

**Dear Gold Medallist, Dear Walker,**

Congratulations on the 105<sup>th</sup> 4 Days Marches and (a little later than planned) congratulations on the 14<sup>th</sup> lustrum of the Gold Medallists' Association. This Gold Medallists' Trail was plotted by our association on the occasion of these festive occasions. You have got the description of the Gold Medallists' Trail in front of you, but of course the trail itself, and the Story Trails app with the accompanying images and stories, is the real lustrum present.

The idea behind this trail is to keep the stories and traditions of the 4 Days Marches alive. In this way, experienced walkers and Gold Medallists, both civilian and military, are able to relive the 4 Days Marches past and present, for it is also their stories that we share here. Newcomers who may be planning to walk the 4 Days Marches for the first time, hear how the event originated and why certain locations in Nijmegen and along the route mean so much to the participants.

As Marches' leader Henny Sackers said: "Gold Medallists are the keepers of the history and the stories of the 4 Days Marches." The Gold Medallists' Association hopes that you will enjoy this walking trail and that you may learn more about our favourite walking event, the Walk of the World. Make sure you have Story Trails at hand while enjoying our beautiful walk.

Frans Leijtens  
Chair of the Gold Medallists' Association

**The total distance of this trail is 24 kilometres. It consists of 9 stages.  
These stages are on the next pages.**

**There is also a shortened route of 6 kms. That is what we start with here.**

From the Shamrock, turn left into the Smetiusstraat which immediately changes to Bloemerstraat. Turn right before the bus station and walk along Plein 1944 as far as Bakker Bart. There, turn left and follow the Broerstraat to the Grote Markt. (In the first side-street on the left, Plein 1944 opposite Pauwelstraat: commemorative tablet 75<sup>th</sup> Marches 1991.) Keep left on the Grote Markt and across the square down into the Stikke Hezelstraat. In front of the sculpture by Oscar Goedhart on the right, go up the steps to Stevenskerk. In front of the church, turn right past the Latijnse School (Sint Stevenskerhof) to return to the Grote Markt through the arch (Kerkboog).

On the Grote Markt, pass the Waagh and turn left after house number 28 into the Kannenmarkt past the childrens' bookstore. Turn right at Korenmarkt 1, after the patch of grass. At house number 6, turn left into the alley (right of Franse Plaats / Commanderie Sint Jan). Then, turn left past Keumegas 2 and 4. This leads to small steps down. In the Nonnenstraat in front of number 75, turn left and immediately right just before number 59 into the narrow alley and take the steps to the Lutherseplaats. Cross past the small playing field and walk between the buildings to Achter de Vismarkt.

On the other side of the Vismarkt, at sign NY006 (Waterschap Rivierenland), take the steps down on the left and take a sharp turn right onto the Waalkade. Follow the Waalkade along the river (left of the grass) as far as the five-forked crossroads after the casino. Follow the Waalkade upwards (staying on the pavement on the right) past bicycle museum Velorama and hotel Courage to the three-forked road

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just before the bridge. There go right, and follow the Voerweg up past Belvédère and under the footbridge. Cross the road at busstop Voerweg and the pedestrian entrance of the underground car park Kelfkensbos, and follow the Voerweg on the left hand side.

At the top, turn left twice along Kelfkensbos past hotel Credible and bus stop Valkhof. Keep to the right of former museum Valkhof: Kelfkensbos becomes St.Jorisstraat. At kiosk Hunnerpark, follow the road (Kelfkensbos/St.Jorisstraat) past the bus stop. Turn right after the bus stop and cross the St.Jorisstraat at the traffic lights. Keep left past the Keizer Traianusplein and cross the Sint Canisiussingel at the traffic lights. Across the road, keep right and turn into the Meester Franckenstraat. Walk as far as the oval roundabout (Mariaplein), cross and turn left to the Berg en Dalseweg. Turn right after house number 138 on the Berg en Dalseweg into the Jozef Israëlsstraat.

