



New Orleans Capital Walk  
The East Texas Trekkers  
Welcomes You to  
**New Orleans - AVA-2152**  
AVA Sanctioned Year Round Event



This walk is composed of a 6km and a 10km routes. The walk is rated 1A and is along city sidewalks and the Mississippi River Levee. It includes historic buildings, churches, Bourbon Street, and the French Quarters. The 10km route continues to the World War II Museum. The walk start/end point is the Westin Hotel & Shopping Center at One Canal Place in downtown New Orleans. Visit the Downtown Fitness Center on the 3<sup>rd</sup> floor of the hotel for a discounted parking coupon good for 2 hours (\$3 total), additional time at higher rate.

### Walk Registration:

Please use either the Online Start Box (OSB) or the Physical Start Box (PSB) to register and complete the event. If using the OSB, revisit the OSB to complete your walk (see below). If using the PSB, complete the registration, stamp your books, and mail in your start card and fees at the Fitness Center.

### 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.

### Driving Directions to Start Point:

The walk starts at the Westin Hotel at One Canal Place located on the Mississippi River levee. From I-10, take Bus-90 to downtown New Orleans, then right on John Churchill Chase to St Peters, left on St Peters to Canal St. Right on Canal to parking garage at the back of the Westin Hotel. Parking is **EXPENSIVE** in the downtown area. However, you may obtain a discounted parking rate by visiting the Downtown Fitness Center on the 3<sup>rd</sup> floor of the hotel/shopping complex good for 2 hours (\$3 total), additional time is available at higher rates. The Fitness Center is located behind the food court close to the movie theaters. It has served as our start point for the past couple of years. Please let them know that you are there for the walk and thank them for their support. Restrooms available at the food court area and at businesses along the walk route.

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## New Orleans – 6K/10K

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

1. **LEAVING** the fitness center, **RIGHT** passing the food court to the elevators, then down the elevators to the 1<sup>st</sup> floor, and straight thru doors to the parking lot.
2. **RIGHT** along the building turning right at corner, then veering **LEFT** on Badine St E (not W by the parking garage) to the Canal Street bus stop.
3. **LEFT** up the ramp to the levee walking trail, then **LEFT** again keeping the Audubon Aquarium on your left.
4. **CONTINUE** along the river walking thru the Woldenberg Park about .4 miles to a down ramp to the Dumaine Station (just before the end of the walkway).
5. **LEFT** down the ramp to Decatur St (Dumaine St straight ahead).
6. **CROSS, then RIGHT** on Decatur to the 'V' intersection with N Peters St (not to be confused with St Peter Street). **VEER RIGHT** on N Peters to Ursuline Ave, then **LEFT** a short distance to French Market St.
7. **RIGHT** thru the French Market exiting at Barracks St.
8. **LEFT** on Barracks ½ block to Decatur St passing the New Orleans Jazz Museum at the Old US Mint.
9. **RIGHT** on Decatur 1 block to Esplanade, then **LEFT** on Esplanade 1 block to Chartres St.
10. **LEFT** on Chartres about 7 blocks to St Ann St, then **LEFT** on St Ann 1 block to walk around Jackson Square ¾ of the way ending at St Peter St & Chartres St with the St Louis Cathedral on your right.
11. **CONTINUE** on St Peter 1 block to Royal, then **RIGHT** on Royal 7 blocks to Esplanade.
12. **LEFT** on Esplanade 1 block to Bourbon St.
13. **LEFT** on Bourbon St 9 blocks to Toulouse St.
14. **LEFT** on Toulouse 1 block to Royal.
15. **RIGHT** on Royal 4 blocks to Iberville.
16. **6K ONLY: LEFT** on Iberville about 4 blocks back to the Westin and your car.
17. **10K ONLY: CONTINUE** on Royal 1 block to Canal St.
18. **RIGHT** on Canal 5 ½ blocks to Loyola (on left) and Basin (on right).
19. **LEFT** on Loyola about 4 blocks to Poydras St.
20. **LEFT** on Poydras 5 blocks to St Charles St.
21. **RIGHT** on St Charles 1 ½ blocks to Lafayette Square, then **LEFT** thru the park to Camp St (US Courthouse across street.)
22. **RIGHT** on Camp about 3 ½ blocks to St Joseph St.
23. **RIGHT** on St Joseph 1 block to St Charles.
24. **LEFT** on St Charles 1 block to Lee Circle, the former site of Confederate monuments which were removed in mid-2017.
25. **LEFT** ¼ circle to Andrew Higgins St 1 block to Camp St.
26. **RIGHT** on Camp 1 block to the freeway access road, then **LEFT** on access road 1 block to Magazine St.
27. **LEFT** on Magazine (continuing to circle the National WWII Museum).
28. **CONTINUE** on Magazine about 12 blocks to Iberville. (Note Magazine changes to Decatur at Canal St.)
29. **RIGHT** on Iberville about 2 blocks returning to the Westin.

**Event related assistance:  
Helen Hull – 972-530-1026**

