

GRAND COULEE - TOWN AND DAM

SEASONAL WALK

Grant, Douglas and Okanogan Counties, Washington

Upper 5K (Grant Co. 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 6 pages of information:

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

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

POC: J. Blazek

509-899-6535

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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 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 Grand Coulee Dam Visitor Center.

Parking Info

All Visitor Center parking lots are open but the Visitor Center is currently closed as of June 11 and will remain closed for quite a while after this date (due to Covid concerns). Since the restrooms for the start are in the visitor center, they are not available. See restroom info below.

Restroom Information

Restrooms are normally available in the Visitor Center but as long as the Visitor 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.

AVA/ESVA Special Challenge Programs

WA. 39 Counties: Lower 5K walk - Grant/Okanogan/Douglas. Upper 5K walk - Grant only
Walk the USA A-Z: "G" for Grand Coulee
Mayflower 400th Anniversary: Indian "O" for Okanogan.

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.

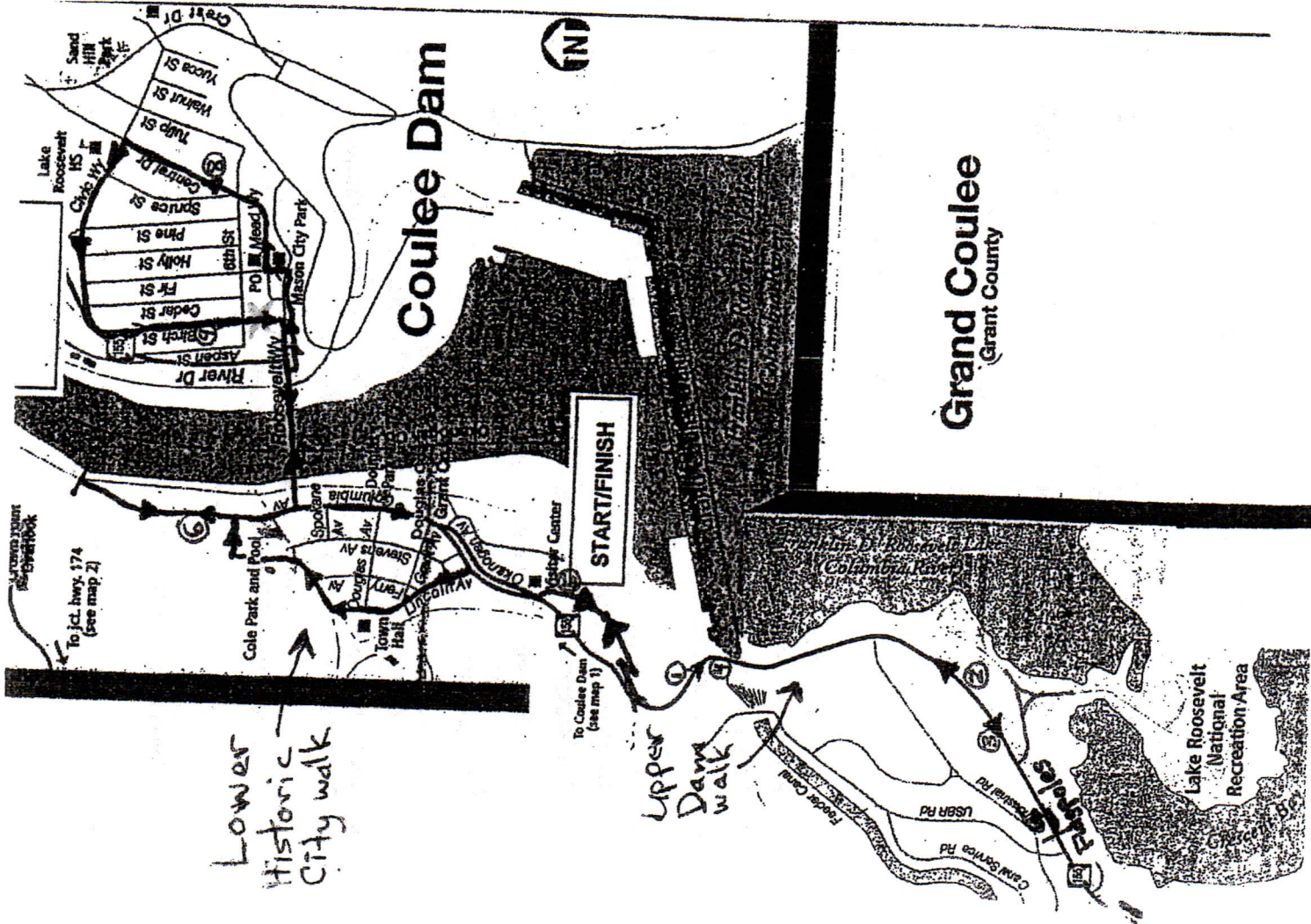
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If there is an Emergency, call 911. If the visitor center is closed, restrooms may only be available across the river at the casino in Coulee Dam.

