

**MT RAINIER NAT'L PARK/OHANAPECOSH
SEASONAL WALK Y0789**

**5K route includes Silver Falls and the Ohanapecosh River
10K has the falls, the river and also goes to the Grove of the Patriarchs**

Lewis County, Washington

**5K and 10K are rated 3C due to roots and rocks on this
hiking trail along with 400 feet of elevation gain and loss**

Central Washington Sun Striders

This on-line packet contains the following 6 pages of information:

1. This information page.
2. Driving directions to the walk start and supplemental info.
3. Walk directions for the walk routes.
4. Walk map for this event.
5. A CWSS brochure of club sponsored walks in Central Washington.

Thanks for participating and we hope you enjoy your walk in Mt. Rainier along the Ohanapecosh River.

POC: J. Blazek

509-899-6535

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Mt. Rainier/Ohanapecosh Driving Directions and Supplemental Info

Driving Directions to Walk Start - Ohanapecosh Visitor Center, Mt. Rainier NP.

46° 44' 09.42" N 121° 33' 58.40" W

From Enumclaw area: East on Hwy 410 to junction with Hwy 123 (Cayuse Pass). Follow Hwy 123 South and turn right into Ohanapecosh Cmpgrd.

From Longview/Kelso area: North on I-5. Take Exit 68 onto Hwy 12. East on Hwy 12 to junction of Hwy 123. Left on Hwy 123. Left into Ohanapecosh Cmpgrd.

Parking Info

Park in the identified day use parking lot. It is behind the Visitor Info Center in campground loop "B". If the Visitor Center is closed, note the restroom info and walk direction change noted below.

Restroom Information

If the visitor center and restrooms at the visitor center are closed, utilize the restrooms in the campground loops and the one at the Grove of the Patriarchs trailhead. They are open for day use.

Walk Direction Change

The walk directions start inside the visitor info center. If the info center is closed, you will have to start the walk by walking around the visitor center building from the front of the building to the back instead of doing walk direction #1.

AVA/ESVA Special Challenge Programs

WA. 39 Counties: Lewis

Walk the USA A-Z: "O" for Ohanapecosh or "M" for Mt. Rainier

2021

MT. RAINIER OHANAPECOSH 5 km & 10 km SEASONAL WALK Y0789
CENTRAL WASHINGTON SUN STRIDERS - RATING 3C (Due to roots & rocks on hiking trail)

Both 5 km and 10 km start with #1 - #6.

1. Go out Visitor's Center **back** door exit. *If V.C. closed, go around to the back of the V.C.*
2. Turn **RIGHT** and begin walking on the "Self-Guiding Nature Trail."
3. Follow the Hot Springs Nature Trail signs to the **RIGHT**. This will take you past the "hot springs" area and to the intersection with the "Silver Falls Loop Trail."
4. Turn **RIGHT** onto the Silver Falls Loop Trail and walk about 2 km to the Silver Falls overlook and bridge. (Caution: walk carefully along this hiking trail.)
5. **Cross** wooden walk bridge over the river, and follow trail to the **right** as it continues up river. (Great views of the falls and river from the bridge.)
6. Shortly past the Falls, at the next "Y", continue on main trail to **LEFT**. (trail on right goes short distance to Silver Falls overlook).

For 5 km. do #7 through # 10. **For 10 km.** do # 11 through # 20.

7. At next "Y", turn **LEFT** and follow Ohanapecoh/Silver Falls Loop trail down river with river on your **left**. When approaching the campground area, stay to the **left** on main trail that goes along the edge of the campground (Loop "E" on the map)
8. At exit of hiking trail onto paved campground road, turn **LEFT** and **cross** the two-lane bridge.
9. Turn **RIGHT** on campground loop "C" road and proceed clockwise around "C" loop and back to main campground road.
10. Turn **RIGHT** on main camp road and proceed back to start.

11. At next "Y", go **STRAIGHT** ahead on "Grove of the Patriarchs" trail. Walk about 1 km and **cross** Stevens Canyon paved road, using extreme caution. (Restrooms and a water fountain are located in parking area on your right.)

12. Continue **STRAIGHT** ahead on the Eastside Trail toward "Grove of the Patriarchs."

13. At split on trail, continue to the **RIGHT**, following signs to the "Grove". **Proceed** down stairs to steel suspension bridge over the river.

