

DRIVING INSTRUCTIONS

The following list provides the driving instructions, **from Federal Way Senior Center**, for the destinations described in our separate **Take a Walk** document.

ALKI BEACH and SCHMITZ PARK WALKS

Mileage: 59-miles round trip

- Right out of Senior Center to a right on 37th Ave. S. and left on 344th to a right onto Weyerhaeuser Way S. to a left onto SR 18 and a right onto I-5 North
- Take the Spokane St off ramp and watch for the sign to Admiral Way after crossing the Duwamish, so that you can get onto Admiral Way
- Take Admiral Way SW to a right onto 59th Ave SW and take a right onto Lander, and right on 58th Ave. SW. Alki Playground is on your right. Park on the left side of the road.
- After using the restrooms, start the walk through SCHMITZ PARK at the intersection of SW Stevens and 58th Ave. SW.

AUBURN GAME FARM DRIVING INSTRUCTIONS

Mileage: 16.6-miles round trip

- Left out of FWSC to Military Road
- Left on Military to a right on Peasley Canyon Way at S. 342nd
- Right on Peasley Canyon Road to West Valley Road
- Left to Highway 18 to the Auburn Way South Off-Ramp
- Left on Auburn Way South and stay in the right lane after M Street SE to a right turn onto R Street
- Right on R Street to a left into the Game Farm Park

BELLEVUE BOTANICAL GARDEN CREEK PARK

Mileage: 55.6-miles round trip

- Driving Instructions to the Bellevue Botanical Gardens:
- North on Military to Peasley Canyon Way at the 7/11 Store
- Peasley Canyon Way and Peasley Canyon Road to middle lane at West Valley Road to access the 167 Freeway going north.
- 405 Freeway north to Bellevue
- Take the SE ^{8th} Street off ramp and go right (Under Railroad trestle)

- Cross the Lake Hills Connector and continue where SE 8th becomes SE 7th Place
- Continue on SE 7th Place to a left on 128th Ave. SE
- Take 128th Ave. SE to a left on NE 2nd Street and Left on 124th Ave. NE
- Right on Main Street and Left into the Bellevue Botanical Gardens and associated Wilberton Hill Park.

BENCH LAKE/SNOW LAKE TRAIL - MT. RAINIER

Mileage: 155.2-miles round trip

- From the Senior Center, go left and then right on Military Road and make a left onto Enchanted Parkway (SR 161), and take SR 512 to bypass Puyallup.
- Take the off-ramp for the South Hill Mall and SR 161 and drive to Eatonville and take a left at the stop sign. This Alder Cutoff leads to SR 7. Turn left at SR 7 and go to Elbe.
- At Elbe, take SR 706 to Mt. Rainier National Park
- It's cheaper if someone in the car has a Golden Age Pass to get into the park. Keep in the left lane.
- We stop at Longmire for restrooms and to check with the ranger about the trail.
- Continue on the Nisqually Paradise Road to a right turn onto the Stevens Canyon
- Continue on the Steven Canyon Road about 3 miles (About 0.6 miles after passing Louise Lake).
- Watch for a pull-off on the right at the trailhead.

BERTHA MAY and GRANITE LAKES (Teeley Creek Trail)

Mileage: 131.8-miles round trip

- Left out of Senior Center to a right on Military Road to a left at Enchanted Parkway (Hwy 161).
- Take Hwy 161 (Meridian) south to a left onto Freeway 167 just after crossing Valley Ave E. and just before the Puyallup Bridge and then take the off-ramp onto Freeway 512.
- Take the South Hill Mall / Hwy 161 off-ramp and turn left over the freeway to continue south on 161.
- Turn left at the traffic light in Eatonville and take the Alder Cutoff to Hwy 7.
- Turn left at Hwy 7 to Elbe where you will pick up SR 706

- Stop at the Mt. Rainier Administration Facility (take a road on the left) since there are no facilities at the trailhead. Then continue through Ashford to a right on FR 52 (Kernahan Rd.).
- Continue on FR52 across the Nisqually River and keep left, passing the Big Creek Campground (toilet facilities available) and watch for the High Rock Lookout sign, turning right on FR 84.
- After 1.5 miles, turn right on FR 8410 and drive another 3.8 miles to the Teeley Creek trailhead parking on the left.

BONNIE LAKE 4-H FOREST TRAIL IN THE WSU FOREST

Mileage: 26.8-miles round trip

- Left out of Senior Center and right on Military
- Left on 364th
- Right on West Valley
- Left on 8th St. onto freeway
- Exit Hwy 410 (East to Yakima) through Bonney Lake
- Exit 208 Park on West side of Fred Meyer in back of lot

BPA TRAIL FROM AQUATICS CENTER

Mileage: 10-miles round trip

- Right out of Senior Center
- Right at 37th Ave S to a left on S. 344th Street/344th Way
- Right on Weyerhaeuser Way S to a left on Hwy 18 West
- Hwy 18/S.348th Street turning into Campus Drive
- Right turn into the Aquatics Center at 7th Ave SW

BRADLEY PARK AND WILDWOOD PARK – PUYALLUP

Mileage: 26-miles round trip

- Left out of Senior Center to a right on Military Road to Enchanted Parkway (SR161)
- Left on Enchanted Parkway/Meridian through Edgewood and down into the valley.

- Continue through Puyallup on Meridian to a left just past a 711 Store (left turn lane at traffic light) on 31st Ave SE. At the end of the road take a left on 5th SE to the entrance to Bradley Lake Park on the right.
- After we walk around the lake, we will drive back to Meridian and take a right back to 23rd Ave SE. It has a traffic light
- Right on 23rd Ave SE about 0.5 miles to Wildwood Park entrance on the left.
- As you enter the park, take the first road to the right and follow the signs to "Restroom/Play Area" where we will stop for a few minutes and then drive to the parking lot just below the restrooms.

BRANNAN AND ISAAC EVANS PARKS

Mileage: 17-miles round trip

(Brannan Park: 1055 28th St NE, Auburn, WA)

- EAST on S 352nd Street toward Military Road
- Turn LEFT onto MILITARY RD S.
- Turn RIGHT onto PEASLEY CANYON WAY S.
- Turn RIGHT onto S PEASLEY CANYON RD.
- Turn LEFT onto W VALLEY HWY S.
- Merge onto WA-167 N toward KENT / RENTON.
- Take the 15TH ST. N.W. exit toward W. VALLEY HWY.
- Turn RIGHT onto 15TH ST NW.
- Turn LEFT onto AUBURN WAY N.
- Turn RIGHT onto 28TH ST NE.
- End At Brannan Park

BRISCOE PARK, GREEN RIVER

Mileage: 34-miles round trip

- Left on S. 352nd Street and left (North) on
- Military Road. Turn right down Peasley Canyon Way at S. 342nd and right again on Peasley Canyon Road;

- Get into the left lane to make a left turn onto
- West Valley Highway, #181. Follow West Valley Road through Kent.
- Use the left turn lane at S. 180th St. signal, and cross the bridge and take the first right and park in the Greenbelt Park opposite Taco Time.

BUCK CREEK TRAIL AND SKOOKUM FLATS TRAILS

MILEAGE: 97.8-miles round trip

- Buck Creek Rd to Buck Creek to White River Trail Loop Hike: No longer possible since Buck Creek Suspension Bridge is out.
- Left out of FWSC and left on Military Road
- Right on Peasley Canyon Way to Peasley Canyon Road
- Right on Peasley Canyon Road to Highway 18 east.
- From Hwy 18 east - Right on 164 east off ramp to Auburn Way South
- Left on Auburn Way So through Enumclaw
- In Enumclaw, take a left on Hwy 410 - Roosevelt Way
- Stop at restrooms at Federation Forest Interpretative Center, just past MP 41. 8. Right on Buck Creek Road, cross White River Bridge and park on left.

