



Sound Steppers Volkssport Club welcomes you to Sedro Woolley - Northern State Hospital Y3534, Rate 1B, 6K and 10K

This walk is a mixture of gravel trails, grass paths, and concrete walkways. Enjoy this walk at the foot of the Cascade Mountains, starting at the Veterans Flag Pavilion while you walk on paths through a former pasture, winding trails along side Hanson Creek, and then crossing a bridge to an old pump house. This walk was all a part of Sedro Woolley's Northern State Hospital Grounds up until 1972. At one time the hospital was the largest in the state for the mentally ill, and was a town unto itself that included a working farm. You'll see several remains of barns, sheds, a silo, and an unmarked gravesite (cemetery). Take a moment to read descriptions of the grounds, along the way.



Starting Point: Northern State Recreation Area, 25625 Helmick Road, Sedro Woolley, WA 98284. Veteran's Flag Pavilion. Start point Latitude & Longitude coordinates: 48.5285, -122.1955

Driving Directions: If coming from North: Turn east on Hi-Way State 20, follow State 20 until you cross over Hi-Way State 9, go approximately 1.1 miles to Helmick Road, turn left onto Helmick Rd, go approximately $\frac{3}{4}$ miles to Northern State Recreation Area. If you are coming from South: Turn right onto Hi-Way State 20 in Burlington. Go east on Hi-way 20 until you cross Hi-Way State 9, go approximately 1.1 miles to Helmick Road, and go another $\frac{3}{4}$ miles to Northern State Recreation Area.

Amenities: Not suitable for wheelchairs or baby strollers. Dogs are welcome as long as you clean up after them. **Restrooms:** At the start, with porta potties along the route.

Emergency: Dial 911

POC - Tom Wells (425) 503-6652 or tomsandywells@comcast.net

Please use the Online Start Box(OSB) to register and complete the event.

Walk completion and credit: Be sure to log back into the OSB system (my.ava.org) to finish/complete your online registration after doing the walk. The OSB system does not deduct any walking fee from a walker's Event Bank until they have submitted walk completion info including the date the event was walked, the distance walked, and the selection of applicable special programs that walker is participating in. Nevertheless, a fee of \$2 for downloaded PDF is deducted from the user's Event Bank when the PDF is downloaded. Later, any PDF fees are credited back to walker's Event Bank when he/she submits the walk completion info as a paying for credit walker. Note, however, the \$2 "coupon" for the downloaded PDF expires in 60 days.

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Thank you for participating and we hope you enjoy your walk in Sedro Woolley!



Northern State Hospital 6K
Y3534, Rated 1B
Northern State Recreation Area
25625 Helmick Rd.
Sedro, Woolley, WA 98284

