Regional Trails in King County

The **Regional Trails System** (RTS) in King County is ripe for exploration! These paths provide 300 miles of distinctive greenways and routes throughout our county and beyond. This network of public open space includes routes such as the popular Burke-Gilman and Sammamish River trails, quiet rural rail trails like the Snoqualmie Valley Trail, habitat-rich travel ways like the Soos Creek Trail, and important active transportation facilities like the Mountains to Sound (I-90) Trail. What distinguishes the RTS is its abundance of off-road paths ideal for exploration, healthy active recreation, and nonmotorized mobility. The regional trails not only provide alternative routes to destinations throughout our region, they are destinations in themselves, each with a unique personality. From Puget Sound to the Cascades, the RTS links popular urban locations with rural landscapes, many that are otherwise out of reach. While King County Parks oversees most of these facilities and is working to complete more in the future, the RTS is a partnership of many agencies including King County, the Washington State Department of Transportation, City of Seattle, and other cities. Four decades of collaborative effort have created this unique network of paths and open spaces. We encourage you to discover the result!

We hope you will use this map to explore the regional trails. The system is ideal for bicycling, walking, hiking, running, skating, horseback riding, touring, and other activities. While enjoying your experience, please be safe and courteous to all trail users.

This map illustrates the RTS and describes many of its trails. More information can be found at www.kingcounty.gov/recreation/parks/trails/regionaltrailssystem.aspx. If you have questions or comments, please don't hesitate to contact us.

Have a great time on the regional trails!

Commuting on the Regional Trails

Commuting to and from work or school on the regional trails has never been easier and more popular. Every day thousands of people combine healthy activity, recreation, and travel by commuting to important destinations in King County. King County Parks develops and maintains regional trails and nonmotorized routes as essential public facilities to enhance public health and link communities. We encourage you to experience the trails as part of your daily bicycle or walking commute!

Burke-Gilman Trail

The **Burke-Gilman Trail** runs 20 miles from Golden Gardens Park in Seattle to Bothell where it intersects the Sammamish River Trail. Part of the "locks to lakes corridor," the BGT is a paved, off-road route over its entire length with the exception of a roadway segment in Ballard. The trail crosses Ballard, Fremont, Wallingford, the University District, and View Ridge within the City of Seattle, as well as the cities of Lake Forest Park, Kenmore, and Bothell. The trail follows a historic railroad route and passes the Hiram Chittenden Locks, Fremont Canal Park, Gas Works Park, University of Washington, Magnuson Park, Log Boom Park in Kenmore, and Wayne Golf Course in Bothell. The BGT is highly popular with cyclists, joggers, skaters and strollers, and it's an important weekday commuter route. Seattle manages the BGT within its boundary.

Sammamish River Trail

The **Sammamish River Trail** runs 11 miles along the Sammamish River from Bothell to Marymoor Park as part of the "locks to lakes corridor." The SRT is paved along its entire length and is one of King County's most popular regional greenways. The trail offers extraordinary views of the river, the broad Sammamish River Valley, Cascade foothills, and Mt. Rainier. Bicyclists, joggers, skaters, walkers, and others enjoy the trail as a regional recreation resource. The SRT is also used extensively by commuters between suburban cities and Seattle. A separate soft-surface path between Woodinville and Redmond provides access for equestrians.

Marymoor Connector Trail

The **Marymoor Connector Trail** is a 1.6-mile-long greenway path through King County's Marymoor Park linking the Sammamish River Trail and points west with the East Lake Sammamish Trail and paths east to the Cascade foothills. The trail is an essential link in the "locks to lakes corridor" and provides both access to the regional park and scenic views of the Lake Sammamish valley and surrounding hills. The trail is paved and ideal for cycling, skating, walking, or scenic strolling. Nearby attractions in Marymoor Park include the historic Clise Mansion and Willowmoor Farm site, extensive woodlands and natural areas ideal for birding and other naturalist activities, ball fields, soccer and cricket facilities, a seasonal concert venue, velodrome, climbing structure, off-leash dog area, pea patch, and RC airplane field. The park also hosts many special events accessible by the trail.

