



Baton Rouge State Capital Walk
The East Texas Trekkers
Welcomes You to
Baton Rouge - AVA-2077
AVA Sanctioned Year Round Event



This walk is composed of a 6km and a 10km routes. The walk is rated 1A and is along city sidewalks and passes the old and current state capitol buildings and governor's mansion and other historic buildings. The 10km route also goes thru the Spanish Historic District, the oldest residential neighborhood in the city. The walk start/end point is Anytime Fitness at 200 Government St at the corner of St Philip St in downtown Baton Rouge. Free parking is available in the parking lot at the back of the center on Francis St.

Walk Registration:

Please use the Online Start Box (OSB) or the Physical Start Box (PSB) to register for the walk. If using the OSB, then complete the walk online as indicated below. If using the PSB, register, stamp your books, and mail in your start card and fees from the Fitness Center.

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 to Start Point:

The walk starts at the rear of the Anytime Fitness Center at 200 Government St in downtown Baton Rouge located at the intersection of Government and St Francis streets. From the west, follow I-10 and exit at 155A. From the east, follow I-10 or I-12 and exit at 155B. From east or west, then follow St Louis St north toward downtown Baton Rouge, left on Government St, then left on St Philip St, and finally left on France St to the parking lot on the left. Enter the Fitness Center thru the backdoor on Francis St. Restrooms available at the fitness center and at businesses along the route.

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Baton Rouge Capital – 6K

SPECIAL PROGRAMS: State Capitals

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. **LEAVING** the fitness center by back door on Francis St. **RIGHT** on St Philip to Government.
2. **CROSS, then RIGHT** on Government St 1 block to St Louis.
3. **LEFT** on St Louis St passing the Performing Arts Center, City Hall, and Library on left, and Court House on right to N Boulevard.
4. **RIGHT** on North Boulevard 3 blocks to 6th St passing the Old Governor's Mansion built in 1930, first occupied by Huey Long.
5. **LEFT** on 6th St 1 block to Convention St.
6. **LEFT** on Convention St 2 blocks to 4th St passing the First Baptist Church and St James Episcopal Church built in 1895.
7. **RIGHT** on 4th 5 blocks to Spanish Town Rd in front of capitol passing St Joseph Cathedral established in 1792, present church build in 1853.
8. **CROSS then RIGHT** to first wide walkway.
9. **LEFT** on sidewalk passing Huey Long's statue and continue to parking lot in front of capitol. Visit the capitol and take the elevator to the observation deck if open. (Note the names of all the states on the capitol steps.)
10. **RIGHT** on sidewalk to street.
11. **CROSS** street to the Arsenal Museum grounds and continue to street (museum on left). Look for the Liberty Bell replica of to the left in front of the arsenal.
12. **CROSS then RIGHT** on street crossing the bridge to the front of the Governor's Mansion.
13. **U-TURN** back across bridge and stay on sidewalk on right.
14. At end of sidewalk, walk up small hill and turn **RIGHT** on street (Capitol Lake Rd).
15. Continue on street (Capitol Lake on right) behind the capitol to N 3rd St (flashing red light).
16. **CROSS then LEFT** on 3rd.
17. **Follow** sidewalk as it curves right then left to Lafayette St passing the Pentagon Barracks on right.
18. **CONTINUE** on Lafayette to T-intersection at N Boulevard (Old State Capitol, worth a visit if open).
19. **CROSS then RIGHT** on North Blvd to River Rd (Old Capitol Bldg is interesting).
20. **CROSS then LEFT** on River Rd to Government passing the USS Kidd, a WWII Fletcher class destroyer.
21. **LEFT** on Government St to St James.
22. **LEFT** on St James returning to the fitness center.

**Event related assistance:
Helen Hull – 972-530-1026**

Baton Rouge Capital – 10K

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. **LEAVING** the fitness center by the back door on Francis St. **RIGHT** on St Philip to Government.
2. **CROSS, then RIGHT** on Government 1 block to St Louis.
3. **LEFT** on St Louis St passing the Performing Arts Center, City Hall, and Library on left, and Court House on right to N Boulevard.
4. **RIGHT** on North Boulevard 7 blocks to Ninth St (just before overpass, this is really East Boulevard).
5. **RIGHT** on Ninth St 4 blocks to Government.
6. **RIGHT** on Government 5 blocks to St Charles.
7. **CROSS, then RIGHT** on St Charles 1 block.
8. **VEER LEFT** on Somerulos St 2 blocks.
9. **VEER RIGHT** on St Ferdinand and continue to next corner.
10. **RIGHT** on America St 4 blocks to St Joseph St.
11. **LEFT** on St Joseph (name changes to N Eight St at N Boulevard) to Convention St.
12. **LEFT** on Convention St to N 4th St.
13. **RIGHT** on N Fourth 2 blocks to Laurel St.
14. **CROSS, then RIGHT** on Laurel 4 blocks to 8th St.
15. **LEFT** on N 8th ST to T-intersection (Main St) .
16. **CROSS then RIGHT** on Main St 1 block to 9th.
17. **LEFT** on 9th 1 block to North St.
18. **CROSS then LEFT** on North St to N 8th St.
19. **RIGHT** on N 8th St to stop sign at Spanish Town Rd.
20. **LEFT** on Spanish Town Rd 1 short block to Bungalow Lane.
21. **LEFT** on Bungalow Lane 1 short block to Lucilla Ln (no sign, one way, one lane street).

Special Programs: State Capitals

22. **RIGHT** on Lucilla 1 block then **LEFT** to continue on Lucilla St (no sign).
23. **AT T-intersection, RIGHT** on North St to 5th.
24. **LEFT** on 5th 1 block to Main St.
25. **RIGHT** on Main 1 block to 4th.
26. **RIGHT** on 4th 2 blocks to Spanish Town Rd in front of capitol.
27. **CROSS then RIGHT** to first wide walkway.
28. **LEFT** on sidewalk to parking lot in front of capitol. Visit the capitol and take the elevator to the top if open. (Note names of all the states on the capitol steps.)
29. **RIGHT** on sidewalk to street.
30. **CROSS** street to the Arsenal Museum grounds and continue to street (museum on left).
31. **CROSS then RIGHT** on street crossing bridge to front of the Governor's Mansion.
32. **U-TURN** back across bridge and stay on sidewalk to right.
33. At end of sidewalk, walk up small hill and turn **RIGHT** on street (Capitol Lake Rd).
34. Continue on street (Capitol Lake on right) behind the capitol to N 3rd St (flashing red light).
35. **CROSS then LEFT** on 3rd.
36. **Follow** sidewalk as it curves right then left to Lafayette St.
37. **CONTINUE** on Lafayette to T-intersection at N Boulevard.
38. **CROSS then RIGHT** on North Blvd to River Rd (Old Capitol Bldg is interesting).
39. **CROSS then LEFT** on River Rd to Government.
40. **LEFT** on Government St to St James.
41. **LEFT** on St James returning to the fitness center.

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Baton Rouge – 10K