

# JEFFERSON CITY, MO 5K CAPITAL YRE 0454 WALK DIRECTIONS

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

In case of emergency: Dial 911

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**Start/Finish point** is Baymont by Wyndham Hotel, 319 W. Miller St., Jefferson City, MO 65101 (Parking and restrooms available)

**Directions from I-70:** At Kingdom City, take I-70 Exit 148 to US-54 South approx. 30 miles to Jefferson City. After crossing the Missouri River, keep left and merge onto US-50 East/US-63 South for approx. 0.5 mile to Broadway. Turn right on Broadway, then an immediate right on W. Miller St. to Baymont Hotel.

**Directions from I-44:** At Rolla, take I-44 Exit 186 to US-63 North approx. 62 miles to Jefferson City. Turn left on Broadway, then an immediate right on W. Miller St. to Baymont Hotel.

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**Special Programs:** Ice Cream Parlors (*Central Dairy*); Walking US Capitals; Walking the USA A – Z (“J”); Walking Missouri Counties (*Cole County*)

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**Legend:** TR = Turn Right, TL = Turn Left, SA = Straight Ahead, CR = Cross, SP = Special Program Qualifier

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1. With your back to the hotel, **TR** on W. Miller St. for ½ block to Broadway.
2. **TL** on Broadway, carefully cross US-50/63, and continue **SA** to the end of Broadway at W. Main St.
3. **CR** W. Main St., then **TR** on the sidewalk as it curves to the left in a clockwise direction around the Capitol. W. Main St. becomes W. Capitol Ave. at this point.
4. Continue on the left side of W. Capitol Ave., passing The Missouri Law Enforcement Memorial, the Liberty Bell replica, the Signing of the Treaty sculpture, the Fountain of the Centaurs, and the Missouri Veterans Memorial on your left, and the **Missouri State Capitol (SP)** on your right. *NOTE: To visit the Capitol, the main entrance is on the south side, the side away from the river. See the website <https://mostateparks.com/page/55186/missouri-state-capitol> for information on the State Capitol.*
5. Continue on W. Capitol Ave. as it curves left, passing the Lewis and Clark Trailhead Plaza on your left, for one block to Jefferson St.
6. **TL** on Jefferson St. for one block to the **Jefferson Landing State Historic Site** at the end of Jefferson St. *See the website <https://mostateparks.com/page/55184/jefferson-landing-state-historic-site> for information on the Historic Site. NOTE: The Jefferson City Amtrak train station is located on the 1<sup>st</sup> floor of the old Union Hotel on the east side of Jefferson St.*
7. At the end of Jefferson St., **TR & CR** Jefferson St., then **TR** and continue back up the hill on the left side of Jefferson St.
8. Just before you get to E. Capitol St., **TL** and go up a short flight of steps into the **Carnahan Memorial Garden**. Cross the garden, then go up another short flight of steps and **TR** to E. Capitol Ave.
9. **TL** on E. Capitol Ave. for ½ block to Madison St.

- 10.TL** on Madison St., passing the **Missouri Governor's Mansion** on your left, to State St.
- 11.TR** on State St. for one block to Monroe St. The old Jefferson City train depot (not open to the public) is on your left.
- 12.TR** on Monroe St. for 1 block to E. Capitol Ave.
- 13.TL** on E. Capitol Ave. for 2 blocks to Jackson St.
- 14.TL** on Jackson St. for one block to State St.
- 15.TR** on State St. for 2 blocks to Lafayette St., passing the **Christopher S. Bond Federal Courthouse** on your left at State & Lafayette. Across Lafayette St. is the **historic Missouri State Penitentiary (1836 to 2004)**. See the website <https://www.missouripentours.com> for information on group tours of the historic old penitentiary.
- 16.TR** on Lafayette St. for 4 blocks to High St.
- 17.CR** High St., then **TR** on High St. for one block to Marshall St.
- 18.TL** on Marshall St. for 2 blocks to McCarty St.
- 19.CR** McCarty St., then **bear left** onto the Jefferson City Greenway Trail.
- 20.**Continue on the Greenway Trail, passing under the Hwy. 50/63 bridge, then passing some tennis courts on your left, to Dunklin St. (no street sign).
- 21.TR** on Dunklin St. for 5 blocks to Madison St.
- 22.CR** Madison St., then **TR** on the left side of Madison St. for ½ block to **Central Dairy Ice Cream Parlor (SP)** home of some of the best ice cream in Missouri

for over the past 80 years. After visiting Central Dairy, retrace your steps for ½ block back to Dunklin St.

