



2026

TrailLink Unlimited 

Guides



**Foothills Trail
(WA)**

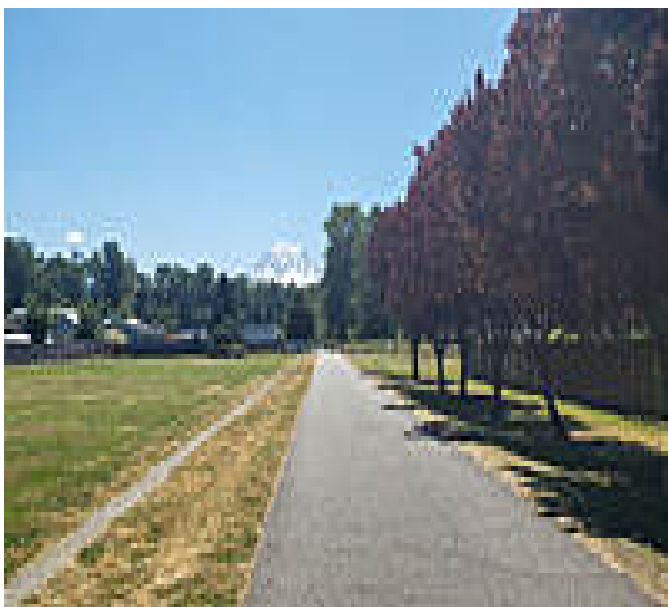
Washington



Foothills Trail (WA)

Washington

The Foothills Trail is a 24.7-mile collection of five unconnected segments of the old Burlington Northern Railway that served the



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.

Not far out of Orting, a bridge crosses the Carbon shortly before the river is joined by South Prairie Creek, which the trail then follows. Roughly seven miles from Orting, the trail passes through the charming small town of South Prairie. Not far out of South Prairie, the route follows the original 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 which continues on to Enumclaw. There's a significant dip to the bridge, then a climb back up to the previous elevation. Entering Enumclaw, a few miles on, the trail passes a sculpture park of metal Elk before the trail becomes urban



Foothills Trail (WA)

Washington

States: Washington

Counties: King, Pierce

Length: 24.7 miles

Trail end points: Shaw Rd E (Puyallup) to 268th Ave. SE (Enumclaw)

Trail surfaces: Asphalt, Dirt, Gravel

Trail category: Rail-Trail

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

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.



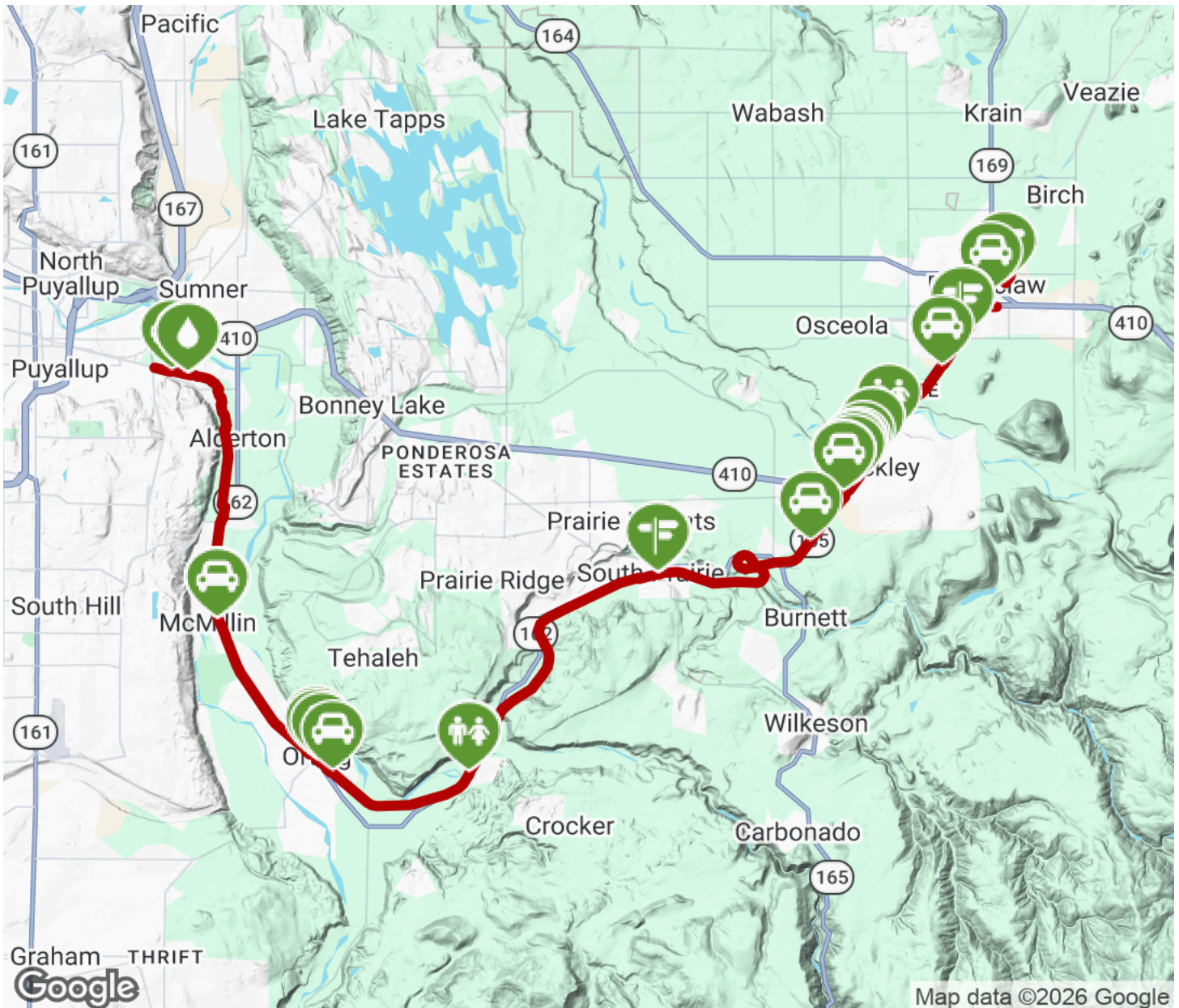
TrailLink
by Rails-to-Trails Conservancy

TrailLink.com



Foothills Trail (WA)

Washington



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com