



Mid Florida Milers Walking Club

Ft Lauderdale 6km & 10km Year Round Event ©

Administrative Information for the Fort Lauderdale Walk.

Event SE20/114172

Questions today? 407.304.6394

DIRECTIONS: Map: <http://tinyurl.com/FtLauderale-MFM>;

GPS: 26.1206501,-80.147509. To Esplanade Park at 400 SW 2d St. between SW 4th and SW 5th Avenues (opposite the Museum of Discovery and Science at 401 SW 2d St), take Exit 27 from I-95S onto W. Broward Blvd. Turn left on W. Broward for 1.2 miles to SW 7th Ave. Turn right on SW 7th Ave to Himmarshee St. (also called SW 2nd St.). Parking: Garage at 151 SW 2d St/Himmarshee (\$2.00 first hr/\$1 after) is near park (exit garage to 2d St., turn right and cross RR tracks then 2 blocks & cross to Park); street parking (on street meters at \$1.50/hr) on Himmarshee St./SW 2nd St and SW 4th Ave. Strollers and wheelchairs OK on 6K only. Pets allowed on leash.

This map and directions may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

AVA Special Programs:

114172	YRW	2020/Y0257	Fort Lauderdale	Ice Cream Parlors	Kilwins 809 E Las Olas	X
114172	YRW	2020/Y0257	Fort Lauderdale	Mayflower	Himmarshee/SW 2d Ave.	X
114172	YRW	2020/Y0257	Fort Lauderdale	Rockin' Around the Clock	History Ctr (6K - before the RR bridge; 10K - after the RR bridge)	X
114172	YRW	2020/Y0257	Fort Lauderdale	Walking the USA A - Z	F	X

Restrooms at Esplanade Park start, Starbucks (possibly) on Las Olas, Publix (10K).

As with all remote walks your assistance to keep the route and information current is requested. Issues, comments? Email mlanpher@gmail.com or call 407.695.9181 and leave a message.

Walks to the north off I-95 at Delray Beach (exit 52), West Palm Beach (exit 70). Miami South Beach is south (exit 4). Sign in at <https://my.ava.org> and walk today.

Log into the OSB system (my.ava.org) to “finish/complete” your online registration after doing the walk. 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 walker’s Event Bank when he/she submits the walk completion info as a paying for credit walker, i.e. \$3.



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As the Venice of America, Fort Lauderdale's extensive waterway network provides a scenic alternative for accessing attractions, hotels, restaurants and bars. Water Taxi /Water Bus, serving as a designated driver, offers a \$28 (\$23 Sr/Mil) all-day pass. There are no one-way tickets.

The historic Seminole name for the New River is *Himmarshee*. The English name is derived from early explorer's maps. The mouth of the river tended to continuously change its entry point into the Atlantic Ocean through the shifting sand of the barrier island. Each time the coast was surveyed and charted the entry point would have shifted. So the location of the mouth would not be on any previous maps, and from off the coast would appear as if it had just developed. With each charting, the location would be recorded with the notation "new river". Since that was the name used on the maps, it was the name the first settlers came to know it, so the name stayed.

Museum of Discovery and Science

Across from the Esplanade spend discovery time exploring over 200 fascinating interactive exhibits at the Museum of Discovery and Science. M-Sa 10am. to 5pm; Su Noon to 6pm. (Adults \$16 Seniors \$15, Mil \$13, Child (2-12) \$9).

Brightline is an express intercity higher-speed rail system in Florida. Developed and operated by All Aboard Florida, a subsidiary of Florida East Coast Industries and Virgin Group, Brightline is the United States' only privately owned and operated intercity passenger railroad and its first since 1983. The station is 3 blocks from the Ft. Lauderdale walk start and a ride to West Palm is about 35 minutes. You register online and once there walk 2 blocks to be on the West Palm Beach walk route. <https://gobrightline.com/>



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Emergency: Call 911; Injury Incident: call
407.304.6394

1.	10K & 6K : Enter Esplanade Park from Himmarshee/SW 2d St. and go towards New River and large gazebo. Go around the gazebo on the right.
2.	Facing New River: 10K: RIGHT onto the Riverwalk, with the river to your left. Pass Center for Performing Arts, WW II memorial, and Navy memorial. 6K: Turn LEFT on Riverwalk. Go to #14. There is construction on Riverwalk.
3.	Exit thru gate (open from 8-8) and up stairs to right onto overpass. LEFT onto Avenue of the Arts & cross bridge on left side.
4.	After crossing the bridge, LEFT on stairs to 4 th Ave.
5.	Turn LEFT on 4 th Ave. towards river and follow it as it curves at river becoming 5 th Ave.
POI	<i>The city of Fort Lauderdale is named for a fortification built during the Second Seminole War on the banks of the New River. In 1838 Major William Lauderdale led a detachment of Tennessee Volunteers south along the east coast of Florida to capture Seminole agricultural lands and battle the elusive Indian warriors. Altogether, three Forts Lauderdale would be constructed: the first at the fork of the New River; the second at Tarpon Bend; and the third and largest on the beach, at the site of today's Bahia Mar.</i>
6.	LEFT on 5 th St.
7.	RIGHT on 4 th Ave.
8.	LEFT on 6 th St crossing 4 th Ave. Pass Publix. Restrooms and food.
9.	Cross & LEFT on Andrews Ave.
10.	BEFORE crossing the bridge go down the ramp to the river. Turn RIGHT away from the bridge on the Riverwalk.
11.	At Smoker Park follow walk to the left to Stranahan Landing. Curve right to walkway between benches.
12.	LEFT onto N. Rio Vista Blvd

