



Welcome to Volkssporting and the Volkssport Club at West Point

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A Short Introduction to Volkssporting:

A Volksmarch is a non-competitive 5 or 10 kilometer (about 3 or 6 mile) walk. It's not a pledge walk, it's not a race, not a hike, it is a fun activity you do with a club, with your family/friends, with your pet, or by yourself. Volksmarching got its name from its origins in Germany. Today there many Volkssport clubs around the world. Come walk with the clubs and walkers of both our local “Volkssport Club at West Point” (VCWP) and the national “American Volkssport Association” (AVA), <https://ava.org/>. Meet friends and walk scenic trails at your own pace for health, fun, fitness, and friendship.

The AVA's network of clubs (of which we are one) organize walking, cycling, swimming, cross-country skiing, and other non-impact aerobic sports in all 50 states. All events are open to the public - come walk with us! Many of these trails are open year-round (called “Year Round Events”) and some trails are open seasonally (“Seasonal Events”). You can walk these trails on your own time and schedule or meet with us for our frequent group walks. Often, we schedule a ‘Traditional Event’ which is a one-time only event of a special venue. We schedule frequent group walks of our trails that are sometimes preceded by an optional social breakfast get-together.

Local clubs such as ours host the walking events. The club members select a trail for safety, scenic interest, historic areas, natural beauty, and walkability. Written turn by turn directions are provided, most often with interesting, highlighted commentary. Our club currently offers about a dozen Year Round Events. The trails are located at West Point, along with others from Rhinebeck to the north all the way down to West Point to the south on the west side of the Hudson River and Cold Spring on the east side, with others in between including the Walkway Over the Hudson, Hyde Park, and so on. It is important to note that our walks are pre-defined using the directions/walking maps provided; no ad-hoc walks or ‘walk your own route’ are allowed.

The Volkssport Club at West Point is open to all. No military affiliation is required. We maintain an active website, Facebook page, and e-mail mailing list of our events and activities. Various social activities such as a summer Hudson River cruise, summer picnic, and an annual holiday party are also on our calendar.

Our walks require no fee if just walking for pleasure, but a small donation (typically, \$3) is appreciated to help defray our expenses. AVA walkers who register for national credit pay a \$3 credit fee. They keep track of how you are achieving your fitness goals by recording your individual distance and events in a national database. Upon first joining the VCWP for \$15 annually (for all people in your household), you also receive an AVA “New Walker’s Kit”. (Annual dues thereafter are \$12). At the end of your walk, you can log your event and distance walked in your Record Books in the kit. After milestones such as 10 events, 500 kilometers, etc. you redeem the Record Book for a free Certificate of Achievement, a patch and a hatpin, and your accomplishment is printed in the AVA’s *American Wanderer*, a national publication. Please contact us for more information! **“See you on the trail!”**