

Twin Lakes State Park
AT 2017 - Y0738

Start Location: Twin Lakes State Park Office, 788 Twin Lakes Rd., Green Bay, VA. GPS Coordinates: N44° 28.237', W088° 0.4583'.

Start and Finish Times: Office is open 9 am to 5 pm, closed Christmas. Entrance fee is \$3 weekdays and \$4 weekends.

Course Description/Rating: Rating: 2B. This event takes you on trails and roads within the Twin Lakes State Park.

Directions: From Southwest of Richmond, US-360 W toward Amelia for 55 miles. Right on Route 613 (Indian Springs Rd.). Right on Route 629 (Twin Lakes Rd. Right on Goodwin Lake Road. You will drive a short distance after you register to start the walk.

Special Programs: Animal Safari, Boardwalks, Bridges - Spanning the USA, Lakes and Reservoirs, National Register of Historic Places, Walking the USA - Street by Street - AR, CA, CO, MD, SD, WI, You'll Never Walk Alone. Virginia County Program - Prince Edward County.

Westmoreland State Park
AT 2017 - Y1216

Start Location: Westmoreland State Park Visitors Center, 145 Cliff Rd., Montross, VA. GPS Coordinates: Latitude -38.161125. Longitude 76.865002.

Start and Finish Times: Start Point hours are 8 am to 4:30 pm. The Visitors Center is closed on Thanksgiving and Christmas. If unsure, you may call 804-493-8821. Parking fees are \$4 weekdays and \$5 weekends

Course Description/Rating: Rating: 2B. The trail is not suitable for wheelchairs and will be hard for strollers. The walk will be along trails and shoulders of roads in Westmoreland State Park.

Directions: Take your favorite route to U.S. 360 East in Tappahannock.. From Tappahannock, take U.S. 360 East to Warsaw. Turn left onto Rt. 3 west at the third stop light. Stay on this road until about six miles past Montross. Turn right into the park's entrance on Rt. 347. At the T-intersection, turn right on Cliff Road. Visitors Center is on the left at the flag poles.

Special Programs: Amphitheatres, Animal Safari, Boardwalks, Bridges - Spanning the USA, Food For Thought, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, State Street Sashay, Trekking With the Trees, Walking the USA - Street by Street - NM, You'll Never Walk Alone. Virginia County Program - Westmoreland County.

Virginia Volkssport Association

Eight Virginia State Parks and the Civilian Conservation Corps Special Program Year Round Walks

January 16 - December 31, 2017

**Bear Creek Lake State Park
Douthat State Park
Fairy Stone State Park
Holliday Lake State Park
Hungry Mother State Park
Staunton River State Park
Twin Lakes State Park
Westmoreland State Park**

5 km and 10 km Trails



IVV
AVA

2017

Virginia State Parks

**Bear Creek Lake ♦ Douthat ♦ Fairy Stone
First Landing ♦ High Bridge Trail
Holliday Lake ♦ Hungry Mother
Leesylvania ♦ Pocahontas
Staunton River ♦ Twin Lakes
Westmoreland ♦ York River**



AVA
Fun, Fitness, Friendship

SANCTIONED EVENT

Eligible for credit toward IVV Achievement Awards

Sanctioned: These events are sanctioned by the American Volkssport Association, a member of the International Federation of Popular Sports (IVV). These events count for acquisition of IVV achievement awards.

Eligibility: Everyone is welcome! These walks are open to all regardless of age, sex, creed, race, physical condition, or nationality. Participants may walk, jog, or run the trail. Children under 12 must be accompanied by an adult.

Registration: There is no preregistration. Request the VVA's walk box from our hosts. Please complete the registration for the event in accordance with the instructions in the box. Register by completing a start card, signing the registration book, and signing the waiver and release of liability form at the Start point. Each person must register and obtain a start card. The start card must be validated at checkpoints and mailed (with fees) to the VVA in the addressed envelopes provided in the registration box.

