

# Lansing Walks – Y0953

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## Driving Directions to the Lansing Michigan Start Point

The start point is in front of the **Michigan History Museum, 702 W Kalamazoo St., Lansing, MI 48195**. GPS coordinates = **(42.7311214, -84.5639469)** for the Butler Parking Lot next to the museum. You need not enter the museum if using the Online Start Box.

From I-96

1. Take Exit 101 (Logan/ML King).
2. Go north on ML King for several miles, crossing I-496.

From I-496

1. Take Exit 5 (Logan/ML King).
2. Turn north on ML King, following the "Capitol Loop" signs.

All

1. Turn right on Kalamazoo Street (first light after crossing I-496). Go two blocks.
2. Use the Butler Parking Lot next to the **Michigan History Museum, 702 W Kalamazoo St., Lansing, MI 48195**. There is a nominal parking fee on weekdays.

## Additional Information for the Lansing 6k and 10k Walks

- This is a year around event and may be walked from January 1st through December 31th.
- Trail Description: Rated: 2A. The 6k and 10k routes both include the Michigan State Capitol building. Both routes include downtown Lansing with restaurants and shopping. The 6k route includes a paved trail along the Grand River.
- Restrooms are available at the history museum, if it is open. There are restaurants and pubs in downtown Lansing along both walking routes.
- Everyone is welcome. This event is sanctioned by the American Volkssport Association – America's Walking Club (AVA), a member of the International Federation of Popular Sports (IVV). It counts towards the acquisition of IVV Achievement Credit. No awards.
- Pets allowed, leash required and not inside buildings. Strollers and wheelchairs allowed but the 6k route includes some stairs and the 6k route sometimes becomes flooded and requires a detour.

- Special Programs: “State Capital”, “Walking the USA A-Z” and “Rockin’ Around the Clock”.
- Both the 6k and 10k routes begin and end in front of the Michigan History Museum.
- For your safety, do not walk either Lansing route after dark.
- For additional information about this event contact: Rob Weaver, 616-745-9627, or [gone2run@gmail.com](mailto:gone2run@gmail.com) .



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## LANSING MICHIGAN

### AVA 6k Directions

*These instructions may be used only by individuals who have received and signed the AVA Athletic Waiver covering this event. If you have a question about the instructions, call Rob Weaver at 616-745-9627.*



In case of emergency, please call 911.

Special Programs:

