



2024

TrailLink Unlimited



Guides



East Lake Sammamish Trail

Washington



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The East Lake Sammamish Trail is an important link in the Mountains to Sound Greenway, a 1.5 million-acre landscape



The East Lake Sammamish Trail is an important link in the Mountains to Sound Greenway, a 1.5 million-acre landscape stretching from Seattle to Central Washington. Its origins hail from the Seattle, Lake Shore and Eastern Railway, whose brief run in the late 1800s line along the eastern shore of Squak Lake (now Lake Sammamish) greatly aided in the development of Seattle. Today, the rail-trail's fully paved 11 miles connect three suburban cities and provide residents and visitors with access to the lake.

From the NE 70th Street lot in Redmond (adjacent to cafés and a hotel), the paved rail-trail crosses several streets and a [spur trail](#) to massive Marymoor Park, home to an outdoor velodrome. The spur delivers you through the park to the [Sammamish River Trail](#), which then links to

the [Burke-Gilman Trail](#) stretching into Seattle. Combined, these trails form the 44-mile Locks-to-Lakes Corridor that connects the Puget Sound with the town of Issaquah. Bypassing the spur to Marymoor, head 1.2 miles along the trail to Sammamish Landing, a lovely waterfront park where you can swim, fish, or stretch out on the grass. If you walk on the trail below the picnic shelter, you'll find pocket beaches; you can return to the trail via a short, steep incline.

The tree-lined corridor proceeds above lakefront homes and below the mostly muffled sounds of East Lake Sammamish Parkway NE, with views of the hills across the lake. An uphill spur leads to a lot and portable restroom here (destined to become the fully civilized Inglewood trailhead as development progresses).

At SE 33rd Street, the trail parallels a four-lane road and commercial district. In 1.6 mile, you'll pass an entrance to Lake Sammamish State Park. Just before the trail ends across from Gilman Village—an Issaquah retail area comprising historical homes and Issaquah Creek—you might have a clear view of the 14,410-foot Mount Rainier in the crease of the Cascade foothills. If you continue east, you'll intersect with the [Issaquah-Preston Trail](#).



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States: Washington

Counties: King

Length: 11miles

Trail end points: NW Gilman Blvd & 4th Ave
NW (Issaquah) to NE 70th St at SR 202
(Redmond)

Trail surfaces: Asphalt

Trail category: Rail-Trail

Trail activities: Mountain

Biking, Walking, Cross Country Skiing

Parking & Trail Access

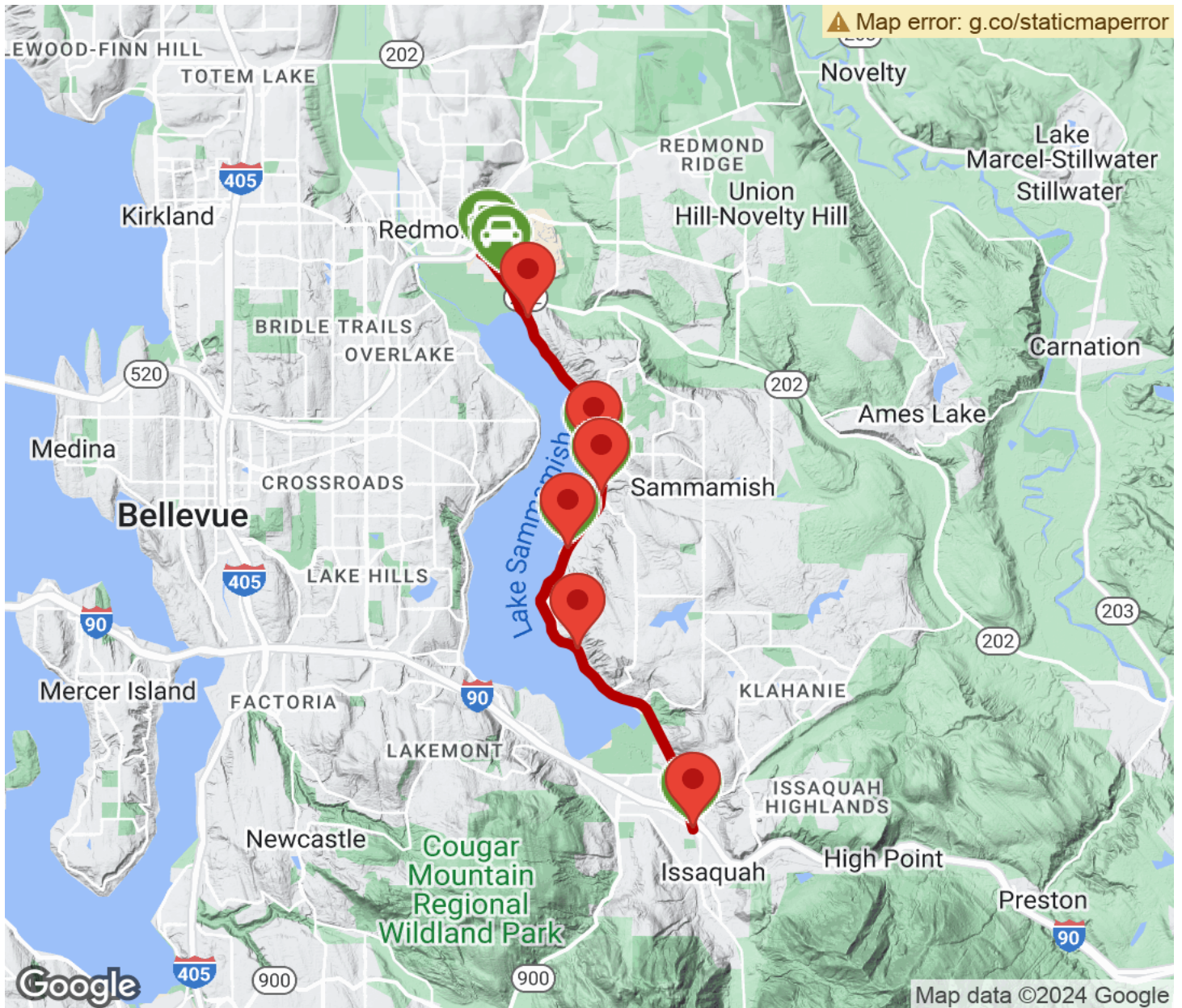
There is parking in Southeast Redmond at 70th St SE and 65th St SE. In Inglewood, there is parking along E Lake Sammamish Pkwy NE. In Issaquah, there is parking at the southern trailhead at 240 NW Gilman Blvd.

See [TrailLink Map](#) for all parking options and detailed directions.



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Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

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