

The Leafline Trails Network in King County contains over 40 unique regional trails offering over 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 or hard gravel trails 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 Leafline Trails Network 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 to preserve this legacy of trails for future generations. Set out today to explore the many opportunities provided by regional trails in King County and get to know #YourBigBackYard!

### Backyard FunFinder

Want to explore the Leafline Trails Network in King County even further? Check out King County Backyard FunFinder. 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 Backyard FunFinder to discover a new trail to explore near you. [kingcounty.gov/FunFinder](http://kingcounty.gov/FunFinder)

### 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.

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 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 [parkinfo@kingcounty.gov](mailto:parkinfo@kingcounty.gov) or (206) 477-4527.

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

King County Parks

### 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 Park, Gas Works Park, UW light rail station, Log Boom Park.

### East Lake Sammamish Trail



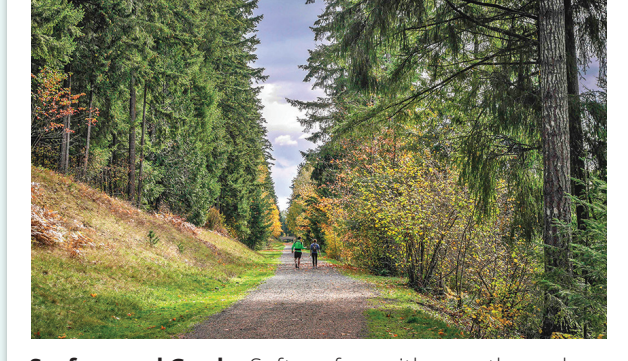
**Surface and Grade** Paved with a flat grade, follows the route of the historic Seattle, Lake Shore and Eastern Railway along the eastern shore of Lake Sammamish.

**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).

### 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** 4.24 miles, travels south from the Cedar River Trail through Maple Valley past SE 280th St. Future segments will extend the trail to the Black Diamond Open Space.

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

**Access** Lake Wilderness Park, Summit Park.

### 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.

### 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.

### Cedar River Trail



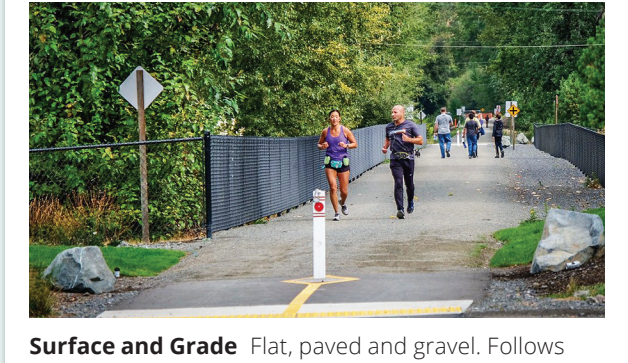
**Surface and Grade** Paved for its first 12 miles until intersecting the Green-to-Cedar Rivers Trail and continues as a soft-surface trail for its last 5 miles to Landsburg Park.

**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.

### Eastrail (South)



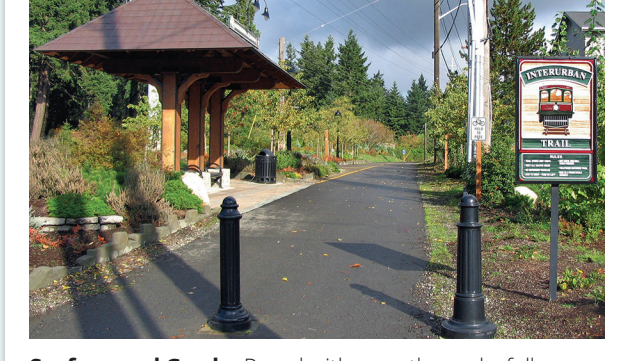
**Surface and Grade** Flat, paved and gravel. Follows the route of the former Burlington Northern and Santa Fe Railway along the eastern shore of Lake Washington between Renton and Bellevue.

**Length** 4 miles, will be extended north over the historic Wilburton Trestle and into Bellevue's Spring District and link with the existing north segment of Eastrail and the Cross Kirkland Corridor.

**Highlights** Connects several parks including Gene Coulon and Kenndale Beach Parks in Renton, and Newcastle Beach Park in Bellevue.

**Access** Newcastle Beach 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.

### Mountains to Sound (I-90) Trail



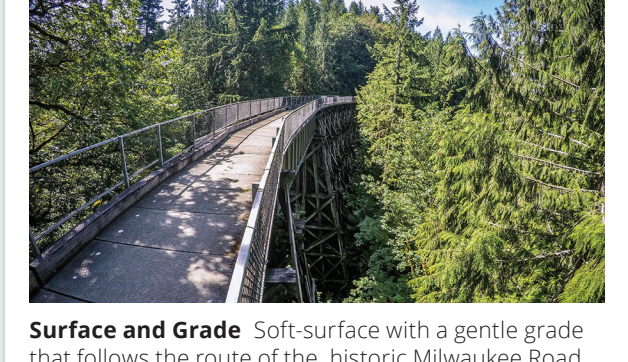
**Surface and Grade** Paved and relatively flat, follows Interstate 90 across Lake Washington.