- 23.TR** on Dunklin St. for 3 blocks to Broadway.
- 24.CR & TR** on Broadway for 2 blocks to Miller St.
- 25.TL** on Miller St. and return to the start/finish at the Baymont Hotel.

**Congratulations on finishing your 5K Volksmarch! Don't forget to return to the Online Start Box to check-in as complete and get your AVA/IVV stamped Insert Card for this event!**

Please refer any questions or comments on this walk to the walk POCs – DeAnne & Gordon Brown.

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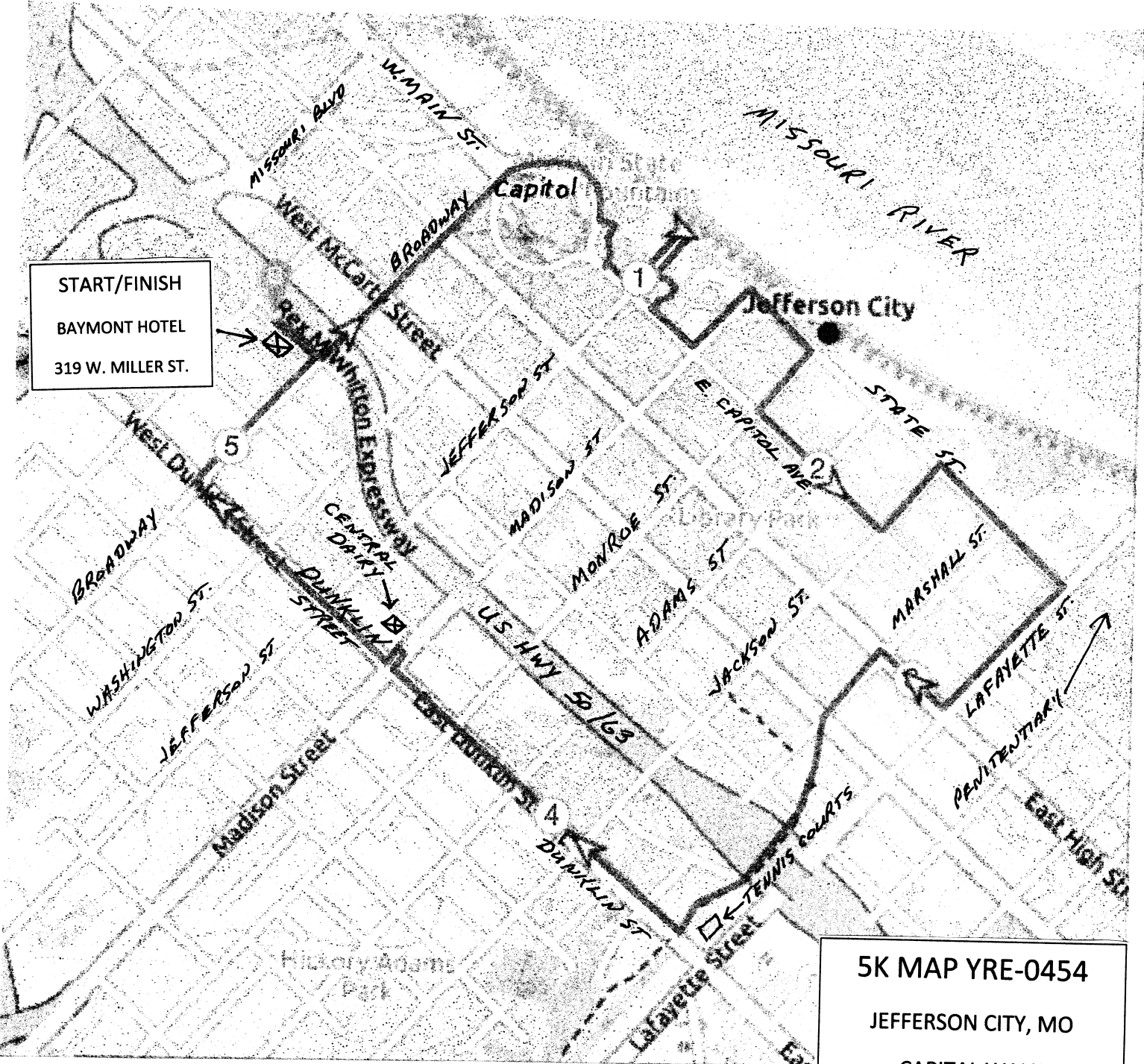
Phone: 314-878-8647

The St. Louis Stuttgart Volksmarch Club hopes you have enjoyed our Jefferson City Capital Volksmarch. Please visit our website <https://www.saintlouiswalkers.com/> for information on other walks in the St. Louis Metro area.



