to the Start/Finish.



TRAIL RATING: Both routes are relatively flat with an AVA rating of 1A. These routes are doable for strollers but not suitable for wheelchairs.

AVA SPECIAL PROGRAMS: Anniversaries Hurrah, Par for the Course, Step to the Beat, Town Halls/City Halls, Walking the USA A-Z, and Walking with America's Veterans

REGISTRATION: IVV credit is available with online registration (<https://my.ava.org>). To purchase an award, see below.

AWARD: The "A" award is a fully embroidered patch featuring a bridge over the Merrimack River near the Mile of Mills, a view seen along the Pawtucket Falls loop. This patch is available for \$4.00 which includes IVV Credit. To purchase an award please **send a SASE with check payable to Walk 'n Mass Volkssport club for \$4.00 to Marianne Marshall, 55 Harland Road, Waltham, MA 02453.**



REMEMBER: You must log back into the Online Start Box at <https://my.ava.org> to finish online registration procedure after completing this event.

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, if you register using the OSB, do not complete your event by using the PSB (nor sign 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.



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START/FINISH

**Lowell National Historical Park
Visitor Center**

246 Market Street
Lowell, MA 01852
Tel: 978-970-5000

www.nps.gov/lowe/index.htm



Public restrooms at Visitor Center when open; daily 10 a.m. to 5 p.m. Closed New Year's Day, Thanksgiving, & Christmas.

Restrooms at Boott Mills: Mon-Fri- 12-5; Sat & Sun 10-5

For GPS use: 350 Dutton Street, Lowell, MA to arrive at parking garage. Coordinates are 42.64740023785113, -71.30958736316417.

PARKING: Follow P (Parking) signs for parking garage at 350 Dutton Street. The basement level is for NPS Visitor parking. Free parking in garage with validation from the NPS visitor center (available during NPS open hours).

DRIVING DIRECTIONS:

From the West:

1. Take I-90 (Mass Pike) toward Boston to Exit 106 (I-495 North).
2. I-495 North to Exit 89C (Lowell Connector).
3. **Lowell Connector to Exit 5B (Thorndike Street).
4. Follow Thorndike St. as it bends right and becomes Dutton Street. *Brown & white Lowell National Park signs along road.*
5. **RIGHT** into Lowell National Park Visitor Center access drive.

From the North:

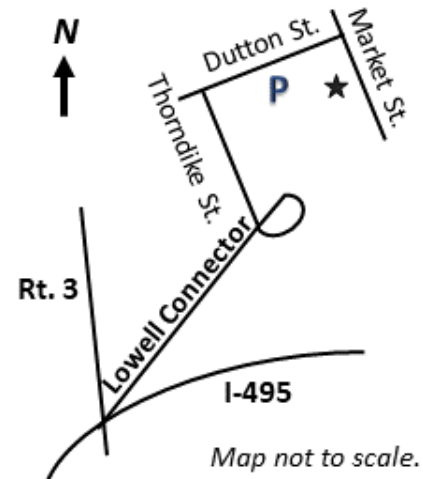
1. I-93 South to Exit 89 (I-495 South).
2. I-495 South to Exit 89C (Lowell Connector).
3. Follow from ** above.

From I-95 North or South:

1. I-95 to Route 3 North toward Burlington.
2. Route 3 North to Exit 80 (Lowell Connector).
3. Follow from ** above.

From Providence:

1. I-95 North to Route I-495 North.
2. I-495 North to Exit 89C (Lowell Connector).
3. Follow from ** above.



THANK YOU for participating in our walk. Questions or comments?

Bill Howe: 978-256-7370 or bill.howe@bvhowe.com

Marianne Marshall: 781-899-5975 or mrbwalker@verizon.net



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Note – the directions for each 5km route are numbered. The numbers for the **Pawtucket Falls** directions are preceded by the letter **P**.