**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.

### 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 Palouse to Cascades Trail.

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

**Access** McCormick Park, Nick Loustis Park, Griffin Creek Natural Area, Rattlesnake Lake.

### 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 Link light rail station.

### Elliott Bay Trail



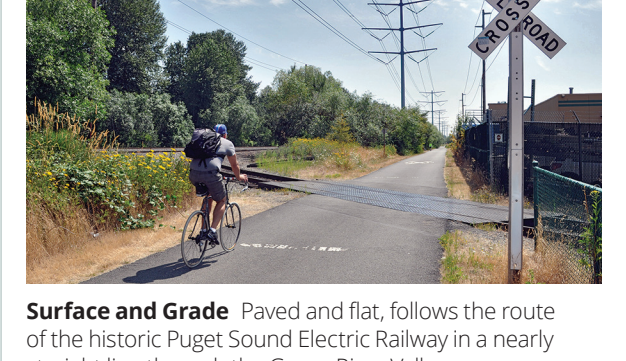
**Surface and Grade** Paved and flat, with a separate pedestrian walking path that follows the trail through Myrtle Edwards Park.

**Length** 3 miles, follows the Seattle waterfront from the Olympic Sculpture Park north through Myrtle Edwards 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.

### 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. Separate segments are completed in Milton and Edgewood.

**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).

### Preston-Snoqualmie Trail



**Surface and Grade** Paved along a mostly flat grade with a steep 7.5-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).

### Cross Kirkland Corridor



**Surface and Grade** Soft-surface and flat, follows the route of the historic BNSF Railway from the South Kirkland Park & Ride to Totem Lake. Part of the Eastrail corridor.

**Length** 5.75 miles, will be linked north to Woodinville and south to Renton through future segments of King County's Eastrail.

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

**Access** South Kirkland Park & Ride, Totem Lake Park, Crestwoods Park, Terrace Park.

### Foothills Trail



**Surface and Grade** Paved and gentle grades, follows a former railroad route south from the city of Enumclaw across the county line all the way to the city of Puyallup in Pierce County.

**Length** 23.1 miles - 1.1 King County miles to the bridge over the White River where it connects with 22 miles in Pierce County.

**Highlights** Enjoy a ride over historic Boise Creek Bridge before continuing south to the newly constructed (2024) bridge over the White River. Stop and enjoy the views of the river and spawning salmon.

**Access** Trail segment begins at 252nd Avenue SE, just south of Enumclaw, and continues south across the White River into the Pierce County trail system.

### 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** Jim Memorial Ellis Regional Park, Preston Athletic Fields.

### Redmond Central Connector



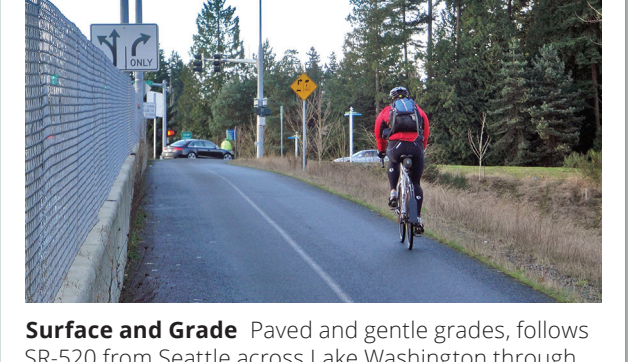
**Surface and Grade** Paved and flat, travels through Redmond along the route of the former Burlington Northern and Santa Fe Railway linking with the Sammamish River and Bear Creek Trails.

**Length** 3.9 miles, stretches through downtown Redmond west across the Sammamish River following Willows Road, linking businesses and neighborhoods on both sides of the river.

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

**Access** Redmond Central Connector Park.

### SR-520 Trail



**Surface and Grade** Paved and gentle grades, follows SR-520 from Seattle across Lake Washington through Medina and Hunts Point, and links with the Eastrail in Bellevue and the Sammamish River Trail in Redmond.

**Length** 11.1 miles, includes a 1.3-mile on-street segment along Northrup 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 3 miles along the new SR-520 Bridge.

**Access** Evergreen Point Bridge Park & Ride.

### 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 several riverfront parks.

**Access** Herring House Park, ha7opus Village Park & Shoreline Habitat.

### 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.

### Lake to Sound Trail



**Surface and Grade** The constructed segments of the trail in Des Moines, Tukwila, Burien and SeaTac are wide, paved, off-road trails.

**Length** 18.25-miles (once complete) from the south end of Lake Washington in Renton, all the way to the shoreline of Puget Sound in Des Moines.

**Highlights** The constructed Tukwila segment of the trail connects to the existing Green River Trail north of Fort Dent Park and borders the Black River Riparian Zone, which hosts one of the largest heron rookeries in the area.

**Access** The south portion of the Lake to Sound Trail begins in Des Moines. Parking can be found on S 200th S. Go south toward the sound or north to continue on the now completed 11-miles of trail.

### 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, Wilmot Gateway Park, 102nd Avenue NE Trailhead (Bothell), Northshore Athletic Fields.

### 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 of disconnected trail segments, stretching 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).



**leafline trails coalition**  
Connecting Trails, Connecting Communities

The Leafline Trails Coalition is a partnership among local trail managers, agencies, and governments, nonprofits, community groups, businesses, and decision-makers working to create an interconnected network of shared use trails across the Central Puget Sound region to improve health, community, quality of life, mobility, and access for all.

Visit [Leaflinetrails.org](http://Leaflinetrails.org) for more information on how to get involved.

King County **PARKS** Your Big Backyard  
This map was created by the King County Parks and Recreation Division and the King County GIS Center. [kingcounty.gov/gis](http://kingcounty.gov/gis)  
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TTY: 711 Relay Service  
[kingcounty.gov/parks](http://kingcounty.gov/parks)  
Information in this publication is available in alternate formats upon request.  
Please call (206) 477-4527 or (800) 325-6165  
Washington Relay Service: (800) 833-6388

