



2026

TrailLink Unlimited 

Guides



**Sammamish  
River Trail**  
*Washington*



## Sammamish River Trail

Washington

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Wine enthusiasts can find a lot to like on the Sammamish River Trail, which passes through the Woodinville Wine Country, home to some 60 tasting rooms and restaurants.

At one time, flat-bottomed steamboats carried trade on the Sammamish River, which meanders between Lake Washington and Lake Sammamish. In the 1960s, the U.S. Army Corps of Engineers completed a flood-control project that left behind a mostly level, paved trail atop a levee. It opened to the public in 1979.

Today the trail serves the towns of Redmond, Woodinville, and Bothell in Seattle's eastern suburbs. The trail is one of the busiest in the area. Despite this traffic, it's not unusual to see bald eagles, herons, or beavers along the river, as well as deer and small mammals in the

adjacent fields.

### About the Route

Starting from the trail's eastern end in Marymoor Park in Redmond, home of tech giant Microsoft, the trail leaves off from the junction with the Marymoor Connector, which heads east 1.6 miles to its junction with the East Lake Sammamish Trail. Note that equestrians are allowed on a side path adjacent to the trail that runs north to Wilmot Gateway Park in Woodinville.

In 1.1 miles, the trail passes under the Redmond Central Connector, a segment of the Eastrail network that's scheduled to link Redmond and Kirkland by the spring of 2025.

The next mile or so can be the most congested, especially during lunch hour, given the nearby offices. Across the river, via Northeast 85th Street, a companion trail—the West Sammamish River Trail—runs for 2 miles north on a soft surface. It's open to all users, although wheelchairs are not recommended.

The gravel-surfaced Redmond Powerline Trail crosses the Sammamish River Trail in 1.1 miles. By now, the trail corridor has widened and is buffered by a row of tall poplar trees.

The trail passes acres of athletic fields over the next 3.2 miles to the Northeast 145th Street intersection. This is the Hollywood District of Woodinville Wine Country, home to a cluster of wineries and tasting rooms. Crossing the river on a NE 145th Street side path takes trail users to the swank, French-style estate of Chateau Ste. Michelle Winery. The oldest winery in the state, it's also home to a popular summer concert series.

Back on the trail, the trail passes the dirt Tolt Pipeline Trail junction in 0.3 miles. Wilmot Gateway Park, with its shady pergola, expansive lawn, and playground, awaits in 1.5 miles.



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**States:** Washington

**Counties:** King

Length: 10.3miles

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

**Trail surfaces:** Asphalt

**Trail category:** Rail-Trail

**Trail activities:** Bike, Horseback Riding, Inline  
Skating, Walking, Wheelchair Accessible

## Parking & Trail Access

The Sammamish River Trail runs between Blyth Park (Bothell) and Marymoor Park (Redmond), with parking available at both ends.

Parking is also available at:

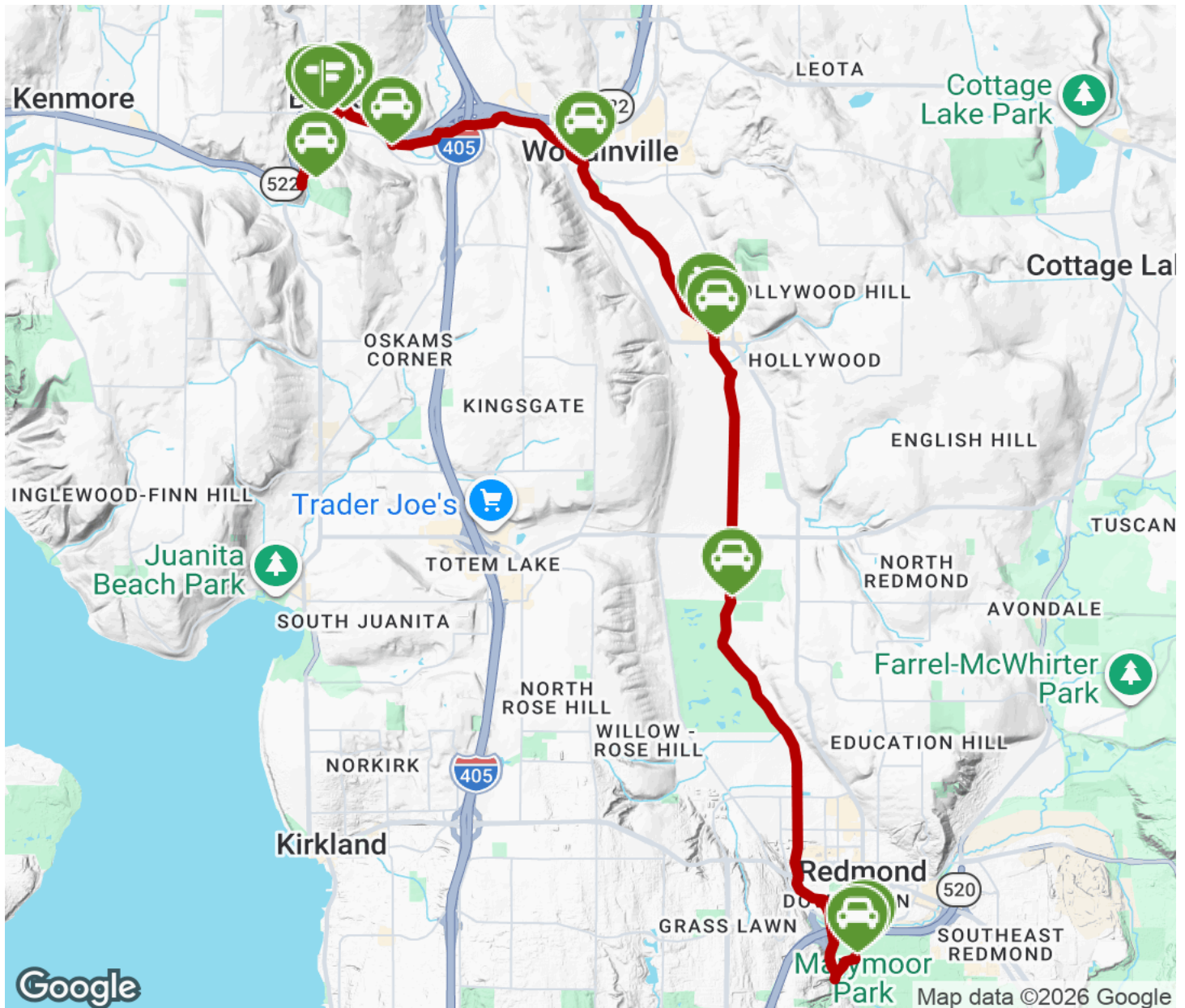
- Woodin Creek Park, 13201 NE 171st St. (Woodinville)
- Sammamish River Park, 17995 102nd Ave. (Bothell)

Please see [TrailLink Map](#) for all parking options and detailed directions.



# Sammamish River Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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