Walk 'n Mass 5/10-kilometer Volkswalk Lowell Massachusetts Pawtucket Falls 5km Route



P1. Exit the Visitor Center and turn right heading back towards the parking lot. Continue through the parking lot and walk to the entrance road. Turn right on the entrance road to Dutton Street.

P2. Carefully cross Dutton Street, turn left and proceed up Dutton Street to the path along the Western Canal. Turn right onto the path, just after the American Textile History Museum (the canal will be on your right), and proceed to the stop sign at Broadway Street (no street sign).

P3. Turn left on Broadway St. and pass by the Olympos Bakery. When you get to the Lowell Senior Center, cross Broadway St. at the traffic island and continue along Broadway to the traffic light at Fletcher St. You are now in "The Acre", one of Lowell's most historic districts and the traditional neighborhood where many of Lowell's immigrant groups first settled in the city.

P4. Turn right on Fletcher Street. (Market Basket Supermarket will be on your right). You will pass the Lowell North Common. Continue on Fletcher Street to the end at Pawtucket Street. The North Common, purchased by the city in 1845 to provide green space and a recreational area for the city's workers, was one of the first urban public parks established in the country.

P5. Cross Pawtucket Street and turn left. Continue on Pawtucket Street to the traffic lights at School Street/Mammoth Road. The former Franco American School will be on the corner of Mammoth road. Just behind the School is a replica of the Grotto at Lourdes. The site figures prominently in several books by The Beat Author Jack Kerouac, who lived in Lowell in Pawtucketville (on the other side of the River). The school was once the home of Frederick Ayer, who owned several of

the mills in Lowell. Ayer's daughter married famous WWII General George Patton in 1910.

P6. Turn right on to Mammoth Road and continue up the street passing over the Pawtucket Falls bridge. There is a great view of the Pawtucket Falls on the other side of the bridge. The long, low brick building on the left is a gatehouse with 10 3-ton gates that lift to allow water into the Northern Canal beneath you. On your right is the entrance to the Northern Canal Walkway. The Walkway is open seasonally when the river is lower and provides a nice walk along the "Great River Wall" that separates the canal from the river.

P7. Turn right at the end of the bridge (traffic lights) onto Riverside Street. At the intersection of Riverside Street and VFW Highway, stay on the right and continue along with the river on your right to University Avenue. The buff-colored building to the left at University Avenue is Southwick Hall, built in 1903 to house the Lowell Textile School, where students learned to build and repair textile machinery. Today the building anchors the North Campus of UMass Lowell.

P8. Turn right on University Avenue crossing the bridge over the Merrimack River (the bridge is brand new- opened in the summer of 2013). Take a look to your left as you cross the bridge. The Northern Canal ends here at the Eldred Field Hydroelectric Plant. Here the water drops about 30' on to turbines, which are connected to generators that produce power for approximately 20,000 homes.



Walk 'n Mass 5/10-kilometer Volkswalk Lowell Massachusetts Pawtucket Falls 5km Route



P9. Cross Pawtucket Street and continue straight on to Merrimack Street (street names changes from University to Merrimack after the bridge). Cross Decatur and Cabot Streets.

Merrimack Street is right on the border between the Acre (on your right) and Little Canada (on your left). Two of the most important institutions for the French-Canadians who settled here are right along the walk route. On the right (at 760 Merrimack Street) is the former St. Joseph's Catholic High School, built in 1892 and now remodeled as apartments. On the left is St. Jean Baptiste Church (finished in 1896), which served the French-Canadian community until 1993. Just after the church is a statue of Father Andre Garin, founder of the church and the spiritual leader of the Little Canada community in the late 19th-century.

P10. At Suffolk Street, cross and turn right, keeping the canal on your left. You're walking back into the Acre and along the Western Canal, which was dug out in 1836 to provide waterpower to the Suffolk, Tremont, and Lawrence Mills.

