

TOPS Walk Washington Heritage Park, Olympia

There is water available at the registration table. There may be a checkpoint located near the Marathon Park Restrooms half way around Capitol Lake. Bottled water will be available if the checkpoint is staffed. Otherwise there is a water fountain.

The basic walk today is counterclockwise around Capitol Lake starting and ending at the registration table. Each trip around the lake is 1.5 miles.

When you are about half way around the lake you will come to the Marathon Park Restrooms. You may choose to continue south along the Deschutes Parkway to the Capitol Lake Interpretive Center, turn left to follow the trail through the wetlands, under I-5, to Tumwater Falls State Park. You would come back along the same trail to Marathon Park, turn right and follow Capitol Lake to the registration table. The round trip adds 3 miles distance, making a total of 4.5 miles.

You may also choose to visit the Olympia Farmers Market via the Percival Landing Boardwalk. The roundtrip distance is 1.2 miles.

If you need assistance and have a cell phone, please call me at (253) 380-7802.

Here are the specific directions.

Capitol Lake Circle (1.5 miles round trip)

1. Go North along Water Street to 5th Avenue. Go left on 5th Avenue and cross the bridge.
2. Bear left onto the Deschutes Parkway along Capitol Lake after you cross the bridge.
3. Continue to Marathon Park (about 0.8 miles from the registration table). There are restrooms here along with water.

Turn left here and cross the bridge and follow the lake back to the registration table.

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Tumwater Falls Park Wetlands Loop (3.0 miles roundtrip)

1. When at Marathon Park, instead of turning left across the bridge, just continue south along the Deschutes Parkway.
2. You will reach the Capitol Lake Interpretive Center about 1 mile past Marathon Park. Bear left onto the paved trail through the wetlands.
3. You will enter the Tumwater Falls Park parking just after going under I-5 (about ½ mile after leaving the Interpretive Center). Restrooms are available about 200 yards into the park.
4. Turn around and travel back along the same trail you came into the park to the Interpretive Center, turn right (north) on the Deschutes Parkway then continue to the Marathon Park Restrooms.
5. Turn right across the bridge and follow the lake back to the registration table. One trip around the lake, through the wetlands to Tumwater Falls Park and back is 4.5 miles.

Olympia Farmer's Market Loop (1.4 miles roundtrip)

1. Go along Water Street to 5th Avenue. Cross 5th Avenue. Continue along Water Street to 4th Avenue.
2. Bear left as you cross 4th Avenue to the Percival Landing Boardwalk. Continue north along the boardwalk until you get to the Port Plaza Observation Tower (right in front of Anthony's Homeport Restaurant).
3. Take the red concrete walkway to your right between the buildings to the Olympia Farmer's Market.
4. When you have finished your market visit, return to the Observation Tower on the red concrete walkway. Turn left and follow the boardwalk and Water Street south back to the registration table.

Thank you for participating in the walk today. Patches will be awarded at Fall Rally in September.