

30 Years walking  
in Central Florida  
established 1989



2020 YEAR-ROUND EVENTS

ORLANDO, THE VILLAGES, & SOUTH-EAST FLORIDA

Effective JANUARY 1 to DECEMBER 31, 2020

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Walk maps and directions may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited. AVA Special Programs are listed on AVA and MFM web sites & at start locations Walk Boxes and in the Online Start Box.



MFM web site



[MFM Facebook](#)

MFM CONTACTS:

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## Mid-Florida Milers Walking Club

### WHAT IS A YEAR ROUND EVENT? A SAFE WALK AT YOUR PACE ON ROUTES AVAILABLE EVERY DAY

A **Year-Round Event** is a permanent self-guided walking event available to all. The American Volkssport Association (AVA-America's Walking Club), a member of the International Federation of Popular Sports, sanctions these events that count towards acquiring Achievement Awards. We establish permanent starting points and write detailed walking instructions. These events include city routes, historical descriptions, tourist attractions, and good daily exercise routes in the 10 communities MFM has walks. Contact the president or YRE Coorddinator to find out which events we sponsor that will suit your interests.

**Starting points:** The twelve Central Florida starting points are businesses. At these 12 locations you will find a Walk Box (a file box). If needed, ask the proprietor to obtain the box. See walk descriptions for more detailed information. 5 SE Florida events require online registration (see pages 7-8).

**The Start Procedure: REGISTRATION at a Business.** A registration waiver must be completed at each walk (an adult must sign for a minor under 18). The registration fee for the walk is \$3 per participant including AVA/IVV credit; minors under 13 are free (unless walking for AVA/IVV credit). Walk fees are paid each separate day you participate. You may walk twice on one start sheet on the same day for the \$3 fee and one stamp. AVA/IVV credit may be entered in your Event/Distance Record Books for the same walk on each separate day.

- 1- Locate or ask for the Walk Box; inside the Box is a registration binder.
- 2- Complete and sign the registration log and waiver.
- 3- Complete a start sheet.
- 4- Use an envelope and place the start sheet and payment in it.
- 5- Place the envelope in the completed folder OR mail the envelope to the club (do not mail cash).
- 6- Take instructions/map.
- 7- Walk at your own pace; enjoy the local area (daytime hours only).

The event is open regardless of the weather, and no refunds are given because of bad weather. Our website Year-Round page has other pictures of the walk routes.

**REGISTER and DOWNLOAD** instructions anytime Online at <https://my.ava.org> for five Southeast Florida cities. See pages 7-8.

**AWARDS:** All events are credit only.

**STIPULATIONS:** With registration for these events walkers agree to observe the principles of good sportsmanship. Littering is strictly prohibited. Smoking is not permitted in businesses. Please carry water.

**DISCLAIMER:** The American Volkssport Association or its subsidiary clubs are not responsible for theft or loss of personal belongings or property.

**RECORD BOOK INSERTS:** Inserts are provided in Walk Boxes. Inserts are downloaded online after completion of the event.

## Mid-Florida Milers Walking Club THE VILLAGES at SPANISH SPRINGS 5 & 10 KM WALKS

**DIRECTIONS: Map:** GPS: 28.9410824,-81.9519569. TownePlace Suites is at 1141 Alonzo Ave., The Villages. From Gainesville on I-75 S. use exit 341, County Rd. 484. Turn left, cross County Road 475 and US 301 to US 27/441. Right on US 27/441 to Avenida Central in Lady Lake. Right on Avenida Central, cross Paige Place, and left on Alonzo Avenue to TownePlace Suites. From Tampa on I-75 N use exit 329, FL 44. Right on FL 44 to US 301. Left on US 301. Right on County Road 466 to Buena Vista Boulevard. Left on Buena Vista Boulevard to roundabout at El Camino Real. Right on El Camino Real to roundabout and cross Morse Boulevard to Avenida Central. Right on Avenida Central to Alonzo Avenue. Left on Alonzo Avenue to Towneplace Suites. From Orlando on Florida Turnpike north use exit 304, Wildwood. Right on US 301 to County Rd. 466. Right on County Road 466 to Buena Vista Boulevard. Left on Buena Vista Boulevard to roundabout at El Camino Real. Right on El Camino Real to roundabout at Morse Boulevard proceeding through the roundabout to Avenida Central. Right on Avenida Central to Alonzo Avenue. Left on Alonzo Avenue to Suites. \*All - turn right into TownePlace Suites.