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.

WENATCHEE - City Art and River - Chelan Co. Y0503 5K & 10K
Start.Pt.and.Dates: Safeway Store, 105 N. Miller St, Wenatchee, 4/1 - 9/30.
Event.Info. Rating 1A. Walk through downtown and on a paved trail through parks along the Columbia River with artwork along the river trail.

YAKIMA - Chesterley Park - Yakima Co. Y0993 5K & 10K
Start.Pt.and.Dates: Powerhouse Grill, 3807 River Rd, Yakima, 4/1 - 11/15.
Event.Info. Rating 1A. Walk paved Powerhouse Canal Trail and through residential areas.

YAKIMA - Greenway Trail Walk - Yakima Co. Y0574 5K & 10K
Start.Pt.and.Dates: Baymont by Wyndham Hotel, 1603 E. Yakima Ave, Yakima, 4/1 - 11/15.
Event.Info. Rating 1A. Walk paved trail along the Yakima River and through the Arboretum.

ZILLAH - Town and Canal - Yakima Co. Y 1951 5K & 10K
Start.Pt.and.Dates: Best Western Plus, 911 Vintage Valley Parkway, Zillah, 4/1 - 9/30.
Event.Info. 5K is rated 1A, 10K is 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.

Central Washington Sun Striders

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

Contact Info:

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:

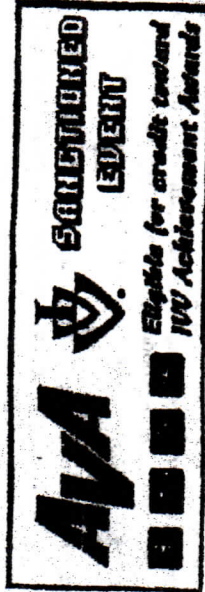
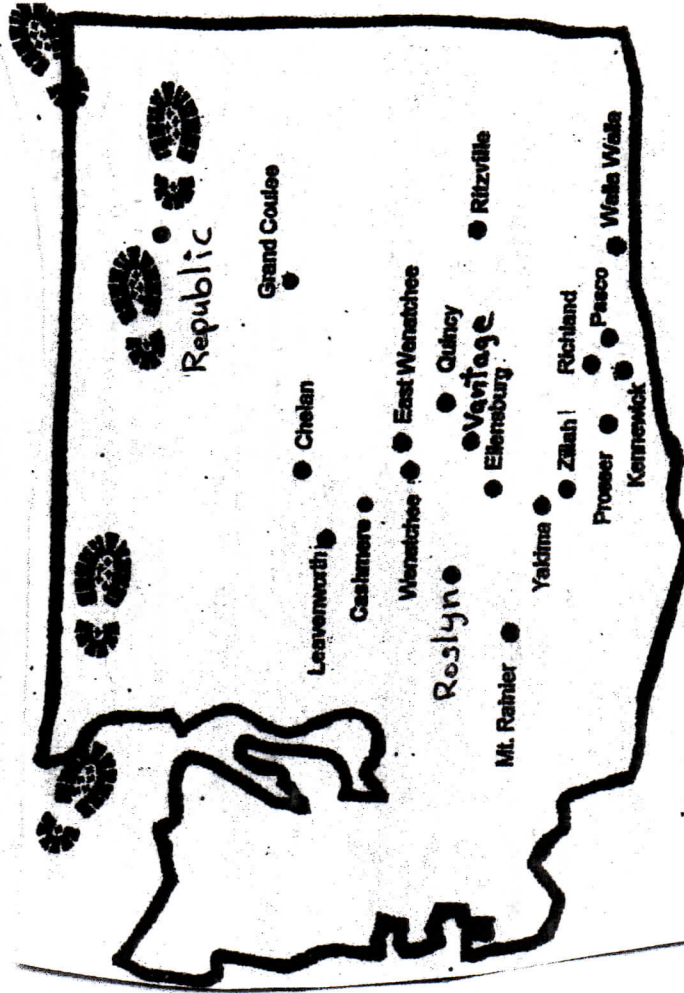
For events in Washington State: www.esva.online (Home or Events tabs)
For events across the USA: www.ava.org (Events tab)

