

The Liberty Bell Wanderers
Welcomes You to the
Valley Forge - Creek
AVA Sanctioned Year Round Event



This AVA rated 2b 10/5km walk takes place in Valley Forge National Historic Park on a paved multi-use trail, a gravel trail along Valley Creek out to a covered bridge built in 1865, and a natural trail along the Schuylkill River. The walk passes Washington's HQs.

The starting point is Washington Memorial Chapel Cabin Shop. The Cabin Shop is run completely by volunteers. It offers sandwiches, home-made baked goods, beverages, and souvenirs. Restrooms available across the driveway. Key is in the Cabin Shop inside the front door.

You are welcome to visit the Washington Memorial Chapel. It is open daily 10-5. In the lobby of the bell tower is the Justice Bell, a full-size replica of the Liberty Bell that was taken on a 5,000 mile tour of all 67 PA counties in 1915 for women's suffrage. There is no charge.

OSB or PSB Walk Registration (not both):

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, do not register using the OSB, then complete your event 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.

OSB Walk Completion and Walk Credit:

When using OSB registration, upon physically completing 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.

Restrooms:

Location	Route	Type	Distance	Hours - Season
Starting Point - Cabin Shop	10/5km	Bathroom	0km	10:00am - 5:00pm
Washington Headquarters	10/5km	Bathroom	2.5km	Year Round
Artillery Park	10/5km	Bathroom	7.5/2.5km	Year Round

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Starting Point Address:

Washington Memorial Chapel Cabin Shop
 2000 Valley Forge Park Rd
 King of Prussia PA 19406
 (610-783-0576)
 Free parking in Washington Memorial Chapel
 Parking lot

PSB Location:

The start box is located inside the Cabin Shop. You will need to ask the staff for the "Walk Box".

Driving Directions:

From the South: I-95 North to I-476 North to I-76 West. Continue to US 202 South (Exit 328). Exit 422 West, stay in the right lane and exit to Route 23 West. Left on Route 23 then right to continue on Route 23, do not enter the Valley Forge Park, instead **follow Route 23 as it curves to the left to the Washington Memorial Chapel. Turn Right before the chapel into the parking lot. The Cabin Shop is located behind and downhill from Washington Memorial Chapel.

From Pa Turnpike: Exit at Valley Forge Interchange (Exit 326). After the toll booth, stay in the right lane take the next exit to N Gulph Rd then at the stoplight Right on Gulph Rd. Follow N Gulph Rd, going past the entrance to Valley Forge Park, joining Route 23. Follow directions (**) above.

Emergency Numbers:

In case of Emergency: Dial 911
 Event related assistance:
 Dave Brown (610-906-6252)
 ocm breeze@aol.com

Walking Instructions:

Map is included for both the 10km & 5km walks.

Abbreviations used:

ns - No Sign. There is no street sign.
 SP - Special Program

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

5K WALKERS:

After registering at the Cabin Shop, drive to the start of the 5K at Washington's Headquarters. Exit the Start Point, turn right on Rte. 23 to River Rd. You will see the sign for Washington's Headquarters. Turn right on River Rd. and follow it to the parking lot on the left. Walk to the Restroom Building and begin the walk at Instruction #7.

10K WALKERS:

1. Leave Cabin Shop. Go up slight hill towards Chapel. Make **LEFT** turn at the first paved exit road. Continue across parking lot. Turn **LEFT** then walk to the back of the parking lot. Follow signs "To Chapel Trail". Follow the serpentine trail down the hill using blue blazes as a guide. At the bottom of the hill, turn **LEFT**.

Alternate: Due to recent storms, the path to the Chapel Trail may be difficult to navigate. An alternate route would be to cross Rte. 23 at the crosswalk in front of the chapel. Turn Right on the paved trail and continue to Varnum's Quarters. Walk across the parking lot and cross Rte. 23 again and continue on the paved trail to the Left. Continue to River Rd. Pick up the route at Instruction #5.

2. Follow the Chapel Trail until it comes to a fork. There will be a sign pointing to Washington's Headquarters and Cinder Lane. Turn **LEFT** at the fork and go up the hill, **OR** follow the option below.

Option: Stay on the Chapel Trail. Keep the river and RR tracks on the right. The trail ends on River Road. Continue straight on the road which leads to a Restroom Building. Continue with the instructions at Step #7. **Note: This section of the Chapel Trail becomes very rough with one steep hill with rocky terrain.**

3. At the top of the hill, walk straight ahead through Varnum's Picnic Area.
4. Just before reaching the street (Rte. 23), turn **RIGHT** on the paved trail. This is known as the Joseph Plumb Martin Trail (JPM Trail). Continue to River Road and the sign for Washington's Headquarters.
5. Turn **RIGHT** on River Road and follow the sidewalk.
6. Walk past the parking lot and towards the brown *Restroom Building*.
7. Take the ramp in front of the Restroom Building downhill towards the train station. Walk past the train station on the sidewalk between the station and the RR tracks. Continue to the end of the walkway and down the steps or ramp to Washington's Headquarters.