**START/FINISH:** The Walk Box is on the floor in business center to the right inside the main door, by the computer.

Contact: Gerry, (240) 727-2753, [toadnfrog@live.com](mailto:toadnfrog@live.com).

**DESCRIPTION:** The Villages is a retirement community in central Florida south of Ocala and one of the fastest growing cities in the USA with a population of over 140,000. The 5 or 10km routes on sidewalks and multi-modal trails provide views of the Spanish Springs Town Square, gardens, villages, restaurants, shops, businesses, and golf course areas of The Villages; hours 7am-6pm daily. Restrooms at start & pools. Strollers and wheelchairs welcomed. Leashed pets allowed. Please carry water. Walk in daylight hours.

Event: Y1433. Trail Ratings: 1A. Award: Credit only.

**NEARBY EVENT:** Lake Sumter Landing is 2 miles away (see p.14). Ten events in the Orlando area.

Mid-Florida Milers Walking Club  
**THE VILLAGES at LAKE SUMTER LANDING**  
**5 & 10 KM WALKS**

**DIRECTIONS:** **Map:** GPS: 28.9096186,-81.9780424 . The Waterfront Inn is at 1105 Lake Shore Dr., The Villages; hours 7am-



Waterfront Inn

6pm daily. From Orlando use FL 408W to the Turnpike to exit 304. Turn right on US 301 for 5.8 mi to County Rd 472. Turn right for 2 mi. Right at Buena Vista Blvd for 3.5 mi. Left on Old Mill Run to Inn. From US 441N go left at County Rd. 466 in Lady Lake for 2.9 mi. Left on Morse Blvd across bridge to first

roundabout. Right on Old Mill Run. Right on Lake Shore Dr. to The Waterfront Inn. **From I-75N/S** use exit 329, FL 44, and turn right from south (left from north). Left on US 301 for 5.8 mi. Turn right on County Rd 472 for 2 mi. At Buena Vista Bv. turn right for 3.5 mi. Turn left on Old Mill Run. Left on Old Camp Rd to the Inn.

**START/FINISH:** The Walk Box is located in "The Market" just inside the Inn's main door to the right on the floor. Contact: Jan, [jvanvlack@gmail.com](mailto:jvanvlack@gmail.com), (317) 300-0526.

**DESCRIPTION:** The Villages is a retirement community in central Florida south of Ocala and one of the fastest growing cities in the USA with a population of over 140,000. The 5 & 10km self-paced walks are fun and open to all. The routes on sidewalks and multimodal recreation trails provide views of Lake Sumter, Lake Sumter Landing Town Square, gardens, residential, business, and athletic areas of The Villages. Strollers and wheelchairs welcomed. Restrooms at start, pools, & rec centers. Leashed pets allowed. Please carry water. Walk in daylight hours.

Event: Y1470. Trail Ratings: 1A. Award: Credit only.

**NEARBY EVENT:** Spanish Springs Town Square is 2 miles away (see p.15). Ten events in the Orlando area.

Mid-Florida Milers Walking Club  
**ORLANDO DOWNTOWN**  
**5 & 10 KM WALKS**

**DIRECTIONS:** **Map:** GPS: 28.5316611,-81.3755015.

To the Beardall Senior Center at 800 N Delaney Av. from I-4W, use exit 82B, Anderson St. Left to Orange Av. Right on Orange Ave to 3rd light (Gore Av). Left, then left at mid-block into the Senior Center. From I-4E use exit 82B. Right on South St. Then right on Orange Av to 4th light (Gore). Left and then left at mid-block to the Senior Center. From SR408W use exit 11, Rosalind. Stay in left lane to Orange Ave. Left on Orange to 4th light (Gore), then left at mid-block into Senior Center. From SR408E use exit 10C, Downtown. Stay in left lane to Delaney Av. Right on Delaney to 1st light (Gore). Right, then right at mid-block into Senior Center. Enter Center thru main door facing Gore.

