

## Walking

Available 24/7

No

Intake Contact Email

avahq@ava.org

Intake Process

Visit the club listings page to find your local club and corresponding phone number and contact.

Self Refer

Yes

American Volkssport Association (AVA)

<http://www.ava.org>

<https://www.facebook.com/VirginiaVolkssportAssociation>

Main

(703) 582-9066

P.O. Box 17208

22216 VA

United States

Languages Spoken

English

The American Volkssport Association (AVA) is an educational, non-profit organization dedicated to promoting non-competitive physical fitness, friendship and fun through volkssporting events. Volkssporting is a personal fitness sports and recreation program offering noncompetitive walks, hikes, bike rides, swims, and in some regions cross-country skiing. You may choose your time to start within the start/finish “window” and participate in the sport at your own pace. There are over 300 active clubs presenting thousands of volkssporting events each year.

Walking – also called “volkswalking” – is the most popular of all the volkssporting activities. Walks are generally 10 km (6.2 miles) in length and the routes are marked or guided by a leader. Local clubs generally offer a 5 km (3.1 miles) option for participants who are physically or medically unable to complete the longer walks. All

events are noncompetitive.

To find another walking club in Virginia and other towns, go to [Virginia Volkssport Association](#)

Service Area(s)

Arlington County

,

Charlottesville City

,

Fairfax County

,

Fredericksburg City

,

Hampton City

,

Henrico County

,

Manassas City

,

Manassas Park City

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Nationwide

,

Petersburg City

,

Prince William County

,

Statewide

,

Virginia Beach City

Email

[avahq@ava.org](mailto:avahq@ava.org)