P11. Continue on Suffolk Street crossing Market St., Jefferson St., and passing the Hellenic Orthodox Church Holy Trinity on the left and St. Patrick Church on the right. At Broadway Street, turn left. St. Patrick's Church, the traditional center of the Irish community in Lowell. The original church was built in 1831 for the Irish laborers who dug out the canals, and the current stone church was built in 1853. Today the church also serves the Southeast Asian community, with masses conducted in Vietnamese and Cambodian. Directly across from St. Patrick's is Holy Trinity Church, built in 1908 for the Greek community. Holy Trinity is the first Byzantine-style church built in the United States.

P12. Walk along Broadway street and cross the canal, Lewis Street, and Dummer Street. After passing the Hellenic American Academy turn left onto Worthen Street (no street sign, but there is a sign for "Costas Ivos Square").

P13. Follow Worthen Street, crossing Market Street, to the end at Merrimack Street (no sign). (Lowell City Hall to the left). On Worthen Street, you'll pass the Whistler House Museum, Lowell's art museum and the birthplace of James McNeill Whistler (who painted "Whistler's Mother"). The Worthen House, Lowell's oldest tavern (operating since 1898 in a building built in 1834) is on the left.

P14. Turn right on Merrimack Street and proceed for one block to the intersection of Dutton Street. Cross Dutton Street. You will see a Boston and Maine railroad train and a small park on the right. Walk a short distance to the path on the right of the small park.

P15. Walk straight ahead through the right hand arch in the brick wall that marks the end wall of the first railroad depot in Lowell (steam locomotive, Boston & Maine #410, will be on your right).

P16. Turn left after the trolley stop and cross the bridge with the railroad tracks.

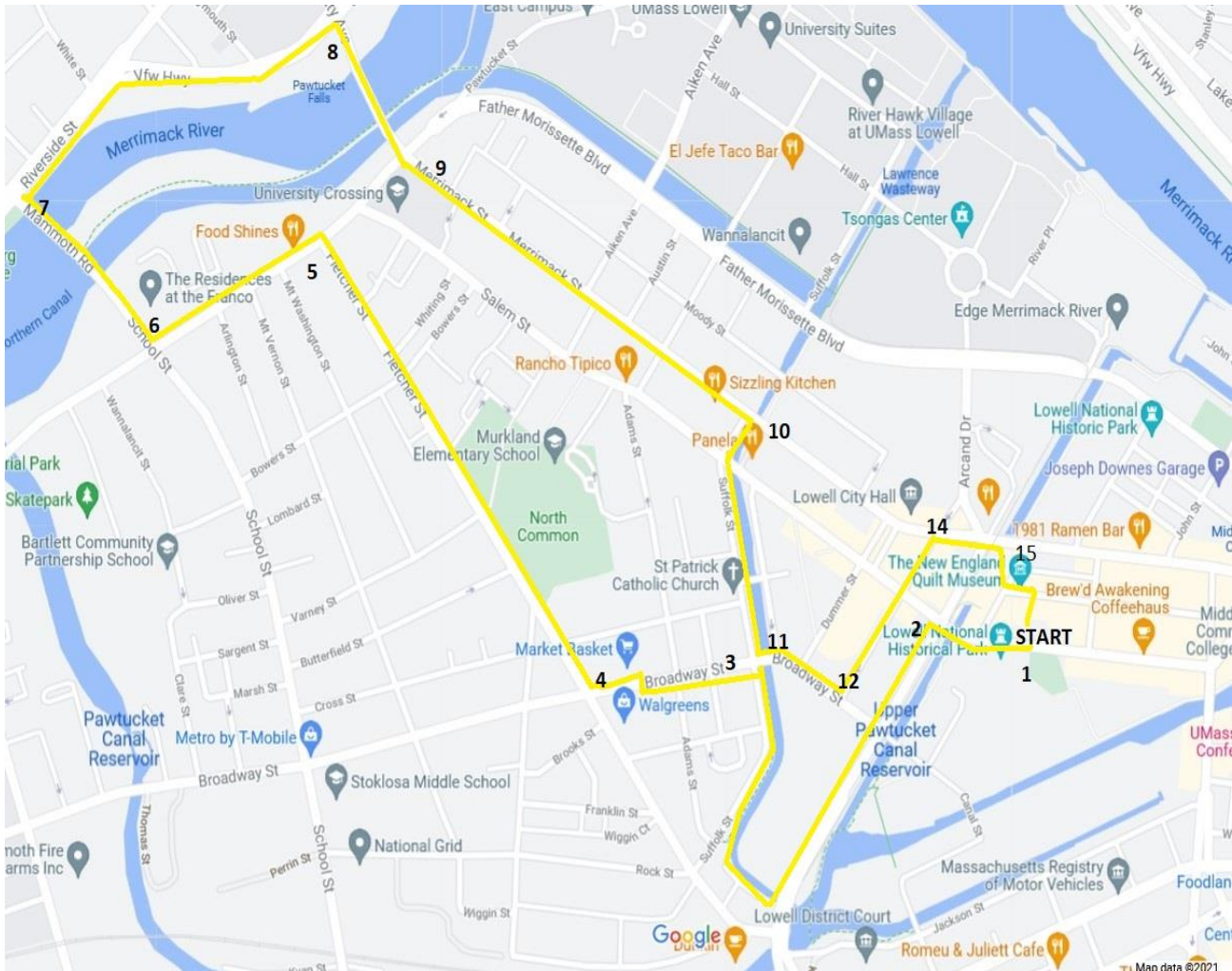
P17. Turn right, travel across Mack Plaza and cross Market Street at the crosswalk.

