

REGIONAL
TRAILS
IN KING COUNTY

The **Regional Trails System** in King County contains over 40 unique trails offering some 300 miles of distinctive greenways and off-street routes that allow travel from the Puget Sound to the Cascade Mountains. Defined primarily by wide, paved trails or hard gravel paths with gentle grades, they are perfect opportunities for walking, cycling, strolling, rolling, horseback riding or just enjoying the view.

Many of our trails are beloved by cycling commuters on a daily basis, as they provide a safe route to work and school, to the store and to fun, from home, to adventure, and back again. Use these trails as a source of inspiration! Be inspired to exercise, to commute, to walk and talk, to enjoy the outdoors, experience each trail's unique character, and commune with our beautiful natural surroundings in the Pacific Northwest.

A collaboration of agencies in King County manages the Regional Trails System and makes it all possible. New and interesting routes are continually being added to the network with scenic and practical destinations in mind. Trail repair is ongoing in order to preserve this legacy of work for future generations. Make sure to sign up for trail alerts to keep up with the latest developments, check out some of our newest additions, and create a list of your favorites. Set out today to explore the many opportunities provided by regional trails in King County and get to know #YourBigBackYard!

PARKS TrailFinder

Want to explore the King County Regional Trails System even further? Check out King County Parks TrailFinder. This mobile-friendly, interactive map allows you to zoom in and explore both Regional and Backcountry Trails throughout King County, featuring a detailed street map and even public transit routes and major stops. Use TrailFinder to discover a new trail to explore near you.

gismaps.kingcounty.gov/TrailFinder

Welcome to the
Regional Trails in King County map

King County is fortunate to have one of the most extensive networks of regional trails and greenways in the nation, with 300 miles of paved and unpaved routes stretching from Puget Sound to the Cascade Range.

Three quarters of King County's population lives within a mile and a half of a regional trail. These safe and convenient avenues are used by thousands of residents every day for commuting to work and school, and for bicycling, walking, running, skating, horseback riding and other healthy activities. Our trail network offers access to our region's scenic landscapes, while also providing an increasingly important countywide alternative to motorized transportation.

Whether you are riding your bike to work, taking a weekend trek, or out for a scenic stroll, we hope you will have the opportunity to use our regional trails.

King County coordinates the development of this regional system, and our Parks Division is always looking for ways to improve the system and our programs. We welcome your feedback at www.parksfeedback.com.

I hope that you enjoy all that our fantastic regional trails have to offer.

Dow Constantine

Dow Constantine
King County Executive



Burke-Gilman Trail



Surface and Grade Paved with a flat grade, follows the route of the historic Seattle, Lake Shore and Eastern Railway along Lake Union and Lake Washington.

Length 20 miles, stretches from Seattle to Bothell and links with the Sammamish River Trail forming part of the 44-mile "locks to lakes" trail corridor.

Highlights Passes through the University of Washington campus, and connects with Link light rail at the UW Station near Husky Stadium.

Access Golden Gardens, Gas Works Park, UW light rail station, Log Boom Park.

Sammamish River Trail



Surface and Grade Paved with a flat grade, follows the Sammamish River from Bothell to Redmond.

Length 11 miles, links with numerous regional trails including the Burke-Gilman, Tolt Pipeline, North Creek, PSE, and Marymoor Connector trails.

Highlights Provides stunning views of the Sammamish River Valley with opportunities to spot salmon in September and October migrating upriver to Bear Creek.

Access Blyth Park, Wilnot Gateway Park, 102nd Avenue NE Trailhead (Bothell), Northshore Athletic Fields.

East Lake Sammamish Trail



Surface and Grade Paved and soft-surface with a flat grade, follows the route of the historic Seattle, Lake Shore and Eastern Railway along the eastern shore of Lake Sammamish.

Length 11 miles, forms the eastern segment of the 44-mile "locks to lakes" trail corridor.

