

Take a Walk!

Here are some brief descriptions (including lunch suggestions!) of many of our past Tuesday Walks, part of the Federal Way Senior Center's "Walk-For-Your-Life Program".

Walks are organized by the city from which they originate and are rated by difficulty from 1 (easiest) to 3 (hardest).

Auburn

Auburn Game Farm: Walk the main park clockwise along the river, then cross the bridge and take the paved trail to Roegner Park, take a side trip through Mill Pond Park, then return. A three-mile walk. To extend the walk 1.2-mile, continue the walk with the White River on your left to Wilderness Park. Lunch suggestion: Auburn Dairy Queen on Auburn Way South. *Rating: 1*

Brannan and Isaac Evans Parks: Walk the Brannan Green River park trail along the dike trail north and return, cross the pedestrian bridge over the river and walk the paths in Evans Park to the Golf Course in Auburn. A 2.5-mile walk. Lunch suggestion: Auburn Dairy Queen on 15th NW. The Restaurant at the Golf Course is also good but more expensive. *Rating: 1*

Flaming Geyser State Park: This Park is on the Green River with natural surface trails on the hillside and along the river. Walk to the end of the road to view the Flaming Geyser, then take the trail up the hill trail and go clockwise. When the trail comes back down, follow the road and river trail back to car. A three-mile walk. Lunch suggestion: Sack lunch in covered shelter. *Rating: 2*

Bellevue

Bellevue Botanical Garden and Kelsey Creek Park: Walk the Botanical Gardens trails, a 1.5-mile walk, then drive to Kelsey Creek Park. There are 2+ miles of trails in Kelsey Creek Park, including a path using the walking bridge to cross the creek. Go clockwise and skip the first trail to the right that goes up the hill unless you want to add another ½-mile. Trails are gravel/beauty bark and natural surfaces, and come with a chance to view the gardens, barnyard animals and wildlife on the creek. Lunch suggestion: Sack lunch in covered shelter. *Rating: 2*

Lake Hills Greenbelt in Bellevue: Paved and gravel trails and two lakes. Park at the Ranger Station at S.E. 16th St and 156th Ave SE. Take the trail north to Larson Lake, cross 148th Ave SE to the High School. Turn around and continue around Larson Lake in the blueberry fields to make a loop back to the start where you can cross 156th Ave SE and go south to visit Phantom Lake, then return. A three-mile walk. Lunch suggestion: Sack lunch in shelter at Pea Patch Garden. *Rating: 2*

Mercer Slough: Walk this easy, three-mile trail through the blueberry fields and watch the ducks in the Slough. Lunch suggestion: Sack lunch at Winters House or on Lake Washington at the Public Boat Ramp Park. *Rating: 1*

Bonney Lake

WSU Forest: A level, three-mile walk through the woods behind the Bonney Lake Fred Meyer's store. Park at the store and walk behind the store going east to a path behind a day-care facility, then walk clockwise through this demonstration forest and youth training facility. Lunch suggestion: Shari's. *Rating: 1*

Covington / Maple Valley

Big Soos Creek Trail: Trailheads are at 272nd to 152nd Way SE/148th Ave SE Trailhead, or 132nd Ave SE/QE 208th Street Trailhead at Gary Grant Park. Walk part of this 5.4-mile blacktop trail in the Covington area through woodlands and marshlands and return. Lunch suggestion: fast food in Covington. *Rating: 2*

Lake Wilderness Trail to Cedar River: Drive to the SE King County Arboretum off Witte Road. Walk the old railroad grade to the Cedar River and return through the King County arboretum. A three-mile walk. Lunch suggestion: a fast food place in Covington or a sack lunch in the park. *Rating: 2*

Lake Wilderness Rail-to-Trail: This gravel trail starts at Lake Wilderness and goes to the Shopping Center on Kent-Kangley Rd. We will also visit the South King County Arboretum. Lunch suggestion: A Fast food place in Covington or a sack lunch in the park. *Rating: 1*

