

**WELCOME TO THE
GRAND COULEE - TOWN AND DAM - SEASONAL WALK Y1921**

In Grant, Douglas and Okanogan Counties, Washington

Upper 5K (Grant County only) is rated 3A due to hills and stairs

Lower 5K (All 3 Counties) is rated 1B

Central Washington Sun Striders

This on-line packet contains the following 10 files of information:

1. This informational page.
2. ESVA and AVA Challenges for 2021.
3. Driving directions to the walk start and supplemental info.
- 4 and 5. Walk directions and map for the two (upper and lower} 5K walk routes (2 files).
6. A picture of two patches that are for sale for \$1 each. These are leftovers from a long ago ESVA challenge contest. Contact POC by email if interested in purchasing them.
- 7 and 8. A CWSS brochure of club sponsored walks in Central Washington (2 files).
- 9 and 10. Grand Coulee Dam Stats and Facts (2 files).

Thanks for participating and we hope you enjoy your walk in Grand Coulee and Coulee Dam.

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Grand Coulee Driving Directions and Supplemental Info

Driving Directions to Walk Start - Grand Coulee Dam Visitor Center - Lincoln Avenue and SR 155 North, Grand Coulee, Wa. 99133.

Westbound from Spokane area: West on US 2 to Wilbur. North on SR 174 to Grand Coulee. North on SR 155 to the visitor center.

Eastbound from Seattle area: East on I-90. Take exit 151. North on SR 283 and SR 28 to Soap Lake. North on SR 17 to US 2. East on US 2. North on SR 155 to the visitor center.

Parking Info

All visitor center parking lots are open both above and below the center. See restroom info below.

Restroom Information and alternate start point

Restrooms are available in the Visitor Center when it is open. During the covid pandemic which included all of the 2020 summer season, the visitor center was closed which meant that the restrooms in the center were unavailable for use. If the center is open, the restrooms should be available for use. For the 2021 season and beyond, if the center is closed, the only available restrooms along the walk routes are at the casino across the river in Coulee Dam which is along the Lower 5K route. The casino address is: 515 Birch Street, Coulee Dam, WA. 99116. If you want to start your walk at the casino, start with walk direction #34. If the visitor center is closed, there are no restrooms along the upper 5K route.

Grand Coulee Patches (see pdf file #6)

PDF #6 has a picture of two Grand Coulee event patches from a long ago ESVA County challenge. They are for sale for \$1 each. Contact the POC by email if interested in purchasing them.

GRAND COULEE, WA. 5 km & 10 km SEASONAL WALKS Y1921 CENTRAL WASHINGTON SUN STRIDERS - RATED 1B and 3A

NOTE: This 10 km walk consists of the Upper Grand Coulee Dam 5 km walk and the lower Coulee Dam Historic City 5 km walk. Each can be walked separately or combined for 10 km.

Upper Grand Coulee Dam 5 km (Grant County only) - Rated 3A

THIS 5K IS NOT SUITABLE FOR WHEELCHAIRS OR

STROLLERS due to short steep hill and a flight of stairs. Water at start point only for this 5K.

1. Leave visitor center and follow sidewalk **straight** ahead (parking lot on your right).
2. Follow sidewalk along parking lot curve to end of rock wall. Take paved path **uphill** - steep path for 800 ft. that **zigzags** to a flight of stairs.
3. Take stairs **up** to parking lot and overview area of the power plants.
4. Continue on sidewalk **uphill** to parking lot at pump-generating plant. (1 km at grassy tree area on right)
5. Pass the dam and the water pumping plant and turn **LEFT** on sidewalk at bust of F. D. Roosevelt to plaque overlooking lake.
6. Turn **RIGHT** and **return** on sidewalk to road.
7. Turn **LEFT** and continue **uphill** past parking lots. At end of second parking lot (opposite Grand Coulee Admin Office) follow paved path at left of guardrail.
8. Pathway **continues** and overlooks Crescent Bay on left. (2 km opposite yellowish-green building on your right with 7 windows).
9. **Cross** the gravel road that goes into the bay area and **continue** along the highway into the roadside park to view the flagpoles.
10. Turn **around** and **return** on same path and sidewalks to visitors center. Do not walk into FDR overlook on way back.

