



Celebrate 50 years of walking with AVA: America's Walking Club

Walk 'n Mass Volkssport Club
sponsors walks in

BOSTON, MASSACHUSETTS
August 28 and 29, 2026

Four volkswalk routes:

Castle Island	6km and 11km	ID#131868
Freedom Trail	6km and 11km	ID#26/Y0730
Back Bay	5km and 10km	ID#26/Y1090
Special Places/Hidden Gems	5km and 11km	ID#26/Y3782



www.walknmass.org

www.ava.org

WELCOME — The Walk 'n Mass Volkssport Club invites you to participate in one or more Boston walk routes on Friday, August 28, and/or Saturday, August 29, 2026. The Castle Island route is specifically designed for these two days while the other three—Freedom Trail, Back Bay, and Special Places/Hidden Gems—are Year Round Events (YREs) available all year.

Across the country, volkswalkers will participate in 17+ Signature Events in this year-long, 50th Anniversary celebration of walking with AVA, and this Boston event is one of those Signature Events. For the other locations and dates, see www.ava.org/50th-anniversary

Walk 'n Mass welcomes participants of the AVA fundraising cruise organized by Rob McDaniel, AVA's Walking Waves II – Boston & Beyond, that sails from Boston on Sunday, August 30, with ports of call in conjunction with volkswalk opportunities by Southern Maine Volkssport Association in Portland and Bar Harbor, Maine; the Canadian Volkssport Federation in Saint John (Bay of Fundy); and the Dartmouth Volksmarch Club in Halifax, Nova Scotia.

For information about the cruise, see www.nwztravel.com, click **Groups and Events**, then select **AVA's 50th Anniversary** and use the password **AVA50th** to access the group-rate cabins and cruise information.

START/FINISH LOCATION & TIMES

Meeting room adjacent to the lobby in the
Courtyard by Marriott – South Boston
63R Boston Street, Boston, MA 02125

Friday, August 28, and Saturday, August 29, 2026

Start anytime between 9:00am–12:00pm; finish by 3:00pm

SOCIAL GATHERINGS

In The Bistro and adjacent table seating/lounge area of our host hotel, the Courtyard by Marriott – South Boston.

Friday, August 28

Meet & Greet & Games

6pm to 8pm

Get to know fellow walkers and cruise participants at this Meet & Greet. Food and beverages may be purchased at The Bistro. Tables will be available for people to sit and play a variety of table/board/card games, e.g., Uno, Bananagrams, Scrabble, Dominoes, and more. Feel free to bring your favorite game, and then you are allowed to set the rules! 😊

Saturday, August 29

Anniversary Cake & Games

7pm to 9pm

Chat with fellow walkers and share favorite volkssporting experiences. Cutting of the AVA: America's Walking Club's 50th Anniversary cake at 7:30 followed by opportunities to sit, share laughs, and play table/board/card games.

COMMEMORATIVE MEMENTO

A specially designed magnet will be given to all registered participants at this Signature Event that celebrates 50 years of walking with AVA: America's Walking Club.

WALK ROUTE DESCRIPTIONS

Boston, known as "America's Walking City," is steeped in history and tradition. The walk routes follow downtown city streets and walkways, exploring a plethora of historic sites, monuments, museums, and landmarks.

Please note that for this AVA Signature Event we are providing you the opportunity to register for the three Boston YREs without using the Online Start Box (OSB) registration process. The Castle Island walk is a traditional volkssport event with onsite registration. Pre-registration is encouraged for all walks.

IVV books will be stamped in-person on Friday and Saturday between 9am and 3pm in the Start/Finish hotel meeting room or at either of the two social gatherings.

1. Castle Island: a map-guided, traditional event

The 6km and 11km AVA Signature Event routes leave from the Courtyard by Marriott – South Boston (adjacent to the South Bay Center) to Castle Island. The 6km participants to Castle Island return via public bus. For those who do not want to take public transit, a 5km route through Moakley Park and along the water (without going to Castle Island) will be an option. Restrooms and water bottle filling stations are available on Castle Island and at Moakley Park.

South Boston, or "Southie," is an evolving residential neighborhood with a strong Irish-American heritage. Old-school diners and taverns mingle with pizzerias and gastropubs. Both the 6km and 11km routes pass a candlepin bowling alley and a variety of pubs and restaurants. The main thoroughfare (East Broadway) showcases many 20th century triple-decker houses and brick row houses. In some blocks along Broadway, one can view beautiful wrought iron stair rails and old brick churches. The two rolling hills on this portion of the route end at Medal of Honor Park, which offers sweeping views of Pleasure Bay and Castle Island. Medal of Honor Park blends recreation with historical commemoration. It is home to the nation's first Vietnam Veterans Memorial (1981) and is a vital community spot for recreation, remembrance, and family activities.