**START/FINISH:** The Center is open Mon: 8am-9pm; Tu-Th 8am-10pm.; Fr 8am-5pm; Sa 9am-10pm; Closed Sunday. Walk Box is on floor past reception desk.

Contact: JoAnne, (407) 706-3034, [beachfan10478651@aol.com](mailto:beachfan10478651@aol.com).



Lake Eola

**DESCRIPTION:** A 5 & 10km walk route with historical points of interest. Walk residential sidewalks through historic downtown Orlando, passing Lake Eola art sculptures, City Hall, Performing Arts Center and County Courthouse. View the iconic fountain in Lake Eola and the famous black swans or ride in the swan paddle boats. Strollers and wheelchairs OK but some streets have no sidewalks. Restrooms at Senior Center and Lake Eola. Leashed pets are allowed. Please carry water. Walk during daylight hours.

Event Y0152. Trail Ratings: 1A. Award: Credit only.

**NEARBY EVENTS:** Maitland is 8 miles and Winter Park is 6 miles away (see pages 13 & 12). Ten events in the Orlando area. Two events in The Villages (see pages 14 & 15).

Mid-Florida Milers Walking Club  
**ORLANDO SOUTH**  
**5 & 10 KM WALKS**

**DIRECTIONS:** [Map](#): GPS: 28.5316611,-81.3755015.

To the Beardall Senior Center at 800 N Delaney Av. from I-4W, use exit 82B, Anderson St. Left to Orange Av. Right on Orange Ave to 3rd light (Gore Av). Left, then left at mid-block into the Senior Center. From I-4E use exit 82B. Right on South St. Then right on Orange Av to 4th light (Gore). Left and then left at mid-block to the Senior Center. From SR408W use exit 11, Rosalind. Stay in left lane to Orange Ave. Left on Orange to 4th light (Gore), then left at mid-block into Senior Center. From SR408E use exit 10C, Downtown. Stay in left lane to Delaney Av. Right on Delaney to 1st light (Gore). Right, then right at mid-block into Senior Center. Enter Center thru main door facing Gore.

**START/FINISH:** The Center is open Mon: 8am-9pm; Tu-Th 8am-10pm.; Fr 8am-5pm; Sa 9am-10pm; Closed Sunday. Walk Box is on floor near the info desk.

Contact: JoAnne, (407) 706-3034, [beachfan10478651@aol.com](mailto:beachfan10478651@aol.com).



**DESCRIPTION:** Walk instructions updated and have local points of interest This route has 5 Little Free Libraries. You will walk residential sidewalks. The 5km passes the historic train station and Orlando Health complex before ending thru residential areas. The 10km shaded South route passes many lakes surrounded by Orlando's older homes which have retained their original charm. The walks will accommodate strollers and wheelchairs though some streets have no sidewalks. Restrooms at Center. Walk during daylight hours. Please carry water. Leashed pets are allowed. Event: Y0395. Trail Ratings: 1A. Award: Credit only.

**NEARBY EVENTS:** Maitland is 8 miles and Winter Park is 6 miles away (see pages 13 and 12). Ten events in the Orlando area. Two events in The Villages (see pages 14 & 15).

Mid-Florida Milers Walking Club  
**ORLANDO at MAITLAND**  
**6 & 10 KM WALKS**

**DIRECTIONS:** [Map](#): GPS: 28.6254765,-81.3631535. From Orlando on I-4E pass sign FL414 East, Maitland, 11/4 mile. Take Exit 90A-B (FL414, Maitland Blvd., Apopka). Then use Exit 90A, (Maitland Blvd., Sandspur). \* From Daytona on I-4W pass sign for Maitland Exit 90C-B-A, (FL414, Maitland Blvd, Lake Destiny Dr. 3/4 mile). Take the exit marked 90C-B-A, (FL414, Maitland Blvd., Lake Destiny). Stay to the left. Use Exit 90A-B, (FL414, Maitland Blvd.) and finally exit at 90A, (FL414 East, Maitland Blvd.) \* **BOTH:** Go to 2nd light, Maitland Ave. turn right for 1.3 miles to Packwood (1 block past light at Horatio). Left on Packwood past fire station on left, cross US 17-92, and turn into Walgreen's parking lot. From Sanford/Orlando use US17-92 to Walgreen's at corner of US 17-92/Packwood.

