

Instructions for
Cascade Station/Columbia Slough, Y1640
Portland, OR
5/10 Km, rated 1A

Walk Start Location: Michael's Store, 11719 NE Glenn Widing Dr, Portland, OR.

GPS Coords: 45.557072, -122.54269.

Driving Directions: I-205 Northbound take exit 24B and I-205 Southbound take exit 24. Go Left (East) on NE Airport Way to first street on left, which is NE Glenn Widing Dr and follow around past Home Depot to Michael's.

Park: In the Michael's parking lot away from the store.

Restrooms: Available in Michael's or Home Depot next door, as well as several other businesses along the route.

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 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.)

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

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For emergencies contact 911. Walk owner is Ed Hainline at 360-921-1909.

Check out our club website at www.walking4fun.org .

Cascade Station/Columbia Slough Pathway

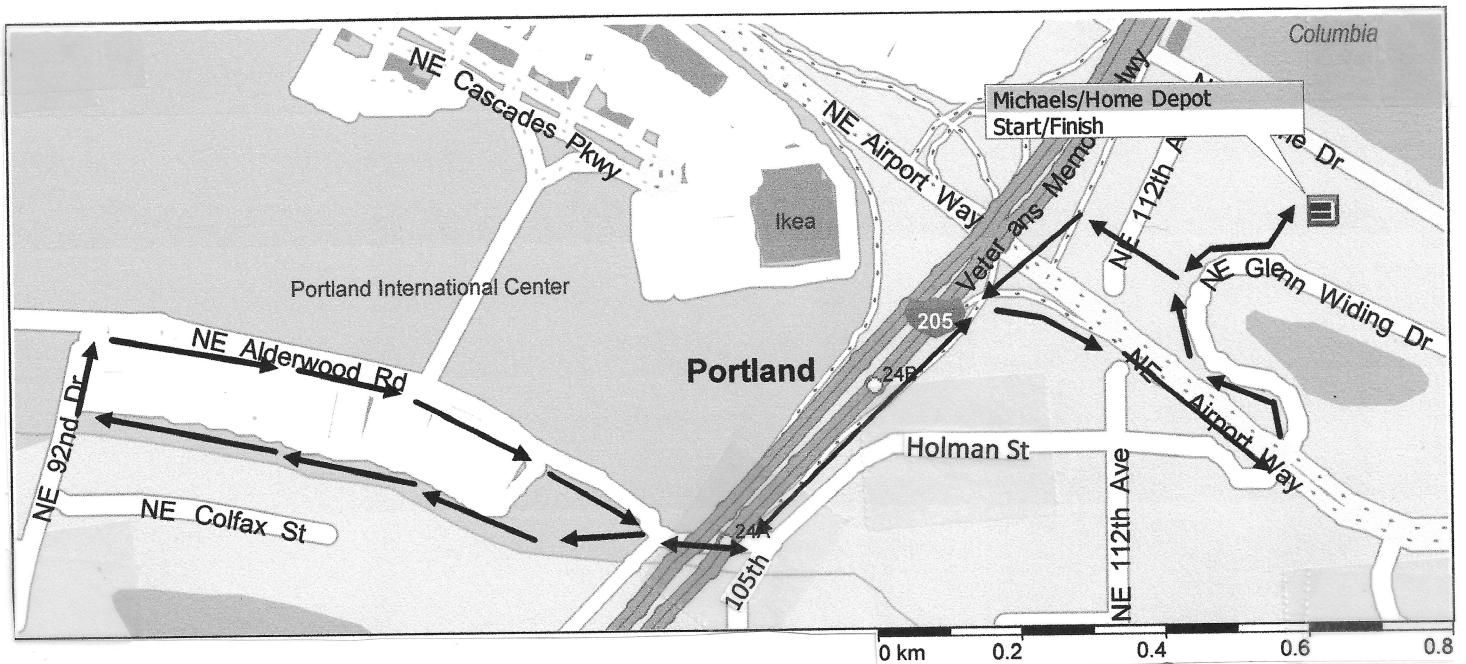
5KM – YRE 1640, Rated 1A

1. **WALK** through the parking lot to the sidewalk along Glenn Widing Dr.
2. **RIGHT** along Glenn Widing Dr. past Home Depot bearing left to the small street just before the Dutch Bros.
3. **RIGHT** along the small street passing the Dutch Bros and 7-Eleven Store to the stairs.
4. **UP** the stairs and **LEFT** onto the bike path, continuing to NE 105th Ave & Alderwood Rd.
5. **CROSS & RIGHT** on Alderwood Rd under the freeway to Glass Plant Rd.
6. **CROSS** Glass Plant Rd and **ENTER** Paved trail that runs along Columbia Slough. Continue on trail to NE 92nd Dr.
7. **RIGHT** on 92nd Dr. to Alderwood Rd.
8. **RIGHT** on Alderwood Rd to 105th Ave. (Holman St.)
9. **LEFT** on NE Holman St and continue on bike path up toward Airport Way overpass to sidewalk on right going to Airport Way
10. **RIGHT** on sidewalk to walk along NE Airport Way to Holman St./Glenn Widing Rd.
11. **LEFT** crossing Airport Way and continue on Glenn Widing Rd to the finish.

**Thank You for Walking this
Columbia River Volkssport Club Walk.**

Emergency call - 911

POC Ed Hainline – 360-921-1909



These directions may only be used in compliance with a signed American Volkssport Association Athletic Waiver and Release of Liability. All other uses are prohibited.

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Cascade Station/Columbia Slough Pathway 10KM – YRE 1640, Rated 1A