Turn right after house number 30, Rembrandtstraat and go straight on at the crossing of the old amphitheatre. Turn left at house number 15 and 17, the Van Langeveldstraat. Turn right at the roundabout, Daalseweg and immediately left at house number 271, Mozartstraat. At the three-forked road, turn right into the Griegstraat and left at the end in front of the wall of the cemetery, the VanBeethovenstraat, past the Truus Mastpark.

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At the crossing after the Truus Mastpark, turn right into the Bachstraat. At the end, turn right to the Groesbeeksedwarsweg and at number 187 left, the Gorisstraat. At the crossing, first cross the Coehoornstraat and then take the bicycle lane to the right along the Coehoornstraat. Coehoornstraat becomes Prins Bernhardstraat (small parks on the left). Past the cemetery and a small brick building, take the footpath left of the bicycle lane along the edge of the Julianapark, still walking parallel to the Prins Bernhardstraat.

After the 4 Days Marches monument, cross the Waldeck Pyrmontsingel (keeping slightly right towards bicycle lane and pavement) and follow the bicycle lane along the Prins Bernhardstraat (left P, Wedren, and right P, Vierdaagseplein). At the crossing and traffic lights turn left, Bijleveldsingel.

The Bijleveldsingel runs past the Karel de Grotecollege and bends to the right. Turn left at Wilhelminasingel 84 into the Sloetstraat. Turn right after Sloetstraat 14, past the barrier of the car park of the Vereeniging. Go past concert building the Vereeniging (on the left) and the bank building (right) to the main entrance of the site between the pillars with the metal round top.

From the main entrance of the Vereeniging, turn left and immediately right, crossing the Oranjesingel at the traffic lights. Across the road, keep the Keizer Karelplein to the left and the bank building to the right. Turn right (Bisschop Hamerstraat) in front of the bicycle storage. After the bicycle storage, turn left at the Febo into the In de Betouwstraat. At the end of this, turn right in front of the Kolpinghuis and follow the Smetiusstraat to the Shamrock.

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From the Shamrock, turn left. Smetiusstraat. This will become Bloemerstraat straight away. Turn right before the bus station and the entrance of the underground parking garage, passing Plein 1944 until the intersection at Bakker Bart.

Turn left, Broerstraat until Grote Markt. (First road on the left, Plein 1944 opposite of Pauwelstraat: memorial stone 75th 4Days Marches in 1991). Turn left on Grote Markt and at the opposite site of the square, enter Stikke Hezelstraat. Just before the artwork of Oscar Goedhart on the right side of the street, turn right, on to the stairs towards the Stevenskerk (Stevens church). Before the church, turn right passing the Latijnse School (Sint Stevenskerkhof) and, through the gate (Kerkboog), walk back to to Grote Markt.

On Grote Markt pass the Waagh and go left after house number 28 and enter Kannenmark, passing the children's bookstore. Turn right at Korenmarkt 1, after the lawn. Left of house number 6, go into the alley (right of Franse Plaats / Commanderie van Sint Jan). After that go left, passing Keumegas 2 and 4. This will change into small stairs going down. In Nonnenstraat. In front of number 75, turn left and immediately before number 59 turn right into the small alle and go to Lutherseplaats via the stairs. Cross Lutherseplaats by the playground and continue straight on between the buildings to Achter de Vismarkt.

Go left on the other side of Achter de Vismarkt at sign NY006 (Waterschap Rivierenland), down the stairs and at the bottom, turn sharp right onto Waalkade. Follow Waalkade along the water (left of the lawn) until the intersection with five roads after the casino. Follow Waalkade upwards (stay on the sidewalk on the righthand side) passing bicycle museum Velorama and hotel Courage until the intersection with three roads just before the bridge. Turn right, further upwards on Voerweg passing Belvedere. You will go underneath the walkway. Cross the road at bus stop Voerweg and the pedestrian entrance of parking garage Kelfkensbos and continue on Voerweg at the lefthand side.

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Turn left at the top and left once more following Kelfkensbos passing hotel Credible and bus stop Valkhof. Keep right of former museum Valkhof: Kelfkensbos becomes St. Jorisstraat.

