



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, Fishing, Inline
Skating, Walking, Wheelchair Accessible

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.



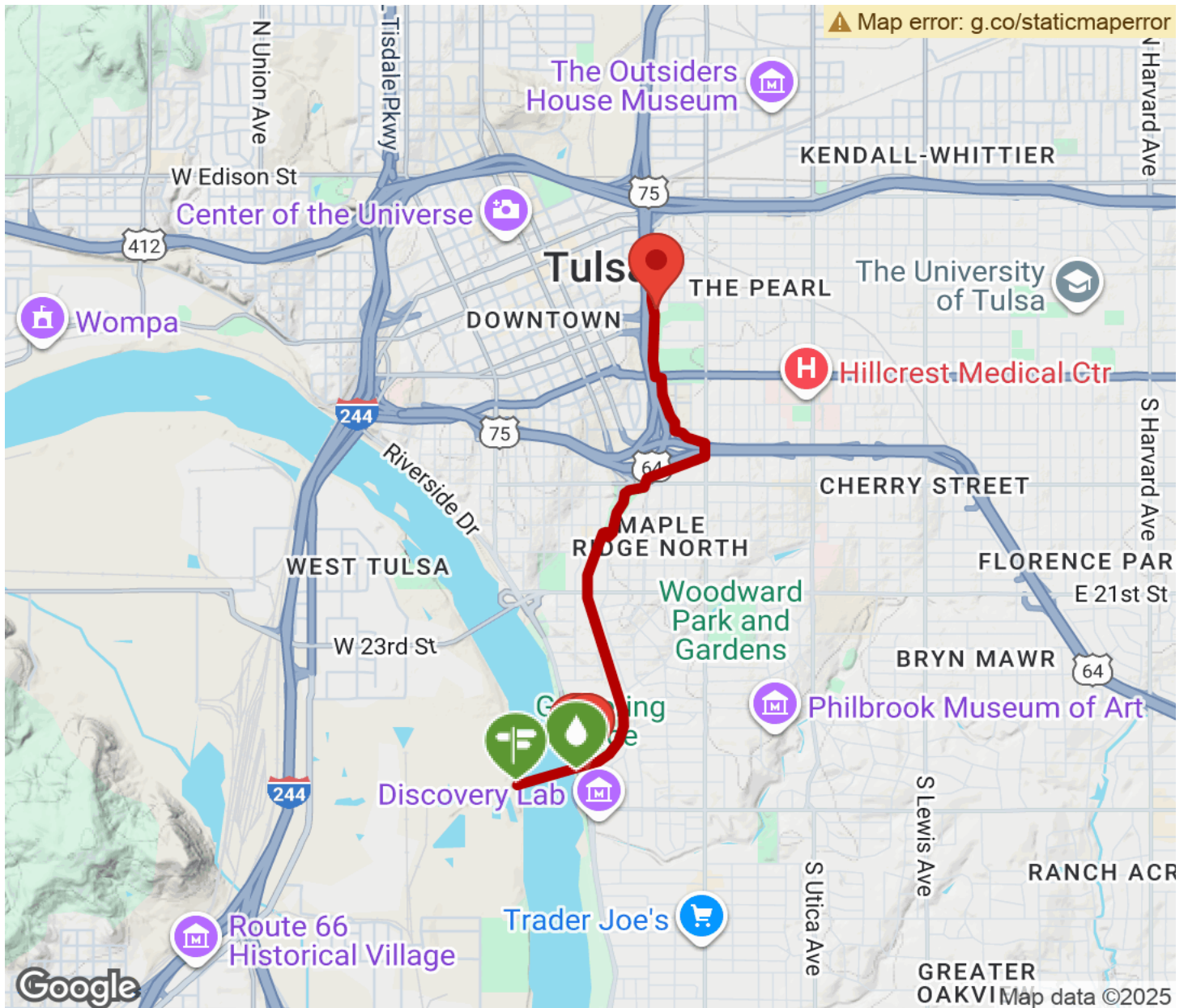
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Midland Valley Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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