

SENECA FALLS NY Seasonal Walk 5 KM/10KM

EVENT ID: Y2825

WALK Dates: April 1st through December 31th

START POINT: National Women's Hall of Fame, 1 Canal Street, Seneca Falls, NY 13148.
Phone #315-568-8060 GPS coordinates of the start point (42.543122 -76.475530).

TRAIL DESCRIPTION: Both courses are on city streets. Sidewalks are old and broken in some places, not really handicapped friendly. There are several stretches of road without sidewalks, but there is limited traffic in these areas so you need to walk on the side of the road. There are two sets of stairs and a 200 meters gravel road, which can be avoided (see the directions). You can park in the Hall of Fame parking lot or streets near-by. Call the Hall of Fame only about their hours and access. It is not necessary to visit the Hall to walk. Care should be exercised if walking in April, November, December if it snows.

TRAIL RATING: 3B

AWARDS AND FEES: This event is available for online registration only. Registration web site is www.my.ava.org. The on-line system does not allow free walkers. A minimal charge is incurred for the directions. IVV walk credit only.

AVA SPECIAL PROGRAMS

- Walking the USA, A-Z: S and or F
- Walking with Americans Veterans – Veterans of Foreign Wars 47 Fall St 5/10K, American Legion 48 State Street 10K only. Veterans Memorial in park at Park St and Cayuga St.
- Walking the United States: New York
- IVV Americas
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DRIVING INSTRUCTIONS:

From the New York State Thruway (I-90) take exit 41 (Route 414). Turn right onto Route 414 south after exiting the toll booth. Follow Route 414 South for approximately four miles. At the intersections of Routes 414 and Route 5 & 20 (the same road at this point), turn left onto Route 5 & 20 East and 414 South. Follow for approximately one 1 ¾ miles into the Village of Seneca Falls. Turn right on Ovid Street, drive over the bridge, turn right on West Bayard Street, then

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take the first right into Center Street (opposite the fire house). The Hall of Fame is the large limestone building straight ahead. Parking lot is on the right in front of the Hall.

PETS: Leashed pets are allowed on all walks, and you must clean up after them.

AMENITIES: Parking at the start is free. If you have booked a visit to the National Women's Hall of Fame there are rest rooms in the Hall. The nearest public restrooms to the start point are in the Seneca Falls Visitors Center 89 Fall Street (about 2K from the start) Open hours vary check their web site but generally Mon-Sat 10-4, Sun 12-4. The walk passes The National Women's Hall of Fame, The Women's Rights National Historical Park, It is a Wonderful Life Movie Museum, Elizabeth Cady Stanton's Home, New York State Barge Canal Cayuga-Seneca Lock 2 and walks along the Cayuga Seneca Canal, and through Seneca Falls downtown. Contact each location as visiting hours/procedures are limited. In December there is a festival in Seneca Falls dedicated to the It's a Wonderful Life movie. Check the town website for details.

REMEMBER: You must log back into On Line Start Box (OLSB) to finish online registration procedures after completing the event.

Resources: Hours vary at the key locations on the walk. Web sites below
Seneca Falls Visitors Center: <https://www.senecafalls.com/visitor-center.php>
It's a Wonderful Life Museum: <https://www.wonderfullifemuseum.com>
National Women's Rights Park: <https://www.nps.gov/wori/index.htm>
National Women's Hall of Fame: <https://www.womenofthehall.org>

Contacts:

In case of Emergency Dial 911

Event related problems contact:

POC: Bill Peeck, wpeeck@rochester.rr.com, phone 585-227-6025, Cell (use last) 585-698-4009

Backup POC: Barbara Stafford, barbstaff59@gmail.com, 716-741-9315 Cell 716-444-5768

NFVC website: <https://avaclubs.org/NFVC/>

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SENECA FALLS NY 10K WALK INSTRUCTIONS

1. Face the Hall of Fame building in the parking lot, then turn left along the sidewalk to toward the bridge. You are on Canal Street.
2. At TEE intersection of Canal and Bridge Street (no sign) turn left onto Bridge Street to the next intersection at West Bayard Street.
3. Right on West Bayard to Veterans Bridge Street (next cross street)
4. Right onto Veterans Bridge Street.
5. Cross the bridge to a TEE intersection at Fall Street
6. Right on Fall Street. Pass the Women's Rights National Park Visitors Center (Open Tuesday and Thursday 10 to 4), the Elizabeth Cady Stanton Park, and the Seneca Falls Visitors center to Ovid Street. Note the VFW post at 47 Fall Street
7. Ovid Street is on the right crossing the bridge. Ovid changes to Cayuga Street at this intersection. Ovid is right Cayuga is left.
8. Cross Ovid Street then turn left and cross Fall Street to Cayuga Street.
9. Straight on Cayuga Street to Trinity Lane. (Historical sign here to Amelia Bloomer)
10. Right on Trinity Lane to Fall Street
11. Right on Fall Street past the It's a Wonderful Life Museum (on your right) to Ovid/Cayuga Street. (Open Friday & Saturday 11 to 4)
12. Right on Cayuga Street (also Route 5 & 20) past the Amelia Bloomer sign again.
13. Continue on Cayuga Street to Bove Drive
14. Cross Cayuga Street at Bove Dr. (cross walk here)
15. Right on Cayuga and continue on Cayuga Street past the Veterans Memorial Park, Mynderse Academy (the original building) and the Seneca Falls Historical Society).
16. After 500 Meters Cayuga Street bears left (no sign) and 5&20 goes right.
17. Follow Cayuga Street to Ritmer Lane (2nd left after Leaving 5&20) Note Cayuga changes to Gravel Rd.
18. Left onto Ritmer Lane from Gravel.
19. Follow Ritmer Lane to Troy Street
20. Left on Troy Street. You will pass (Mynderse Academy football field on your left; new academy building is on the right).
21. On Troy you will pass Tyre, Butler, Boston, Porter, Van Cleef, Daniels, Beryl, and John Streets to a TEE intersection at Chapel Street
22. Left on Chapel Street to State Street
23. Cross State Street then right on State Street past the American Legion Post and the Post Office to Fall Street
24. Cross Fall Street then right on Fall Street to Water Street (no sign but street goes downhill)
25. Follow Water Street downhill to Souhan Lane (first Left). Note this part of the route ends in stairs and a ramp if you think you can't use