**State Capitols Program** – Lansing, MI

**Walking the USA, A-Z** – Lansing.

**Rockn' Around the Clock**

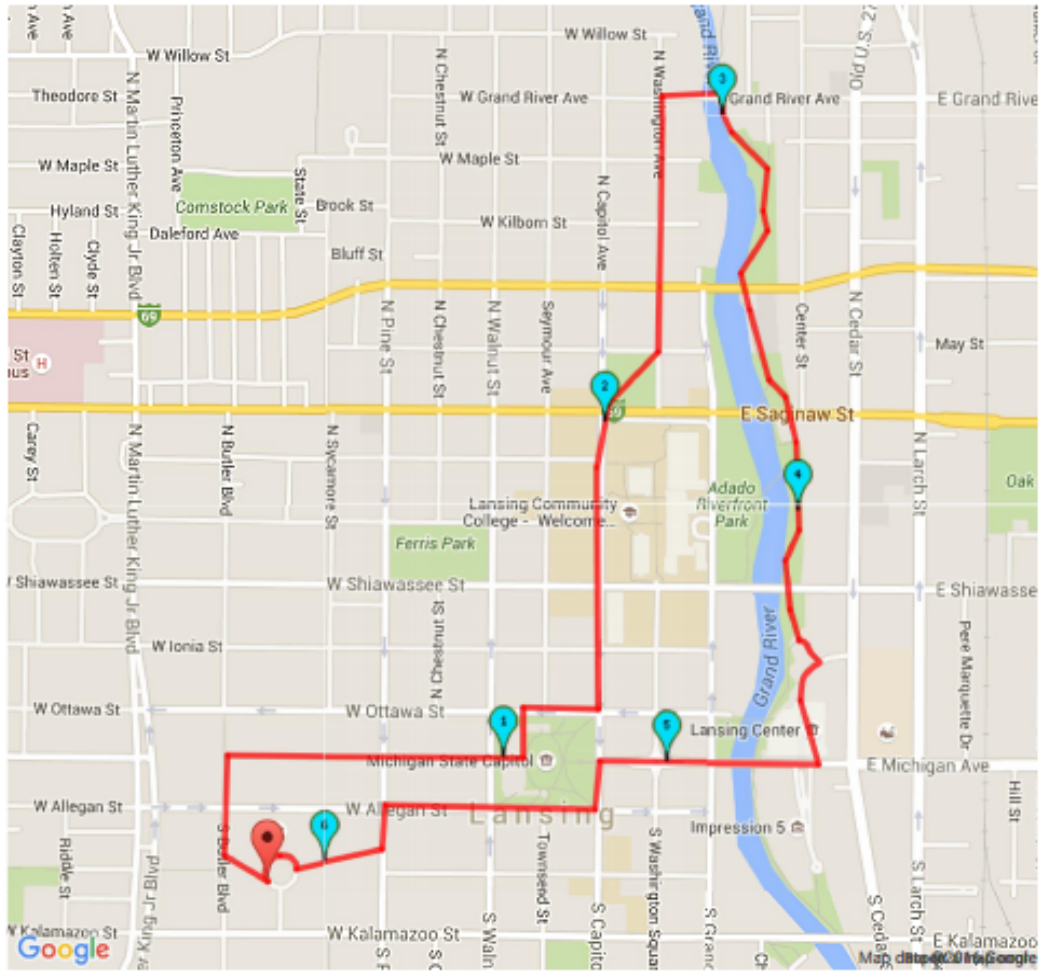
1. Outside the museum front door, take the sidewalk to the right and follow the right fork to South Butler sidewalk.
2. Cross Allegan Street and continue straight on the sidewalk. The Michigan Hall of Justice is on your left and the Michigan Vietnam Memorial Monument is on your right.
3. **RIGHT** on the sidewalk that passes the Michigan Vietnam Memorial Monument and walk toward the Capitol to the end of the sidewalk.
4. Behind the Capitol, **LEFT** on the sidewalk just before the construction fence then down the stairs to Ottawa Street.
5. **RIGHT** onto Ottawa Street sidewalk.
6. **LEFT** onto Capitol Avenue (@ 1<sup>st</sup> traffic light).
7. Walk three blocks on Capital Ave. to Genessee St.
8. Cross Capital Ave. at Genessee crosswalk.
9. **LEFT** from crosswalk and continue along opposite side of Capital Ave.
10. Cross Saginaw St. and enter Durant Park.
11. Walk diagonally through Durant Park, to the corner of Washington Ave. and Madison St.

12. **LEFT** on Washington Ave and go four blocks to Caesar Chavez (Grand River Ave.) Cross Caesar Chavez Ave. *Old Town is the original center of Lansing* **RIGHT** on Caesar Chavez Ave. and walk to Sir Pizza.
13. Outside Sir Pizza descend the spiral staircase to the boardwalk then turn left and follow the boardwalk under the bridge. *NOTE: If flooded, go past Sir Pizza and turn right. Walk through the Clark Hill parking lot and go left on the paved trail to the left of the Brehnke Fish Ladder.*
14. Follow the boardwalk until you see the River Trail. Follow the River Trail which meanders along the side of the river for about two kilometers. Do not turn off the River Trail, do not cross the river, keep following the river trail until you reach the Lansing City Market. If open, the City Market has bathrooms inside.
15. After visiting the City Market return to the river trail sidewalk and continue following the river until you reach the stairs at the foot of the first bridge you come to – the Michigan Avenue Bridge.
16. Ascend the stairs to Michigan Avenue and cross the bridge going towards the Capitol building.
17. Continue on Michigan Avenue three blocks to the sidewalk in front of the State Capitol lawn.
18. **LEFT** in front of the State Capitol and walk to the corner of the lawn at W. Allegan St.
19. **RIGHT** on W. Allegan St and walk two blocks to W. Pine St.
20. **LEFT** on W. Pine St and walk to the sidewalk that veers off to the right.
21. **RIGHT** onto the sidewalk and follow it back to the start point – the Michigan Historical museum.