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

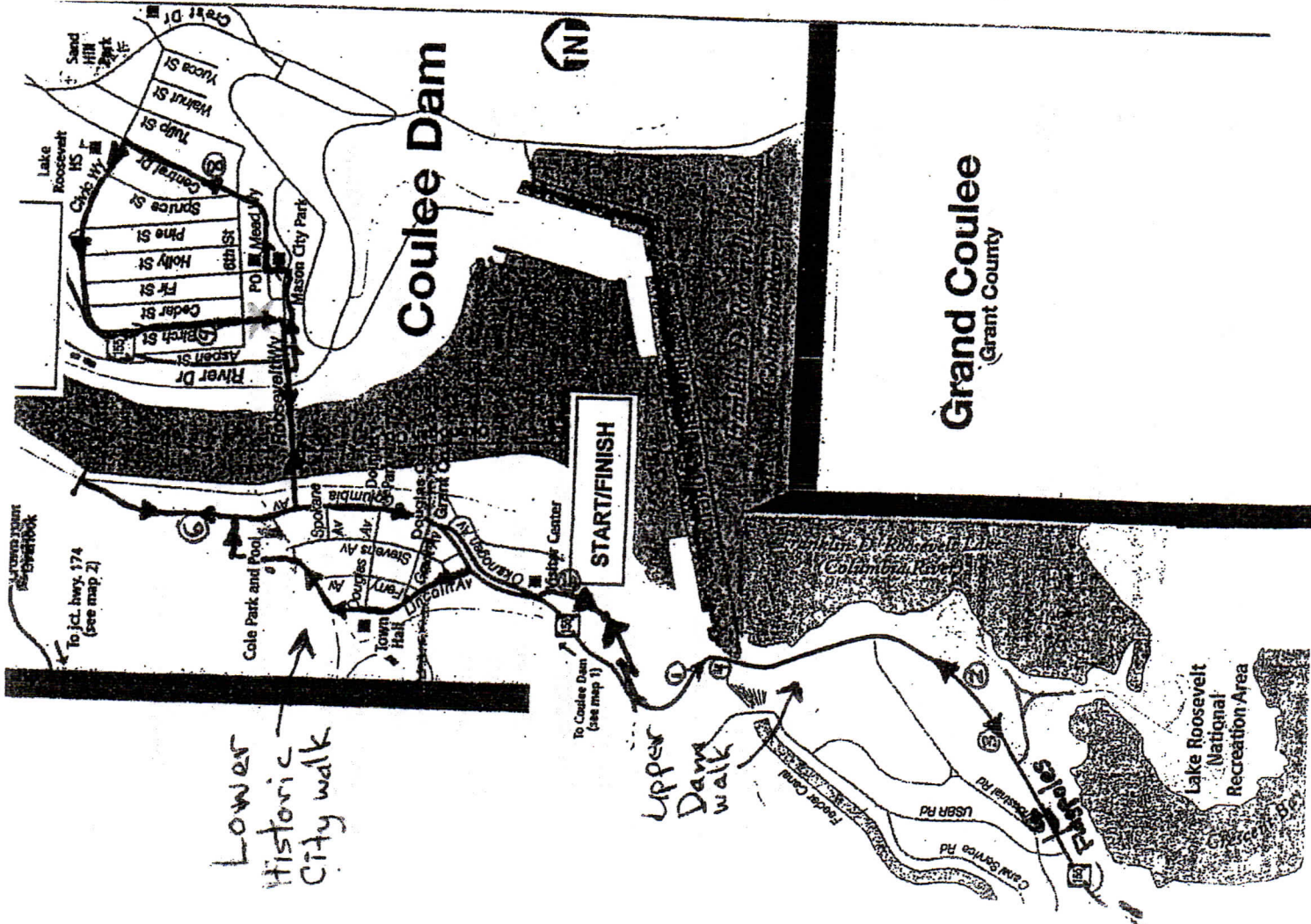
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If there is an Emergency, call 911. If the visitor center is closed, restrooms may only be available across the river at the casino in Coulee Dam.

Lower Historic City 5K (Grant, Douglas and Okanogan Cos. Rated 1B.

