### National Park Prescription Program

**Walking Guide**

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<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
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<tr>
<td><strong>Trail name</strong></td>
<td><strong>Walking time (round-trip miles)</strong></td>
<td><strong>Walking time (minutes)</strong></td>
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<tr>
<td>Officers Row</td>
<td>0.2−0.8</td>
<td>0−30</td>
</tr>
<tr>
<td>Spruce Mill Trail</td>
<td>0.5−0.6</td>
<td>15−20</td>
</tr>
<tr>
<td>Columbia River Waterfront</td>
<td>0.2−1.2</td>
<td>0−40</td>
</tr>
<tr>
<td>Hudson's Bay Company Village</td>
<td>0.9</td>
<td>25−30</td>
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<tr>
<td>Land Bridge Trail</td>
<td>1.0</td>
<td>30</td>
</tr>
<tr>
<td>Parade Ground (loop route)</td>
<td>1.0</td>
<td>30</td>
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<tr>
<td>East Vancouver Barracks (loop route)</td>
<td>1.0</td>
<td>35−45</td>
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<tr>
<td>Lower River Road</td>
<td>0.6</td>
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<tr>
<td>Great Meadow (loop route)</td>
<td>1.5</td>
<td>45</td>
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<tr>
<td>Discovery Trail</td>
<td>3.0</td>
<td>60−90</td>
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*Trail crosses 300ft of uneven grass  **Gravel trail  ***Trail follows 300ft of road shoulder

### 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.

### 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 John. 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 Creative art installation and serves to reconnect the national park riverfront to the rest of the park.

This path 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.

### 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!

### 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**
- **Outdoors or “green exercise”**: Reduces stress level
  - Shown to improve mood
  - Increases vitamin D levels
  - Facilitates faster recovery from illness or injury

**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 trail 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 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.