

CAPE VINCENT NY Seasonal Walk 5 KM/10KM

EVENT ID: 2019/Y2096

WALK Dates: Monday April 1st 2019 through Saturday November 30th 2019.

START POINT: French Towne Market, 342 East Broadway Cape Vincent NY 13618 (GPS coordinates 44.128396. -76.334141). Phone 315-654-2381. Hours of operation 7 AM to 8 PM Monday through Saturday and 8 AM to 7 PM Sunday.

TRAIL DESCRIPTION: Both courses are on city streets and sidewalks with no hills or stairs. Very low street traffic when walking on the street in this small northern NY town.

TRAIL RATING: 1A

AWARDS AND FEES: This event is available for on line registration only. (www.cva4u.org). The on-line system does not allow free walkers, a minimal charge is incurred for the directions. IVV walk credit only.

AVA SPECIAL PROGRAMS

- Points of Reference - The club name is Frontier so that counts. (FRONT)
- Take a walk in a city park
- Walking America's Ports of Call – Port of Cape Vincent
- U.S. Post Offices
- Walking the USA, A-Z
- Ice Cream Parlors

DRIVING INSTRUCTIONS:

All directions: Interstate 81 to exit 50 (NY Route 12). East on Route 12 to Clayton NY where Route 12 goes left and Route 12E continues straight at the light in the center of Clayton. Follow Route 12E into Cape Vincent. Route 12E is Broadway in Cape Vincent. The French Towne Market is on the left across from the city park in the center of Cape Vincent. Free on street parking is available on Broadway across from the market.

PETS: Leashed pets are allowed on all walks, and you must clean up after them.

AMENITIES: Restrooms are available at the French Towne Market. There are businesses open along the route where you are able to eat/use the restrooms. If you take the 10K, once you leave Cape Vincent going to the lighthouse, the next restroom is 3.5KM ahead at the lighthouse. The 5K stays in town and does not go to the lighthouse. You will be walking through a small upstate NY town on the Saint Lawrence River. Views of Wolfe Island in Canada and the 1000 islands as you walk. You will pass the Cape Vincent to Wolfe Island Canada Ferry and other old buildings in the town.

REMEMBER: You must log back into OLSB to finish online registration procedures after completing the Event.

CONTACTS:

In case of Emergency Dial 911

POC: Bill Peeck, wpeeck@rochester.rr.com, phone 585-227-6025

NFVC website: www.niagaravolkssportclubs.org

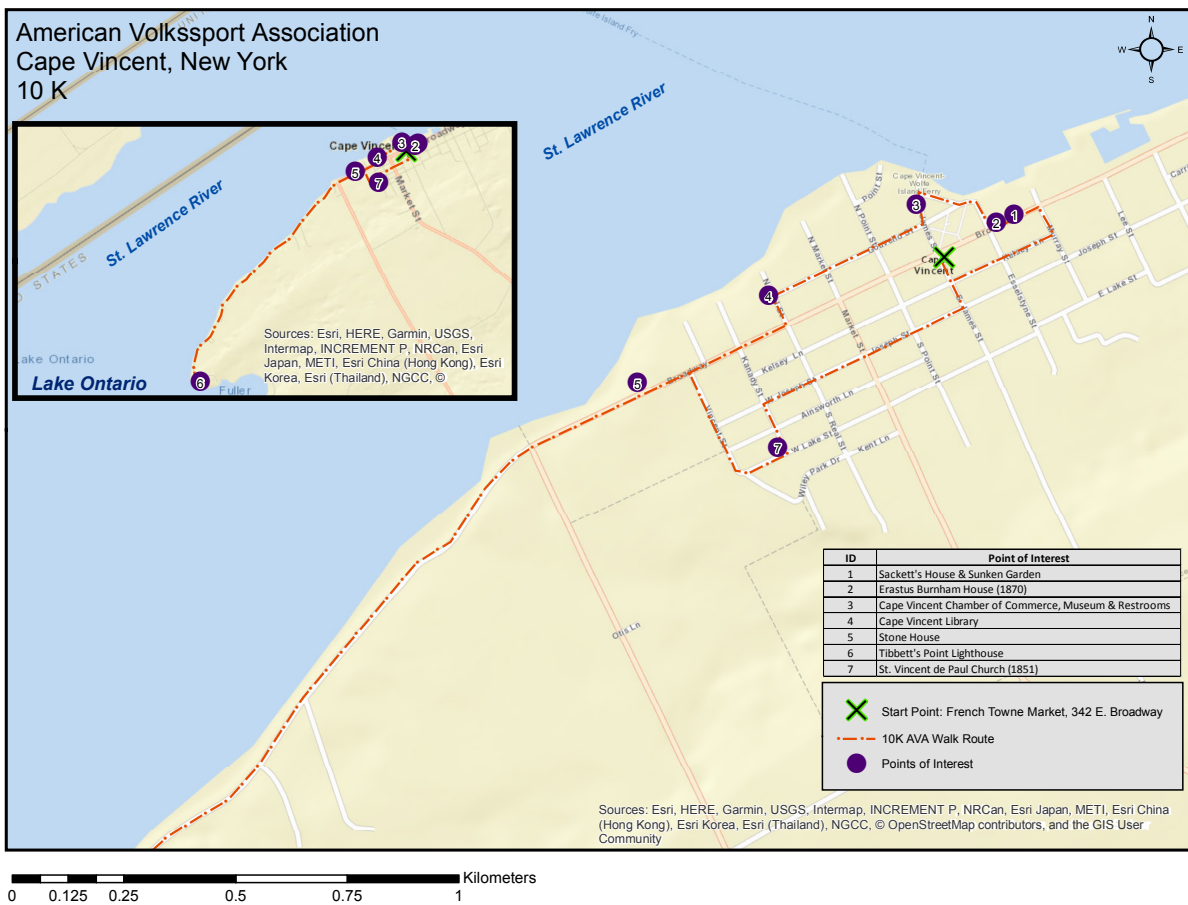
These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

