



King county parks

FITNESS

CHALLENGE

POWERED BY GROUP HEALTH

TRAINING					
WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6

- King County Parks
- Low intensity
- Mod. - high intensity

Swim at the Weyerhaeuser King County Aquatic Center	_____
Walk across the suspension bridge at Tolt-MacDonald Park	_____
Dockton Historical Walk	_____
Marymoor Dog Park	_____
Walk the Big Backyard 5K to benefit King County Parks	_____
Ride the Marymoor Connector and Sammamish River Trail	_____
Ride the Soos Creek Trail	_____
Cougar Mountain Regional Wildland Park Trail	_____
Cottage Lake Loop	_____
Ride the Cedar River Trail	_____
5 Mile Walk	_____
Ring Hill Forest North End Hike	_____
Ring Hill Forest South End Hike	_____
Island Center Forest Hike	_____
Ride the Preston Snoqualmie Trail	_____
Play at Marymoor	_____

Participant Name _____

Healthy Incentives ID _____

E-mail _____

Take a hike or mountain bike ride at Tolt-MacDonald Park	_____
Ride the Marymoor Connector and Sammamish River Trail	_____
Ride the Soos Creek	_____
Cougar Mountain Park Hike	_____
Play Tennis at Steve Cox	_____
Guided Walks	_____
Ride the Cedar River Trail	_____
Maury Island Marine Park Hike	_____
Ride the Boot Camp Cross-Country trail at Duthie Hill Mountain Bike Park	_____
Pinnacle Peak Park Hike	_____
Taylor Mountain Forest Hike	_____
Rattlesnake Ridge	_____
Ride the Preston Snoqualmie Trail	_____
Volunteer	_____

King County Parks **Your Big Backyard**

kingcounty.gov/parks/fitnesschallenge

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Directions and Descriptions.

LOW INTENSITY ACTIVITIES

Swim at the Weyerhaeuser King County Aquatic Center - 650 SW Campus Drive, Federal Way 98023
Bring your swimsuits and the entire family. Hours of operation are: Mon - Fri: 6:00 AM - 8:00 PM. Sat and Sun: 11:30 AM - 1:30 PM. The swim times are: 5:30-8:00am (lap swim), 11:30-1:30pm (lap swim) and 7:30-8:30pm (public swim). There is a fee for participation.

Walk across the suspension bridge at Tolt-MacDonald Park - Tolt River - John MacDonald Park 31020 NE 40th St, Carnation.

From the main parking lot walk toward the camping area. Entrance to the bridge is near campground. Enjoy the terrific views of the Snoqualmie River and Cascade Foothills as you walk across the 500-foot-long suspension footbridge.

Dockton Park Historical Walk - Dockton Park 9500 SW Dock St, Vashon 98070

From Ferry, follow Vashon Highway S. Left at SW 204th St. Follow road straight as it turns into Ellispport. Follow curve right as it turns into Dockton Road SW. Veer Right to stay on Dockton Road SW. Right into Dockton Park. Take a step back in time with this .5 mile historical interpretive stroll that includes one mild hill. Ten interpretive signs through old neighborhoods and along the road detail the history of the Dockton shipbuilding days during the early 1900's. After the historical trail, walk down to the dock and see how many starfish you can find! Dockton Park includes restrooms, play area, and a picnic shelter.

Marymoor Park Off-Leash Dog Area – Marymoor Park 6046 West Lake Sammamish Pkwy NE, Redmond 98052

Enter the Park and follow signs to Parking Lot G. There is a \$1 fee for parking. This 40 acre off-leash dog park has it all for your four legged friend. There are three river access points, miles of trails, beautiful views and after a muddy day at the dog park, you can clean your furry friend at the Wash Spot located in Parking lot D.

Walk the Big Backyard 5K to benefit King County Parks - Marymoor Park 6046 West Lake Sammamish Pkwy NE, Redmond 98052

Enter to walk the Big Backyard 5k Presented by Group Health at www.bby5k.com on June 2, 2013. This family and dog friendly event does have a fee for participation and all proceeds benefit King County Parks.

Ride the Marymoor Connector and Sammamish River Trail - Marymoor Park 6046 West Lake Sammamish Pkwy NE, Redmond 98052

This challenge starts at the Velodrome at Marymoor Park. Enter the Park and follow signs to Parking Lot I. Take an approximately 8 mile round trip bike ride along the paved Sammamish River Trail with some scenic views of rivers, mountains and valleys. Start at the Velodrome and follow the Marymoor Connector trail West toward Bellevue and connect onto the Sammamish River Trail. The midpoint is near Sixty Acres Park. There are restrooms and benches at the beginning and end of the trail.

