



AVA Northeast Region  
May 16-18, 2025



Armed Forces Weekend 

# Tri-State Lighthouse Walking Event



- **Gloucester,  
Massachusetts**
- **Portsmouth,  
New Hampshire**
- **Cape Elizabeth,  
Maine**

## ***A Weekend of Walking Past Beautiful New England Lighthouses!***

Northeast Weekend 2025 (NEW25) is sponsored by the **Two Town Walking Club (TTWC) of Massachusetts**, the **Twin State Volkssport Association (TSVA)**, and the **Southern Maine Volkssport Association (SMVA)**, members of the American Volkssport Association (AVA) – America’s Walking Club. The AVA has sanctioned these events, which count towards the acquisition of IVV Achievement Awards.

**Contact [infotristate25@aol.com](mailto:infotristate25@aol.com) or visit [25NEWeekend](https://www.walkescv.org/25NEWeekend/home.html) or <https://www.walkescv.org/25NEWeekend/home.html>**

**Two Town Walking Club**  
Joseph Piffat  
Massachusetts



TM

**Twin State Volkssport Assn.**  
Carolyn Adams/Cindy Gray  
New Hampshire/Vermont



TM

**Southern Maine Volkssport Assn.**  
Denise Macaronas/Carole Plowman  
Maine



TM



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# 1. WELCOME!

The **Two Town Walking Club (TTWC)** of Massachusetts, the **Twin State Volkssport Association (TSVA)** of New Hampshire & Vermont, and the **Southern Maine Volkssport Association (SMVA)** are pleased to welcome you to an exploration of lighthouses along the rocky coast of New England – from northern Massachusetts to New Hampshire and on to southern Maine! Weather permitting, we will view up to **seven (7) lighthouses** in **three states** over the course of **three walks** – in **Gloucester, MA**; **Portsmouth, NH**; and **Cape Elizabeth, ME**. Together with old and new walking friends, we will also enjoy a **Meet & Greet** at the Microtel Inn & Suites, our host hotel in York, ME, on Friday evening, and on Saturday evening, we will have a **New England Group Dinner** at The Weathervane in Kittery, ME. Other walks (with and without lighthouses!) are also available, and information is included here.

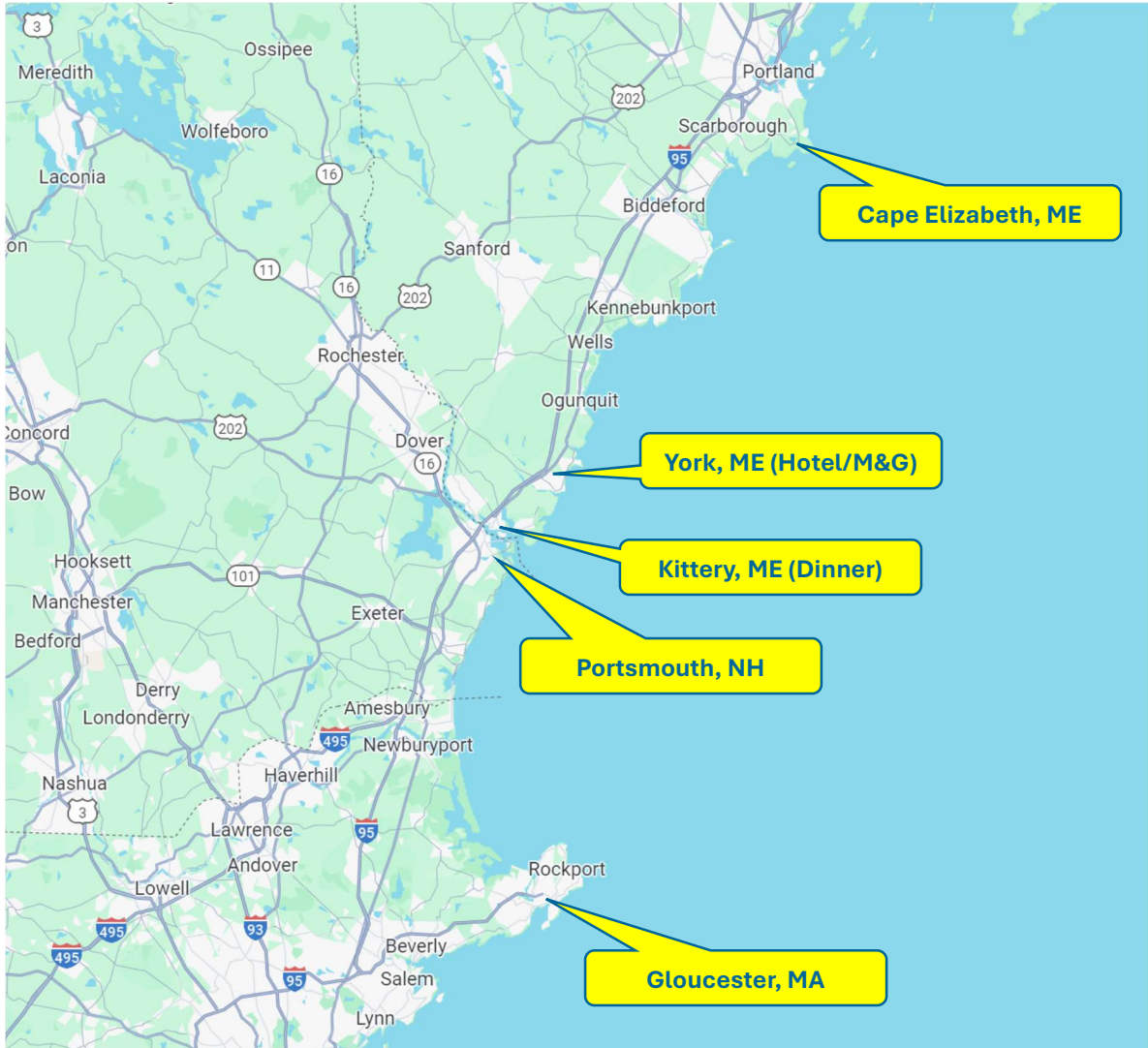
**Northeast Regional Events:** This event is our fourth year of AVA’s Northeast Region sponsoring a multi-event long weekend for fun, fitness & friendship! Previous events were in Buffalo/Niagara Falls, NY (2022); on Cape Cod (2023); and in Hyde Park, NY/Poughkeepsie, NY/Kent, CT (2024).

**We welcome those new to the sport, along with veteran walkers – and active duty military walkers and veterans, in honor of Armed Forces Weekend!**

We hope that everyone will reach out to new members and to those who do not know many of their fellow walkers from other clubs. If you see someone walking alone, please ask them to join you (unless they prefer to walk alone). **REMINDER:** If you have your own **name tags**, please bring them and wear them! For your convenience, we hope to provide stick on name badges. Remember your **walk books** and your **water bottle** and snacks, too!

More information is available on our website: <https://www.walkescv.org/25NEWeekend/home.html>  
 For general inquiries, contact: [infotristate25@aol.com](mailto:infotristate25@aol.com)  
 For inquiries about a specific walk, contact the POC listed for the specific walk.