14. **Cross** the bridge and follow the "Grove" Loop Trail boardwalk to the right. (The Grove consists of huge Western Red Cedar and other trees).

15. After completing the Loop Trail, **recross** suspension bridge over river, turn **LEFT** on the main trail back to the Stevens Canyon road. **Cross** the highway, and enter the forest on trail and continue down river on same path along river.

16. At the "Y" that goes down to the bridge over Silver Falls, turn **RIGHT** and follow the "Ohanapecoh" trail. When approaching the campground area, stay to the left on the main trail that goes along the edge of the campground (Loop "E" on the map).

17. At the trail exit on the paved campground access road, turn **LEFT**, and **cross** the two-lane bridge.

18. Turn **RIGHT** on "C" campground loop road and proceed clockwise around the loop road back to the main road. **Cross** the main road and proceed counterclockwise around "B" campground loop road and back to the main road.

19. Turn **LEFT** on main road and proceed a short distance.

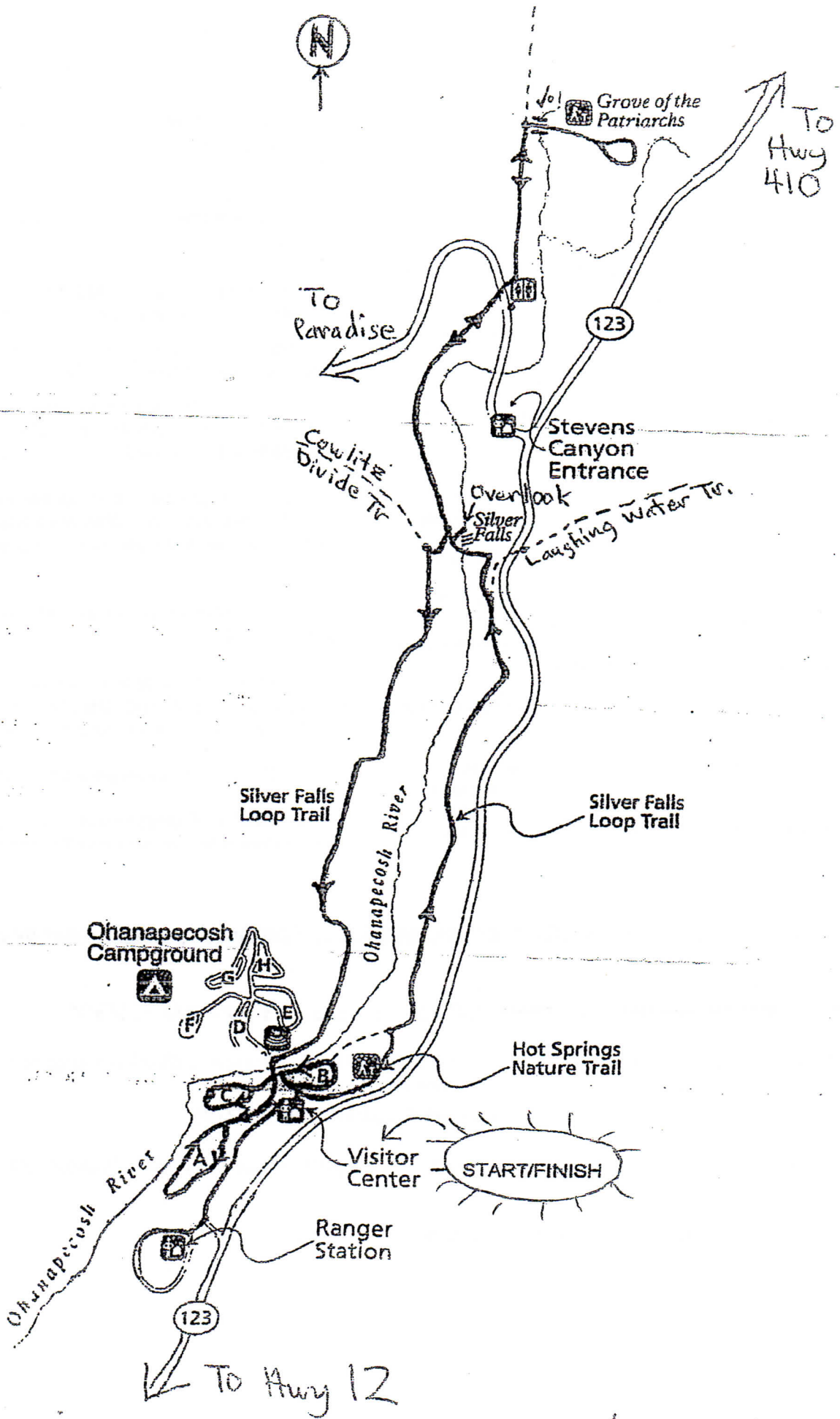
20. Turn **RIGHT** on "A" campground loop road and proceed clockwise around the loop road back to the main road and the Visitor's Center

