



**WILD & WOOSY in WASHINGTON
TUMWATER VALLEY
Y3818**

Distance: 5K and 11K routes.

Difficulty Rating: RATED 1B

An urban walk along the Deschutes River and three sets of falls. The 11K continues along Capitol Lake with views of the original Olympia Brew House, the state Capitol Building, and the Olympic Mountains. The 11K qualifies for the AVA 51 Capitals special program because it enters the Olympia city limits.

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
Tumwater Valley Driving/Walking Directions 11K	2-4
Tumwater Valley Map 11K	5
Tumwater Valley Driving/Walking Directions 5K	6-7
Tumwater Valley Map 5K	8
Special Programs (Challenges	9



© Capitol Volkssport Club, Olympia, WA 2026. These walk 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 YRE #3818



In case of emergency: Dial 911

Event Related Assistance:
Chase 360-584-6446

Distance: 11K

Difficulty level: 1B

ESVA Challenges: 39 Counties (Thurston);

AVA Challenges: A-Z, 50 States, 51 Capitals,
Walking with America's Veterans

Start Point: River's Edge Restaurant,
4611 Tumwater Valley Drive SE, Tumwater, WA.
Lat. 47.0066, Lng. -122.9028

Driving Directions:

I-5 NORTHBOUND: Exit #103 (Deschutes Way). RIGHT on "E" St. RIGHT on Capitol Boulevard (first traffic signal). LEFT on Tumwater Valley Drive (first traffic signal). Continue all the way down the hill and along the river. Shortly past the Tumwater Valley Golf Course sign (on left), LEFT into parking lot.

I-5 SOUTHBOUND: Exit #103 (2nd Ave). STRAIGHT onto 2nd Ave. LEFT on Custer Way (first traffic signal). RIGHT on Capitol Boulevard (first traffic signal). LEFT on Tumwater Valley Drive (second traffic signal). Continue all the way down the hill and along the river. 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. Move onto the sidewalk when it starts.
2. Follow the winding Tumwater Valley Dr up the hill to the traffic signal.
3. **RIGHT** to cross Tumwater Valley Dr in the crosswalk.
4. **LEFT** to cross Capitol Blvd in the crosswalk.
5. **RIGHT** on Capitol Blvd and cross E St. in the crosswalk.
6. Continue along Capitol Blvd until the rock wall ends and the sidewalk narrows.
7. **LEFT** down the stairs to C St. SW (unmarked).
8. At the yellow fire hydrant (on left), **RIGHT** to **CAREFULLY CROSS** C St. SW and enter Brewery Park.
9. **CONTINUE STRAIGHT** through the parking lot. Be mindful of cars.
10. At the end of the parking lot (handicapped parking spots), **VEER LEFT** along the sidewalk/paved path.
11. Follow the sidewalk/paved path veering left past two connected buildings (bathrooms).
12. **CONTINUE STRAIGHT** as the sidewalk ends and merges with the road. Be mindful of traffic from behind.

©2026 Capitol Volkssport Club, Olympia, WA. This map and directions may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

