



TUMWATER VALLEY Y 3461

Distance: 5K, 11K
Difficulty Rating: 1B

This walk starts at the River's Edge restaurant (location of the Wild and Woodsy Friday night Meet-and-Greet and Saturday night dinner.) You will go into the old Brewery Park and past a salmon hatchery and some beautiful waterfalls. The walk then follows the river and crosses over several bridges for a great view of the waterfalls. Both walks go from the Brewery Park to the Tumwater Historical Park where you will see the old brewery. That second park also has a veterans' challenge qualifier. The 5K walk stays in those two parks and then returns to your car. The 11K walk exits the park and follows a scenic path to Capitol Lake for a view of the Washington State Capitol Building. After circling the lake, the walk returns through both parks and then back to the start point. Be sure to look for waterfowl while at the lake!

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.

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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.

TUMWATER VALLEY Y 3461



In case of emergency: Dial 911
Event related Assistance:
Chase Davis 360-584-6446

Distance: 5K

Difficulty level: 1B

ESVA Challenges: 39 Counties (Thurston);
On the Road Again; Strolling Along the Rivers

AVA Challenges: Walking the USA A-Z
(Olympia); 50 States; Par for the Course; Walking
With America's Veterans

Start Point: River's Edge Restaurant,
4611 Tumwater Valley Drive SE, Tumwater, WA

Lat: 47.006460, Lng: -122.903818

Driving directions:

From I-5 Southbound: Exit #103 (2nd Ave).
STRAIGHT onto 2nd Ave. LEFT on Custer Way. RIGHT
on Capitol Boulevard. LEFT on "E" St. Curve RIGHT on
Tumwater Valley Drive. Shortly past the Tumwater
Valley Golf Course sign (on left), LEFT into parking lot.

From I-5 Northbound: Exit #103 (Deschutes Way).
RIGHT on "E" St. STRAIGHT ACROSS Capitol
Boulevard and curve RIGHT on Tumwater Valley Drive.
Shortly past the Tumwater Valley Golf Course sign (on
left), LEFT into parking lot.

Caution: Trail portions may be slick.

With your back to the restaurant, carefully walk
through the parking lot to Tumwater Valley Dr.
(unmarked).

