



Heart of Ohio Hikers
Welcomes You to
Discover Columbus! Walk - 5k and 10k
An AVA Sanctioned Year Round Event
that highlights downtown Columbus



The 10k goes into German Village, the Scioto Greenways Trail & downtown Columbus. The 5k takes you to the Ohio Statehouse, a nice tour of downtown Columbus.

Both 5k and 10km are rated 1A. The walk start/end point is in the parking lot of Krogers located at 150 W. St, Columbus Ohio. Restrooms are available in Krogers. Walk during daylight hours.

Walk Registration:

Registration takes place online using that AVA Online Start Box, on 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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5K Walking Directions for the Columbus Capital Walk including German Village

Starting Point Location:

From the North I-71 exit 108A-Main St. left on Main St., left on S. Washington Ave, right on Mound St., left on High St, right on W. Sycamore St & right into Kroger parking lot. From the West I-70, Exit 100A, right on S. Front St, right on W. Front St, right on Sycamore St into the Kroger Parking lot.

The street address of the Kroger store is 150 W. Sycamore St., Columbus, Ohio

Restrooms:

There are restrooms in Krogers.

Emergency Numbers:

In case of emergency call 911.

Event related assistance:

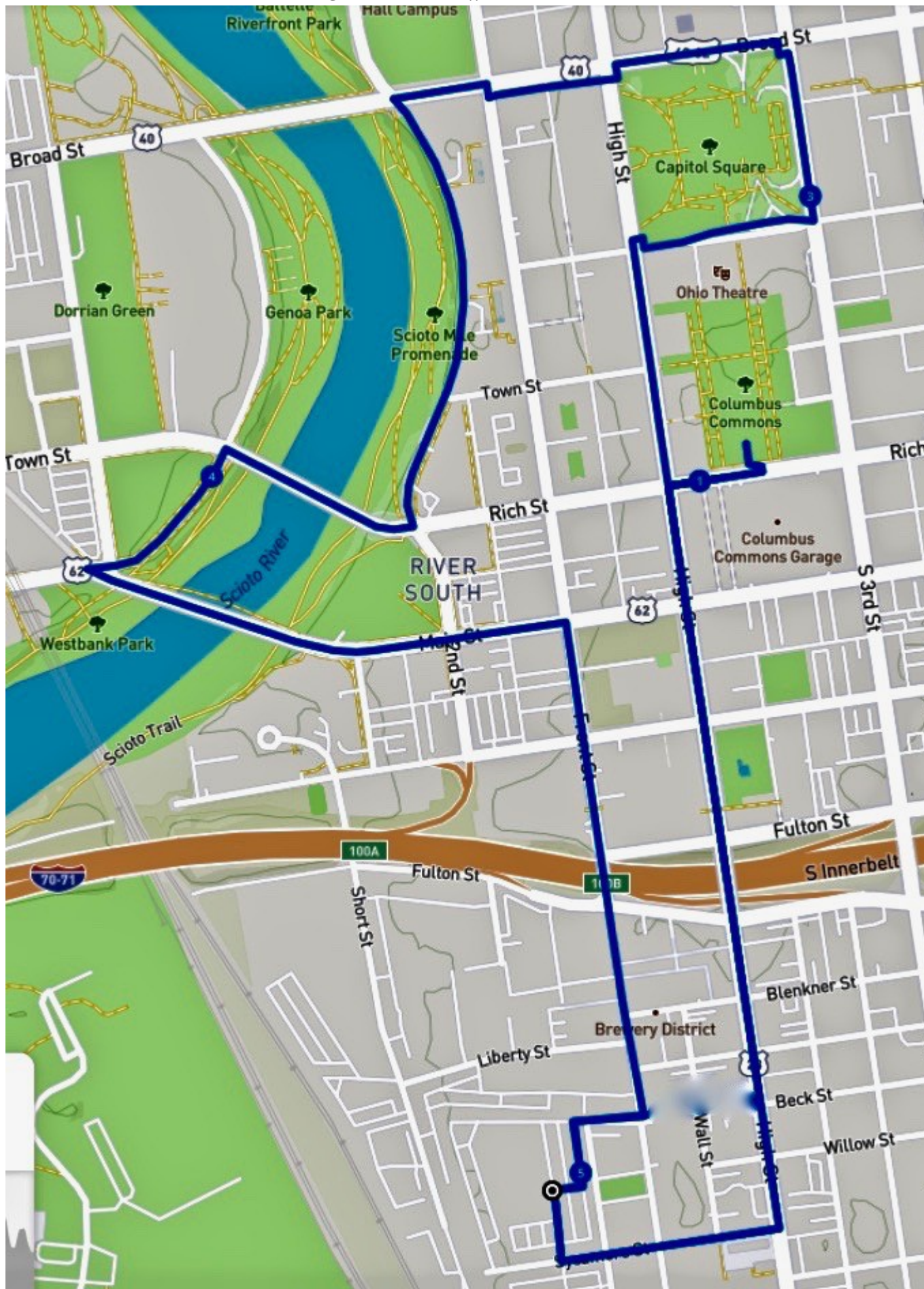
Mary Gustafson 614-313-2113 (text or call)