**AMERICA'S  
WALKING CLUB**  
— ESTABLISHED 1976 —

START/FINISH  
BAYMONT HOTEL  
319 W. MILLER ST.



5K MAP YRE-0454  
JEFFERSON CITY, MO  
CAPITAL WALK

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1. With your back to the hotel, **TR** on W. Miller St. for ½ block to Broadway.
2. **TL** on Broadway, and carefully cross US-50/63. Continue **SA** for one block to McCarty St.
3. **CR & TL** on McCarty St. for 2 long blocks to Bolivar St.
4. **TR** on Bolivar St. for one block to High St.
5. **CR & TL** on High St. for one block to Clay St.
6. **TR** on Clay St. for one block to Main St.
7. **TR** on Main St. for 3 blocks to Missouri Blvd.
8. At Missouri Blvd., **TL & CR** Main St., then **TR & CR** Missouri Blvd. Continue on the left side of Main St. to the “Y” intersection just before the State Capitol.
9. At the “Y” intersection, **BEAR LEFT** on W. Capitol Ave., and continue on the left side of Capitol Ave., passing The Missouri Law Enforcement Memorial, the Liberty Bell replica, the Signing of the Treaty sculpture, the Fountain of the Centaurs, and the Missouri Veterans Memorial on your left, and the **Missouri State Capitol (SP)** on your right. *NOTE: To visit the Capitol, the main entrance is on the south side, the side away from the river. See the website <https://mostateparks.com/page/55186/missouri-state-capitol> for information on the State Capitol.*
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12. At the end of Jefferson St., **TR & CR** Jefferson St., then **TR** and continue back up the hill on the left side of Jefferson St.
13. Just before you get to E. Capitol St., **TL** and go up a short flight of steps into the **Carnahan Memorial Garden**. Cross the garden, then go up another short flight of steps and **TR** to E. Capitol Ave.
14. **TL** on E. Capitol Ave. for ½ block to Madison St.
15. **TL** on Madison St., passing the **Missouri Governor's Mansion** on your left, to State St.
16. **TR** on State St. for one block to Monroe St. The old Jefferson City train depot (not open to the public) is on your left.
17. **TR** on Monroe St. for 3 blocks to High St.

18. **TL** on High St., passing the **Cole Co. Courthouse** on your left, for one block to Adams St.
19. **TL** on Adams St. for one block to Capitol Ave., passing the **Missouri River Regional Library** at 214 Adams and the **old Carnegie Library (1901)**, which now serves as the Cole Co. Assessor's Office, at 210 Adams.
20. **TR** on Capitol Ave. for one block to Jackson St.
21. **TL** on Jackson St. for one block to State St.
22. **TR** on State St. for 2 blocks to Lafayette St., passing the **Christopher S. Bond Federal Courthouse** on your left at State & Lafayette. Across Lafayette St. is the **historic Missouri State Penitentiary (1836 to 2004)**. See the website <https://www.missouripentours.com> for information on group tours of the historic old penitentiary.
23. **TR** on Lafayette St. for 4 blocks to High St.
24. **CR** High St., then **TR** on High St. for one block to Marshall St.
25. **TL** on Marshall St. for 2 blocks to McCarty St.
26. **CR** McCarty St., then **bear left** onto the Jefferson City Greenway Trail.
27. Continue on the Greenway Trail, passing under the Hwy. 50/63 bridge, then passing some tennis courts on your left, to Dunklin St. (no street sign).
28. **CR & TL** on Dunklin St. for ½ block to Lafayette St.
29. **TR** on Lafayette St. for several blocks to Stadium Blvd., passing **Lincoln University** on your left and **Jefferson City High School** on your right. (there is a traffic circle at Lafayette & Stadium).
30. **TR** on Stadium Blvd. for 3 blocks to Monroe St., passing the Jefferson City H.S. football stadium on your right. [NOTE: On May 23, 2019, a tornado touched down in this area. As of November 2019, much tornado damage is still evident in this area.]
31. **TR** on Monroe St. for 3 blocks to Woodlawn Ave., passing the **Capital Region Medical Center** on your left.
32. **TR** on Woodlawn Ave. for 2 blocks to Adams St.
33. **TL** on Adams St. for several blocks to Dunklin St.
34. **TL** on Dunklin St. for one block to Monroe St.
35. **CR** Monroe St., then **TR & CR** Dunklin St.
36. **TL** on Dunklin St. for one block to Madison St.
37. **CR** Madison St., then **TR** on the left side of Madison St. for ½ block to **Central Dairy Ice Cream Parlor (SP)** home of some of the best ice cream in Missouri for over the past 80 years. After visiting Central Dairy, retrace your steps for ½ block back to Dunklin St.
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**Please refer any questions or comments on this walk to the walk POCs – DeAnne & Gordon Brown.**