CAPITAL LAKE IN OLYMPIA

Mileage: 104-miles round trip

- Right on S. 352nd and 34th Ave. S. Left on S. 344th to a right on Weyerhaeuser Way S., then left onto HY 18 to HY 18 On Ramp to I-5 South
- 2 South on I-5 to Olympia and take the 105B (right lane)
- Right (west) on Plum St. ,one block past Legion Way to a left on 5th E. and go about 10 blocks and make a left turn into Capital Lake Park.

CAMP SHEPPARD TRAILHEAD FOR SNOQUERA FALLS TRAIL AND White River TRAIL

Mileage: 94.6-miles round trip

- Left out of Senior Center to Military Road
- Left on Military Road and Right on Peasley Canyon Way and Right on Peasley Canyon Road to West Valley Road to Hwy 18 East

- Take the Auburn Way Off-Ramp and a left turn onto Auburn Way S (Rout 164)
- Continue on Route 164 to its junction with Rout 410 to Enumclaw
- Continue past the Dalles Campground about another mile to a left turn into Sheppard and a right turn into the trailhead parking lot.

CARBON GLACIER - MT. RAINIER DRIVING INSTRUCTIONS

Mileage: 87-miles round trip (note: Due to winter storms in 2007, you can't drive beyond the Ranger Station at the entrance to Park)

- Left out of Senior Center to Military Road
- Right on Military Road to S.164th
- Left on S. 164th and down the hill to West Valley Road.
- Right on West Valley Road to Jovita Blvd/8th Street E. and HY167
- Turn left onto 8th Street E. and onto HY167 going south. Take the off-ramp for the Sumner-Buckley HWY - 410.
- Take HWY 410 to Buckley and a right turn onto HWY 165
- Continue on HWY 165 through Wilkeson to the "Y" Take the left road at the "Y" and proceed to the Carbon River Entrance to Mt. Rainier, and drive to Ipsut Creek Campground.

CEDAR RIVER AND COULAN PARK

Mileage: 40-miles round trip

- Driving Instructions to Renton Senior Activities Center and Gene Coulon Park
- Take Military Road north to Peasley Canyon Way and Peasley Canyon Road to West Valley Road and pick up Hwy 167 to Renton
- Hwy 167 N becomes RAINIER AVE S.
- Continue to follow RAINIER AVE to a right turn on AIRPORT WAY S
- Turn left on Logan Ave. N and go over the Cedar River Bridge, and the Renton Senior Center is the first turn on your right into their parking lot. If you miss this entrance to the parking lot,
 - Turn SLIGHT RIGHT onto N 3RD ST
 - Turn RIGHT onto BURNETT AVE N
 - End at 211 BURNETT AVE N RENTON

- To get to Gene Coulon Park: Exit the Renton Senior Center onto Logan and take a right onto N. 3rd and make a left on Park Ave N and follow it to a left turn onto Lake Washington Blvd N.
- The entrance to the park comes up on the left in a few hundred feet. Drive to the parking lot just past the boat launch parking lot, where you will find restrooms and Kid Valley Hamburger and Ivar's restaurants.
- Return via a left turn onto N. Park Drive and a right onto Hwy 405 and Hwy 167.

CEDAR RIVER TRAIL FROM LANDSBURG TRAILHEAD

Mileage: 43.8-miles round trip

- Left out of FWSC to a left on Military, a right on Peasley Canyon Way, right on Peasley Canyon Road to West Valley Rd where you pick up Hwy 18 going east.
- Take the Kent Kangley Road (272nd Street) and go right for 7 miles to a left on Landsburg Road SE.
- Go north on Landsburg Road SE 1.5 miles to cross the Cedar River Bridge. The Trailhead parking is on the left just across the bridge.

CEDAR RIVER TRAIL FROM RENTON ACTIVITY CENTER

Mileage: 34-miles round trip

- Left out of Center to a left on Military
- Right at 342nd onto Peasley Canyon Way S and right on Peasley Canyon Road
- Use middle lane as you approach West Valley Road to access Hwy 167
- Take Hwy 167 north to Hwy 405 north
- Stay in the right lane on Hwy 405 to use exit 4A for the Maple Valley Road
- Take a right after getting onto the Maple Valley Road to enter into Cedar River Park.
- Park close to the main building. We will use the restrooms before starting our walk up the river.

CHINOOK PASS FOR NACHES PEAK OR SHEEP LAKE

Mileage: 128-miles round trip

- Left out of FWSC and left on Military Road
- Right on Peasley Canyon Way to Peasley Canyon Road

- Right on Peasley Canyon Road to Highway 18 east.
- From Hwy 18 east - Right on 164 east off-ramp to Auburn Way South
- Left on Auburn Way So through Enumclaw
- Left On 410 through Greenwater, and past Crystal Mountain turnoff into Mt. Rainier National Park
- Continue on 410 to Cayuse Pass and keep left on 410 toward Chinook Pass
- If you want to hike Naches loop from its low point, park at Typsoo Lake. Take the trail clockwise around the lake to a left up the hill to Chinook Pass and a right across the overpass over 410 Highway and go south on Pacific Crest Trail.
- For Sheep Lake, pass Tipsoo Lake to the parking lot just beyond the pass, on the left. The trail takes off up the hill and turns right to go east on the Pacific Crest Trail to Sheep Lake.

CHRISTENSEN TRAIL AND FORT DENT

Mileage: 28-miles round trip

- Left on 352nd Street and left on Military
- Right on Peasley Canyon Way / Peasley Canyon Road to West Valley Road
- Left on West Valley Road to Tukwila
- Left on Strander Blvd, next left after S 180th Street and cross the Green River Bridge and take the first right into Bicentennial Park.

CLEARWATER PEAK TRAIL

Mileage: 112-miles round trip (Check with the Enumclaw Ranger Station to see if it is accessible.)

- From the Senior Center, go left on 352nd, and left on Military Road and right on Peasley Canyon Way and right on Peasley Canyon Road. Stay in the middle lane as you get to West Valley Road.
- Take the On-Ramp to Hwy 18, and get off at the 2nd exit, Auburn Way South.
- Take Auburn Way South (Hwy 164) to Enumclaw where we turn left onto Hwy 410. Mileage: 18.3
- Continue to Federation Forest State Park for a Restroom stop. There is no restroom facility at the trailhead.
- Continue on through Greenwater Village to a right turn on West Fork Road 74. Mileage: 39.6

- At 6.7-miles cross the west fork of the White River and Wrong Creek. Mileage: 46.3
- In another 1.3-miles, at 47.6, go left on Road 7430 for another 7.2-miles to the end of the trailhead. Mileage: 54.8
- Note: This is a Level 3 trail because it is only 1.5-miles with 900-ft. elevation gain from 4700 to 5600-ft. The trail has a gradual but continuous elevation gain with fireweed, Tiger Lily and Lupine in July and views of Mt. Rainier. At the top you will see on the left, the spire of Little Tahoma, then Mt. Rainier's Emmons Glacier, and Winthrop Glacier to the right. Willis Wall is above Winthrop Glacier.