Des Moines

Saltwater State Park and Des Moines Waterfront: Salt Water Park has trails along the waterfront, and then trails through the camping area or up the south and north side hills. After walking the park, drive to Des Moines and walk the waterfront and fishing pier. A three-mile walk. Lunch suggestion: Des Moines Senior Center or local restaurant. *Rating: 2*

Enumclaw

Kanaskat/Palmer State Park: This walk is along the Green River on woodland paths. A three-mile walk. Lunch suggestion: Krains Corner Restaurant. *Rating: 3*

Mud Mountain Dam: Take the trail downhill to view this unique dam then walk just outside the chain link fence to the trailhead. This is a 3.5 mile hike along the ridge in the forest up river from the dam. Lunch suggestion: Sack lunch in Mud Mountain Park shelter. *Rating: 3*

White River Trails east of Enumclaw: Walk the Skookum Flats Trail off FR 73, a four-mile round trip to view Skookum Falls, or drive to Camp Sheppard and hike the trail to Snoquara Falls, coming back via Buck Creek Trail, and a trail along Hwy 410 back to Camp Sheppard Trailhead Parking. Lunch suggestion: bring a sack lunch and eat along the trail. *Rating: 2*

Federal Way

BPA Trail from Weyerhaeuser / King County Aquatics Center: Walk the new section from the Aquatics Center to S. 356th and back. A three-mile walk. Lunch suggestion: the nearby International House of Pancakes (IHOP). *Rating: 1*

Dash Point State Park: Walk the Dash Point trails and along the waterfront. A three-mile walk. Lunch suggestion: a sack lunch. *Rating: 1*

Hylebos Wetland and Panther Lake: Walk the Hylebos Wetland trail on boardwalks and part-earthen trails and then drive to the Aqua Center to walk around Panther Lake on earthen trails. Overall, a three-mile walk. Lunch suggestion: International House of Pancakes (IHOP). *Rating: 1*

Weyerhaeuser HQ: Walk the woodland trails at the Weyerhaeuser Headquarters. There are trails around Weyerhaeuser HQ that also extend north of S. 336th Street. A one- to four-mile walk depending on paths taken. Lunch suggestion: eat at the Senior Center. *Rating: 1*

Hood Canal / Kitsap Peninsula

Theler Wetlands Trail in Hood Canal / Belfair: The 3.8 mile trip is on a gravel surface, is level and has views of Hood Canal. You'll travel the Union River wetlands and see waterfowl and possibly salmon working their way upstream. Lunch suggestion: Mary Theler Community Center in Belfair. *Rating: 1*

Penrose Point State Park: This Park, an interpretive trail and a great waterfront on the saltwater beaches, has about four-miles of woodland trail and picnic facilities. Lunch suggestion: sack lunch. *Rating: 2*

Issaquah

Cougar Mountain Anti-Aircraft Area: Take a walk on the wild side in King County's largest park. Enjoy woodland trails and occasional animal sightings. There are several paths with one- to four-mile loops. Lunch suggestion: sack lunch. *Rating: 3*

East Lake Sammamish Trail: Walk this new trail along the east side of the lake with views of the lake and expensive homes. This is an 11-mile trail between Lake Sammamish State Park and Marymoor Park. Suggestion: park at the 7-11 Store and walk north as far as you want and turn around. After the walk, why not head over to Sammamish State Park for lunch? Lunch suggestion: sack lunch. *Rating: 1*

Tradition Lake: Walk the woodland trails in this park in the Issaquah highlands. The maps at the kiosk and trail signs will help you choose, but we hike the Swamp Trail, Big Tree Trail, Wetlands Trail, and Bus Trail. Take a left to Tradition Lake and the Around-the-Lake Trail back to the start for a three-mile walk with little elevation change. Lunch suggestion: sack lunch in their shelter or picnic tables. *Rating: 2*

Kent

Brisco Park: This Green River trail is a three-mile walk on blacktop and follows the river from Southcenter Shopping Center at 180th Christensen Greenbelt Park to Brisco Park, and return. Lunch suggestion: sack lunch or Taco Bell. *Rating: 1*

