

Instruction for Ashland Forest Bathing with Shakespeare  
Y-3024, Rated 1B/2B  
NW Regional Conference  
Sponsored by: Oregon Trail State Volkssport Assn

This event is part of NW Regional Conference to be held in Ashland, OR on 16-19 June 2022 after two COVID delays. The event will be available by OSB from 12 June to 30 September.

**Walk Start Location:** Safeway Parking Lot at 585 Siskiyou Blvd, Ashland, OR 97520.

**GPS:** 42.19309, -122.70626

**Restrooms** Available at Safeway and in Lithia Park.

**Driving Directions:** From the conference hotel at 2525 Ashland St, Ashland OR, **Right** on Ashland St 1.5 miles to Siskiyou Blvd and **Right** for .9 miles to Safeway on the right.

**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 the Regional Conference registration table (16-19 June) to register and complete the event. Do NOT mix and match, for example, by registering using the OSB then completing your event using the conference registration table nor signing the conference 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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Walk Owner is Tom Baltes at 505-298-1256. **For emergencies contact 911.**



## Forest Bathing (Therapy) with Shakespeare 10K, Rated 2B; Y-3024



1. **CROSS** and **RIGHT** on Siskiyou Blvd in front of Safeway. Siskiyou becomes E. Main St.
2. **CROSS** and **LEFT** on Pioneer St (note red Festival Welcome Center and click) toward the Allen Elizabethan Theater sign.
3. **RIGHT** on red brick path before sign and cross courtyard toward the Angus Bowman Theater.
4. **DOWN** Shakespeare Stairs past several outside restaurants staying left down several sets of stairs to bottom.
5. **LEFT** on first sidewalk into Lithia Park.
6. **STRAIGHT** on wide, main concrete path with duck pond on left and grassy area on right.
7. Pass playground on right and restroom on left. Trail surface soon becomes woodchip
8. **RIGHT** at bridge near maintenance building.
9. **LEFT** toward Lithia water fountain pavilion.
10. Continue on path behind the outdoor stage (water on your left)
11. **LEFT** at the stone planter **CROSS** bridge and turn **RIGHT** on dirt/wood chip path. Go past concrete steps on your left, **CROSS** narrow wooden bridge (note veterans' memorial placard on rock across river). Stay on path past the picnic tables to crosswalk.
12. **CROSS** and straight ahead on main bark path until reaching bridge #3 (bridge number will be on inside of right bridge railing).
13. **RIGHT** at bridge #3 and up 10 wooden steps to paved street (Granite St). Orange postal box across the street.
14. **LEFT** on Granite St (no sign) and go single file along a narrow dirt path along street with wood fence on left a short distance. *Note Creek to Crest sign.*
15. **LEFT** at Ashland Creek Rd and Granite St and re-enter the forest path down steps and across wooden bridge.
16. **RIGHT** onto the dirt path keeping the water on your right. Continue on the main path past the old concrete water tank circling left around to the reservoir left up incline (do not cross bridge). Picnic tables and restrooms available at the end.
17. **TURNAROUND** and retrace steps to the 3<sup>rd</sup> Y intersection and turn **LEFT** downhill toward the bridge over creek.
18. **LEFT** and re-cross bridge to Granite Rd.
19. **RIGHT** at Granite Rd a short distance to re-enter park after house with wood fence.
20. **RIGHT** onto wood chip path and down 10 steps.
21. **LEFT** at base of the stairs eventually crossing two bridges.
22. **LEFT** across bridge toward parking lot.
23. **RIGHT** at parking lot into Cotton Memorial Picnic Area.
24. **RIGHT** at the green water fountain and remain on main trail, water on right. Go up 12 stone steps and turn right on the path for a short distance.
25. **LEFT** on Pioneer St to Granite St.
26. **RIGHT** on Granite St. Follow sidewalk with green fence.
27. Just before 2 large trees in front of you, **LEFT** to **CAREFULLY CROSS** Granite St.
28. **RIGHT** on Granite Street on roadside then sidewalk through residential area.
29. **RIGHT** at Nutley St. downhill back toward park.
30. **LEFT** on Winburn Way with head-in parking on your right.
31. **LEFT** on Calle Guanajuato walkway just before Skout Taproom. Note mural on side of building.
32. Walk along path through outdoor restaurants with water on left.
33. **SLIGHT LEFT** and **CROSS** N Main at Water St. Go down stairs into Bluebird Park.
34. **BEAR LEFT** along sidewalk on paved path.
35. **LEFT** up stairs and note murals on the under side of the bridge.
36. Continue straight past the bronze Native American totem.
37. **LEFT** on N. Main St.
38. **LEFT** at 2nd St to A St
39. **RIGHT** on A Street to 6<sup>th</sup> St.
40. **CROSS and LEFT** at 6<sup>th</sup> St to paved path.
41. **RIGHT** on path to S. Mountain Ave (no sign)
42. **RIGHT** on S. Mountain to Siskiyou Blvd.
43. **RIGHT** on Siskiyou Blvd and walk back to your vehicle at the Safeway.