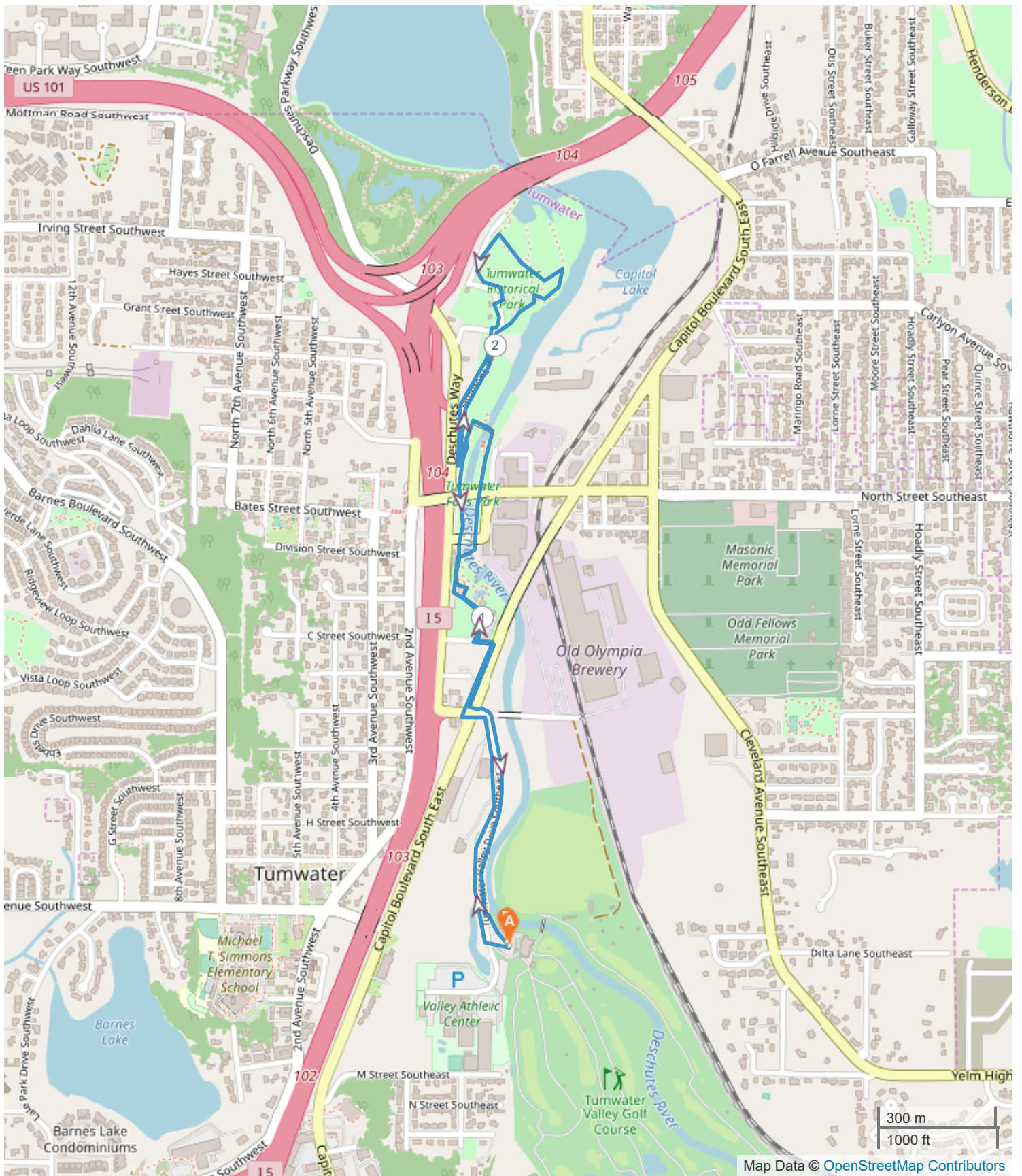
1. **CAREFULLY CROSS** and **RIGHT** on
Tumwater Valley Dr. Walk facing traffic on the
shoulder.
2. **LEFT** on E St.
3. **STRAIGHT** to **CROSS** Capitol Blvd in the
crosswalk, then **RIGHT** to cross E St. in the
crosswalk.
4. Continue along Capitol Blvd until the rock wall
ends and the sidewalk narrows.
5. **LEFT** down the stairs to C St. SW (unmarked).
6. At the yellow fire hydrant (on left), **RIGHT** to
CAREFULLY CROSS C St. SW and enter
Brewery Park.
7. **CONTINUE STRAIGHT** through the parking lot.
Be mindful of cars.
8. At the end of the parking lot (handicapped parking
spots), **VEER LEFT** along the sidewalk/paved
path.
9. Follow the sidewalk/paved path veering left past two
buildings (bathrooms here).
10. At the end of the larger building, **RIGHT** past the
kiosk/sign toward a gravel trail that heads
downhill. Be mindful of cars.
11. Follow the gravel trail downhill.
12. **RIGHT** on the gravel trail that goes over the
pedestrian bridge.
13. **LEFT** on the gravel trail keeping the river on your
left. Stay left on the main trail.
14. Continue on the trail as goes down some wide
steps and turns **LEFT** on a wood bridge over the
lower falls.
15. **KEEP LEFT** at the end of the bridge.
16. **BEAR RIGHT** at the Y, heading uphill on the
paved trail/road.

17. **RIGHT** at the intersection with the paved Pete Kmet trail (unmarked).
18. At the black chain link fence gates, **BEAR RIGHT/STRAIGHT** to follow the trail down the hill.
19. At four posts at bottom of hill, **RIGHT** on paved path, keeping the river on your right.
20. **RIGHT** on the brick path and an **IMMEDIATE RIGHT** at the Y.
21. Follow metal railing as brick path goes **LEFT**.
22. When the brick path starts to curve left, **RIGHT** on gravel path through the grass.
23. **RIGHT** on paved path T.
24. Shortly before the yellow post, **LEFT** on the gravel path and along the split rail fence. Note the topiary that spells “TUMWATER” on the left.
25. **LEFT** at Y to stay on gravel trail.
26. **RIGHT** on the concrete path at the playground.
27. **RIGHT** at the four-way sidewalk intersection and cross the park road in the crosswalk (restrooms straight ahead).
28. **LEFT** in front of the restrooms and follow sidewalk along the parking lot. Sidewalk changes to brick and curves right.
29. **LEFT** to cross park road in the crosswalk.
30. Follow paved path uphill (you walked down this trail earlier).
31. **KEEP LEFT** to stay on path through the (open) gates.
32. **LEFT** on the first paved trail, heading down the hill (you walked up this trail earlier).
33. **RIGHT** on the gravel trail to walk with the river on your left.
34. **KEEP RIGHT/STRAIGHT** when the pedestrian bridge trail joins.
35. **KEEP LEFT** at the Y, going uphill and joining the paved trail.
36. **LEFT** at the Y at the Olympia Tumwater Foundation building (*It's the Water* mural).
37. **RIGHT** at the end of the first building to walk between the two buildings. Bathrooms available here.
38. **LEFT** at the T. Follow the sidewalk/paved path to the entrance parking lot.
39. **RIGHT** through the parking lot to the entrance where you entered earlier. Be mindful of cars.
40. **CAREFULLY CROSS** C St. SW (unmarked) to the sidewalk on the other side.
41. **LEFT** on the sidewalk and up the stairs to Capitol Blvd (unmarked).
42. **RIGHT** on Capitol Blvd to traffic signal (E St.).
43. **LEFT** to cross Capitol Blvd. Carefully continue left in the next crosswalk, watching for cars.
44. **RIGHT** on sidewalk/dirt path along E St.
45. **RIGHT** on Tumwater Valley Dr., keeping out of the traffic lane as you turn.
46. **CONTINUE** on the shoulder facing traffic back to the Tumwater Valley Golf Course sign.
47. **LEFT** into the parking lot and carefully return to where you started.