11. Leave visitor center, turn **RIGHT** towards the highway. Follow sidewalk and **cross** SR 155 at crosswalk next to visitors center.
12. Turn **RIGHT** and follow sidewalk to first road on left (Lincoln Ave. - no street sign) (Notice "Government Camp" Historic sign)
13. Turn **LEFT** onto Lincoln, go past the Columbia River Inn, and **continue uphill** past town hall (large white building). "Admin Building" H.S. Across street is "Dormitories for Single Employees" H.S.
14. **Continue** across parking lot to "Train Tunnel" H.S.
15. Turn **RIGHT** and **proceed** down hill to historical sign marker (Cole Park).
- 16 Turn **LEFT** and **cross** wooden walk bridge to Cole Park, named in honor of first mayor of Grand Coulee City.
17. Walk halfway around marker and **continue** towards "Columbia School" H.S.
18. Turn **RIGHT** to street, then **LEFT** at stop sign at Columbia Ave. (1 km at 409 Columbia Ave. across street).
19. **Proceed** to "Candy Point Trail H.S. marker near end of street.
20. Turn **RIGHT** and cross street, then turn **RIGHT** again to continue back towards town on Columbia Avenue.
21. **Follow** sidewalk to bridge, turn **LEFT** and **cross** the bridge over the river. (Placards on history of area on the bridge).
22. **Continue** to stoplight; **cross** River Drive in crosswalk, then turn **RIGHT** and cross Roosevelt Way in crosswalk.
23. Turn **RIGHT** and **proceed** a short way towards the bridge.
24. Turn **LEFT** at Downriver Trail sign, then **LEFT** again. (2 km at gully bridge).
25. **Continue** on trail, **pass** flagpole and "After Work" statue. At statue, turn **RIGHT** and **continue uphill** on paved path to Roosevelt Way.
26. Turn **RIGHT** (Do not cross Roosevelt) following sidewalk to double cyclone fence gates.
27. Turn **LEFT**, **cross** Roosevelt, and **follow** sidewalk along park (Fir Street).



28. Turn **RIGHT** on Mead Way. ("Mason City Park" H.S.) Restrooms at Info Center.

28. **Continue** along Mead until it angles **LEFT** and becomes Central Drive.

29. **Follow** Central Dr. past historic church on right (*made of natural rock from the Coulee area*).

30. **Cross** 6th at the crosswalk. Spruce St appears to go straight while Central Drive veers a little to the right. **Continue** on Central Drive.

31. At Civic Way, turn **LEFT** and cross Central. **Continue** on Civic Way opposite Lake Roosevelt High School.

32. **Continue** downhill on Civic Way to Cedar Street. (5 blocks). (3 km at Civic Way and Spruce St.)

33. **Cross** Cedar Street and **follow** sidewalk around corner to Birch Street.

34. Turn **LEFT** on Birch and **proceed** uphill to Roosevelt Way.

35. **Cross** Roosevelt at crosswalk and **follow** paved path (Downriver Trail) to the right and go past the flagpole. (4 km at flagpole).

36. **Continue** on paved path back to Roosevelt Way. Turn **LEFT** and cross the bridge over the river. (*Placards on bridge about dam construction*).

37. Turn **LEFT** at end of bridge onto sidewalk on Columbia Ave (unmarked).

38. **Continue** along Columbia Ave (**Pass** Douglas Park on left) almost to an entrance road that goes into a parking lot for viewing the dam.

39. Angle **LEFT** on the paved path to go to a brown "dog on leash" sign and then turn **RIGHT** and carefully **cross** the entrance road (no crosswalk). **USE CAUTION AS CARS MAY NOT STOP.**

40. Turn **RIGHT** on the sidewalk and **proceed** around the curve to the left and uphill along Okanogan Ave. (Hwy 155) back to the Visitor's Center (5 km).