Ride the Soos Creek Trail - SE 266th St & 148th Ave SE, Kent 98042

Enjoy an approximately 5 mile round trip bike ride along the Soos Creek Trail through woods, meadows and wetlands. This is a paved trail that does have some incline/decline. Look for the endpoint marker around mile 2.5. Restrooms are located at start point and there are benches along route.

Cougar Mountain Regional Wildland Park Trail Hike -Lakemont Blvd SE & Newcastle Golf Club Rd, Bellevue, 98006

From I-90, take Exit 13 and drive south on Lakemont Boulevard SE for 3.1 miles. Look for the entrance to the Red Town Trailhead on the left side of the road. Coal Creek Falls is most impressive after a rainy downpour. Head up Red Town trail to the Cave Hole trail junction (approx. 200') and turn left up Cave Hole. A steady, but gentle incline for .4 mile will bring you to the Coal Creek Falls trail. Walk .7miles to the Falls & bridge crossing. You have arrived at your destination. Sanicans are located at the Red Town trail head.

Cottage Lake Loop – E Woodinville-Duvall Rd and 188th NE

Cottage Lake Park has parking located directly off of NE Woodinville-Duvall Road. Pull into to the main parking lot and walk to the Cottage Lake Dock. This approximately ½ mile paved loop takes you around the park.

Ride the Cedar River Trail - Start point is at Hwy 18 and Maple Valley Road Gravel Lot

Travel East along Highway 169. Gravel Parking lot will be on the left right before crossing under highway 18. The Cedar River Trail is a paved, off-road trail. Travel North West along the trail (toward Renton) for a scenic 5 mile round trip ride. The half-way point is around the intersection of Cedar Grove Road. There are no restrooms along this length of the trail.

Five Mile Park Walk – 36541 Military Road S near S 368th St. Between Algona, Federal Way and Edgewood.

From the parking lot head toward shelter 1 you will see the gravel path along the way. This is a ½ mile pathway is ADA and takes you around the park. Five Mile Park also has a play area, picnic shelters, basketball and tennis courts and open fields.

Ring Hill Forest North End Hike - 232nd Avenue NE, Woodinville, WA 98072

Travel East along NE Woodinville Duvall Road. Turn right on NE Old Woodinville Duvall Road which will become Meyers Road/232nd Ave NE. Continue South and look for the trailhead and small dirt parking lot on your left. Parking is limited to 3 vehicles. Enjoy a 3.2 mile hike through one of King County's long-standing working forest sites. Follow the service road down to the trail loop sign on your right and continue down the trail until you approach the midpoint sign. If you'd like to continue your hike from the midpoint sign, cross the service road and follow the loop trail. There are no restrooms on site.

Ring Hill Forest South End Hike - 232nd Avenue NE, Woodinville, WA 98072

Travel East along NE Woodinville Duvall Road and turn right on NE Old Woodinville Duvall Road. NE Old Woodinville Duvall Road will become Meyers Road/232nd Ave NE. Continue South on Meyers Road/232nd Ave NE and turn left onto NE 147th Street. The road will end at the trailhead. This gravel, gently graded, trail is a 5/8 mile round trip loop. There are no restrooms on site.

Island Center Forest Hike - 17760 115th Ave SW, Vashon 98070

Follow Vashon highway S. Turn Right on SW 188th St. Turn right into parking lot. This site is appropriate for walking or mountain biking. This beautiful forested trail is flat and well maintained. Follow the main trail. At first sign turn right and follow the Land Trust Trail. The trail endpoint is at the other end of the clearing. This hike is approximately 1.25 miles. There are sanicans and doggy bags at the trailhead.

Ride the Preston Snoqualmie Trail - Preston-Fall City Road Southeast Preston, WA 98027

Start at Preston Athletic Fields and Park - The Park is located at Preston Fall City Rd SE and SE 87th Pl. The trail is adjacent to the park. This paved, gently graded, off-road trail is a beautiful 4 mile round trip ride along a historic railroad route. Restrooms are available at Preston Athletic Fields and Park.

Play at Marymoor Park – Marymoor Park 6046 West Lake Sammamish Pkwy NE, Redmond 98052

Enter the park and follow signs to Lot K. The outdoor gym equipment is located near this parking lot. There is a \$1 fee to park. When was the last time you went to the park to play? The new outdoor gym equipment at Marymoor Park is like playground for adults. It consists of five pieces designed to help strengthen arms, legs, core, and aerobic function. The outdoor gym pieces face new playground equipment designed for toddlers so you can exercise while your little one plays.