## 2. GENERAL MAP





# 3. HOST HOTEL

**MICROTEL INN & SUITES BY WYNDHAM**, 6 Market Place Drive, York, ME 03909; (207) 363-0800.

	<b>Block Rates for May 16-17, 2025</b>	<b>Block Pre- &amp; Post-Shoulder Rates (2 nights prior and after)</b>
<b>Double Queen:</b>	\$120 per night (\$130.80 with tax)	\$114 per night (\$124.26 with tax)
<b>Single Queen Suite:</b>	\$125 per night (\$136.25 with tax)	\$109 per night (\$118.81 with tax)

**Booking in the block:**

1. **CONTACT THE HOTEL DIRECTLY** by PHONE (207) 363-0800 (9 am-4 pm only) or E-MAIL [microtelgroups@gmail.com](mailto:microtelgroups@gmail.com) to make your reservation in order to obtain the group rate.
2. **Mention the name “VOLKSSPORT”** to access the block of rooms.
3. **Guests CANNOT be added to this block by booking though the hotel website or through online platforms (e.g., Expedia, Booking.com).**
4. Deadline to reserve is **March 15, 2025**, but with *no guarantee that rooms will still be available.*
5. Guests can **cancel reservations up to 48 hours prior to arrival** to avoid a cancellation fee.
6. Check-in time is 3 pm (*strictly enforced*). Check-out time is 11 am.
7. Check-in is **only** permitted for the person whose name is on the reservation unless a secondary guest is added. *Please discuss this with the hotel directly.*
8. **If you have a gluten allergy, please notify us promptly and no later than April 15.**

Amenities for all rooms include complimentary breakfast (hot and cold items), air conditioning, heated swimming pool, hair dryers, WiFi, in-room coffee/tea maker, microwave, and mini-refrigerator. Single Queen Suites additionally include sitting area, sofa bed, iron, and ironing board, but have only one queen-sized bed.

**Directions (from Gloucester, MA, walk):** Leave parking lot turning **LEFT** onto Hough Ave. Turn **RIGHT** onto Western Ave to leave Stage Fort Park. Sharp **LEFT** onto Essex Ave/Rt 133. Turn **RIGHT** to merge onto MA-128 S to Peabody/Boston. Take Exit 43 from MA-128 S onto MA-62 to Danvers. Follow MA-62 for approx. 2.5 miles to **RIGHT** ramp for US-1 N/Newbury St (CVS and Stop & Shop on right). **MOVE QUICKLY to left lane** on US-1 N. **LEFT EXIT** from US-1 N to I-95 N to NH/Maine. Follow I-95 N to Spur Rd (Exit 7) in York, ME. Take ramp on right. At intersection (**Stonewall Kitchen Flagship Store & Cafe** and **Maine Visitor Center** in front of you), turn **RIGHT** onto US-1 S to Market Place Drive. Turn **RIGHT** onto Market Place Drive and take **SECOND driveway on the LEFT**. Microtel Inn & Suites 6 Market Place Drive) is at the end of the driveway.

Various other hotels are available in the area. The listing below does **not** constitute any recommendation:

Towne Lyne Motel 747 Main St, Ogunquit, ME (207) 646-2955 <a href="https://townelynemotel.com/">https://townelynemotel.com/</a> 10 miles/18 min. from host hotel	Anchorage Inn (1 <sup>st</sup> car/rm free; 2+ - \$10/night ea.) 265 Long Beach Ave, York, ME (207) 363-5112 <a href="https://www.anchorageinn.com/">https://www.anchorageinn.com/</a> 3.6 miles/8 mins. from host hotel	Coachman Inn (if >1 car/room, please inform) 380 US-1, Kittery, ME (207) 439-4434 <a href="https://www.coachmaninn.net/">https://www.coachmaninn.net/</a> 3.6 miles/8 mins. from host hotel
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**Amenities nearby:**

**Stonewall Kitchen Flagship Store & Cafe** in York, ME  
**Kittery Shopping Outlets & Restaurants** and **Walgreens** in Kittery, ME  
**Hannaford Supermarket** in York, ME  
**Maine Medical Center**, 22 Bramhall St, Portland, ME 04102 (207-662-0111)



## 4. MEET & GREET AND SATURDAY GROUP DINNER

### MEET & GREET: 6 PM ON FRIDAY, MAY 16

The Meet & Greet gathering will take place at 6 pm on Friday, May 16, at the host hotel, The Microtel Inn & Suites by Wyndham, 6 Market Place Drive, York, ME 03909; (207) 363-0800. **Deadline: APRIL 15, 2025.**  
**Cancellation deadline: May 1, 2025.**

**MICROTEL INN & SUITES BY WYNDHAM**  
6 Market Place Drive  
York, ME 03909  
(207) 363-0800

The cost is \$15 per person. An assortment of pizza, snacks, and desserts, as well as soda and bottled water, will be provided. **Please contact us regarding any food allergies (e.g., gluten, nuts, peanuts).**

### GROUP DINNER: 5:30 PM ON SATURDAY, MAY 17

*SEATING LIMITED TO 70 WALKERS ON A FIRST-REGISTERED BASIS*  
The cost of the dinner is \$45/person.  
**Deadline: APRIL 15, 2025. Cancellation deadline: May 1, 2025.**

**THE WEATHERVANE**  
306 US Route 1  
Kittery, ME 03904  
(207) 439-0330

### MENU:

**If you have special dietary allergies (e.g., seafood, gluten, nuts/peanuts) or if you are vegetarian or vegan, please contact us immediately. If your needs cannot be met, the cost of your dinner will be refunded.**

Select one of the following entrées:

- Broiled Haddock (with broccoli and rice)
- Grilled Steak Tips (with broccoli and rice)
- Fried Chicken Tenders (with fries and coleslaw)\*

**\*The Weathervane has stated that those with seafood allergies should not select the fried chicken tenders, due to the possibility of cross-contamination.**

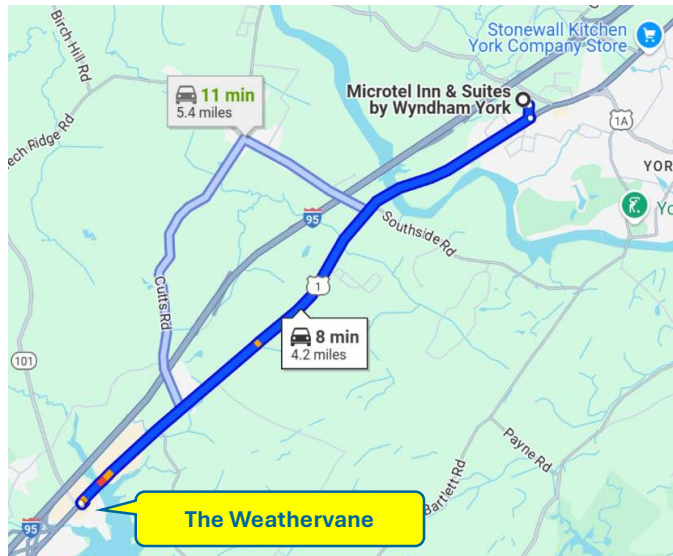
Dessert will be seasonal pie.

Coffee/tea/tap water will be provided.

Iced tea, soda, bottled water, and alcoholic beverages are not included, but can be ordered at the cash bar.

### DIRECTIONS (from Microtel Inn & Suites):

Turn RIGHT onto Market Place Dr. Turn RIGHT onto US-1 S for 4.1 miles. Turn LEFT into the Kittery Outlet Mall parking lot. (4.2 miles/9 mins.)