Lake Fenwick on Kent West Hill: Walk the lake's trail clockwise and at the steel steps, either make a loop for no elevation change, or take the stairs to the lower path and then walk to Reith Road and back. This is a three-mile walk. To extend the walk another half-mile, drive or walk to the upper park and walk its loop trail. Lunch suggestion: sack lunch. *Rating: 2*

Russell Park: Walk the paved path along the Green River next to the Riverside Golf Complex and use the walking bridge to go back via the Old Fishing Hole. This is a three-mile walk. Lunch suggestion: Shari's Restaurant. *Rating: 1*

Soos Creek Trail: Hike from the SE end of the trail near Lake Meridian. This is a three-mile walk. Lunch suggestion: Covington fast food place or sack lunch. *Rating: 2*

Maple Valley (see Covington)

Mt. Rainier area

Bench and Snow Lakes - Mt Rainier: These two mountain lakes are fed by snow below 6940' Unicorn Peak. The meadows' basins have great wild flowers. The hike has an altitude gain of 300 feet going in and 200 feet coming out and is a 3.5-mile walk. Lunch suggestion: sack lunch. *Rating: 3*

Bertha May and Granite Lakes – Sawtooth Range: These two lakes are on the Sawtooth Ridge southwest of the Nisqually entrance to Mt. Rainier. This is a great, three-mile walk with great views of lakes and mountain cliffs, but the road up there (FS 8410) should be checked before going for access. Lunch suggestion: sack lunch. *Rating: 3*

Buck Creek Trail and Skookum Flats Trails: Check with the ranger station at Enumclaw first, as the suspension bridge is presently out (as of 9/12/08). This four-mile trip leaves Camp Sheppard and takes the Buck Creek Trail to the Suspension Bridge over the White River and follows the Skookum Flats Trail to the falls. Lunch suggestion: sack lunch. *Rating: 3*

Federation Forest State Park: Walk the forest trails along the White River in this State Park off Highway 410 just before the village of Greenwater. This is a three-mile walk if you take the Interpretive Loops. If you go all the way to the northwest end, cross Hwy 410 and walk back on that trail, it is a five-mile walk. Lunch suggestion: sack lunch. *Rating: 2*

Grove of the Patriarchs and Silver Falls: This favorite walk is a visit to a virgin grove of large trees (Rating 1), and then for those who wish, a short walk to view of Silver Falls (Rating 2) with a possible extension to Ohanapecosh Campground (Rating 3) for lunch. Lunch suggestion: sack lunch. *Rating: 1 or 3*

Naches Peak Loop Trail: This 4.5 mile hike starts at Chinook Pass on the Pacific Crest Trail and then loops around Naches Peak with great views of Mt. Rainier, Dewey Lakes and Tipsoo Lakes. Return to starting point via trail from Tipsoo Lake. Lunch suggestion: sack lunch. *Rating: 3*

Paradise – Mt. Rainier – 5400 ft: This is an open walk with choices of a Level 1 stroll through the flower fields, or Level 3 to 5 hikes above the lodge. Check with the Ranger at Paradise for trails, but suggestions include Myrtle Falls and returning to take a right to the Nisqually Vista Trail for a two-mile walk; or, take Skyline Trail to Glacier Vista and back via Alta Vista Trail or Dead Horse Creek Trail for a three-mile, 900-ft elevation climb (rated: 3). Extending to Panorama Point will add 1.2 miles and make it a Level 5 hike. Lunch suggestion: sack. *Rating: 1 to 5*

Skookum Flats Trail: This trail is along the White River off Hwy 410 and FR73 to Skookum Falls. Lunch suggestion: sack lunch at Skookum Falls, or drive to Suntop Lookout for a sack lunch with a view of Mt. Rainier. *Rating: 2*

Sunrise–Mt. Rainier – 6400 ft: Walk to Shadow Lake via Sunrise Camp (1.6-miles) and return via the lower trail to the parking lot with a side visit to Silver Forest Trail (two-miles) on the way back. The loop has a 200' elevation change and a high point of 6400'. Lunch suggestion: sack lunch at Sunrise Picnic Area above the parking lot. *Rating: 2*