COMET FALLS-Mt. Rainier

Mileage: 139.2-miles round trip

- From the Federal Way Senior Center, take Military Road south through Puyallup
- Take Hwy 161 south to Eatonville where you turn left at the light on the Alder Lake cutoff to it's intersection with Hwy 7,
- Drive south on Highway 7 to Elbe
- Continue east on Highway 706 to the Mount Rainier National Park Nisqually Entrance Station.
- Proceed six miles to Longmire where we stop for a restroom break and to check with the Rangers.
- Drive another four miles to the trailhead parking lot on the left side just before the Christine Falls Bridge.

COUGAR MOUNTAIN ANTI-AIRCRAFT AREA

MILEAGE: Mileage: 64-miles round trip

- Left out of FWSC on S. 352⁴ Street, left on Military, right on Peasley Canyon Way and Peasley Canyon Road to West Valley Highway and the on-ramp to the Valley Freeway (167) going north.
- Take 167 to 405.
- Take 405 to the off-ramp to Coal Creek Parkway.
- Take Coal Creek Parkway right to a left on 72^d Place and a left onto Newcastle/Coal Creek Road.
- Take Newcastle/Coal Creek Road for 1.9 miles and where it makes a sharp hairpin turn to the left you will see the sign for the Red Town Trailhead on the right. At this point the road becomes Lakemont Blvd. SE.

- Continue on Lakemont Blvd. SE and turn right onto SE Cougar Mountain Way.
- Follow SE Cougar Mountain Way to a left on 168th Place SE, and a right on SE Cougar Mountain Drive.
- Continue to the end of SE Cougar Mtn. Drive. The trailhead parking is at the end of the road.
- There are restrooms at the trailhead.

DASH POINT STATE PARK DRIVING INSTRUCTIONS

Mileage: 18.2-miles round trip

- Right out of Senior Center to a right on 37th Ave S
- Left on S 344th to a right on Weyerhaeuser Way S
- Left onto Hwy 18 West continuing on S 348th Street
- Go west to a right on Hoyt Road through S. 320th to a left on Dash Point Road
- Turn right into the Park and drive left down to the lower parking lot

DENNY CREEK TRAIL (off I-90 near Denny Creek Camp):

Mileage: 107-miles round trip

- SR 18 east to I-90 east exit 47 (Ashael Curtis / Denny Creek)
- At stop sign turn Left crossing the freeway
- At the "T" turn Right
- Go 1/4 mile; turn Left on Denny Creek Rd. #58. About 2 miles to Denny Creek Camp
- Beyond the campground take a paved road to the Left.
- The road crosses Denny Creek and goes another .2 miles to the Trailhead and end of the road.

DISCOVERY PARK

Mileage: 65-miles round trip

- Take Military Road north to a left turn on S. 320th St.
- Take I-5 north to SR 599, just past Southcenter. This is the Tukwila and West Marginal turn-off.
- Take the 14th Ave. S. off-ramp to a right left on E. Marginal Way.

- Follow E. Marginal Way and Alaskan Way to the Western Ave. off-ramp.
- Take Western Ave. to its merge onto Elliot Way.
- Take Elliot Way which makes a 45 degree right and becomes 15th Ave.
- Take 15th Ave. to a left onto Dravus and immediately thereafter a right onto 20th Ave.
- Follow 20th which becomes Gilman, then Fort St. then makes a left onto 32th Ave. and 34th Ave. to Government Way which leads into the Park. Watch for the Park Signs.
- Follow the signs to the VISITOR'S CENTER, and park in the adjacent parking lot. We will meet in the Visitor's Center where there are rest rooms.

EAST LAKE SAMMAMISH TRAIL

Mileage: 81.4-miles round trip

- Left out of FWSC to a left on Military Road to a right on Peasley Canyon Way South and right on Peasley Canyon Road to Hwy 18 east.
- Take Issaquah-Hobart Road left to Issaquah and continue on Front Street that becomes East Lake Sammamish Parkway.
- Park at the 7-11 Store where we will start our walk.
- Drive to Lake Sammamish State Park for Lunch:
- Return back toward Issaquah on East Lake Sammamish Parkway to a right on SE 56th Street –Sammamish Road SE.
- The entrance to the Park is about 1 ½ miles west on the right.
- Park near the covered shelter.

ELLIOT BAY WATER TAXI FROM ALKI TO SEATTLE

Mileage: 52.8-miles round trip

- Right out of Senior Center to a right on 37th Ave. S. and left on 344th to a right onto Weyerhaeuser Way S. to a left onto SR 18 and a right onto I-5 North
- Watch for the signs for West Seattle Bridge and get in the right-hand lane to take the Spokane St of ramp. Stay on the elevated roadway and the high bridge. Watch for the sign to Harbor Ave SW after crossing the Duwamish, so that you can get onto the right-hand lane for Harbor Ave SW.

- Turn right on Harbor Ave SW and watch for Elliot Bay Water Taxi banner on a light pole, and find a place to park along the street. You can not park in the lot by the fast-food place or in the off-street parking lot where people launch their boats.
- Have \$3.00 exact change for the water taxi. It leaves at 9:30 or 11:00 am. Be sure you take money for the return trip and for lunch.

FEDERATION FOREST STATE PARK

Mileage: 72-miles round trip

- East on highway 18 to Auburn Way S (164 E) Off-Ramp
- Right to Auburn Way.
- Left - Auburn Way So. Through Enumclaw
- Left - 410 - Roosevelt Way
- Right - just past MP 41. Federation Forest Interpretative Center parking lot.

FLAMING GEYSER STATE PARK DRIVING INSTRUCTIONS

Mileage: 32-miles round trip

- Military Road to Peasley Canyon way S. to S. Peasley Canyon Road to West Valley Highway to Highway 18
- Get off Highway 18 at Auburn - Black Diamond Road exit
- Take 2 Right turns to get on SE Greenvalley Road
- Pass 212th Way SE, and turn right on SE Flaming Geyser Road
- Turn right at stop sign after crossing the bridge over the river, and drive to the parking area at the 2nd Rest Stop.

OPTIONAL STOP ON WAY BACK:

- Stop at the Dairy Queen on Auburn Way S: First Off Ramp for Auburn on the way back. Make a right turn at the end of the ramp onto Auburn Way S. The Dairy Queen is about 4 blocks down on the left.

FOOTHILLS TRAIL FROM ORTING TO SOUTH PRAIRIE DRIVING INSTRUCTIONS:

Mileage: 48.7-miles round trip

- Left out of Center to Military

- Right on Military to S. 364th Street
- Left on s. 364th and down the hill to West Valley Road
- Right on West Valley Road to a left at first traffic light
- Immediate right onto 167 Freeway
- Exit for Hwy 410 Sumner –Yakima off-ramp
- Take Hwy 162 off-ramp to Orting Mileage 9.5 miles
- As you enter Orting at about 16.7 miles, turn right on Calistoga Street and then left to park at the town park. We will use the restrooms and view the Foothills Trail Kiosk before continuing our drive to the trailhead.
- Turn right on Bridge Street and then left onto Harmony to continue on Hwy 162.
- At the “Y” stay left for Buckley and South Prairie.
- Continue about 1.3 miles past the Fish Hatchery and drive into trailhead parking on the left side of the road. Total of 20 miles. Note: If walkers want to hike the 4-miles to South Prairie, the driver should go back after getting the group started and drive to South Prairie.
- To drive to South Prairie and the Wagon Wheel Restaurant:
- Turn left and continue on Hwy 162 about 4.5 miles. The restaurant is on the left and parking is on the right side of the street.