Turn left at information panel bicycle network 1 and Valkhofroute, before the kiosk Hunnerpark and keep right at the statue of Petrus Canisius. Follow the gravel path until the brick path and stairs (with buried time capsule) and turn left there. Follow the gravel path along the edge of the park, passing the benches and lamppost VZ015. Keep right at the C.A.P. Ivensbench and follow the path downwards until it meets the bike path crossing the Waalbrug. Cross the bridge.

Turn sharp left at the other side of the bridge and go down the stairs (Sint Titussingel). Turn right at the bottom of the stairs, Oudedijk, until the first intersection with three roads. Turn left just before house number 4, Lindepad, and follow the path until the viewpoint at Veerdam, near the cattle grid (Rivierpark). Turn right towards pubs De Zon and Waalzicht at Oosterhoutsedijk. Turn left and follow Oosterhoutsedijk until the bridge (Spiegelwaal / De Lentloper).

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Cross the Spiegelwaal via the left footpath of De Lentloper bridge. Turn left at the other side and continue on the Oosterhoutsedijk: stay on top of the dyke, passing parking meter 6325. Pass the stairs to the railway bridge at the righthand side and follow the brick path under the bridge (Lentse Warande). Go straight ahead at the end of this path onto the asphalt road following the dyke.

Follow the Oosterhoutsedijk until pole DD169 and dead-end street at the right side. Turn left onto the bike path over the Zaligerbrug (bridge). At the other side of the bridge go straight on and follow the path with concrete plates until the stairs under the bridge (De Oversteek). Take the stairs and continue in the direction of Nijmegen, crossing the bridge. At the other side, take the stairs down (near the elevator) and turn left at the bottom via the wide concrete path going up. Turn left (20 Septemberplein) at the road and follow Jan Nieraethstraat for a moment. Turn right in front of parking meter 6329, brick path going downwards (Winselingseweg).

Follow Winselingseweg straight on and cross Nymaweg and then continue on Winselingseweg. Carefully cross Weurtseweg at house number 2 through 2T (you can also use the pedestrian crossing on the right). Go straight through on the path along the edge of the park (Rivierstraat, passing lamppost BA029).

### STEP 3

Cross the “Kanaalstraat” and later also the “De Biezen”, and continue on the footpath along the “Rivierstraat”. Cross with care the “Industrieweg” (S102) and continue straight into the “Oscar Carréstraat”. This street makes a gentle bend to the left and changes name at the “Distelpark” the name then becomes “Insulindestraat”. At the junction with the “Molenweg” continue straight following the “Distelstraat”

At the end of the “Distelstraat” cross the “Floraweg” and enter the park by passing the pillars and the concrete stairs. At the roundabout of gravelpaths underneath a tree take a right and descend the wooden stairs. Underneath the stairs take the second path left from the first concrete slab. Follow the gravelpath till the two wooden stairs that go up. Ascend those stairs, at the top go to the right between the pillars (Graafseweg).

#### STEP 4

Cross the "Graafseweg" at the pedestrian crossing between the bus stops, be careful. Follow the "Graafseweg" on the other side in the direction of the traffic lights.

At the traffic lights take a left turn into the "Groenestraat" Be careful when you take a right at the junction ag sign ANWB 69999 1 this is the "Hatertseweg". Follow this road till the pedestrian bridge across the railwaytracks, this is after housenumber 338. Take a left cross the pedestrian bridge across the railwaytracks and continue straight on the opposite side, past the black soccercage to the trafficlighs. Cross the "Muntweg" at the trafficlighs.

Continue right to follow the "Muntweg" and take a left at the library (Slotemaker de Bruineweg). At the bike path left you take a right through a little path which runs through the bushes next to the electricity box. Cross the road and enter the "Goffertpark" in the direction of the roundabout with the kiosk. Take a left at the kiosk through the Rosariumgarden de Goffert. At the end of the rosariumgarden take the 2nd asphalt path to the left in the direction of the red thrashbin. At the crossing near the thrashbin take a right and follow the asphaltpath along the edge of the Goffertpark.  
(parallel to the Slotemaker de Bruineweg)

## STEP 5

Take a right at the junction before the waterfountain and fire-hydrant, this is a semi-paved path through the park. Take a left at the three forked road in front of the open-air theatre, this is a wide asphalt path.