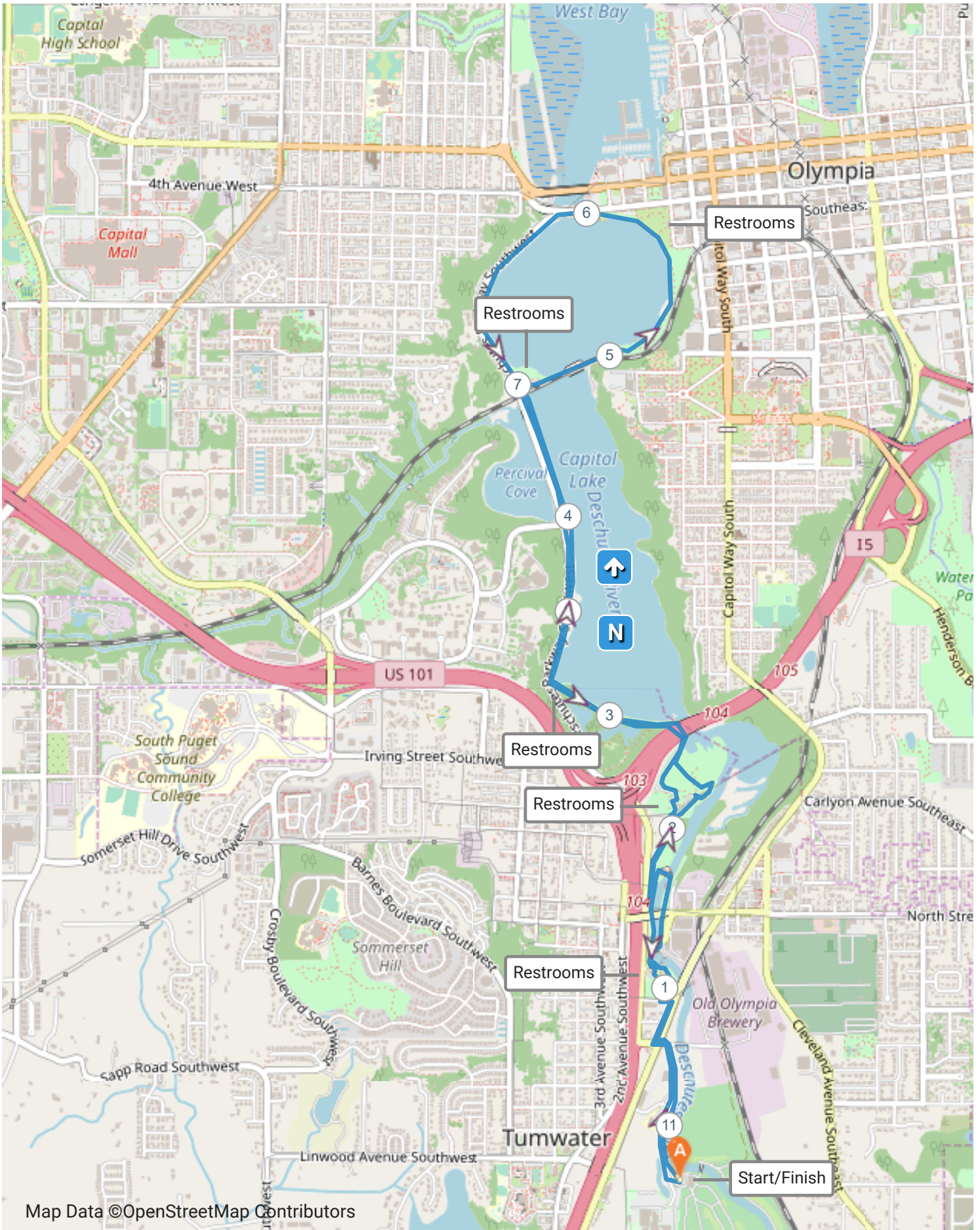
Tumwater Valley 11K

13. After you pass the end of the larger building, **RIGHT** past the kiosk/sign toward a paved trail with a black handrail that heads downhill. (DO NOT enter the path with yellow posts).
14. Follow the trail downhill.
15. **RIGHT** on the gravel trail that goes over the pedestrian bridge.
16. **LEFT** on the gravel trail keeping the river on your left. Stay left on the main trail.
17. Continue on the trail as goes down some wide steps and turns **LEFT** on a wood bridge over the lower falls.
18. **KEEP LEFT** at the end of the bridge.
19. **BEAR RIGHT** at the Y, heading uphill on the paved trail/road.
20. **RIGHT** at the intersection with the paved Pete Kmet trail (unmarked).
21. At the black chain link fence gates, **BEAR RIGHT/STRAIGHT** to follow the trail down the hill.
22. At four posts at bottom of hill, **RIGHT** on paved path, keeping the river on your right.
23. **RIGHT** on the brick path and an **IMMEDIATE RIGHT** at the Y. The path alternates between concrete and brick.
24. Follow metal railing as brick path goes **LEFT**.
25. When the brick path starts to curve left, **RIGHT** on gravel path through the grass.
26. **RIGHT** on paved path T.
27. Continue past the yellow post and **RIGHT** on the park road.
28. **CONTINUE** on the paved path at the end of the park road under bridges and along the lake.
29. **RIGHT** on the sidewalk at Deschutes Parkway (unmarked). Bathrooms here at Interpretive Park.
30. Walk about 1.4km along the lake.
31. **CAUTION: UNEVEN SIDEWALK** at the railroad tracks.
32. Shortly after crossing the railroad tracks and a driveway, **RIGHT** on the sidewalk into Marathon Park. Bathrooms.
33. Follow the sidewalk around the parking lot.
34. **LEFT** on the gravel trail heading away from the parking lot, go over a bridge and along the lake.
35. **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.]
36. **CONTINUE** around the lake, **KEEPING LEFT** at all trail intersections.
37. **VEER LEFT** when the trail splits at a hill.
38. **LEFT** on the trail on the other side of the hill.
39. **LEFT** on the sidewalk, crossing a bridge.
40. **KEEP LEFT** following the sidewalk around the lake (passing Marathon Park) (bathrooms).
41. **CAUTION: UNEVEN SIDEWALK** at the railroad tracks.
42. **CONTINUE STRAIGHT** along Deschutes Parkway about 1.4km back to Interpretive Park. (you walked along here earlier).
43. **LEFT** on sidewalk/trail (at Interpretive Park). Bathrooms.