FRANKLIN FALLS DRIVING INSTRUCTIONS

Mileage: 106.8-miles round trip

- Take a left out of FWSC and a left on Military Road to a 45 degree right on Peasley Canyon Way, right on Peasley Canyon Road and get in middle lane at West Valley Road to get on Highway 18 going east to I-90.
- At I-90 go east to Exit 47 (before Snoqualmie Pass).
- Turn left at the stop sign, and cross to the north (left) side of the freeway.
- At the "T," stay right on Road No. 58, and turn in at the Denny Creek Campground at about three miles. We stop here for restrooms before going back to the main road and turn left.
- A short distance past the campground, turn left onto a .2-mile road (No. 5830) and park in the lot before crossing the bridge.
- After we come back from our hike to Franklin Falls and the Old Wagon Trail, we will drive to the Asahel Curtis Picnic Area:

- Driving Instructions:
- Return to the I-90 Exit 47 and cross over I-90 and at the next road,
- Turn left onto Forest Service Road No. 55; drive to road's end and trailhead and facilities, elevation 1,900 feet.

GOG-LE-HI-TE

Mileage: 22-miles round trip

- From I-5 south, exit 135 (Portland Ave.)
- Right on Portland Ave.
- Right at signal on Lincoln Ave. Cross River
- First Right into Parking. If the gate is closed, park in the road parallel to Lincoln Ave

To go to the Fife Dairy Queen:

- Right on Lincoln Ave to Port of Tacoma Road
- Right on Port of Tacoma Road to 20th Street E
- Left on 20th Street E to 54th Ave E
- Right on 54th Ave E to Dairy Queen

GREEN LAKE - CARBON RIVER ENTERANCE TO MOUNT RAINIER

Mileage: 83.4-miles round trip. Road washed out beyond Park Entrance. Access requires 2 mile hike on remains of road before arriving at trailhead. Check with Ranger.

- Left on S. 164th and down the hill to West Valley Road.
- Right on West Valley Road to Jovita Blvd/8th Street E. and HY167
- Turn left onto 8th Street E. and onto HY167 going south.
- Take the off-ramp for the Sumner-Buckley HWY - 410.
- Take HWY 410 to Buckley and a right turn onto HY 165
- Continue on HY 165 through Wilkeson to the "Y"
- Take the left road at the "Y" and proceed to the Carbon River entrance to Mt. Rainier

GREEN LAKE – SEATTLE DRIVING DIRECTIONS

Mileage: 76-miles round trip

- Turn right out of Senior Center, and turn right at 38th Av. S. to Weyerhaeuser Way S. to SR 18 West, to I-5 North.
- Take I-5 through down town Seattle to the exit for North 50th St. Off Ramp (get in the right lane going across the Lake Washington Ship Canal Bridge), and go left over freeway on N. 50th St. to a right on Green Lake Way North, and make a left at the first left turn lane onto West Green Lake Way N.
- Continue on West Green Lake Way N. for 0.2 miles to off-road parking on right or on left near Rest Rooms.

GROVE OF THE PATRIARCHS AND SILVER FALLS: Mileage

148-miles round trip

- S-352nd to Military Road to Peasley Canyon Way and Peasley Canyon Road to West Valley Road
- Take HY 18 to Auburn Way South (HY 164) and take a left turn to go to Enumclaw.
- Pick up HY 410 in Enumclaw going left (East)
- Drive to Cayuse Pass and turn right onto HY 123.
- Drive 123 to a right on the Stevens Canyon Entrance to Mt. Rainier. Have your Golden Age Pass ready!
- The trailhead parking for the Grove of the Patriarchs and is just west of the Mt. Rainier entrance Gate, just over the Ohanapecosh River Bridge.

HYLEBOS WETLAND AND PANTHER LAKE

Mileage: 9-miles round trip

- Driving Instructions:
- Right out of Senior Center and right on 37th Ave S
- Left on S 344th Street/344th Way to Weyerhaeuser Way S
- Left onto Hwy 18 going West onto S 348th Street
- Turn left on 4th Ave S (just past the log house)
- Drive in and angle left to parking lot.

- After completing the walk, return to the vehicles and continue west (left) on S 348th across 1st Ave S and Campus Drive to the Aqua Center to start the walk around Panther Lake Park.

KANASKET/PALMER STATE PARK

Mileage: 50 -miles round trip

- Take 352nd to a left on Military Rd
- Right on Peasley Canyon Way, right on Peasley Canyon Rd
- to Hwy 18 going east to Auburn/Enumclaw off ramp
- Left on Auburn Way S. (164) to SE 400th(just past Muckleshoot Tribe HQ sign
- Left on SE 400th and go apx.7.5 miles (it becomes SE 392nd) until you reach the
- vizier - Comberland Rd.
- Left on the Veazie - Comberland Rd. for approximately 6 miles to the Kanaskat - Palmer
- State Park. Watch for sign on right and entrance on the left.
- Stay on the main park road, make a right at the "Y" and continue to the parking lot at the end. There is a Restroom there.
- Note: We will eat lunch at Krain Corner Inn on SE 400th and Renton/ Enumclaw highway on the way home. Do not miss the right turn at SE 392nd on the way back!

KAUTZ CREEK TRAIL - MT. RAINIER

Mileage: 123.5-miles round trip

- From the Federal Way Senior Center, take Military Road south to Enchanted Parkway (161) through Puyallup
- Take Hwy 161 south to Eatonville where you turn left at the light on the Alder Lake cutoff to its intersection with Hwy 7
- Drive east on Highway 7 to Elbe
- Continue east on Highway 706 to the Mount Rainier National Park Nisqually Entrance Station.
- Use the left lane for a free entrance with your Golden Age Pass (One per Car). Proceed to Kautz Creek parking lot.
- It is the first trailhead (before you get to Longmire and the parking lot is on the right and has a Restroom. The trailhead is on the left across the street.

KELSEY CREEK PARK DRIVING INSTRUCTIONS

Mileage: 50-miles round trip

- Right on Main, left on 124th Ave. NE, a right on NE 2nd Street, a right on 128th Ave. SE and a left on SE 4th Place to Kelsey Creek Park.
- Trip Home:
- West on SE 4th, left on 128th, a right on SE 7th Place which becomes SE 8th Street and go under the overpass to access the southbound 405 Freeway.

KUBOTA GARDEN

Mileage: 42-miles round trip

- Kubota Garden- Driving Directions:
- Total Est. Distance: 19.7 miles –one way
- 1: Start out going EAST on S 352ND ST
- Turn LEFT onto MILITARY RD S.
- Turn RIGHT onto PAISLEY CANYON WAY S.
- Turn RIGHT onto S PAISLEY CANYON RD.
- Turn LEFT onto W VALLEY HWY. S.
- Merge onto WA-167 N toward KENT / RENTON.
- Merge onto RAINIER AVE S.
- Turn left on RENTON AVE EXT toward HARDIE AVE NW.
- RENTON AVE EXT becomes RENTON AVE S.
- Turn LEFT onto 55TH AVE S.
- End at Seattle Kubota Garden:
- 9817 55th Ave S Seattle, WA 98118, US

LAKE EUNICE/TOLMIE PEAK- MOWICH LAKE - MT. RAINIER

Mileage: 94.8-miles round trip

- Left out of Senior Center to Military Road

- Right on Military Road to S. 364th
- Left on S. 364th and down the hill to West Valley Road.
- Right on West Valley Road to Jovita Blvd/8th Street E.
- Turn left onto 8th Street E. and onto HY167 going south.
- Take the off-ramp for the Sumner-Buckley HWY on Hwy 410.
- Take HWY 410 to Buckley and a right turn onto HY 165
- Continue on HY 165 through Wilkeson to the "Y"
- Take the right road at the "Y" and proceed to Mowich Lake.