At the junction near lantern post MD004 take a left along the electricity cabinets. Go straight on the junction with cobblestones (Steinweglaan) and straight on the junction of asphalt paths in the direction of the fence of the stadium. At the stadium take a left (lantern post MD103) and follow the road along the stadium till you pass the building "de Eendracht" Keep to the left after de Eendracht and follow the bike path along the athletic fields (lantern post MD82). Go straight at the junction with the wide bike path and keep on following the path along the athletic fields till the end.

At the 4 forked roads take a left and follow the wide asphalt path (along the athletic fields) till the "Vossenlaan"

Keep to the left and cross the Vossenlaan. Follow the footpath on the left of the "Burgemeester Daleslaan" (along lantern post SZ182). Cross the entryway of the "Rentmeesterhof" and follow the footpath till the big junction (Hatertseweg)

**STEP 6**

Cross the "Hatertseweg" at the traffic lights and enter the "Krekelstraat". After 50 meters take a right to the "Nieuwe Mollenhutseweg" and stay on the left. Follow this road till you have passed the Evangelical community "De Deur". Then take a left into the "Einsteinstraat". Follow the Einsteinstraat till the end (Sint Annastreet) and take a right into the Sint Annastraat. Follow the Sint Annastraat in the direction of the trafficlights.

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Cross at the trafficlighs the “Grootstalselaan/ Scheidingsweg” and stay on the right side of the state road along Charlemagne

At the junction with trafficlighs (Sint Jacobsweg) take a left and cross the State road with care at the trafficlighs. Follow the semi hardened path on the left along the parkingplace of the athletic fields into the woods. Go straight at the red and white gate and enter Heumensoord along the dogsports club. Go straight at the crossroads with the asphalt bikepath.

Take a right at the second path after the bikepath, a treelane with red markings. At the crossroads along the wooden bench (Koobs) take a left, follow the path through the woods and the green mountainbike route till pole 2.0. Take a right at the threefork before the bullitcatcher (dike) and follow the curb to the left and the green mountaibikeroute. Follow the path along the bullitcatcher and the mountainbike route in the direction of the open space ahead.

Go straight at the grassfields (green mountainbikeroute deflects to the right) on the path on the left past the wide grasspatch and the following bullitcatcher. The path deflects somewhat to the right and at the fivefork go straight ahead (2nd path from left), a wide gravel path with the green mountainbikeroute. At the big threefork at poles 13940/13939 go right, follow a wide sandpath in the direction of open spaces (to the right lies the terrain of the Biertent). At the crossroads after the firehydrant take a left, wide sandpath (left VIP tent, right square, eating tent and sleepingtents).

In the treelane, right in front of you are the press and medical service during the 4-days marches.

Take a left at the junction with the asphaltroad (Beukenlaan) Here lies during the 4-days marches the official finish of the 40Km military contestants, and at the speed bump lies the main gate of Heumensoord. Military contestants walk this Beukenlaan seven times during their 4-days marches.

Follow the Beukenlaan till the end.

STEP 8

Cross the Scheidingsweg with care (use if you wish the pedestrian crossing on the left of the junction). Follow the "Driehuizerweg" till the athletic fields and take a left into the "Kwekerijweg" before the athletic fields.

At the following skewed crossing take a right to the "Heyendaalseweg" follow this road between the University buildings. The Heyendaalseweg crosses the railroad tracks (along railwaystation Nijmegen Heyendaal) and along bowling alley Olround. After the bowling alley take a right at the roundabout (Prof. Schillebeeckplein) along "Groenewoudseweg" numbers 31 and 29. Take a right at the following junction "Willem Schiffstraat".

