



2026

TrailLink Unlimited 

Guides



**Karen Fraser
Woodland
Trail**
Washington



Karen Fraser Woodland Trail

Washington

Commuters move between the cities of Olympia and Lacey along a former Burlington Northern corridor now known as the Karen



Commuters move between the cities of Olympia and Lacey along a former Burlington Northern corridor now known as the Karen Fraser Woodland Trail. The [Chehalis Western Trail](#) runs north and south from the midpoint of the Karen Fraser Woodland Trail, forming a county network for commuting and recreation.

The Northern Pacific Railroad laid its tracks, which were later purchased by the Burlington Northern, into downtown Olympia in 1891. Service was discontinued, and the right-of-way was acquired for trail construction. The city of Olympia manages the southwestern section of the trail, and Lacey manages the northwestern segment.

The trailhead in Olympia features green architecture, such as a shelter and restroom with solar-tube lighting

and a living roof (covered with plants). The parking lot comprises porous pavement, and a rain garden filters storm water. From the trailhead, the route runs northeast on a mild uphill grade, intersecting after 2.5 miles with the Chehalis Western Trail. You'll pass benches and more than 12,000 native tree and shrub plantings. At the four-way intersection of the two trails (the Chehalis Western Trail runs both north and south), an access point leads north to Pacific Avenue and a small retail area.

The Lacey segment begins here and parallels busy Pacific Avenue through downtown Lacey, reaching the meadows of Woodland Creek Community Park after 2.2 miles. Two busy traffic circles create safety issues for children and inexperienced riders. Use great caution, as traffic enters quickly and drivers may not see you. Recreational riders may consider continuing on the Chehalis Western Trail.

Once you've passed Carpenter Street, you'll come to the trail's end at Woodland Creek Community Park. Highlights include Woodland Creek, which weaves through the property, as well as Longs Pond (year-round fishing for children age 14 and under), additional trails, and a trestle.



Karen Fraser Woodland Trail

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States: Washington

Counties: Thurston

Length: 5.2miles

Trail end points: Capitol Gateway Park
(Olympia) to Woodland Creek Community Park
(Lacey)

Trail surfaces: Asphalt,Gravel

Trail category: Rail-Trail

Trail activities: Bike,Inline

Skating,Walking,Wheelchair Accessible

Parking & Trail Access

To reach the Olympia trailhead (1600 Eastside Street SE) from Interstate 5, take Exit 105 toward Port of Olympia. Head north on Plum Street SE. Turn right onto Union Avenue SE; in 0.2 mile, turn right onto Eastside Street SE. The destination will be on your left in 0.4 mile.

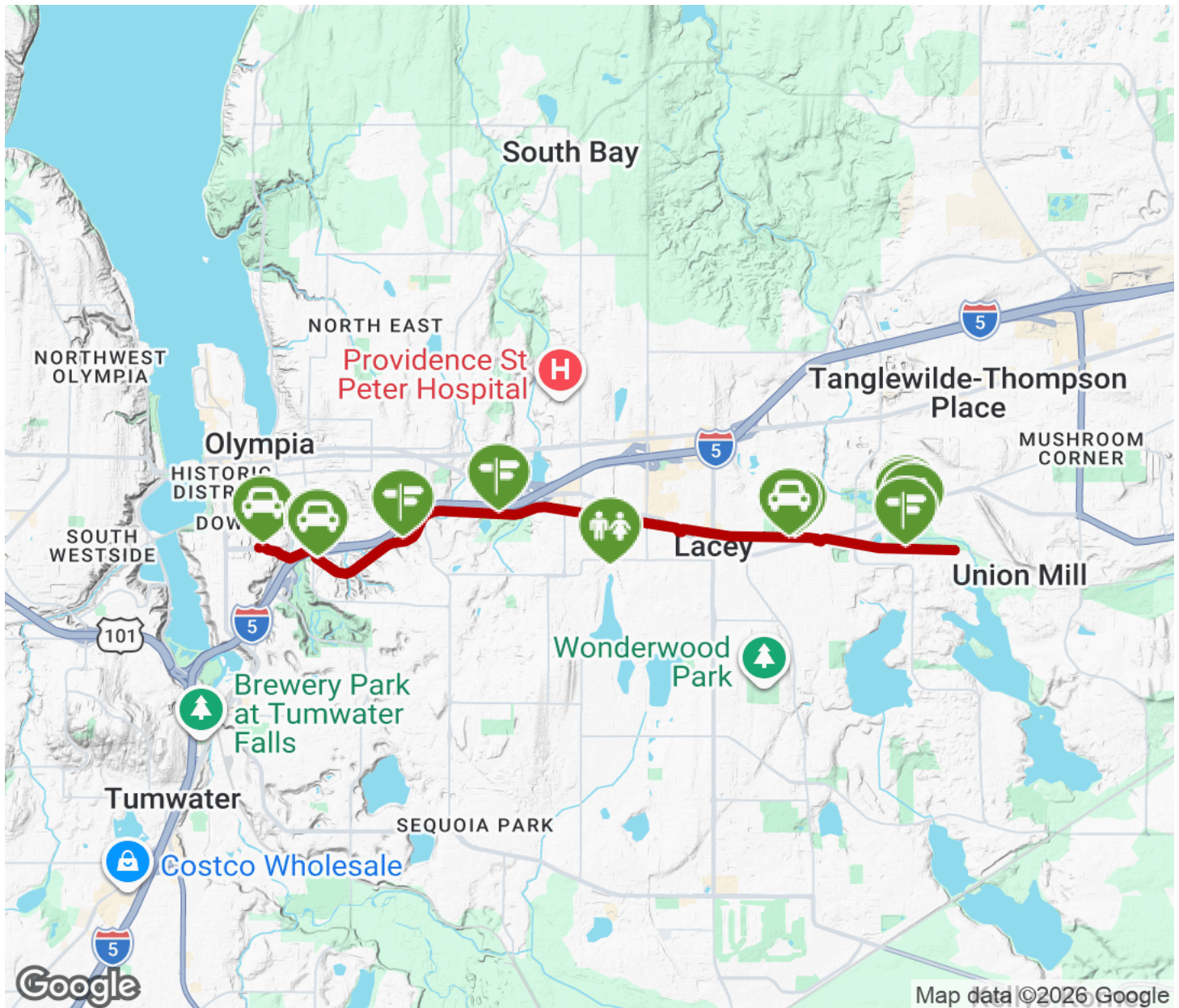
Pedestrian- and bicycle-only trailheads are located at Frederick Street, Boulevard Road, Pacific Avenue, and Dayton Street SE. From the Olympia trailhead, follow Wheeler Avenue SE to the Frederick Street (0.7 mile) and Boulevard Road (0.9 mile) trailheads. The Pacific Avenue trailhead is located off Exit 107 from I-5. From the Boulevard Road trailhead, follow Boulevard Road south for 0.3 mile, and turn left onto 15th Avenue SE/Dayton Street SE. In 0.7 mile, you will reach the trailhead.

To reach the Lacey trailhead at Woodland Creek Community Park, from I-5, take Exit 109. Head east on Martin Way E. Go 1 mile, and turn right onto Carpenter Road SE. After 0.9 mile, turn left onto Pacific Avenue SE, and then turn right into the park.



Karen Fraser Woodland Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

[TrailLink.com](https://www.TrailLink.com)