



2026

TrailLink Unlimited 

Guides   



I-5 Bike Path
Oregon



I-5 Bike Path

Oregon

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As its name suggests, the I-5 Bike Path runs along the western side of the busy interstate, giving cyclists and pedestrians in this section of Eugene an easy way to access some of the area's popular recreation sites and shopping areas. The trail runs for about two and a half miles, starting in the north outside the Eugene Health Center, and continuing south all the way into the neighborhood of Harlow, where the trail meets up with part of the beloved [Ruth Bascom Riverbank Trail System](#).

Given the presence of the nearby highway, the trail does not offer the most scenic surroundings; however, the path is well-lit with LED lamps and is separated from the interstate by fencing and some sporadic tree cover. A bike bridge over the interstate provides access to Gateway Street to the east, with a number of popular shopping

destinations and eateries nearby. To the south, the trail begins to follow Garden Way, heading under the busy interchange between I-5 and I-105, before meeting up with part of the Ruth Bascom Trail System by the Whilamut Natural Area and the city's phenomenal Alton Baker Park. While the I-5 Bike Path itself is mostly a functional, commuter trail, it helps play a vital role in connecting nearby residents with some of the area's natural treasures.



I-5 Bike Path

Oregon

States: Oregon

Counties: Lane

Length: 2.4 miles

Trail end points: Old Coburg Rd. to S Garden Way (Ruth Bascom Trail System)

Trail surfaces: Concrete

Trail category: Greenway/Non-RT

Trail activities: Bike, Inline Skating, Walking

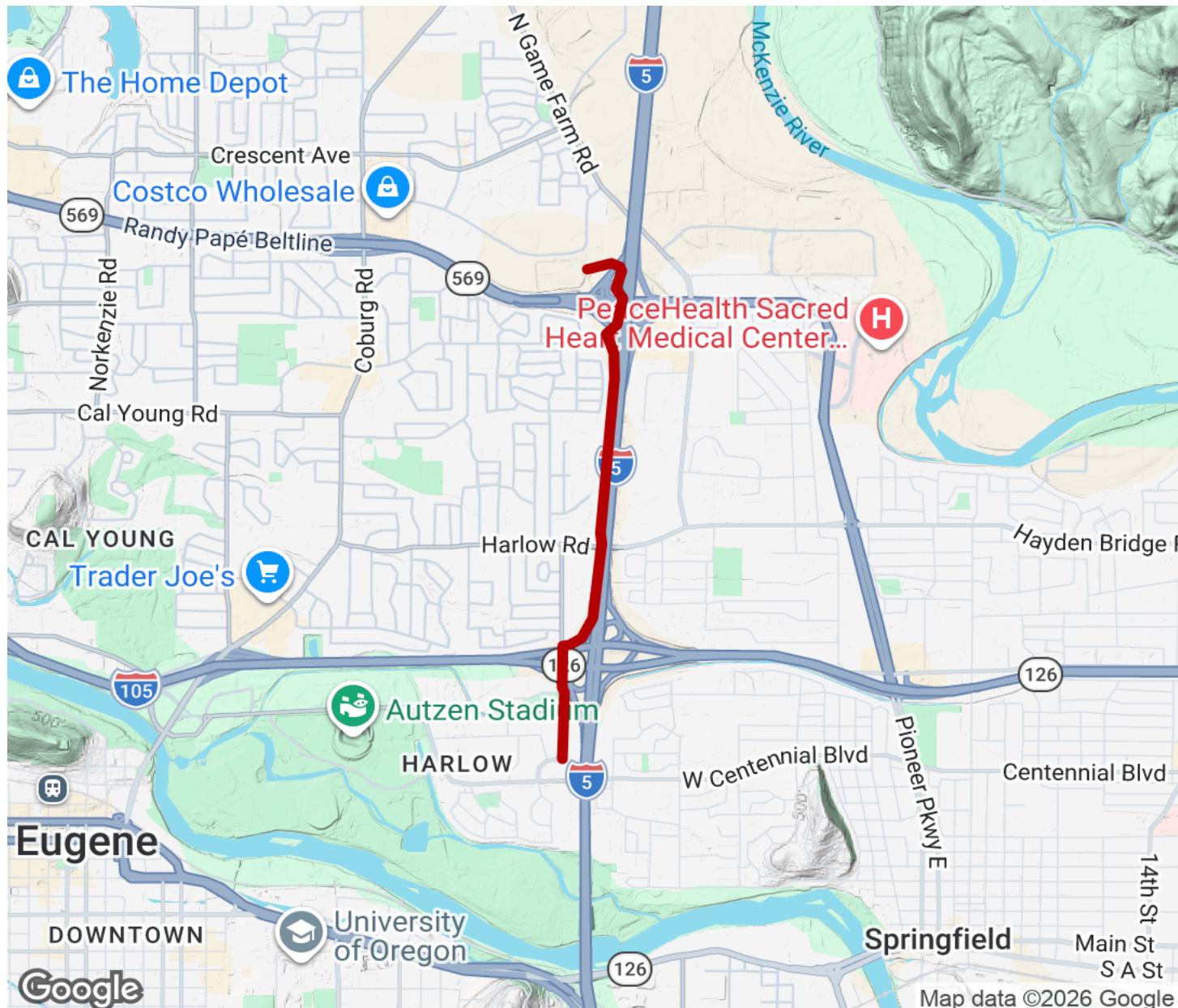
Parking & Trail Access

No dedicated parking is available for this trail; parking may be found nearby at local businesses or on-street, but be sure to consult any posted parking signs and regulations.



I-5 Bike Path

Oregon



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

[TrailLink.com](https://www.TrailLink.com)