East Lake Sammamish Trail

The **East Lake Sammamish Trail** follows a historic railroad route along the eastern shore of Lake Sammamish through lakeside communities in the cities of Redmond, Sammamish, and Issaquah. The 11-mile-long trail, part of the "locks to lakes corridor," provides excellent views of the lake and Cascade foothills and is popular with bicyclists, joggers, and walkers. The ELST is being upgraded in phases to its fully paved, master-planned design with soft-surface shoulders. It intersects the Issaquah-Preston Trail in Issaquah near I-90, providing a connection east to the Mountains to Sound Greenway.

Issaquah-Preston Trail

The **Issaquah-Preston Trail** is a 7-mile link between the "locks to lake corridor" and the Mountains to Sound Greenway. The trail starts at a junction with the East Lake Sammamish Trail in Issaquah and continues east along Interstate 90 toward Preston. The trail is paved to Issaquah Highlands where it connects that community with downtown Issaquah and other regional trails. From Issaquah Highlands the trail continues east as a soft-surface path above Issaquah Creek and I-90 to High Point Road. The easternmost segment of the route uses rural High Point Way to Preston where it connects with the Preston-Snoqualmie Trail. Portions of the trail are managed by the Washington State Department of Transportation.

Preston-Snoqualmie Trail

The **Preston-Snoqualmie Trail** is a 7-mile-long paved route through steep terrain within the Mountains to Sound Greenway. It runs east from High Point Way near the I-90 Preston Park-and-Ride to just west of Snoqualmie Falls. It retraces a historic railroad route with gentle grades ideal for walking, running, and bicycling. The demolition of a historic railroad trestle along the trail in Preston requires a trail detour into the Raging River Valley before climbing again to the north side of Snoqualmie Ridge. The trail continues along the ridge through secluded woodlands with exceptional views of the Snoqualmie River Valley and ends at a viewpoint overlooking Snoqualmie Falls. The trail is linked to Snoqualmie Ridge via City of Snoqualmie soft-surface community trails.

Snoqualmie Valley Trail

The **Snoqualmie Valley Trail** is King County's longest and perhaps most majestic regional trail. This soft-surface greenway parallels the Snoqualmie River for more than 31 miles from Duvall southeast to Rattlesnake Lake and Seattle's Cedar River Watershed above North Bend. The Snoqualmie Valley Trail follows a historic railroad route through the lower and upper Snoqualmie River valleys to the Cascades and provides access to the rural towns of Duvall, Carnation, and Fall City, as well as Snoqualmie and North Bend. The trail offers exceptional opportunities to experience the rural King County landscape and Cascade foothills and is popular with hikers, off-road bicyclists, joggers, and equestrians. Highlights include Snoqualmie River Valley views, river natural areas, the historic 100-foot-high Tokul Trestle, nearby Snoqualmie Falls, and ever-changing views of Mt. Si along the upper valley portion of the trail. The trail includes one roadway segment around the historic Snoqualmie Mill in Snoqualmie where there is also a short roadway link to the Snoqualmie Ridge and Centennial trails. The SVT intersects Washington State's John Wayne Pioneer Trail at the Rattlesnake Lake Recreation Area.

Mountains to Sound (I-90) Trail

One of King County's most important regional routes, this 10-mile paved path follows Interstate 90 across Lake Washington to link the cities of Seattle, Mercer Island, and Bellevue. The path begins at Beacon Avenue in Seattle, crosses Rainier Avenue, and continues eastward across Lake Washington on the I-90 bridge to Mercer Island where it passes through the I-90 Park on the Lid. It continues along an extensively landscaped freeway corridor to Bellevue and Mercer Slough Nature Park. Connecting trails and on-road routes provide access into central Bellevue to the north and Factoria to the south. An easterly segment connects Eastgate to the western edge of Issaquah at West Lake Sammamish Parkway SE. The trail is managed by the Washington State Department of Transportation and local cities.