We hope you enjoyed your walk in Ashland today!

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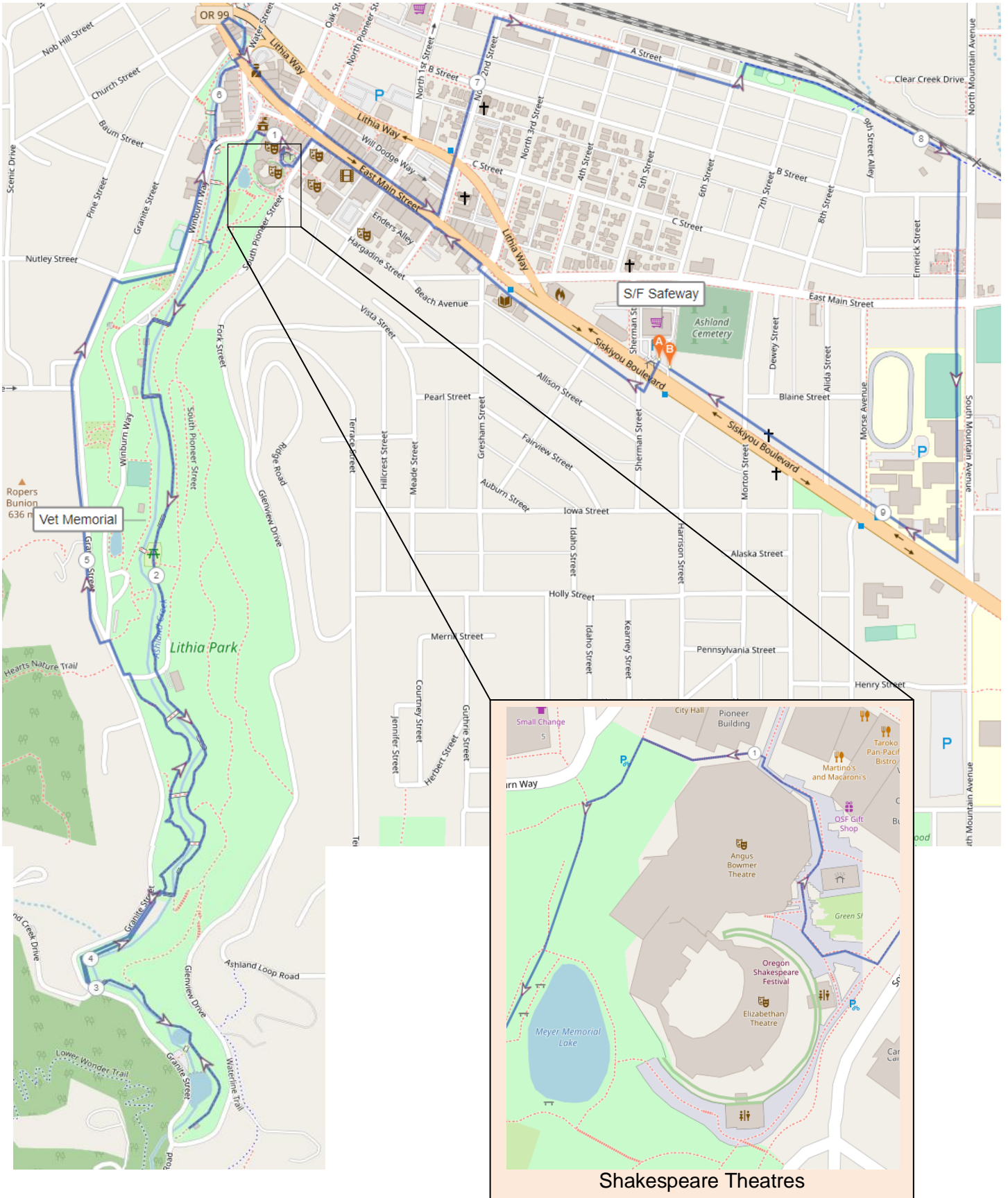
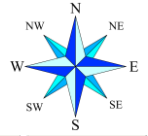
POC: Tom Baltes/505-298-1256

