

INSTRUCTIONS for Fort Rock 5/10 km walks

Lake County

5 KM and 10 KM Rated 1A – Stamp # Y1476

Walk Start Location: 64651 Fort Rock Road, Fort Rock, OR

GPS Coords: 43.35 – 121.0

Restrooms available at Start

DRIVING DIRECTIONS: From Bend, OR take Hwy 97 south to La Pine. South of La Pine (1.9 miles) LEFT onto OR 31 S/Hwy Fremont about 29 miles. LEFT onto County Rd 5-10 (Ft Rock Rd) for 6 miles to (follow signs to Ft Rock State Park. Park should be in clear view on your left now). LEFT onto County Road 5-11. (Cabin Lake Road). LEFT onto County Road 5-11A (Cow Cave Lane). RIGHT into State Park (no fee) Park in lot (restrooms available here). To tour the Ft Rock Cave, call 1-800-452-5687 for reservations.

PARK: Use State Park Parking Lot

Walk completion and Credit: Be sure to log back into the OSB to finish/complete your online registration after doing the event. The OSB system does not deduct any event fee from a participant's Event Bank until they have submitted event completion info including the event was walked, the distance walked, and the selection of applicable special programs that person is participating in. (Nevertheless, a fee of \$2 for a download PDF is deducted from the user's Event Bank when the PDF is downloaded. Later, any PDF fees are credited back to a user's Event Bank when he/she submits the event completion info as a paying for credit participant. Note, however, the \$2 coupon for the downloaded PDF will expire in 60 days).

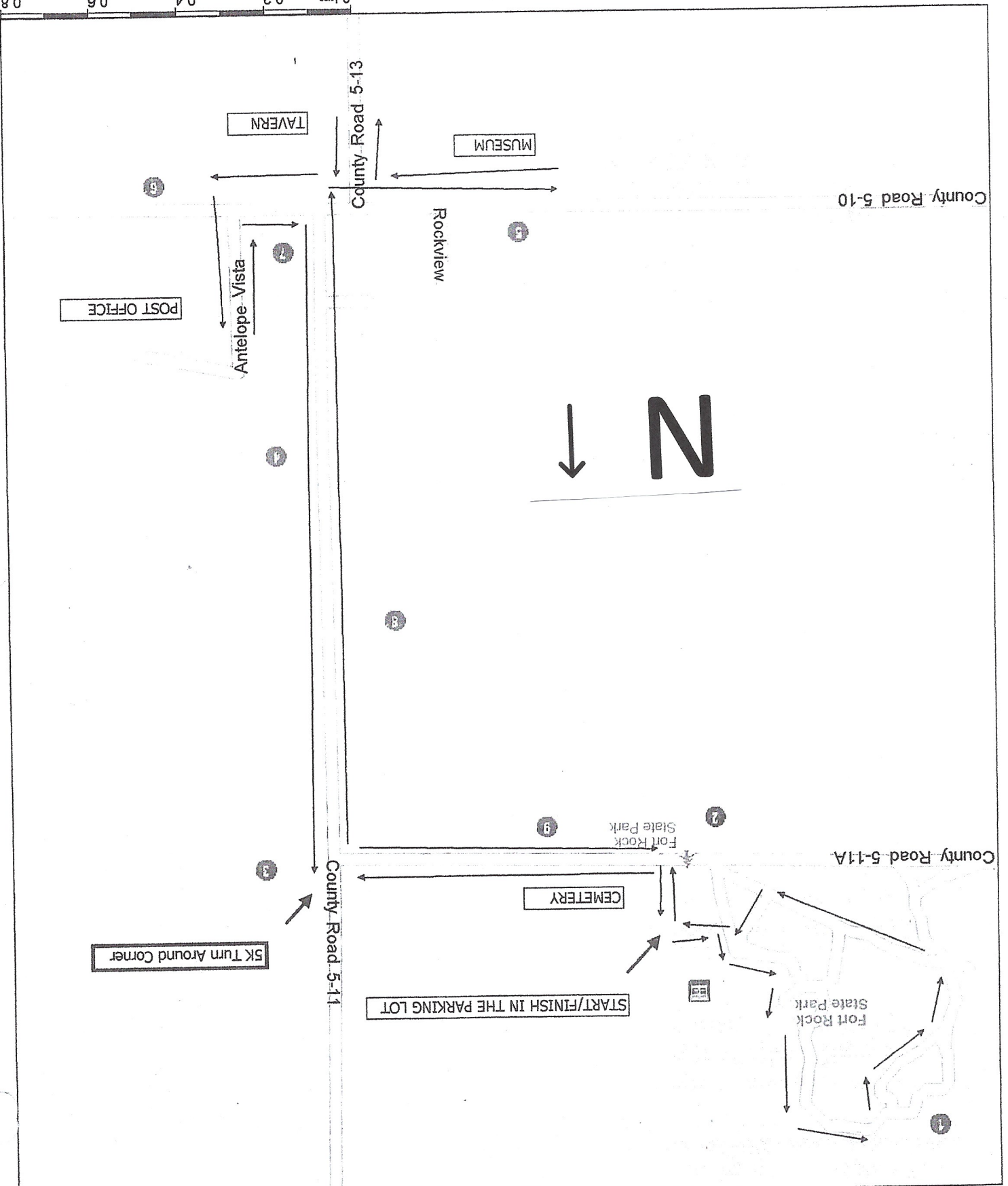
These walking instructions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited. For emergencies: contact 911. Walk owner is Martha Korff and she can be reached at 503-369-9906.

