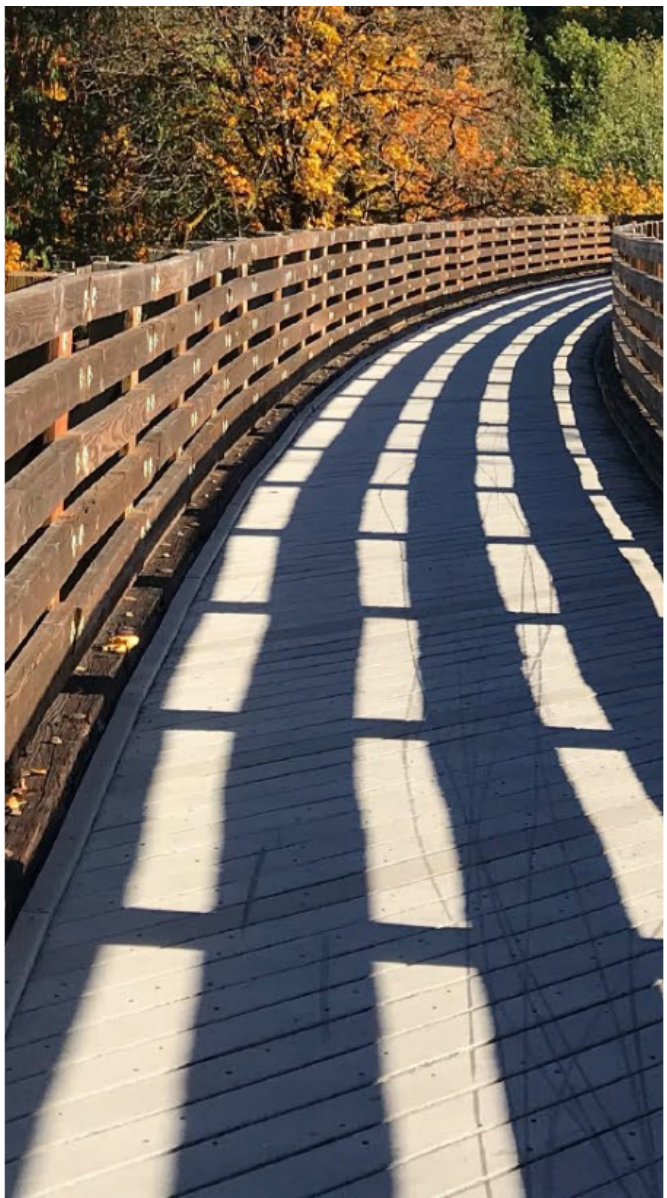
TrailLink
by Rails-to-Trails Conservancy

2025

TrailLink Unlimited

Guides



Foothills Trail (WA)

Washington

Foothills Trail (WA)

Washington

Closure Notice: The Spiketon Ditch Bridge is closed until further notice. Please check with Pierce County for more current

Closure Notice: The Spiketon Ditch Bridge is closed until further notice. Please check with Pierce County for more current information.

Overview

The Foothills Trail is a 24.7-mile collection of five unconnected segments of the old Burlington Northern Railway that served the farming, coal-mining, and logging economies near the base of Mount Rainier. The longest section is a paved trail that rolls between the outskirts of Puyallup to Buckley. Other paved, gravel, and dirt segments are located in Boise, Enumclaw, and Wilkeson. Plans call for connecting all these pieces.

About the Route

There are five trailheads—East Puyallup, McMillin, Orting, South Prairie, and Buckley—along the 25-mile route, in addition to several other parking locations. Leaving the Puyallup-Buckley trailhead, trail users will pass through farmland that once produced 60 million daffodil bulbs annually. All that remains of that era is the annual Daffodil Festival, as well as that bloom's depictions on signs and even a sculpture along the route.

From Puyallup, the trail heads south as it follows WA-162 and parallels the Puyallup River. In McMillin, the route crosses the river via a pedestrian bridge. About eight miles south of Puyallup, the City of Orting offers a bike shop, cafés, bakeries, and more.

South of Orting, the trail curves northeast as it follows the Carbon River more closely. Briefly veering away from the trail is the Carbon River which runs milky white from a melting glacier on Mount Rainier. The active volcano's white summit is visible most of the way. It's responsible for making this perhaps the only rail trail posted with lahar warning signs, which direct trail users to head for the hills to escape volcanic mudflow in the event of seismic activity.

The route follows the old railroad S-curve (less than 1.5 miles long), which was built to reach the elevation of the Enumclaw Plateau and includes four bridges (one 400 feet long).

Heading northeast through Buckley, the rail trail passes the Logging Museum with its stadium for the annual logging contests and a historical display of log-industry artifacts. The pavement ends at a use-at-own-risk sign south of town.

