



2026

TrailLink Unlimited 

Guides



East Lake Sammamish Trail

Washington



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The East Lake Sammamish Trail skirts Lake Sammamish for 11.5 miles through the towns of Issaquah, Sammamish, and Redmond in the fast-growing eastern suburbs of Seattle. The paved trail is one link in the 44-mile Locks to Lakes Corridor of paved trails that connect Puget Sound with the Cascade foothills.

In the mornings and late afternoons, the trail carries bicycle commuters traveling between tech-centric employment centers. Class I and II e-bikes are allowed on the trail, and so are electric scooters. The rest of the time, it's used by recreational bicyclists, dog walkers, joggers, and even a few folks trying their hand with a rod and reel from the end of public piers.

Although hemmed in between expensive lakeside

housing and the East Lake Sammamish Parkway, the trail offers expansive views of the lake and surrounding hillsides, originally inhabited for thousands of years by members of the Snoqualmie and Sammamish tribes. The town of Issaquah and the lake's original name—Squak—were derived from their language.

About the Route

Leaving from the trail's southern end at Fourth Avenue and Gilman Boulevard in Issaquah's busy commercial district, the trail heads north 0.3 miles to a junction with the 5.5-mile Issaquah-Preston Trail, on the right. In 2 miles, the trail arrives at a boat launch for Lake Sammamish State Park. A trail connects to the rest of the 500-acre park, which sweeps around the south end of the lake.

Continuing north, trail users will be treated to perpetual views of the lake in between and over multistory dwellings that line the waterfront. Stop signs are posted for motorists at the frequent driveways that access these homes, but be aware of automobiles. Additionally, watch out for the many bollards posted in the middle of the trails at these crossings.

Benches stationed along the trail are good vantage points for watching bald eagles or ospreys flying overhead, as well as herons perched on private docks. Trail users also might enjoy reading the interpretive signs along the way, as well. There are many gates and stairways that lead to the waterfront, but these are private access only.

About 7 miles past the boat launch, the trail comes to the Sammamish Landing Park, which provides the only other public waterfront access, along with parking, restrooms, a picnic shelter, beaches, and a dock.

In 1 more mile, the trail passes the 1.5-mile Marymoor Connector to your left; it passes through the 640-acre Marymoor Park to the Sammamish River Trail. The East Lake



East Lake Sammamish Trail

Washington

States: Washington

Counties: King

Length: 11.5miles

Trail end points: NW Gilman Blvd. (Issaquah)
to SR 202 (Redmond)

Trail surfaces: Asphalt

Trail category: Rail-Trail

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

Parking & Trail Access

The East Lake Sammamish Trail runs between NW Gilman Blvd. (Issaquah) and SR 202 (Redmond), with parking available at either end.

Parking is also available at:

- 4455 E. Lake Sammamish Pkwy. (Sammamish)
- 4607 E. Lake Sammamish Pkwy. (Sammamish)

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



TrailLink
by Rails-to-Trails Conservancy

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