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CENTRAL WASHINGTON SUN STRIDERS

2020

2 YEAR ROUND WALKS 22 SEASONAL WALKS IN CENTRAL WASHINGTON



CASHMERE - Town and River - Chelan Co. Y0319 5K & 10K
Start Pt and Dates: Martin's Market Place, 130 Tichenal Way, Cashmere, 4/1 - 9/30.
Event Info: Rating 1A. Walk through downtown and the Aplets and Coflets factory, through residential areas, along the Wenatchee River, and by a 911 Memorial.

CHELAN - Town and Lake - Chelan Co. Y1974 5K & 10K
Start Pt and Dates: Chelan Shell Foodmart, 301 East Woodin Ave, Chelan, 4/1 - 9/30.
Event Info: Rating 2A. Walk through residential and business areas, through three parks, and along Lake Chelan and Chelan River.

EAST WENATCHEE - Columbia River Tr. - Chelan/Douglas Cos. Y0258 6K/10K
Start Pt and Dates: Cedars Inn, 80 9th St. NE, East Wenatchee, 4/1 - 9/30.
Event Info: Rating 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
Start Pt and Dates: Best Western Plus, 211 W. Umpitanum Rd, Ellensburg, 1/2 - 12/31.
Event Info: Rating 1A. Walk through historic neighborhoods, downtown and CWU campus.

ELLENSBURG - Yakima River and Parks - Kittitas Co. Y1151 6K & 10K
Start Pt and Dates: Best Western Plus, 211 W. Umpitanum Rd, Ellensburg, 1/2 - 12/31.
Event Info: Rating 1B. Walk in three city parks and along the Yakima River.

GRAND COULEE - Town and Dam - Douglas/Grant/Okanggan Cos.

Y1921 5K and 10K. Web Registration Only,
Start Pt and Dates: ~~Grand Coulee Dam~~ Grand Coulee, 4/1 - 9/30
Event Info: Upper 5K rated 2B, lower 5K 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 5K/6K/10K & 11K
Start Pt and Dates: Clover Island Inn, 415 Clover Island Dr. Kennewick, 4/1 - 11/15.
Event Info: Rating 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 - Icicle Gorge/Chatter Crk Trails - Chelan Co. Y1675 7K & 3K
Start Pt and Dates: Icicle Village Resort - Icicle Inn, 505 US2, Leavenworth, 5/1 - 9/30.
Event Info: 7K Icicle Gorge Trail rated 1B, 3K Chatter Creek Trail rated 2B. Drive 13 miles to hike the Icicle Gorge loop trail with views of the mountains. Then drive a short distance and hike the Chatter Creek Trail to a bridge crossing of the creek with a small waterfall. Federal land's parking pass required.

