



2025

TrailLink Unlimited 

Guides



**Midland  
Valley Trail**  
*Oklahoma*



## Midland Valley Trail

Oklahoma

*The Midland Valley Trail cuts more than 3 miles across neighborhoods adjacent to downtown Tulsa on an abandoned*



In 2012, the Midland Valley Trail was improved with a new rest area, drinking fountain, lighting, signage and trash receptacles. The trail was also widened and paved with concrete, trees were planted, and a new pedestrian crossing signal was installed to help trail users cross 21st Street.

The Midland Valley Trail cuts more than 3 miles across neighborhoods adjacent to downtown Tulsa on an abandoned Midland Valley Railroad corridor. Highlights along the trail include Maple Park and Centennial Park, the latter of which features a pond with an encircling walking trail.

At the trail's southern end, a converted railroad trestle over the Arkansas River connects trail users with nearly 20 miles of paved trails—the [Riverparks East Bank Trail](#) and [Riverparks West Bank Trail](#)—along the river. This trailhead is considered one of the best striped bass and catfish fishing areas in Tulsa.

In the north, cyclists can take 3rd Street and Archer Street to reach the [Osage Prairie Trail](#) and [KATY Trail](#).



# Midland Valley Trail

Oklahoma

**States:** Oklahoma

**Counties:** Tulsa

Length: 3.3miles

**Trail end points:** E 3rd St & S Madison Ave to  
Riverparks West Bank Trail at Arkansas River

**Trail surfaces:** Concrete

**Trail category:** Rail-Trail

**Trail activities:** Bike, Inline  
Skating, Fishing, Wheelchair  
Accessible, Walking

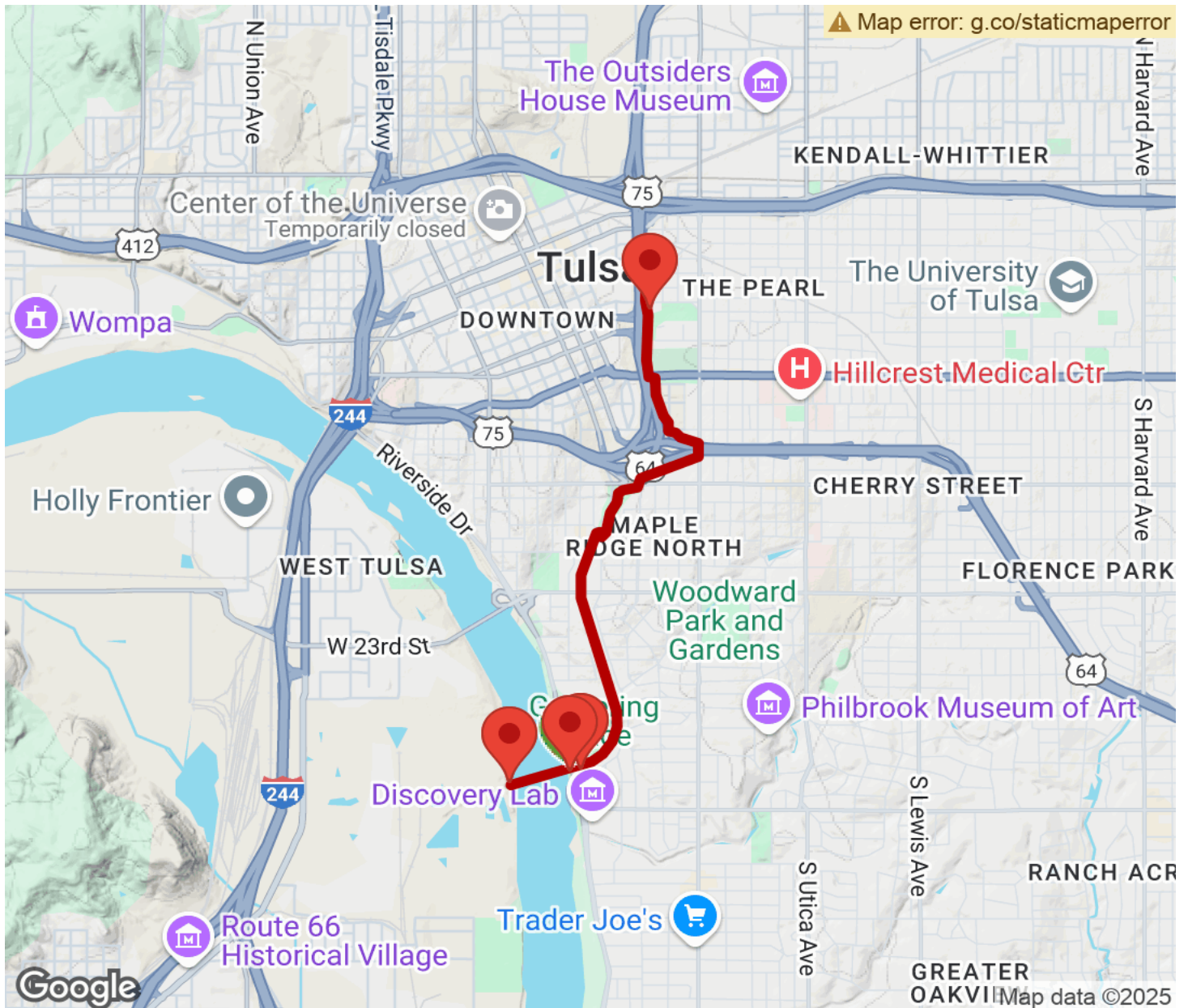
## Parking & Trail Access

Ample parking for the Midland Valley Trail is available at the southern trailhead at 31st Street and Riverside Drive. Additional parking can be found at Centennial Park on S. Peoria Avenue.



# Midland Valley Trail

Oklahoma



Trailhead



Restroom



Parking



Water Fountain



Tunnel



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

**TrailLink.com**