## 5. GLOUCESTER, MASSACHUSETTS

<b>Date &amp; Time of Walk</b>	<b>Friday, May 16, 2025, sunrise to sunset; walk-in table 9-11 am.</b>
<b>AVA Event ID# (Club)</b>	<b>129262 (Two Town Walking Club #AVA-0573)</b>
<b>Distance(s)/Trail Rating(s)</b>	<b>5k/10k – 1B</b>
<b>Trail Description</b>	Mostly paved walkways with some uneven dirt trails in Stage Fort Park. A couple of short, small hills. America’s oldest seaport, Gloucester, MA, is still an authentic working waterfront community and home to Gorton’s, Inc., famous for frozen seafood. Three (3) lighthouses, many museums, scenic vistas, shops & restaurants along route, along with Fishermen’s Memorial and Fishermen’s Wives’ Memorial, Armed Forces memorials, and view of Hammond Castle, built by eccentric inventor John Hays Hammond (Father of Radio Control). 10k route passes Our Lady of Good Voyage Church; home and memorial to artist Fitz Hugh Lane; site of the First US Coast Guard Air Station; Spanish American War Memorial; and Gorton’s.
<b>Accessibility/Allowability</b>	<b>Strollers:</b> Medium/Hard   <b>Wheelchairs:</b> No   <b>Pets:</b> Yes (leashed)
<b>Restroom Availability</b>	Gloucester City Hall (2k on route) <b>CLOSES 12:30 PM</b> . 10k - The Beauport Hotel 1606 Restaurant, the Seaport Grille & other seated restaurants may have restrooms, <b>but</b> Virgilio’s (5k/10k), Dunkin’s (10k) & other take-out restaurants do <b>not</b> have restrooms.
<b>Special Programs</b>	<b>Lighthouses II</b> , Par-for-the-Course, Town Halls/City Halls, Walking the USA A-Z, Walking the USA (50 States), Centurion Achievement, IVV-Americas
<b>Lighthouses</b>	(1) <b>Ten Pound Island Lighthouse</b> ; (2) <b>Eastern Point Lighthouse</b> ; and (3) <b>Dog Bar Breakwater Lighthouse</b> on both routes.
<b>Armed Forces Memorials &amp; Other Memorials (Armed Forces Weekend)</b>	Liberty Tree, Revolutionary War, World War I & American Legion Post 3, World War II, Korean War, Viet Nam War, US Coast Guard Aviation, Merchant Marine, Nathaniel Haraden Mem., Stacey Mem., Gloucester Fishermen’s Mem., Gloucester Fishermen’s Wives’ Mem. <b>10k only:</b> Site of first US Coast Guard Air Station; Spanish Amer. War Mem.
<b>Other Points of Interest</b>	Hammond Castle Museum, built by inventor John Hays Hammond (short drive – well worth the visit!); fishing, whale watch, and harbor tours
<b>Start Point Location &amp; Directions</b>	<b>Stage Fort Park, 24 Hough Ave., Gloucester, MA 01930</b> (parking on-site) <b>From I-95:</b> Exit 64 in Peabody onto Rt 128 North/East towards Gloucester to Exit 53 (Rt 133). Turn RIGHT. Pass Cape Ann Marina on left to end. Turn RIGHT at Stop sign onto Rt 127 South. Turn LEFT into Stage Fort Park, Hough St., tennis courts on left. Go uphill. Visitor Center on left. Parking on right.
<b>Contact</b>	Joseph Piffat ( <a href="mailto:jpiffat@aol.com">jpiffat@aol.com</a> or <a href="mailto:infotristate25@aol.com">infotristate25@aol.com</a> )
<b>Nearby <i>Lighthouses II</i> Walks</b>	<b>Rockport SE (10k/5k – Straitsmouth Island Lighthouse; 10k only – Thacher Island Twin Lighthouses)</b> (Par-for-the-Course, Step to the Beat, Town/City Halls); <b>Gloucester YRE (11k/6k – Ten Pound Island Lighthouse, Eastern Point Lighthouse, Dog Bar Breakwater Lighthouse)</b> (Par-for-the-Course, Town/City Halls); <b>Salem YRE (10k/5k – Derby Wharf Lighthouse)</b> (Town/City Halls); <b>Beverly YRE (10k/6k – Hospital Point Range Rear Lighthouse; 10k only – Hospital Point Range Front Lighthouse, Fort Pickering Lighthouse, Baker’s Island Lighthouse, Marblehead Lighthouse</b> (A-MAZE-ing Labyrinths, Par-for-the-Course, Step to the Beat)
<b>Other Nearby Non-Lighthouse Walks</b>	<b>Danvers (Salem Village) YRE (10k/6k)</b> (Par-for-the-Course, Town/City Halls); <b>Ipswich YRE (10k/5k)</b> (Par-for-the-Course, Town/City Halls)

### **About the Gloucester lighthouses:**

Left to right, facing Gloucester Harbor, the following three lighthouses are visible:

**Ten Pound Island Lighthouse:** Ten Pound Island was likely named for the number of sheep pens (“pounds”). American painter Winslow Homer spent the summer of 1880 painting here. The lighthouse, first built in 1821, was replaced in 1881. Decommissioned in 1956, it was relit as an active aid to navigation in 1989. Amos Story, who became the second keeper in 1833, was one of many who claimed to have seen the Gloucester Sea Serpent in 1817.  
<https://www.lighthousefriends.com/light.asp?ID=478>



**Eastern Point Lighthouse:** The original Eastern Point Lighthouse, on the eastern tip of Gloucester Harbor, was lit in 1832 after conversion of an unlit daymarker (1829) to a lighthouse. It was replaced in 1848 and again in 1890 and automated in 1985. It features in *The Perfect Storm*.  
<https://www.lighthousefriends.com/light.asp?ID=476>



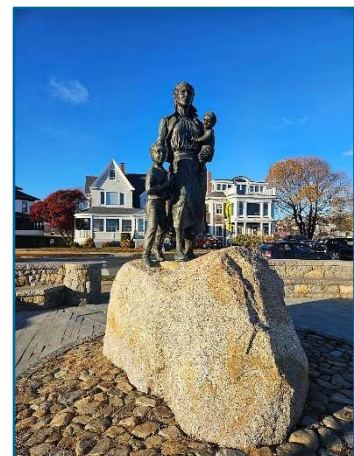
**Dog Bar Breakwater Lighthouse:** In 1894-1905, Dog Bar Breakwater was built from Eastern Point over treacherous Dog Bar Reef. In 1905, Dog Bar Breakwater Lighthouse was built and placed under the care of the keeper of Eastern Point Lighthouse. It was replaced with a house and tower built on a skeletal platform with a staircase in 1910 and again in 1943 and automated in 1985.  
<https://www.lighthousefriends.com/light.asp?ID=477>



### **About the Gloucester Fishermen’s Memorial & the Gloucester Fishermen’s Wives’ Memorial:**



The Man at the Wheel cenotaph (1925), by Leonard Craske, memorializes the thousands of fishermen known to have lost their lives since 1623. The Fishermen’s Wives’ Memorial (2001), by Morgan Faulds Pike, stands in honor of the suffering of the fishermen’s wives and widows.



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### **Additional nearby lighthouse walks (see next page for map):**

**Rockport SE:** Next to Gloucester, 5k/10k routes include **Straitsmouth Island Lighthouse** (<https://www.lighthousefriends.com/light.asp?ID=605>). 10k route also includes the **Thacher Island Twin Lighthouses (Cape Ann Lighthouse)** (<https://www.lighthousefriends.com/light.asp?ID=475>). Both routes are on streets and uneven public footpaths. Scenic walk. Highlights include the famous Motif #1 on Bearskin Neck, the Shalin Liu Performance Center, scenic views of the ocean, the harbor, buildings constructed with granite from local quarries, shops, restaurants, and art galleries. (*Lighthouses II, Par-for-the-Course, Step to the Beat; 10k ONLY: Town/City Halls*) **Please note:** Those **NOT** using OSB can register for Rockport at the **Gloucester Tri-State Walk-In Start (9-11 am)** and have books manually stamped when stamping for Gloucester Tri-State.

**Gloucester YRE:** 6k/11k routes pass the 3 lighthouses on Gloucester Tri-State with some overlapping sections. (*Lighthouses II, Par-for-the-Course; 11k ONLY: Town/City Halls*)

**Salem YRE:** 5k/10k pass **Derby Wharf Lighthouse** (<https://www.lighthousefriends.com/light.asp?ID=608>). The 5k/10k routes also pass Maritime Nat'l Historic Site, Nathaniel Hawthorne's House of the Seven Gables, and world-renowned Peabody Essex Museum (PEM; <https://www.pem.org/>). Settled by Puritans (1626), Salem is noted for 1692 Witchcraft Hysteria, maritime tradition of trade with Asia, America's first millionaires, and architectural splendor of McIntire Era Federal homes. (*Lighthouses II, Town/City Halls*)