Highlights Provides stunning views of Lake Sammamish and the Cascade Foothills, linking lakeside communities in Redmond, Sammamish, and Issaquah.

Access NE 70th Street Trailhead (Redmond), Gilman Boulevard Trailhead (Issaquah).

Marymoor Connector Trail



Surface and Grade Paved and flat, travels east to west through Marymoor Park.

Length 1.5 miles, links with the Sammamish River and East Lake Sammamish trails forming an essential link in the 44-mile "locks to lakes" trail corridor.

Highlights Connects with numerous sites and activities within Marymoor Park, including the historic Clise Mansion, extensive woodlands and natural areas, sports fields, seasonal concerts, and a velodrome.

Access Marymoor Park.

Tolt Pipeline Trail



Surface and Grade Soft-surface, follows the Tolt Water Pipeline, often at steep grades, between valleys and plateaus that offer extraordinary views of the Sammamish and Snoqualmie valleys and the Cascade Foothills.

Length 14 miles, stretches from Bothell to Duvall and links to the Sammamish River and Redmond Ridge trails.

Highlights Links with the Kathryn Taylor Equestrian Park and numerous equestrian estates, making it one of King County's most popular equestrian trails.

Access Northshore Athletic Fields, Avondale Road NE (Woodinville), Bear Creek Road NE (Woodinville).

Elliott Bay Trail



Surface and Grade Paved and flat, with a separate pedestrian walking path that follows the trail through Myrtle Edwards Park.

Length 3 miles, follows the Seattle waterfront from the Olympic Sculpture Park north through Myrtle Edwards Park and Centennial parks to Magnolia.

Highlights Offers exceptional views of Elliott Bay, Puget Sound, the Olympic Mountains, and the Seattle skyline.

Access 16th Avenue W (Seattle), Smith Cove Park.

Alki Trail



Surface and Grade Paved and flat, travels through numerous parks with piers and beaches that provide access to the Elliott Bay shoreline.

Length 4 miles, follows Alki Beach around the West Seattle shoreline from Harbor Island to Alki Beach Park.

Highlights Provides magnificent views of downtown Seattle, Elliott Bay, and the Olympic Mountains, and links to downtown Seattle via the King County Water Taxi.

Access Alki Beach Park, Harbor Avenue SW, Seacrest Park Ferry Terminal.

Mountains to Sound (I-90) Trail



Surface and Grade Paved and relatively flat, follows Interstate 90 across Lake Washington.

Length 10 miles, begins in Beacon Hill in Seattle and travels east to Mercer Island and Bellevue.

Highlights Crosses Lake Washington on the north side of the I-90 Homer M. Hadley Memorial Bridge, providing spectacular views of Mt. Rainier, Lake Washington, and surrounding lakeside communities.

Access Sam Smith Park, Aubrey Davis Park, Luther Burbank Park, Enatai Beach Park.

Chief Sealth Trail



Surface and Grade Paved with short on-street segments, follows an undulating, and often steep, Seattle City Light power line corridor.

Length 4.5 miles, travels through the Rainier Valley in southeast Seattle passing from urban to seemingly rural trail landscapes.

Highlights The steep hills throughout this open-space greenway provide stunning views of Lake Washington and the Rainier Valley.

Access Rainier Beach Station.

SR-520 Trail



Surface and Grade Paved and gentle grades, follows SR-520 through Medina, Hunts Point, and Bellevue linking with the Sammamish River Trail in Redmond.

Length 10 miles, includes a 1-mile on-street segment along Northup Way and NE 24th Street in Bellevue that links the eastern and western segments of the trail across I-405.

Highlights Enjoy views of Lake Washington and Mt. Rainier along a new trail segment that extends 1.5 miles west from Medina along the new SR-520 Bridge.

Access Evergreen Point Bridge Park & Ride.

Snoqualmie Valley Trail



Surface and Grade Soft-surface with a gentle grade that follows the route of the historic Milwaukee Road railroad with a 2.5-mile on-street detour around the Snoqualmie Mill site.