HIGH INTENSITY ACTIVITIES

Take a hike or mountain bike ride at Tolt-MacDonald Park - 31020 NE 40th St, Carnation

From the main parking lot walk toward the suspension bridge and camping area. Entrance to the bridge is near campground. Tolt-MacDonald Park offers 12 miles of forested and riverside trails and is a favorite mountain bike destination. To access the trail network, walk across the suspension bridge and continue up the hill towards the cabin. A trail sign will be located near the cabin and you will see a midpoint trail sign at a .25 of a mile.

Ride the Marymoor Connector and Sammamish River Trail - Marymoor Park 6046 West Lake Sammamish Pkwy NE, Redmond 98052

This challenge starts at the Velodrome at Marymoor Park. Enter the Park and follow signs to Parking Lot I. Take an approximately 22 mile round trip bike ride along the paved Sammamish River Trail with some scenic views of rivers, mountains and valleys. Start at the Velodrome and follow the Marymoor Connector trail West toward Bellevue and connect onto the Sammamish River Trail. Follow signs to the Burke Gillman Trail. The midpoint is near Log Boom Park. There are restrooms and benches at the beginning and end of the trail.

Ride the Soos Creek Trail - SE 266th St & 148th Ave SE, Kent 98042

An approximately 10 mile round trip bike ride along the Soos Creek Trail through woods, meadows and wetlands. This is a paved trail that does have some incline/decline. The trail jogs right at the T junctions and then at the first left. Look for the endpoint marker around mile 5 at Gary Grant Park. Restrooms at start/finish. Benches along route.

Cougar Mountain Park Hike - 10400 Renton Issaquah Road SE, Renton, 98059

From I-90_Take Exit 15 and drive south on Highway 900 (17th Avenue NW and then Renton-Issaquah Road SE) for 3.3 miles. Look for the trailhead sign and an asphalt driveway that goes up hill on the right. From the parking lot go .6 mile up a gentle hill to the Wilderness Creek-Wilderness Cliffs junction. Follow the 1.5 mile Wilderness Creek trail to the Wilderness Peak trail. From the W-Cliffs trail trek .2 m to the Wilderness Peak and from the Creek trail you'll trek .4. You've made it to the highest point on Cougar Mountain at an elevation of 1595 feet.

Play Tennis at Steve Cox - 1321 SW 102nd St, Seattle 98146

Bring your own tennis equipment and play like the pros at this newly refurbished tennis court. After the match enjoy some of the other offerings of the park including the reflexology walking path, play area and a picnic shelter.

Guided Walks at Cougar Mountain and Ring Hill – Please contact us at 206-296-4452 or laurie.clinton@kingcounty.gov to sign up. MUST SIGN UP 7 DAYS PRIOR TO HIKE

COUGAR MOUNTAIN GUIDED WALKS – Join one of our illustrious Park & Trail Ambassador's for a guided walk on one of Cougar Mountain's exquisite trails.

1. **Friday, Feb. 8** - Cougar History Hike. Easy. Shake off the winter doldrums on this mostly flat hike of about 3 miles that will highlight relics of Cougar's mining and railroad history. Leaves from Red Town Trailhead at 10:00 am, finished by 1:00 pm.
(This hike has two parts: a loop on the Red Town and Steam Hoist trails around Ford Slope Mine, and an out-and-back section on Coal Creek Trail, which is now part of Bellevue's Coal Creek Park, across the road from Red Town TH. They are both key and best done together.
2. **Saturday, March 16** - Coyote Creek and Klondike Swamp Loop. This is a relatively easy route of about 3.5 miles. The only significant elevation gain is on the Lost Beagle Trail (+/- 200 ft.).
From Park Headquarters, Shangri La Trail, N4 Coyote Creek Trail, C9 Bypass Trail, N5 Klondike Swamp Trail, N6 Lost Beagle Trail.
3. **Friday, April 19** - Cougar Backcountry Hike- Moderate (take Old Man, Fred's Railroad, Quarry, Coal Creek Falls, Cave Hole, Nike trails). Start off Earth Day weekend with a leg-stretching loop that takes you by Coal Creek Falls, some relics of mining and railroad history, and maybe a few spring flowers. Around 4 miles, some hills. Leaves from Sky Country Trailhead at 10:00 am; finished by 3:00 pm.

4. **Saturday, May 18** - Tibbetts Creek Watershed Loops. This is an intermediate level route of about 4.5 miles. The low point of about 900 feet is at the Fantastic Erratic and the highest is a Park Headquarters.

From Park Headquarters, N9 Tibbetts Marsh Trail, E10, West Tibbetts Creek Trail. E3 Bear Ridge Trail to Fantastic Erratic and backtracking to E1, Shangri La Trail, E8 No Name Trail, E2 Surprise Creek Trail, E9 Protector Trail, continuing on N9, N8 Cougar Pass Trail, N7 Anti Aircraft Trail.

