



November, 2011

November meeting is Nov. 8 at Apollos
Dinner at 6:00, meeting at 7:00

Special Program

Have you ever wondered what it would be like to walk Scotland? Come to the meeting and see pictures and hear about Linda Polzin's trip.

Come prepared to sign up to help with CVC's Christmas walk on Dec. 10th. We need registration, start, finish, check point, and putting up and taking down trail markings. We also need people willing to bake cookies for the check point.

Starting Points must be ordered by Nov. 8th. Starting Points is a listing by states of all the walks in the United States. The cost is \$20. Call Susan Berry at 491-7266 if you want to order one.

Save the following dates for other CVC activities:

Nov. 12 Car pool at 9:00 from Martin Way park and ride lot to the walk in Puyallup

Nov. 26 Car pool at 9:00 from Martin Way park and ride lot to the walk in Shoreline

Dec. 3 Car pool at 4:00 from Martin Way park and ride lot to the walk in Renton

**Walking the West Highland Way in
Scotland**
By Linda Polzin



Thoughts of walking the West Highland Way in western Scotland had been in the back of my mind for several years. 2011 was the time to do it! So, in August three members of the Polzin family (Linda, Roger, and Wendy) set out on what was to become an amazing walking adventure.

The West Highland Way was the first official long distance walking path in Scotland. It was con-

ceived in the 1960s and was completed in 1980. It begins just outside of Glasgow, Scotland in the small town of Milngavie and ends 96 miles later in the town of Fort William. The trail is made up of abandoned railway beds, old drovers roads, old military roads, and paths through farms, forests and countryside.

We chose to walk the route in nine days and to have our main luggage transported between stops. With a book about the trail and a map we started our



walk.

The first two days were spent walking through a ..
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NEWS FROM THE TRAIL

CAPITOL VOLKSSPORT CLUB THURSDAY MORNING WALKS

November 2011

DATE	TIME & LOCATION	EVENT	CARPOOL INFORMATION
Thursday, November 3	10 am Shelton Inn 628 W Railroad Ave Shelton	Sheltonville YRE Y0405 10K Difficulty level 1+	9:30 am Top Food Olympia West side near Pier 1 Drive time approx 25 min
Thursday, November 10	10 am Thrive Fitness 5401 Corporate Cen- ter Lp SE Lacey WA	Lacey Southeast YRE 0586 10K with 5K and 6K options Difficulty level 1	N/A
Thursday, No- vember 17	10 am Bayview Thriftway Store Deli 516 W 4th Ave Olympia	Bayview to Priest Pt Park YRE 0260 10K Difficulty level 1	N/A Parking pass required to park in Bayview parking lot. Parking passes available in registration binder
Thursday, November 24	No Walk Thanksgiving		

For more information contact:

Linda Polzin at 360-943-8858 cell 360-481-7119 or lpolzin@thurston.com

IF YOU PLAN TO MEET WALKERS AT THE STARTING POINT, PLEASE CONTACT
LINDA.

Monday Afternoon Walks

Join Jeanne & Lesley for walks on Monday afternoon.

Meet to walk at 3:00 at Bayview Deli, 516 W. 4th Avenue, Olympia

Contact: Jeanne at 790-4600



(Continued from page1) **Walking the West Highland Way in Scotland**

...pleasant mixture of countryside, woodlands



through forests, past picturesque streams and waterfalls, and time spent walking beside the Loch shore. We even had an encounter with a herd of feral goats.

After leaving Loch Lomond, the highlands offered up some of the wildest scenery and remotest areas of Scotland. In these areas we walked some of the time on military roads and stone bridges built in the 18th century. The most spectacular scenery was found crossing the boggy Rannoch Moor. The Moor is 50 sq. miles in size and is the largest uninhabited area in the UK. The Moor was amazingly scenic with rough textured grasses and heather that was in full bloom. When we left our accommodations that morning, we had no facilities or shelter along the way in case of inclement weather. Luckily the only unpleasant things we encountered were the swarming midges (small biting insects) that surrounded us when we stopped, so we just kept walking.

