

## Long Runs In Seattle and Surrounding Areas

### **Washington Arboretum**

The Arboretum is located directly south east of the University of Washington. Head South on Montlake Blvd. Turn Left onto Lake Washington Blvd. Turn left onto Foster Island Road where you will find parking. The trail system of crushed gravel is a great option for shorter runs.



### **The Burke Gilman Bike Trail:**

The Burke runs directly through campus and is about 50 miles total so it can accommodate any distance. Paved the whole way, but with small gravel trail along side for majority of the path. You can access the Burke from the UW athletic facilities by simply crossing Montlake Blvd.

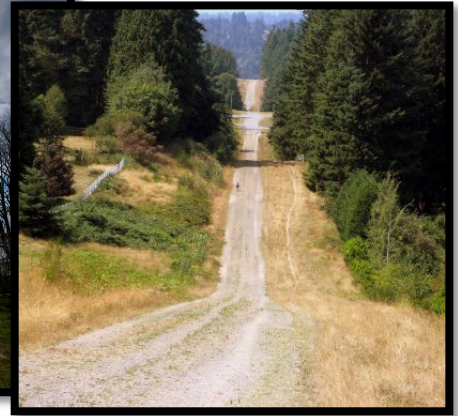
### **The Redmond Watershed.**

The watershed is located on the other side of Lake Washington from the UW. Driving time is about 20 minutes and you will have to pay a toll to cross the bridge. Take WA-520 E until it ends and turns into Avondale Rd NE. Turn Right onto Novelty Hill Rd. Drive about 2 miles, turn Left on 218<sup>th</sup>. Great single track, dirt trails.





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### 60 Acre Park:

Great place to begin run and have access to both the Tolt Pipeline Trail and the Powerline Trail. Drive time is about 20 minutes. If you park in the soccer field complex your athletes can head north on the Sammamish river trail to connect with the Tolt Trail or South to connect with the Powerline Trail. Both trails have significant rolling hills. The Tolt trail is slightly more aggressive than the Powerline Trail. Head East on WA-520E. Take 405 N towards Everett.

### Eastlake Sammamish Trail



This is a great flat run option. Park at a Whole Foods which has easy trail access. You will cross Lake Washington on the 520. Take the Washington 202/Redmond Way Exit. Keep right at the fork, follow signs for WA-202 E/Sammamish and merge onto WA-202 E/Redmond Way. Turn Right. The Whole Foods will be on your right.

### Discovery Park

Discovery Park has varying terrain. Lots of rolling, single-track dirt trails that lead you out to the beach on the Puget Sound. Parking in the visitor center parking lot is best.

