

Instructions for
Sandy River Walk, Y-2765
5 & 10 Km, rated 1B

Walk Start Location: Comfort Inn 1000 NW Graham Rd Troutdale, OR 97060

GPS Coords: 45.547, -122.39083

Driving Directions: From I-84 Eastbound take Exit #17 Marine Dr./ 257th Ave. Go to the light and turn left onto 257th Ave, and get onto the right lane. Continue straight past the Dairy Queen and turn right into the Comfort Inn parking lot. From I-84 Westbound take Exit #17 Marine Dr./257th Ave. Turn right off the exit onto 257th Ave and stay in the right lane. Continue straight past the Dairy Queen and turn right into the Comfort Inn parking lot.

Park: Comfort Inn parking lot away from the front doors.

Restrooms Comfort Inn and two parks on 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.)

"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."

"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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Call 911 in case of emergencies. POC is Genelle Lockwood at: 503-760-3057 or Cell: 503-519-7114. Walk Sponsor is Sandi Biornstad

AVA Challenges: Walking the USA A-Z, Airports.
WOC: Unique, Zeros.

These directions may be used only upon registration at a currently sanctioned IVV/AVA event. For emergencies contact 911. Walk owner is Genelle Lockwood and can be reached at 503-519-7114.



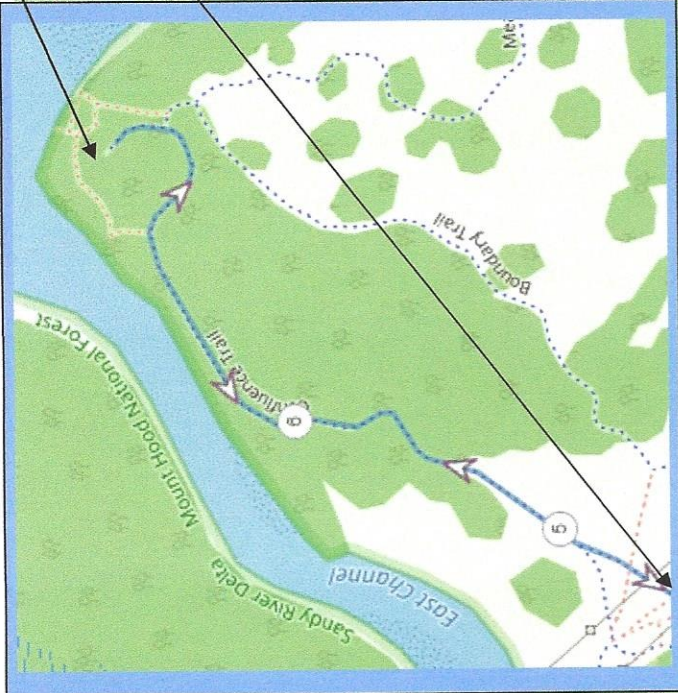
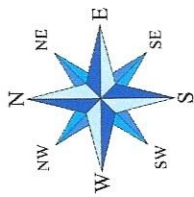
Sandy River Walk
Sponsored by East County Windwalkers
10K Rated 1A, Stamp #2765