44. **CONTINUE STRAIGHT** on the trail and then under the bridges.
45. **LEFT** past the yellow post onto the gravel path and along the split rail fence.
46. **RIGHT** after the first tree on the right walking through thick gravel and onto an old gravel path. As you approach the parking lot, note the topiary that spells “TUMWATER” on the left.
47. **LEFT** at Y to stay on gravel trail.
48. **RIGHT** on the concrete path at the playground.
49. **RIGHT** at the four-way sidewalk intersection and cross the park road in the crosswalk (restrooms straight ahead).
50. **LEFT** in front of the restrooms and follow sidewalk along the parking lot. Sidewalk changes to brick and curves right.
51. **LEFT** to cross park road in the crosswalk.
52. Follow paved path uphill (you walked down this trail earlier).
53. **KEEP LEFT** to stay on path through the (open) gates.
54. **LEFT** on the first paved trail, heading down the hill (you walked up this trail earlier).
55. **RIGHT** on the asphalt trail to walk with the river on your left. The trail changes to gravel.
56. **KEEP RIGHT/STRAIGHT** when the pedestrian bridge trail joins.
57. **LEFT/STRAIGHT** at the Y, going uphill and joining the paved trail.

Tumwater Valley 11K

58. **LEFT** at the Y towards the Olympia Tumwater Foundation building (Olympia Beer garbage can and *It's the Water* mural).
59. **LEFT** along the front of this building. Note the timeline mural in the windows.
60. **RIGHT** at the end of the first building to walk between the two buildings. Bathrooms.
61. **LEFT** at the T just prior to the road. Follow the sidewalk/paved path toward the entrance parking lot.
62. **RIGHT** through the parking lot to the entrance where you entered earlier. Be mindful of cars.
63. **CAREFULLY CROSS** C St. SW (unmarked) to the sidewalk on the other side.
64. **LEFT** on the sidewalk and up the stairs to Capitol Blvd (unmarked).
65. **RIGHT** on Capitol Blvd to traffic signal (E St.).
66. **LEFT** to cross Capitol Blvd. Carefully continue left in the next crosswalk, watching for cars.
67. **RIGHT** on sidewalk/dirt path along E St.
68. **RIGHT** toward a gate and through the parking lot. Watch for vehicles when the gate is open and also in the parking lot.
69. **LEFT** at the stop sign at Tumwater Valley Dr (unmarked). Walk facing traffic back to the Tumwater Valley Golf Course sign.
70. **LEFT** into the parking lot and carefully return to where you started.