2. Freedom Trail YRE

The 11km Freedom Trail walk includes Boston Common, set off for common use in 1634; Paul Revere's home, oldest in Boston (1680); King's Chapel, site of the first Anglican Church in New England (1686); the Old State House (1713); Faneuil Hall, the site of political debates for over 2 centuries; Old North Church, where lanterns warned of the British march on Concord; Bunker Hill Monument, site of the 1775 battle; the Granary Burying Ground, where Samuel Adams, John Hancock, and Mother Goose are buried; the State House built in 1798; the USS Constitution, the oldest commissioned ship in the US Navy (1787); Saint-Gaudens' tribute to the Civil War's first black regiment; the waterfront; and downtown shopping areas.

The 6km Freedom Trail route concentrates on the sites and events in the central Boston area including a portion of the Rose Kennedy Greenway.

3. Back Bay YRE

The 10km and 5km Back Bay routes focus on the charming Beacon Hill residential district; the center mall of Commonwealth Avenue, considered one of the world's greatest streets because of its architecture and statues; the sidewalk cafés of Newbury Street; Copley Square; the John Hancock Observatory; the Public Garden with its famous Swan Boats and "Make Way for Ducklings" sculpture; the reflecting pool of the Christian Science Center; and "Cheers" pub. The routes also pass the finish line of the Boston Marathon. A portion of the walk is inside elegant Copley Place and the Prudential Center, where Tiffany's, and Saks Fifth Avenue set the tone.

The 10km Back Bay route also includes Symphony Hall, the Museum of Fine Arts, and the Muddy River.

4. Special Places/Hidden Gems YRE

Explore some of Boston's lesser-known points of interest and special places. The 11km and 5km routes explore such highlights as the Charles River Esplanade, including the Hatch Memorial Shell; Bay Village consisting of small brick 19th century homes bought and restored when houses on Beacon Hill became more expensive; Boston Common; the Armory, a four-story granite structure with a six-story tower designed by William G. Peterson; and New Old South Church built in 1875. Additional sights on the 11km route include Church of the Advent built in 1879; elegant Harrison Gray Otis House; Custom House Tower; Liberty Square; site where Alexander Graham Bell invented the telephone; and Chinatown.

AWARD

The fully embroidered patch featuring the iconic Old State House, built in 1713, and the newer, gold-domed State House, built in 1798, may be purchased for \$4. This is the award for the Boston YREs but may also be purchased for the Castle Island event. A limited number is available; no reorders.



REGISTRATION

Pre-registration deadline is August 1, 2026. Please mail completed, signed registration form with payment (and coupon(s), if using) and check payable to Walk 'n Mass Volkssport Club to: Mary Frink, 38 Carter Street, Apt. 205, Everett, MA 02149.

Pre-registration per person is required for social gatherings and highly encouraged for any of the four walk routes. Route directions will be emailed in advance to all those who pre-register. Please print the directions/download to your device. Pick up Activity Card, which lists the walks and socials you registered for, in hotel Start/Finish meeting room 9am to 3pm on Friday or Saturday and during social events.

On-site registration for all four walk events will be available on Friday and Saturday between 9am and 12pm in the meeting room of the Courtyard by Marriott – South Boston. Finish by 3pm. Stamping of IVV books from 9am to 3pm and during social events.

WALK PARTICIPATION FEE

The participation fee includes IVV credit for those participating in the IVV Achievement Program. As a benefit of club membership, members of Walk 'n Mass Volkssport Club are eligible for a \$1 discount on the participation fee of the three YREs.

	<u>Per Person</u>
Friday's Meet & Greet & Games	\$5
Saturday's Anniversary Cake & Games	\$5
Castle Island – South Boston Walk	\$4
Boston's Freedom Trail YRE	\$4 participant; \$3 WnM member
Boston's Back Bay YRE	\$4 participant; \$3 WnM member
Boston's Special Places/Hidden Gems YRE	\$4 participant; \$3 WnM member
Award – patch of the Old & New State Houses	\$4
Submission of AVA coupon or WNM coupon in lieu of the participation fee.	

GROUP WALKS

Want to walk with others? Meet in the lobby of the Courtyard by Marriott – South Boston for a **group walk of the Castle Island route** led by a Walk 'n Mass club member and an AVA board member on both Friday and Saturday at 9:00am.