Awards/Fees: Each participant must carry a start card. Award and Credit is \$10.00. Credit Only is \$3.00. You can walk the events for free, but you must register and mail in your start cards when you finish. The patch is 4 x 4 inches. There are 20 of the patches available, and will not be reordered.. This same award is available at all of the year round and seasonal events in Virginia in 2017. Please pay by check. Non-IVV Participant Fee: \$3.00 each event. A non-IVV participant is an individual who participates without obtaining IVV credit. No refunds..

IVV Credit: The event stamp may be entered into your IVV Event Book for the trail each day you walk the event during the year. You may participate for DISTANCE credit without limit. The 10-km trails may be completed no more than twice on the same day on one start card at no additional fee. Twice daily on the same start card does not include twice on the small trails (those less than 9 km). The applicable registration fee must be paid each day you walk for distance credit.

Point of Contact: Annette Tollett, 3 Delmont Ct, Hampton VA 23666, (757)-814-1417, email: ahtollett3@gmail.com

AVA Information: Information about walks can be found at www2.ava.org.

Conditions: Walk only during daylight hours. All pets are to be kept on a leash (6 feet or less) at all times and owners are responsible for cleaning up after their pet. Water and restrooms are available at the Registration location. As there is limited water available on the trails, you might want to carry water with you, especially during summer months. Few, if any restrooms along trail. Litter must be deposited in the designated containers. Please exercise care when you are walking on the shoulders or roads. There is a fee to park in State Parks, but you may use your state park pass. Since trails are dirt, events may not be suitable for wheelchairs and strollers.

Disclaimer of Liability: The American Volkssport Association or its subsidiary clubs are not responsible for theft or loss of personal belongings or property. All participants must sign a waiver

Hungry Mother State Park AT 2017 - Y0616

Start Location: Hungry Mother State Park Office, 2854 Park Blvd, Marion, VA. GPS Coordinates: Latitude 36.882561. Longitude -81.533867.

Start and Finish Times: Start Point hours are 8 am to 10 pm in the summer and 8 am to 4:30 pm in the winter. If unsure, you may call 276-781-7400. Parking fees are \$3 weekdays and \$4 weekends.

Course Description/Rating: Rating is 1B. The walk will be on trails and shoulders of roads, around the Hungry Mother Lake within Hungry Mother State Park.

Directions: Take Exit 47 from Interstate 81. Travel approximately one mile on Route 11 toward Marion. Turn right on Route 16 north and travel four miles to the park Visitor Center (Park Office) on the left. The box will be in the Visitors Center. You will then drive approximately 0.2 miles to start your walk.

Special Programs: Amphitheatres, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, Walking the USA - Street by Street - MI, MS, WI, WV, You'll Never Walk Alone. Virginia County Program - Smyth County.

Staunton River State Park AT 2017 - Y0700

Start Location: Staunton River State Park Visitors Center, 1170 Staunton Trail, Scottsburg, VA. GPS Coordinates: N36° 41.8876', W078° 40.6086'.

Start and Finish Times: Start point is open 8 am to 4:30 pm daily. Closed Thanksgiving and Christmas. Entrance fee is \$3 weekdays and \$4 weekends.

Course Description/Rating: Rating: 1B. This event takes you on trails and roads within the Staunton River State Park.

Directions: From South Boston, U.S. 360 East for 5.3 miles. Right onto S Terrys Bridge Rd for 3 miles. Right onto Scottsburg Rd. for 0.3 miles. Slight right onto MacDonald Rd .for 0.8 miles. Slight right onto Staunton Trl. Visitors Center is on the right. You will drive a short distance after you register to start the walk.

Special Programs: Amphitheatres, Animal Safari, Honoring Our Flag, National Register of Historic Places, Walking the US Street by Street (IL, IN, VA), You'll Never Walk Alone. Virginia County Program - Halifax County.

Fairy Stone State Park
AT 2017 - Y0766

Start Location: Fairy State State Park Office and Gift Shop, 967 Fairystone Lake Dr., Stuart, VA. GPS Coordinates: N36° 47.0808', W080° 7.5734'

Start/Finish Times: Open 8 am to 4:30 pm daily. Closed on weekends in January thru March and November thru December. Closed Thanksgiving and Christmas. Entrance fee is \$4 weekdays and \$5 weekends.