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

Walk Directions for the 5k:

1. Exit Kroger and turn **RIGHT**.
 2. Carefully **CROSS** parking lot and turn **LEFT** on **W. Sycamore St.**, crossing **Bank St.** and **Front St.**
 3. Carefully **CROSS High St.** and turn **LEFT**, crossing **E. Willow St.**, **E. Beck St.**, **E. Hoster St.**, **E. Blenker St.**, **E. Livingston Ave.**, over bridge above **I-70/I-71**, **E. Fulton St.**, **E. Mound St.**, and **E. Main St.**
 4. **CROSS Rich St** and turn **RIGHT**. On your left is Columbus Common Park. After passing the first permanent refreshments stand building, turn **LEFT** into the park and walk up to the carousel (*Special Program: Carousel; it is covered when not in use*). Retrace your steps back to **Rich St.** and turn **RIGHT** on **S. High St.**
- Please note that there are some days in summer when the Columbus Commons Park is closed off for special paid entry only events. During these periods you will not be able to walk right up the carousel, but you can see it from the sidewalk, so it still counts as a Special Program.*
5. **CROSS State St.** and look across the intersection to the clock on the Vernon Riffe State Office Tower on the Northwest corner of State St. and High St., 77 S. High St. (*Special Program: Rocking' Round the Clock*). Turn **RIGHT**. You'll be walking the perimeter of the Ohio Statehouse grounds and passing on your left the Holocaust Memorial, the Ohio in the Civil War marker, and the Monarch Butterfly Way Station.
 6. Turn **LEFT** on **3rd St.** Passing on your left is the Ohio Veterans Plaza where the Soldiers Wall of Letters is located. There are "two curved Ohio limestone walls that are inscribed with actual correspondence sent home to families, friends, and loved ones by members of the armed forces involved in conflicts." On the left at Broad and 3rd St., see the 2-sided historical marker for the "Black Conductors of Columbus Underground Railroad in Ohio."

7. Turn **LEFT** at **E. Broad St.**, crossing **High St.**, **S. Wall St.**, and **Front St.** Columbus City Hall is on your right. *There used to be a large bronze statue of Christopher Columbus by Italian sculptor Edoardo Alfieri. The statue was a gift to the City of Columbus from the citizens of Genoa, Italy and was dedicated on October 12, 1955.*
8. **CROSS** and turn **LEFT** on **Civic Center Dr.** Walk the Scioto Mile by following the brick sidewalk, known as the promenade. Also notice the many beautiful "fish" fountains along the walk. The Ohio Supreme Court is on your left.
9. **CROSS** turn **RIGHT** on **W. Rich St.** Walk over the Rich St. bridge, crossing over the Scioto River. Notice the bronze deer statue on the bridge admiring the view of downtown Columbus.
10. Turn **LEFT** on **Washington Blvd.**
11. Turn **LEFT** E. on **W. Main St.**, crossing **2nd St.** and **Ludlow St.** Walk on the beautiful Main Street Bridge. After crossing the bridge, on your left in the grass is an interesting historical marker about the Ohio-Erie Canal. On your left is also Columbus' Bicentennial Park.
12. **CROSS S. Front St.** and turn **RIGHT**, crossing **W. Mound St.**, **W. Fulton St.**, **W. Livingston Ave.**, and **W. Blenker St.**
13. Turn **RIGHT** on **W. Beck St.**, carefully crossing **S. Front St.** in crosswalk. Continue walking carefully through the Kroger parking lot to finish point.



**10km Walking Directions for the
Columbus Capital Walk
including German Village**

Starting Point Location:

From the North I-71 exit 108A-Main St. left on Main St., left on S. Washington Ave, right on Mound St., left on High St, right on W. Sycamore St & right into Kroger parking lot. From the West I-70, Exit 100A, right on S. Front St, right on W. Front St, right on Sycamore St into the Kroger Parking lot.

The street address of the Kroger store is 150 W. Sycamore St., Columbus, Ohio

Restrooms:

There are restrooms in Krogers.

Emergency Numbers:

In case of emergency call 911.