As we finished the walk in Fort William we felt the most profound sense of accomplishment that we have ever felt. When we started the walk we had no real sense of what we would encounter along the way. Looking back, the memories of the rocky difficult trails diminish and but the memories of the spectacular scenery and the wildness of the remote areas will remain forever.

and farmlands. Walking was easy with few hills or rough trails. Then we met the first challenge of the Way, Conic Hill. The trail climbed steadily up the hill and was extremely rocky. Adding to the steep climb



was a consistent 30 mile per hour wind blowing towards us (the book said the wind would be at our back). When we made it to the top we were able to see Loch Lomond clearly for the first time and to see where our journey would take us next.

The walk beside Loch Lomond was at times rough and difficult. The trail was a series of sometimes steep ups and downs over a rocky rough trail. In one place where it was very steep a ladder was in place to help us up the incline. The difficult terrain was tempered by amazing panoramic views of the Loch, walks



CVC Rides the Train to Vancouver

On October 13, fourteen of us from CVC rode the train to Vancouver, WA to do a walk. We met ten people from Vancouver and Portland clubs who walked with us. Dick Baker combined portions of two of their regular walks and designed an 11K walk especially for us. Special thanks to Karen Younkins for being the liaison on this end in arranging the event.

The Amtrak station is staffed by volunteers, one of whom kindly took this picture for us.



The trip down was uneventful. The train is rather different from riding in a car; we were farther above the ground, and it really was not apparent how fast the train was moving. It did not seem to be going all that fast. Most of the train route runs pretty close to I-5, and this enabled us to judge our speed (sometimes a bit faster than the semis, and sometimes not quite as fast).

In any event, we arrived in Vancouver, and were met by the local people. The weather was fine for walking, cool and cloudy, but dry.

The first part of the route led through the industrial area around the train station, then into downtown, passing the Clark County Courthouse. Soon we left downtown behind, and entered an area with several parks.

There were a couple of city parks, and shortly after walking through them, we came to Fort Vancouver National Site. Fort Vancouver was originally settled by the Hudson's Bay Company as a trading post and home base for the Company's activities in what was then a large area of the Pacific Northwest which at the time was occupied only by Native Americans and fur-bearing animals. A stockade was built for protection, as well as a farm, houses, etc. Sometime later, the US Army took control of the area, and built many more structures, including a number of

beautiful old Victorian officers' houses. The route went by several of these, passing enormous areas of neatly mowed grass with no weeds (I won-



der how they do that?).

All along the route there were lots of trees, both "in town" and in the various parks, and Fort Vancouver was no exception. The Fort is located near the Columbia River, our next destination, but first we had to walk past the old fort, with its stockade and corner towers and orchards and some of the farm buildings. Mount Hood was visible in the background from a number of points in the Fort.

After walking around the old fort, we came to a major obstacle: WA state highway 13, which



at this point is a four-lane freeway. On the other side of the freeway is another set of railroad tracks, heading for Eastern WA. It was not entirely obvious how we were to reach the Columbia, our next destination.

The people of Vancouver have come up with a rather ingenious solution to this problem. A thing called the "Land Bridge" has been constructed. This is a combination art display/history museum/walking path, and enabled us to walk over the freeway on a bridge, past views of the river and the mountain and...

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...Train to Vancouver

...the downtown skyscrapers, under the railroad tracks through a tunnel, and finally out to the River. All of this was quite impressive, as well as a very attractive place



to walk. From time to time along the way, there were sculptures and historical photographs of the area.

Across the river lies Portland, and there is a great deal of traffic, land, water and air. The first part of the riverbank is straight, with a wide sidewalk and a railing, and lots of trees planted along the edge of the road. Following this, a more "natural" section of the riverbank begins, with clumps of native cottonwoods and sandy beaches along the riverside. People were fishing in the river, both from the bank and from boats.