**Beverly YRE:** 6k/10k routes include the unusual **Hospital Point Range Rear Lighthouse** (<https://www.lighthousefriends.com/light.asp?ID=607>) housed in steeple of First Baptist Church. 10k includes **Hospital Point Range Front Lighthouse** (<https://www.lighthousefriends.com/light.asp?ID=480>), **Fort Pickering (Winter Island) Lighthouse** (<https://www.lighthousefriends.com/light.asp?ID=481>), **Baker's Island Lighthouse** (<https://www.lighthousefriends.com/light.asp?ID=479>; on a clear day), and **Marblehead Lighthouse** (<https://www.lighthousefriends.com/light.asp?ID=482>; on a very clear day). 6k/10k routes have a few stairs; 10k has short stretch on beach and Lynch Park & Rose Garden. Settled by Puritans (1626), waterfront community has links to birth of American Navy and Pres. Taft's Summer White House, and one of country's best mixed use restoration projects, The Cummings Center (fmr. United Shoe Machinery Corp). (*Lighthouses II, A-MAZE-ing Labyrinths, Par-for-the-Course, Step to the Beat*)

### **Additional nearby non-lighthouse walks (see next page for map):**

**Danvers (Salem Village) YRE:** Settled by Puritans in 1626 to provide farm products and lumber to Salem port; epicenter of 1692 Witchcraft Hysteria (19 persons executed); 1752 separated from Salem & named Danvers. Did shipbuilding, brickmaking, carpet weaving, leather tanning & shoemaking; now, headquarters of tech companies. 6k/10k pass Tercentenary Witchcraft Hysteria Victims Memorial, Rebecca Nurse House (victim), and Judge Samuel Holten House (Revolutionary statesman). 10k passes Glen Magna Estate/Gardens, Endicott Park, foundations of minister's house where Witchcraft Hysteria began. (*Par-for-the-Course, Town/City Halls*)

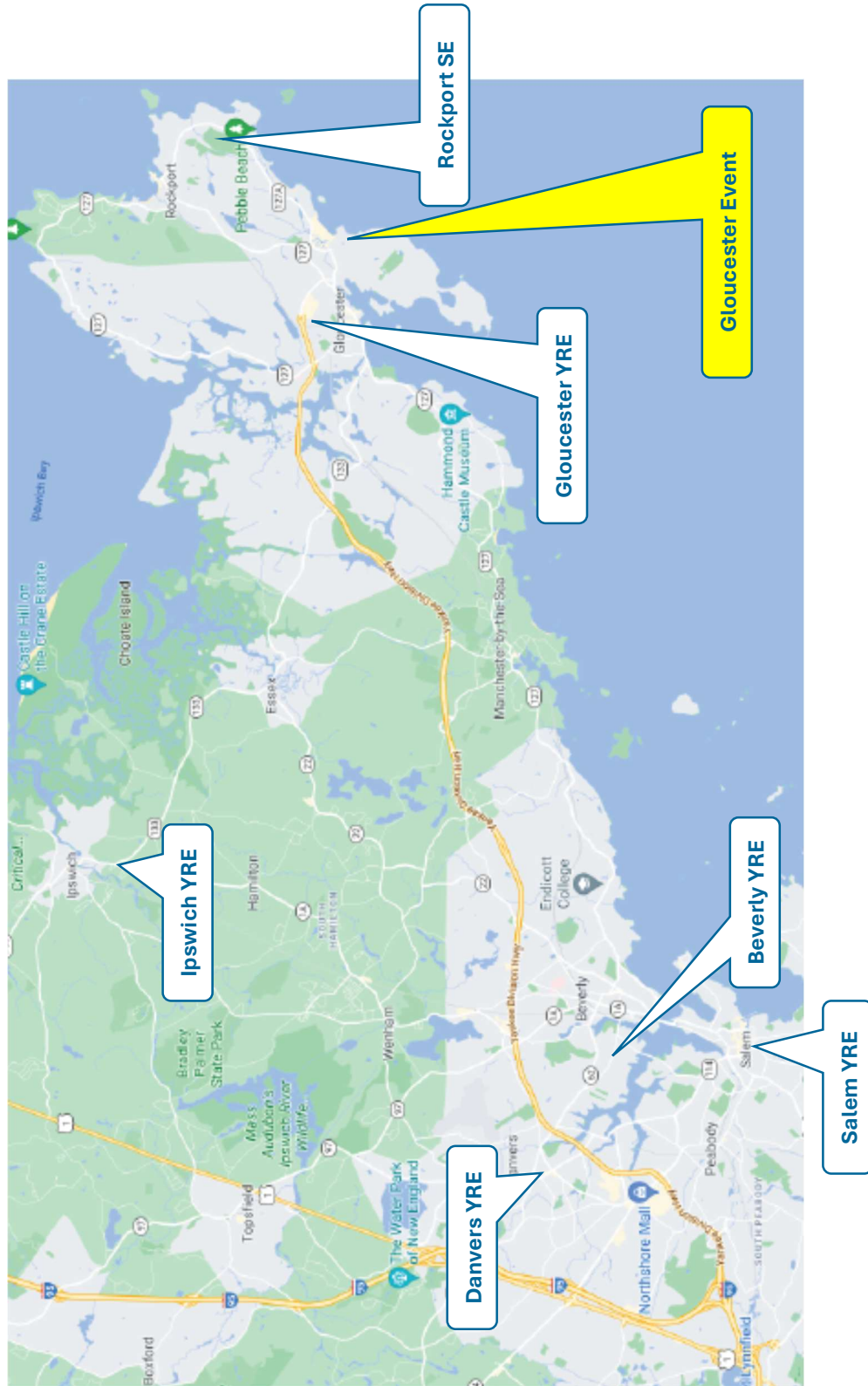
**Ipswich YRE:** Originally called Agawam by the Wampanoags. English settlers in 1633 under John Winthrop, Jr. (son of Puritan Gov. John Winthrop, Sr., who founded Mass. Bay Colony). Here the cry "no taxation without representation" was first heard. "Birthplace of American Independence" boasts more 17th century (1600s) buildings than any other place in America. (*Par-for-the-Course; 10k ONLY: Town/City Halls*)

### **Attractions in and near Gloucester and the other nearby walks:**

**Hammond Castle** (<https://www.hammondcastle.org/>) in Gloucester, the home of eccentric inventor John Hays Hammond, the Father of Radio Control, who always wanted to live in a castle – **well worth a visit!**  
**Shalin Liu Performance Center** in neighboring Rockport (<https://rockportmusic.org/>)  
**Peabody Essex Museum (PEM)** (<https://www.pem.org/>), world-renowned museum in Salem  
**House of the Seven Gables** (<https://7gables.org/>), **Witch House** (<https://www.thewitchhouse.org/>), **Custom House** (<https://www.nps.gov/sama/index.htm>; where Nathaniel Hawthorne worked), Salem  
**Deep sea fishing** ([www.yankeefleet.com/](http://www.yankeefleet.com/)), **whale watches** ([www.seethewhales.com/](http://www.seethewhales.com/)), and **harbor tours**



Map for Two Town Walking Club (TTWC) walks in Massachusetts:





## 6. PORTSMOUTH, NEW HAMPSHIRE

<b>Date &amp; Time of Walk</b>	<b>Saturday, May 17, 2025, as scheduled day, but available all weekend. Sunrise to sunset</b>
<b>AVA Event ID# (Club)</b>	<b>128802 (Twin State Volkssport Association #AVA-0341)</b>
<b>Distance(s)/Trail Rating(s)</b>	<b>TBD</b> Portsmouth, NH, was first settled as “Strawbery Banke” in 1630. It was the original capital of the English province of New Hampshire, before the Revolution. Learn the role Portsmouth played in the War of Independence and the Civil War, as well as its current role as one of New Hampshire’s few seaports.
<b>Trail Description</b>	<b>TBD</b>
<b>Accessibility/Allowability</b>	<b>TBD</b>
<b>Restroom Availability</b>	<b>TBD</b>
<b>Special Programs</b>	<b>Lighthouses II, Walking the USA A-Z, Walking the USA (50 States), Centurion Achievement, IVV-Americas</b>
<b>Lighthouses</b>	<b>Portsmouth Harbor Lighthouse</b>
<b>Armed Forces Memorials &amp; Other Memorials (Armed Forces Weekend)</b>	<b>TBD</b>
<b>Other Points of Interest</b>	Strawbery Banke Museum, restaurants
<b>Start Point Location &amp; Directions</b>	<b>TBD</b>
<b>Contact</b>	Carolyn Adams ( <a href="mailto:carri757@gmail.com">carri757@gmail.com</a> ); Cindy Gray ( <a href="mailto:crwgray@comcast.net">crwgray@comcast.net</a> ); Claudia Cauchon (603-842-5272)
<b>Nearby <i>Lighthouses II</i> Walks</b>	<b>Portsmouth SE (10k/5k – Portsmouth Harbor Lighthouse) (Walking with America’s Veterans)</b>
<b>Other Nearby Non-Lighthouse Walks</b>	<b>Dover SE (10k/5k) (Town Halls/City Halls, Walking with America’s Veterans); Exeter SE (10k/5k) (Town Halls/City Halls, Walking with America’s Veterans); Concord SE (20k/10k/5k) (Rails-To-Trails, Town Halls/City Halls, Walking the USA – Capitals, Walking with America’s Veterans)</b>