LAKE FENWICK ON KENT WEST HILL

Mileage: 18.4-miles round trip

- Left on S. 352nd to a left on Military Road.
- Take Military Road to a right on Reith Road
- Turn left into Lake Fenwick's Upper
- After walking the upper park, drivers will walk down through the housing area to the trail to the lower park and get the walkers started down the trail, then go back to the cars and drive to the lower Fenwick park as follows:
- Turn left out of the parking lot on Reith Road.
- Turn left onto Lake Fenwick Road.
- Turn left into the Park.

LAKE HILLS GREENBELT IN BELLEVUE

Mileage: 54.5-miles round trip

- Left on S. 352nd to Military Rd.
- Left on Military Rd. to Peasley Canyon Way S. and Right on Peasley Canyon Rd. to West Valley Rd. Use the middle lane as you come to W. Valley Rd. to allow rights turn to Hwy 18 and S.R. 167.
- Take S.R. 167 north to I-405 and I-405 north to I-90.
- Take I-90 east to the 148th Ave. S.E. off - ramp.

- Take 148th north to S.E. 16th St., and make a right.
- Turn left just past the Ranger Station into the parking lot for Lake Hills Greenbelt. There are restrooms up the hill at the Ranger Station.

Route Home:

- Turn right on S.E. 16th and left on 148th Ave. S.E. This will lead you back to the
- I-90 on ramp. Stay in the right lane back to the Renton /Bellevue off ramp to I-405.

LAKE WILDERNESS TRAIL TO CEDAR RIVER

Mileage: 34-miles round trip

- Take 352nd left, Military Road left, Peasley Canyon Way/ Peasley Canyon Road to West Valley Rd. and the On-Ramp to Highway 18 going east.
- Take Highway 18 east to the Off-Ramp to 272nd St. (Kent - Kangley Rd.).
- Go right (east) on 272nd St. to a left on Witte Road.
- Go north about 2 miles past the road to the Lake Wilderness Golf Course, past the Lake Wilderness Country Club, and take the next right on SE 248th St.
- Follow 248th St. and get in the left turn lane as the road makes a right. The lane you want continues straight ahead to the Southeast District Recreational Office - King County Parks Div. Building where we park in the lower parking lot.
- Restrooms are in the Parks Building.

LINCOLN PARK – WEST SEATTLE

Mileage: 59-miles round trip

- Right out of FWSC, right on 37th Ave S and right on S. 342nd to Weyerhaeuser Way and out to Pacific Hwy S on S.336th Street.
- Pacific Hwy S to a left on S. 272nd and a right on 16th Ave S to a left on the Kent- Des Moines Rd. / Marine View Drive to 1st Ave S.
- 1st Ave S. to a left onto Ambaum Blvd at S. 160th Street and 16th Ave SW to a left on SW 107th Street that becomes SW 106th Street.
- West on SW 106th to a right on Marine View Drive and a left on Wildwood and Fautleroy Way SW to a left into the Lincoln Park parking lot just after the ferry landing.

LITTLE MT. SI TRAILHEAD

Mileage: 73.9-miles round trip

- Take a left on S 352nd, a left on Military, a right on Peasley Canyon Way, and a right on Peasley Canyon Road to West Valley Road.
- Take the On Ramp to Highway 18 East and follow 18 to I-90 East.
- Take I-90 to the Exit 32 and go left on 436th Av. SE for 0.5 miles and turn left on SE North Bend Way for 0.3 miles and turn right on 436th Ave SE which becomes SE Mt. Si Rd. Cross the Snoqualmie River Bridge and keep right for 0.2 miles on SE Mt. Si Road to the Little Mt. Si Trailhead on left.

MAGNUSSON PARK – SEATTLE

Mileage: 85.6-miles round trip

- Right on S. 352nd, right on 37th Ave. S., left on S.344th, right on Weyerhaeuser Way, Left onto HY 18 to I-5 going north.
- Take I-5 North to NE 45th St. exit, and east (right) on 45th to a left on Sandpoint Way
- Take Sandpoint Way to Magnusson Park entrance just past NE 64th Street. Use the first parking lot on the right.

MERCER SLOUGH

Mileage: 53-miles round trip

- Take S. 352nd to Military, and a left on Military Rd to Peasley Canyon Way to Peasley Canyon Rd to West Valley Road.
- Take the 167 freeway north to the 405 freeway.
- Take the right lane coming into the I-90 Interchange
- Take the lane toward Seattle, and stay to the right
- Take the Bellevue Way SE off-ramp.
- Take Bellevue Way SE north just past the Park and Ride to the "Winters House"
- Park in Winter House Parking Lot (just before you get to the house).
- Return trip Driving Instructions:

- Turn right out of the parking lot and proceed on Bellevue Way SE a short distance to a right turn on 112th Ave. SE, and then another right turn onto SE 8th Street.
- Take the 405 freeway south bound on-ramp off SE 8th Street, back through to the 167 freeway and 15th Ave. NE in Auburn, to a left onto West Valley Rd, and a right up Peasley Canyon Road to a left onto Peasley Canyon Way and Military Rd.
- Take Hwy 18 east to I-90
- Drive east on Interstate 90, take Exit 34 (signed 468th Avenue),
- Turn left under I-90, pass Seattle East truck plaza and convenience stores (also known as Ken's Truck stop),
- Turn right on Road No. 56 (Middle Fork Snoqualmie Road).
- Where the road splits, you can take either fork as the roads rejoin.
- Continue 11.5 miles to the Gateway parking area and Middle Fork trailhead

MILLERSVANIA STATE PARK

Mileage: -miles round trip

- From I-5 exit 99 (93rd Ave - Scott Lake). Drive east approx. 1.5 miles to second stop sign.
- Right on Tilley Rd.
- Right for 3 miles to park entrance.

LONGMIRE - MT. RAINIER

Mileage: 131.2-miles round trip

- Left out of Senior Center to a right on Military Road
- Go left on Enchanted Parkway (SR 161), and take SR 512 to the South Hill
- Turn left over the freeway to get back on SR 161
- Take SR 161 to Eatonville and left at the light to take the bypass to SR 7
- Go left at SR 7 to Elbe
- At Elbe, take SR 706 to the Mt. Rainier Park Entrance
- Continue on the Nisqually/Paradise Road to Longmire Parking Lot near the museum and rest rooms.

MUD MOUNTAIN DAM: Mileage: 52.2-miles round trip

- Federal Way Senior Center TO MILITARY ROAD
- PEASLEY CANYON WAY
- PEASLEY CANYON ROAD
- WEST VALLEY ROAD / SR 18
- AUBURN WAY SOUTH (SR 164 TO ENUMCLAW)
- ENUMCLAW - JUNCTION OF 164 and 410
- EXIT FROM SR410 TO MUD MOUNTAIN DAM PARK
- PARKING LOT AT MUD MOUNTAIN DAM PARK

NOTE: Park along the fence on the left as you enter the gate. We will visit the restrooms, then go back to the cars, pick up our lunch, and go out the gate and to the right to take the Rim Trail which takes us up river. We will eat at a picnic table at a View Point part way up the trail.