Course Description/Rating: Rating is 2B. This event takes you on trails and roads within the Fairy Stone State Park.

Directions: From Richmond, take Route 360 West to Route 58 West to Route 220 North Bypass at Martinsville to Route 57 West to Route 346 North (Fairystone Lake Drive). You will drive a short distance after you register to start the walk.

Special Programs: Amphitheatres, Animal Safari, Food for Thought, Lakes and Reservoirs, National Register of Historic Places, Treasure Hunt - A way to walk our precious trails, You'll Never Walk Alone. Virginia County Program - Patrick.

Holliday Lake State Park
AT 2017 - Y0757

Start Location: Holliday Lake State Park Campground Bathhouse, 2759 State Park Rd., Appomattox, VA. GPS Coordinates: N37° 23.8343', W078° 38.4499'

Start/Finish Times: Park is open 8 am to dusk. Entrance fee is \$3 weekdays and \$4 weekends.

Course Description/Rating: Rating: is 1B. This event takes you on trails and roads within the Holliday State Park.

Directions: 2759 State Park Rd., From US 60 approximately 57 miles west of Richmond, left on US 15 S. 1st right onto Andersonville Rd/VA-640 for 11.7 miles. Left onto VA-636/VA-640/Francisco Rd for 0.9 miles. Right on Forbes Rd (VA-614 - dirt/gravel road to the county line) for 2.5 miles. 1st left onto State Park Rd/VA-692 for 2.4 miles to the Campground and Bathhouse on the right. You will drive a short distance after you register to start the walk.

Special Programs: Amphitheatres, Boardwalks, Bridges - Spanning the USA, Lakes and Reservoirs, National Register of Historic Places, State Street Sashay, Trekking with the Trees, You'll Never Walk Alone. Virginia County Program - Appomattox County.

Bear Creek Lake State Park
AT 2017-0795

Start Location: Bear Creek Lake State Park Office, 22 Bear Creek Lake Road, Cumberland, VA. GPS Coordinates: N37° 31.812', W078° 16.1611'

Start and Finish Times: Start point hours are 8:00 am to 4:30 pm. If the office is not open, during these hours, call one of the numbers on the door. Entrance fee is \$3 weekdays and \$4 weekends.

Course Description/Rating: Rating: 2C. This event takes you on trails and roads within the Bear Creek Lake State Park.

Directions: From U.S. Route 60 west of Richmond,. Right on Route 622 (Trent's Mill Road - State Park sign just before turn). Right on Route 629 (Oak Hill Road - just past Bear Creek Lake State Park and Cumberland State Forest sign) for 0.8 miles.. Left on Bear Creek Lake Road . Park Office is on the right. You will drive a short distance after you register to start the walk.

Special Programs: Amphitheatres, Animal Safari, Boardwalks, Bridges - Spanning the USA, Honoring our Flag, Lakes and Reservoirs, National Register of Historic Places, Trekking With the Trees. Virginia County Program - Cumberland County, Walking the USA - Street by Street - AL, DE, NC, PA, WI.