1. **WALK** through the parking lot of Michael's to the sidewalk along Glenn Widing Dr.
2. **RIGHT** along Glenn Widing Dr. past Home Depot bearing left to the small street just before the Dutch Bros.
3. **RIGHT** along the small street passing the Dutch Bros and 7-Eleven store to the stairs.
4. **UP** the stairs and **LEFT** on the bike path, continuing to 105th Ave & Alderwood Rd.
5. **CROSS & RIGHT** on Alderwood Rd under the freeway to Glass Plant Rd.
6. **CROSS** Glass Plant Rd and **ENTER** Paved trail that runs along Columbia Slough. Continue on trail to 92nd Dr.
7. **RIGHT** on 92nd Dr. to Alderwood Rd.
8. **CROSS** 92nd Dr. & Bear **LEFT** on paved trail to end at Alderwood Dr.
9. **RIGHT** on sidewalk to Cascades Parkway.
10. **RIGHT** on Cascades Parkway and continue as it turns right. Keep the light rail station on your left staying right until the sidewalk crosses the light rail line. Several options when you reach the intersection with a sidewalk going to your left.
 - (Option 1 continue straight keeping the Parkway on your left and buildings on your right until reaching the next light rail station.)
 - (Option 2 - If you need to use restrooms you can take the sidewalk going left to Target and then return.) Continue on the sidewalk keeping Cascades Parkway on your left and building on your right until reaching the next light rail station.)
- (Option 3 – You can cross left to walk down the center of Cascades Parkway on one of the two sidewalks between the east bound & west bound lanes of Cascades Parkway. Continue to just before the light rail station. This option is more scenic but crosses a lot more streets.)
11. Just before the light rail station, **RIGHT** on Mt St Helens Ave. to Alderwood Rd.
12. **CROSS** and **RIGHT** on Alderwood Rd. to 92nd Dr.
13. **LEFT** on 92nd Dr. one block to paved trail just before bridge over Columbia Slough.
14. **LEFT** on trail to Alderwood and Glass Plant Rd.
15. **CROSS** Glass Plant Rd and continue under the freeway to Holman St/105th Ave.
16. **LEFT** on NE Holman St and continue on bike path up toward Airport Way overpass to sidewalk on right going to Airport Way.
17. **RIGHT** on sidewalk to walk along Airport Way to Ainsworth Circle.
18. **RIGHT** on Ainsworth Circle to Win Sivers Dr.
19. **LEFT** on Win Sivers Dr. to Airport Way
20. **CROSS** Airport Way and continue on right side of Glenn Widing Dr. to the finish