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Route: 532731 Distance: 6.20 Kilometers



[www.MapPedometer.com](http://www.MapPedometer.com)

## LANSING MICHIGAN

### AVA 10k Directions

*These instructions may be used only by individuals who have received and signed the AVA Athletic Waiver covering this event. If you have a question about the instructions, call Rob Weaver at 616-745-9627.*



In case of emergency, please call 911.

Special Programs:

**State Capitols Program** – Lansing, MI

**Walking the USA, A-Z** – Lansing.

**Rockn' Around the Clock**

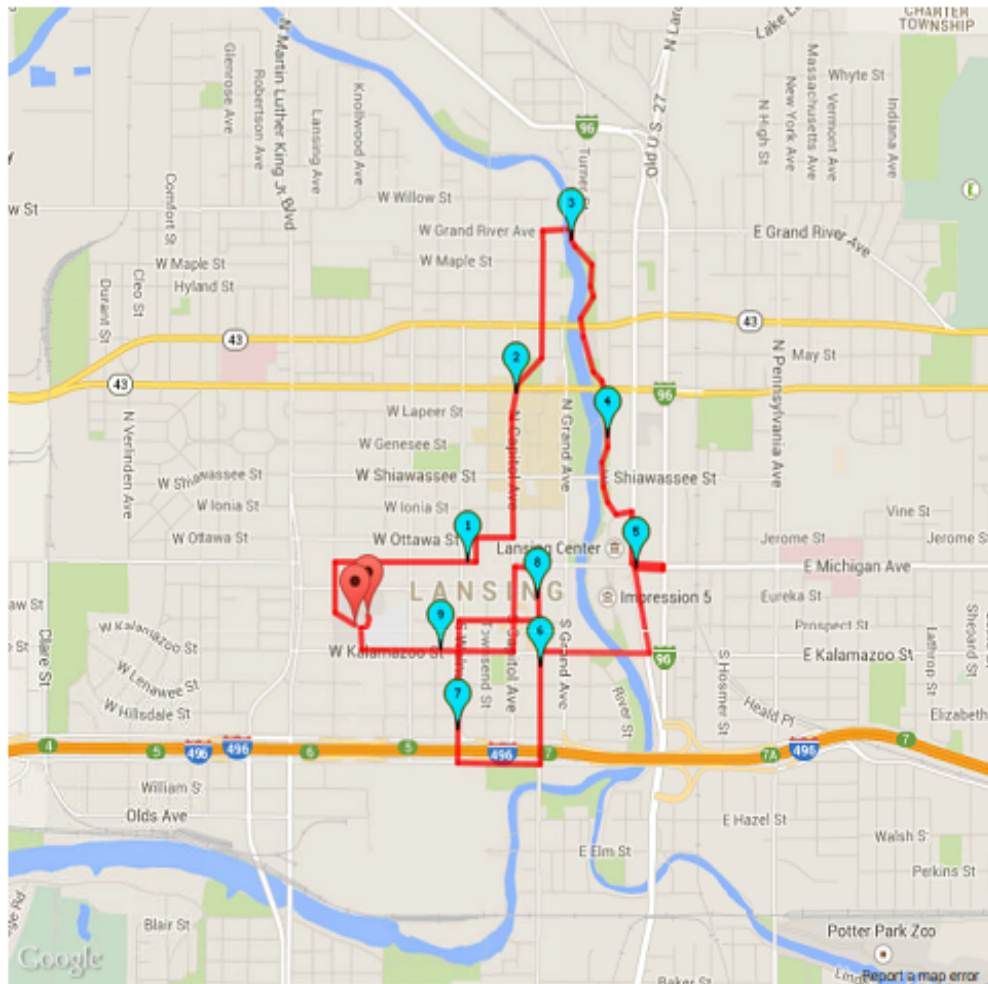
1. From outside the museum front door, take the sidewalk to the right and follow the right fork to South Butler sidewalk.
2. Cross Allegan Street and continue straight on the sidewalk. The Michigan Hall of Justice is on your left and the Michigan Vietnam Memorial Monument is on your right.
3. **RIGHT** on the sidewalk that passes the Michigan Vietnam Memorial Monument and walk toward the Capitol to the end of the sidewalk.
4. Behind the Capitol, **LEFT** on the sidewalk just before the construction fence then down the stairs to Ottawa Street.
5. **RIGHT** onto Ottawa Street sidewalk.
6. **LEFT** onto Capitol Avenue (@ 1<sup>st</sup> traffic light).
7. Walk three blocks on Capital Ave. to Genesee St.
8. Cross Capital Ave. at Genesee crosswalk.
9. **LEFT** from crosswalk and continue along opposite side of Capital Ave.
10. Cross Saginaw St. and enter Durant Park.
11. Walk diagonally through Durant Park, to the corner of Washington Ave. and Madison St.
12. **LEFT** on Washington Ave and go four blocks to Caesar Chavez (Grand River Ave.) Cross Caesar Chavez (Grand River Ave.) *Old Town is the original center of Lansing*