1. Exit Comfort Inn to the sidewalk. Turn **RIGHT** onto Graham Rd. Walk along the right-hand side of the road.
2. **RIGHT** onto Harlow Rd. At the end of Harlow Rd stay **LEFT** onto the path that goes under I-84. **CONTINUE** following the trail that loops around and goes up along the highway and over the Sandy River. 1K at the start of the walkway over the Sandy River.
3. After crossing the bridge follow the trail to the "T" turn **RIGHT** and stay to the right.
4. **CONTINUE** on the trail going under the railroad trestle. **CONTINUE** to the end of the trail (you will see two rocks – opposite park sign and 25 mph sign) turn **LEFT and CROSS** the road and **ENTER** Lewis and Clark State Park.
5. As you enter the park go to the **LEFT** into the park and take the path that leads toward the restrooms. Just before the restrooms you will see a sign at the start of the Lewis and Clark Botanical Trail, turn **LEFT** and follow the trail. 2K at the Pet Exercise Area Boundary sign (across from the restrooms.) Turn **RIGHT** toward pet exercise sign.
6. Stay **LEFT** on the trail until "Traveling in Trees" sign, turn **RIGHT**. At the "T" with the bench turn **RIGHT**. **CONTINUE** on trail until you get back to the entrance of the park.
7. **CROSS** the road and **RETURN** to the trail you came in on. Turn **RIGHT** and follow the path under the freeway.
8. After you go thru the tunnel under the freeway, turn **RIGHT**. Follow the path until you get to the Sandy River Delta State Park entrance. 3K at the park entrance.
9. **ENTER** the park and **CROSS** over to the walking path. Go past the restrooms and turn **RIGHT** at the crosswalk. Stay to the right and **ENTER** the woods at the Meadow Trail to the Bird Blind sign.
10. **CONTINUE** on the trail until you get to the entrance into the meadow. As you enter the meadow, turn **RIGHT** and follow the path straight ahead. 4K at the "Y" at the entrance to the meadow.
11. When you get to the gravel path (Confluence Trail-no sign) turn **LEFT** and stay to the **RIGHT**.
12. 5K when you enter the woods at the sign for the Confluence Project.
13. **CONTINUE** on the trail and stay to the **LEFT** and walk over the boardwalk into the bird blind. *(Be sure to enjoy the bird blind. As you enter, on the left you will see an upright board that shows when Lewis & Clark discovered a certain species, what they named it, the common name, the scientific name and its status today.)*
14. As you continue out of the bird blind, stay to the **RIGHT**. 6K as you leave the forest and **ENTER** into the meadow.
15. Stay on the gravel path back to the parking lot. 7K on the trail before the parking lot.
16. When you get back to the parking lot, turn **LEFT** and head out to the park entrance.
17. 8K at the park exit. **CROSS** the road and stay on the right-hand side and follow the trail you took before and go thru the tunnel under the freeway. After the tunnel take the trail to the **RIGHT** leading up to the freeway. **CROSS** the Sandy River Bridge and follow the trail.
18. Turn **LEFT** to go back under the freeway. 9K as you come out from under the freeway
19. Walk along Harlow Place until you get to Graham Rd. Turn **LEFT** onto Graham Rd and follow it back to the Comfort Inn. 10K at the Comfort Inn.

Thank you for walking with the East County Windwalkers. This walk was sponsored by Sandi Bjornstad.