Emergency 911

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# Forest Bathing with Shakespeare

10 km, rated 2B, Y-3024





## Forest Bathing (Therapy) with Shakespeare 5K, Rated 1B; Y-3024



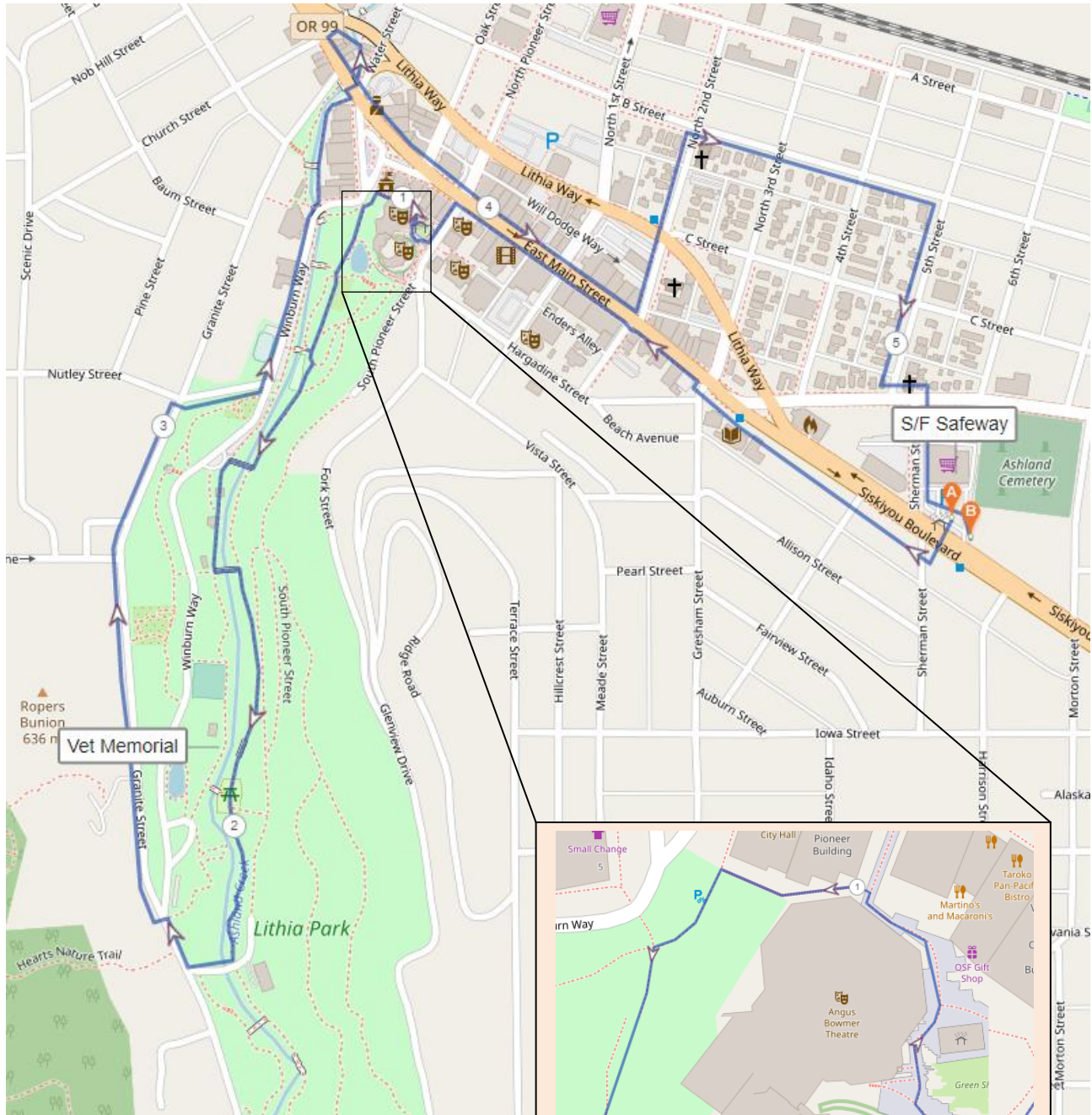
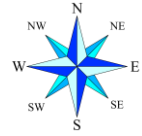
1. **CROSS** and **RIGHT** on Siskiyou Blvd in front of Safeway. Siskiyou becomes E. Main St.
2. **CROSS** and **LEFT** on Pioneer St (note red Festival Welcome Center and click) toward the Allen Elizabethan Theater sign.
3. **RIGHT** on red brick path before sign and cross courtyard toward the Angus Bowman Theater.
4. **DOWN** Shakespeare Stairs past several outside restaurants staying left down several sets of stairs to bottom.
5. **LEFT** on first sidewalk into Lithia Park.
6. **STRAIGHT** on wide, main concrete path with duck pond on left and grassy area on right.
7. Pass playground on right and restroom on left. Trail surface soon becomes woodchip.
8. **RIGHT** at bridge near maintenance building.
9. **LEFT** toward Lithia water fountain pavilion.
10. Continue on path behind the outdoor stage (water on your left).
11. **LEFT** at the stone planter **CROSS** bridge and turn **RIGHT** on dirt/wood chip path. Go past concrete steps on your left, **CROSS** narrow wooden bridge (note veterans' memorial placard on rock across river) Stay on path past the picnic tables to crosswalk. (Pioneer St, not marked here).