If there is an emergency, 911 does not work here. Contact any park ranger or the personnel in the visitor's center.

POC: J. Blazek 509-899-6535 *We hope you enjoy our Mt. Rainier/Ohanapecoh walk.*
Any comments may be emailed to: centralwasunstriders@gmail.com

The walk directions and map may only be used in conjunction with a signed AVA athletic waiver. All other uses are prohibited.

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 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.) The \$2 "coupon" for the downloaded pdf expires in 60 days.



WALLA WALLA - City and Parks - Walla Walla Co. Y1922 6K & 10K
WEB REGISTRATION utilizing the Online Start Box or contact POC by email for directions.
4/1 - 11/15. Rated 1A. Walk through downtown with its many winery tasting rooms, through Whitman College and city parks and historic homes.

WENATCHEE - City Art and River - Chelan Co. Y0503 5K & 10K
WEB REGISTRATION utilizing the Online Start Box or contact POC by email for directions.
4/1 - 10/31. Rated 1A. Walk through downtown and on a paved trail through parks along the Columbia River with lots of artwork along the trail.

YAKIMA - Chesterley Park/Canal Path - Yakima Co. Y0993 5K & 10K
Powerhouse Grill, 3807 River Rd, Yakima, 509-469-9900. 4/1 - 11/15. Rated 1A.
Walk paved Powerhouse Canal path and through residential areas.

YAKIMA - Yakima River Greenway Trail - Yakima Co. Y0574 5K & 10K
Baymont by Wyndham Hotel, 1603 E. Yakima Ave, Yakima, 509-654-9168. 4/1 - 11/15.
Rated 1A. Walk a paved trail along the Yakima River and through the city's Arboretum.

YAKIMA - Historic Downtown - Yakima Co. Y2734 5K & 10K
Baymont by Wyndham Hotel, 1603 E. Yakima Ave, Yakima, 509-654-9168. 4/1 - 11/15.
Rated 1A. Walk through historic downtown, residential areas and through several parks.
NEW EVENT for 2021.

ZILLAH - Town and Canal - Yakima Co. Y1951 5K & 10K
Best Western Plus, 911 Vintage Valley Parkway, Zillah, 833-448-0904. 4/1 - 11/15.
5K rated 1A, 10K rated 1C. Walk through the town past historic "Teapot Dome" gas station, a Veteran's Memorial, and through residential areas. 10K follows a gravel road along the Sunnyside Canal.

Web registration address: my.ava.org. You will need to establish an account on the site before being able to register for events.
POC contact for email registration: joelblazek1@gmail.com

Central Washington Sun Striders
is a non-profit organization dedicated to promoting public health, fun, recreation and fellowship through non-competitive walking/hiking events.

