



2024

TrailLink Unlimited



Guides



# Sammamish River Trail

*Washington*



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*The Sammamish River Trail rolls along smoothly through a wide, scenic greenway that's home to riverside parks and farms, as well*



The Sammamish River Trail rolls along smoothly through a wide, scenic greenway that's home to riverside parks and farms, as well as a growing wine industry. The trail is the center link of the Seattle area's locks-to-lakes corridor, which connects the Ballard Locks to Lakes Washington and Sammamish via the [Burke-Gilman](#) and [East Lake Sammamish](#) rail-trails.

Yet the Sammamish River Trail isn't primarily a rail-trail. It's a levee trail that was created in the 1960s when crews drained the swamps and completed the second rechanneling of the one-time meandering Sammamish River. The wide asphalt trail follows the river for 11 miles, from Bothell's Blyth Park in the north (where it connects to the Burke-Gilman Trail) to Redmond's Marymoor Park in the south (where it links to the [Marymoor Connector](#)

[Trail](#) and East Lake Sammamish Trail).

Passing through the population centers of Bothell, Woodinville, and Redmond, the trail is one of King County's busiest. Visitors are drawn here by the open spaces; the views of far-off Mount Rainier and the closer Cascade foothills; and the opportunity to hike, run, skate, or ride a bike or a horse (a soft-surface side trail for equestrians is accessible between NE 175th Street in Woodinville to Marymoor Park). Bike commuters roll through here in the mornings and evenings, and lunchtime strollers fill the Redmond section on sunny weekdays.

To start at Blyth Park in Bothell, leave the parking lot and turn left. Turn right onto a trail heading north, and then turn left at a sign pointing to the Sammamish River Trail and bear right at the next junction. The river supports lush surroundings here. A bridge crosses the river for a possible side trip to historical buildings at Bothell Landing. The trail meanders east and then trends southward at Woodinville's Wilmot Gateway Park, which sports a grape arbor. Maples and alders grow along the river, while picnic tables, benches, and soccer and baseball fields inhabit the grassy areas by the trail. Weasels, hooded mergansers, painted turtles, beavers, frogs, salmon, and herons share the river, and hawks and bald eagles patrol the sky.

Farther south, an off-route trail option follows NE 145th Street westward to the Hollywood Winery District, where both notable and little-known wines are poured in tasting rooms. A brewery and restaurant can be found there as well.

The route passes agricultural land and athletic fields on its approach to Redmond—where the path can get crowded on weekdays. It passes a government complex and senior center south of NE 90th Street in a trail section known as "The Stroll." At an old trestle, the river trail crosses the [Redmond Central Connector](#), which uses an inactive BNSF railroad right-of-way to access downtown. After a couple of river crossings, the



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**States:** Washington

**Counties:** King

Length: 11miles

**Trail end points:** Blyth Park (Bothell) to  
Marymoor Park (Redmond)

**Trail surfaces:** Asphalt

**Trail category:** Rail-Trail

**Trail activities:** Bike, Inline

Skating, Wheelchair Accessible, Horseback

Riding, Walking

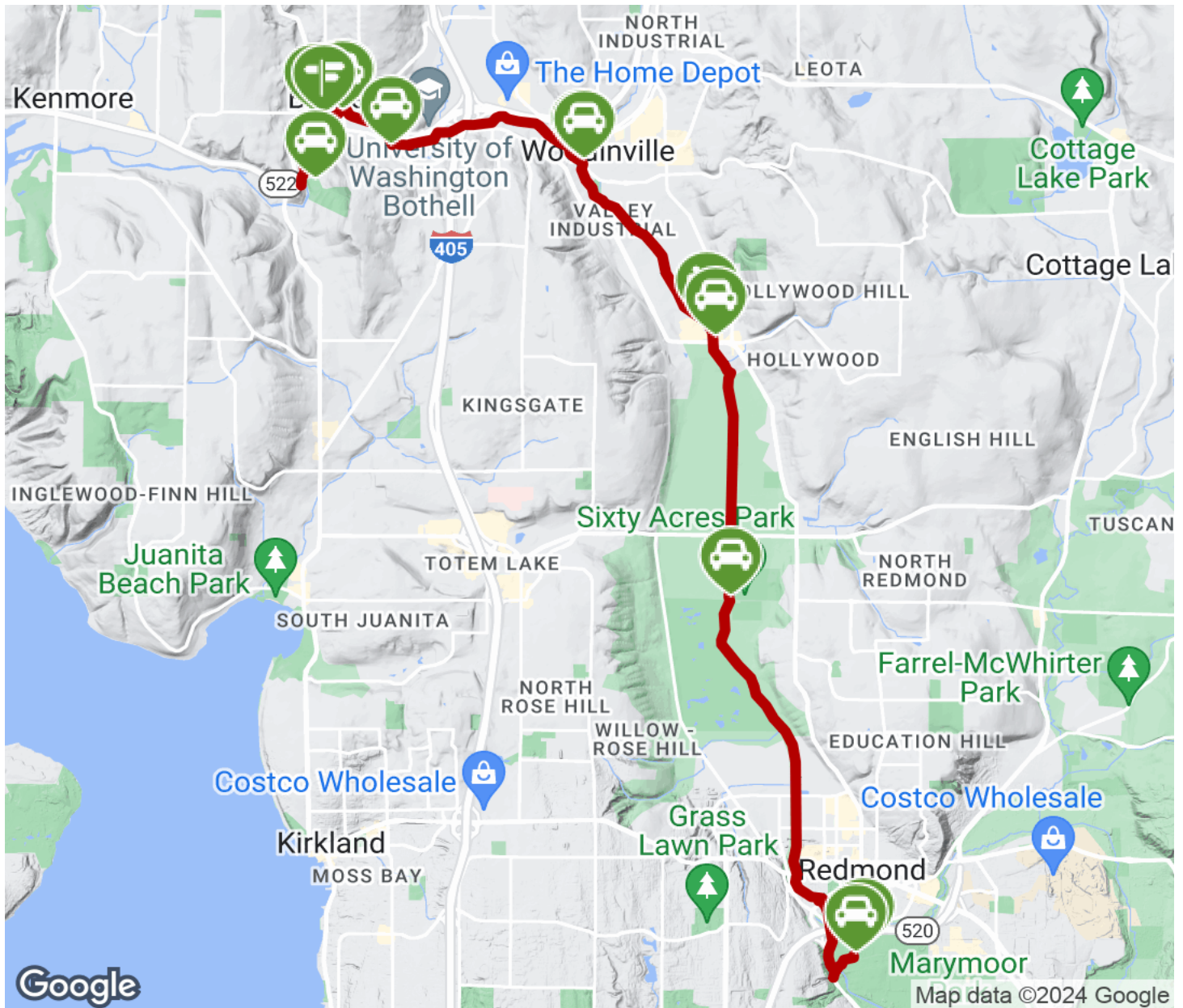
## Parking & Trail Access

Parking is available at numerous locations along the trail. Visit the [TrailLink map](#) for all options and detailed directions.



# Sammamish River Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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

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