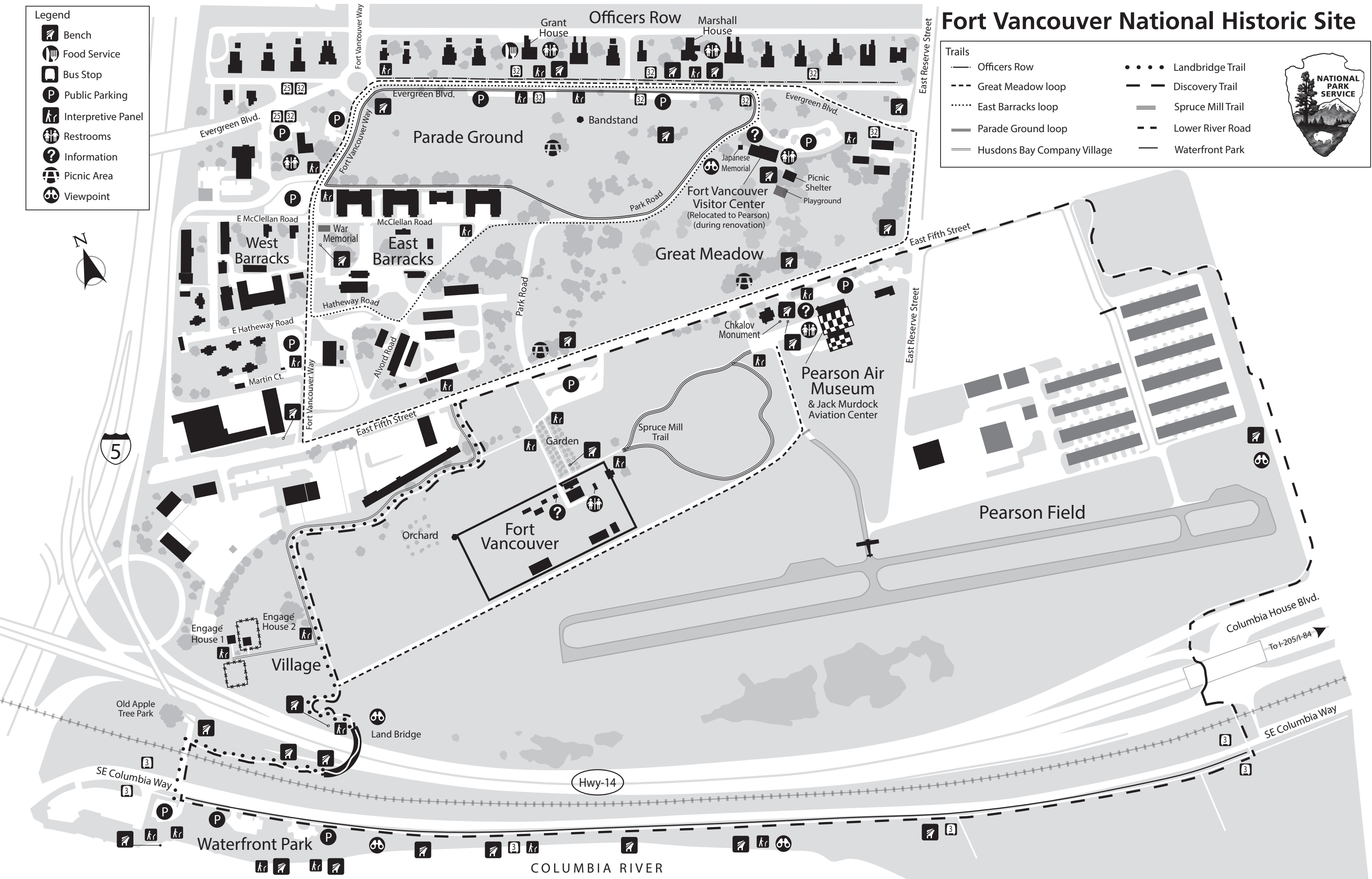


Fort Vancouver National Historic Site



- Legend**
- Bench
 - Food Service
 - Bus Stop
 - Public Parking
 - Interpretive Panel
 - Restrooms
 - Information
 - Picnic Area
 - Viewpoint

