

## In General

**Records:** Many Volkssporters maintain records of their events and distances completed and receive awards from AVA and IVV on reaching certain achievement levels. Ask any club member for more information

**Fee:** There is no fee unless you want IVV credit (i.e.: stamp your record books). IVV credit is \$3 per person, per walk. Each participant must sign an amateur athletic waiver and release of liability sheet before participating. Fees are non-refundable and support the continuing operations of IVV events

**Conditions:** Everyone is welcome to participate in our recreational, non-competitive events. Children under 12 must be accompanied by an adult at all times. Always carry plenty of water. Drink before you're thirsty. Avoid the hottest part of the day and use plenty of sunscreen

**Disclaimer:** The American Volkssport Association, the Las Vegas High Rollers and Strollers and cooperating sponsors make every reasonable effort to conduct safe, enjoyable and memorable events. They are not liable for accidents, theft or material damage. You acknowledge and agree to this by signing the registration form for these events.

**Restrooms:** Restrooms are generally available along all the walks and are designated on each of the walk directions.

**Pets:** Pets on leashes are welcome on the walks. Obey laws and pick up waste. Check with local jurisdictions about their pet policies.



**Lou Ruvo Brain Center  
Downtown Old Las Vegas Walk**



**The Container Park  
Downtown Old Las Vegas Walk**

The club website has more information about our events and our club, including where to register and how to join; check us out!

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# Las Vegas High Rollers and Strollers (AVA 0296)

## Contact Us

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You can also find us on Facebook!

<https://www.facebook.com/Las-Vegas-High-Rollers-and-Strollers-17178837184441/>

**Welcome!** The Las Vegas High Rollers and Strollers welcomes you to beautiful Southern Nevada. We have 13 year-round events available - 12 walking events and 1 bike event. Come and explore the Las Vegas valley with us; we hope to see you on the trail.

## About Us

The Las Vegas High Rollers and Strollers (LVHRS) is an AVA-sanctioned, 501- (c) (3) not-for-profit volkssporting group located in Las Vegas, NV. We welcome enthusiasts from all over the world who participate in our year-round events (YREs) as well as special events we schedule throughout the year.

## History

Volkssporting started in Germany as a personal, non-competitive fitness sports and recreation program under the auspices of the International Federation of Popular Sports (IVV). The program came to the US in 1976 and became the American Volkssport Association (AVA). Since then, AVA has grown to over 450 clubs offering walks, bike rides, swims and - in some regions - cross-country skiing or snowshoe events. Many people adopt volkssporting as part of their lifestyles. Many begin walking for fitness, and continue because of friendship and social benefits. The LVHRS volkssporting club was founded in 1985 when a group of military families from Nellis Air Force Base planned a walk in Floyd Lamb State Park. Over the years we have grown in membership as well as in number of scheduled walks.

## Currently

We currently offer 12 YRE walks which showcase our beautiful desert settings and our famous casino and tourist areas. In 2016, we sanctioned our first YRE bicycle event which traverses the spectacular River Mountains Loop Trail. In 2020, we sanctioned a new walk in St George, UT. About every other Saturday, we walk as a group on a different one of our YREs. We are the only AVA-sanctioned volkssports club in the state of Nevada.

## Our Events

**Boulder City** Walk through a quaint small town with lots of historical features. Boulder City was built as the first government master-planned community to house the workers who built Hoover Dam. Count all the street sculptures as you walk.

**Lake Mead** Cross over the Bypass Bridge (800 ft. above the Colorado River) and walk to Arizona, then return and walk to historic Hoover Dam. Later, you will walk through some of the historic railroad tunnels which serviced dam construction.

**River Mountain Loop Trail (Bike)** This 55km loop circles the River Mountains east of Las Vegas. The whole route is sanctioned so you can start anywhere, but our event starts at the Bootleg Canyon Park trailhead.

**Downtown (Old Las Vegas)** Walk through the famous Fremont Street Experience and see many original parts of old Las Vegas. See the Smith Center for the Performing Arts, the world-famous Gold & Silver Pawn Shop, the Mob Museum, the Container Park, and much more.

**Sunset Park** A short drive takes you into Sunset Park. You'll walk along pathways, ballfields, a fishing lake, and historical monuments. Enjoy lots of diverse desert terrain and wildlife viewing opportunities

**North Strip** This walk heads north along the famous Las Vegas Strip. You will see the Stratosphere, the High Roller, Caesars Palace and the Venetian, and others.

**South Strip** See the south end of the famous Las Vegas Strip; pass in and out of a number of casinos including the Luxor, the Bellagio, and the Mandalay Bay.

**UNLV** Like a desert oasis, you'll see lots of trees, large swaths of grass, and a xeriscape garden. Your walk passes by the memorial statue of basketball coach Jerry Tarkenian.

**Downtown Summerlin** Walk through residential neighborhoods and shopping areas with lots of parks. You'll pass restaurant row, the Vegas Ballpark (minor league baseball) and City Center, home of the Las Vegas Golden Knights hockey team.

**Green Valley Ranch** A great walk through some quiet and beautiful residential neighborhoods, a modern casino resort, and outdoor shopping areas. The walk offers great views of the Las Vegas valley.

**Seven Hills** This is moderately hilly walk through an upscale residential area with great views of Las Vegas, plenty of parks and lots of off-street walking.

**St George, UT** An ambling walk along the Santa Clara and Virgin Rivers in scenic southwest Utah. See beautiful red-rock vistas and abundant wildlife.

**Boulder City Veteran's Park** Walk past fishing ponds, ball fields and rec areas. You'll wind through the Boulder City Veteran's Cemetery and pass Nevada's busiest airport.