5. **Saturday, June 1** – ready for a challenge? This would be the one to work up to, need to be in good shape. Go up to Wilderness Peak, highest point on Cougar Mountain. This route takes you through a remarkable area of old growth Douglas Firs. It is a fairly challenging hike of about four miles that takes you from an elevation of about 500 feet at the SR900 trailhead to 1595 feet at the peak.

From SR900 Trailhead, E11 Squak Mountain Connector Trail, E5 Wilderness Cliffs Trail, E4 Wilderness Peak Trail. E6 Wilderness Creek Trail and return via E11.

RING HILL FOREST GUIDED WALKS – Join one of our illustrious Park & Trail Ambassador's for a guided walk of this unique working forest.

6. **Saturday, April 6** – fairly easy. Walk through this forest seeing old growth among a carefully managed working forest. About 1 ½ hour leisurely stroll taking time to learn about flora and fauna and simply enjoy the beauty and quiet.

Ride the Cedar River Trail - Start point is at Hwy 18 and Maple Valley Road Gravel Parking Lot
Travel East along Highway 169. Gravel Parking lot will be on the left right before crossing under highway 18. The Cedar River Trail is a paved, off-road trail. Travel North West along the trail (toward Renton) for a scenic 14 mile round trip ride. The half-way point is at one of our Regional Trails Kiosks. There are no restrooms along this length of the trail.

Maury Island Marine Park Hike - 5100 SW 244th St, Vashon 98070

Enjoy the peace and relaxation of a beautiful beach. Begin at the parking lot and follow the trail down to the waves and sand. The walk back up is a steep hike. Sanicans are available at the bottom of the trail.

Ride the Boot Camp Cross-Country trail at Duthie Hill Mountain Bike Park - 27101 SE Duthie Hill Road, Issaquah 98029

From I-90 east, take Exit 18, East Sunset Way - Highlands Drive. Stay left on Highlands Drive and follow for 2.1 miles. Turn right onto Issaquah-Fall City Road and follow for 2 miles. Becomes Duthie Hill Road. Follow one mile and turn right into the park. The parking lot is often full. If so, park at Cascade Elementary school. The lush forest provides an excellent backdrop for a mountain bike park, the result of a partnership with Evergreen Mountain Bike Alliance. Trails are marked green for beginner, blue for moderate, black for most difficult. Bootcamp is a green, beginner, cross-country trail. From the parking

lot, bike to the main clearing, about a 1/4 mile. The Kiosk has a trail map if you didn't bring one and shows where Bootcamp begins. All cross-country trails begin and end in the clearing.

Pinnacle Peak Park Hike - SE 276th and 472nd SE, Enumclaw 98022

From Highway 169 Turn Left on S 416th Street (Stop N Shop). Turn Right at 284th Ave SE (Stop Sign). Turn Right at 472nd St. Trailhead is on L. No formal parking lot. Informal shoulder parking is available. Follow Cal Magnuson Trail straight up. This hike is high intensity and will take about 35-45 minutes. Sanicans are available at the trailhead.

Taylor Mountain Forest Hike - 276th Ave SE & SE 188th St, 98027

Main parking lot is located at the intersection of State Route 18 and the Issaquah-Hobart Road. Enter main parking lot and cross gravel road to Holder Ridge Trail. This site is mountain bike and horse friendly. Follow the Holder Ridge Trail to the right to connect with the Holder Knob trail. Enjoy beautiful forest views and turn right and follow the Forest Road back to the parking area. This trail is uphill so expect a workout.

Rattlesnake Ridge Hike – 37580 Winery Road, Snoqualmie.

Take exit 27 from I-90 east. Turn right at the end of the off ramp and follow the road to the end. Go through the gate on the right to enter the trailhead. This area is co-owned and managed by the Washington State Department of Natural Resources and you will need a State Parks Discover Pass to park here or pay the State daily fee of \$10. This is a 10 mile hike has a 3,500 foot elevation gain so be prepared. There are many views of the upper Snoqualmie Valley and the Cascades along the route.

Ride the Preston Snoqualmie Trail - Preston-Fall City Road Southeast Preston, WA 98027

Preston Snoqualmie Trail. Start at Preston Athletic Fields and Park - The Park is located at Preston Fall City Rd SE and SE 87th Pl. The trail is adjacent to the park. This paved, gently graded, mostly off-road trail is a beautiful 14 mile round trip ride with a view of the Snoqualmie Falls. At Preston Fall City Road a portion of the trail is on road with a jersey barrier. There are also a few steep switchbacks. There are restrooms at Preston Athletic Fields and Park.

Volunteer at a King County Park! As an individual or as a team. Get some exercise and show your support for King County Parks! Contact Laurie Clinton our volunteer coordinator at 206-296.4452.