Douthat State Park
AT 2017 - Y0625

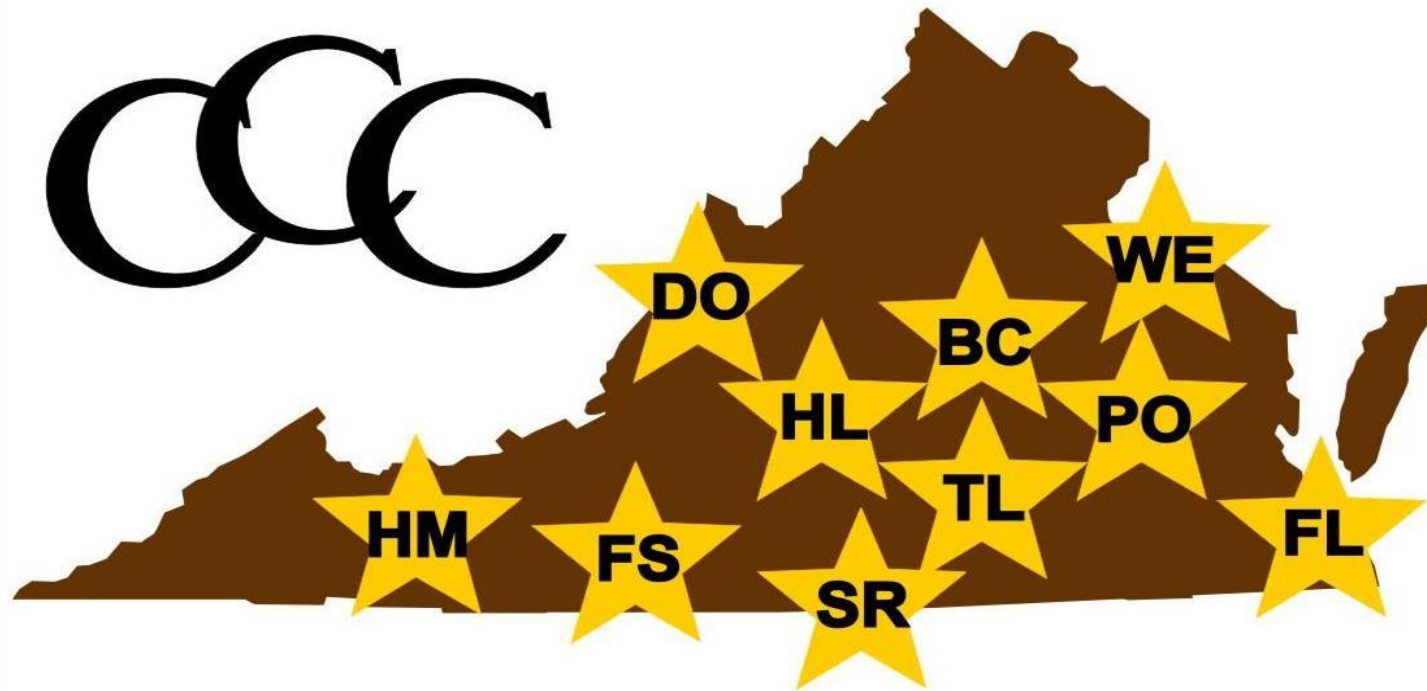
Start Location: Park Office, Douthat State Park, 14239 Douthat State Park Road, Millboro, VA. GPS Coordinates: Latitude 37.896054. Longitude - 79.809300

Start and Finish Times: Start Point hours are 8 am to 10 pm in the summer and 8 am to 4:30 pm in the winter. If unsure, you may call 276-781-7400. Parking fees are \$3 weekdays and \$4 weekends.

Course Description/Rating: Rating 2B. The trail is not suitable for wheelchairs and strollers may have difficulty. The walk will be on trails and shoulders of roads within Douthat State Park.

Directions: From I-64 in Virginia, take Exit 27 near Clifton Forge. Turn North onto State Route 629 (highway at exit ramp). Travel north two miles to the park entrance sign and continue another four miles to the park office. You will have to drive approximately 0.3 miles to the start point after you register.

Special Programs: Amphitheatres, Animal Safari, Boardwalks, Bridges - Spanning the USA, Honoring Our Flag, Lakes and Reservoirs, National Register of Historic Places, State Street Sashay, Trekking With the Trees, You'll Never Walk Alone. Virginia County Program - Bath County.



SYMBOL MEANINGS:

WALKS SPONSORED BY THE VIRGINIA VOLKSSPORT ASSOCIATION:

BC - Bear Creek State Park

HM - Hungry Mother State Park

DO - Douthat State Park

SR - Staunton River State Park

FS - Fairy Stone State Park

TL - Twin Lakes State Park

HL - Holliday Lake State Park

WE - West Moreland State Park

WALK SPONSORED BY GATOR VOLKSMARSCH CLUB:

FL - First Landing State Park

WALK SPONSORED BY LEE LEPUS VOLKSVERBAND:

PO - Pocahontas State Park