P18. Turn left, walk along the sidewalk and at the opening in the building, turn right to the Visitor Center to the start/finish location.

The Rivers and Falls 5km Loop ends here. For a 10km route, continue with the Rivers and Canals route in the following pages.



Walk 'n Mass 5/10-kilometer Volkswalk Lowell Massachusetts Pawtucket Falls 5km Route



Pawtucket Falls 5km route map

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EMERGENCY: Call 911

For event-related questions/comments:

Bill Howe: 978-256-7370 or bill.howe@bvhowe.com

Marianne Marshall: 781-899-5975 or mrbwalker@verizon.net

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Walk 'n Mass 5/10 kilometer Volkswalk

Lowell, Massachusetts

River and Canals 5Km Loop

1. Exit the Visitor Center and turn **RIGHT** heading back towards the parking garage. At the top of the stairs, cross the road and **CONTINUE** on the sidewalk keeping the parking garage on your left. **CROSS** the entrance road.
2. Turn **RIGHT**. **CONTINUE** straight until you reach the paved path on your left just before the canal and Dutton St.
3. Turn **LEFT** on the path. **CONTINUE** on the path (canal on right). After it passes the Swamp Locks Gatehouse on the left, turn **RIGHT** to cross the small pedestrian bridge and follow the sidewalk with the trolley tracks on your right and the canal on your left.
4. Re-cross the Pawtucket Canal at the next pedestrian bridge.
5. Turn **LEFT** and follow the canal walkway. At Jackson St, turn **LEFT** to **CONTINUE** straight along Jackson St (canal on your left for a short distance) to the end at Central St.
6. Turn **LEFT**; **CONTINUE** on Central St to Market St.
7. Turn **RIGHT**; **CROSS** Central St.
8. Turn **RIGHT**; **PROCEED** a short distance to the stairs on the left.
9. Turn **LEFT**; **PROCEED** down the stairs; turn **LEFT** to continue along the canal to the pedestrian bridge.
10. **CROSS** the bridge; turn **LEFT** following the walkway to the intersection with East Merrimack Street. *(The view of Lower Locks from the area in front of Middlesex Community College is worth the short walk across the bridge on the right just after the bend in the canal).*
11. **CROSS** East Merrimack St at the trolley tracks. **FOLLOW** the brick sidewalk then veer to the **LEFT** to cross the trolley bridge.
12. Turn **RIGHT** and follow the trolley tracks a **SHORT** distance until even with the upright stones in Jack Kerouac Commemorative Park on your left.
13. Turn **LEFT** to travel through Kerouac Park to Bridge St. Cross Bridge St; **CONTINUE** straight up French St (no sign) to the intersection with John St.
14. Turn **RIGHT**, cross French St, and **CONTINUE** ahead on John St (entering Boott Cotton Mills). *Boarding House Park will be on your left. The Mill Girls & Immigrants Exhibit is on the other side of the park (Check nps.gov/lowell for the latest hours).*
15. Walk down a slight hill and cross the Eastern Canal. *The Boott Cotton Mill Museum is on the right. (Check nps.gov/lowell for the latest hours, and entry fee).*
16. **CONTINUE** straight downhill and between the mill buildings, past the wrought iron gates, through the last building, and take either the stairs or ramp to the River Walk along the Merrimack River.
17. Turn **LEFT** to follow the River Walk as it meanders along the Merrimack River. *Along the way you'll pass the rear of the Tsongas Arena (home of the NCAA Division I UMass Lowell River Hawks hockey team), a memorial to the Yankee Division, over the Western Canal wasteway and alongside the former Lawrence Mills (in operation from 1831-1926).*
18. **CONTINUE** along the River Walk until it passes under the Oulette Bridge where you have to take the walkway to the left and then right to go behind Le Lacheur Stadium. *(Former home of the Lowell Spinners minor league Baseball team.)*
19. **FOLLOW** the path through part of the University of Massachusetts (UMass) - Lowell campus to go up the stairs near the hydroelectric plant (there's a ramp to the left for strollers). *Between the ramp and the stairs is a 9-11 Memorial.*
20. **FOLLOW** the path past Leitch Hall to the crosswalk at Pawtucket St (no sign).