- Trails**
- Officers Row
 - Great Meadow loop
 - East Barracks loop
 - Parade Ground loop
 - Hudsons Bay Company Village
 - Landbridge Trail
 - Discovery Trail
 - Spruce Mill Trail
 - Lower River Road
 - Waterfront Park



COLUMBIA RIVER

Hwy-14

5

Waterfront Park

Fort Vancouver

Pearson Air Museum & Jack Murdock Aviation Center

Great Meadow

East Barracks

West Barracks

Parade Ground

Officers Row

Pearson Field

Village

Fort Vancouver

Pearson Air Museum & Jack Murdock Aviation Center

Great Meadow

East Barracks

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Great Meadow

National Park Prescription Program

Walking Guide



	Trail name	Trail length (round-trip miles)	Walking time (minutes)	Changes in elevation (feet)	Trail is wheelchair accessible	Trail accessed by C-Tran	Trail has benches
Level 1	<i>Officers Row</i>	0.2– 0.8	0– 30	No	Yes	Yes (32, 25)	Yes
	<i>Spruce Mill Trail</i>	0.5– 0.6	15– 20	No	Yes	No	No
	<i>Columbia River Waterfront</i>	0.2– 1.2	0– 40	No	Yes	Yes (3A, 3B)	Yes
Level 2	<i>Hudson's Bay Company Village</i>	0.9	25– 30	No	Yes	No	No
	<i>Land Bridge Trail</i>	1.0	30	20'	Yes	Yes (3A, 3B)	Yes
Level 3	<i>Parade Ground (loop route)</i>	1.0	30	25'	No*	Yes (32)	Yes
	<i>East Vancouver Barracks (loop route)</i>	1.0	35– 45	25'	No*	Yes (32)	Yes
	<i>Lower River Road</i>	0.6	15– 20	No	No**	No	No
	<i>Great Meadow (loop route)</i>	1.5	45	30'	Yes***	Yes (32, 25)	Yes
	<i>Discovery Trail</i>	3.0	60– 90	50'	No	Yes (3A, 3B)	Yes

*Trail crosses 300ft of uneven grass ** Gravel trail ***Trail follows 300ft of road shoulder

Level 1: Trails are wheelchair-accessible and can be walked in 15 minutes or less with minimal elevation change. Officers Row and the Columbia River Waterfront Park are accessible by C-Tran.

Level 2: Trails are wheelchair-accessible and can be walked in under 30 minutes with an elevation change of less than 20 feet. The south trailhead to the Land Bridge Trail is accessible by C-Tran.

Level 3: Trails and routes can be walked in 90 minutes with an elevation change of up to 50 feet. The Lower River Road is not directly accessible by public transit or wheelchair-accessible. Parade Ground and East Vancouver Barracks are not wheelchair-accessible.

Improve your Health by Walking at Fort Vancouver

Walking has the lowest dropout rate of any physical activity and has many significant health benefits. Walking outdoors, around trees and plants, is even more beneficial for your health compared to exercise indoors.

Regular exercise:

- Decreases risk of stroke & other chronic conditions
- Helps to manage diabetes
- Helps reduce obesity
- Helps to lower blood pressure

Outdoors or “green exercise”:

- Reduces stress level
- Shown to improve mood
- Increases vitamin D levels
- Facilitates faster recovery from illness or injury

This trail map was created as part of the National Park Prescription Program

Now you can get a written prescription from your health care provider to take a walk at Fort Vancouver NHS.

Depending on your health, your doctor may write you a prescription for exercise along a variety of trails and routes at Fort Vancouver NHS.

This program is a partnership between local health care providers and the National Park Service. For more information, pick up a program brochure at the park visitor center or ask your doctor about a National Park Prescription Program.

