

Lansing, MI

The WeWhoWalk™ Tour

October 4, 2007

Radisson Hotel



Capitol Building



Lansing Center



Coolley Gardens



Scott Historical Center



visit www.WalkStyles.com

a new free community resource to help you find others to walk, hike or run with as well as start or join a club!

WalkStyles, Inc.
Live Well....Walk Far™!

REO Transportation Museum

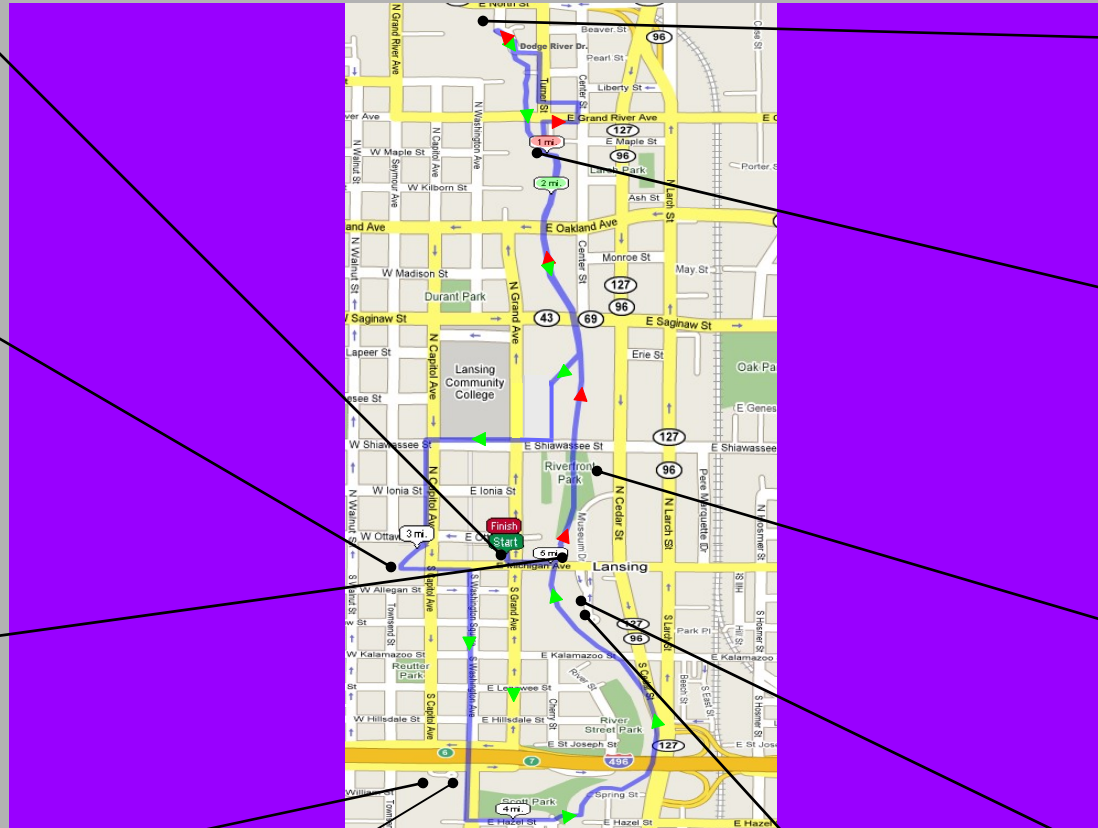


Impression 5 Science Center



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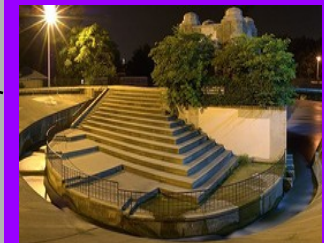
American Airlines® Citracal® Foot Solutions® Liberty Fitness® Lindora®