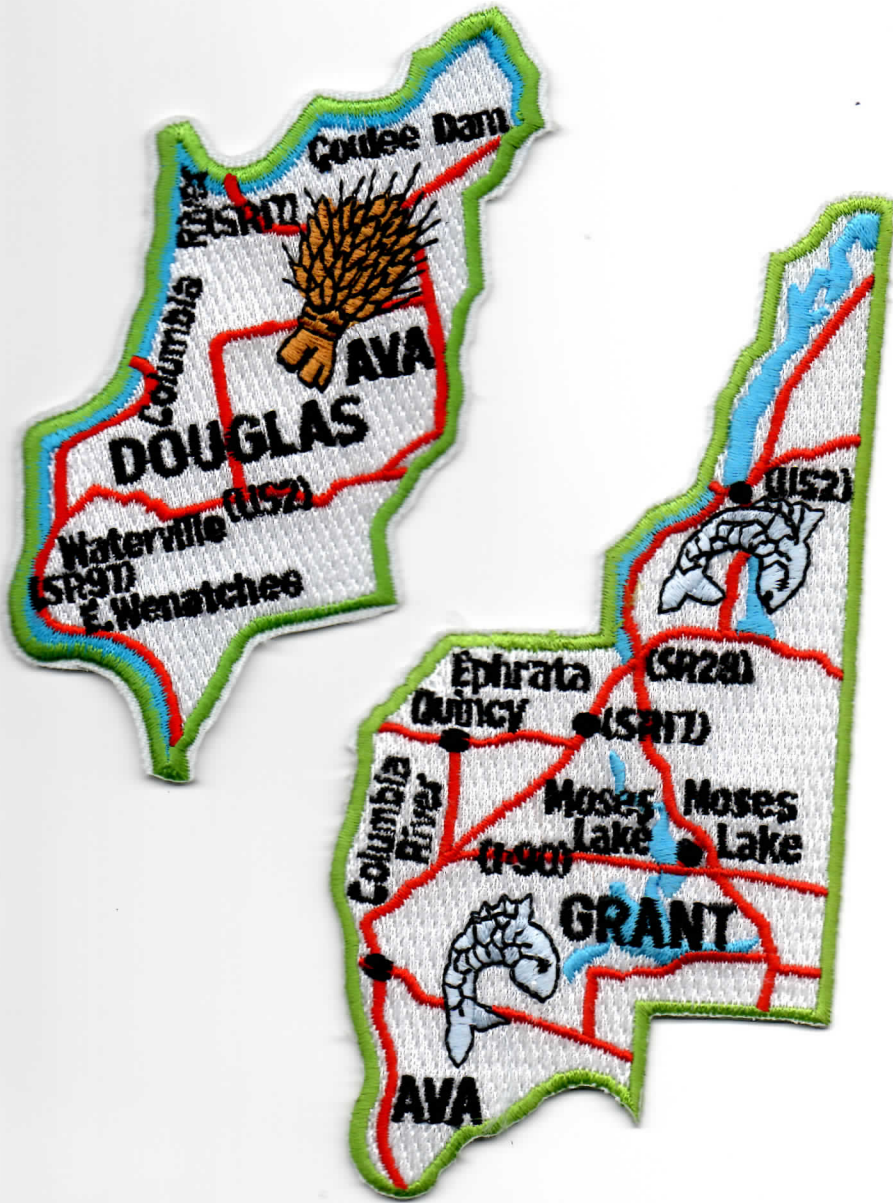
Thank you for walking our Grand Coulee walk.

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.

Grand Coulee
Grant County

Lake Roosevelt
National
Recreation Area



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.