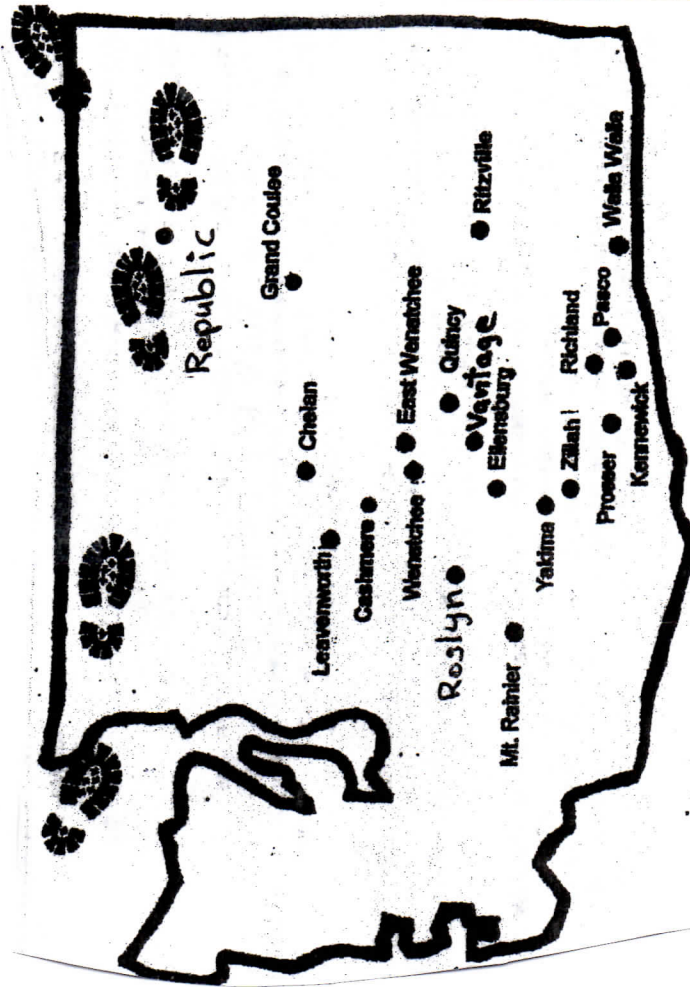
Comments can be sent to Central Washington Sun Striders,
PO Box 10523, Yakima WA 98909; or our email address:
centralwasunstriders@gmail.com

For further information on walk events:
For events in Washington State: www.esva.org (Events tab)
For events across the USA: www.ava.org (Events tab)
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CENTRAL WASHINGTON SUN STRIDERS

2021

1 YEAR ROUND WALK 24 SEASONAL WALKS IN CENTRAL WASHINGTON



CASHMERE - Town and River - Chelan Co. Y0319 5K & 10K

Martin's Market Place, 130 Tichenal Way, Cashmere, 509-782-3801. 4/1 - 11/15. 5K Rated 1A, 10K Rated 2A. Walk through downtown which includes the Aplets and Collets factory, through residential areas, along the Wenatchee River, and by a 9/11 and Veteran's Memorial.

CHELAN - Town and Lake - Chelan Co. Y1974 5K & 10K

WEB REGISTRATION utilizing the Online Start Box or contact POC by email for directions. 4/1 - 10/31. Rated 2A. Walk through residential and business areas, through three parks, and along Lake Chelan and the Chelan River.

EAST WENATCHEE - Columbia River Bridge and Trail - Chelan/Douglas Cos. Y0258 6K/10K

WEB REGISTRATION utilizing the Online Start Box or contact POC by email for directions. 4/1 - 10/31. Rated 1A. Walk across the Columbia River on a pedestrian bridge. Then walk on a paved recreation trail along the river with views of Wenatchee and surrounding hills.

ELLENSBURG - City and CWU - Kittitas Co. Y0320 5K/6K/10K & 15K

Best Western Plus Hotel, 211 W. Umplanum Rd, Ellensburg, 509-925-4244. 1/2 - 12/31. Rated 1A. Walk through historic neighborhoods, downtown and CWU campus.

ELLENSBURG - Yakima River and Parks - Kittitas Co. Y1151 6K & 10K

Best Western Plus Hotel, 211 W. Umpplanum Rd, Ellensburg, 509-925-4244. 4/1 - 12/31. Rated 1B. Walk in three city parks and along the Yakima River.

GRAND COULEE - Town and Dam - Douglas/Grant/Okanogan Cos. Y1921 5K and 10K.

WEB REGISTRATION utilizing the Online Start Box or contact POC by email for directions. 4/1 - 10/31. Upper 5K rated 2B, lower 5K rated 1B. Walk on paved trails and city streets with great views of the river and reservoir from above and below Grand Coulee Dam.

KENNEWICK - River and Carousel - Benton Co. Y1015 1K/5K & 10K

WEB REGISTRATION utilizing the Online Start Box or contact POC by email for directions. 4/1 - 11/15. Rated 1A. Walk 5K or 10K on paved Sacajawea Trail along the Columbia River and through Columbia Park. You then drive 5 1/2 miles to the 1K carousel walk.

LEAVENWORTH - Bavarian Town - Chelan Co. Y0452 5K & 10K

Icicle Village Resort - Icicle Inn, 505 US2, Leavenworth, 800-961-0162. 4/1 - 11/15. Rated 2B. Walk through the Bavarian themed downtown, residential areas and along the Wenatchee River crossing bridges to Blackbird Island and a city park.