Restrooms at start and porta potties by the trail

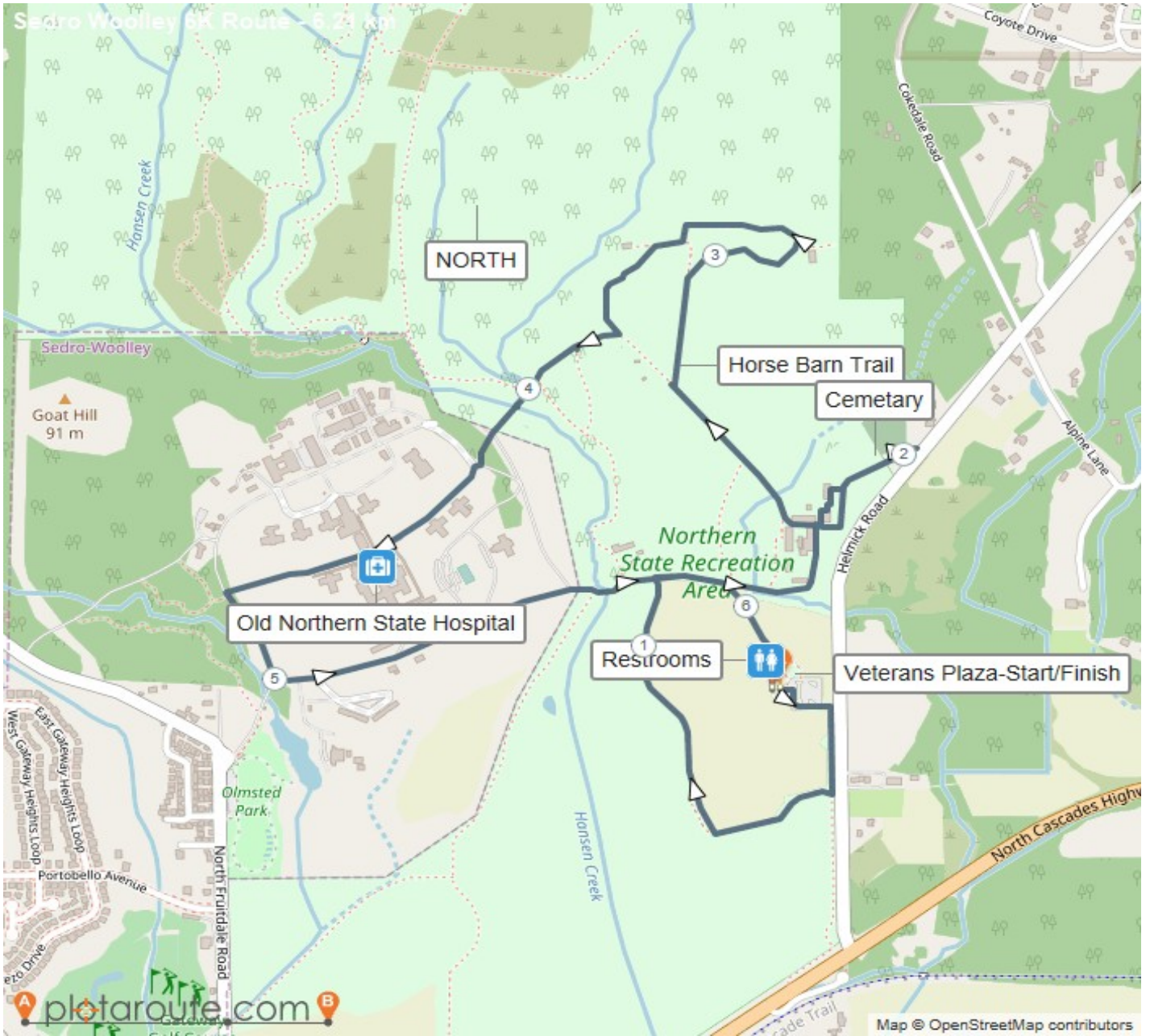
1. Start at Veteran's Flag Poles.
2. Walk **THROUGH** Veteran's Memorial Park
3. Walk towards the main road entrance through the parking lot.
4. Just before you reach the main road, **RIGHT** at gravel trail called Veteran's Loop Trail keeping next to the fence.
5. When you have walked to the end of Veteran's
6. Loop Trail at the "T", **TURN RIGHT**
7. Stay on this trail, ignoring side trails.
8. Keep straight at the "Y", up the rise, passing the road and barn on the left.
9. At the top of the rise, **FOLLOW** trail as it curves left towards fence & more barns.
10. **RIGHT** at T walking towards the line of trees.
11. **LEFT** past tree line onto gravel road. (old highway yellow lines)
12. **FOLLOW** gravel road and **CONTINUE** walking past 3 small posts.
13. **LEFT** to cemetery (observe marker by picnic table and feel free to walk through). **RETRACE** your steps to the entry of cemetery.
14. **RETRACE** your steps and **TURN RIGHT** walking through three posts.
15. At curve in the road, look for short path on right near a power pole (pole #456219). **TURN RIGHT** on this path.
16. **TURN LEFT** onto the field, joining a small cement walkway toward the first building.
17. When you reach the building (do not enter building), **TURN RIGHT** and then **LEFT**, continuing on this small cement walkway.
18. At the "T" in the road, **TURN RIGHT** on gravel road walking toward Silo.
19. **CONTINUE** on gravel trail, curving to the right.
20. **TURN RIGHT** at the first path, passing a wooden post marked on top as Horse Barn Trail
21. Stay on this main trail as it curves back & forth.
22. At "T", **TURN LEFT** onto grassy, gravel trail.
23. At bench, **TURN LEFT** to stay on main trail.
24. At "T", **TURN RIGHT** onto gravel road.
25. Continue on gravel road passing by picnic shelters on the left, and in a short distance, passing by a bench on the right.
26. At the "Y", **CURVE to the LEFT** crossing a small bridge and continuing on the path.
27. After walking past a green metal gate on your right, walk up short, steep path onto "Swift" campus.
28. **Continue Straight**, to walk under covered walkway passing the historic hospital.
29. Walk to the end of the roadway (Hub Drive).
30. **TURN LEFT** at "T" onto North Sound Road (unmarked.)
31. **TURN LEFT** on Thompson Drive, walking past WA State Army National Guard sign on your right.
32. **CONTINUE STRAIGHT** on Thompson PVT DR,
33. passing 1960 sign on the left.
34. Keep straight as paved road, becomes gravel road.
35. At the "Y", walk slightly to the **RIGHT** to walk past the gate with Northern State Recreation Area sign.
36. **CROSS** bridge.(Farmstead Bridge)
37. Continue **STRAIGHT** curving **RIGHT** on gravel road, passing faded sign on your left.
38. Continue **STRAIGHT** passing between brick building and Veteran's Loop. (you should be
39. able to see the Veteran's Pavillion ahead on your right.)
40. At the next intersection, **TURN RIGHT** towards start point and pavilion.