**NACHES PEAK LOOP TRAIL:
Mileage: 128-miles round trip**

- Chinook Pass for Naches Peak
- Left out of FWSC and left on Military Road
- Right on Peasley Canyon Way to Peasley Canyon Road
- Right on Peasley Canyon Road to Highway 18 east.
- From Hwy 18 east - Right on 164 east off-ramp to Auburn Way South
- Left on Auburn Way So through Enumclaw
- Left On 410 through Greenwater, and past Crystal Mountain turnoff into Mt. Rainier National Park
- Continue on 410 to Cayuse Pass and keep left on 410 toward Chinook Pass
- If you want to hike Naches loop from its low point, park at Typsoo Lake. Take the trail clockwise around the lake to a left up the hill to Chinook Pass and a right across the over-410 Highway and south on Pacific Crest Trail.

NISQUALLY NAT'L WILDLIFE RESERVATION

Mileage: 61.6-miles round trip

- From South bound I-5 take Nisqually exit 114.
- Right (West) at end of ramp, go under freeway
- Right - following signs to the refuge. Total miles from Senior Center is about 50.

NOBLE KNOB DRIVING INSTRUCTIONS

Mileage: 101-miles round trip

- From Enumclaw take state Route 410 east to the small hamlet of Greenwater. Continue 1.8 miles east from Greenwater and turn left onto paved Forest Service Road No. 70 and,
- Continue 5.7 miles to gravel Forest Service Road No. 72.
- Drive about a half mile then turn left onto another gravel road (No. 7220).
- Drive one mile, then turn right on Forest Service Road No. 2222 (this road does not show on the Green Trails Lester Map).
- There is a gate on this road but it was open.
- Turn left at 3/4 miles (it is still Road 2222) and drive about four miles to the trailhead.
- The signed trailhead is hard to see -- it is on the right side of the road. There is room for a couple of cars along the road.
- Some of us parked at a pullout with a fire ring (also on the right) just before the trailhead. If you park at the pullout, walk up the road to the trailhead or follow the trail. The trail from the pullout is part of Trail No. 1184 but is not signed.

PACIFIC BEACH TRIP

Mileage: 240-miles round trip

- Take I-5 south to Olympia and then take Highway 101 signs west to Highway 8 to Elma where you take Highway 12 westbound.
- Take Highway 12 west through Montesano to Aberdeen where we can stop for a coffee-break or lunch and where you will then pick up Highway 101 to Hoquiam.
- Continue out of Hoquiam, north 4 miles. Watch for a large sign "Ocean Beaches, Pacific Beach, Moclips" and a left onto Ocean Beach Road through Copalis Crossing (11 miles) to Pacific Beach (another 11 miles), and the Pacific Beach Resort and Conference Center where

we will spend Monday and Tuesday nights, and where we can walk along the beach, or enjoy the facilities of the Resort.

PACK FOREST

Mileage: 58-miles round trip

- A University of Washington Experimental Forest near Eatonville.
- From the Senior Center, go left and then right on Military Road and make a left onto Enchanted Parkway (SR 161), and take SR 512 to bypass Puyallup.
- Take the off-ramp for the South Hill Mall and SR 161 and drive to Eatonville and continue straight at the blinking read 4-way stop...
- Continue on SR 161 until it joins SR 7 and turn left on SR 7. The road into Pack Forest is on the left in less than 1000 feet.
- When you drive into Pack Forest, go up the hill rather than taking the first road to the right. As the road curves to the right, follow it and into the Conference Parking Lot.
- See Tom Touse, Outreach Specialist in the building on the left. He can advise us of the trail conditions and may lead us on the hike.

PARADISE - MT. RAINIER

Mileage: 154-miles round trip

- From the Federal Way Senior Center, take Military Road south to Enchanted Parkway (161).
- Go through Puyallup and take Hwy 161 south to Eatonville where you turn left at the light on the Alder Lake Cutoff to its intersection with Hwy 7
- drive east on Highway 7 to Elbe and continue east on Highway 706 to the Mount Rainier National Park Nisqually Entrance Station.
- Use the left lane for a free entrance with your Golden Age Pass (one per Car).
- Proceed to the Paradise Parking Lot.

The hikes available from Paradise are:

- Myrtle Falls
- Myrtle Falls
- Nisqually Vista
- Skyline Trail

- Alta Vista
- Panorama Point
- Golden Gate Trail

PENROSE POINT STATE PARK

Mileage: 84.6-miles round trip

- Senior Center to 1-5 South to right turn to Off-Ramp to SR16
- SR 16 over Narrows Bridge to Off-Ramp to SR 302 just before the town of Purdy. Watch for Penrose Park Sign.
- Take SR 302-for 1 .3 miles to a left turn over bridge and continue on SR 302
- Just after Sign for Penrose State Park SR 302 angles right. Continue straight ahead on this road (key Peninsula Way)
- At the Texaco Station and Home Store continue across the bridge and continue another 0.8 miles to a left onto Cornwall.
- Turn right onto Delano and then Turn left off Delano into the Park
- Inside the Park, make a right at the "T" and continue to parking lot at the end of the road.

POINT DEFIANCE PARK

Mileage: 36.2-miles round trip

- Right out of Senior Center, right on 37th Ave. S., left on S. 344th St. to Weyerhaeuser Way S. and west on Highway 18 to the I-5 On Ramp going south.
- I-5 south to Exit 133 (Tacoma City Center), and watch for Shuster Parkway Off Ramp on your right.
- Stay in the left lane, and proceed over the overpass to Ruston Way and on through the tunnel to a left onto N. 51st .
- Proceed on into the park and park just east of the little Guard House just before the Lodge Building which is on your left.
- We will start our walk after using the Rest Rooms in the lower level of the Japanese Pagoda which is straight ahead toward the sound.

POINT DEFIANCE PARK AND ZOO

Mileage: 36.2-miles round trip

- Right out of Senior Center, right on 37th Ave. S., left on S. 344th St. to Weyerhaeuser Way S. and west on Highway 18 to the I-5 On Ramp going south.
- I-5 south to Exit 133 (Tacoma City Center), and watch for Shuster Parkway Off Ramp on your right.
- Stay in the left lane, and proceed over the overpass to Ruston Way and on through the tunnel to a left onto N. 51st .
- Proceed on into the park and follow the signs for the Zoo parking

REFLECTION LAKE

Mileage: 155-miles round trip

- From the Senior Center, go left to a right on Military Road, then a left on Enchanted Parkway (SR 161).
- Just after passing thru Valley Ave turn left onto the 167 freeway and then take the first off-ramp onto freeway 512.
- Take 512 to the off-ramp for the South Hill Mall/SR 161 and turn left over the freeway overpass to continue south on SR161.
- In Eatonville turn left onto Center Ave. It is a shortcut to Hwy 7 and Elbe. At Hwy 7 turn left to Elbe.
- In Elbe, take SR 706 to the Mt. Rainier Park Entrance and continue on the Nisqually/Paradise Road to Longmire where we stop for restrooms and to check with the Ranger about the trail.
- We continue toward Paradise but take a right onto the Stevens Canyon Road and continue to Big Reflection Lake where we pick up the trail around the left end of the lake and up the trail to a right on the Upper Lakes Trail.

RUSSELL PARK – KENT

Mileage: 18.7-miles round trip

- Left out of Senior Center to a left on Military to a right on Peasley Canyon Way
- Right on Peasley Canyon Road to a left on West Valley Road
- In Kent, turn left on Meeker and a right on Russell Road
- Turn right into Russell Park and park near restroom.

RUSTON WAY

Mileage: 32-miles round trip

- Take I-5 south from Highway 18 to Tacoma City Center off-ramp to Highway 705.