12. **RIGHT** on Pioneer St to Granite St.
13. **RIGHT** on Granite St. Follow sidewalk with green fence on right.
14. Just before 2 large trees in front of you, **LEFT** to **CAREFULLY CROSS** Granite St.
15. **RIGHT** on Granite Street on roadside then sidewalk through residential area.
16. **RIGHT** at Nutley St. downhill back toward park.
17. **LEFT** on Winburn Way with head-in parking on your right.
18. **LEFT** on Calle Guanajuato walkway just before Skout Taproom. Note mural on side of building.
19. Walk along path through outdoor restaurants with water on left.
20. **SLIGHT LEFT** and **CROSS** N Main at Water St. Go down stairs into Bluebird Park.
21. **BEAR LEFT** along sidewalk on paved path.
22. **LEFT** up stairs and note murals on the underside of the bridge.
23. Continue straight past the bronze Native American Totem.
24. **LEFT** on N. Main St.
25. **LEFT** at 2nd St to B Street.
26. **RIGHT** on B Street to 5<sup>th</sup> St.
27. **CROSS** and **RIGHT** at 5<sup>th</sup> St to E. Main St.
28. **LEFT** on E. Main St a short distance to Sherman St.
29. **RIGHT** on Sherman St and walk back to your vehicle at the Safeway.