2026 Tumwater Valley 11K





© Capitol Volkssport Club, Olympia, WA 2026. These walk 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 YRE #3818



Event Related Assistance:
Chase 360-584-6446

Distance: 5K

Difficulty level: 1B

ESVA Challenges: 39 Counties (Thurston);

AVA Challenges: A-Z, 50 States, Walking with America's Veterans

Start Point: River's Edge Restaurant,
4611 Tumwater Valley Drive SE, Tumwater, WA.
Lat. 47.0066, Lng. -122.9028

Driving Directions:

I-5 NORTHBOUND: Exit #103 (Deschutes Way). RIGHT on "E" St. RIGHT on Capitol Boulevard (first traffic signal). LEFT on Tumwater Valley Drive (first traffic signal). Continue all the way down the hill and along the river. Shortly past the Tumwater Valley Golf Course sign (on left), LEFT into parking lot.

I-5 SOUTHBOUND: Exit #103 (2nd Ave). STRAIGHT onto 2nd Ave. LEFT on Custer Way (first traffic signal). RIGHT on Capitol Boulevard (first traffic signal). LEFT on Tumwater Valley Drive (second traffic signal). Continue all the way down the hill and along the river. 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. Move onto the sidewalk when it starts.
2. Follow the winding Tumwater Valley Dr up the hill to the traffic signal.
3. **STRAIGHT** to **CROSS** Capitol Blvd in the crosswalk.
4. **RIGHT** on Capitol Blvd. and cross E St. in the crosswalk
5. Continue along Capitol Blvd until the rock wall ends and the sidewalk narrows.
6. **LEFT** down the stairs to C St. SW (unmarked).
7. At the yellow fire hydrant (on left), **RIGHT** to **CAREFULLY CROSS** C St. SW and enter Brewery Park.
8. **CONTINUE STRAIGHT** through the parking lot. Be mindful of cars.
9. At the end of the parking lot (handicapped parking spots), **VEER LEFT** along the sidewalk/paved path.
10. Follow the sidewalk/paved path veering left past two buildings (bathrooms here).
11. At the end of the larger building, **RIGHT** past the kiosk/sign toward a gravel trail that heads downhill. Be mindful of cars.
12. Follow the gravel trail downhill.
13. **RIGHT** on the gravel trail that goes over the pedestrian bridge.

Tumwater Valley 5K

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

Don't forget to log back into the OSB system to "finish/complete" your online registration.

ESVA/OTSVVA/AVA SPECIAL CHALLENGE PROGRAMS - 2026

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

WALK NAME:		WALK NUMBER:		
Tumwater Valley		3818		
CURRENT ESVA SPECIAL PROGRAMS				
Please note the years [in brackets] that each challenge is active.				
39 COUNTIES - (ONGOING)	Thurston			
DISCOVER YOUR 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]	Yes			
STROLLING ALONG THE RIVERS [2023-2025]	Yes – Deschutes River			
CURRENT OTSVA SPECIAL PROGRAMS				
For more information on OTSVA go to: https://www.otsva.org/challenges.html				
BUTTERFLY [2026-2028]				
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 months from the official end date to complete.				
50 STATES/51 CAPITALS	[ONGOING]	Washington Olympia (11K only)		
A-Z (Walking the US A-Z)	[ONGOING]	Tumwater (both routes), Olympia (11K only)		
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.		
RAILS TO TRAILS	[2022-2026]			
STEP TO THE BEAT	[2024-2026]			
WALKING WITH AMERICAN VETERANS	[2021-2027]	Yes, Blue Star Highway sign in Historical Park.		
WALKING WITH THE WILD THINGS	[2025-2027]			