LEAVENWORTH - Bavarian Town - Chelan Co. Y0452 5K & 10K
Start Pt and Dates: Icicle Village Resort - Icicle Inn, 505 US2, Leavenworth, 4/1 - 11/15.
Event Info: Rating 2B. Walk through the Bavarian themed downtown, residential areas and along the Wenatchee River crossing bridges to Blackbird Island and a city park.

MT. RAINIER - OHANAPECOSH RIVER - Lewis Co. Y0789 5K & 10K
Start Pt and Dates: Info Center, Ohanapecosh Campground, Mt. Rainier Nat'l Park 7/1 - 9/7.
Event Info: Rating 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
Start Pt and Dates: Sleep Inn Hotel, 930 Bedford Street, Pasco, 4/1 - 11/15.
Event Info: Rating 1A. Walk on paved trail along the river and through a newer residential area.

PROSSER - City and Wineries - Benton Co. Y2092 5K & 10K
Start Pt and Dates: Best Western Inn at Horse Heaven, 259 Merlot Dr, Prosser, 4/1 - 11/15.
Event Info: Rating 1A. Walk through Vintner's Village - an area of many wineries. Cross the Yakima River and walk through the downtown and residential areas.

QUINCY - Town - Grant Co. Y1543 5K & 10K Web registration Only.
Start Pt and Dates: ~~Subway Sandwiches~~ Quincy, 4/1 - 9/30.
Event Info: Rating 1B. Walk through downtown and residential areas of this agricultural town.

REPUBLIC - Town and Rail Trail - Ferry Co. Y2591 4K/6K & 10K
Start Pt and Dates: WEB REGISTRATION ONLY utilizing the Online Start Box. 4/1 - 9/30.
Event Info: 4K is rated 2B, 6K is 1A. Walk 4K through town on sidewalks and road shoulders to a fossil dig site and an overlook of the town. Then drive short distance to 6K Golden Tiger Rail Trail.

RICHLAND - Columbia River Trail - Benton Co. Y1012 10K
Start Pt and Dates: Sleep Inn Hotel, 930 Bedford Street, Pasco, 4/1 - 11/15.
Event Info: Rating 1A. Walk on a paved path through parks along the Columbia River.

RITZVILLE - Historic Town - Adams Co. Y1011 6K & 10K
Start Pt and Dates: WEB REGISTRATION ONLY utilizing the Online Start Box. 4/1 - 9/30.
Event Info: 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 & 10K
Start Pt and Dates: The Lodge at Suncadia, Suncadia Resort, 3600 Suncadia Trail, Cle Elum, 4/1 - 9/30.

Event Info: Rating 2B. Drive 4 miles from registration site to walk in Roslyn. Walk through the Nat'l Hist area and the historic cemetery with its 23 separate ethnic and fraternal sections. Walk along the gravel Coal Mine Rail Trail.

ROSLYN - Suncadia Resort Trails - Kittitas Co. Y1599 5K & 11K
Start Pt and Dates: The Lodge at Suncadia, Suncadia Resort, 3600 Suncadia Trail, Cle Elum, 4/1 - 9/30.

Event Info: 5K is rated 1A, 11K is 2B. Walk on paved and gravel trails and road shoulders through forests, golf courses and residential areas in Suncadia Resort.

VANTAGE - Town and Ginkgo St Pk - Kittitas Co. Y2184 7K & 3K
Start Pt and Dates: Best Western Plus, 211 W. Umpitanum Rd, Ellensburg, 4/1 - 9/30.
Event Info: 7K is rated 2A, 3K is 2C. Drive 30 miles from registration site to Vantage. Walk along the river, through town and to the state park visitor center with its petrified logs and Indian petroglyphs. Then drive a short distance to hike the 3K "Trees of Stone" trail with petrified logs and views of the river and area.

WALLA WALLA - City and Parks - Walla Walla Co. Y1922 5K & 10K
Start Pt and Dates: Quality Inn & Suites, 520 N 2nd Ave, Walla Walla, 4/1 - 11/15.
Event Info: Rating 1A. Walk through downtown with its many winery tasting rooms, Whitman College, city parks and historic homes.