

COME WALK WITH US!

Since 1976, when the AVA: America's Walking Club was founded, our members have continued their efforts to identify and develop walking trails across the nation. Today there are more than 2,500 AVA-sanctioned events (majority walks) waiting for you and your family.

Trail development is an essential part of our overall mission as a 501(c)(3) nonprofit organization, to promote regular physical fitness activity as an essential component of overall good health. And while you're walking and talking and taking in the sights, you're doing yourself a big favor. Medical officials have identified walking as one of the best remedies for many of our ailments today such as obesity, heart attack and stroke, high blood pressure, and stress, among others.

AVA has a nationwide network of almost 200 sports clubs that sanction more than 2,500 events annually in the 50 states.

Our route selection process takes into account safety, scenic interest, historic value, natural beauty and walkability. You'll find AVA trails in cities, towns, parks, forests, rural areas, or just about anywhere there is a pleasant or interesting place to walk. There may be one in your own neighborhood!

For further information on the location of AVA-sanctioned trails and walking events in your area or around the nation, go to www.ava.org.

All of the photos in this brochure were taken near or along an AVA-sanctioned trail.

CONTACT US

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PHOTOS FROM THE TRAILS



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**AMERICA'S
WALKING CLUB**

— ESTABLISHED 1976 —

WWW.AVA.ORG