The 6km route comprises the first part of the 11km route, so all can walk together. Those walking the 6km distance to Castle Island will take a public bus to return to the hotel—or perhaps take a bus to downtown Boston to pick up the route of one of the three Boston YREs to continue your walking adventure in Boston.

For those who do not want to take public transit, a 5km route through Moakley Park and along the water (without going to Castle Island) will be an option.

AVA SPECIAL PROGRAMS

Castle Island: Anniversaries Hurrah, Par for the Course, State Capital (Note: this route does not go past the State House), Step to the Beat, Walking with America's Veterans

Back Bay YRE: Anniversaries Hurrah, State Capital, Step to the Beat, Walking with America's Veterans, Washington-Rochambeau National Historic Trail

Freedom Trail YRE: A-MAZE-ing Labyrinths, Anniversaries Hurrah, Par for the Course, State Capital, Step to the Beat, Walking with America's Veterans, Washington-Rochambeau National Historic Trail

Special Places/Hidden Gems YRE: Anniversaries Hurrah, State Capital (Note: this route does not go past the State House), Step to the Beat, Walking with America's Veterans, Walking with the Wild Things, Washington-Rochambeau National Historic Trail

HOTEL ACCOMMODATIONS

To reserve rooms at discount rates arranged by AVA's Walking Waves for AVA's 50th Anniversary Celebration Walks in Boston, click on the hotel name: [Courtyard by Marriott-South Boston](#), [Holiday Inn Express](#) or [Home2 Suites](#) (all located near one another behind the South Bay Center). Several MBTA bus routes stop at South Bay Center, and the Red Line Andrew T station is two blocks (0.4 mile) north of hotels.

If you are reading this brochure in hard copy and want the link info for the hotels, please email Mary Frink at mfwalks2010@verizon.net

ACKNOWLEDGEMENTS

Walk 'n Mass thanks Rob McDaniel, organizer of the AVA's Walking Waves II – Boston and Beyond AVA Fundraising Cruise for inspiring Walk 'n Mass to host these pre-cruise walks that also celebrate AVA's 50th Anniversary as a Signature Event.

Thank you to Nathan Wing, Sales Director at the Courtyard by Marriott – South Boston, for providing areas for in-person registration during the day and the social gatherings on Friday and Saturday evenings.

Thank you to AVA: America's Walking Club for promoting this event and to the people who traveled from far and near to attend these walks. Special thanks to the Walk 'n Mass club members and other volunteers for assistance in planning and staffing.

TRAIL RATING

All four walk routes have an AVA rating of 1B, difficult for strollers and wheelchairs.

SANCTION & IVV CREDIT

This event has been sanctioned by the American Volkssport Association (AVA: America's Walking Club) and the International Federation of Popular Sports (IVV) and is conducted under the rules of those governing organizations. Fee paying participants will be eligible to earn IVV credit for event and distance. Event and Distance Books will be available for \$6.00 each at the Start/Finish. Participants who have previously purchased books are reminded to bring them.

DISCLAIMER

The sponsors of this event cannot be held responsible for any lost or stolen items, accidents or injury at any time. Every reasonable effort will be made to make this event safe and enjoyable. By virtue of registering for this event, the participant agrees to the conditions set forth herein.

FACILITIES

Restrooms are located at the Start/Finish, on Castle Island, and in public establishments along the routes.

REFRESHMENTS

Water and hard candy are provided at the Start/Finish and near the Checkpoint on Castle Island. You are reminded to bring water with you when walking the YRE routes in Boston, since there are no checkpoints along those routes. You may carry refreshments, but please do not litter.

CONDITIONS

This event will be held regardless of weather conditions. There are no refunds for any reason.

PUBLIC TRANSPORTATION

MBTA (www.mbta.com) tickets and passes may be purchased at fare vending machines located at subway stations. For pay-as-you-go travel on bus or subway, you may tap your contactless credit/debit card or a phone or watch with a mobile wallet. Bus \$1.70; subway \$2.40.

Those who register for any of the Boston YREs will receive public transportation information from the hotel to the most convenient public transit stop to pick up the volkswalk route of any of the three Boston YREs.

MBTA bus routes that stop at South Bay Center: Bus numbers 8, 10, 11, 16, and 66.

The Andrew T subway station on the Red Line is two blocks (0.4 mile) north of the hotel.