**START/FINISH:** Walgreens Pharmacy hours 8am-10pm daily. Walk Box is at the photo counter to the right – behind signage. Chairs available in pharmacy area if needed. Contact: Tom, [tomcarter1796@gmail.com](mailto:tomcarter1796@gmail.com) (615) 400-1796

**DESCRIPTION:** The 6 & 10km walks are treelined walks around lakes and through parks and residential areas. Pass the historical Waterhouse Residence (Th-Su 12-4pm) & the Maitland Art Center (a National Historic Landmark, Tu-Su 11am-4pm). Walk around the new City Centre. Restrooms at Walgreens and city parks. Wheelchairs and strollers are acceptable though many streets have no sidewalks.. Leashed pets allowed. Walk during daylight hours. Please carry water. Event: Y1124. Trail Ratings: 1A. Award: Credit only.



**NEARBY EVENTS:** Winter Park is 4 miles away (see page 12). Ten events in the Orlando area. Two events in The Villages (see pages 14 & 15).

Mid-Florida Milers Walking Club  
**ORLANDO at WINTER PARK**  
**5 & 10 KM WALKS**

**DIRECTIONS:** [Map](#): GPS: 28.6095115,-81.3288606. To Lakemont YMCA at 1201 N. Lakemont Ave. from Orlando take I-4E to Exit 87, Fairbanks Ave. and turn right (east) for 3.5 miles thru Winter Park (Fairbanks becomes Aloma Ave.). Turn left on Lakemont Ave. at Mobile station. The YMCA is on the left just past the light at Palmer. From SR 417N/S use Exit 38, Aloma, and turn left from north and right from south, then drive 6 miles. Turn right on Lakemont (Mobil is on the right corner). The YMCA is on the left just past the light at Palmer. Park in the left lot. Drive 3 miles to the 5km start at the Winter Park AMTRAK station (directions provided).



Central Park

**START/FINISH:** Hours M-Th 5am-10pm, Fri 5am-9pm, Sa 7am-6pm and Su noon-6pm. Ask for Walk Box at the Information Desk. Closed major holidays and the afternoon before.

Contact: Michael (407) 491-1002, [michael.r.kirchner@gmail.com](mailto:michael.r.kirchner@gmail.com).

**DESCRIPTION:** The 10km weaves along oak-shaded downtown Winter Park, residential, lakes, and college areas. You see Winter Park's fine shops and the excellent restaurants along Park Ave. A must-see is the Morse Museum's display of Tiffany glass art. The 5km walks thru marvelous residential areas. Strollers and wheelchairs are permitted (some streets have no sidewalks). Restrooms and water are available at the YMCA and along the route (5km: AMTRAK Station, Panera; 10km: AMTRAK Station, Panera, Phelps Park). Leashed pets permitted but not in Central Park. Please carry water. Walk in daylight hours.

Event: Y0394. Trail Ratings: 1A. Award: Credit only.

**NEARBY EVENTS:** Maitland and its beautiful lakes are 4 miles away (see page 13). Ten events in the Orlando area. Two events in The Villages (see pages 14 & 15).

Mid-Florida Milers Walking Club  
**ORLANDO NORTH**  
**5 & 10 KM WALKS**

**DIRECTIONS:** [Map](#): GPS: 28.5573616,-81.3775669. To Marks St. Senior Center, 99 E Mark St., from Daytona/Sanford on I-4W, take Exit 83, Colonial Dr./FL50. Left on Colonial Dr. and merge to left lane. From Disney/Tampa via I-4E use Exit 83A, Amelia; go straight at bottom of ramp. Keep right and turn right at next light onto Colonial Dr. (FL50E). From SR 408W/E exit east toward Daytona onto I-4E. Use Exit 83A, Amelia; straight at bottom of ramp. Keep right and turn right at next light onto Colonial (FL50E). **ALL:** Left on Magnolia at 2nd traffic light, a one-way street. Left at first light, Mark St., to Senior Center immediately on right.