Disclaimers and Trail Etiquette

- Always talk with your doctor before starting a new exercise routine.
- Some trails and routes cover uneven terrain like grass and gravel. Please refer to the table and descriptions above to determine which walk is appropriate for you.
- Know your physical skill level and always wear appropriate footwear, clothing or gear.
- Public restrooms and drinking fountains are available during operating hours and are located at Pearson Air Museum, the visitor center and the reconstructed fort.
- Dogs are to remain on a leash (no less than six feet long) at all times and be under control of the owner. Dogs cannot be left unattended or leashed to any object. Owners must obey park regulations and pick up and dispose of dog feces. Not following leash and scoop laws can result in a \$250 fine.

National Park Prescription Program

Don't forget, your brain needs exercise, too! To learn more about your park's rich history, stop by the visitor center or download the free Fort Vancouver Mobile App. It includes fascinating audio and visual tours highlighting the fort, the Company Village and the Old Apple Tree. Message & data rates may apply.



Scan for Android Scan for iPhone

Level 1

Officers Row (0.2– 0.8 mile)

The 22 fully restored, stately homes lining the Parade Ground were built for the army officers who served at Vancouver Barracks. Each building has a unique history. The Grant House served as the home of the post commanders and is now a restaurant. The Marshall House is named after General George C. Marshall who served as commander of Vancouver Barracks from 1936–1938.

Spruce Mill Trail (0.5– 0.6 mile)

This trail connects the Pearson Air Museum to the reconstructed Fort Vancouver. During World War I, the Army Signal Corps built and operated the world's largest aviation grade lumber mill on this site.

Columbia River Waterfront (1.2 miles)

Throughout the history of the Northwest, the Columbia River has been a vital avenue of transportation and communication. The Hudson's Bay Company use the river to travel between the company's many forts in the region

Level 2

Hudson's Bay Company Village (0.9 mile)

The Hudson's Bay Company Village housed employees like blacksmiths and carpenters working at Fort Vancouver. In its heyday, over 600 people from diverse ethnic backgrounds including Hawaiians, French-Canadians, English, Scottish and members of more than 30 different Indian tribes lived in homes at this site with their families. The two structures at the village are recreations of the employees' houses.

Land Bridge Trail (1.0 mile)*

Inspired by Maya Lin, the Land Bridge is an earthen bridge designed by Native American architect Johnpaul Jones. The bridge also features artwork by Native American artist Lillian Pitt and native plants display Native Americans' connection to the land and water. The Land Bridge is a Confluence art installation and serves to reconnect the national park riverfront to the rest of the park.

This path also takes you past Old Apple Tree Park, where the oldest living apple tree in the Pacific Northwest still stands.

*Use caution, the Land Bridge can get slippery when wet.

Level 3

Parade Ground (1.0 mile loop route)*

This stroll takes you around Officers Row, East Vancouver Barracks and the Parade Ground. When this military base was active, the Parade Ground served as a gathering center for military drills and demonstrations.

Compare and contrast the homes where officers and soldiers lived during World War I. Officers lived in duplexes and homes on Officers

Row while the soldiers lived together in the large barracks buildings. What effect did these living situations have on people's lives at Fort Vancouver? How do different living situations affect people now?

*The Parade Ground loop will have intermittent construction along Fort Vancouver Way and within Vancouver Barracks. Please use caution and avoid walking in construction areas.

East Vancouver Barracks (1.2 mile loop route)*

As an active military post for 150 years, Vancouver Barracks was an important center of military operations in the Pacific Northwest. Guided by public input, the National Park Service has established direction for the rehabilitation, resource preservation, and public use of the East and South Vancouver Barracks.

*Due to intermittent construction, portions of the East Vancouver Barracks may be closed for short periods of time. Areas affected by construction include Fort Vancouver Way and some East Vancouver Barracks buildings.

Lower River Road (0.6 mile)

The Lower River road is one of the oldest roads in the Pacific Northwest. The original entrance of Fort Vancouver faced the river and the Lower River Road served to connect the fort entrance to the Columbia River.

Great Meadow (1.0 mile loop route)

This walk gives you an opportunity to walk along beautiful Officers Row, the East Vancouver Barracks and the south end of the Great Meadow.

Discovery Trail (3.0 miles)

This loop skirts the east end of Pearson Field. Take a break or bring a snack to the picnic tables on the east end of the airport and watch planes take off from one of the oldest operating airfields in the United States!