



Cahokia Mounds State Historic Site, 30 Ramey Street, Collinsville IL is located a short distance east of St. Louis.

From St. Louis City and West: Take I-55/70, 64 or Highway 40 & 44 across the Poplar St. Bridge into Illinois. Follow I-55/70 (not 64) to Exit 6 (Highway 111). Turn right onto Highway 111 South. At stoplight make a left onto Collinsville Road. The Interpretive Center is about 1.5 miles on the right. **From North and East: Via I-55/70**

Take I-55 South or I-70 West to the I-255 exit 10, just past Collinsville. Take I-255 South (Memphis) to the next Exit (24) at Collinsville Road. Exit and turn left onto Collinsville Road at the stoplight at the end of the off-ramp. The Interpretive Center is about 1.5 miles on the left. **From I-64:** Take I-64 East or West to I-255 North. Take I-255 North to Exit 24, Collinsville Road. Exit and turn left onto Collinsville Road at the stoplight at the end of the off-ramp. The Interpretive Center is about 1.5 miles on the left. **From North St. Louis County and St. Charles:** Take I-270 East into Illinois to I-255. Take I-255 South (Memphis) to Exit 24, Collinsville Road. Exit and turn left onto Collinsville Road at the stoplight at the end of the off-ramp. The Interpretive Center is about 1.5 miles on the left. **From South St. Louis County:** Take I-255 across the Jefferson Barracks Bridge into Illinois. Continue on I-255 until Exit 24, Collinsville Road. Exit and turn left onto Collinsville Road at the stoplight at the end of the off-ramp. The Interpretive Center is about 1.5 miles on the left. **Welcome!**

CAHOKIA MOUNDS ANCIENT HISTORY WALK

COLLINSVILLE, IL



"Birdman" image on sandstone tablet found in 1971 during excavations of Monks Mound

Saturday, September 15, 2018

Start: 9:30 am – 11:30 am Finish: By 1:30pm

Trail Rating: 2B

EVENT: MA18-11124

SPONSORED BY:

ILLINOIS TREKKERS VOLKSSPORT CLUB

www.illinois-trekkers.org



WELCOME TO THE CAHOKIA MOUNDS ANCIENT HISTORY WALK: Join us for a Traditional Walk event at the Cahokia Mounds—a State Historic Site, National Historic Landmark and World Heritage Site—the largest prehistoric Indian site north of Mexico. Scholars, travelers & walkers from around the globe visit Cahokia Mounds and its world-class Interpretive Center to learn about this highly sophisticated civilization built in an urban complex. Walk where the Mississippian Indians first settled in AD 700. The mounds were built of earth transported in baskets on peoples' backs to elevate ceremonial buildings and residences of the elite, and to provide burial sites and mark important settlement locations. The walk path passes Indian cultural areas and travels through several habitats on grass, concrete and gravel. Experience the “natural stair-stepper” by climbing 154 steps to the top of Monks Mound, the largest earthen mound in North America equivalent to a 10-story building.

WALK LOCATION: Interpretive Center, Cahokia Mounds Historic Site, 30 Ramey Street, Collinsville IL (approx. 8 miles east of St. Louis).

PARKING and RESTROOMS: Ample street parking and restrooms available at start location. Dogs welcome on leash but not allowed in Interpretive Center.

START/FINISH: Start between 9:30 a.m. and 11:30 a.m.; finish by 1:30 p.m. Walk at your own pace.

DISTANCE: 5K and 10K routes designated by written directions and map. Trails are rated 2B (some inclines) and are suitable for strollers and wheelchairs.

REGISTRATION: The fee is \$3 for all walkers. Open to everyone -- all ages are welcome. An adult must accompany children under the age of 12. No pre-registration required.

GROUP WALK: *Want a walking partner? Join Group Walk with interpretive guide at start point at 10 AM.*

AWARDS: There is no award for this walk. CREDIT ONLY.

REFRESHMENTS: Water will be available at the start/finish point.

SPECIAL PROGRAMS: Animal Safari (some experts believe Cahokia means “wild geese”); Walking USA: A-Z.

PROCEDURE: At the start point, complete a start card. Carry this card with you on the walk. Start cards remain the property of the Illinois Trekkers and must be turned in at the finish point when the walk is completed. No refund of registration fee.

WHAT IS A VOLKSMARCH: A volksmarch is a leisurely walk through a scenic, historic, and/or interesting area over a clearly designated trail. The event is a family-oriented, noncompetitive walk done at your own pace. An achievement program is available to keep track of your accomplishments.

SANCTION: The American Volkssport Association, America's Walking Club (www.ava.org), a member of the International Federation of Popular Sports (IVV), sanctions this event. We remind you to bring your IVV Event/Distance books and Special Program books to this event. IVV books are available to purchase at the start/finish for \$6.00 each.

DISCLAIMER: The sponsors of this event are not liable for accidents, injury, lost or stolen items, and/or material damage. Every effort will be made by the sponsors to make this a safe, enjoyable and memorable event.

Plan to make this a “Walking Weekend” – 14 YREs, 2 bike routes and 1 swim event within immediate Metro-East Illinois area; and 10 YREs in metro St. Louis area.

FOR MORE INFORMATION CONTACT:

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