- 21. CROSS Pawtucket St. Turn RIGHT. CONTINUE up Pawtucket St to the paved path on the left (at edge of parking lot).**
- 22. Turn LEFT to CONTINUE on this paved path.**
- 23. CONTINUE straight; CROSS the next two streets and CONTINUE straight to the far end of Wannalancit Mills (*The Suffolk Mill Turbine exhibit is open seasonally by tour (starts at the Visitor Center. Check nps.gov/lowell for dates & times)*)**
- 24. At the end of the Wannalancit Mills building, CROSS Suffolk St (no sign) and turn RIGHT.**
- 25. CONTINUE on Suffolk St to Father Morrisette Boulevard.**
- 26. Turn LEFT; CONTINUE on Father Morrisette Boulevard (trolley tracks on left paralleling the road) going past the Tsongas Arena on your left and Lowell High School on your right.**
- 27. At the end of the high school, turn RIGHT; CROSS Father Morrisette Boulevard. CONTINUE straight with the high school on your right and park**

(currently under construction) on left to end at Merrimack St (no sign; Cobblestone Restaurant on the right, Shell Station across the street). *Lowell High was the 1st co-educational public high school in the U.S (1831) and one of the first desegregated high schools (1845).*

28. CROSS Merrimack St; turn LEFT and CONTINUE a short distance. Just past the 3 arches (*This wall of arches marks the end wall of the first railroad depot in Lowell, turn RIGHT and CONTINUE on the sidewalk next to the building to Mack Plaza. (The steam locomotive, Boston & Maine #410, will be on your right).*)

29. Travel across Mack Plaza to the crosswalk on Market St (no sign).

30. CROSS Market St; turn LEFT. CONTINUE a short distance on Market St to the opening in the building; turn RIGHT to the Visitor Center and the starting location.

The Walk 'n Mass Volkssport Club thanks you for your participation in this year-round event in Lowell, MA. We hope you will have time to enjoy our other seasonal/yearly events. Have a safe journey to your destination.

