

*Natural Bridge State Park (visitor center),  
6477 S. Lee Hwy., Natural Bridge, VA 24578*  
N 37° 37' 43.032" W 79° 32' 36.725"

**Location**

From I-81, take exit 175 or 180A to U.S. 11 and follow signs to the park.

Drive Time: Northern Virginia, three and a half hours; Richmond, two hours; Tidewater/Norfolk/Virginia Beach, four hours; Roanoke, 30 minutes.

**Natural Bridge State Park**



**Canterbury Trails**  
(Walking Club)

**Saturday, May 12, 2018**  
**Natural Bridge, VA**  
**Rockbridge County**

**Walk to the Bridge**

“Natural Bridge Already Near Top of State Parks”\*  
\*The News-Gazette, Lexington, VA, 3/14/2018



AT 18-110889    5 and 10 KM    TRAIL RATING 2C



**START/FINISH:** Natural Bridge State Park (visitor center), 6477 S. Lee Hwy., Natural Bridge, VA 24578, (540) 291-1326

**START:** Start between 9:00 am and 12:00 noon. At the start point participants will be issued their own start card. The individual start cards will be turned in at the finish table after completing the event.

**FINISH TIME:** 5:00 p.m.

**DISTANCE:** 5 and 10k trail (3.1 & 6.2 miles). 10k Route can be repeated one time at no additional fee.

**TRAIL DESCRIPTION/RATING:** Rated 2C – This course weaves through pavement, gravel, single-track trails, and fields.

**FEES/AWARDS:** IVV credit only is \$3.00. Free walkers welcome, but all participants must register at the Start. There are no refunds.

**Admission per person is \$6 for ages 6-12 and \$8 for those 13 and older. Children under 16 must be accompanied by an adult.**

**SANCTIONED:** This event is sanctioned by American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV). Additional events can be located at the AVA website, [www.ava.org](http://www.ava.org).

**SPECIAL PROGRAMS:** Amphitheaters, Bridges—Spanning the USA, Ice Cream Parlors, United States Post Offices, Walking the USA A-Z, Virginia Counties: Rockbridge

**REFRESHMENTS:** Water will be available at start/finish point. Restrooms are available at start/finish point

**CONDITIONS:** The walk will be held regardless of most weather conditions. Participants are requested to observe all traffic laws and to place all litter in proper receptacles. Pets must be leashed; leash cannot exceed 6' in length.

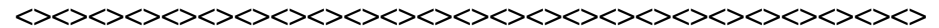
**ELIGIBILITY:** This event is open to all; everyone is welcome regardless of sex, creed, race, or nationality. An adult must accompany children under the age of twelve.

**IVV BOOKS:** This event counts toward acquisition of IVV Achievement Awards. IVV event/distance books and new walker packets are available at the finish point at a cost of \$6.00 each.

**DISCLAIMER:** The American Volkssport Association and its subsidiary clubs are not responsible for theft of loss of personal belongings or property. All participants must sign a waiver. Every reasonable effort will be expended by the sponsors to make the event safe, enjoyable, and memorable.

**FOR FURTHER INFORMATION:** Please call Nancy Stikes at (540) 258-2233, email [nstikes@mindspring.com](mailto:nstikes@mindspring.com) or go online [www.ava.org](http://www.ava.org).

**HOTEL ROOMS:** The Natural Bridge Hotel is located next to the Park. There are several motels located off the interstate.



### **What is Volkssporting?**

Volkssporting started in Germany and simply defined, is a personal fitness sports and recreation program offering noncompetitive walks, hikes, bike rides, swims, and in some regions cross-country skiing. You may choose your time to start within the start/finish “window” and participate in the sport at your own pace. Walking – also called “volksmarching” – is the most popular of all the volkssporting activities.

Volkssporting in the United States is sponsored by the American Volkssport Association (AVA) which has a nationwide, grassroots network of about 300 active clubs presenting more than 3,000 volkssporting events each year. Founded in 1976, AVA is an educational nonprofit 501(c)3 corporation dedicated to promoting fun, fitness and friendship.