### **About the Portsmouth lighthouse:**

From the Portsmouth routes, the following lighthouse is visible:

#### **Portsmouth Harbor Lighthouse:**

Portsmouth Harbor Lighthouse is located on U.S. Coast Guard Station Portsmouth Harbor in New Castle, NH, adjacent to Fort Constitution. Portsmouth Harbor, at the mouth of the Piscataqua River, is New Hampshire's only deep water port and was a critical port for colonial America. The original lighthouse was built in 1771, while the present cast-iron lighthouse was erected in 1878.

(<https://www.lighthousefriends.com/light.asp?ID=553>)

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#### **Additional nearby lighthouse walk:**

**Portsmouth SE:** Portsmouth Harbor Lighthouse (above) is also visible from the 10k OSB route. Event highlights the long history of Portsmouth, first settled by Europeans as “Strawbery Banke” in 1630, as well as its role in the War for Independence and Civil War and its current role as one of New Hampshire’s few seaports. Portsmouth was the capital of the English colony of New Hampshire before the Revolution. Includes parks, shops, and restaurants. The 10k includes crossing over Memorial Bridge to Maine. Daily dawn to dusk. **A 6k route is available, with driving to a different Start Point.** (*Lighthouses II, Walking with America’s Veterans*)

#### **Additional nearby non-lighthouse walks:**

**Dover SE:** The 5k/10k OSB routes are mostly on sidewalks and city streets with hills. The 10k includes Pine Hill Cemetery and the Friends Meetinghouse. Settled by Europeans in 1623 as Cochecho Plantation, Dover is the oldest settlement in New Hampshire and the seventh oldest in the nation. Those who wish to use public transportation can do so, as walk starts at the train station. Dover celebrated its Quadricentennial in 2023. (*Town Halls/City Halls, Walking with America’s Veterans*)

**Exeter SE:** 5k/10k OSB routes are available. Exeter was the state capital during the American Revolution. Settled by Europeans in 1638, it is a town rich in history and architecture. Walk along the Squamscott River, through beautiful Phillips Exeter Academy campus and visit a Powder House used to store gunpowder “removed” from Ft. William & Mary prior to the start of the Revolution and later used at the Battle of Bunker Hill. Daily dawn to dusk. Alternate route where difficult for wheelchairs and strollers. (*Town Halls/City Halls, Walking with America’s Veterans*)

**Concord SE:** 5k/10k/20k OSB routes are available. This capital walk includes State Capitol, historic downtown Concord, and Pres. Franklin Pierce’s manse and grave site. Walk includes an optional loop, which can be done alone or in addition to the downtown capital portion, in Sewalls Falls Park, which includes routes and vistas, along with some neighborhood walking. (*Rails-to-Trails, Town Halls/City Halls, Walking the USA – Capitals, Walking with America’s Veterans*)

#### **Attractions in and near Portsmouth and the other nearby walks:**

**Strawbery Banke Museum** (<https://www.strawberybanke.org/>) in Portsmouth

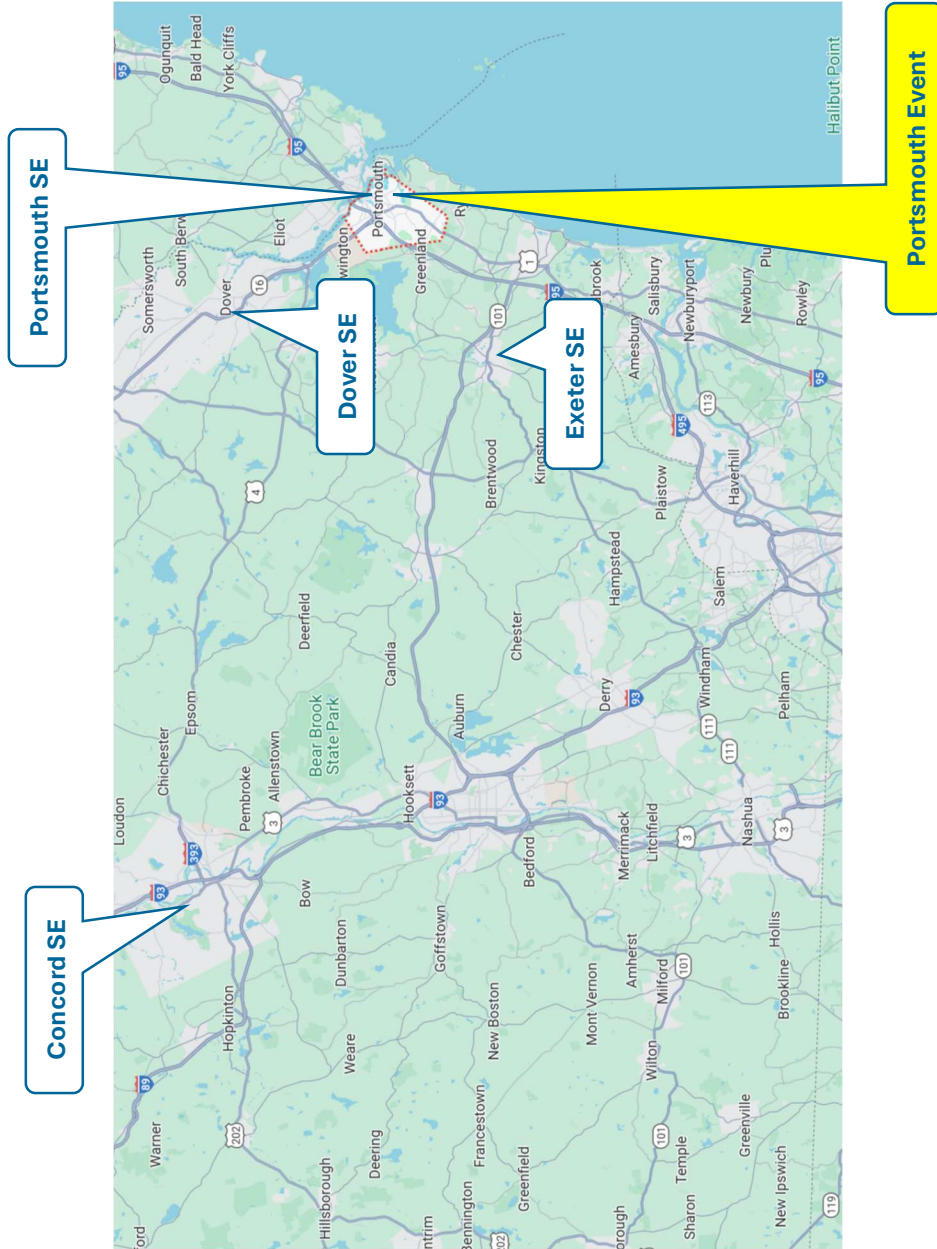
**Woodman Institute Museum** (<https://woodmanmuseum.org/>) in Dover

