

National Walking Week - 1 April thru 7 April 2023

APRIL 1 @ 9:40 TO 9:55 AM (SATURDAY)

PORTLAND, OR

Providence Medical Center,
4805 NE Glisan St.

**Laurelhurst –Hawthorne Group Walk
YRE - 409**

Walk in residential districts and into beautiful Laurelhurst Park. Walk continues along Hawthorne Blvd. with unique shops, exotic restaurants and interesting people. Walk also goes down Peacock Lane known for their Christmas Decorations the last 2 weeks in Dec. Registration will be on the east side of the main hospital building on the outside if the weather is nice. Masks might be required if inside.

5 km Walk is rated 1A (Easy)

10 km Walk is rated 1A (Easy)

APRIL 2 @ 9:30 TO 9:55 AM (SUNDAY)

BEAVERTON, OR

Murrayhill Safeway Fuel Station
14555 SW Teal Blvd

Murrayhill Powerlines Group Walk

Participate in one of the sanctioned events for National Walking Week. This resurrects one of our older Cedar Miler walks in the Murrayhill area. Note the "Hill" part of that; there are several up/down sections so it will be a good challenge. We'll be visiting several small parks and traveling along the Regional Westside power line path.

5 km Walk is rated 2A (Moderate)

10 km Walk is rated 3A (Hard)

APRIL 3 @ 9:40 TO 9:55 AM (MONDAY)

PORTLAND, OR

Lloyd Center Food Court (3rd floor)
1317 Lloyd Center (Halsey St.)

Historic Irvington Group Walk YRE- 1693

Walk in residential districts of Irvington and Grant with many beautiful and historic homes and parks. Please note for registration that the Lloyd Center does not officially open till 11am. However, Barnes and Noble opens at 10am and the door on level 2 in the parking garage at the far end from Halsey is normally open earlier that 10. If it is locked, registration will be in the parking lot next to the door.

5 km Walk is rated 1A (Easy)

10 km Walk is rated 1A (Easy)

APRIL 4 @ 9:40 TO 9:55 AM (TUESDAY)

GRESHAM, OR

Highland Safeway
1001 SW Highland Dr.

Butler Creek Group Walk – YRE -595

Walk on portions of the Springwater Trail to the Butler Creek Trail. Walk on paved streets and wooded trails passing over pedestrian and woodland bridges to Binford Lake and Butler Creek Park. Registration in parking lot.

5 km Walk is rated 2B (Moderate)

10 km Walk is rated 2B (Moderate)

APRIL 5 @ 9:30 TO 9:55 AM (WEDNESDAY)

OREGON CITY, OR

Pioneer Community Center, 615 5th St.

Oregon City Group Walk – event

The walk will have two - 5 km loops. The first loop is rated 1A and will go by many historic homes and will go on the Promenade overlooking the downtown and Willamette River. The second loop is rated 2A and will go to the End of the Oregon Trail Interpretive Center and the downtown area.

5 km Walk is rated 1A (Easy)

10 km Walk is rated 2A (Moderate)

APRIL 6 @ 9:40 TO 9:55 AM (THURSDAY)

PORTLAND, OR

Columbia Sportswear Outlet,
1323 SE Tacoma St.

3 Bridges Group Walk – YRE – 873

Walk along the Springwater Corridor and over three pedestrian and biking bridges and into the Sellwood area. Registration in parking lot.

6 km Walk is rated 1A (Easy)

11 km Walk is rated 1A (Easy)

APRIL 7 @ 9:40 TO 9:55 AM (FRIDAY)

VANCOUVER, WA

Ft Vancouver Visitor Center, 1501 E Evergreen

Princess Ilchee Group Walk – YRE – 369

Walk along the new waterfront and along the Columbia River past Princess Ilchee and Wendy the Welder statues and through part of the historic reconstruction of Ft. Vancouver

6 km Walk is rated 1A (Easy)

10km Walk is rated 1A (Easy)