Thank you for participating in our walk!

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

2024 Tumwater Valley 5K

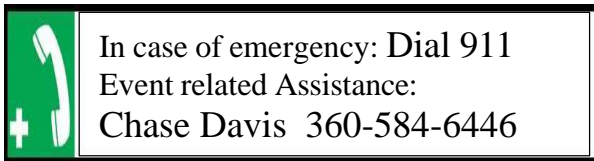




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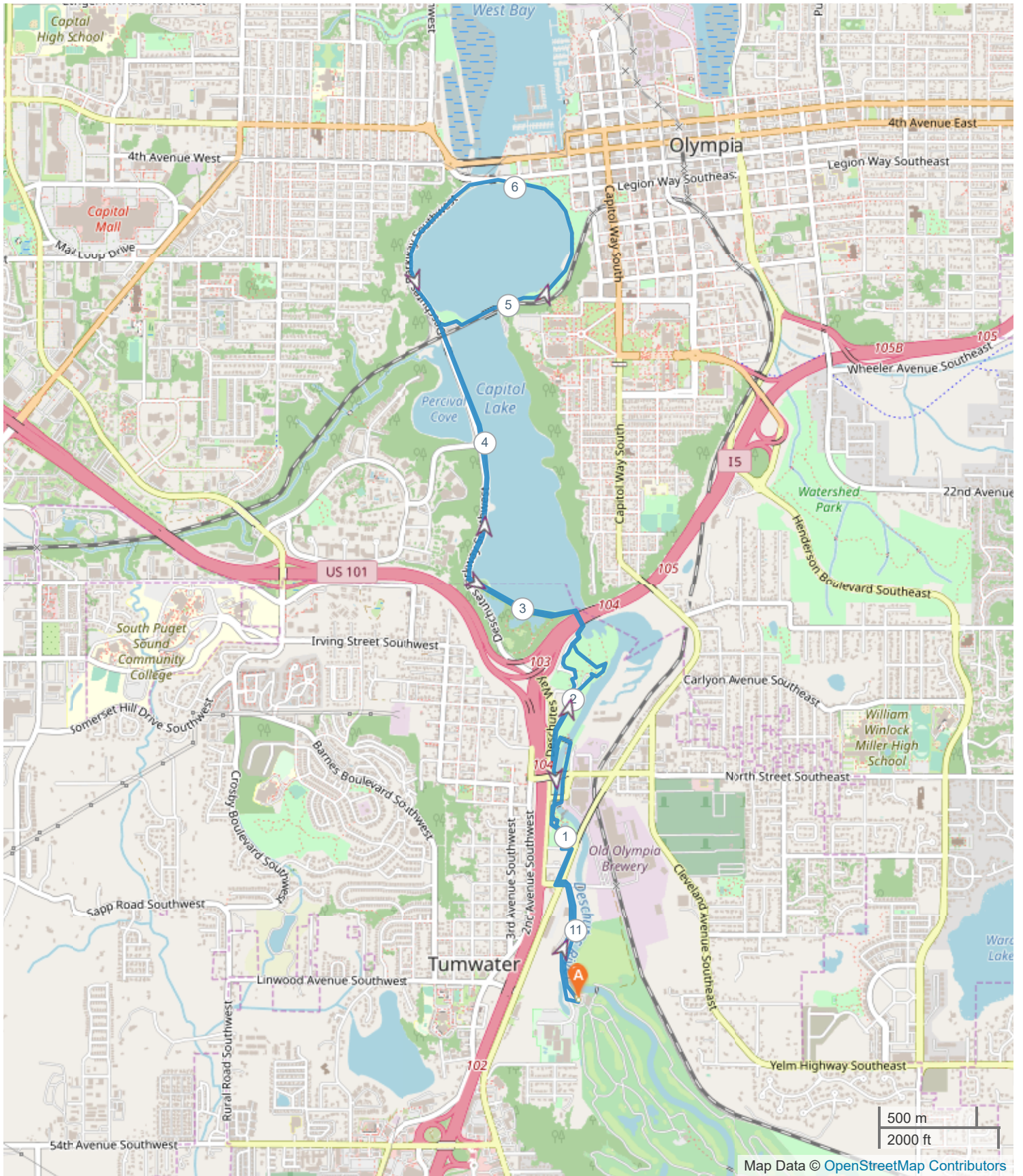
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7. **CONTINUE STRAIGHT** through the parking lot.
Be mindful of cars.
8. At the end of the parking lot (handicapped parking
spots), **VEER LEFT** along the sidewalk/paved
path.
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buildings (bathrooms here).
10. At the end of the larger building, **RIGHT** past the
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downhill. Be mindful of cars.
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paved trail/road.