**Children’s Museum of New Hampshire** (<https://childrens-museum.org/>) in Dover

**New Hampshire State House (Capitol)** (<https://www.gencourt.state.nh.us/>) in Concord

**The Pierce Manse** (<https://piercemanse.org/>) in Concord

Map for Twin State Volkssport Association (TSVA) walks in New Hampshire:





## 7. CAPE ELIZABETH, MAINE

<b>Date &amp; Time of Walk</b>	<b>Sunday, May 18, 2025, as scheduled day, but available all weekend. Sunrise to sunset</b>
<b>AVA Event ID# (Club)</b>	<b>129260 (Southern Maine Volkssport Association #AVA-0193)</b>
<b>Distance(s)/Trail Rating(s)</b>	<b>5k – 1A; 10k – 2C to be confirmed</b>
<b>Trail Description</b>	Mostly paved pathways; 10k includes short walk on the beach and one set of stairs. Routes include Fort Williams Park and views of Portland Head Light Lighthouse (Maine’s oldest, built in 1791) and Ram Island Ledge Lighthouse (offshore). The 10k route includes views of Spring Point Ledge Lighthouse on the campus of Southern Maine Community College.
<b>Accessibility/Allowability</b>	<b>Strollers:</b> Not sure (5k only)/No (10k)   <b>Wheelchairs:</b> No   <b>Pets:</b> Yes (leashed; owners must pick up after their dog)
<b>Restroom Availability</b>	At Start Point; 10k – restrooms may be available on campus of Southern Maine Community College; several restaurants/businesses on route.
<b>Special Programs</b>	<b>Lighthouses II</b> , Par-for-the-Course, Walking the USA A-Z, Walking the USA (50 States), Centurion Achievement, IVV-Americas. <b>10k ONLY:</b> Step to the Beat
<b>Lighthouses</b>	<b>5k/10k:</b> (1) <b>Portland Head Lighthouse</b> ; and (2) <b>Ram Island Ledge Lighthouse</b> ; <b>10k ONLY:</b> (3) <b>Spring Point Ledge Lighthouse</b>
<b>Armed Forces Memorials &amp; Other Memorials (Armed Forces Weekend)</b>	<b>TBD</b>
<b>Other Points of Interest</b>	<b>TBD</b>
<b>Start Point Location &amp; Directions</b>	<b>Fort Williams, 1000 Shore Rd., Cape Elizabeth, ME</b> (sunrise to sunset) From I-95, take Exit 45. Follow divided highway to Route 1. Left on Route 1 at light. Continue on Rt 1 to Broadway (right lane at light near Dairy Queen). Continue on Broadway to Cottage Road. At traffic light at Cottage Road, take right. Follow Cottage Road into Cape Elizabeth where it becomes Shore Road. Fort Williams Park is at 1000 Shore Road - entrance is on your left. Bear to right up a small hill and look for sign for Overflow Parking. Take a right at the sign and follow to unpaved (grassy) area. Free parking available in the ‘Overflow Parking’ lot; metered parking available in various lots in the park ( <b>2024 rate: \$2/hr for a minimum of 2 hrs or \$10 for full day</b> ).
<b>Contact</b>	POC Denise Macaronas, <a href="mailto:walkinginmaine@yahoo.com">walkinginmaine@yahoo.com</a> , (207) 245-8233.
<b>Nearby <i>Lighthouses II</i> Walks</b>	<b>Portland (10k ONLY): Lighthouses II (Portland Head Light)</b> , Rails-to-Trails, Step to the Beat, Walking with American Veterans, Town Halls/City Halls; <b>Falmouth (10k ONLY): Lighthouses II (Portland Head Light)</b>
<b>Other Nearby Non-Lighthouse Walks</b>	<b>Portland (5k):</b> Rails-to-Trails, Step to the Beat, Walking with America’s Veterans, Town Halls/City Halls; <b>Falmouth (5k); Kennebunk:</b> Par-for-the-Course; <b>Saco:</b> Par-for-the-Course, Walking with America’s Veterans, Town Halls/City Halls.
<b>Other Not-So-Close Walks</b>	<b>Brunswick:</b> Step to the Beat, Walking with America’s Veterans, Town Halls/City Halls; <b>Augusta:</b> Walking the USA – Capitals, Walking with America’s Veterans

### **About the lighthouses seen from Cape Elizabeth:**

The following three lighthouses are visible:

**Portland Head Light Lighthouse (5k/10k):** Portland Head Light (<https://www.lighthousefriends.com/light.asp?ID=546>) symbolizes the State of Maine with its rocky coast, breaking waves, sparkling water, and clear, pure salt air. Commissioned by President George Washington in 1791, it is Maine's oldest lighthouse, and it is the most photographed lighthouse in America. Its original fuel was whale oil.



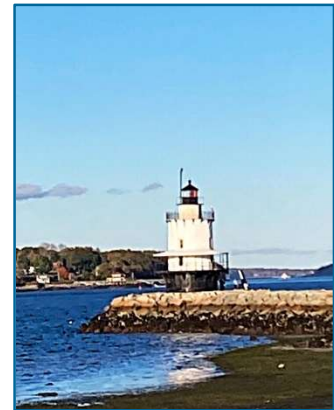
**Ram Island Ledge Lighthouse (5k/10k):** Ram Island Ledge Lighthouse (offshore) marks the northern entrance into Portland's outer harbor and protects one of the spots most feared by local mariners. It is now powered by solar energy. During storms, the waves crash over the top of its lantern room



(<https://www.lighthousefriends.com/light.asp?ID=780>)

**Spring Point Ledge Lighthouse (10k only):** Spring Point Ledge Lighthouse is a caisson-style light station (sparkplug lighthouse) at the end of a breakwater. It was constructed in 1897, at a time when seven steamship companies were carrying over 500,000 passengers annually past the dangerous ledge.

**Please note:** Walking to the lighthouse is **not** part of the official route. (<https://www.lighthousefriends.com/light.asp?ID=545>)



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### **Additional nearby lighthouse walks:**

**Portland SE (10k ONLY):** Near Cape Elizabeth and Maine's largest city, the Portland SE 10k route (**ONLY**) also includes a view of Portland Head Light Lighthouse (above). Home to many historic sites and museums, Portland's working waterfront has views of Casco Bay islands. The Old Port has galleries and shops and is famous for its restaurants. (*Lighthouses II, Rails-to-Trails, Step to the Beat, Town Halls/City Halls, Walking with America's Veterans*)

**Falmouth SE (10k ONLY):** Near Cape Elizabeth, the Falmouth SE OSB 10k route (**ONLY**) also includes a view of Portland Head Light Lighthouse (above). Enjoy Gilsland Farm Audubon Center, a 65-acre sanctuary with an education center, a peony garden, and the Carroll Tiernan Meditation Garden (named for a long-time active SMVA officer and Audubon employee). 10k route includes picturesque neighborhoods. (*Lighthouses II*)

### ***Additional non-lighthouse walks near Cape Elizabeth:***

***Portland SE (5k):*** Home to many historic sites and museums, Portland's working waterfront has views of Casco Bay islands. The Old Port has galleries and shops and is famous for its restaurants. (*Rails-to-Trails, Step to the Beat, Town Halls/City Halls, Walking with America's Veterans*)

***Falmouth SE (5k):*** Enjoy Gilsland Farm Audubon Center, a 65-acre sanctuary with an education center, a peony garden, and the Carroll Tiernan Meditation Garden (named for a long-time active SMVA officer and Audubon employee).