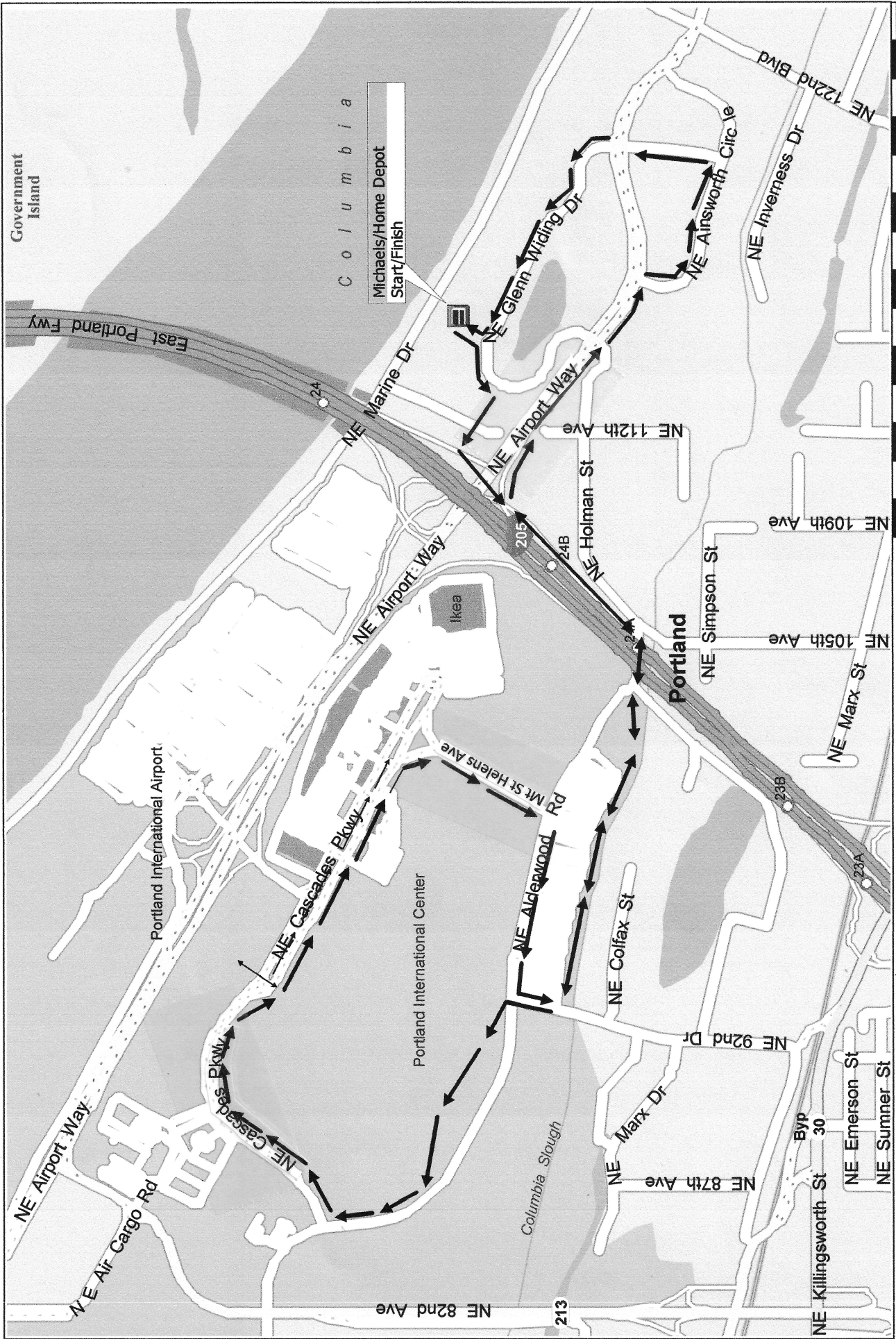
**Thank You for Walking this
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These directions may be used only upon registration at a currently sanctioned IVV/AVA event.

(Revised 12/2021) 10K©CRVC/eh 2017

2022 Cascade Station- Col Slough 10 km



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