Length 31 miles, travels through the Snoqualmie Valley from Duvall to North Bend and on to Rattlesnake Lake where it links with the John Wayne Pioneer Trail.

Highlights Provides stunning views of the upper and lower sections of the Snoqualmie Valley and crosses the 100-foot-high Tokul Trestle just north of Snoqualmie.

Access McCormick Park, Nick Loutsis Park, Griffin Creek Natural Area, 356th Drive SE Trailhead (Fall City), Rattlesnake Lake.

Issaquah-Preston Trail



Surface and Grade Paved and soft-surface with a gentle grade that follows the north side of Interstate 90.

Length 7 miles, links the East Lake Sammamish and Preston-Snoqualmie trails between Issaquah and Preston.

Highlights Passes through a stunning forest canopy east of Issaquah Highlands, overlooks Issaquah Creek, and connects with backcountry trails at Grand Ridge Park.

Access SE High Point Way Trailhead (Issaquah), Preston Athletic Fields.

Preston-Snoqualmie Trail



Surface and Grade Paved along a mostly flat grade with a steep .75-mile, on-street detour through the Raging River Valley due to the loss of a historic railroad trestle.

Length 7 miles, follows the historic Seattle, Lake Shore and Eastern Railway between Preston and Snoqualmie.

Highlights Travels through secluded woodlands, provides exceptional views of the Snoqualmie River Valley, and ends at a viewpoint overlooking Snoqualmie Falls.

Access Preston Athletic Fields, Lake Alice Trailhead.

Soos Creek Trail



Surface and Grade Paved and gently rolling, follows the Soos Creek Valley and includes a separate soft-surface equestrian path along much of its length.

Length 6 miles, travels from SE 192nd Street in Renton to Lake Meridian Park in Kent with a short, steep connection that links with the Lake Youngs Trail at SE 216th Street.

Highlights Traverses extensive riparian and wetland areas, wanders through upland forests, and crosses open meadows offering striking views of birds and wildlife.

Access SE 192nd Street Trailhead (Kent), Soos Creek Gary Grant Park, 148th Avenue SE Trailheads (Kent).

Lake Youngs Trail



Surface and Grade Soft-surface with grades ranging from flat to steep making it a popular loop trail for running, biking and horseback riding.

Length 9 miles, encircles the Seattle Public Utilities Lake Youngs Reservoir with a short, steep connection that links with the Soos Creek Trail at SE 216th Street.

Highlights Travels through a changing trail environment, ranging from suburban neighborhoods to rural and forested landscapes.

Access Lake Youngs Trailhead Park, Lake Youngs Park.

Interurban Trail (North)



Surface and Grade Paved with a gentle grade, follows the route of the historic Seattle-Everett Interurban Railway that operated in the early part of the 20th Century.

Length 5 miles, links Seattle and Shoreline north to Edmonds and Snohomish County along a mostly paved, off-street route.

Highlights Numerous public art projects line the trail including "FlipBooks" which displays animated stories, such as a deer sprouting antlers and an erupting volcano.

Access N 145th Street Trailhead (Shoreline), Aurora Village Transit Center.

Interurban Trail (South)



Surface and Grade Paved and flat, follows the route of the historic Puget Sound Electric Railway in a nearly straight line through the Green River Valley.

Length 15 miles, links the cities of Tukwila, Kent, Auburn, and Pacific, passing through historic industrial areas of the Green River Valley.

Highlights Connects with the Green River Trail in Tukwila and Kent forming a 19-mile recreational loop, and is also part of a series of shorter Kent Valley Loop Trails.

Access Fort Dent (Starfire) Park, Tukwila Station, Foster Park, 37th Street NW Trailhead (Auburn), 1st Avenue N Trailhead (Algona), 3rd Avenue SW Trailhead (Pacific).

Green River Trail



Surface and Grade Paved and flat, follows the Green River along a mostly separated path with short on-road segments along Russell Road in Kent.