POI	<i>After the Second Seminole War ended, southeastern Florida remained a virtual wilderness due to the lack of transportation into the region. In 1892, however, the Dade County government authorized the construction of a rock road between Lantana (in Palm Beach County) and Lemon City (now North Miami).</i>
13.	RIGHT on 7 th St.
14.	10K: RIGHT on 3d Ave. & cross New River to Las Olas Blvd. 6K: Continue on Riverwalk as it goes left then right across RR tracks and just after 3d Ave. bridge. STOP; LEFT on sidewalk on right side of bridge to Las Olas.
15.	6K & 10K: Turn RIGHT on Las Olas (<i>Sp. The Wave</i>).
16.	LEFT at Ft. Lauderdale Rotary Way/SE 1 st Ave. crossing Las Olas.
17.	RIGHT crossing Ft. Lauderdale Rotary Way. Continue on Las Olas for 15 blocks.
POI	<i>6th Ave tunnel is the only one on US-1.</i>
18.	RIGHT on 15 th Ave. crossing Las Olas at crosswalk.
19.	LEFT and continue on Las Olas.
20.	RIGHT on 17 th Ave. Walk to left.
21.	Curve RIGHT on 4 th Ave. & immediately LEFT continuing on 17 th Ave.
22.	RIGHT on Brickell Dr.
23.	RIGHT on Tarpon Ave. at Colee Hammock Park. <i>Ⓞ The 1st Presbyterian Church was established in 1940. The All Saints Church on the left was established in 1912 and built & dedicated in 1958.</i>
24.	LEFT on Las Olas Blvd. to 6 th Ave.
25.	LEFT on SE 6 th Ave. at Cheesecake Factory to Riverwalk and enter walk; RIGHT at river. the historic Stranahan House is to the right.
POI	<i><u>Stranahan House</u>, Now a museum restored to a 1913 configuration, this turn-of-the-century structure nestled among downtown skyscrapers was home of Fort Lauderdale's first school teacher, Ivy Cromartie Stranahan. An overnight camp and ferry</i>



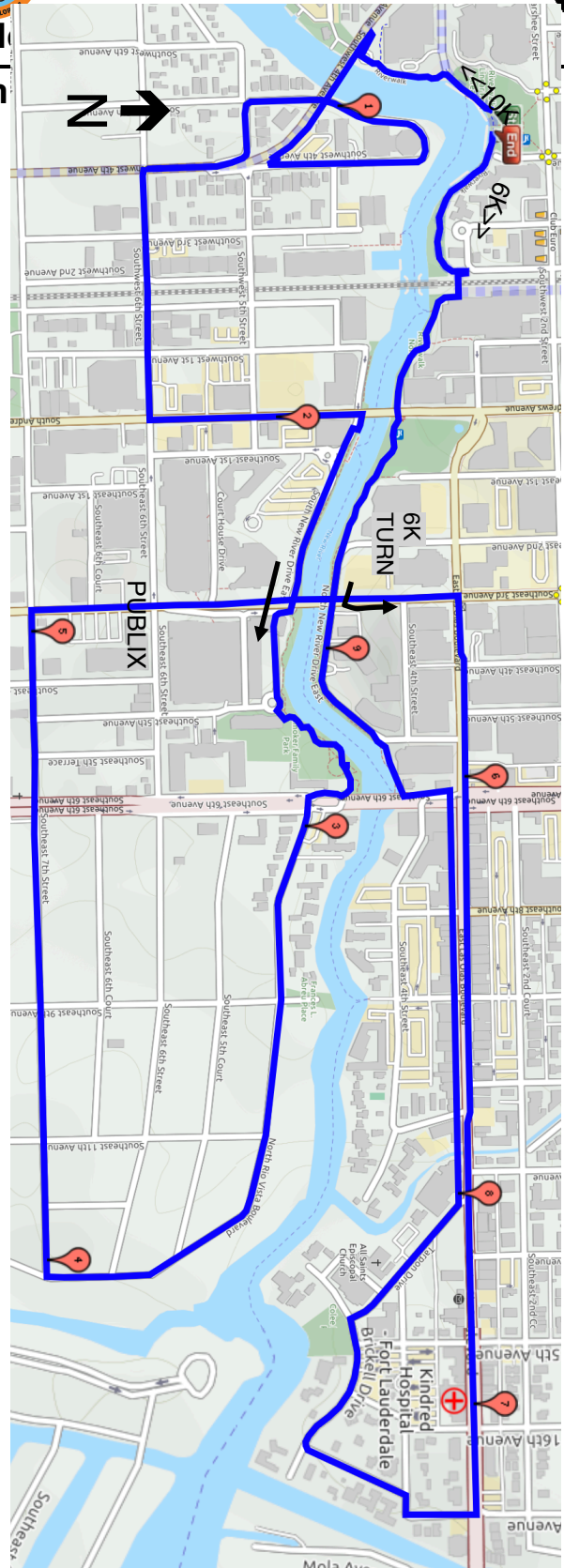
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crossing was established at the New River, and Ohio native Frank Stranahan arrived to take charge of the facilities. He established a flourishing trading post with the local Seminoles, and by 1895 Stranahan's Trading Post was a south Florida landmark. Ivy continued living in the house until her death in 1971. The two-story Florida vernacular style building that also has been a post office, bank and town hall, has Ivy's blue and white china and pictures of Old Fort Lauderdale. **45 min Tours M-F 1, 2, 3pm. \$12 Adults, \$11 Srs. Closed 1-30 Sep.**

POI	Continue on Riverwalk. Pass Fort Lauderdale History Center (\$10 admission)
26.	Continue to Esplanade Park and finish.
Thanks for walking in Ft. Lauderdale.	

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