

COME WALK WITH US YEAR AROUND

METRO STL - ILLINOIS WALKS

- Belleville - Richland Creek/Historic
- Belleville - YMCA
- Belleville - Shrine
- Edwardsville
- Fairview Heights - Mall
- Glen Carbon - Historic
- Hartford
- Litchfield
- Maryville
- O'Fallon
- Springfield - Capitol
- Springfield - Park

METRO STL - MISSOURI WALKS

- Florissant - Old Towne
- Hermann - Old Town
- Jefferson City - Capitol
- Kirkwood - Historic
- Richmond Heights
- Rolla - Historic
- Rolla - Veteran Memorial
- Saint Louis - Downtown
- Saint Louis - Fabulous CWE
- Saint Louis - Fenton
- Saint Louis - Forest Park
- Saint Louis - LeMay/JB
- Saint Louis - Maryland Heights
- Saint Louis - Webster Grove



For all walk details, go to

www.ava.org

METRO SAINT LOUIS



2016

YEAR-AROUND-WALKS

(5KM or 10 KM routes)



American Volkssport Association WALKING CLUBS

Illinois Trekkers Volkssport Club
Gateway Milers
Lebanon Cedar Cruisers
Railsplitter Wanderers
Rolla Roadrunners Volkssport Club
St. Louis-Stuttgart Volksmarch Club

