



2025

TrailLink Unlimited 

Guides



## Lake to Sound Trail

*Washington*



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The Lake to Sound Trail is a developing pathway that will one day connect the communities of Seattle between the shores of Lake Washington and the Puget Sound at Des Moines Park Beach.

### [Cedar River Trail](#) Section (1.64 miles):

The entire Cedar River Trail stretches 17 miles from Seattle out towards Hobart. The northernmost 1.5 miles of the trail is part of the official Lake to Sound Trail, starting from the shores of Lake Washington until the trail reaches Liberty Park, where the planned Lake to Sound Trail will divert west, and the rest of the Cedar River Trail continues southeast.

### [Green River Trail](#) and Black River Riparian Forest Section

(2.55 miles):

Starting along Naches Ave SW, this section of trail starts in the Black River Riparian Forest, an ecological paradise and wetland home to more than 50 species of birds and a large colony of Blue Herons. The Lake to Sound Trail curves along the edge of the park and then moves into Fort Dent Park, where it merges with the Green River Trail.

The entire Green River Trail traverses its namesake river for most of its 20-mile route, and shares a little over a mile of its route with the Lake to Sound Trail. The Lake to Sound section of the Green River Trail starts in Fort Dent Park and travels south until there is a small break in the trail along Christensen Rd. Here, the Green River Trail continues south, and the planned Lake to Sound Section will travel west.

### SeaTac Section & [Des Moines Creek Trail](#) (6.6 miles):

The SeaTac section runs along the perimeter of the airport, first alongside S 154th St along a wide asphalt path that follows the road, the rest of the 2-mile trail runs alongside Des Moines Memorial Dr. S until reaching Ambaum Blvd. S. From here, additional off-street routes connect trail users to the Des Moines Creek Trail.

The Des Moines Creek Trail offers a nice connection between the south side of Seattle and the waterfront community of Des Moines on Puget Sound. The paved trail begins just south of the Seattle-Tacoma International Airport and winds through the pleasantly wooded Des Moines Creek Park along a burbling creek down to the city's marina, descending slightly as it approaches the water.

The park offers basic amenities, such as benches, picnic tables, and drinking fountains, as well as a network of mountain biking trails to explore. On the trail's southern end, enjoy a stroll over the water on the long pier. You can also continue your journey south on a shared-road bike route on



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**States:** Washington

**Counties:** King

Length: 10miles

**Trail end points:** Renton Rowing Center, 1060 Nishawaki Ln. to City of Des Moines Park Conservation Area, 22047 Cliff Ave S.

**Trail surfaces:** Asphalt, Concrete

**Trail category:** Greenway/Non-RT

**Trail activities:** Bike, Walking, Wheelchair Accessible

## Parking & Trail Access

Parking is available at Des Moines Park Conservation Area, 22047 Cliff Ave S. and along S 200 St at the start of the [Des Moines Creek Trail](#).

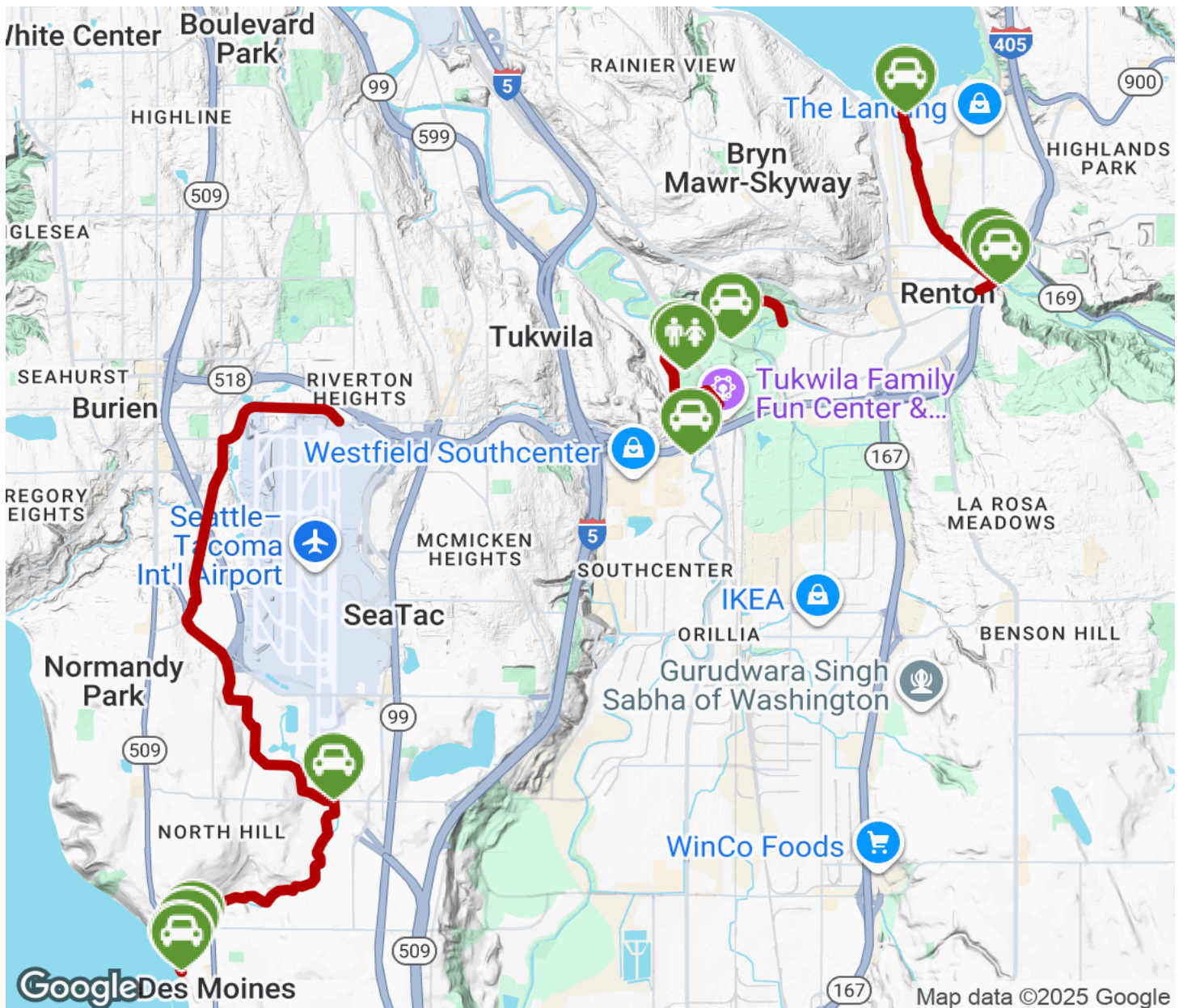
Along the [Green River Trail](#) Section, parking is available at 14800 Starfire Way and near 90 Andover Park E. Additional parking can be found at the Black River Riparian Forest.

See TrailLink Map for all parking options and detailed directions.



# Lake to Sound Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



**TrailLink**  
by Rails-to-Trails Conservancy

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