- Get in right lane for Shuster Parkway then keep in left lane for the overpass to Ruston Way
- Park half way down at the Fishing Pier.

SOOS CREEK TRAIL (DRIVING INSTRUCTIONS TO THE SE END PARKING LOT):

Mileage: 25.1-miles round trip

- Take S. 352nd to Military, to Peasley Canyon Way then
- Peasley Canyon Road to eastbound entrance to Highway 18.
- Follow Highway 18 east to (Kent /Kangley Road, or 272nd)
- Go left to 152nd Ave SE
- Take a right on 152nd which turns into 148th Ave. SE to the Soos
- Creek Trail Parking Lot on your right.

SOOS CREEK TRAIL (DRIVING INSTRUCTIONS TO THE NW END PARKING LOT):

Mileage: 37.5-miles round trip Note: For a one-way hike starting at the SE End.

- Take 148th Ave. SE and 152nd Ave SE back to 272nd), and turn right
- Take Kent Kangley to 132nd Ave SE
- Turn right on 132nd Ave SE and go to S 208th Street
- Turn right onto S 208th Street to Gary Grant Park on your left
- Return to FWSC via Dairy Queen
- Turn right on 208th Street to 132nd Ave SE
- Turn left on 132nd Ave SE to 272nd Ave SE
- Turn left on 272nd Ave Se to Dairy Queen just east of Highway 18
- Dairy Queen to a left onto Highway 18 and back to FWSC

SHEEP LAKE – CHINOOK PASS

Mileage: 128-miles round trip

- Left out of FWSC and left on Military Road
- Right on Peasley Canyon Way to Peasley Canyon Road
- Right on Peasley Canyon Road to Highway 18 east.

- From Hwy 18 east - Right on 164 east off-ramp to Auburn Way South
- Left on Auburn Way So through Enumclaw
- Left On 410 through Greenwater, and past Crystal Mountain turnoff into Mt. Rainier National Park
- Continue on 410 to Cayuse Pass and keep left on 410 to Chinook Pass
- Pass Tipsoo Lake to the parking lot just beyond the pass, on the left.
- The trail takes off up the hill and turns right to go east on the Pacific Crest Trail

SPANAWAY LAKE WALK

Mileage: 40.2=miles round trip

- Left out of Senior Center and right on Military Road
- Left on Enchanted Parkway (SR 161). Go through Edgewood and down to the valley.
- Take SR 512/SR 167, a left turn before you cross the Puyallup River, and
- Take the first Off Ramp (SR 512) which leads around Down Town Puyallup.
- Stay on SR 512, past the exit for SR 161(and South Hill Mall), and continue another 5 miles to the Off Ramp for SR 7.
- Left on SR7 (Pacific Ave.) through Pacific and into Spanaway.
- Right on Old Military Road to Harry Sprinker Recreation and Community Center on the right. We will use the restroom facilities at the Center and then start our walk from there.

SPRAY FALLS/SPRAY PARK - MOWICH LAKE – MT. RAINIER

Mileage: 94.8-miles round trip

- Left out of Senior Center to Military Road
- Right on Military Road to S. 364th
- Left on S. 364th and down the hill to West Valley Road.
- Right on West Valley Road to Jovita Blvd/8th Street E.
- Turn left onto 8th Street E. and onto HY167 going south.
- Take the off-ramp for the Sumner-Buckley HWY on Hwy 410.

- Take HWY 410 to Buckley and a right turn onto HY 165
- Continue on HY 165 through Wilkeson to the "Y"
- Take the right road at the "Y" and proceed to Mowich Lake.

SALTWATER STATE PARK AND DES MOINES WATERFRONT

Mileage: -miles round trip

- Right out of FWSC and right on 37th Ave S to a left on S 344th Street and a right on Weyerhaeuser Way S.
- Follow Weyerhaeuser Way S and S 336th Street to a right on Pacific Hwy S.
- Left on S 277th Street and a right on 16th Ave S.
- Left on Woodmont Drive S and north on Marine View Drive to a left on S. 251st into the Park.
- We will park in the lower parking lot next to the restrooms.

We will also drive to the Des Moines waterfront and Des Moines Beach Park to walk it

SEWARD STATE PARK

Mileage: -miles round trip

- Left on S. 352nd and again on Military Road
- Right on Peasley Canyon Way and again on Peasley Canyon Road to West Valley Highway
- Take 167, the Valley Freeway to Renton and continue on Rainier Ave S.
- Follow Rainier Ave. to a 45° right onto Seward Park Ave. S.
- Take Seward Park Ave ,and watch for a 45° right just after Morgan Street, turn right at Juneau into Seward Park
- Beyond the entrance, drive left up the hill to parking near the covered picnic shelter.

SKOOKUM FLATS TRAIL

Mileage: 88.6-miles round trip

- Hwy 18 to Auburn Way South through to Enumclaw
- Take Hwy 410 east through Greenwater to a right turn on FR 73
- FR 73 just over White River Bridge and park on left. Trailhead is on Right

SCHMITZ PARK-ALKI POINT

Mileage: 59-miles round trip

- Right out of Senior Center to a right on 37th Ave. S. and left on 344th to a right onto Weyerhaeuser Way S. to a left onto SR 18 and a right onto I-5 North
- Take the Spokane St of ramp and watch for the sign to Admiral Way after crossing the Duwamish, so that you can get onto Admiral Way
- Take Admiral Way SW to a right onto 59th Ave SW and take a right onto Lander, and right on 58th Ave. SW. Alki Playground is on your right. Park on the left side of the road.

SCHMITZ PARK WALK:

- After using the Rest Rooms we will start our walk at the intersection of SW Stevens and 58th Ave. SW and walk uphill into Schmitz Park

SNOW LAKE OFF I-90

Mileage: 118-miles round trip

- From Federal Way take Highway 18 to Interstate 90 and go east and get off at Exit 52.
- Turn left under I-90 and drive 2-miles on Alpentel Road (No. 9040) to the Snow Lake Parking Lot and Facilities.

RATTLESNAKE LAKE RIDGE TRAIL:

- Take Hwy 18 to I-90 east and get off on Exit 32 (436th Avenue SE) just past the exits to North Bend.
- Take a right off of the exit, heading south on 436th Ave SE which turns into Cedar Falls Road.
- Travel about three miles and follow the signs posted for Rattlesnake Lake.
- Bypass the parking lot on the right as you come into Rattlesnake Lake and park in the parking lot on the left side of the road and walk down to the lake for restrooms and then use the blacktop trail leading to the north end of the lake where the Rattlesnake Ridge trailhead is located.

SOUTH TIGER MOUNTAIN LOOP TRAIL

Mileage: 42-miles round trip Driving distance is 21 miles one way. Note: No restrooms are available at the trailhead!

- Left on 352nd out of FWSC and left on Military Road to a right on Peasley Canyon Way and Peasley Canyon Road to West Valley Highway and the on-ramp to Highway 18 going east.
- Take 18 eastward to the Issaquah/Hobart Road exit and turn left under the freeway.
- Take the first road to the right (Tiger Mt Rd SE). In 0.3 miles you will see a shoulder parking area on the left. Park there.
- The (TMT) trail starts across the road on the right.

SPANAWAY LAKE PARK

Mileage: -miles round trip

- Left out of Senior Center and right on Military Road
- Left on Enchanted Parkway (SR 161). Go through Edgewood and down to the valley.
- Take SR 512/SR 167, a left turn before you cross the Puyallup River, and
- Take the first Off Ramp (SR 512) which leads around Down Town Puyallup.
- Stay on SR 512, past the exit for SR 161 (and South Hill Mall), and continue another 5 miles to the Off Ramp for SR 7.
- Left on SR7 (Pacific Ave.) through Pacific and into Spanaway.
- Right on Old Military Road to Harry Sprinker Recreation and Community Center on the right.

