



WESTSIDE NATURE TRAILS Y 3459

Distance: 5K, 10K
Difficulty Rating: 5K = 1A
10K = 1B

The 10K walk goes into Grass Lake Nature Park (there is an alternate route for dog walkers as dogs are not allowed in the park.) After exiting the park, the walk goes along the Ralph Munro Trail and then on the McLane School Forest Trail past an elementary school and through the woods. There are a lot of hand-made birdhouses along the trail. If you walk this trail in the spring, you will see thousands of blooming daffodils that have been planted by the school's kids! The 5K walk goes along the Ralph Munro Trail and the McLane School Forest Trail. This is a beautiful walk, especially in the springtime!

Walk Registration

Registration takes place online using the AVA Online Start Box at my.ava.org. Follow the instructions provided to create a user account and sign the AVA waiver (one time). Instructions for payment are also included. Download the directions and print as needed.

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 a stamped "virtual" insert card that you may print.

Table of Contents:

Use the following table to guide what portion of this document you may wish to print.

Section Contents	Pages
Introduction, Walk Registration/Completion, and Table of Contents	1
Westside Nature Trails Driving/Walking Directions 5K	2-3
Westside Nature Trails Walk Map 5K	4
Westside Nature Trails Driving/Walking Directions 10K	5-6
Westside Nature Trails Walk Map 10K	7
Special Programs applicable to Westside Nature Trails	8



Driving directions:

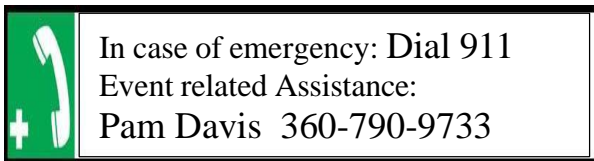
From I-5 Northbound or Southbound: Exit #104 to merge onto US-101 N toward Port Angeles. Take the exit onto Mud Bay Road toward The Evergreen State College. KEEP RIGHT onto Mud Bay Road. RIGHT onto Harrison Ave NW toward Olympia. LEFT on Kaiser Road NW. Park along Kaiser Road NW near the corner of 5th Avenue NW and Kaiser Road NW.

Please Note: There are NO BATHROOMS at the start point or along the route. There are businesses in the nearby area with bathrooms. Portions of the walk, mainly on Delphi Road do not have sidewalks. Please take care in those sections!

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Olympia, WA 2024 These directions and map may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

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.

WESTSIDE NATURE TRAILS Y 3459



Distance: 5K

Difficulty level: 1A

ESVA Challenges: 39 Counties (Thurston); Frontline Heroes; On the Road Again

AVA Challenges: Walking the USA A-Z (Olympia); 50 States; Par for the Course

Start Point: Corner of 5th Ave NW and Kaiser Road NW. The closest address: 4523 5th Ave NW, Olympia, WA
Lat: 47.049486, Lng: -122.960264

1. At the corner of 5th Avenue and Kaiser Road facing Kaiser Road, **LEFT** on Kaiser Road.
2. When the sidewalk ends, **CAREFULLY CROSS** Kaiser Road to the sidewalk on the opposite side and continue on Kaiser Road.
3. At stoplight **CROSS** Harrison Ave.
4. **RIGHT** on the sidewalk along Harrison Ave.
5. **CONTINUE** to chain link enclosure with a green metal building that covers a generator / pumping station. After another short distance (~20m) beyond the enclosure there will be a gravel path on the left parallel to the sidewalk. **VEER LEFT** to path. **LEFT** on the gravel path.
6. Follow the path and keep this first pond/wetlands on your right.
7. At the "Y" keep to the **RIGHT** and continue around the first pond.
8. At the next junction, keep to the **LEFT** and continue along the 2nd pond.
9. The path continues around the pond and returns to Harrison Ave. Turn **LEFT** on the sidewalk (1km) **CROSS** Greenwood and continue on Harrison.
10. Carefully **CROSS** off-ramp at crosswalk. The sidewalk passes under Evergreen Pkwy overpass.
11. Immediately past the overpass turn **LEFT** on the pathway and follow it as it goes up the hill and crosses Harrison Ave. on the overpass.
12. The path winds around and then back down towards Harrison Ave.
13. **CROSS** the Evergreen Pkwy off-ramp to the entrance to the Ralph Monroe Trail
14. **RIGHT** and follow the trail until you reach a park bench on the left with a plaque bearing the name Andrew James Drinkard (2km)
15. **TURN AROUND** and retrace your steps for a short distance.