LEAVENWORTH - Icicle Gorge/Chatter Crk Trails - Chelan Co. Y1675 7K & 3K

Icicle Village Resort - Icicle Inn, 505 US2, Leavenworth, 800-961-0162. 5/1 - 10/31. 7K Icicle Gorge Trail rated 1B, 3K Chatter Creek Trail rated 2B. Register and drive 13 miles to hike the Icicle Gorge loop trail along both sides of the creek. Then drive a short distance and hike the Chatter Creek Trail to a small waterfall. Federal land's parking pass required.

MT. RAINIER NAT'L PK - Ohanapecosh River Trail - Lewis Co. Y0789 5K & 10K
Info Center, Ohanapecosh Campground, Mt. Rainier Nat'l Park, 360-569-2211, open 7/3 - 9/6. From 9/7 - 9/30 use the AVA On-Line Start Box for registration or email joelblazek1@gmail.com for directions. Rated 3C. Hike a loop trail through the forest along the river to Silver Falls and the big trees in the Grove of the Patriarchs. Federal land's parking pass required.

PASCO - Sacajawea River Trail - Franklin Co. Y0148 5K & 10K

WEB REGISTRATION utilizing the Online Start Box or contact POC by email for directions. 4/1 - 11/15. Rated 1A. Walk on a paved trail along the Columbia River.

PROSSER - City and Wineries - Benton Co. Y2092 5K & 10K

WEB REGISTRATION utilizing the Online Start Box or contact POC by email for directions. 4/1 - 11/15. Rated 1A. Walk through Vintner's Village - an area of many wineries. Cross the Yakima River and walk through the downtown and residential areas.

QUINCY - Agricultural Town - Grant Co. Y1543 5K & 10K

WEB REGISTRATION utilizing the Online Start Box or contact POC by email for directions. 4/1 - 10/31. Rated 1B. Walk through downtown and residential areas of this agricultural town.

REPUBLIC - Old Mining Town and Rail Trail - Ferry Co. Y2591 4K & 6K

WEB REGISTRATION utilizing the Online Start Box or contact POC by email for directions. 4/1 - 10/31. 4K is rated 2B, 6K is rated 1A. Walk 4K to a fossil dig site and around town on sidewalks and road shoulders. Then drive a short distance to the 6K Golden Tiger Rail Trail.

RICHLAND - Columbia River Trail - Benton Co. Y1012 10K

WEB REGISTRATION utilizing the Online Start Box or contact POC by email for directions. 4/1 - 11/15. Rated 1A. Walk on a paved path through parks along the Columbia River.

RITZVILLE - Historic Agricultural Town - Adams Co. Y1011 6K & 10K

WEB REGISTRATION utilizing the Online Start Box or contact POC by email for directions. 4/1 - 10/31. 6K is rated 1B, 10K is rated 2B. Walk through the historic downtown district, residential areas and through the county fair grounds.

ROSLYN - Historic Town & Coal Mine Rail Trail - Kittitas Co. Y1565 5K & 11K

The Lodge at Suncadia, Suncadia Resort, 3600 Suncadia Trail, Cle Elum, 509-649-6400. 4/1 - 9/30. Rated 2B. You will drive 4 miles after you register at the Lodge to Roslyn. Walk through the Nat'l Historic area and the historic cemetery with its 23 separate ethnic and fraternal sections and on the gravel Coal Mine Rail Trail.

ROSLYN - Suncadia Resort Trails - Kittitas Co. Y1599 5K & 11K

The Lodge at Suncadia, Suncadia Resort, 3600 Suncadia Trail, Cle Elum, 509-649-6400. 4/1 - 9/30. 5K is rated 1A, 11K is rated 2B. Walk on paved trails through forests, golf courses and residential areas of this planned resort community.

VANTAGE - Town and Ginkgo State Park - Kittitas Co. Y2184 7K & 3K

WEB REGISTRATION utilizing the Online Start Box or contact POC by email for directions. 4/1 - 10/31. 7K is rated 2A, 3K is 2C. Walk 7K along the Columbia River, through the community and to the state park visitor center with its petrified logs and petroglyphs. Then drive a short distance to hike the 3K "Trees of Stone" trail with petrified logs and views of the river and area.