**Welcome to the Regional Trails in King County map**

King County Parks and Recreation, via its award-winning Trails System, offers more than 500 miles of paved trails and off-road 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, rollerblading, 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 fun, from home, to adventure, and back again. These trails as a source of inspiration! Be inspired to exercise, to communes, to walk and talk, to enjoy the outdoors, experience such unique trails, unique character and charm, 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 system. The King County Trails Program can help you find your way in the perfect trail that suits you.

Check out the many opportunities provided by regional trails in King County and get to know your King County Backyard!

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### Surface and Grade

- **Surface and Grade:** Paved and soft with a gravel base, suitable for hiking, biking, and equestrian use throughout the year.
- **Length:** 1 mile, links with the Marymoor Connector Trail forming part of the Lake to Sound Trail.
- **Highlights:** Rides through the University of Washington campus and connects with University Link light rail at the UW Station.
- **Access:** Nickerson Beach Park, Foster Playfield.

### East Lake Sammamish Trail

- **Surface and Grade:** Paved and soft with a gravel base, suitable for hiking, biking, and equestrian use throughout the year.
- **Length:** 1 mile, links with the Marymoor Connector Trail forming part of the Lake to Sound Trail.
- **Highlights:** Rides through the University of Washington campus and connects with University Link light rail at the UW Station.
- **Access:** Nickerson Beach Park, Foster Playfield.

### Snoqualmie Valley Trail

- **Surface and Grade:** Paved and gravelly, following the Cedar River, with opportunities to observe the journey of the Cedar River, with opportunities to observe the journey.
- **Length:** 1 mile, links with the Issaquah-Preston Trail at SR 206.
- **Highlights:** Passes through a forested area, provides a unique forested trail experience.
- **Access:** Preston Trailhead, Lake Alice Trailhead.

### Interurban Trail (North)

- **Surface and Grade:** Paved and gravelly, following the Cedar River, with opportunities to observe the journey.
- **Length:** 1 mile, links with the Issaquah-Preston Trail at SR 206.
- **Highlights:** Passes through a forested area, provides a unique forested trail experience.
- **Access:** Preston Trailhead, Lake Alice Trailhead.

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### Surface and Grade:

- **Surface and Grade:** Flattened and soft with a gravel base, suitable for hiking, biking, and equestrian use throughout the year.
- **Length:** 1 mile, links with the Issaquah-Preston Trail at SR 206.
- **Highlights:** Passes through a forested area, provides a unique forested trail experience.
- **Access:** Preston Trailhead, Lake Alice Trailhead.

### Green River Trail

- **Surface and Grade:** Paved and gravelly, following the Cedar River, with opportunities to observe the journey.
- **Length:** 1 mile, links with the Issaquah-Preston Trail at SR 206.
- **Highlights:** Passes through a forested area, provides a unique forested trail experience.
- **Access:** Preston Trailhead, Lake Alice Trailhead.

### Des Moines Creek Trail

- **Surface and Grade:** Soft, suitable for hiking, biking, and equestrian use.
- **Length:** 1 mile, links with the Des Moines Shoreline Trail.
- **Highlights:** Passes through a forested area, provides a unique forested trail experience.
- **Access:** Des Moines Beach Park.

### Ship Canal Trail

- **Surface and Grade:** Paved and gravelly, suitable for hiking, biking, and equestrian use.
- **Length:** 1 mile, links with the Des Moines Shoreline Trail.
- **Highlights:** Passes through a forested area, provides a unique forested trail experience.
- **Access:** Des Moines Beach Park.