16. After a short distance (~150m) there will be a clearing on the left that contains two groups of birdhouses and a utility pole on the right.
17. Immediately turn **RIGHT** on the unmarked dirt path passing under the power line and walk ~20m to Delphi Road.
18. Turn **LEFT** on Delphi Road (unmarked). You will note Fire Station #91 across the road.
19. Keep to the **LEFT** side of Delphi Road and after ~200m **CROSS** Mud Bay road at the stoplight.
20. **RIGHT then LEFT** to continue on the sidewalk along Delphi Road past the McLane School.
21. Just past the school parking lot the sidewalk becomes the McLane School Forest Trail (3km).
22. Follow the asphalt paved nature trail as it loops around and ends at Mud Bay Road (unmarked) (4km).
23. **RIGHT** on Mud Bay Road. Carefully **CROSS** the on-ramp, continue under the overpass and carefully **CROSS** the off-ramp. Continue on Mud Bay Road.
24. 20m after crossing Greenwood Drive **VEER RIGHT** and walk on the gravel path that is parallel to the sidewalk. Shortly before a black chain link fence with a green shed, **VEER LEFT** to return to sidewalk where you entered gravel path around the pond at the beginning of walk. Continue along Mud Bay Road.
25. At Kaiser Road, **LEFT** to **CROSS** Harrison at the stoplight and continue on Kaiser Road to where you started. (5km)

Thank you for participating in our walk!

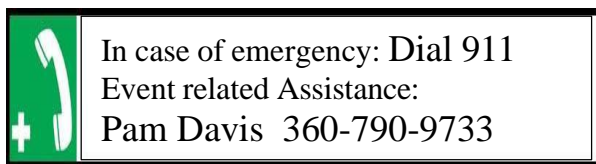
Don't forget to "finish/complete" your online registration.



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ESVA Challenges: 39 Counties (Thurston); Frontline Heroes; On the Road Again

AVA Challenges: Walking the USA A-Z (Olympia); 50 States; Par for the Course

Start Point: Corner of 5th Ave NW and Kaiser Road NW. The closest address: 4523 5th Ave NW, Olympia, WA
Lat: 47.049486, Lng: -122.960264

Driving directions:

From I-5 Northbound or Southbound: Exit #104 to merge onto US-101 N toward Port Angeles. Take the exit onto Mud Bay Road toward The Evergreen State College. KEEP RIGHT onto Mud Bay Road. RIGHT onto Harrison Ave NW toward Olympia. LEFT on Kaiser Road NW. Park along Kaiser Road NW near the corner of 5th Avenue NW and Kaiser Road NW.

Please Note: There are NO BATHROOMS at the start point or along the route. There are businesses in the nearby area with bathrooms. Portions of the walk do not have sidewalks. Please take care in those sections!

Grass Lake Nature Reserve park does not allow dogs. There is an alternate route option for dog-walkers that omits the Grass Lake loop.

1. At the corner of 5th Avenue and Kaiser Road facing Kaiser Road, **RIGHT** on Kaiser Road.
2. When sidewalk ends, continue carefully, walking on the shoulder the short distance to 6th Ave.
3. **RIGHT** on 6th Ave. On the left, just past house #3434 is the entrance to Grass Lake Nature Park.
4. **Alternate route for dog walkers (see map)**
 - **CONTINUE** on 6th Ave.
 - **RIGHT** on Grass Lake St. NW (just before the far edge of the development).
 - **RIGHT** on 4th Ave NW.
 - **RIGHT** on Craftsman Dr NW (edge of development).
 - **LEFT** on 6th Ave NW.
 - **CROSS and RIGHT** on Kaiser Road walking carefully on shoulder.
 - Go to step #9 (**LEFT** on 11th Ave)
5. **All other walkers:** **LEFT** onto dirt path to enter the park (1km).
6. Veer **RIGHT** at sign at the first junction.
7. Follow the main path as it winds through the park, ignoring side trails. At next junction **CONTINUE STRAIGHT** past sign on the left.
8. Keep **STRAIGHT** on the trail as it exits the woods and crosses grassy area to park exit on Kaiser Road (unmarked).
9. **CROSS and RIGHT** on Kaiser Road walking carefully on shoulder to the next corner.
10. **LEFT** on 11th Ave (3km). Take care as this section has almost no sidewalks. Carefully cross Overhulse Road and continue on 11th Ave. The street ends at concrete barriers.