Newcastle

Red Town and Coal Creek: Visit the old coal mining area, walk the Coal Creek Trail downstream, take the a right on the Primrose Trail that crosses Coal Creek twice and loops back via the Coal Creek Trail back for 3.5-miles. Maybe visit the Railroad Museum on the west side of Lakemont Blvd SE north of the trail. Lunch suggestion: sack. *Rating: 2*

Nisqually Delta

Nisqually National Wildlife Reservation: This is a walk on the dikes in this Federal Reserve. The trails are being revised so contact the facility at (360) 753-9467 before going. Lunch suggestion: Tiny's Restaurant. *Rating: 2*

Olympia area

Tolmie State Park: In this park north of Olympia, walk along a waterfront beach with tidal pool and lots of ducks; also visit its woodland trails. The trail is 4.3 miles and is a mix of paved and natural surfaces. Lunch suggestion: sack lunch in the upper shelter. *Rating: 2*

Capital Lake: Visit mostly-paved Percival Landing to see the boats and Budd Inlet, and then go clockwise around the Lake and up the long hill to the Capital. This is a three-mile walk, 3.5 if you go up and around the Capital. Lunch suggestion: the Capital Cafeteria has been closed since 9-11 so try a restaurant in Percival Landing, or have a sack lunch. *Rating: 2/3*

Millersylvania State Park: Walk along the lake and in the woodland trails in this park south of Olympia, where there are approximately three miles of woodland trails. Lunch suggestion: sack lunch. *Rating: 3*

Priest Point Park: Walk the woodland hills and saltwater beach with views of Carr Inlet and the Rose Garden. There are three-miles of trail. Lunch suggestion: sack lunch. *Rating: 3*

Orting

Foothills Trail: You can walk from Orting's downtown park, or drive toward South Prairie to a parking area just south of the fish hatchery and walk to South Prairie. This section is all blacktop now. Either trail is about four-miles. Lunch suggestion: Firehouse Restaurant in Orting or Wagon Wheel Restaurant in South Prairie. *Rating: 1*

Puyallup

Wildwood Park and Brennon Parks: Visit Brennon Park first and walk around the lake on a blacktop and gravel trail (one mile), then drive to Wildwood Park and walk the dirt trail there (two miles). Lunch suggestion: Edgewood Dairy Queen. *Rating: 2*

Renton

Cedar River and Coulan Park: This walk is along the Cedar River from Renton's Senior Center to Lake Washington and back (two miles), and then drive to Coulan Park to walk another 1.5-miles. Lunch suggestion: eat at Coulan Park picnic area or Kid Valley or Ivar's restaurants. *Rating: 1*

Cedar River Trail: Walk upstream from Renton Activities Center, right off Hwy 405, and walk past Riverview Park to Maplewood Golf Course and back. Round trip is three-miles. Lunch suggestion: eat sack lunch in the shelter at Riverview Park. *Rating: 1*

Cedar River Trail from Landsburg Trailhead: Walk this three-mile round-trip trail along the Cedar River east of southeast of Hwy 18. This trail is on the old Chicago, Milwaukee and St. Paul rail bed. Lunch suggestion: sack lunch in Landsburg Park. *Rating: 1*

Kubota Garden: This walk explores the Kubota Garden in the Renton area. Trails are about 2.5-miles. Lunch suggestion: eat at a local fast food place in Renton. *Rating: 1*

Seattle/West Seattle area

Discovery Park: Walk a three-mile loop and down to the waterfront trail in this great Seattle Park. Lunch suggestion: sack lunch at Indian Center picnic area. *Rating: 3*

Elliot Bay Water Taxi from Alki to Seattle: Walk the Alki area until the 11:00 am departure of the water taxi, (*\$3.00 or Regional Reduced Fare Permit*) and then take the free Waterfront Streetcar (or bus) to the Spaghetti Factory for lunch. Walk Seattle Art Museum's Sculpture Park and Myrtle Edwards Park after lunch.