We hope you enjoyed your walk

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Northern State Hospital 6K





Northern State Hospital 10K
Y3534, Rated 1B
Northern State Recreation
Area
25625 Helmick Rd.
Sedro, Woolley, WA 98284

Restrooms at start & porta potties by the trail

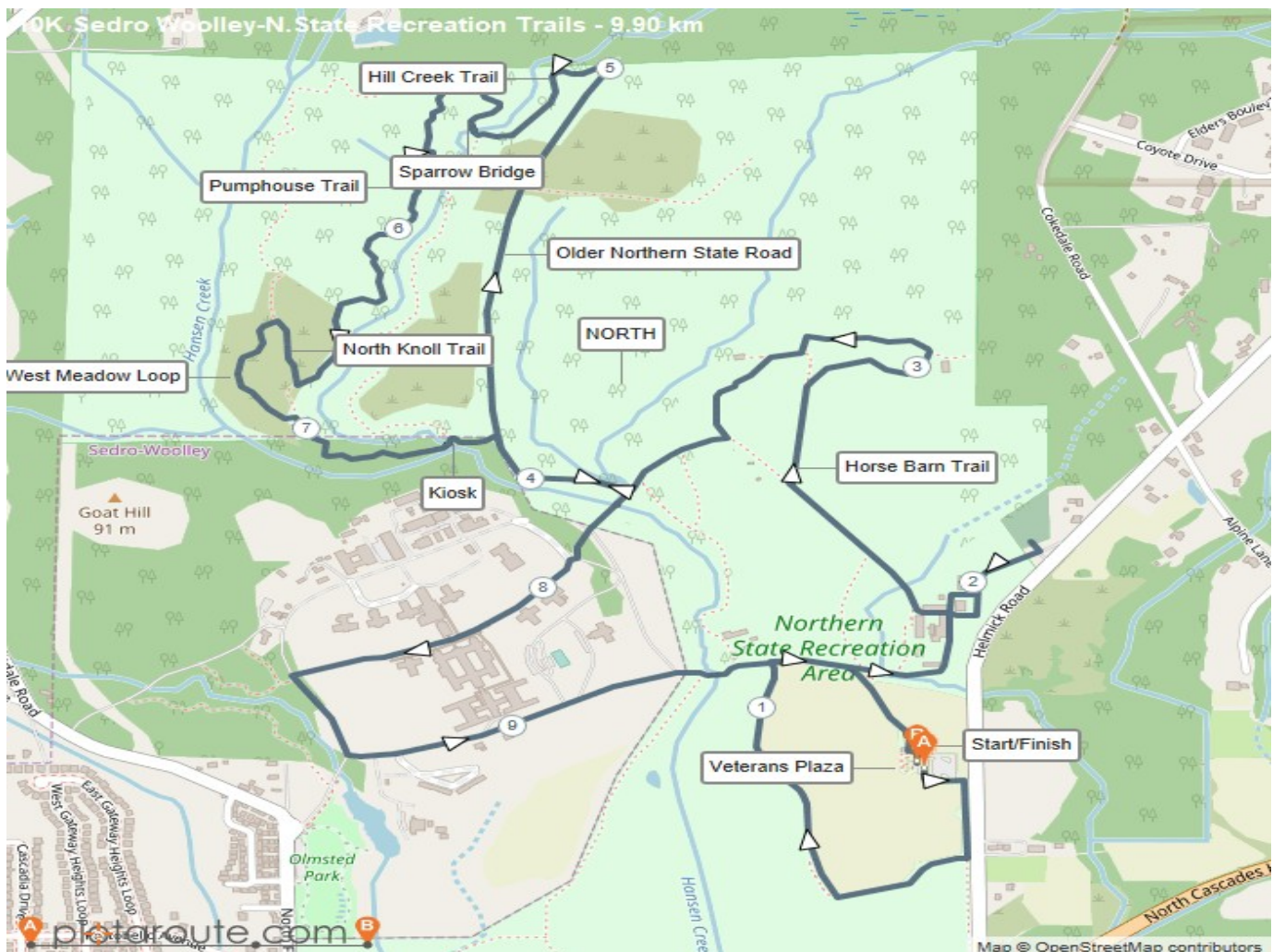
- 1) Start at Veteran's Flag Poles.
- 2) Walk **THROUGH** Veteran's Memorial Park
- 3) Walk towards the main road entrance through the parking lot.
- 4) Just before you reach the main road, **RIGHT** at gravel trail called Veteran's Loop Trail keeping next to the fence.
- 5) When you have walked to the end of Veteran's Loop Trail at the "T", **TURN RIGHT**
- 6) Stay on this trail, ignoring side trails.
- 7) Keep straight at the "Y", up the rise, passing the road and barn on the left.
- 8) At the top of the rise, **FOLLOW** trail as it curves left towards fence & more barns.
- 9) **RIGHT** at T walking towards the line of trees.
- 10) **LEFT** past tree line onto gravel road. (old highway yellow lines)
- 11) **FOLLOW** gravel road and **CONTINUE** walking past 3 small posts.
- 12) **LEFT** to cemetery (observe marker by picnic table and feel free to walk through). **RETRACE** your steps to the entry of cemetery.
- 13) **RETRACE** your steps and **TURN RIGHT** walking through three posts.
- 14) At curve in the road, look for short path on right near a power pole (pole #456219). **TURN RIGHT** on this path.
- 15) **TURN LEFT** onto the field, joining a small cement walkway toward the first building.
- 16) When you reach the building (do not enter building), **TURN RIGHT** and then **LEFT**, continuing on this small cement walkway.
- 17) At the "T" in the road, **TURN RIGHT** on gravel road walking toward Silo.
- 18) **CONTINUE** on gravel trail, curving to the right.
- 19) **TURN RIGHT** at the first path, passing a wooden post marked on top as Horse Barn Trail.
- 20) Stay on this main trail as it curves back & forth.
- 21) At "T", **TURN LEFT** onto grassy, gravel trail.