**START/FINISH:** The Senior Center is open M-Sa 8am-6pm, Su 1-5pm. Walk Box is in the Cardio Room in the Fitness Center on the lower shelf to the right of the TV. The Fitness Center is in the southeast corner of the building at the end of the long hall that runs through the center of the building. Contact Cathy, (407) 375-2387, [mcbmetherell@aol.com](mailto:mcbmetherell@aol.com).

**DESCRIPTION:** The 5 and 10km walks are to the north of downtown and are tree lined, shaded walks. The 5K passes by the Antique Row and Menello Museum, crosses Lake Formosa onto the Orlando Dinky Line Urban Trail. The 10K route continues past Antique Row to Advent Health complex (restrooms in Panera), wanders toward Mead Garden and exits



Menello Museum

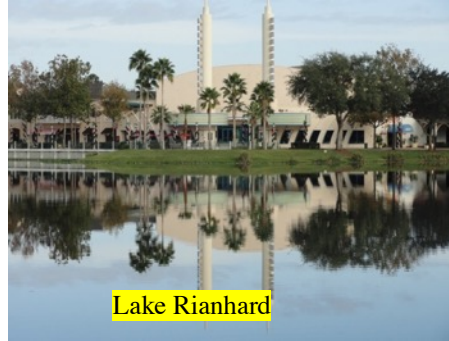
along Lake Sue until it connects with the Dinky Line Trail at Orlando Ave. Restrooms are available at the start, Mead Garden, and some area businesses. Leashed pets are allowed but not in the Senior Center. Walk during daylight hours. Event: Y1242. Trail Ratings: 1A. Award: Credit only.

**NEARBY EVENTS:** Maitland is 4 miles (see page 13). Winter Park is also 4 miles away (see page 12). Ten events in the Orlando area. Two events in The Villages (see pages 14 & 15).

Mid-Florida Milers Walking Club  
**ORLANDO at CELEBRATION**  
**6, 10 and 11 KM WALKS**

**DIRECTIONS:** [Map](#): GPS: 28.3176718,-81.541410.

To Starbucks at 715 Bloom St., Kissimmee, from Daytona/Orlando on I-4W take Exit 64, bear left to Kissimmee onto US 192E. Turn right on Celebration Av. From Tampa on I-4E take Exit 64, Kissimmee, right on US 192E, & right on Celebration Av. From Kissimmee on US 192W turn left on Celebration Av. From Cocoa & east Orlando on SR 417S take Exit 2, Celebration Av. and turn left. ALL enter Celebration and go to 1st stop sign, turn left to Front St. Right to Starbucks at Bloom St. Park in any available place.



**START/FINISH:** Starbucks hours: Su-Th 6am-10pm, Fr-Sa 6am-11pm. The Walk Box might not be visible – ask staff for location. Walk during daylight hours. Contact: Howard, [docd62@aol.com](mailto:docd62@aol.com), 325-668-4914.

**DESCRIPTION:** Two walks with 6, 10 or 11 km options weave by varying areas including homes, wetlands, parks, lakes, businesses and the unique architecture of the Post Office and Theater - pictured). Restrooms are available at the Start/Finish and rear of golf club. Numerous eating establishments are available. The trails are suitable for strollers and wheelchairs. Leashed pets are allowed. Please carry water. Walk in daylight hours. Events: Y1345 & Y1817. Trail Ratings: 1A. Award: Credit only.

**NEARBY EVENTS:** Disney Springs walks are 6 miles away (see page 11). Ten events in the Orlando area. Two events in The Villages (see pages 14 & 15).

Mid-Florida Milers Walking Club  
**ORLANDO at DISNEY SPRINGS**  
**/LAKE BUENA VISTA**  
**6 & 10 KM WALKS**

**DIRECTIONS:** [Map](#): GPS: 28.3834527,-81.5006590.

Pirate's Cove Adventure Golf is at 12545, State Road 535. From Orlando use I-4W to Exit 68. Turn right from Orlando on FL 535 (Apopka-Vineland Rd.) to the first traffic light. From Tampa on I-4E use exit 68. Turn left on FL 535 (Apopka-Vineland Rd.) to the second traffic light. Turn right into the Crossroads Shopping Center. Continue straight ahead to the Pirate's Cove Adventure Golf. Try both golf courses, they are fun.