11. A few feet past the barriers **RIGHT** on the asphalt pathway (4km).
12. Follow the pathway as it crosses 17th Ave (unmarked).
13. After another 250m **LEFT** to cross Evergreen Pkwy (unmarked) using the crosswalks (5km).
14. **LEFT** on the asphalt pathway. Follow pathway as it winds through the forest parallel to the Evergreen Pkwy.
15. **CROSS** 17th Ave in crosswalk then enter the Ralph Munro Trail.
16. **CONTINUE** almost 2km, looking for clearing with row of birdhouses on the right and sign on the left that says "Porter Pond and Schilter Slough".
17. After ~300m past the sign there will be a park bench on the right with a plaque bearing the name Andrew James Drinkard
18. **CONTINUE** a short distance (~150m) until you reach a clearing on the left, containing two groups of birdhouses and a power pole on the right.
19. **RIGHT** on the unmarked dirt path passing under the power line and walk ~20m to Delphi Road (unmarked).
20. **LEFT** on Delphi Road. Note Fire Station #91 across the road (7km).
21. Keep to the left side of Delphi Road. **CROSS** Mud Bay road at the stoplight.
22. **RIGHT then LEFT** to continue on the sidewalk along on Delphi Road and follow the sidewalk past the McLane School.
23. Just past the school parking lot the sidewalk becomes the McLane School Forest Trail (8km).
24. Follow the asphalt paved nature trail as it loops around and ends at Mud Bay Road (unmarked).
25. **RIGHT** on Mud Bay Road. Carefully **CROSS** the on-ramp, proceed under the overpass and carefully **CROSS** the off-ramp. **CONTINUE** on Mud Bay Road (9km).
26. ~20m after crossing Greenwood Drive **VEER RIGHT** to walk on the gravel path that is parallel to sidewalk. Shortly before a black chain link fence with a green shed return to the sidewalk and **CONTINUE** on Mud Bay Road.
27. At Kaiser Road **LEFT** to **CROSS** Harrison at the stoplight and continue to where you started. (10km)

Thank you for participating in our walk!

Don't forget to "finish/complete" your online registration.

AVA/ESVA SPECIAL CHALLENGE PROGRAMS 2024

WALK NAME /NUMBER – Westside Nature Trail /#3459				
ESVA SPECIAL PROGRAMS				
STROLLING ALONG THE RIVER [2023-2025]				
ON THE ROAD AGAIN [2022-2024]	YES			
FRONTLINE HEROES [2021-2023]	MEDICAL CENTERS	DELIVERY SERVICES	SUSTENANCE PROVIDERS YES	ESSENTIAL SERVICES YES
COUNTIES (ONGOING)	THURSTON			
THAT'S ENTERTAINMENT [2024-2026]	CULTURAL	FAIRS FESTIVALS ARCADES	CRAFTS/HOBBIES	SPORTS VENUES
AVA SPECIAL PROGRAMS				
50 STATES/51 CAPITALS	[ONGOING]	WASHINGTON		
A-Z (Walking the US A-Z)	[ONGOING]	OLYMPIA		
A-MAZ-ING LABYRINTHS	[2024-2026]			
BORDER CROSSING	[2014-2023]			
GREAT LAKES	[2021-2024]			
LIGHTHOUSES II	[2023-2025]			
PAR FOR THE COURSE	[2023-2025]	YES		
RAILS TO TRAILS	[2022-2025]			
STEP TO THE BEAT	[2024-2026]			
TOWN HALL/CITY HALL	[2020-2024]			
WALKING WITH AMERICAN VETERANS	[2021-2024]			