- 22) At bench, **TURN LEFT** to stay on main trail.
- 23) At "T", **TURN RIGHT** onto gravel road.
- 24) Continue on gravel road passing by picnic shelters on the left, and in a short distance, passing by a bench on the right.
- 25) At the "Y", **CURVE to the RIGHT** to keep on gravel road, ignoring bridge on the left.
- 26) Stay on the main gravel road, passing between a bench on your left, and a wooden post with sign for Maintenance Access Road on your right.
- 27) At a 4-way intersection, walk straight ahead to a grassy path, crossing Elk Trail on either side.
- 28) At end of grassy path, **TURN LEFT** under wooden arch. You are now on Hill Creek Trail.
- 29) **FOLLOW** Hill Creek Trail to "Y".
- 30) **TURN RIGHT** and cross Song Sparrow bridge. Continue on gravel trail walking for about 2K through forested area.
- 31) At the next "Y", **TURN LEFT** to walk on Pumphouse Trail North.
- 32) **TURN RIGHT** at the next "Y" onto North Knoll Trail.
- 33) At the "Y", **MERGE LEFT** onto West Meadow Trail.
- 34) Trail passes between sign for Swift Center on the right, and bench on the left.
- 35) Stay on this trail to Pumphouse Building which is on bridge.
- 36) Cross bridge, angling right up short hill.
- 37) At the "T", **TURN RIGHT**.
- 38) Walk through wooden archway, **TURNING RIGHT** passing Kiosk, onto a concrete slab.
- 39) **TURN RIGHT** at "T", passing sign for Port of Skagit then crossing bridge.
- 40) After walking by a green metal gate on your right, walk up short, steep path onto "Swift" campus.
- 41) **Continue Straight**, to walk under covered walkway passing the historic hospital.
- 42) Walk to the end of the roadway (Hub Drive).
- 43) **TURN LEFT** at "T" onto North Sound Road (unmarked.)
- 44) **TURN LEFT** on Thompson Drive, walking past WA State Army National Guard sign on your right.
- 45) **CONTINUE STRAIGHT** on Thompson PVT DR, passing 1960 sign on the left.
- 46) Keep straight as paved road, becomes gravel road.

