

AVA Convention & Capitals 2011



With walks in 6 capital cities and 7 states, including:
MINNESOTA, NORTH DAKOTA, SOUTH DAKOTA, IOWA, NEBRASKA, ILLINOIS & WISCONSIN!



DAY 1: JUNE 15: HOMETOWN - ST. PAUL, MN

Travelers arrive today into the Minneapolis-St. Paul area anticipating two weeks of walking, fun, and fellowship as we explore the history, culture, and scenery of the upper Midwest states en route to the 17th Biennial Convention of the American Volkssport Association in Des Moines, Iowa. Make sure to arrive by late afternoon today in order to join us for a Get Acquainted orientation at our hotel (See Adventure Advice memo for details).

DAY 2: JUNE 16: ST. PAUL – FARGO, ND (B) St. Paul, MN Capital Walk – 10 km, rated 1

Our first walk highlights Minnesota's capital city of St. Paul. Two walk routes are available from the same starting point, one featuring the capitol and cathedral, and another featuring the Mississippi River and the campuses of three colleges. Following the walk, we continue west across Minnesota to our destination just across the border in Fargo.

DAY 3: JUNE 17: FARGO – BISMARCK, ND (BD)

We continue west this morning to Bismarck, capital of North

WHAT'S INCLUDED

AVA Convention & Capitals 2011
June 15–28, 2011 | 14 Days | \$2950

INCLUDING

- Airport to hotel group transfers on first and last day**
- All land travel as outlined, including transportation to Convention walks aboard our air-conditioned bus
- Superior tourist-class (3-star or better) hotel accommodations
- 16 meals: all breakfasts, 1 lunch, and 2 dinners (BLD)
- 6 AVA-sanctioned walks (plus Convention walks†)
- Fees for walking credit
- WAI guide service throughout
- Tips for the coach driver
- Single Supplements are available: \$675
- **Entrance fees/admission to:**
- Fort Abraham Lincoln – Bismarck, North Dakota
- Lewis & Clark Riverboat dinner cruise – Bismarck, North Dakota
- North Dakota Heritage Museum – Bismarck, North Dakota
- Corn Palace – Mitchell, South Dakota
- Sergeant Charles Floyd Riverboat Museum – Sioux Falls, Iowa
- Lewis & Clark State Park – Onawa, Iowa
- Mississippi River Dinner Cruise – Davenport, Iowa
- More fun stops than we can list!

OPTIONAL EXCURSIONS

- Convention Meet & Greet Social Function (Day 7)
- Convention Fun Social at Iowa State Fairgrounds (Day 9)
- Convention Banquet (Day 10)

**Details of transfers provided are listed in Adventure Advice memo sent upon receipt of tour registration.

†See Adventure Memo for more details on the AVA Convention.

Dakota. Our only day without a walk offers instead an afternoon just outside of Bismarck at Fort Abraham Lincoln, the last military post of General Custer before his ignominious end at Little Bighorn. We visit neighboring On-A-Slant Village to gain insight into the ways of the Mandan tribe who hosted the Lewis & Clark Expedition during their first winter en route to the Pacific. Evening plans include a dinner cruise along the Missouri River on the Lewis & Clark Riverboat.

DAY 4: JUNE 18: BISMARCK – PIERRE, SD (B)

Bismarck, ND Capital Walk – 10 km, rated 1

A memorable day begins with a walk through the parks, greenways, and neighborhoods of Bismarck, including an atypically designed state capitol tagged “the Skyscraper on the Prairie” and the excellent North Dakota Heritage Museum. From Bismarck, we turn south into neighboring South Dakota, where we spend the night in the capital city of Pierre.



DAY 5: JUNE 19: PIERRE – SIOUX CITY, IA (B)

Pierre, SD Capital Walk – 10 km, rated 1+

Two trails are available this morning in Pierre; one takes in the impressive capitol, historic sections of town, and the Missouri River. The other route crosses the Missouri to LaFramboise Island, an area where the Corps had a tense encounter with the antagonistic Teton Sioux. The afternoon drive takes us to Mitchell, South Dakota to see the iconic Corn Palace, then across the border into Iowa.