***Kennebunk SE:*** The 5k/10k OSB routes pass breath-taking ocean views, enjoy Dock Square with its unique businesses, and go through residential areas. The 10k route goes by Ganny's Garden and Walker's Point, the Bush Family Compound, home of Pres. George H.W. Bush, Pres. George W. Bush, and Gov. Jeb Bush (Florida). (*Par-for-the-Course*)

***Saco SE:*** The 6k/10k OSB routes begin at Saco Transportation Center and are accessible via train (Amtrak Downeaster, etc.). Walk historic Main St. (<https://sacomainstreet.org/>) with its interesting architecture and many shops. The walk goes to Laurel Hill Cemetery (1844), one of the nation's first garden cemeteries. It also passes Rapid Ray's (1953), Maine's landmark and original fast food take-out establishment. (*Par-for-the-Course, Walking with America's Veterans, Town Halls/City Halls*)

### ***Additional not-so-close walks:***

***Brunswick SE:*** The 5k/10k OSB routes explore this vibrant college town, including part of the Bowdoin College campus. Famous alumni include Pres. Franklin Pierce, authors Nathaniel Hawthorne and Henry Wadsworth Longfellow, Arctic explorers Rear Admiral Robert Peary, and Rear Admiral Donald MacMillan, and Brig. Gen. Joshua Chamberlain (later President of Bowdoin College and Governor of Maine). Author Harriet Beecher Stowe lived here while her husband was teaching at the college. The campus is home to the Bowdoin College Museum of Art and the Peary-MacMillan Arctic Museum. (*Step to the Beat, Town Halls/City Halls, Walking with America's Veterans*)

***Augusta YRE:*** Located on the picturesque Kennebec River, the delightful 5k/11k OSB routes are mostly on sidewalks and will take you past views of the State House, Blaine House, Fort Western and other historic sites. (*Walking the USA – Capitals, Walking with America's Veterans*)

### ***Near and not-so-near attractions from Cape Elizabeth and the other walks:***

**Kittery Shopping Outlets** in Kittery, ME

**Stonewall Kitchen Flagship Store & Cafe** in York, ME

**Nubble Light (Cape Neddick Light)** and **Old York** in York, ME

**Long Sands Beach/Short Sands Beach** in York, ME

**Ogunquit Museum of American Art** in Ogunquit, ME

**Perkins Cove, Marginal Way** (scenic seaside footpath) & **Downtown Ogunquit**

**Seashore Trolley Museum** in Kennebunk, ME

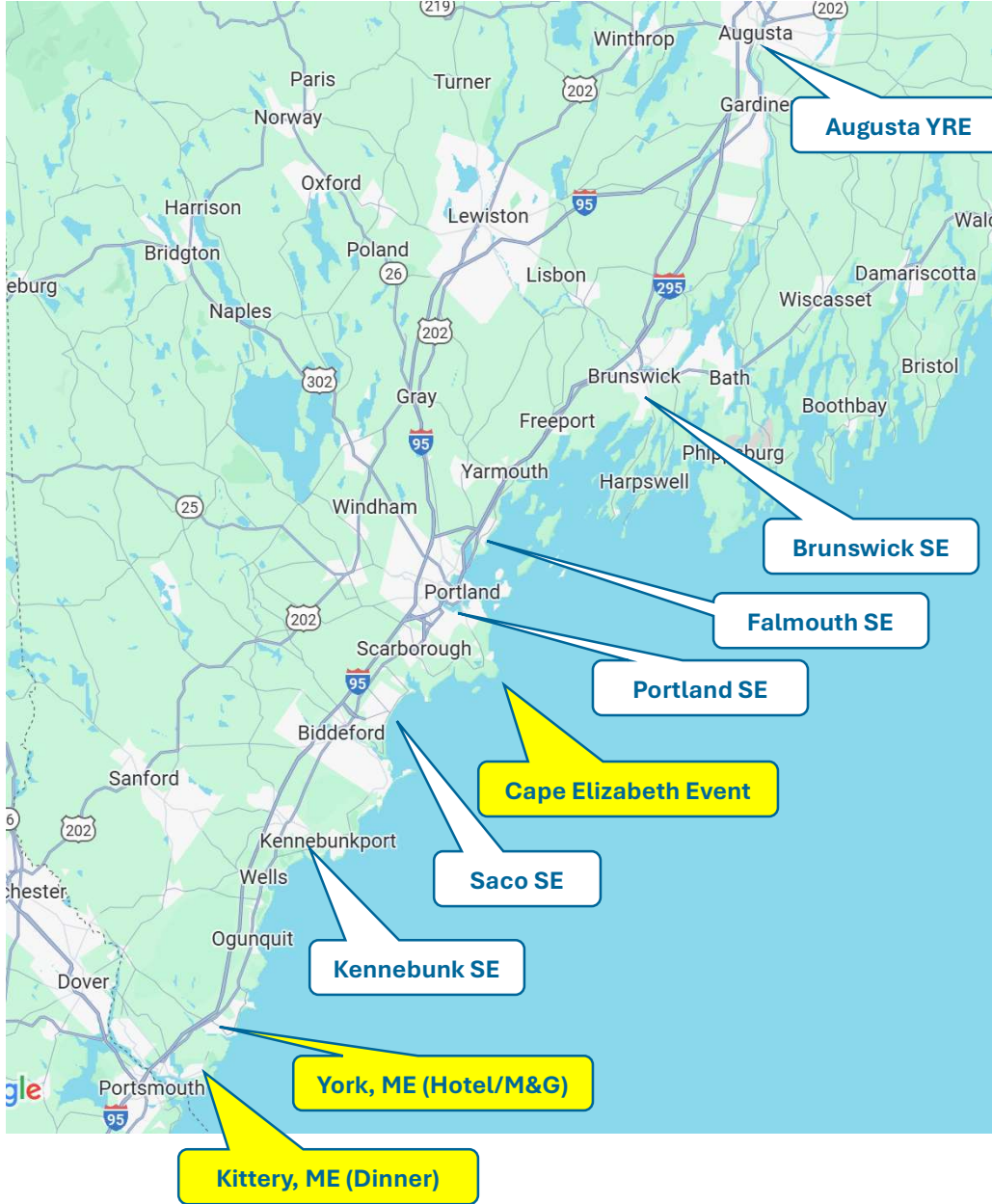
**Old Port** (shops/restaurants), Portland, ME

**L.L. Bean Flagship Store and Other Shopping Outlets** in Freeport, ME

**Maine State House (Capitol)** (<https://legislature.maine.gov/>), Augusta, ME

**Bowdoin College Museum of Art & Peary-MacMillan Arctic Museum**, Bowdoin, ME

**Map for Southern Maine Volkssport Association (SMVA) walks in Maine:**







## 8. POINTS OF CONTACT

For additional information, visit our website:

<https://www.walkescv.org/25NEWeekend/home.html>

For general inquiries and information, contact: [infotristate25@aol.com](mailto:infotristate25@aol.com)

For inquiries about a specific walk, contact the POC listed for the specific walk, as follows:

- a. **Gloucester, MA:** Joseph Piffat ([jpiffat@aol.com](mailto:jpiffat@aol.com) or [infotristate25@aol.com](mailto:infotristate25@aol.com))
- b. **Portsmouth, NH:** Carolyn Adams ([carri757@gmail.com](mailto:carri757@gmail.com)); Cindy Gray ([crwgray@comcast.net](mailto:crwgray@comcast.net)); Claudia Cauchon (603-842-5272)
- c. **Cape Elizabeth, ME:** Denise Macaronas, ([walkinginmaine@yahoo.com](mailto:walkinginmaine@yahoo.com); 207-245-8233).

For information on the Lighthouses II program, contact: Sue Capp at [suecapp@yahoo.com](mailto:suecapp@yahoo.com).



## 9. AWARDS

The Award for participating in the Tri-State Lighthouses Walking Event is a button with the stylized lighthouse above and on the front of the brochure. It will be included in your Registration Packet. We encourage everyone to wear their buttons during the weekend for esprit de corps!



## 10. MISCELLANEOUS

This event is open to everyone. This event is sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports. This event counts toward the acquisition of IVV Achievement Awards. With registration for these events, the participants accept the guidelines for AVA Volkssport events and agree to observe the principles of good sportsmanship. Littering is prohibited. Children under 12 must be accompanied by an adult. The sponsors are not liable for accidents, thefts, and/or material damage. An AVA athletic waiver must be signed by those participating in any event. A parent or guardian must sign for children under 18. This event will take place regardless of weather conditions except if noted. Please check the website before traveling to the event using the web address on the front page. Anything extraordinary will be noted there. There will be no refunds for pre-paid fees. The fee for event credit is \$4/walk per person, plus a registration fee of \$10/person. The fee for the Meet & Greet is \$15/person, and the fee for the Group Dinner is \$45/person. Donations are welcome but also not required. Every reasonable effort will be made to conduct a safe, enjoyable, and memorable event.