We hope you enjoyed your Ashland Walk today!

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# Forest Bathing with Shakespeare

5 km, rated 1B, Y-3024



## Driving Directions - Regional Conference Events

**Ashland Forest Bathing:** From the conference hotel at 2525 Ashland St, Ashland OR, **Right** on Ashland St 1.5 miles to Siskiyou Blvd and **Right** for .9 miles to Safeway on the right at 585 Siskiyou Blvd, Ashland, OR 97520.

**Casey State Park:** **Right** on Ashland St then **Right** on I-5 to Crater Lake Hw/OR-62 toward Shady Cove. From Shady Cove drive approximately 9.4 miles on OR-62 to Casey SP Recreation Area on right. Drive time approximately 1 hours.

**Jacksonville:** From the conference hotel at 2525 Ashland St, **Right** onto Ashland St and then **Right** onto I-5 for 10 miles to exit 24 toward Phoenix. Slight **Left** onto N Phoenix Rd, then **Right** onto Main St/OR-99 to a **Left** onto S Stage Rd for 3.4 miles. **Right** onto Griffin Creek Rd, then **Left** onto S Stage Rd, which becomes E. California St as you approach Jacksonville. **Right** onto N Oregon St and first **Left** to parking area at 340 W C St, Jacksonville, OR 97530.

**Medford:** **Right** on Ashland St then **Right** on I-5 to Barnett Rd exit 27 (12.7 miles) then **Right** onto Highland Dr. Pass through 1 roundabout to slight **Right** to stay on Highland Dr, then **Left** on E. Main St and **Right** on Hawthorne St to the parking lot on the left at 501 E. Main St, Medford OR.

**Rogue Valley Roll:** From the conference hotel at 2525 Ashland St, Ashland OR turn **Left** on Ashland St, Then **Left** on E. Main St for 2.3 miles to N. Mountain Ave. **Right** on N. Mountain Ave for .6 miles to a **Left** on E. Hersey St for .7 miles to Helman St. **Right** on Helman St (become Alameda Dr for last block). **Right** on Perozzi St to the Dog Park parking area at 950 Perozzi St, Ashland OR 97520.

**Ashland Meadows PCT Hike:** From the conference hotel at 2525 Ashland St, Ashland OR turn **Right** on Ashland St, then **Left** onto I-5 South driving past Ashland to exit 6. Follow "Mt Ashland Ski Area" signs, turn **right** on Mt Ashland Rd 20. At 7.2 miles park at a pullout on the right. Trail starts on left side of road.

**Grizzly Peak:** From the conference hotel at 2525 Ashland St, Ashland OR turn **LEFT** on Ashland St for .6 miles and turn left on Dead Indian Memorial Rd for 6.7 miles. Turn left on Shale City Rd for 3 miles and then turn left on gravel road 38-2E-9.2. After .8 miles keep straight at a three-way fork, continuing uphill another .9 miles to the trailhead at road's end. Elevation gain: 750 ft.

**Rogue Gorge Hike:** **Right** on Ashland St then **Right** on I-5 to Crater Lake Hw/OR-62 toward Shady Cove. From Shady Cove drive approximately 33 miles on OR-62 to left turn on NFD Rd 300 to parking lot. Drive time approximately 1 ½ hours.

**Rogue Valley Splash:** At hotel or drive to Daniel Meyer Pool at 1705 Homes Ave, Ashland, OR 97520. **Right** onto Ashland St for 1.2 miles to a right on Lit Way. **Left** onto Homes Ave and right into pool parking.