From Logan Airport, take the Silver Line Bus 1 (free!) to South Station, and then take the Red Line toward Braintree two stops to the Andrew T station.

Walk from Andrew T station 0.4 mile to hotel: RIGHT on Dorchester Ave. CROSS Dorchester St. and Southampton St. RIGHT onto Boston St. After crossing over I-93, first RIGHT and CROSS Jan Karski Way. Courtyard by Marriott – South Boston straight ahead.

Walk from South Bay Center 0.2 mile to Courtyard by Marriott – South Boston: With Macy's/TJ Maxx and Panera Bread to your left, walk down the narrow road between Panera Bread and the AMC movie theater, continuing past the Home2 Suites ahead on the left. At the corner, LEFT on Jan Karski Way to the Courtyard by Marriott on the left.

DRIVING DIRECTIONS TO THE START/FINISH

Driving Directions to	Courtyard by Marriott – South Boston	Latitude	42.3265951
	63R Boston Street, Boston, MA 02125	Longitude	-71.0603756

From the North:

I-95 South to Exit 55A to merge onto I-93 South toward Boston. Use 2nd from the right lane to take Exit 15 toward Mass Ave/Roxbury/Andrew Sq. Take slight left onto Frontage Rd. Keep right to continue on Boston St. Destination will be on the right.

From the West:

Take I-90/Mass Pike East toward Boston. Use the left two lanes to take Exit 134 A-B-C to merge onto I-93 South toward Quincy. Use the 2nd from the right lane to take Exit 15 toward Mass Ave/Roxbury/Andrew Sq. Take slight left onto Frontage Rd. Keep right to continue on Boston St. Destination will be on the right.

From the South:

Take I-95 North to I-93 North toward Boston. Take Exit 15A for Southampton St. toward Andrew Sq. Use left lane to turn sharp left toward Southampton St. Turn left toward Allstate Rd. Turn left toward Boston St. Turn right onto Boston St. Destination will be on the right.

PARKING AT THE START/FINISH

Park in designated spots in parking lots behind the hotels or in the South Bay Center's parking lot. Walk a short distance to the Courtyard by Marriott – South Boston (behind Best Buy/Macy's in the South Bay Center). Use 8 Allstate Rd, Dorchester, MA 02125 for GPS to shopping center.

Walk to Courtyard by Marriott – South Boston from South Bay Center: With Macy's/TJ Maxx and Panera Bread to your left, walk down the narrow road between Panera Bread and the AMC movie theater, continuing past the Home2 Suites ahead on the left. At the corner, turn left on Jan Karski Way to the Courtyard by Marriott on the left. Our start point is in a meeting room adjacent to the lobby of the Courtyard Marriott.

POC/Northeast Region Director
Carol Giesecke, 302-399-6334
carolclay101@gmail.com

REGISTRATION:
Mary Frink, 617-387-1577
mfwalks2010@verizon.net

WALK COORDINATOR:
Beate Hait, 774-292-9098
beateh1@aol.com



Closeup of
Start/Finish
area
>>>>>>>>

Maps not to scale.

Start/Finish

Meeting room adjacent to the lobby
Courtyard by Marriott – South Boston
63R Boston Street, Boston, MA 02125

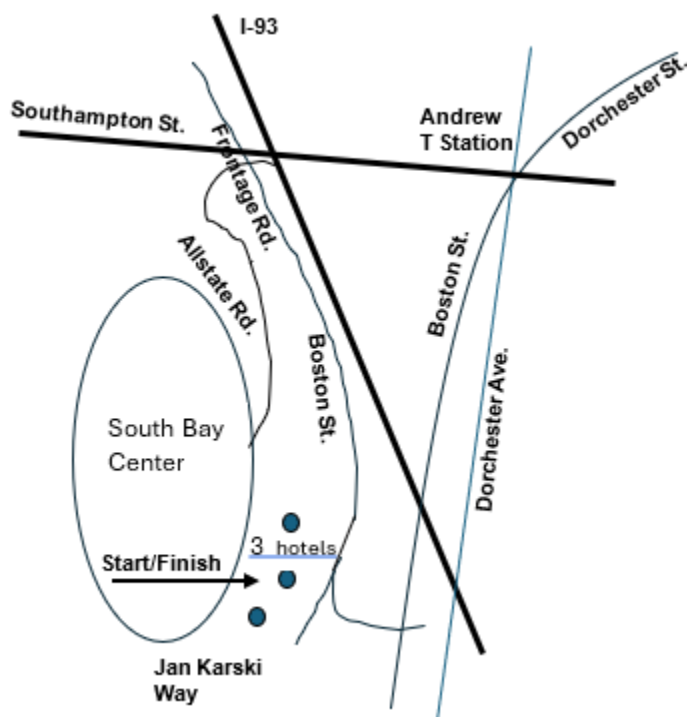
Friday, August 28, and Saturday, August 29, 2026

Start anytime between 9:00am–12:00pm;
finish by 3:00pm

Pre-registration for walks is strongly encouraged.

