



Sinks Canyon State Park 5k/10k Volksmarch - Y1639

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Sponsored by the Buffalo Pathfinders, Buffalo, WY



Walk Registration:

WEB REGISTRATION ONLY using the ava Online Start Box (<https://my.ava.org>). Follow the instructions provided to create a user account and sign the AVA waiver (one time). Instructions for payment are also included. Download the directions and print as needed. The POC does not provide event directions or accept alternate payment methods.

Walk Completion and Walk Credit:

Once you have physically completed the walk, please login to your Online Start Box account click on the “My Start Box” tab, then the “Finish Table” tab, then click on “Go to Finish Table” button for the event you have completed. Use the displayed entry form to submit the date and distance of your walk as well as select applicable AVA Special Programs to generate stamped “virtual” insert cards that you may choose to print out.

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Use the following table to guide what portion of this document you may wish to print out.

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Walking Directions for Sinks Canyon State Park Volksmarches

Start/Finish: Sinks Canyon State Park, 3079 Sinks Canyon Road, Lander, WY 307 332-3077 / 6333

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

Driving Directions: From downtown Lander, take S 5th St to WY-131 S which will take you to Sinks Canyon State Park.

Safety information: Walk facing traffic while on the highway. Your cell phone or GPS may not work in this region. Weather is unpredictable so use layered clothing. Air is dry, often with humidity in the single digits, so carry and drink plenty of water. Sunburn is a hazard in high altitude, so use sunscreen and wear a hat. Never approach wild animals, no matter how harmless and cute looking.

Restrooms:

Rest room facilities are available at the Visitor Center.



In case of Emergency: Dial 911
Event related assistance:
Lois Petersen 307 684-9160

Emergency Numbers:

5k Route

1. Once you have arrived at Sinks Canyon State Park, stop at the Visitor Center for great information about the park and to use the restroom. No other restroom facilities are available on this trail.
2. Drive to Bruces Parking area on the Shoshone National Forest (3 miles up the road from the Sinks Canyon State Park Visitor Center). Park in the large lot on the left and take the footbridge across the river to the Popo Agie Falls Trailhead kiosk. You can expect spectacular canyon, river and mountain views along the way up the trail.
3. The first $\frac{1}{4}$ mile of the hike is **easy**, the next $\frac{3}{4}$ is **moderate** (rocky trail/elevation gain). The trail is rocky and narrow in places. You will gain over 660 feet of elevation over the course of the mile and a half hike. The elevation of the falls is 7800 feet.
4. When you reach the falls, enjoy the great scenery and then return on the same trail to Bruces Parking Area.

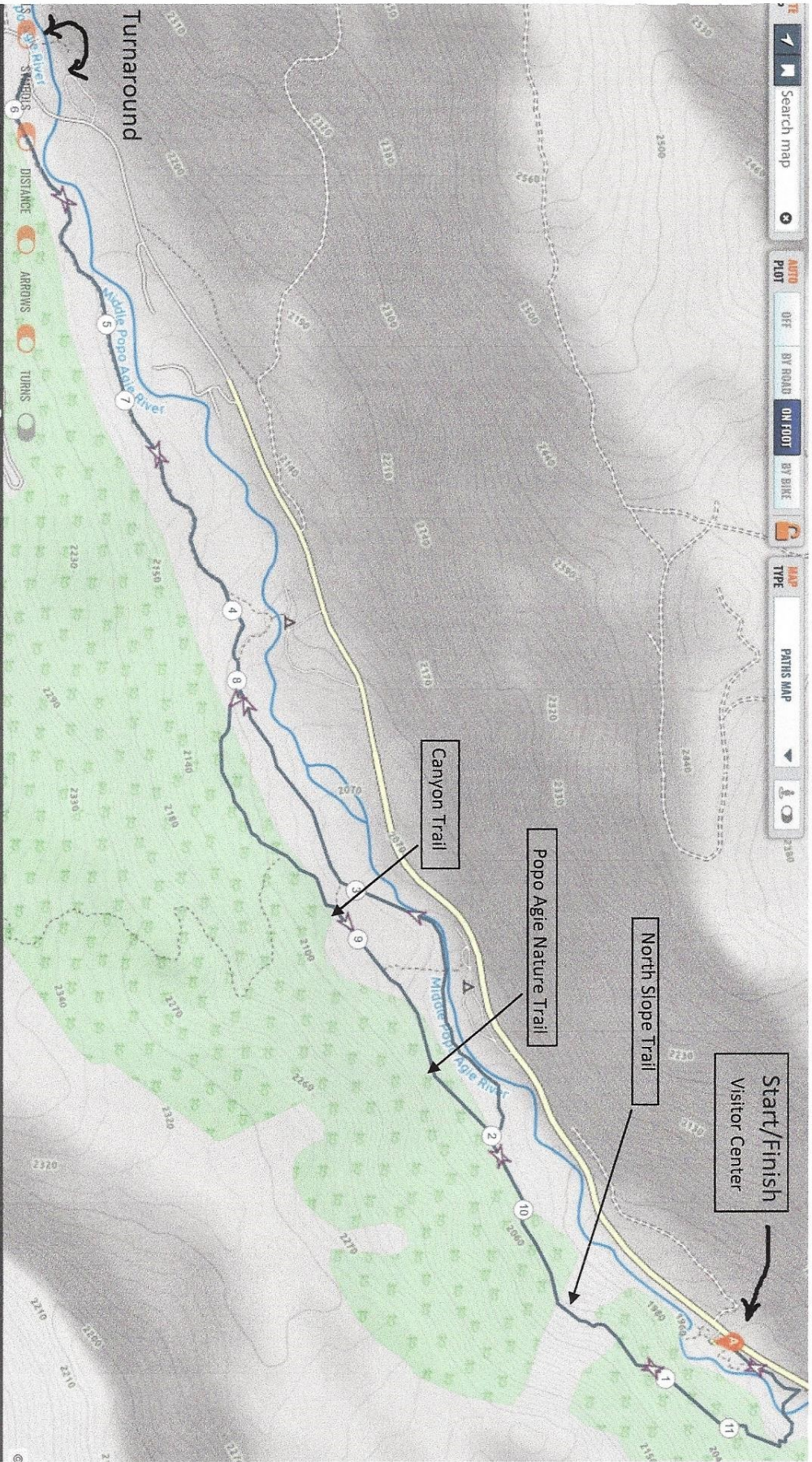
10k Route

1. **Note: This trail is narrow and steep with no restroom facilities once you leave the Visitor's Center.** After parking at the Visitor Center, walk north on the trail toward the Overflow Channel, and turn right to walk on the North Slope Trail.
2. In one mile North Slope Trail will meet Popo Agie Nature Trail. This is a loop trail, so for now veer right on the northern fork.
3. Follow this trail until you arrive at the northern section of the Canyon Trail loop.
4. Follow the Canyon Trail staying right until you reach the turn-around point - marked on the map.
5. Go SE on the loop and stay right until you arrive again at the Popo Agie Nature Trail which you will follow back to the North Slope Trail and then to the Visitor Center.

Sinks Canyon 5K Route up Popo Agie Falls



Sinks Canyon 10K Route



AVA Special Programs	Years	
Airports—Celebrating American Flight	2020-2023	
Border Crossing	2014-2023	
Carousels	2019-2022	
Little Free Libraries	2019-2022	
Mayflower—400th Anniversary Walk	2020-2023	
Rockin' Around the Clock	2020-2023	
Underground Railroad	2017-2020	
AV National Programs		
50 States/51 Capitals	(no end date)	5k/10k
Walk the USA	(no end date)	5k/10k