**START/FINISH:** Pirates Cove Golf is open daily 9am-11:00pm except Christmas when it opens at noon. Ask for the Walk Box behind the check-in counter. Process paperwork at the picnic tables. Drive 3 miles to start in Disney's Orange Garage (directions provided). Contact: Joyce, 407-222-1290, [shadesfan@aol.com](mailto:shadesfan@aol.com)

**DESCRIPTION:** These popular 6 & 10 km walks are enjoyed all year in Disney Springs and areas of Lake Buena Vista. Lake Buena Vista encompasses the eastern side of Walt Disney World. The former Downtown Disney has been "magically" transformed. Plan on 3-4 hours to enjoy the area. The walks take you through nature paths, condos, the golf course and the unique shopping complexes. Enjoy dining, shopping, browsing, and strolling through this completely restructured layout around the lake. Trail is suitable for strollers and wheelchairs. Drinks, snacks, water and restrooms are available at the start and many locations on the route. Pets not allowed. Please carry water. Walk in daylight hours. Event: Y0841. Trail Ratings: 1A. Award: Credit only.



**NEARBY EVENTS:** Celebration's walks are 6 miles away (see page 6). Ten events in the Orlando area. Two events in The Villages (see pages 14 & 15).

Mid-Florida Milers Walking Club  
**ORLANDO UNIVERSAL AREA**  
**6 & 10 KM WALKS**

**DIRECTIONS:** [Map](#): GPS: 24.4814973,-81.4578845 To Starbucks at 5555 S.Kirkman Rd: From Tampa I-4E to left Exit 75B, FL435/N.Kirkman Rd.; left at “To FL435 N” sign. Left on Major to FL435. Right .03 mi to Starbucks on the right. From Orlando I-4W to Exit 75B-A for FL435/N, Kirkman Rd. See ALL. From Florida Turnpike to Exit 259, I-4W to Exit 75B-A for FL435/N, Kirkman Rd. ALL: Merge onto Exit 75B Kirkman Rd into 2nd from-right lane, passing Major Blvd for 0.3 mile and right to Starbucks.

**START/FINISH:** Starbucks hours 5:30am-9pm daily but Universal Studios opens at 9 am. Walk Box is placed on right near door on the floor. Contact: Joyce, [shadesfan@aol.com](mailto:shadesfan@aol.com), (407) 222-1290

**DESCRIPTION:** 6 & 10km walks explore the area in and around Universal Parks & Resorts and the beautifully landscaped Garden Walk which borders the magnificent blue-green CityWalk™ Lagoon waterway. Water taxis ply their trade back and forth from CityWalk™ to resorts such as Loews Portofino Bay. Pass many restaurants and attractions such as Margaritaville. Suitable for strollers and wheelchairs (4 hills). No pets are permitted. Walk in daylight hours. *NOTE: The walks include passage through security points: No weapons or sharp objects (such as penknives) are allowed.*  
Event: Y1728. Trail Ratings: 1A. Award: Credit only.



**NEARBY EVENTS:** Orlando’s 3 walks are just 7 miles away. Winter Park’s beautiful tree-lined streets is 14 miles away (see page 12). Ten events in the Orlando area. Two events in The Villages (see pages 14 & 15).

Mid-Florida Milers Walking Club  
**ORLANDO INTERNATIONAL DRIVE**  
**6 & 10 KM WALKS**

**DIRECTIONS:** [Map](#): GPS: 28.4533439,-81.467877 Comfort Inn & Suites at 7495 Canada Ave on International Dr. From Tampa I-4E to Exit 75A, Universal/Intl Dr. in right lane. Right on Universal Blvd crossing Intl Dr for 0.3 mile, right on Carrier Dr., left on Canada Ave to hotel on left. From Orlando on I-4W stay in right lane to Exit 75B-A FL435/Kirkman Rd/Intl Dr. Stay to left at Exit 75B and over I-4, crossing Intl Dr. Right in 0.3 mile on Carrier at stop light. Right at stop sign & cross Universal Blvd then left on Canada Ave to hotel on left. From Florida Turnpike to Exit 259, I-4W/Tampa. Stay on I-4W in right lane and follow Orlando above. From airport on FL528W to Exit 2. Right on Universal for 3.6 mi to Sand Lake Rd. Left on Sand Lake. First right on Canada Ave to hotel on right. Park in lot.