There is a museum inside the restored train station. It is usually open to the public daily from 9-5. Also open is Washington's Headquarters (the stone building closest to the train station). There is a tour guide inside the building to answer any questions. There is no charge to visit either of these sites. However, due to COVID restrictions, both of these sites may be closed.

8. Follow the path past the HQ's and the David Potts House (last building on the left) to Rte. 23.
9. **CROSS** Rte. 23 at the light using the crosswalk and turn **RIGHT**. Continue along Rte. 23 crossing the bridge. Note the stone marking the start point for the 121 mile Horse-Shoe Trail.
10. Turn **LEFT** at the end of the bridge onto the gravel road.
11. Pass the kiosk on the left and continue straight on the trail to the sign pointing left for Valley Creek Trail (there will also be a bench on the left). Turn **LEFT** on the Valley Creek Trail and follow it along the creek to the Knox Covered Bridge.

5K WALKERS:

- When you reach the Knox Covered Bridge, **turn around and retrace** your steps on the trail back to Rte. 23.
- **Cross** Rte. 23d at the light and continue straight toward the David Potts House.
- **RIGHT** on the paved path just beyond the Potts House (sign pointing to Visitor Center).
- **LEFT** at the first intersection on the trail and walk towards the white building (Potts Barn).
- **RIGHT** on the path in front of Potts Barn to the statue of George Washington.
- **LEFT** at the statue and follow the path to the 4 log cabin huts.
- **RIGHT** on the road and return to the parking lot.

10K WALKERS:

12. When you reach the covered bridge, walk up to Valley Creek Rd. **CROSS** to the left side and turn **RIGHT** on the paved trail.
13. Turn **LEFT** at the stop sign to Knox Trail. Follow the trail to the P. C. Knox Estate. Go around the circle and bear left at the Knox Trail sign.
14. Go across the footbridge. At the end of the footbridge continue on the slate trail to a paved road. Continue to the **LEFT**.
The buildings surrounding this area were once the officer's headquarters. Generals Henry Knox, Wm. Maxwell, Lord Sterling and the Marquis deLafayette headquartered here.
15. Bear **RIGHT** at the fork and pass a parking lot on the right.
16. **Cross** Valley Creek Rd. at the stop sign to the JPM Trail.
17. Follow the JPM Trail to a crosswalk. Go across the crosswalk and turn **LEFT**. Go up a slight hill towards Artillery Park.
18. Turn **RIGHT** on the gravel trail at the top of the hill. This is Baptist Trace Trail which goes through Artillery Park. Pass the stand of cannons on the right. Just across the trail from the cannons is a dirt path which will lead to a **restroom**.
Brigadier General Henry Knox, who was Washington's artillery commander, used this area to train and drill the gun crews. It is also where the artillery was stored and repaired so that in the event of an attack, the cannons could be dispatched from this central location to wherever they were most needed.

19. **CROSS** Gulph Rd. and continue on Baptist Trace.

*Option: After crossing Gulph Rd., go a short distance to a sign pointing to the Grand Parade Trail. Turn **RIGHT** on this mowed trail that goes across the open meadow. Go past the Meadow Shelter. At the "T" which is about $\frac{1}{4}$ mile past the shelter turn **LEFT**. Trail will lead to an information board. On the hill above is the von Steuben statue. Go past the information board to the JPM Trail and turn **RIGHT**. **Note: Trail goes through a wetland and may be sloppy in places. Continue with Instruction #21.***