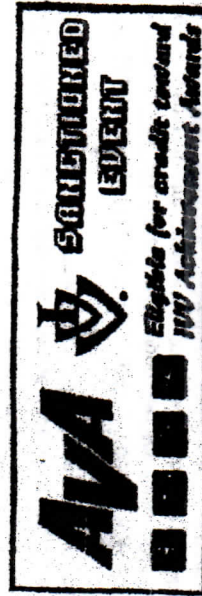
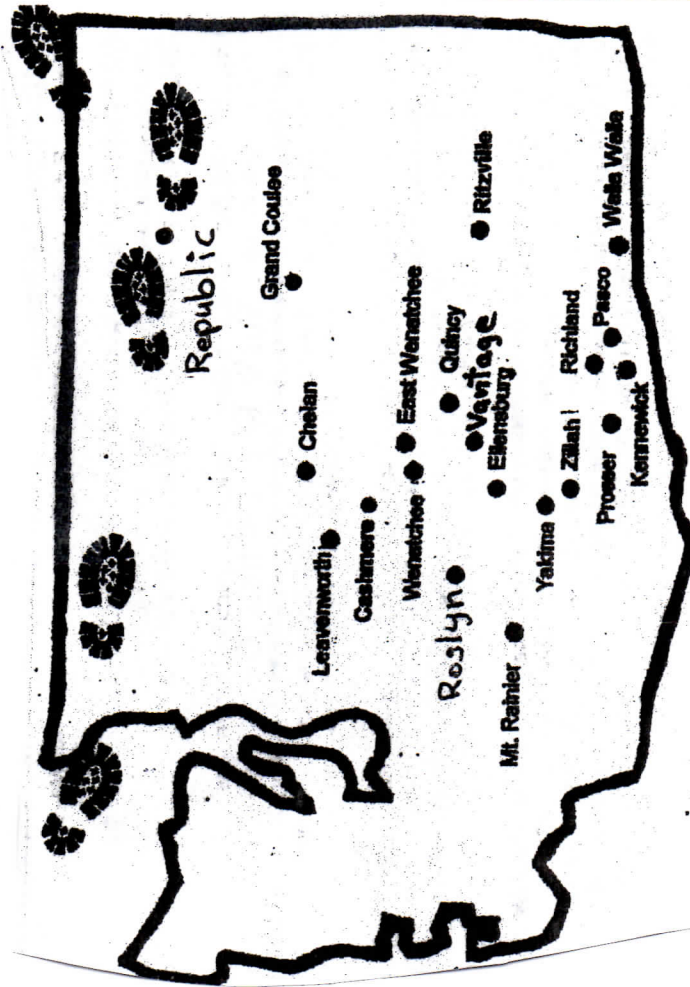
Comments can be sent to Central Washington Sun Striders,
PO Box 10523, Yakima WA 98909; or our email address:
centralwasunstriders@gmail.com

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. Umpquan 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. Umpquan 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.

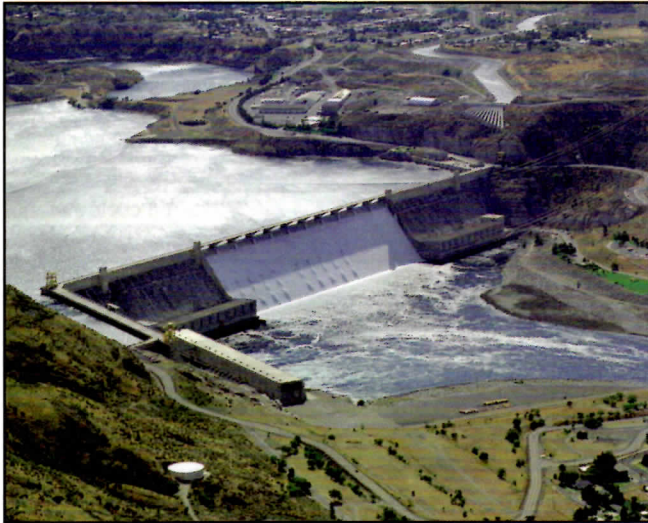
ROSLYN - Suncadia Resort Trails - Kittitas Co. Y1599 5K & 11K

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.

Grand Coulee Dam Statistics and Facts



How big is Grand Coulee Dam?

Grand Coulee Dam is one of the largest concrete structures in the world. It contains nearly 12 million cubic yards of concrete.

What could you build with 12 million cubic yards of concrete?

You could build a sidewalk four feet wide and four inches thick and wrap it twice around the equator (50,000 miles). You could build a highway from Seattle, Washington to Miami, Florida. You could build the Grand Coulee Dam, one of the modern wonders of the world.

What are the holes in the face of the dam?

Those little holes are 8.5 feet in diameter — you could fit a standard size truck in one of them. They are used to discharge water through the dam when the elevation of the water in the lake is lower than the drum gates at the top of the spillway.

For more information

For more information call the visitor center at (509) 633-9265 or visit <http://www.usbr.gov/pn/grandcoulee/>.

Which dam generates the most electricity?

Grand Coulee Dam is the largest hydropower producer in the United States with a total generating capacity of 6,809 megawatts. It is the fourth largest producer in the world. The top producing dams are Three Gorges Dam in China at 20,000 megawatts, Guri Dam in Venezuela at 10,000 megawatts, and the Itaipu Dam on the border of Paraguay and Brazil with 12,500 megawatts.