13. **RIGHT** on Caesar Chavez (Grand River Ave.) and walk to Sir Pizza.
14. Outside Sir Pizza descend the spiral staircase to the boardwalk then turn left and follow the boardwalk under the bridge. *NOTE: If flooded, go past Sir Pizza and turn right. Walk through the Clark Hill parking lot and go left on the paved trail to the left of the Brehmke Fish Ladder.*
15. Follow the boardwalk until you see the River Trail. Follow the River Trail which meanders along the side of the river for about two kilometers until you reach the Lansing City Market. If open, The City Market has bathrooms inside.
16. **LEFT** after the City Market and go to Cedar St. then **RIGHT** onto Cedar St. and walk past Cooley Law School Stadium.
17. **LEFT** at Michigan Ave and walk to Larch St. then cross Michigan at Larch St then **RIGHT** and return on Michigan to Cedar St., passing by the Convention and Visitors Center.
18. **LEFT** on Cedar St to pass by lug nut smokestack and Water Department and its solar array.
19. **RIGHT** on Kalamazoo Street.
20. **LEFT** on Washington Street.
21. Cross overpass bridge then **RIGHT** on Malcom X St, follow sidewalk past the Women's Historical Center and General Motors plant.
22. **RIGHT** on Walnut St at GM entrance.
23. **RIGHT** on Washtenaw Street.
24. **LEFT** on Washington Square.
25. **LEFT** on Michigan Ave.
26. **LEFT** on Capitol Ave passing Capitol again.
27. **RIGHT** on Kalamazoo and return to Michigan Historical Museum.



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Route: 356147 Distance: 9.57 Kilometers



[www.MapPedometer.com](http://www.MapPedometer.com)

## After Walking Lansing Michigan – Y0953

Be sure to log back into <http://my.ava.org> > my account > finish table to log your walk as completed

### Information about Lansing

- Michigan History Center <https://www.michigan.org/property/michigan-history-center>
- Food and Lodging <https://lansingdowntown.com/>
- The Michigan State Capitol <http://www.capitol.michigan.gov/>





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