**START/FINISH:** Hotel is open 24 hours daily. Walk Box is at the front desk. Contact: Joyce, [shadesfan@aol.com](mailto:shadesfan@aol.com), (407) 222-1290

**DESCRIPTION:** The 6 and 10km walks along I-Drive, a high-speed circuit of tourist delights including Ripley’s, Madam Tussaud’s, The 400 ft. observation Wheel, Titanic Experience, the 420 ft. spinning Starflyer, and mini golf, as well as 50+ restaurants and other attractions. Walk in daylight hours.  
Event: Y1753. Trail Ratings: 1A. Award: Credit only.

**NEARBY EVENTS:** Orlando’s 3 walks are 7 miles away (see pages 3, 4, 5). Ten events in the Orlando area. Two events in The Villages (see pages 14 & 15).



Mid-Florida Milers Walking Club  
SOUTHEAST FLORIDA  
5 SANCTIONED WALKS

**START/FINISH:** To walk a “remote” walk (one where there is no permanent “Walk Box”) you must register at AVA at (<https://my.ava.org>). The same site allows you to search for walks and information.

Start directions and route instructions are online and downloaded to your PC, tablet or phone from: <https://my.ava.org/>  
You pay \$2 by credit card and have access to the walk instructions/directions immediately. When you later enter ‘completed’, you pay \$1 for the printable stamped insert card. Four of the walks have easy access from I-95 – see walks for I-95 exits.

Instructions to register are clear and, once registered, you may log on anytime for any of the AVA’s 150+ online events. Insert cards are provided from the online system. This new AVA capability allows for you register, download and walk when you want.  
Contact: Mike (407) 304-6394, [mlanpher@gmail.com](mailto:mlanpher@gmail.com).

**DIRECTIONS:** Walk instructions provide parking and start locations for these events. The routes are mostly suitable for strollers and wheelchairs. Pets are not allowed on beaches. Paid parking, except Delray Beach. Please carry water. Walk during daylight hours.  
Trail Ratings: 1A. Awards: All 5 events are Credit only.

**DESCRIPTIONS:** There are two walks in Palm Beach County, one in Broward, one in Miami-Dade, and one in Monroe.

**West Palm Beach** 6 or 11km walks along the intracoastal waterway, the marina, Palm Beach Atlantic University, St. Anne’s Church and vibrant downtown area. I-95 Exit 70.  
Event Y1818.



St Anne’s Church

Mid-Florida Milers Walking Club  
SOUTHEAST FLORIDA

**DESCRIPTIONS (cont.):**

**Delray Beach** Delray Beach 5 or 10km walks are on Atlantic Ave. with eating and shopping opportunities, on the intracoastal, and in nearby residential areas. This is a very nice setting and fun to walk. I-95 Exit 52. Event Y0278.



**Ft. Lauderdale** is called the "Venice of America" because of the many waterways through the city that you see as you walk on the New River, Las Olas Blvd., and residential areas on these 6 or 10km routes. I-95 Exit 27.  
Event Y0257.

**Miami South Beach** in Dade County is one of the most famous places in the world with hundreds of Art Deco style hotels and buildings. The 6 and 11km walks stroll through Lincoln Blvd shopping and restaurant walking mall, along the marina, pass through South Pointe Park, saunter past many Art Deco buildings along Ocean Ave., and the Atlantic Ocean beach. Some buildings are described in instructions and links to more are provided.  
I-95 Exit 4. Event Y0249.



**Key West** 5 or 10km walks through this vibrant and eclectic city at the end of the Florida Keys (islands) - a beautiful drive on US-1 on bridges between the Atlantic and Florida Bay and across all Keys to get to this interesting tour of the town. An alternate start from the cruise pier is available. Event Y1716.