Event related assistance:

Mary Gustafson 614-313-2113 (text or call)

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

Walk Directions for 10k

1. Exit Kroger and turn **RIGHT**.
2. Carefully cross parking lot and turn **LEFT** on **W. Sycamore St.** (no sign). Walk on **W. Sycamore St.** for several blocks, crossing **Bank St., Wall St., and S. Front St.**
3. At traffic light, carefully **CROSS S. High St.** and turn **RIGHT**.
4. Turn **LEFT** on **E. Sycamore St.** Walk on **E. Sycamore St.** for several blocks, crossing **S. Pearl St. and City Park Ave.**
5. Turn **RIGHT** on **S. 3rd St.,** crossing **Stimmel St., E. Frankfort St., E. Columbus St., E. Kossuth St., Lansing St., and E. Whittier St.**
6. **CROSS Reinhard Ave.** and turn **LEFT**. You'll be walking the perimeter of Schilling Park.
7. Turn **RIGHT** on **Jaeger St.**
8. Turn **RIGHT** on **E. Deshler Ave.**
9. Turn **RIGHT** on **City Park Ave,** crossing **Reinhard Ave. and Concord Pl.**
10. Turn **LEFT** at **E. Whittier St.,** crossing **S. Pearl St.**
11. Carefully **CROSS S. High St.,** then turn **RIGHT.**
12. **CROSS** and turn **LEFT** on **W. Whittier St.,** crossing **Wall St.**
13. Turn **LEFT** at traffic light on **S. Front St.**
14. Turn **RIGHT** and **CROSS S. Front St.** in crosswalk. Continue walking on **W. Whittier St.,** entering Scioto Audubon Park. (*Great bird watching area!*)
15. Turn **LEFT** at first road (unmarked), then turn **RIGHT,** crossing road and entering the Scioto Trail (aka the Scioto Greenways Trails).
16. Continue on the asphalt trail, walking on the right side of trail, keeping the Scioto River on your left. Feel free to stop at the many nature observation areas and decks.
17. At the first steel railroad bridge you walk under, the trail becomes cement and you are entering the new "Scioto Greenways Plan" section of the Scioto Trail.

18. Continue keeping the river on your left. When trail splits, stay **LEFT**, following signs to North Bank Park.
19. After walking under the 2nd steel railroad bridge, keep **RIGHT** on slight uphill cement sidewalk, walking away from the river.
20. Turn **RIGHT** at traffic light at top of hill, crossing **Long St.** (no sign).
21. Turn **RIGHT** into North Bank Park, walking through park and continue walking on **W. Spring St.** for several blocks, crossing **Marconi Blvd., N. Ludlow St., N. Front St., and N. Wall St.**
22. **CROSS N. High St.** and turn **RIGHT**. Cross **E. Long St.** (no sign) and **E. Gay St.**
23. **CROSS E. Broad St.** and turn **LEFT**. You'll be walking the perimeter of the Ohio Statehouse grounds. Note the 2-sided historical marker for the "Black Conductors of Columbus Underground Railroad in Ohio" at E. Broad and S. High Streets.
24. Turn **RIGHT** on **S. 3rd St.**
25. Turn **RIGHT** on **E. State St.** and continue to **High St.** (do not cross High St.) Look across the intersection to the clock on the Vernon Riffe State Office Building, on the Northwest corner of High St. and State St., 77 S. High St. (*Special Program: Walkin' Round the Clock*).
26. **CROSS E. State St.** and turn **RIGHT**, walking back in the direction you came.
27. Just past the Ohio Theater turn **RIGHT** onto the Galbreath Pavilion walkway, then **STRAIGHT** through the Columbus Commons Park.

*Please note that there are some days in summer when the Columbus Commons Park is closed off for special paid entry only events. During these periods you will not be able to walk right up the carousel, but you can see it from the sidewalk, so it still counts as a Special Program. **If the park is closed, skip steps #27-29, and continue on State St, turning RIGHT on 3rd ST, RIGHT on Rich St, and observe the Carousel in the park on your right, then continue to High St.***

28. Just before the first permanent refreshment stand building (restrooms available), turn **RIGHT** and walk to the carousel (*Special Program: Carousel; it is covered when not in use*). Turn **LEFT** at carousel and walk one-quarter way around it, then turn **LEFT** and walk between the two refreshment stand buildings.
29. Turn **RIGHT** at **Rich St** (no sign) to **S. High St.**
30. Turn **LEFT** at traffic light on **S. High St.** Continue walking on **S. High St.**, crossing **E. Rich St., E. Main St., E. Mound St., and E. Fulton St.**
31. **CROSS** and turn **RIGHT** on **E. Livingston Ave.**
32. Turn **LEFT** on **S. High St.**, crossing **W. Blenker St. and W. Hoster St.**
33. **CROSS** and turn **RIGHT** on **W. Beck St.**, crossing **S. Wall St.**
34. Turn **RIGHT** at **S. Front St.**, then turn **LEFT**, carefully crossing **S. Front St.** in the crosswalk.
35. *Carefully walk through the Kroger parking lot back to the finish point.*

*The Heart of Ohio Hikers hope you've enjoyed
Discover Columbus!*

Special Programs for Discover Columbus!

1. **Rockin' Round the Clock:** Vernon Riffe State Office Building, 77 S. High Street
2. **Carousel:** Columbus Commons Park, 160 S. High St., viewable from Rich St. between S. High St. and S. 3rd St.
3. **State Capital:** Columbus, Ohio
4. **Walk the 88 Ohio Counties:** Franklin
5. **Walking the United States (50 States):** Ohio
6. **Walking the USA - A-Z:** Columbus