SR-520 Trail

The **SR-520 Trail** follows the north side of State Route 520 within the cities of Redmond and Bellevue. A new segment of the trail is under construction through Bellevue, Kirkland, Yarrow Point, Hunts Point, and Medina concurrent with improvements to SR-520. Future improvements and extensions are slated to take the trail across Lake Washington to Seattle. The existing path in Redmond and Bellevue is paved and provides a convenient connection to the Sammamish River Trail. The trail is managed by the Washington State Department of Transportation.

Interurban Trail (North)

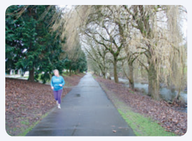
The north segment of the **Interurban Trail** runs through the cities of Seattle and Shoreline. The trail starts in north Seattle at NW 110th Street and continues as a paved route for almost a mile to NW 128th Street. The trail starts again in Shoreline at NE 145th Street at a distinctive gateway reminiscent of the historic Interurban rail line and continues north to Snohomish County. The trail is a paved off-road route over most of its 4-mile run through Shoreline and includes pedestrian bridges over 155th Street and Aurora Avenue. The trail continues past Echo Lake to N 200th Street and the Aurora Village Transit Center, then turns east and north to NE 205th Street. The trail continues on-road into the City of Edmonds and Snohomish County. The trail is managed by the cities of Seattle and Shoreline. The City of Seattle has also designated an Interurban Route with designated road link connections between downtown Seattle at the intersection of 7th Avenue and Westlake Avenue to where the trail begins in north Seattle.

Interurban Trail (South)

The south segment of the **Interurban Trail** links the cities of Tukwila, Kent, Auburn, Algona, and Pacific along a nearly straight 15-mile alignment that follows the historic Interurban rail line. The trail starts at Fort Dent Way just south of Fort Dent Park in Tukwila and then immediately crosses over the Green River. After passing beneath Interstate 405, the Interurban Trail turns south within the Puget Sound Energy power line corridor. The alignment traverses a variety of landscapes with views of many regional activities as it follows the BNSF Railway through historic industrial areas and suburban lands before crossing the broad Green River Valley. Access is provided to Southcenter, Renton Junction, downtown Kent, the Emerald Downs racetrack in Auburn, and the communities of Algona and Pacific. The trail currently ends at 3rd Avenue SW in Pacific. The Interurban intersects the Green River Trail in Tukwila and again in south Kent to create a recreational loop through the Green River Valley. The Interurban Trail is popular for both recreation and commuting.

North Creek Trail

The **North Creek Trail** links the "locks to lakes corridor" with Snohomish County via the University of Washington Bothell campus and Bothell's North Creek area. This 2-mile-plus trail starts at the Sammamish River Trail as a paved trail in Bothell, passes UW Bothell and Cascadia Community College to Beardslee Boulevard, crosses I-405 on NE 195th Street, then turns north as a paved and soft-surface trail along North Creek and continues into Snohomish County. A paved spur trail also provides access south to the North Creek Sportsfields and beyond.



Green River Trail

The **Green River Trail** winds more than 19 miles from Cecil Moses Park near Seattle's south boundary to North Green River Park in south Kent near Auburn. The GRT follows the Green River through industrial lands at the Duwamish Waterway in Tukwila to the broad Green River Valley. The trail provides excellent views and access to the Green River and surrounding river valley. The trail is paved with some short roadway segments. To the north the GRT passes industrial areas and manicured office parks, which give way to open fields and hedgerows as the trail winds its way south along the river. The GRT is highly popular with a variety of users for both recreation and commuting.

Soos Creek Trail

The **Soos Creek Trail** follows the scenic Soos Creek Valley 6 miles as it meanders through woods, wetlands, and meadows. This paved trail with a separate soft-surface equestrian path starts southeast of Renton at 192nd Street SE and continues south to near Lake Meridian in Kent. The trail traverses extensive riparian and wetland areas on elevated decking, wanders through upland forests, and crosses open meadows offering wildlife views. Highly popular with walkers, hikers, bicyclists, and equestrians seeking to explore the natural environment, the trail provides a quiet respite among south King County's urban communities and a destination for active recreation. Access is provided at Soos Creek Park at SE 208th Street and near Lake Meridian Park at 148th Avenue SE at SE 266th Street. A convenient connection with the Lake Youngs Trail is available via SE 216th Street.