SQUAK MOUNTAIN – NORTH ENTRANCE TRAILHEAD

Mileage: 59.7-miles round trip

- Military Road to Peasley Canyon to Hwy 18 going east to Issaquah Hobart Road
- Issaquah Hobart Road west to a left on West Sunset Way
- Cross SE Newport Way and follow the arterial as it curves and becomes Mountain Park Boulevard.
- Follow twisting Mountain Park Boulevard uphill about a mile and turn left onto Mountainside Drive SW.
- At about 0.4 mile look for and park in a small parking area at the unmarked trailhead at the bend in a hairpin curve to the left.

STEILACOOM

Mileage: 46.4-miles round trip

- Right turn out of FWSC to Weyerhaeuser Way SR18 West to I-5 South
- Take I-5 South to Exit 130 (56th St.) Note: *Keep to the right to go to Tacoma Mall Blvd where you turn left to get to a right on S 56th Street.*
- Follow 56th St. (West). It will become Cirque Drive at Orchard Street. Continue west to Bridgeport Way.
- Left on Bridgeport Way to a right on Chambers Lane W. which becomes Chambers Creek Dr. W.
- Take Chambers Creek Dr. W. At the Cemetery Chambers Creek Dr. W turns left. Continue down the hill and across Chambers Creek Bridge and on to the town of Steilacoom.

SUNRISE SIDE OF MT. RAINIER – PALISADES TRAIL

Mileage: 146-miles round trip

- Take Military Road north to Peasley Canyon Way/Peasley Canyon Road to West Valley Road and Hwy 18 East.
- Take Auburn Way South (Hwy 164) to Enumclaw to join Hwy 410.
- Take Hwy 410 east to the White River/Sunrise Road entrance to Mt. Rainier.
- Drive to the Sunrise parking lot to check with the Park Ranger and use the restrooms, then drive back to the Sunrise Point to the trailhead for the Palisades Trail.

SUNRISE SIDE OF MT. RAINIER – TRAILS OUT OF RANGER STATION

Mileage: 146-miles round trip

- Take Military Road north to Peasley Canyon Way/Peasley Canyon Road to West Valley Road and Hwy 18 East.
- Take Auburn Way South (Hwy 164) to Enumclaw to join Hwy 410.
- Take Hwy 410 east to the White River/Sunrise Road entrance to Mt. Rainier.
- Drive to the Sunrise parking lot to check with the Park Ranger and use the restrooms before hikes to the Burroughs Mountain, Mt. Fremont, Sourdough Ridge, Berkeley Park or Dege Peak.

SWAN CREEK PARK – TACOMA

Mileage: 21.3-miles round trip

- Take Military through Edgewood to Puyallup and follow Meridian Street to a right on West Pioneer Ave.

- Turn right on Pioneer Way East and follow it past Waller Road to a left turn into the parking lot for Swan Creek Park

TACOMA NATURE CENTER

Mileage: 30-miles round trip

- South on I-5 to Highway 16 (Bremerton) to the 19th Street off-ramp.
- Turn RIGHT on 19th Street and RIGHT again at the first traffic signal at Tyler, then a LEFT into the **Snake Lake Nature Center**, and park near the building.

TALAPUS AND OLALLIE LAKES

Mileage: 105-miles round trip

- From Federal Way take Highway 18 to Interstate 90 and go east and get off at Exit 45
- Turn left under the freeway for Forest Service Road 9030 to the Talapus Lake trailhead. Continue about three miles to the end of the road and the Ira Spring Trail No. 9038

THELER WETLANDS - HOOD CANAL – BELFAIR

Mileage: 93.4-miles round trip

- From HWY 18, take I-5 south to HWY 16 across the Narrows Bridge.
- Continue on HWY 16 to Gorst where you take a left onto HWY 3 for about 8 miles to Belfair.
- Continue on beyond the traffic light in Belfair about 1 mile. You will see a sign on the left for the Mary E. Theler Community Center that is on the right side of the road.
- Enter the Community Center lot and park at the south end parking lot.

TWIN FALLS STATE PARK

Mileage: -miles round trip

- Take Hwy 18 east to I-90 east to Exit 34 (Edgewick Rd).
- Right on 468th Ave. Se.
- Left on SE 159th (just before bridge across South Fork of Snoqualmie River).
- Follow 159th to trail head at end of road.

WAHOP LAKE /PIERCE COLLEGE

Mileage: 42-miles round trip

- Right out of Senior Center to a right on 37th Ave S and left on S 344th to Weyerhaeuser Way and west on Hwy 18 to I-5 South
- Take I-5 south to S 74th Street going west.
- S 74th becomes Custer Road West
- Turn right onto 88th Street SW and onto Steilacoom Blvd SW
- Continue past Western State Hospital to a left onto Farwest Drive SW
- Take the second left into Pierce College and drive to parking behind the Swimming Pool.
- There are Restrooms in the Pool Building or the next building to the right across the road you came in on.

WASHINGTON PARK ARBORETUM

Mileage: 58-miles round trip

- Take I-5 north to Exit 168 B, (which is also Freeway 520) across Lake Washington to Bellevue. It is a right turn off I-5, and you want the first off ramp (to the right) off 520 (Montlake Blvd.).
- Take the Montlake off Ramp, but go across Montlake bearing slightly to the right.
- This arterial goes east, then north, then east to Lake Washington Blvd. Watch for the U of W Arboretum sign, and get in the left turn lane as you approach Lake Washington Blvd.
- Take the road left (Foster Island Road).
- Watch for the Visitor's Center sign and road to the right and up the hill.
- Park at the Visitor's Center if parking space is available, or back down the hill, if space is not available at the Visitor's Center.

WEYERHAEUSER HEADQUARTERS

Mileage: 2-miles round trip

This is a backup walk in case of questionable weather or if we need a close in walk.

- Take a right out of senior center and a right on 37th Ave S.
- Left on S 344 Street and a right on Weyerhaeuser Way.
- After crossing Hwy 18, take the first left after the Roundabout and a Right into the Visitor's Parking Lot.

APPENDIX: Hiking Information Web Sites

- MT. BAKER-SNOQUALMIE FORESTS REC. REPORTS: www.fs.fed.us/r6/mbs
- NATIONAL FOREST INFORMATION: www.wilderness.org/ourissues/forests/index.cfm
- MT. RAINIER NAT'L PARK HOMEPAGE: nps.gov/mora
- PACIFIC CREST TRAIL: pcta.org
- WASHINGTON TRAILS ASSOC.: wta.org
- NATURE OF THE NORTHWEST: www.naturenw.org
- GORP: gorp.away.com/index.html
- COOL TRAILS: cooltrails.com
- WASHINGTON STATE TOURISM: tourism.wa.gov
- MT. BAKER-SNOQUALMIE NATIONAL FOREST - INTERSTATE 90:
www.fs.fed.us/r6/mbs/recreation/activities/trails/i90.shtml
- MT. BAKER-SNOQUALMIE NATIONAL FOREST – STATE ROUTE 410:
www.fs.fed.us/r6/mbs/recreation/activities/trails/mather.shtml
- GIFFORD PINCHOT NATIONAL FOREST:
www.fs.fed.us/gpnf/recreation/current-conditions/trails.shtml