Pre-registration for Friday and Saturday social events is required.

Pre-registration must be postmarked by August 1, 2026.



50th Anniversary



AMERICA'S WALKING CLUB

FROM 1976 TO 2026
AVA.ORG

Celebrating 50 Years of Walking



Come Walk

WITH US!













AVA 50th Signature Event - Boston Registration Form

Please print/copy this page. Complete registration form and sign waiver. You may register 2 people with same address. Check box if entrant is a minor. **A signed waiver must be on record for all entrants.** A parent or guardian must sign the below waiver for children under 18 and sign both a Release of Liability Assumption of Risk and a Photo Liability for Minors when you pick up the Activity Card. Mail registration form with check made out to Walk 'n Mass Volkssport Club to: Mary Frink, 38 Carter St. #205, Everett, MA 02149. Envelope must be postmarked by **August 1, 2026**. Please check box if minor.

Name #1				<input type="checkbox"/>
Name #2				<input type="checkbox"/>
Address				
Cell Phone #1		Cell Phone #2		
Email #1		Email #2		

All walk participants must sign waiver (adults for children under 18). You will not receive an activity card without a signed waiver on file.

Amateur Athletic Waiver and Release of Liability

In consideration of being allowed to participate in any way in American Volkssport Association (AVA) volkssporting programs and related events and activities, the undersigned:

1. Agrees that before or during my or my minor child's participation, if I believe anything is unsafe, I will immediately advise the event supervisor or other person in authority at the volkssporting program and the related events and activities of such conditions and refuse to participate;
2. Acknowledges and fully understands that each participant will be engaging in activities that could involve risk of serious injury, including permanent disability and death and severe social and economic losses which might result not only from my own or my minor child's actions, inactions or negligence of others, or the condition of the premises, the trail or any equipment used. Further, that there may be other risks not known or not reasonably foreseeable at this time.
3. Assumes all the foregoing risks and accepts personal responsibility for the damages following injury, permanent disability or death;
4. Releases, waives, discharges and promises not to sue AVA, its affiliated clubs, their respective administrators, directors, agents, volunteers or employees, other participants, sponsoring agencies, sponsors, and advertisers, and, if applicable, owners and lessors of premises used to conduct the event from demands, losses or damages on account of injury, including serious injury, permanent disability, or death, or damage to property, caused or alleged to be caused in whole or in part by the negligence of any such person or organization, or otherwise.
5. When you share photos, via digital image or otherwise, with AVA, such photos or images become the property of AVA, and AVA, its legal representatives and assigns, retain the right and permission to publish any such photo or image in any written or electronic publication, including Checkpoint or TAW, on social media, websites or in audiovisual presentations, promotional literature, advertising or in any similar method.

The undersigned has read the above waiver and release, understands that I have given up substantial rights by signing it and sign it voluntarily. I further understand that if I place my name on the form upon which this waiver and release is printed, that I voluntarily agree that I understand that I have given up substantial rights.

Signature 1 _____ Signature 2 _____

Volkssport Registration

Please indicate participation category. Benefit of Walk 'n Mass membership is \$1 discount on YREs. The award patch is the same for all events and its price does NOT include walk fee. **For one award, check an award block next to a checked walk fee box.**

Event		Participant \$4	Walk 'n Mass Member \$3	Award \$4 (additional)	Coupon
Castle Island	#1				
	#2				
Back Bay YRE	#1				
	#2				
Freedom Trail YRE	#1				
	#2				
Special Places YRE	#1				
	#2				

Walks Total \$ _____ If using a coupon, submit with this form.

Social Event Registration

Please check per person if you are participating.

Meet and Greet Friday \$5	#1	
	#2	
Anniversary Cake Saturday \$5	#1	
	#2	
Social Total \$ _____		

Grand Total Enclosed \$ _____ You may write one check for both participants.

Mail registration form with check made out to Walk 'n Mass Volkssport Club and any coupons to: Mary Frink, 38 Carter St. #205, Everett, MA 02149.

Envelope must be postmarked by **August 1, 2026**.