FORT ROCK 5 KM and 10 KM – Stamp #1476

Lake County

<p>5K WALKERS TURN AROUND HERE and walk back to the Cemetery. Right into the cemetery and walk the outside perimeter of the cemetery. RIGHT on County Rd 5-11A to RIGHT at entrance to Ft Rock Entrance Rd to pass the covered shelter area to plaques on the Rocks. Then return to your vehicle and FINISH.</p> <p>11. Cross then RIGHT on County Road 5-10/Ft Rock Rd to the Fort Rock Museum. Walk to last building. (See map 4 km)</p> <p>12. At the last museum bldg, turn around to Pitcher Rd/County Rd 5-13 (5 km)</p> <p>13. RIGHT on Pitcher Rd/County Road 5-13 to last building (tavern). Turn around and return to Fort Rock Road/County Road 5-10</p> <p>14. Cross then RIGHT on Ft Rock/County Rd 5-10 to Antelope Vista (6 km)</p> <p>15. LEFT on Antelope Vista to Post Office</p> <p>16. Turn around at Post Office and return to Ft Rock Rd/County Rd 5-10 (see map for 8 km)</p> <p>17. RIGHT on Ft Rock Rd/County Rd 5-10 to Cabin Lake Rd/County Rd 5-11 (7 km)</p> <p>18. RIGHT on Cabin Lake Rd/County Lake Rd 5-to Cow Cave Lane/County Road 5-11A</p> <p>19. LEFT on Cow Cave Land/County Road 5-11A to Entrance to Fort Rock (9 km)</p> <p>20. RIGHT into Entrance of Ft Rock Park to Parking log/restrooms and finish</p>	<p>1. With your back to restrooms, walk across the parking lot to a gate.</p> <p>2. Walk to the RIGHT of the gate and up the hill on the main trail and keep RIGHT as trail turns RIGHT to a view point dead end.</p> <p>3. At the view point turn around and continue walking counter clockwise, keeping the caudron/wall on your RIGHT to the large lonely rock.</p> <p>4. Walk around the large rock keeping it on your left to a smaller trail that goes downhill (1 km)</p> <p>5. Stay on main trail that goes around the lower inside of Fort Rock. Do not go up or near the top of the caudron/wall.</p> <p>6. When you come to a junction one trail goes up hill, stay LEFT and take 3 steps and another trail is on your right. Keep LEFT. (The map may help here.) Many paths go off this diagonal trail. Continue straight, until you see several RED rocks on the ground. Turn LEFT. You are headed back to the restrooms. Restrooms/Parking lot RIGHT out entrance road to County Road 5-11A</p> <p>8. Restrooms/Parking lot RIGHT out entrance road to County Road 5-11A</p> <p>9. LEFT on County road 5-11A (Cow Cave Rd) Cemetery on left and continue to County Road 5-11 (Cabin Lake Rd) (2 km)</p> <p>10. RIGHT on County Road 5-11 (Cabin Lake Rd) back to the city of Fort Rock (3 km)</p>
---	---

Fort Rock Oregon 5 & 10K



Copyright © and (P) 1988-2012 Microsoft Corporation and/or its suppliers. All rights reserved. http://www.microsoft.com/streets/ Certain mapping and direction data © 2012 NAVTEQ. All rights reserved. The Data for areas of Canada includes information taken with permission from Canadian authorities, including: © Her Majesty the Queen in Right of Canada, © Queen's Printer for Ontario, NAVTEQ and NAVTEQ ON BOARD are trademarks of NAVTEQ. © 2012 Tele Atlas North America, Inc. All rights reserved. Tele Atlas and Tele Atlas North America are trademarks of Tele Atlas, Inc. © 2012 by Applied Geographic Solutions. All rights reserved. Portions © Copyright 2012 by Woodall Publications Corp. All rights reserved.