DAY 6: JUNE 20: SIOUX CITY – NEBRASKA CITY, NE (B)

Sioux City, IA Walk – 10 km, rated 1

Today's first activity is a walk starting from the Sergeant Floyd Riverboat Museum in Sioux City. Sergeant Floyd was the Lewis & Clark Expedition's only casualty; though Floyd's premature death was tragic, the low fatality rate was one of the most remarkable statistics of the journey. En route to our hotel, we stop at Lewis & Clark State Park to see a replica of the Expedition's keelboat and talk to one of the entertaining interpretive guides. Tonight's hotel is the expansive Adirondack-styled Lied Lodge & Conference Center, established by the National Arbor Day Foundation on a lovely tree-studded acreage across the border in Nebraska City.

DAY 7: JUNE 21: NEBRASKA CITY – DES MOINES, IA (B)

Lincoln, NE Capital Walk – 10 km, rated 1

Our capital walk in the Cornhusker State takes us through the campus of the University of Nebraska, residential areas, and past the capitol building of Lincoln. Later, our motorcoach takes us into the Hawkeye State to Des Moines, where we'll rub shoulders with walkers from all over the USA at tonight's Meet and Greet opening (optional) to the 17th Biennial Convention of the American Volkssport Association. *Meet & Greet Estimated price: \$45*

DAY 8: JUNE 22: ACTIVITIES FROM DES MOINES (B)

Winterset, IA Convention Walk – 6 km, rated 1; 10 km, rated 2

Winterset, site of our first Convention walk, is located in Madison County, famous as the birthplace of John Wayne and its six covered bridges that spawned the popular movie, *The Bridges of Madison County*. We return to the Marriot Hotel in Des Moines (the official Convention hotel) for the second of four nights in a row. Join us to-

night for a fun, no-host dinner at The Machine Shed Restaurant, whose slogan reads “Dedicated to the American Farmer”.

DAY 9: JUNE 23: ACTIVITIES FROM DES MOINES (B)

Ames, IA Convention Walk – no distance/routing info available

Located in the heart of Iowa, Ames is the home of Iowa State University and the site of today's Convention walk. This evening's Fun Social (optional) offers a picnic at the Iowa State Fairgrounds, complete with a three-piece chicken dinner, pie, and an old-fashioned barn dance. *Estimated price: \$35*

DAY 10: JUNE 24: ACTIVITIES FROM DES MOINES (B)

Des Moines, IA Convention Walk – 6 km, rated 1; 12 km, rated 2

Our fifth capital walk takes us through the streets and parks of Des Moines. Afternoon activities related to Convention workshops will be announced closer to Convention. Tonight's social activity is the Convention Friday Birthday Party (optional), celebrating 35 years of volkssport in the USA. *Estimated price: \$50*

DAY 11: JUNE 25: DES MOINES – DAVENPORT, IA (BD)

Cedar Rapids, IA Convention Walk – 5 km, rated 1; 11 km, rated 1

Cedar Rapids is known for its thousands of acres of parkland interconnected with trails. We explore some of these acres, plus areas still recovering from the devastating floods of 2008, on today's Convention walk. Rather than return to Des Moines, after the walk, we continue east to Davenport and the last Convention social event – a fun cruise on the Mississippi River!

DAY 12: JUNE 26: DAVENPORT – MADISON, WI (B)

Rock Island, IL Convention Walk – 5 km, rated 1; 10 km, rated 1

The final Convention event is a two-state walk starting at the beautiful Botanical Gardens in one of the Quad Cities of Illinois and Iowa. The trail then takes us over the Mississippi River to visit Arsenal Island and Davenport, Iowa. Following our last Convention walk, we say goodbye to AVA walking pals and turn our coach northeast towards Michigan. Our home tonight is the capital city of Madison, Wisconsin.



DAY 13: JUNE 27: MADISON – ST. PAUL, MN (BL)

Madison, WI Capital Walk – 10 km, rated 1+

The capital of Wisconsin offers a lovely walk that features the state capitol, the University of Wisconsin campus, and placid panoramas of the Madison Lakes. Heading north, we look forward to a Farewell Lunch at a fun local restaurant in Baraboo, former headquarters and winter home of the Ringling Brothers circus. After lunch, our final stretch of highway takes us across the Mississippi, and on to Minneapolis for the final night of the Adventure.

DAY 14: JUNE 28: DEPART FROM ST. PAUL (B)

We bid farewell to walking friends, new and old, and return home, having participated in the 17th AVA Convention and walked 11 walks in 6 states of the upper Midwest. Congratulations volkswalkers on 35 years of great walks! Here's hoping for at least 35 more!



Walking the world for over 20 years.