At the end of the cottonwoods, the road we had been following turned away from the river, and the route led between a row of condos and the river. These were nicely landscaped, and one of them had a stuffed alligator mounted on the front of its second-story deck. We walked along the condos for quite some time, until we came to two restaurants. Coincidentally, it was lunchtime, and we had a lovely seafood lunch at the Beaches Restaurant. Outside the restaurant (and in the river), is an area where "bouys and gulls" can place their orders ...

After lunch, we retraced our steps along the river. The fall colors were beautiful, and the walk back along the river most enjoyable. We walked further west along the river, passing the Land Bridge, and eventually came to the Red Lion. This is the actual start point for both of the walks that were combined to make the route we followed. Near the Red Lion there are sculptures and murals.

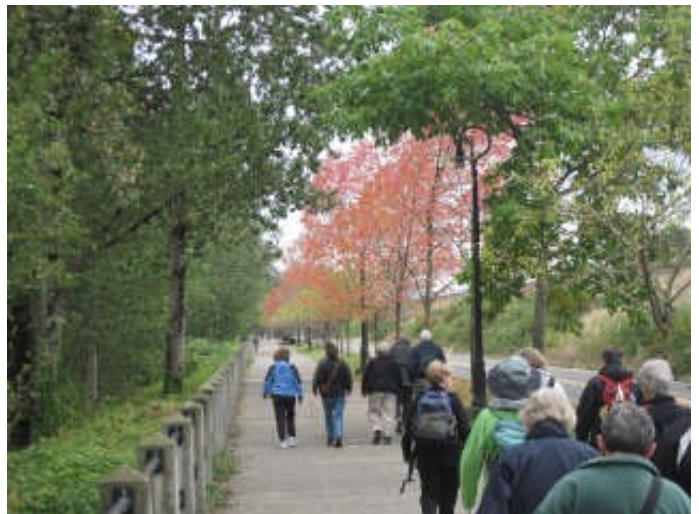
Suddenly we were back "in town," and after walking past a number of shops we came to Esther Short Park, created in 1853 and thereby gaining the distinction of becoming the first public park in the Pacific Northwest. We continued on through town, eventually coming to the edge of a large railroad yard. We crossed the tracks quickly, as we could see a long

freight train approaching and we didn't want to have to wait while it passed. Once safely on the other side of



the tracks, we continued on our way and rather shortly came to the Vancouver Amtrak Station. We said goodbye to the people from the local clubs, then settled down in the station to wait for our train to arrive. About this time, a light rain began (nice timing). After a time, we could see the headlight of our train, but it did not appear immediately, as a bridge across a channel of the river was open, and the train had to wait until the bridge swung into place. Once this was completed, the train appeared quickly. We boarded and headed north, and were able to see all the same things we saw on the way down from the other side. Soon we arrived back in Lacey, tired but happy.

We have invited our southern Volkssporting friends to meet us at the Centralia train station at a date of their choosing and look forward to giving them a wonderful day, as they did for us. Plan to join us then!





Capitol Volkssport Club

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The Capitol Volkssport Club (CVC) of Olympia, Washington is a non profit organization dedicated to promoting public health, fun, recreation, and fellowship through non-competitive walking, biking, swimming or cross country skiing events. Membership is open to all. The American Volkssport Association (AVA), to which all Volkssporting clubs in the United States belong, is one of 54 countries that make the International Peoples Sports Club (IVV). The AVA's network of 305 Walking clubs organize more than 3,000 walking events as well as occasional bikes, skis, and swims every year in most of our 50 states.

Yearly CVC dues are:

\$8.00 (individual) per year; \$6.00 for 62+; \$12.00 for family. Only \$2.00 charge for our club's YRE. Membership for returning/ongoing members is July. Send membership dues to : **CVC , P.O. Box 2778 Olympia WA 98507**

CVC Website: www.capitolvolkssportclub.org

AVA Website: www.AVA.org

Evergreen State Volkssport Association: www.ESVA.org

The greater the obstacle the
more glory in overcoming it.

— Moliere —

Newsletter deadline

**November, Wednesday, 30,
2011.**

Anything that you want to include in the newsletter call Harry at (360) 432-2318 or mail it to: H. Saukants, P.O. Box 2378, Shelton, WA 98584, or