CAPE VINCENT NY 10K WALK INSTRUCTIONS

1. At the start point, exit the market, turn LEFT on Broadway
2. Turn LEFT onto James Street (about 100 meters)
3. Stay on the left side of James Street one block to Public Lane (not labeled it's the first alley on the left).
4. LEFT on Public Lane
5. WALK two blocks to Murray Street.
6. At the "T" intersection turn LEFT on Murray to Broadway.
7. CROSS Broadway (CAREFULLY CROSS no light or stop sign).
8. Turn LEFT on the sidewalk along Broadway. (Notice two houses on the right side of Broadway. The first is the Sackett House, with the sunken garden in front. The next house on the left of the Sackett's House is the Erastus Burnham House (1870). Mr. Burnham owned a thriving seed and lumber business).
9. STRAIGHT along Broadway to Esseltyne Street.
10. RIGHT on Esseltyne Street toward the river.
11. Left on Club Street, which is a one-way street. Follow Club Street to the Cape Vincent Chamber of Commerce. If it is open be sure to visit. Restrooms and a museum available at the Chamber of Commerce.
12. KEEP going past the Chamber to Gouvello Street and going toward the Cape Vincent Library (at the "T" intersection).
13. LEFT at the Library on Real Street to Broadway
14. RIGHT on Broadway. (keep walking to the Stone House sign which is on the right side of Broadway. Look through the gate to see the Stone House. James Le Ray de Chaumont originally own the huge tract of land in which Cape Vincent was built).
15. CONTINUE walking along Broadway facing traffic. It will be about a 3.5KM walk to the end of Broadway.
16. At the END of Broadway is the Tibbetts Point Lighthouse (1827). This is where the Saint Lawrence River meet Lake Ontario. There is a visitor's center with restrooms and the lighthouse can be visited if open. Hours of operation are Memorial Day to Columbus Day weekend. Friday to Monday 10AM to 7PM Until Mid-June, 7 days a week 10AM to 7PM until just after Labor Day then again Friday through Monday 10AM to 7PM. Call the Visitors center at 315-654-2700 or check the web site at <https://paththroughhistory.iloveny.com/listings/Tibbetts-Point-Lighthouse/30619/#.W2mxxi2ZMxM> for specific dates of operation.
17. Turn around and walk back to village along Broadway.
18. At the Stone House sign turn RIGHT on Vincent Street
19. FOLLOW Vincent Street up and around the bend and keep going to Lake Street.
20. Turn LEFT on Lake to pass in front of St Vincent De Paul Church (1851). It was built by German stonemasons at a cost of \$5000.
21. LEFT on Kanady Street.