## 11. TRI-STATE WEEKEND REGISTRATION PROCEDURES

### INDIVIDUAL WALKER PRE-REGISTRATION PROCEDURE

#### Each participant must:

- Pre-register by filling out the PRE-REGISTRATION FORM on the next page, which includes *signing the insurance liability waiver*. (The Tri-State events are not OSB events.)
- Pay the \$4.00/walk participant fee to do each walk, *with or without receiving IVV Credit*. AVA's policy. **THERE ARE NO FREE WALKERS.**
- Pay the \$10.00/participant Registration Fee, which is required of all participants.
- Please make checks payable to: ***Two Town Walking Club***
- Please mail Walk Registration Form to: **TRI-STATE WALKING EVENT, c/o Joseph Piffat, 56 Ledgewood Drive, Danvers, MA 01923**
- Check and Walk Registration Form **MUST** be received by **APRIL 15, 2025**
- Those interested in attending the Meet & Greet and/or the Group Dinner must send each of those forms, along with the appropriate check (payable to ***Two Town Walking Club***) to **TRI-STATE WALKING EVENT, c/o Joseph Piffat, 56 Ledgewood Drive, Danvers, MA 01923**, to be received by the **APRIL 15, 2025 deadline**. The **cancellation** deadline is **May 1, 2025**, for the walks, registration fee, Meet & Greet, and Group Dinner. (For hotel cancellation, contact the hotel directly.)

#### Pre-register for the walks by **April 15, 2025**, because:

- Some venues prohibit money exchange at Start Point
- Less time and staffing required at each event
- More accurate estimates of event attendance
- Reduction in event expenses by defraying onsite printing charges
- Greater flexibility in some start/finish times

**Walk directions/maps will be e-mailed to registered participants in early May.** Please *print these documents and bring them with you* to the event. **Registration Packets** with name badges, dinner tickets, local attractions, and other information will be provided at the Microtel Inn & Suites.

### EVENT HOSPITALITY ROOM

Our **Event Hospitality Room** at the Microtel Inn & Suites will be open as follows:

**May 16 (4-6 pm); additional times TBD**

**Pre-registered participants can pick up their Registration Packets at 4-6 pm on Friday, May 16.** “Drop-ins” who have not previously registered for the weekend should check in here. Volunteer staff will be available to answer questions. **NOTE:** For walkers who have not pre-registered a small supply of walk directions will be available, while walk participant fees should be paid in the Hospitality Room. **All participants, including “drop-ins,” are required to pay the Registration Fee.**

### SANCTION & IVV CREDIT

The walk events will be sanctioned by the American Volkssport Association (AVA) and the International Federation of Popular Sports (IVV) and are conducted under the rules of those governing organizations. Participants will be eligible to earn IVV credit for event and distance.

***Check the website often for updates & changes!!***

## 12. FOUR (4) TRI-STATE WEEKEND REGISTRATION FORMS

Each walker must complete (one participant per form) (1) a WALK REGISTRATION FORM, (2) a MEET & GREET REGISTRATION FORM, (3) a DINNER PRE-REGISTRATION FORM, and (4) TOTAL and send with check.

**America's Walking Club - WALK REGISTRATION FORM  
Amateur Athletic Waiver and Release of Liability**

**M&G, DINNER FORMS**

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. Members, please be aware that 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.*

Sponsoring Club/#	Event#/Location	Participant Signature	Today's Date
<b>Two Town Walking Club #AVA-0573</b>	#129262 Gloucester, MA	<b>Sign here:</b>  <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/>  Print Name: _____	_____, 2025
<b>Twin State Volkssport Assn. #AVA-0341</b>	#128802 Portsmouth, NH		
<b>Southern Maine Volkssport Assn. #AVA-0193</b>	#129260 Cape Elizabeth, ME		

<b>NAME (last, first):</b>	<b>ADDRESS:</b>
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<b>FIRST NAME (print as you would like it to appear on name badge):</b>	<b>PHONE (circle Cell or Landline):</b>
-------------------------------------------------------------------------	-----------------------------------------

<b>PRIMARY VOLKSSPORT CLUB (if applicable):</b>	<b>EMAIL:</b>
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Please mark each walk you will do and circle "C" (IVV Credit) or "G" (Guest). <b>FEE IS THE SAME.</b> Attach any AVA coupons. <input checked="" type="checkbox"/> General Event Registration Fee (\$10)      \$ 10.00 <input type="checkbox"/> Gloucester Participant Fee (\$4) C / G      \$ _____ <input type="checkbox"/> Portsmouth Participant Fee (\$4) C / G      \$ _____ <input type="checkbox"/> Cape Elizabeth Participant Fee (\$4) C / G      \$ _____ <b>TOTAL: EVENT(S) + REGISTRATION FEES      \$ _____</b>	Please make checks payable to: <p style="text-align: center;"><b>Two Town Walking Club</b></p> and mail to: <b>TRI-STATE WALKING EVENT</b> c/o Joseph Piffat 56 Ledgewood Drive Danvers, MA 01923 <b>MUST be received by APRIL 15, 2025</b>
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**NEXT PAGE: M&G, DINNER FORMS**

MEET & GREET PRE-REGISTRATION FORM – required to attend the Friday Meet & Greet	
<b>NAME:</b> (please print clearly)	<b>TODAY'S DATE:</b>
<b>TOTAL @ \$15 per Guest (includes tax/tip): \$</b> _____  <i>If you have dietary restrictions, please email <a href="mailto:infotristate25@aol.com">infotristate25@aol.com</a> and we will try to accommodate you or refund your payment.</i>  <i>If you are not doing any walks, you must pay the \$10.00 Registration Fee (see previous page).</i>	Please make checks payable to: <b>Two Town Walking Club</b> and mail to: <b>TRI-STATE WALKING EVENT</b> <b>c/o Joseph Piffat</b> <b>56 LedgeWood Drive</b> <b>Danvers, MA 01923</b> <b>MUST be received by APRIL 15, 2025</b> <b>M&amp;G refund if you cancel by May 1, 2025</b>

GROUP DINNER PRE-REGISTRATION FORM – required to attend the Sat. Group Dinner		
<b>NAME:</b> (please print clearly)	<b>ENTRÉE (check one):</b> <input type="checkbox"/> Broiled Haddock <input type="checkbox"/> Grilled Steak Tips <input type="checkbox"/> Fried Chicken Tenders*	<b>TODAY'S DATE:</b>
<b>TOTAL @ \$45 per Guest (includes tax/tip): \$</b> _____  <i>If you have dietary restrictions, please email <a href="mailto:infotristate25@aol.com">infotristate25@aol.com</a> and we will try to accommodate you or refund your payment.</i>  <i>If you are not doing any walks, you must pay the \$10.00 Registration Fee (see previous page).</i>	<b>*The restaurant has stated that those with seafood allergies should not select the fried chicken tenders, due to the possibility of cross-contamination.</b>	Please make checks payable to: <b>Two Town Walking Club</b> and mail to: <b>TRI-STATE WALKING EVENT</b> <b>c/o Joseph Piffat</b> <b>56 LedgeWood Drive</b> <b>Danvers, MA 01923</b> <b>MUST be received by APRIL 15, 2025</b> <b>Dinner refund if you cancel by May 1, 2025</b>  <b>LIMITED TO 70 PARTICIPANTS.</b>

TOTAL FEES ENCLOSED	
Registration Fee (\$10.00)	\$10.00
Walks (\$4/walk)	\$ _____
Meet & Greet (\$15.00)	\$ _____
Group Dinner (\$45.00)	\$ _____
<b>TOTAL (Amount Enclosed via Check # _____, payable to Two Town Walking Club):</b>	<b>\$ _____</b>

**Check the website often for updates & changes!!**