

**What is a Volksmarch** - A volksmarch is an organized non-competitive walk that is enjoyed by people of all ages and abilities. It is not a contest but rather an activity where each participant completes the course at their own pace. The usual distance is 10 kilometers (6.2 miles) or 5 kilometers (3.1 miles) although events may differ slightly. An average walker would complete a 10K course in roughly 2 to 2.5 hours.

**Location:** The start/finish for both the 5 and 10K walks is at the Cookshack Shelter House in Martin State Forest.

**Time:** You may register and begin the walk anytime between 9 am and 1 pm. (EST). You must finish the walk by 4 pm.

**Registration:** Everyone (including small children) must have a start card if they participate in the walk, even if they are walking free. Your card will be validated at the checkpoint along the route. Start cards must be turned in at the completion of the walk.

**Fees and Awards:** Everyone is welcome and the event is FREE. Those who walk for IVV credit are asked to pay \$3.00. If you wish to purchase the Indiana Historic Pathway patch, the fee is \$3.

This event counts toward IVV achievement awards. The only Special Programs that this volksmarch qualifies for is the Bridges Spanning the USA.



**Conditions:** This event will be held rain or shine unless there are thunderstorms. Children under 12 must be with an adult. Pets are allowed but must be kept on a leash.

**Walk Description:** The trails are moderate with a few steep stretches. These State Forest trails go around two lakes with short board walks. The trails pass several projects built by the Civilian Conservation Corps in the 1930s including a stone bridge, shelter houses (one is shown in lower left), and the Fire Lookout Tower (right). You are welcome to climb the tower. The view is worth the climb. You will also walk a short tree identification trail that interprets several native trees in the area.



**Refreshments:** A light lunch of brats, chips, and cookies will be served free of charge to those who participate in the volksmarch.

**Disclaimer:** The sponsors of this walk cannot be held responsible for accidents, thefts, material damage and/or injury. Every reasonable effort will be made to make the event safe and enjoyable. All participants are cautioned to take care and restrain pets and children. Pack out what you carry in. By registering for this event, the participant agrees to these conditions.

**WEBSITE:** [www.befordhikingclub.com](http://www.befordhikingclub.com)

**For More Information:**

Teena Ligman, Bedford Hiking Club  
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(812) 278-0139  
[tdligman@att.net](mailto:tdligman@att.net)

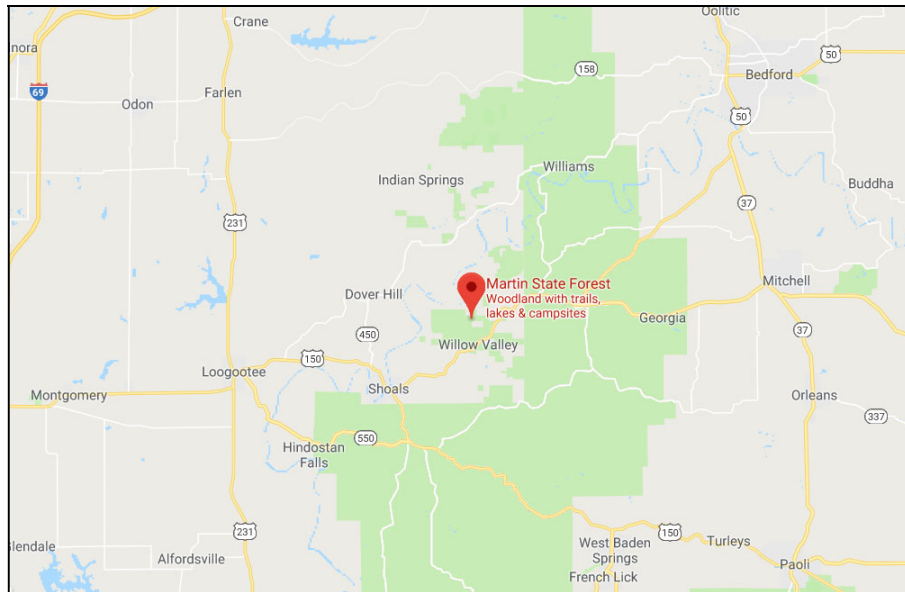
For additional information on Indiana volkswalks go to:  
[invainformation@gmail.com](mailto:invainformation@gmail.com)

## Directions

**From the north or south,** Take SR 37 to the junction with US 50. Proceed west as described below.

**From Bedford or Loogootee, IN:** From Bedford, take US 50 west toward Shoals for approximately 18 miles. Martin State Forest is on the right. Turn into the main entrance and follow the paved road to the right to the first shelter house on the right – Cookshack Shelter.

From Loogootee, go east for 13 miles. Martin State Forest will be on your left.



Brats and chips lunch provided free for walkers!

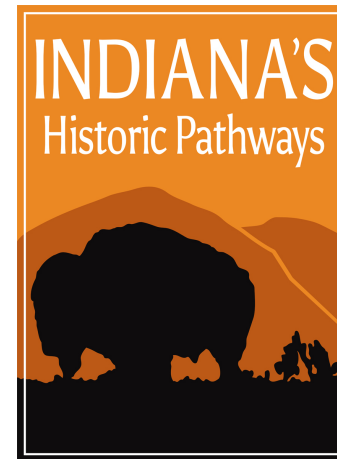
Donations accepted.

Bedford Hiking Club also sponsors 2 Year-round walks; Spring Mill State Park (SP @ Inn) and Bedford Limestone Walk (SP @Hardees on 16<sup>th</sup> Street).

## Bedford Hiking Club

5 and 10K VOLSKMARCH

### Martin State Forest



Start Location: Cookshack Shelter House

Start Time: 9 a.m. – 1 p.m. (EST)

Finish Time: Must be off the trail by 4 p.m.

Award: Martin State Forest is just off the Indiana Historic Pathways Scenic Byway. Patches are available of the byway.

**Saturday, April 27, 2019**

Trail Rating: 3C

Special Events: Bridges – Spanning the USA

This event is sanctioned by the AVA and IVV



**Eligible for credit toward IVV Achievement Awards**

**INVA #712**

**MA19/113671**