**Capital City Wanderers** is affiliated with the American Volkssport Association (AVA), an organization which consists of more than 300 clubs who develop walk routes across the USA. Besides holding special events in various locations, we have developed six walks throughout Alabama which can be walked any day that the start point is open. They are called Year Round Events (YRE). To walk a YRE, go to the Start Point and retrieve the Walk Box. Follow the instructions in the box for registering. Take a set of walk directions and enjoy the scenery. There are also special events during the year. You do not have to be a member to participate. A fee of $3 is charged only to those who wish to stamp records books for IVV credit. All others walk free.

For additional information on Capital City Wanderers, Volkssporting or any of our events, visit our website at <http://capitalcitywanderers.com> or go to American Volkssport Association website, [www.ava.org](http://www.ava.org), where you can find events sponsored by other clubs in the USA.

Children under 12 must be accompanied by an adult. Please pick up your trash and pick up after your pet. Litter must be discarded in proper receptacles. No alcoholic beverages allowed along the routes.

**Red Mountain Park** is a 501C, maintained by donations & some revenue. It is a 1,500-acre public urban park enclosing a 4.5 mile section of Red Mountain. There are now 15 miles of wooded trails. Red Mountain is a ridge that passes through the city of Birmingham. The woodland park contains closed mines & other industrial artifacts & history.

There are other activities. These are the Vulcan Materials Zip Trip, Hugh Kaul Beanstalk Forest, Kaul Adventure Tower, and the Mega Zip. These require reservations. Volkssmarch then zip!

Dogs are welcome anywhere in the park if on leash. There is also Remy’s dog park which is 6 acres. There are 3 dog parks; one for large dogs, one for small dogs, & one for special needs.

More can be learned about the park at redmountainpark.org. A trail map can be downloaded from the website.

Three walks available.

5k walk rated 1B

5k walk rated 2C

12k walk rated 2C

**Date and time:**

March 7, 2020

Start time: 9:00 a.m. until 12:00 p.m.

Finish time: 2:00 p.m.

Start Point:

2011 Frankfurt Drive Birmingham, Alabama 35211

**Directions to Start Point:**

From Huntsville: Take I 65 South to Exit 255 (Lakeshore Drive). Turn right onto Lakeshore Drive. Go 3 miles to Frankfurt Drive (Chevron on the right). Turn right onto Frankfurt Drive. Go 0.5 miles. Parking lot is on the right. After parking, ascend the hill. Start point will be at the picnic table on the right.

From Montgomery: Take I 65 North to Exit 255 (Lakeshore Drive). Turn left onto Lakeshore Drive. Go 3.1 miles to Frankfurt Drive (Chevron on the right). Turn right onto Frankfurt Drive. Go 0.5 miles. Parking lot is on the right. After parking, ascend the hill. Start point will be at the picnic table on the right.

No special programs available.



**RED MOUNTAIN PARK VOLKSMARCH**

**March 7, 2020**

**Sponsored by Capital City Wanderers Walking Club, Inc.**

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http://capitalcitywanderers.com