Turner-Dodge House and Park



Brenke Fish Ladder



Lansing Market





LANSING WALK DIRECTIONS

October 4, 2007

1. Exit the Radisson Hotel on N Grand Ave and turn Right and proceed to Michigan Ave. (follow the Red arrows on the map).
2. Turn Left at Michigan Ave and cross N Grand Ave. and them immediately turn Right and cross Michigan Ave. and turn Left on Michigan Ave. and cross the bridge over the Lansing River and proceed to the stairway at the end of the bridge.
3. Turn Right on the stairway and proceed down the stairs to the Lansing River Trail.
P.O.I. = Lansing Center on the right
4. At the bottom of the stairs turn Left and proceed North on the Lansing River Trail.
P.O.I. = Lansing Market on right prior to Shiawassee St. Bridge.
5. As you continue to proceed North on the Lansing River Trail, you will cross under three bridges. After the first bridge (Shiawassee St.), you will pass by an old railroad bridge on your left. After you pass this bridge, veer left and continue on the trail walking under the remaining two bridges (Saginaw St. & Oakland Ave.).
6. After the Oakland Ave. Bridge, proceed to the Brenke Fish ladder and then continue onto the sidewalk along the left side (W) of the parking lot and proceed to Grand River Ave.
P.O.I. = Brenke Fish Ladder on left
7. Turn Right on Grand River Ave. and proceed to Center St.
8. Turn Left on Center St. and proceed to the first alleyway to the left.
9. Turn Left at the first alleyway and proceed through the alley to Turner St.
10. Turn Right on Turner St. and proceed to Dodge River Dr.
11. Turn Left on Dodge River Dr. and veer to the right and continue to the circle at the end of Dodge River Dr.
P.O.I. = Turner–Dodge House and Park to the right at the end of Dodge River Dr.
12. Continue around the circle at the end of Dodge River Dr. and proceed back on Dodge River Drive and then veer right onto the Lansing River Trail and proceed South on the trail along the river (follow the Green arrows on the map).
13. Continue South on the Lansing River Trail and follow the Lansing River Trail under the Oakland Ave. and Saginaw St. bridges and proceed to the old railroad bridge over the Lansing River past the Saginaw St. Bridge.
14. Turn Right on the walkway over the railroad bridge and proceed to the Lansing River Trail on the west side of the river.
15. Turn Left on the Lansing River Trail and continue on the trail past the Louis Adado sign and proceed to the walkway at the Shiawassee St. bridge.
16. Turn Right on the walkway and proceed to Grand Ave.
17. Cross Grand Ave. and proceed straight on Shiawassee St. to Capitol Ave. **
18. Cross Capitol Ave. and turn Left on Capitol Ave. and proceed W Ottawa St.
19. Cross W Ottawa St. proceed on the diagonal walkway toward the front of the Capitol building.
20. At the front of the Capitol Building take a sharp Left and proceed on the walkway heading (E) away from the Capitol Building to Capitol Ave.
21. Cross Capitol Ave. to the south side of W Michigan Ave. and proceed straight to Washington Sq. S. (S Washington St.).
22. Turn Right on Washington Sq. S and proceed to W Hazel St.
P.O.I. = Scott Historical House on right after W Main St.
P.O.I. = Cooley Gardens on right behind the Scott House
23. Turn Left on W Hazel St. and proceed to the park and veer left into the park and the take an immediate Right onto the pedestrian bridge and proceed across the Lansing River to the Lansing River Trail.
24. Turn Left on the Lansing River Trail and proceed North on the trail to the stairway at the Michigan Ave. bridge.
P.O.I. = R.E. Olds Transportation Museum on right after the water treatment facility
P.O.I. = Impression 5 Science Center on right
25. Proceed up the stairway to Michigan Ave.
26. Turn Left on Michigan Ave and proceed to Grand Ave.
27. Turn Right on Grand Ave. and proceed back to the Radisson Hotel.

** If you can only commit to 3 miles or so, after crossing Grand Ave., turn Left on Grand Ave back to the Radisson Hotel.

Map designed and created by WalkStyles, Inc. using Google Maps, October 2, 2007
Map route input from LeRoy Harvey, "Moving Our Community Toward Health Coalition"

Always walk with caution obeying all traffic signals and pedestrian indicators. It is always recommended that you do not walk alone in the event you encounter an unexpected hazard or people situation beyond the knowledge and/or control of the map creator.