In 2024, the construction of a new pedestrian bridge over the White River connects this portion of the trail to the next section between Wilkeson and Carbonado. Wilkeson, with its old-timey Main Street storefronts, is one of the few surviving towns from the coal-mining era. A 1-mile-long paved trail takes a switchback uphill to a well-maintained dirt singletrack

Foothills Trail (WA)

Washington

States: Washington
Counties: King,Pierce
Length: 24.7miles
Trail end points: Shaw Rd E (Puyallup) to 268th Ave. SE (Enumclaw)
Trail surfaces: Asphalt,Dirt,Gravel
Trail category: Rail-Trail
Trail activities: Bike,Inline Skating,Fishing,Wheelchair Accessible,Horseback Riding,Walking

Parking & Trail Access

The Foothills Trail (WA) runs between Shaw Rd E (Puyallup) and SE 416th St. (Birch).

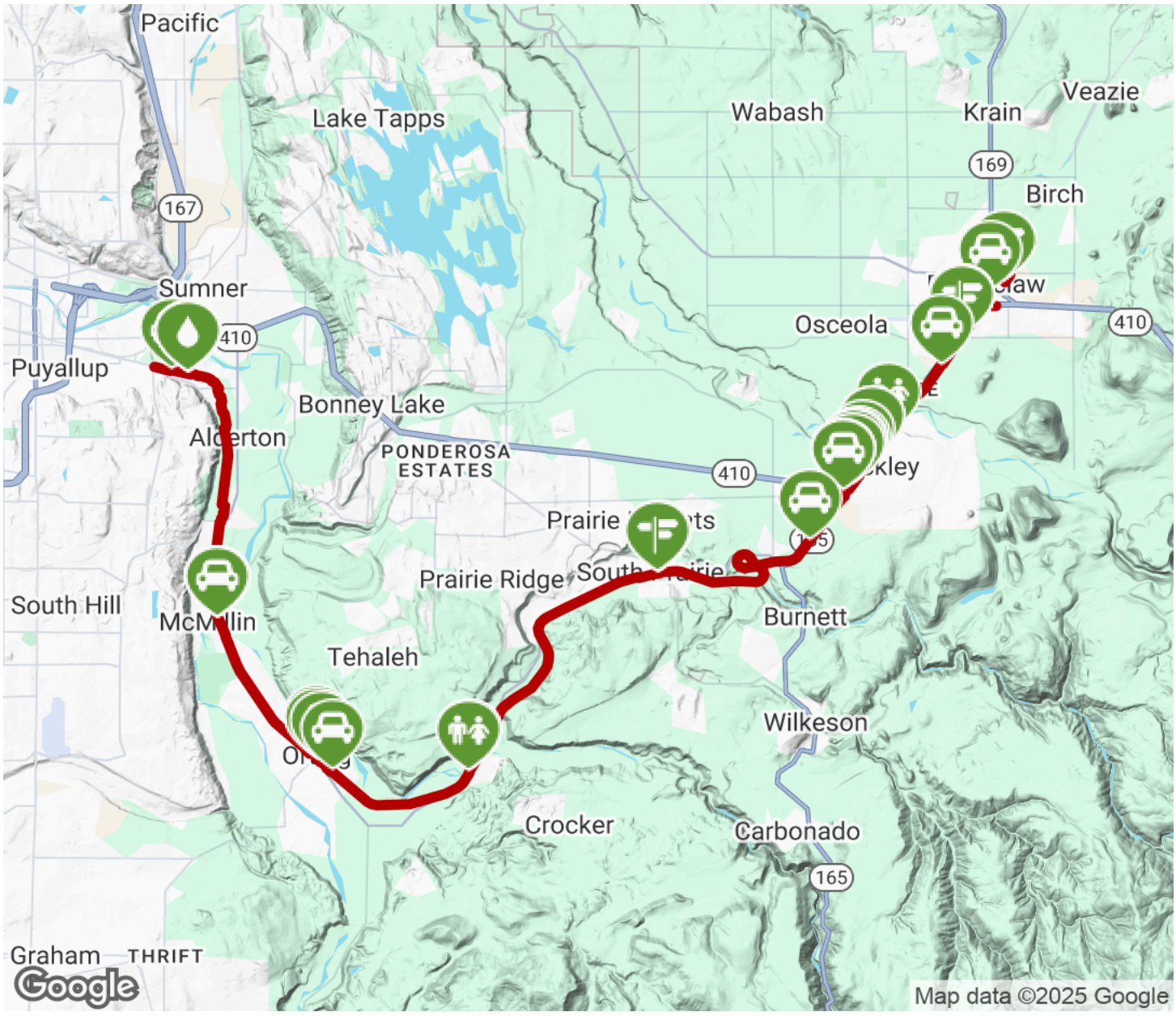
Parking is available at:

- 7999-7529 134th Ave. E (Puyallup)
- 540 Church St. (Wilkeson)
- 962 Roosevelt Ave. (Enumclaw)

There are numerous parking options along the route, please see TrailLink Map for all parking options and detailed directions.

Foothills Trail (WA)

Washington



Trailhead Restroom Parking Water Fountain Tunnel

TrailLink
by Rails-to-Trails Conservancy

TrailLink.com