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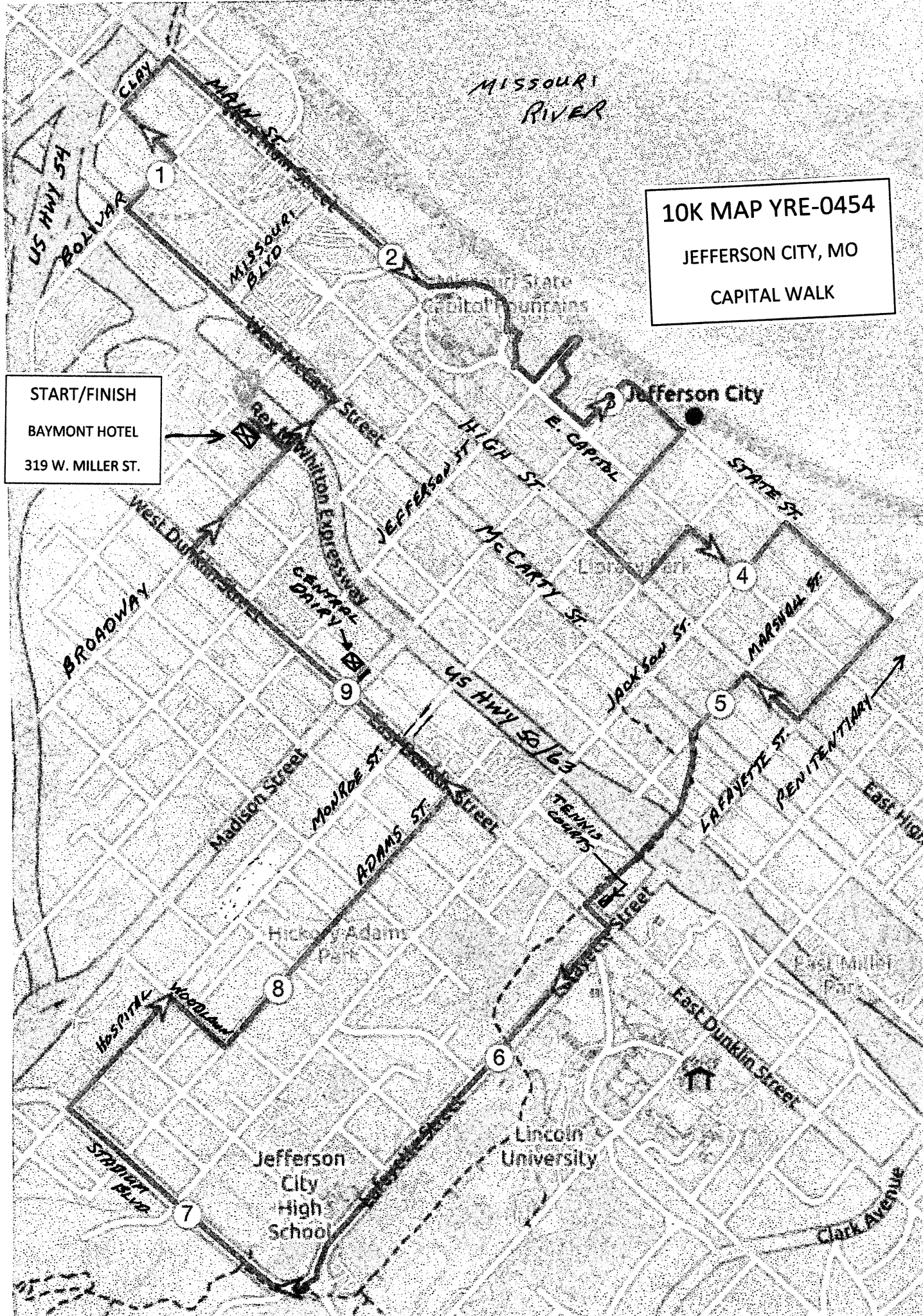
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**Phone: 314-878-8647**

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