	Grand Coulee Dam	Hoover Dam
Type of Dam	Gravity Dam	Gravity-Arch Dam
Operating Agency	Bureau of Reclamation	Bureau of Reclamation
Total Generating Capacity	6,809 megawatts	2,078 megawatts
Location	Washington State	Nevada/Arizona
Dates of Construction	1933-1941	1931-1936
Height of Dam	550 feet	726 feet
Length of Dam	5,223 feet	1,244 feet
Concrete	11,975,521 cubic yards	3,250,000 cubic yards
Purposes and Benefits	Purposes and benefits of both dams include flood control and river regulation, water storage and delivery (including irrigation), power generation, recreation, and fish and wildlife.	

GRAND COULEE DAM	ENGLISH UNITS	METRIC UNITS
Total Length of Dam (axis)	5,223 feet	1,592 meters
Length of Main Dam	3,867 feet	1,178 meters
Length of Forebay Dam	1,170 feet	356 meters
Length of Wing Dam	186 feet	56 meters
Height Above Bedrock	550 feet	167 meters
Height Above Original Streambed	401 feet	122 meters
Spillway Width	1,650 feet	503 meters
Total Concrete Content	11,975,521 cubic yards	9,155,944 cubic meters
Original Dam, Power and Pumping Plants	10,585,000 cubic yards	8,092,815 cubic meters
260 feet (79.2 meters) of Dam Removed	30,942 cubic yards	23,657 cubic meters
Forebay Dam and Wing Dam	663,939 cubic yards	507,618 cubic meters
Third Powerplant and Miscellaneous	757,524 cubic yards	579,169 cubic meters
Total Excavation, Common	38,574,503 cubic yards	29,492,329 cubic meters
Total Excavation, Rock	7,062,629 cubic yards	5,399,768 cubic meters
Maximum Concrete Pour, 1 month	536,364 cubic yards	410,080 cubic meters
LEFT POWERPLANT		
Main Unit Turbines G-1 through G-6	150,000 horsepower	111,855 kilowatts
Main Unit Turbines G-7 through G-9	165,000 horsepower	123,040 kilowatts
Main Unit Generators	125 megawatts	125 megawatts
Station Service Turbines	14,000 horsepower	10,440 kilowatts
Station Service Generators	10 megawatts	10 megawatts
RIGHT POWERPLANT		
Main Unit Turbines (9)	165,000 horsepower	23,040 kilowatts
Main Unit Generators (9)	125 megawatts	125 megawatts
THIRD POWERPLANT		
Main Unit Turbines G19 - G21 (3)	820,000 horsepower	611,753 kilowatts
Main Unit Generators G19 - G21 (3)	600 megawatts	600 megawatts
Main Unit Turbines G22 - G24 (3)	1,053,900 horsepower	786,209 kilowatts
Main Unit Generators G22 - G24 (3)	805 megawatts	805 megawatts
PUMP GENERATOR PLANT		
Pump to Lift to Feeder Canal	280 feet	85 meters
Pumps (6)	65,000 horsepower	48,470 kilowatts
Pumping Capacity	1,605 cubic feet per second	45 cubic meters per second
Pump-Generators (6)	67,500 horsepower	50,335 kilowatts
Pumping Capacity	1,948 cubic feet per second	55 cubic meters per second
Generating Capacity (2)	50 megawatts	50 megawatts
Generating Capacity (4)	53 megawatts	53 megawatts
GENERATING CAPACITY (after rewind)		
Pumping-Generating Plant	314 megawatts	314 megawatts
Left Powerplant	1,155 megawatts	1,155 megawatts
Right Powerplant	1,125 megawatts	1,125 megawatts
Third Powerplant	4,215 megawatts	4,215 megawatts
Total Generating Capacity	6,809 megawatts	6,809 megawatts
FRANKLIN D. ROOSEVELT LAKE		
Area	82,300 acres	33,306 hectares
Length	151 miles	243 kilometers
Length of Shoreline	600 miles	965 kilometers
Total Capacity	9,386,000 acre-feet	11,577,460,550 cubic meters
Active Capacity & Joint Use Capacity	5,185,000 acre-feet	6,395,603,340 cubic meters
Maximum Elevation Above Sea Level	1,290 feet	393 meters