Lake Youngs Trail

Lake Youngs Trail encircles Seattle's Lake Youngs Watershed east of Kent and provides more than 9 miles of regional greenway popular with walkers, joggers, and equestrians. This soft-surface route provides a rustic rural experience as it passes from suburban neighborhoods to rural lands, open space, and forest landscapes. The trail varies in character as it traces its way around the watershed—from road-like segments to well-worn, narrower tracks. While the watershed is fenced from the public, the trail allows ample opportunity to experience the area's natural environment. The Lake Youngs Trail provides a special rural experience within a growing metropolitan area, and offers users miles of scenic views and rambling opportunities. A convenient connection with the Soos Creek Trail is available at the southwest corner of the loop via SE 216th Street.

BPA and West Campus Trails

The **BPA Trail** offers 5 miles of paved wandering within the City of Federal Way. The trail follows the Bonneville Power Administration power line corridor from the city's southern boundary to Celebration Park via the King County Aquatics Center. A spur known as the West Campus Trail also provides a greenway connection to SW 320th Street. The trails are managed by the City of Federal Way.

Cedar River Trail

The **Cedar River Trail** follows the Cedar River from Lake Washington in Renton upriver to the community of Landsburg at Seattle's Cedar River Watershed. At 17 miles in length the CRT is a paved, off-road trail for the first 12 miles, and features a soft surface for the last 5. The trail follows a historic railroad route along the river and State Route 169, and passes through or near Renton, Maplewood, Cedar Mountain, Maple Valley, and Rock Creek. It offers views and access to Lake Washington, downtown Renton, Cedar River Park, Maplewood Golf Course, Ron Regis Park, Cedar Grove Park, and Maple Valley. The CRT also provides excellent views and access to the Cedar River. At Maple Valley the trail intersects the Green-to-Cedar Rivers Trail before continuing to the more secluded Rock Creek area and then to Landsburg in a wooded river valley.

Green-to-Cedar Rivers Trail

This 3-mile regional trail links Maple Valley with the Cedar River Trail and metro areas to the northwest. The trail follows an abandoned railroad route and was formerly known as the Lake Wilderness Trail because of its close proximity to the lake and surrounding Lake Wilderness Park. The trail provides access to the park as well as surrounding neighborhoods. The **Green-to-Cedar Rivers Trail** currently ends at Kent-Kangley Road in Maple Valley. Eventually the trail will be developed south through Maple Valley and beyond to the Green River Valley to link with the future Green River Trail.

Elliott Bay Trail

The **Elliott Bay Trail** follows the shoreline along Elliott Bay for 5 miles from King Street near CenturyLink Field and Safeco Field to Smith Cove Park in Magnolia. The trail provides excellent views of Elliott Bay, Puget Sound, the Olympic Mountains, and the Seattle skyline. The route follows Alaskan Way along Seattle's waterfront and provides access to waterfront amenities, Pike Place Market, and the Olympic Sculpture Park. The trail continues along the bay via Myrtle Edwards Park and Centennial Park, crosses industrial Interbay at the BNSF Railway yard, then turns west and south under the Magnolia Bridge to access Smith Cove and the Elliott Bay Marina. The trail is paved with some roadway segments and is managed by the City of Seattle and Port of Seattle.

Alki Trail

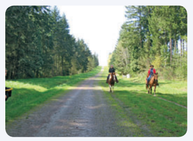
The **Alki Trail** is a popular route along Seattle's Alki Beach. This 5-mile paved trail begins at West Marginal Way S as the West Seattle Bridge Trail and continues past Harbor Island to West Seattle via Seattle's Swing Bridge. The trail turns north along Harbor Avenue SW and the shore of Elliott Bay and continues to Alki Beach Park. The Alki Trail provides extensive access to the Elliott Bay shoreline and Alki Beach. On sunny summer days the Alki Trail is busy with walkers, joggers, bicyclists, skaters, and others seeking access to Puget Sound. The trail is managed by the City of Seattle.

