Welcome to the Regional Trails System in King County!

King County is on the move with more than 400 miles of regional trails and more than 700 miles of urban trails. We’re connecting residents to the community, to nature, to each other. 

The Regional Trails System in King County spans across King County’s landscape, providing opportunities for recreation, transportation, and economic development. Whether you’re running, cycling, hiking, or simply exploring the outdoors, the Regional Trails System offers a variety of options to suit your needs.

Here are just a few of the many trails that make up the Regional Trails System in King County:

- Burke-Gilman Trail
- East Lake Sammamish Trail
- Sammamish River Trail
- Issaquah-Preston Trail
- Redmond Central Connector

To explore all of the trails in the Regional Trails System, visit kingcountywa.gov/kingcountytrails.