- 47) At the "Y", walk slightly to the **RIGHT** to walk past the gate with Northern State Recreation Area sign.
- 48) **CROSS** bridge.(Farmstead Bridge)
- 49) Continue **STRAIGHT** curving **RIGHT** on gravel road, passing faded sign on your left.
- 50) Continue **STRAIGHT** passing between brick building and Veteran's Loop. (you should be able to see the Veteran's Pavillion ahead on your right.)
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ESVA/OTSVVA/AVA SPECIAL CHALLENGE PROGRAMS - 2026

For more information on ESVA go to: <http://www.esva.online/challenges/>

WALK NAME:		WALK NUMBER:		
CURRENT ESVA SPECIAL PROGRAMS				
Please note the years [in brackets] that each challenge is active.				
39 COUNTIES - (ONGOING)				
DISCOVERING OUR STATE AND NATIONAL PARKS [2026-2028]				
TELL ME A STORY [2025-2027]				
THAT'S ENTERTAINMENT [2024-2026]	CULTURAL	FAIRS, FESTIVALS, ARCADES	CRAFTS/HOBBIES	SPORTS VENUES
PREVIOUS ESVA SPECIAL PROGRAMS				
Patches for books received past the end date will be sent while supplies last. No refunds.				
FRONTLINE HEROES [2021-2023]	MEDICAL CENTERS	DELIVERY SERVICES	SUSTENANCE PROVIDERS	ESSENTIAL SERVICES
ON THE ROAD AGAIN [2022-2024]	ONLY APPLIES TO TRADITIONAL EVENTS			
STROLLING ALONG THE RIVERS [2023-2025]				
CURRENT OTSVA SPECIAL PROGRAMS				
For more information on OTSVA go to: https://www.otsva.org/challenges.html				
PEACE POLES [2024-2026]				
CURRENT AVA SPECIAL PROGRAMS				
For more information on AVA go to: https://cb.ava.org/specprog.php				
Most programs allow the participants up to (12) twelve months starting from the official end date to complete any Special Program.				
50 STATES/51 CAPITALS	[ONGOING]	Washington		
A-Z (Walking the US A-Z)	[ONGOING]			
A-MAZ-ING LABYRINTHS	[2024-2026]			
ANNIVERSARIES HURRAH	[ONLY 2026]	All AVA sanctioned events qualify for Anniversaries Hurrah.		
GRAIN ELEVATORS: MONARCHS OF THE PLAINS	[2025-2027]			
IVV-AMERICAS	[2022-NO END]	All AVA sanctioned events qualify for the IVV-America's Special Program.		
LIGHTHOUSES II	[2023-2025]			
PAR FOR THE COURSE	[2023-2025]			
RAILS TO TRAILS	[2022-2025]			
STEP TO THE BEAT	[2024-2026]			
WALKING WITH AMERICAN VETERANS	[2021-2027]			
WALKING WITH THE WILD THINGS	[2025-2027]			