At the end take a right before the schoolcommunity Groenewoud, "Van Cranenborchstraat" and take directly a left when you passed the school "Van Haapstraat". Follow the Van Haapstraat till you passed the tennis courts of the Insiders (on your right) and take a left into the "Schlatmaeckerstraat" follow this to the end.

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Turn left at the end of Schlatmaeckerstraat on the parallel road of Groesbeekseweg. Turn right after house number 424, carefully cross Groesbeekseweg and go onto Bosweg. Follow Bosweg with a gentle bend to the left until the end (after sports fields) and turn left, Kwakkenbergweg. Stay on the left side. At the crossing with three roads, after the Jewish cemetery on the right, turn left (Postweg) passing the main entrance of Rustoord (Postweg 60); keep left. After villa Geldersch at Limoslaan, turn right and cross Postweg. At the other side, take the asphalt path and turn left immediately and go to the wide asphalt path through the unpaved path. Go straight through on the crossroad and follow the wide asphalt bike path parallel to the road (Gelderselaan).

This path turns into Molenveldlaan (brick path) and follow this until the end, passing the Snijders barracks and Krayenhoff barracks. Turn right after the Krayenhoff barracks and turn right once more after the building (passing the backside of the Krayenhoff barracks, at building 4, Storage for clothing – “Magazijn voor Kleeding en Nachtleger), continuing on Molenveldlaan. Keep left at the crossing in front of building 16 (house number 59), towards Wachterslaan 83-349. Turn left straight after building 16 towards Wachterslaan 83-349; this road has two small bends to the right. Turn left after house numbers 67-81 at the intersection with the asphalt path, just before the entrance to house number 83 on the lefthand side to Wachterslaan.

Turn right at the bicycle stands at the crossing with the brick path and cross the bridge. Follow the brick path, alongside the building, until the end and turn left onto the asphalt path. Go straight through at the crossing (sign Wachterslaan); road turns into a brick path passing fire hydrants and the fence of a school with playground. Turn left at the end of the path, before house numbers 12 and 14, and follow the brick path passing the school until the stone pillars. Keep right in front of the playground and walk towards the road (Dommer van Poldersveldtweg).

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Turn left onto Dommer van Poldersveldtweg (on the right, Koningshof and on the left the playground). Follow Dommer van Poldersveldtweg until the end at the traffic lights at Berg en Dalseweg. Turn left and walk passed the offices of KWBN and Stichting DE 4DAAGSE (number 125). Turn left at the first road, after house number 140 (Jozef Israelsstraat). Turn right after house number 30, Rembrandstraat, and go straight through at the crossing at the old amphitheater. Turn left at house numbers 15 and 17, Van Langeveldstraat. Turn right at the roundabout, Daalseweg, and turn left straight away at house number 271, Mozartstraat. Turn right at the crossing with three roads, Griegstraat and turn left at the end before the wall of the cemetery, Van Beethovenstraat, passing Truus Mastpark.

Turn right at the crossing after the Truus Mastpark, Bachstraat. Turn right at the end, Groesbeeksedwarsweg, and turn left at house number 187, Gorisstraat. At the crossing, first cross Coehoornstraat and then turn right and follow the bike path along Coehoornstraat.

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Coehoornstraat turns into Prins Bernardstraat (with parks on the left). After the cemetery and the stone building, follow the foot path left of the bike path along the edge of the Julianapark. You are still walking parallel to Prins Bernardstraat.

After the 4Days Marches monument, cross Waldeck Pyremontsingel (keep slightly to the right towards bike path and foot path) and follow the bike path along Prins Bernardstraat (with left Parking Wedren and right Parking Vierdaagseplein).

Turn left at the crossing with traffic lights, Bijleveldsingel. This road passes Karel de Grote College and bends to the right before Wilhelminasingel 14. To the right of Wilhelminasingel 14, follow Sloetstraat. Turn right after Sloetstraat 14, passing the barrier of the parking of the De Vereeniging. Walk pass the concert hall De Vereeniging (to the left) and the bank office (to the right) until the main entrance of the premises, between the pillars with the metal ball-shaped head.