Sandy River 10 Km Route



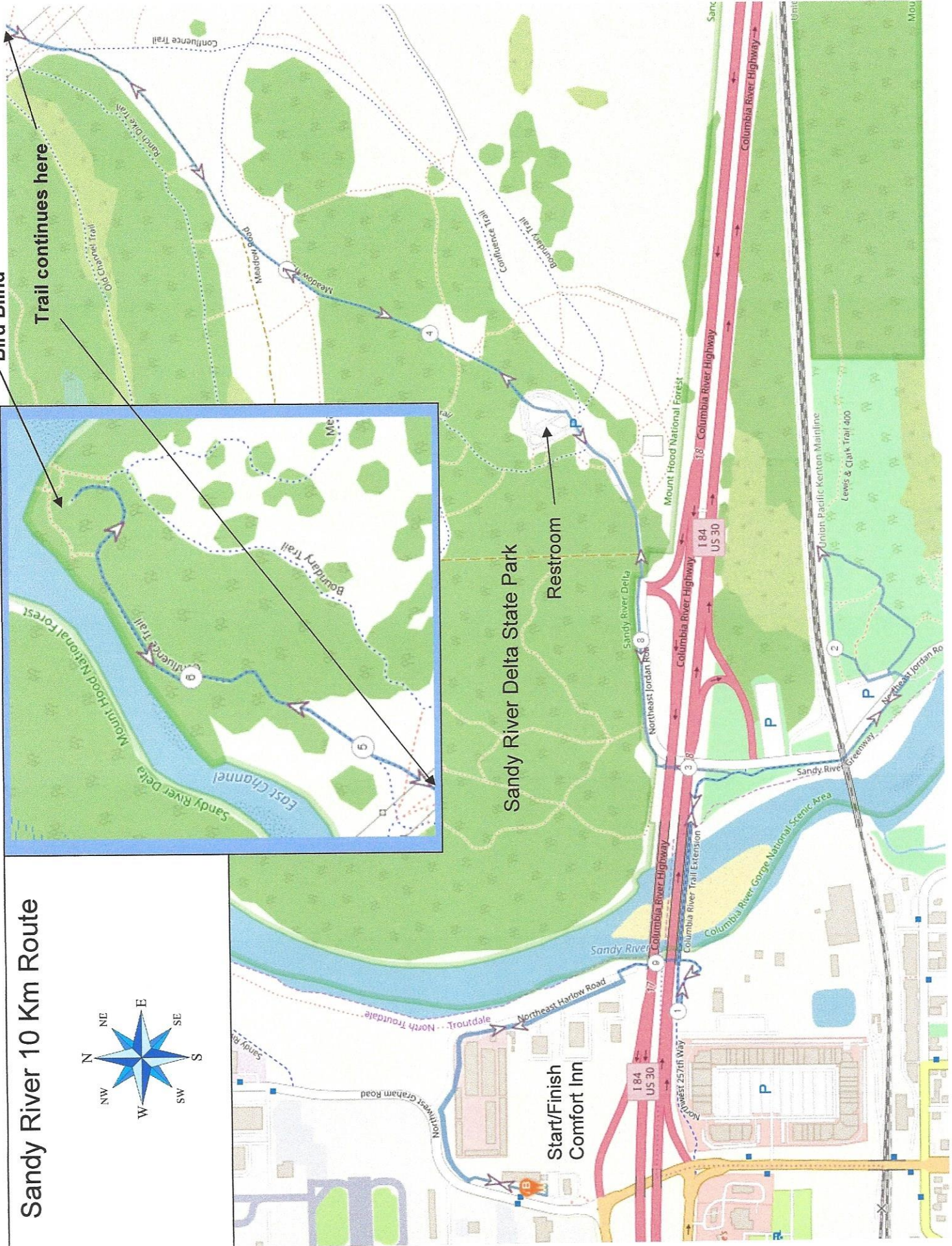
Bird Blind

Trail continues here

Start/Finish
Comfort Inn

Sandy River Delta State Park

Restroom



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5K Rated 1A, Stamp #2765



1. Exit Comfort Inn to the sidewalk. Turn **RIGHT** onto Graham Rd. Walk along the right-hand side of the road.
2. **RIGHT** onto Harlow Rd. At the end of Harlow Rd stay **LEFT** onto the path that goes under I-84. **CONTINUE** following the trail that loops around and goes up along the highway and over the Sandy River (*Rivers, Railroad – look to the right.*) 1K at the start of the walkway over the Sandy River.
3. After crossing the bridge follow the trail to the “T” turn **RIGHT** and stay to the right.
4. **CONTINUE** on the trail going under the railroad trestle. **CONTINUE** to the end of the trail (you will see two rocks – opposite park sign and 25 mph sign) turn **LEFT and CROSS** the road and **ENTER** Lewis and Clark State Park (*Trails.*)
5. As you enter the park go to the **LEFT** into the park and take the path that leads toward the restrooms. Just before the restrooms you will see a sign at the start of the Lewis and Clark Botanical Trail, turn **LEFT** and follow the trail. 2K at the Pet Exercise Area Boundary sign (across from the restrooms.) Turn **RIGHT** toward pet exercise sign.
6. Stay **LEFT** on the trail until “Traveling in the Trees” sign, turn **RIGHT**. At the “T” with the bench, turn **RIGHT** and **CONTINUE** on trail keeping to your right at the hill until you get back to the entrance of the park.
7. **CROSS** the road and **RETURN** to the trail you came in on, turn **RIGHT** and follow the path until you get to the left-hand path just before the freeway overpass.
8. Take the trail to the **LEFT** leading up to the freeway. **CROSS** the Sandy River Bridge and follow the trail.
9. **LEFT** to go back under the freeway, 4K as you come out from under the freeway.
10. **WALK** along Harlow Place until you get to Graham Rd. **LEFT** onto Graham Rd and follow it back to the Comfort Inn. 5K at the Comfort Inn.

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