20. At the end of the Baptist Trace, turn **RIGHT** to return to the JPM Trail.

21. Follow the trail to the von Steuben statue and the overlook.

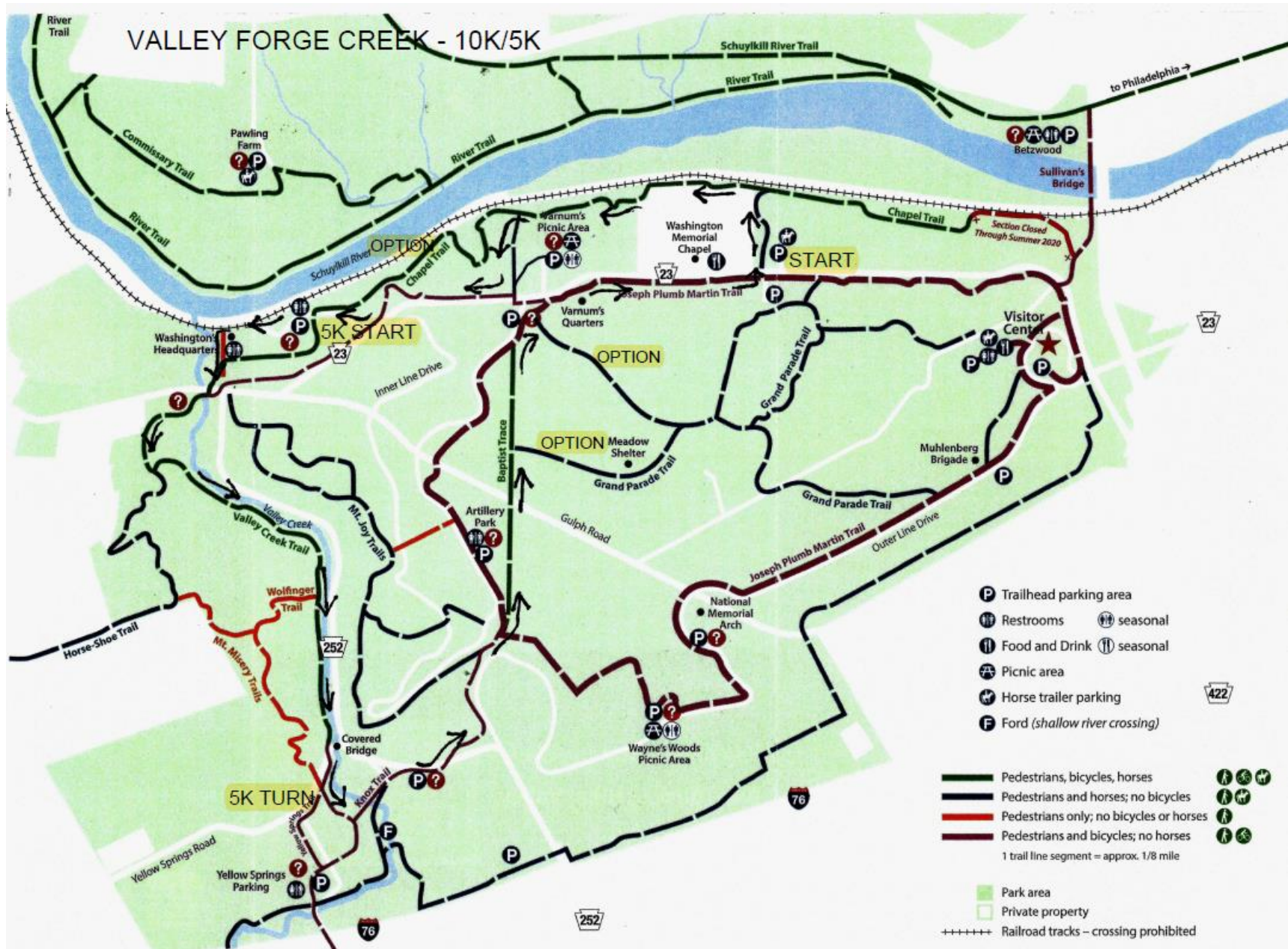
The statue overlooks the Grand Parade where Major General Baron Friedrich von Steuben, a Prussian military officer, took on the training of the Continental army. As the drillmaster, he taught the soldiers how to use the bayonet, and most importantly, how to re-form lines quickly in the midst of battle. Today, the Grand Parade is an essential habitat for birds, and other animals, as well as an outstanding natural experience.

22. Return to the JPM Trail and turn **RIGHT**.

23. Follow the trail back to the Washington Memorial Chapel. Cross Rte. 23 at the crosswalk in front of the chapel and return to the Start Point.

The 50' obelisk off to the right near the crosswalk marks the only identified grave in the park Point.

10/5km Valley Forge Creek Walk



2023 KSWA Special Challenges and AVA Special and National Programs

WALK NAME: VALLEY FORGE – CREEK WALK					
NUMBER: Y0288					
67 Counties (no end date)			Chester		
AT Thru Hike (2017 -2023) in PA only			N/A		
AVA SPECIAL PROGRAMS					
Program Name	Years	10K	5K	K	Information
Appalachian Trail in 14 States	(2018 - 2028)				
Border Crossings	(2014 - 2023)				
Great Lakes, Great Fun, Great Fitness, Great Friendships	(2021 - 2023)				
IVV-Americas	(2023 - No end)	X	X		
Lighthouses II	(2023-2025)				
Par For The Course	(2023-2025)				
Town Halls/City Halls	(2022 - 2024)				
Walking with America’s Veterans	(2021 - 2023)				
Walking with Wild Things	(2025 - 2028)	X	X		Gargoyles are located above buttresses at the roofline of Washington Memorial Chapel.
Washington-Rochambeau National Historic Trail	(2021 - 2031)	X	X		Washington’s army camped in Valley Forge
Closed Programs on Route					
Airports – Celebrating American Flight	(2020 - 2022)				
Mayflower – 400 th Anniversary Walk	(2020 - 2022)				
Rockin’ Around the Clock	(2020 - 2022)				
AVA NATIONAL PROGRAMS					
Program Name	Years	12K	5K	K	
50 States / 51 Capitals	(No end date)	0	X		Pennsylvania
Walk the USA (A To Z)	(No end date)	X	X		V