

# Harrisburg

## Capital & Wildwood Lake

Sponsored by the Susquehanna Rovers



Capital Year-Round Walk 111889 AT19/Y0745  
January 1 – December 31, 2019  
10k and 5k with a Trail Rating of 1A

Wildwood Lake Year-Round Walk 111888 AT19/Y1041  
January 1 – December 31, 2019  
10k and 5k with a Trail Rating of 3C

Both in DAUPHIN COUNTY

### Trails:

**Capital:** The trail follows a portion of the Capital Area Greenbelt, goes by the Railroad Station, thru the State Capital Complex, by the State Museum, and crosses the Susquehanna River to City Island.

**Wildwood Lake:** The trail is a peaceful walk following the boardwalks, natural surfaces, and paved paths around Wildwood Lake at Wildwood Park in Dauphin County.

### Start Location & Hours:

Quality Inn – Riverfront  
525 South Front Street,  
Harrisburg, PA 17104  
(717) 233-1611

Open 24/7. Please walk in daylight hours only. Ask for the walk box at the hotel registration desk.

**Registration Procedures:** After registering, the Capital trail starts from the Inn. However, you will have to drive about 3 miles to the Wildwood Lake start point. Driving directions are on the trail directions. See the “Physical Start Box” procedures on the General Information page.

**Conditions:** The Capital trail is easy for strollers and has medium difficulty for wheelchairs. Not all sidewalks have curb cuts. Ramps are available at most stair areas. The Wildwood Lake trail is hard for strollers and not recommended for wheelchairs. A hiking stick would be helpful on portions of the trail. During inclement weather call the Wildwood Park Nature Center (717) 221-0292 to verify if the boardwalks and trails are open. The Nature Center does not need to be open to walk this trail.

Pets are welcome on both trails, but not permitted in most buildings along the trails. Local law requires that all pets are leashed, and you must clean up after them.

**Award & Fees:** For both walks, a 3-inch A award is available. Cost for the A award and IVV credit is \$6.00. IVV credit only is \$3.00. Children under 12 will not be charged for IVV credit.

**Comfort & Facilities:** Water and restrooms are available at the Start Point. Along the Capital trail are public restrooms and restaurants where refreshments can be purchased. At the Wildwood Lake trail a restroom is available at the Nature Center when open and along the trail. Recommend carrying water on this trail.

**SPECIAL NOTE:** Recommend taking a camera for both trails. For taking pictures of the State Capital and historic buildings, as well as the birds, turtles and flowers around Wildwood Lake.

### AVA Special Programs:

**Capital:** Bridges - Spanning the USA, Make a Wish at a Water Fountain, State Capital, Take a Walk In a City Park, Underground Railroad, Vice Presidential Walks, Walking the USA A - Z.

**Wildwood Lake:** No special programs assigned.

### POC:

Sharon Miller  
390 Old Quaker Road, Etters, PA 17319  
(717) 805-9540  
millersd@ptd.net  
www.avaclubs.org/SRVC

### Directions and Parking:

**From I-83** take the Second St Exit, go straight at first traffic light (Paxton St), then get into the left lane. Turn left at the next traffic light (Washington St). Turn left at Front St. and get into the far-right lane. At the next traffic light, turn right into the Quality Inn's parking lot.

**From I-81,** take the Front St. Exit. Continue South on Front St. to traffic light at Paxton St and turn right into the Quality Inn's parking lot.

Parking is available at the Inn and at the Nature Center.