Another option is to catch the 9:30 am water taxi departure, walk Myrtle Edwards and Elliot Bay Parks as far as the Grain Elevator and return, visiting the SAM Sculpture Park. Find a spot for lunch as you walk back to Pier 55 Argosy Tours for the water taxi back to West Seattle. Walk length is three- to four-miles. Lunch suggestion: Spaghetti Factory or one of the many places along Alaskan Way. *Rating: 2*

Green Lake: The walk around the lake is 2.8-miles on blacktop with views of the lake and waterfowl. Lunch suggestion: Kid Valley Burgers. *Rating: 1*

Lincoln Park – West Seattle: Walk the park trails along the bluff and along the waterfront to Alki Beach for lunch at Spuds. A three-mile walk. *Rating: 2*

Magnusson Park: This walk is on blacktop trails along Lake Washington, then walk the trail at NOAA (National Oceanic and Atmospheric Administration). A three-mile walk. Lunch suggestion: sack lunch or drive back to a fast food place near the university. *Rating: 1*

St. Edwards State Park: This park is south of Kenmore and has woodland and beachside trails with views of Lake Washington. There is a Level 1 hike with a two-mile walk on the bluff, or a Level 3 hike with a four-mile walk using the trails down to the lake and back. Lunch suggestion: Bastyr University cafeteria (call 425-602-3075 to see if they are open). *Rating: 1 if you stay on the bluff and 3 if you go down to the lake and back.*

Schmitz Park-Alki Point: Walk this small woodland ravine park and Alki Beach. This is a two-mile walk with another one or two miles walking Alki Point. Lunch suggestion: Spuds or one of the other places on the Alki Beach waterfront. *Rating: 2*

Seward State Park: Hike the perimeter park trail and/or the woodland ridge trail, and stop at Kubota Gardens on the way back. Lunch suggestion: sack lunch at the park. *Rating: 1 on the perimeter trail, 2 on the ridge trail.*

Washington Park Arboretum: Park at the Graham Visitors Center and walk Foster Island, then back to the Center. From there, walk Azalea Way, and then back to the South Entrance and take the upper trail back to the Gazebo. The walk is about four miles. Lunch suggestion: sack lunch. *Rating: 2*

Snoqualmie Pass area

Denny Creek (Melakwa Lake Trail 1014): This trail was named for one of Seattle's pioneers. It starts out with views of westbound I-90, 150' above you as you climb up through the forest. You'll enjoy views of Denny Creek and Keekwulee Falls, and farther up a limited view of Showshowshoe Falls. After 4.5-miles and 2200' elevation increase, you arrive at Melakwa Lake. Most people stop at Keekwulee Falls at two-miles (four-miles round trip). Lunch suggestion: sack. *Rating: 3, or 5 to Melakwa Lake.*

Franklin Falls: This walk is off I-90 a few miles before the pass, and follows a forest trail up the Snoqualmie River to the falls and back via a pioneer wagon trail. This is only about two-miles round trip, so you may wish to drive to the Asahel Curtis Nature Trail after lunch for another mile loop walk. Lunch suggestion: Asahel Curtis Picnic Area. *Rating: 2*

Twin Falls State Park: This park is east of North Bend and has two great waterfalls. It is a 3.6-mile woodland round-trip trail along the Snoqualmie River. Lunch suggestion: sack lunch on the trail, or McDonald's in North Bend. *Rating: 3*

Tacoma area

Gog-Le-Hi-Te: This walk is along the Puyallup River in the Tacoma/Fife area. During salmon runs you can watch the Native Americans fishing. The trail is only two miles round trip. Watch for trains before crossing the tracks. Lunch suggestion: Poodle Dog in Fife. *Rating: 1*

Point Defiance Park: Among the 20 largest urban parks in the United States, the 696-acre Point Defiance Park has natural forests, saltwater beaches and spectacular views that offer numerous hiking possibilities: the gardens (Japanese Garden, Rose Garden and Northwest Native Garden provide a wide variety of horticultural experiences for visitors), Point Defiance Zoo and Aquarium, Fort Nisqually, Five Mile Drive and the following hiking trails:

- Spine Trail: Rhododendron Garden to Gig Harbor Viewpoint, then back to Rhododendron Garden. 2.62 miles
- Square Trail Outer Loop: 7200 yards / 4.09 miles
- Triangle Trail Inner Loop: 5900 yards / 3.35 miles
- Rhododendron Garden Loop: 658 yards / .37 miles
- Bike Route: Pearl Street to Pearl Street: 4.75 miles
- Promenade (one way)
 - Owen Beach to Boathouse: 3206 feet / .61 miles
 - Bath House to west access to Beach: 1290 feet / .25 miles
 - Bath House to Boathouse Chime Plaza: 3424 feet / .65 miles

You can also visit the Camp 6 Logging Museum and Point Defiance Zoo; the zoo is free to seniors on the third Tuesday of the month. Lunch suggestion: Antique Sandwich Shop on Pearl Street. *Rating: 2*

Ruston Way: Walk the Tacoma waterfront on paved sidewalks and enjoy the view and the new revisions. The entire walk is about four-miles going each way from the fishing pier. Lunch suggestion: Hob Nob Restaurant on 6th Avenue, Antique Sandwich Shop, or sack lunch. *Rating: 1*

Spanaway Lake Park: Walk the forest trails in this county park off Highway 7 and then the lakefront trails. The loop through the forest and the park is about three miles. Lunch suggestion: sack lunch in the park; there is a covered picnic spot. *Rating: 2*

Steilacoom: Park in town and walk to the two parks. You passed Sunnyside Beach Park as you drove into town; walk back and tour the park. (Note: there is a parking lot at the park but it requires payment.) The Salter's Pint Beach is up Dupont-Steilacoom Street, right on Martin Street and left on 2nd Street. Also visit the Steilacoom Tribal Cultural Center (Seniors \$1.00), Nathaniel Orr Pioneer Home Site and Historical Museum in the Town Hall; they are open Sundays, 1-4:00 pm or by appointment (call 253-584-4133). The walk, including both parks, is three miles. Lunch suggestion: local fast food or sack lunch. *Rating: 1*

Swan Creek Park:

This hike is in a primitive park that follows Swan Creek via a forest trail put in by AmeriCore. There is a small lake just in from the parking area. The trail crosses the creek and climbs to the top of the valley and then circles back down hill to the creek to complete a loop and goes back to the start. Salmon use this stream. The trail loop is about 3.5-miles. Lunch suggestion: local fast food place in Puyallup or Edgewood, or a sack lunch. *Rating: 3*

Tacoma Nature Center: Start at the Interpretive Center and walk a one-mile wetland loop around Snake Lake (no snakes!) and 1.5 mile hilltop forest loop with a natural surface. Lunch suggestion: local fast food or sack lunch. *Rating: 2*

Talapus and Olallie Lakes: This trail is off I-90 at Exit 45. It is two miles to Talapus and another mile to Olallie Lake. Talapus is reached in 1.25-miles after a 640' elevation gain. Round-trip to Olallie is four miles and a 1220' elevation gain. Lunch suggestion: sack lunch. *Rating: 3 to Talapus, 4 to Olallie*

Titlow Beach: This park near the Narrows Bridge has park and woodland trails, a beach, tidal pool and lots of ducks. Round-trip is under three miles. Lunch suggestion: Steamers Restaurant. *Rating: 1*

Waughop Lake and Fort Steilacoom Park: Walk the hills around the lake and valley on a mix of trails. See ducks, turtles, and views. Lunch suggestion: Pierce College Cafeteria (call 253-964-6694 to confirm they are open). *Rating: 2*

Tukwila

Christensen Trail and Fort Dent: Walk the Christensen Trail from Bicentennial Park near Southcenter Shopping Center to Fort Dent Park and return. Round trip is three-miles. Lunch suggestion: local fast food place or picnic tables along trail. *Rating: 2*