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the ramp there is a public elevator about half way down Cowing St (see signs) take that back up to Fall Street and turn right follow step 28 below or to avoid steps 24-27 turn left on Fall Street and walk to Ovid Street and pick-up the route at instruction #28 below.

26. Left on Souhan Lane to Cowing Street (next to the canal).
27. Left on Cowing Street along the canal (Public Elevator about half way down Cowing Street see sign)
28. Follow Cowing Street with the canal on your right to the bridge.
29. On your left just before the bridge there will be stairs and a ramp. follow them up to Fall Street.
30. Turn right at the top (Fall Street) and cross Ovid Street at the light.
31. Turn right on Ovid Street and cross the bridge to the light at East Bayard Street
32. Left on East Bayard Street to Washington Street
33. Cross Washington then left on Washington
34. Just before Washington turns right into Seneca Street is the Elizabeth Cady Stanton House (part of the National Park). Restrooms at the visitors center if open.
35. Continue straight ahead past the Stanton house to Seneca Street. NOTE there are a set of stairs here, to avoid them go out on to Washington Street just before the Stanton House and walk to Seneca Street. (low traffic in the area).
36. Washington turns right into Seneca continue to the next left street (100 meters)
37. Turn left at the next street into the Cayuga-Seneca Canal Lock access.
38. Walk about 200 meters to the signs for the lock. Walk out onto the lock to view it. (Gravel path here). To avoid the gravel path and locks just continue on Seneca (step 40)
39. Turn around, walk back to Seneca and turn left.
40. Seneca turns into Jay Street (right turn)
41. Follow Jay Street to East Bayard
42. Right on East Bayard to Smith Street (Smith will be on your left as it ends as East Bayard).
43. Left crossing East Bayard onto Smith Street. Take care here there is no cross walk.
44. Follow Smith Street to Lincoln Ave.
45. Right on Lincoln Ave to Goodwin Street (little free library to your left on Lincoln)
46. Right on Goodwin St to East Bayard
47. Left on East Bayard (cross East Bayard at Ovid Street traffic light) then continue left on East Bayard to Center Street (opposite the Fire House)
48. Right on Center Street and you will see the start point about 100 meters ahead.
49. You have completed the walk thank you for walking. Log on to the OLSB to obtain your credit for the walk.

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MAP FOR THE SENECA FALLS NY 10K



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SENECA FALLS NY 5K WALK INSTRUCTIONS

1. Face the Hall of Fame building in the parking lot, then turn left along the sidewalk to toward the bridge. You are on CANAL Street (No sign).
2. At TEE intersection of Canal and Bridge Street (no sign) turn left onto Bridge Street to the next intersection at West Bayard Street.
3. Right on West Bayard to Veterans Bridge Street (next cross street)
4. Right onto Veterans Bridge Street.
5. Cross the bridge to a TEE intersection at Fall Street
6. Right on Fall Street. Pass the Women's Rights National Park Visitors Center, the Elizabeth Cady Stanton Park, and the Seneca Fall's Visitors center to Ovid Street. (NOTE the It's a Wonderful Life Museum is not on the 5K) but it's about 100 feet down Falls Street after you cross Ovid on the left side) Take a detour and visit.
7. Ovid street is on the right crossing the bridge. Ovid changes to Cayuga Street at this intersection. Ovid is right Cayuga is Left.
8. Left at Ovid/Cayuga Street, crossing Fall Street toward the bridge.
9. Continue cross the bridge to East Bayard Street
10. Left on East Bayard Street to Washington Street
11. Cross Washington then left on Washington.
12. Just before Washington turns right into Seneca Street is the Elisabeth Cady Stanton House part of the National Park. Restrooms at the visitors center if open.
13. Continue straight ahead past the Stanton house to Seneca Street. NOTE there are a set of stairs here, to avoid them go out on to Washington St just before the Stanton House and walk to Seneca Street. (no traffic in the area).
14. Washington turns right into Seneca continue to the next left street (100 meters)
15. Turn left at the next street into the Cayuga-Seneca Canal Lock access.
16. Walk about 200 meters to the signs for the lock. Walk out onto the lock to view it. (note a gravel road here, if you wish to avoid the road just Skip Steps 16 and 17 and continue straight on Seneca to Instruction 18
17. Turn around, walk back to Seneca and turn left.
18. Seneca turns into Jay St (right turn)
19. Follow Jay Street to East Bayard St
20. Right on East Bayard to Smith Street (will be on your left as Smith ends as East Bayard).
21. Left crossing East Bayard onto Smith Street. Take care here there is no cross walk.
22. Right on Lincoln Ave to Goodwin Street (little free library on Lincoln)
23. Right on Goodwin Street to East Bayard
24. Left on East Bayard (cross East Bayard at Ovid Street traffic light) then continue left on East Bayard

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to Center Street (opposite the Fire House)

25. Right on Center Street and you will see the start point about 100 meters ahead.

26. You have completed the walk thank you for walking. Remember to go back to the OLSB to obtain your credit for the walk.

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