17. **RIGHT** at the intersection with the paved Pete Kmet trail (unmarked).
18. At the black chain link fence gates, **BEAR RIGHT/STRAIGHT** to follow the trail down the hill.
19. At four posts at bottom of hill, **RIGHT** on paved path, keeping the river on your right.
20. **RIGHT** on the brick path and an **IMMEDIATE RIGHT** at the Y.
21. Follow metal railing as brick path goes **LEFT**.
22. When the brick path starts to curve left, **RIGHT** on gravel path through the grass.
23. **RIGHT** on paved path T.
24. Continue past the yellow post and **RIGHT** on the park road.
25. **CONTINUE** on the paved path at the end of the park road under bridges and along the lake.
26. **RIGHT** on the sidewalk at Deschutes Parkway (unmarked). Bathrooms here at Interpretive Park.
27. Walk about 1.4km along the lake.
28. **CAUTION: UNEVEN SIDEWALK** at the railroad tracks.
29. Shortly after crossing the railroad tracks and a driveway, **RIGHT** on the sidewalk into Marathon Park. Bathrooms.
30. Follow the sidewalk around the parking lot.
31. **LEFT** on the gravel trail heading away from the parking lot, go over a bridge and along the lake.
32. **KEEP LEFT** to follow the trail around the lake. [However, this part of the trail can have large puddles, so you may veer right and walk along the road. If walking on the road, be mindful of traffic. Veer left on the first gravel trail and then turn right to rejoin the gravel trail around the lake.]
33. **CONTINUE** around the lake, **KEEPING LEFT** at all trail intersections.
34. **VEER LEFT** when the trail splits at a hill.
35. **LEFT** on the trail on the other side of the hill.
36. **LEFT** on the sidewalk, crossing a bridge.
37. **KEEP LEFT** following the sidewalk around the lake (passing Marathon Park) (bathrooms).
38. **CAUTION: UNEVEN SIDEWALK** at the railroad tracks.
39. **CONTINUE STRAIGHT** along Deschutes Parkway about 1.4km back to Interpretive Park. (you walked along here earlier).
40. **LEFT** on sidewalk/trail (at Interpretive Park). Bathrooms.
41. **CONTINUE STRAIGHT** on trail and then under the bridges.
42. **CONTINUE STRAIGHT** on the park road to the parking lot. Note the topiary on the left that spells "TUMWATER".
43. **LEFT** through the parking lot (be mindful of cars).
44. **RIGHT** to the bathrooms.
45. Follow the sidewalk along the parking lot. Sidewalk changes to brick and curves right.
46. **LEFT** to cross park road in the crosswalk.
47. Follow paved path uphill (you walked down this trail earlier).
48. **KEEP LEFT** to stay on path through the (open) gates.
49. **LEFT** on the first paved trail, heading down the hill (you walked up this trail earlier).
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58. **LEFT** on the sidewalk and up the stairs to Capitol Blvd (unmarked).
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60. **LEFT** to cross Capitol Blvd. Carefully continue left in the next crosswalk, watching for cars.
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64. **LEFT** into the parking lot and carefully return to where you started.

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Tumwater Valley 11K



AVA/ESVA SPECIAL CHALLENGE PROGRAMS 2024

WALK NAME /NUMBER – Tumwater Valley /#3461				
ESVA SPECIAL PROGRAMS				
STROLLING ALONG THE RIVER [2023-2025]	YES			
ON THE ROAD AGAIN [2022-2024]	YES			
FRONTLINE HEROES [2021-2023]	MEDICAL CENTERS	DELIVERY SERVICES	SUSTENANCE PROVIDERS YES	ESSENTIAL SERVICES
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/TUMWATER		
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]	YES		