Length 19 miles, links the cities of Tukwila and Kent with an additional segment in Auburn near Brannan Park.

Highlights Connects with the Green River Natural Resources Area providing stunning views of natural areas and wildlife in the Green River Valley.

Access Fort Dent (Starfire) Park, Bicentennial Park, Van Doren's Landing Park, Foster Park, Brannan Park.

Duwamish Trail



Surface and Grade Paved and flat, with on-street segments that extend the trail through South Park.

Length 5 miles, travels through the Duwamish River Valley from the West Seattle Bridge Trail to the Green River Trail at the south border of South Park in Seattle.

Highlights Parallels an active rail line along West Marginal Way and provides access to views of the Duwamish River at a number of riverfront parks.

Access Herring House Park, Terminal 107 Park.

Des Moines Creek Trail



Surface and Grade Paved with a gentle grade, links SeaTac and Des Moines with Puget Sound.

Length 2.25 miles, will be linked north through future segments of the Lake to Sound Trail to form a 16-mile trail corridor leading to Lake Washington.

Highlights Provides a unique forested trail experience through an urban environment, following the path of Des Moines Creek to Puget Sound.

Access Des Moines Creek Trail Park, Des Moines Beach Park.

Cedar River Trail



Surface and Grade Paved for its first 12 miles until intersecting the Green-to-Cedar Rivers Trail and continues as a soft-surface trail for its last 5 miles to Landsburg Park.

Length 17 miles, follows the gentle grade of the historic Milwaukee Road railroad from Renton along the Cedar River and SR-169 to Landsburg Park.

Highlights Offers numerous views and access points to the Cedar River, with opportunities to observe the journey of Chinook, Coho and Sockeye salmon in the fall.

Access Cedar River Park, Ron Regis Park, SR-169 Trailhead (Maple Valley), Landsburg Park.

Green-to-Cedar Rivers Trail



Surface and Grade Soft-surface with a gentle grade, follows the route of the historic Pacific Coast Railway from the Cedar River Trail south through Maple Valley.

Length 3 miles, travels south from its link with the Cedar River Trail through Maple Valley to SE 272nd Street. This existing trail will be redeveloped and eventually extended south through Black Diamond to the Green River near Flaming Geyser Park.

Highlights Provides views of Lake Wilderness and opportunities to explore Lake Wilderness Park on numerous hiking trails that branch off the trail.

Access SR-169 Trailhead (Maple Valley), Lake Wilderness Park.

Cross Kirkland Corridor



Surface and Grade Soft-surface and flat, follows the route of the historic Burlington Northern and Santa Fe Railway from the South Kirkland Park & Ride to Totem Lake.

Length 5.75 miles, will be linked north to Woodinville and south to Renton through future segments of King County's Eastside Rail Corridor Trail.

Highlights Passes through the heart of Kirkland providing numerous access points to neighborhoods and parks along the way.

Access South Kirkland Park & Ride, Crestwoods Park, Terrace Park.

Redmond Central Connector



Surface and Grade Paved and flat, travels through Downtown Redmond along the route of the former Burlington Northern and Santa Fe Railway linking with the Sammamish River and Bear Creek Trails.

Length 1 mile, with a second 1.3-mile section currently under construction that will extend the trail west across the Sammamish River along Willows Road.

Highlights Public art projects line the trail through downtown Redmond including the gateway project, "Signals," constructed from de-commissioned train signals from railroad intersections in Redmond.

Access Redmond Central Connector Park.

Ship Canal Trail



Surface and Grade Paved and flat, travels along the south shore of the Lake Washington Ship Canal between Fishermen's Terminal and the Fremont Bridge.

Length 2 miles, passes through a varying trail landscape from heavy marine industrial areas to the quiet campus of Seattle Pacific University.

Highlights Provides views of the Lake Washington Ship Canal and ships of all sizes as they travel between Lake Union and the Puget Sound.

Access West Ewing Mini Park.



King County
PARKS
Your Big Backyard

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