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### **Tiny Town's Inn Offers Walks in the Winds, Atlantic City, Wyoming**

Atlantic City, WY - Let mountain air brush your cheeks and comb your hair as you stroll past historic gold mines. In the spirit of European noncompetitive hikes through gorgeous country settings, the American Volkssport Association has sanctioned Miner's Delight Inn Bed & Breakfast owners Barbara and Bob Townsend to add two Volksmarches to the state's list of 2008 events. This will make four accredited events in Wyoming's Wind River Country. The new seasonal walks will be available between May 28 and September 30, 2008.

Volkswanderung, German for "people's walk," began more than four decades ago to promote health and fellowship. The walks are not races, and they are designed to accommodate walkers of all athletic abilities.

Barbara and Bob offer a \$20 discount to Miner's Delight Inn B&B guests (<http://www.minersdelightinn.com>) who stay three nights if they complete the inn's two events and the Volksmarches at South Pass City State Historic Site and Sinks Canyon State Park. Walkers should wear good shoes and a hat, carry water and snacks, and consider the near-8,000-foot elevations as they stroll in the Wind River Country's high-altitude beauty.

The two Atlantic City events offer walkers two routes along gravel roads maintained by Fremont County and Bureau of Land Management crews. The 15-kilometer (9.3 mile) walk travels west out of town. Walkers pass the Carissa gold mine, go into South Pass City, and return to Atlantic City via Pick Axe Road, where they come within a nugget's throw of the Duncan and Mary Ellen gold mines. A shorter, 7 kilometer (4.3 mile) option loops back to Atlantic City via Pick Axe Road without going to South Pass City.

The second walk leaves Atlantic City's north boundary, turns east onto Fort Stambaugh Loop Road, passes Miners Delight mine / Hamilton City, and returns to Miner's Delight Inn B&B through Beer Garden Gulch. The 20 kilometer (12.4 mile) walk offers spectacular views of undulating hills east through south and the Rocky Mountains' Wind River Range to the west.

The Townsends are members of the Cheyenne High Plains Wanderers Volksmarch Club. Club membership is not required to complete the walks, and walkers may track the number of events and distances in special Volksmarch event and distance books. Although folks may complete the walks without paying a fee, a small fee allows participants to use the event stamps to document their Volksmarch books and receive American Volkssport Association (AVA) credit.

When Volksmarchers accumulate the number of events or distances shown on the fronts of their books, they send the books to the regional AVA office for certification. AVA officials return the books along with a certificate of completion, a patch, and a pin. Walkers get their first event awards after completing 10 walks. The first distance award comes at 500 kilometers (310 miles). The AVA is a member of the International Federation of Popular Sports (IVV). Stop by the AVA's Web site at <http://www.ava.org> to discover more about the sport.

For more information on events and attractions in beautiful Wind River Country visit Wind River Visitors Council's website at <http://www.wind-river.org> or call 1-800-645-6233.