- 22.** RIGHT at Joseph Street. Walk several blocks to Market Street.
- 23.** CROSS Market Street keeping on Joseph Street. After you cross Market, you will see on your left the Community House or the George Bartlett House (1850). Next on the left side is the Buckley House, built 1820, early American gothic architecture.
- 24.** KEEP walking to James Street
- 25.** LEFT on James to go back to Broadway
- 26.** RIGHT on Broadway to the start point.
- 27.** You have completed the Cape Vincent NY 10K.

MAP FOR THE CAPE VINCENT NY 10K



CAPE VINCENT NY 5K WALK INSTRUCTIONS

1. At the start point, exit the market, turn LEFT on Broadway
2. Turn LEFT onto James Street (about 100 meters)
3. FOLLOW James 2 blocks to Joseph Street.
4. LEFT on Joseph to Esseltyne Street
5. RIGHT on Esseltyne Street to Lake Street.
6. LEFT on Lake Street to the "T" intersection at Lee Street.
7. RIGHT on Lee about 50 meters to Lake Street
8. LEFT on Lake Street to the "T" intersection at Williams Street
9. LEFT on Williams Street to Broadway.
10. LEFT on Broadway staying on the left-hand side walk until you reach Lee Street where the sidewalk starts on the right side of Broadway.
11. CROSS Broadway (CAREFULLY CROSS no light or stop sign).
12. Turn LEFT on the sidewalk along Broadway. (Notice two houses on the right side of Broadway. The first is the Sackett House, with the sunken garden in front. The next house on the left of the Sackett's House is the Erastus Burnham House (1870). Mr. Burnham owned a thriving seed and lumber business).
13. STRAIGHT along Broadway to Esseltyne Street.
14. RIGHT on Esseltyne Street toward the river.
15. Left on Club Street, which is a one-way street. Follow Club Street to the Cape Vincent Chamber of Commerce. If it is open be sure to visit. Restrooms and a museum available at the Chamber of Commerce.
16. KEEP going past the Chamber to Gouvello Street.
17. RIGHT onto Gouvello Street to Point Street
18. RIGHT on Point Street and walk down to the river.
19. TURN AROUND and walk back to Gouvello Street
20. RIGHT on Gouvello Street to Market Street.
21. RIGHT on Market, walkdown to the water to view the river.
22. TURN AROUND and walk back to Gouvello Street
23. RIGHT on Gouvello Street to the Cape Vincent Library at Real Street
24. LEFT at the Library on Real Street to Broadway
25. RIGHT on Broadway. (keep walking to the Stone House sign which is on the right side of Broadway. Look through the gate to see the Stone House. James Le Ray de Chaumont originally own the huge tract of land in which Cape Vincent was built).
26. LEFT across Broadway into Vincent Street.
27. FOLLOW Vincent Street up and around the bend and keep going to Lake Street.
28. Turn LEFT on Lake to pass in front of St Vincent De Paul Church (1851). It was built by German stonemasons at a cost of \$5000.
29. LEFT on Kanady Street.

- 30.** RIGHT on Joseph Street.
- 31.** RIGHT on Market Street.
- 32.** FOLLOW Market Street until you see St John's Episcopal Church (1841) One of the first cemeteries in Cape Vincent is behind the Church.
- 33.** CROSS Market Street at the Church. (CAREFULLY as this is a main road)
- 34.** GO BACK down to Market Street one block to Lake Street (no sign)
- 35.** RIGHT onto Lake Street two blocks to James Street
- 36.** RIGHT on James Street to the General Sackett house (1872). He was active in the Mexican and Civil Wars.
- 37.** TURN AROUND and go back down James Street to East Joseph Street (two blocks)
- 38.** LEFT on East Joseph. Notice on your right at the corner of Point Street and East Joseph the Buckley House built in 1820. Early American gothic architecture. Next to it is the Community House and the George Bartlett House (1850).
- 39.** CONTINUE on East Joseph to Market.
- 40.** RIGHT on Market.
- 41.** RIGHT on West Broadway back to the start point.
- 42.** Thanks, you for completing the Cape Vincent NY 5K

MAP FOR THE CAPE VINCENT NY 5K



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