Any questions, comments or for further information, please contact:

Bill Howe
978-256-7370
Bill.howe@bvhowe.com

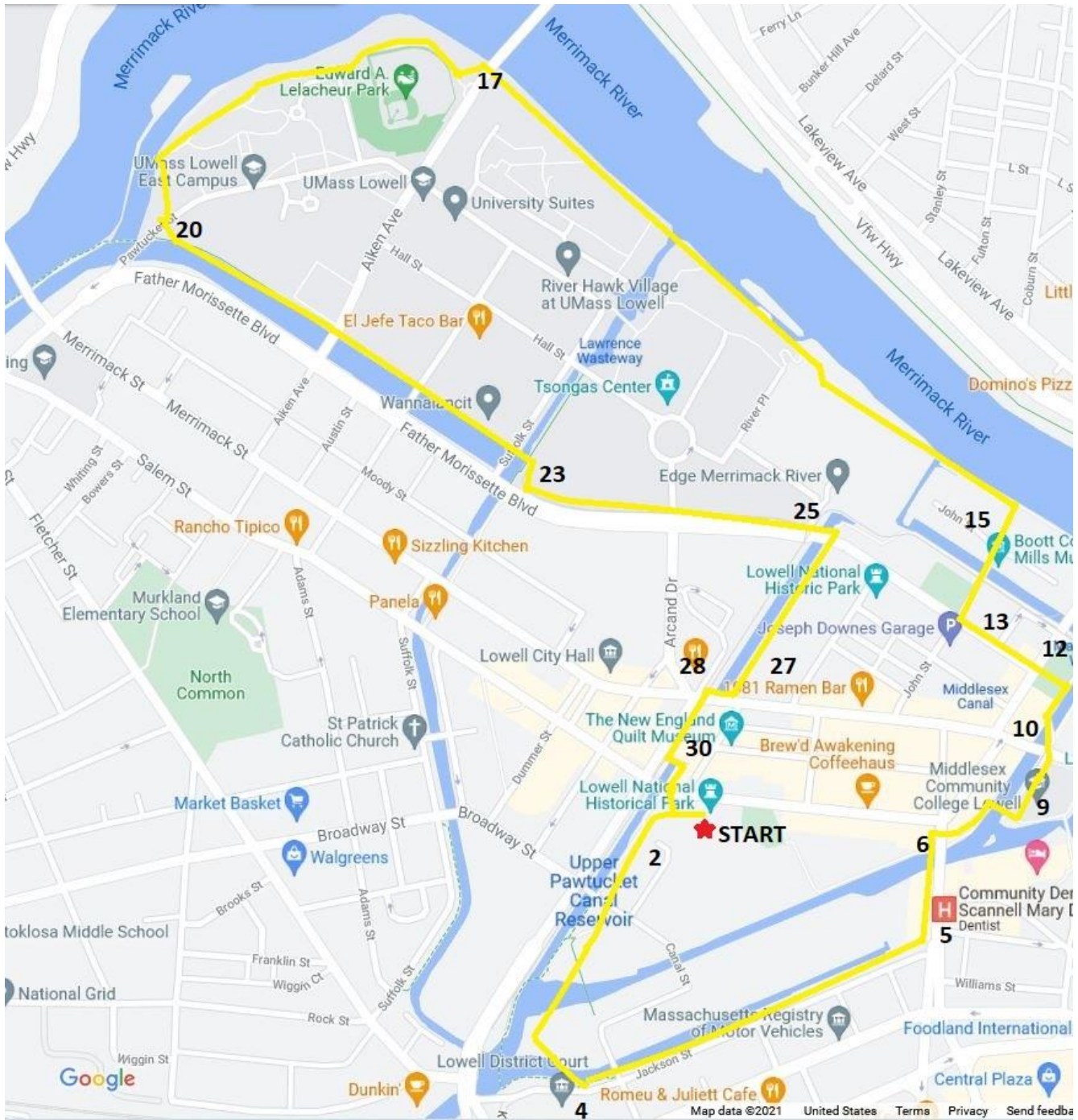
or

Marianne Marshall
781-899-5975
mrbwalker@verizon.net

Rev 12-02-25 for 2026



Walk 'n Mass 5/10-kilometer Volkswalk Lowell Massachusetts River and Canals 5km Loop



Rivers and Canals 5km route map.

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