2022 National Capital Area Kidney Walk

Kidney Walk Route Map

2 Mile walk is in blue after split
4 Mile walk is in red
★ = Water Station

See back side for written directions
4 Mile Walk Route:

- Leave Freedom Plaza through NKF arch towards 15th Street
- At the light, cross Pennsylvania Ave.
- Head left down 15th street towards the Washington Monument.
- Continue straight along the sidewalk of 15th Street as you pass the Washington Monument on your right. Great place for pictures!
- The Walk split occurs at the corner of 15th Street and Independence Ave. 4 Mile walkers will continue on 15th street straight across Independence Ave toward the Tidal Basin.
- Cross over the intersection of Maine Ave, 15th Street, and Basin Drive headed toward the basin.
- Walk along the Tidal Basin pathway or use the sidewalk along Basin Drive. Continue along Basin Drive as you walk around the Thomas Jefferson memorial.
- After you pass a refreshment stand on the right, continue until you cross over a little bridge connecting the Potomac River to the Tidal Basin. Then, cross over Ohio Dr. to walk along the path by the river.
- Cross back over Ohio Avenue at W Basin Road and continue along Ohio Avenue.
- At Independence Avenue, cross the street and turn right. You should see the water station. **Don’t forget to stay hydrated!**
- Continue along Independence Avenue towards the Washington Monument.
- Cross 17th Street and take the path straight towards and then left around the Monument.
- After passing the White House on your left, take the path left towards 15th Street.
- Cross Pennsylvania Avenue then turn right down 15th Street.
- Look for the arch! You have made it back to Freedom Plaza.

2 Mile Walk:

- Leave Freedom Plaza through NKF arch towards 15th Street
- At the light, cross Pennsylvania Ave.
- Head left down 15th street towards the National Museum of African American History and the Washington Monument.
- Continue straight along the sidewalk of 15th Street as you pass the Washington Monument on your right. Great place for pictures!
- The Walk split occurs at the corner of 15th Street and Independence Ave. 2 Mile walkers will turn right along Independence Avenue.
- Turn right on 17th Avenue and take another right on the first path leading straight towards the Monument.
- At the Washington Monument, take the path left around the Monument.
- After passing the White House on your left, take the path left towards 15th Street.
- Cross Pennsylvania Avenue then turn right down 15th Street.
- Look for the arch! You have made it back to Freedom Plaza.