At the main entrance of De Vereeniging, turn left and immediately turn right to cross Oranjesingel at the traffic lights. At the other side, keep Keizer Karelplein to the left and the bank office to the right. Turn right before the bike stand, Bisschop Hamerstraat. After the bike stand, turn left at FEBO, In de Betouwstraat. At the end of In de Betouwstraat, turn right in front of Kolpinghuis and follow Smetiusstraat until the Shamrock.

At this point your back at the starting point.

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Gold Medallists Trail pictured

Leonie Vink | **Irish Pub Shamrock**

Location: Crossing Smetiusstraat, Eerste Walstraat

Marcel Claassen | **Foundation of Gold Medallists**

Location: Crossing Stikke Hezelstraat, Augustijnenstraat

Vicky Henriksen-Delaney | **4Days Marches church service**

Location: St Stevenskerkhof

Gien Langen-van Kolck | **My first 4Days Marches**

Location: Waalkade

Association Vierdaagsefeesten | **Vierdaagsefeesten**

Location: Kelfkensbos

Marge Niehof Petronis | **First day**

Location: Crossing Veerdam, Oosterhoutsedijk

Association Sunset March | **Sunset March on De Oversteek**

Location: De Oversteek

Bert van der Lans | **Most beautiful memory of the 4Days Marches**

Location: Crossing Oscar Carréstraat, Dommelstraat

Paul de Graaff | **Anniversary gifts Gold Medallists**

Location: Crossing Insulindestraat, Molenweg

Dick Koopman | **Memories of the 4Days Marches**

Location: Crossing Hatertseveldweg, Paddepoelseweg

Bart Putman | **Flag parade Goffertstadion**

Location: Goffertstadion

Veronica Leijtens-Bunschoten | **Fourth Day**

Location: Crossing Nieuwe Mollenhutseweg, Einsteinstraat

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STICHTING DE 4DAAGSE | **Lap of Honour + 100<sup>th</sup> 4Days Marches**  
Location: Crossing Van Musschenbroekstraat, Einsteinstraat

Katrien Delanotte | **Settees on the Via Gladiola**  
Location: Crossing Van der Waalspad, Sint Annastraat

Michèl Janssen | **Charlemagne**  
Location: Rijksweg N844, opposite McDonald's

Sascha Schwarzkopf | **Beer party Heumensoord**  
Location: Heumensoord, bullet butts – Beukenlaan

Michael Thyregod | **Wake-up Call Heumensoord**  
Location: Heumensoord, on the Beukenlaan

Spike Elliot | **Beukenlaan**  
Location: Beukenlaan, south of the Scheidingsweg

Frans Leijters | **Bowling Alley Tuesday and Wednesday**  
Location: Crossing Heyendaalseweg, Professor Korsstraat

Jurg Tschabold | **Third Walking Day**  
Location: Crossing Kwakkenbergweg, Postweg

Henny Sackers | **Former LIMOS-site**  
Location: Crossing Molenveldlaan, Wachterslaan

Koninklijke Wandelbond Nederland | **Activities KWbN**  
Location: Berg en Dalseweg 125

Francie de Leeuw | **Checking Out on the Wedren**  
Location: Prins Bernhardstraat (Wedren – Vierdaagseplein)

Francien van den Heuvel | **Starting-point De Vereeniging**  
Location: Car park behind De Vereeniging

Hans Rennie | **Second Walking Day**  
Location: In de Betouwstraat

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Association of Gold Medallists of the 4Days Marches

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The Association of Gold Medallists of the 4Days Marches promotes the interests of walkers who have successfully finished the 4Days Marches ten times or more.

On the occasion of the 14<sup>th</sup> lustrum of the association (in 2021) and the 105<sup>th</sup> edition of the 4Days Marches, the Gold Medallists have created a walking trail which takes both experienced Gold Medallists and starting enthusiasts of the 4Days Marches along locations that are characteristic of the Walk of the World.

While following this Gold Medallists Trail, walkers get to know stories, traditions and history of the 4Days Marches with the help of images in the StoryTrails app.