Chief Sealth Trail

The **Chief Sealth Trail** is a 4-mile greenway with both paved and roadway segments. The trail follows a Seattle City Light power line corridor over most of its length and provides an open space greenway through Seattle's southeast urban neighborhoods. The Chief Sealth Trail begins at 15th Avenue S near Angeline Street and meanders southeast to the New Holly Community where it becomes a neighborhood street route. Further south the trail again continues as an off-road paved trail to Martin Luther King Jr. Way S, crosses MLK Way, and continues as a paved trail until its end at 51st Avenue S and S Gazalle Street near Seattle's Kubota Gardens park. The trail provides an excellent open-space experience and access to surrounding urban areas. The Chief Sealth Trail is managed by the City of Seattle.

Tolt Pipeline Trail

The **Tolt Pipeline Trail** runs more than 14 miles between Bothell and Duvall alongside Seattle's Tolt Water Pipeline. It is provided through an agreement between King County and the City of Seattle and makes use of the pipeline's wide right-of-way and soft-surface access road. The trail is popular with off-road bicyclists, equestrians, and hikers who like the trail's straight, east-west alignment, varied terrain, and rustic ambiance. Starting near the Sammamish River Trail above Blyth Park in Bothell, the trail traverses eastside cities and suburban neighborhoods, rural towns, and natural areas. Along the way, it passes Norway Hill, Woodinville's wineries and breweries, equestrian estates in Hollywood Hills, Avondale, Bear Creek, Trilogy, and the Snohomish River before reaching Kelly Road east of Duvall. The trail offers views of distant Seattle and the Cascades. The route has some steep grades and roadway detours.



PSE Trail

Formerly known as the Puget Power Trail, this 6-mile trail is mostly soft-surface and favored by hikers, off-road bicyclists, and equestrians. The trail is located in Redmond over most of its length. Beginning at Willows Road NE the trail is a paved route to the Sammamish River. The trail crosses the river, intersects the Sammamish River Trail, and continues east as a well-worn soft-surface trail to Farrel McWhirter Park. East of the park the trail follows a roadway connection to the Redmond Watershed Preserve. Rural character defines this greenway, which is managed by the City of Redmond.

King County Parks and Recreation Division

www.kingcounty.gov/parks
www.kingcounty.gov/recreation/parks/trails/regionaltrailssystem.aspx

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Other Regional Trails System Participants

Auburn
www.auburnwa.gov

Bellevue
www.ci.bellevue.wa.us

Bothell
www.ci.bothell.wa.us

Enumclaw
www.ci.enumclaw.wa.us

Federal Way
www.cityoffederalway.com

Issaquah
www.ci.issaquah.wa.us

Kent
www.ci.kent.wa.us

Redmond
www.redmond.gov

Renton
www.rentonwa.gov

SeaTac
www.ci.seatac.wa.us

Seattle
www.seattle.gov/transportation/bikeprogram.htm

Shoreline
www.cityofshoreline.com/

Snoqualmie
www.ci.snoqualmie.wa.us

Tukwila
www.ci.tukwila.wa.us

Washington State Department of Transportation (WSDOT)
www.wsdot.wa.gov/bike

King County Public Transportation

King County Metro Transit
metro.kingcounty.gov

Sound Transit
www.soundtransit.org

Other Public Transportation

Community Transit
www.commtrans.org

Pierce Transit
www.piercetransit.org

Bicycling Information

King County Bike Map
www.kingcounty.gov/bike

Seattle Bicycling Guide Map
www.seattle.gov/transportation/bikemaps.htm

Cascade Bicycle Club
www.cascade.org

Metropolitan King County Council

www.kingcounty.gov/council

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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
King County Executive

Information in this publication is available in alternate formats upon request.
Please call 206-296-4232 or 800-324-6165 ext. 6-4232.
Washington Relay Service: 800-833-6388

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King County

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