



2026

TrailLink Unlimited



Guides



Issaquah- Preston Trail

Washington



Issaquah-Preston Trail

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Suburban sprawl gives way to deep forest and rural farm lots as this rail-trail follows an uphill grade from Issaquah to the outskirts



Suburban sprawl gives way to deep forest and rural farm lots as this rail-trail follows an uphill grade from Issaquah to the outskirts of Preston.

About the Route

The western end of the Issaquah-Preston Trail begins at a junction with the East Lake Sammamish Trail. Starting as a paved trail, the Issaquah-Preston Trail crosses East Lake Sammamish Parkway at a crosswalk and traffic light and then proceeds uphill, where its role as a commuter and recreation route is evident. To reach Preston, follow the left fork at a trail junction and enter a short tunnel; the right fork ascends to homes, stores, and offices in the Issaquah Highlands development.

Another trail junction confronts visitors after the tunnel. The left branch proceeds to Preston, while the right heads downhill to historic downtown Issaquah. The paved surface ends after the second trail fork, and the subsequent packed dirt and gravel trail can be uneven and muddy at times. It becomes a wide forest path canopied by second-growth Douglas firs and western red cedars as it passes through a section of Grand Ridge Park while noisy Interstate 90 traffic rolls past downhill. Nearly 10 miles of popular mountain biking trails in the 1,300-acre forest can be reached from the Coal Mine and Grand Ridge trailheads (maps are displayed on posts) in this section.

Passing through the forest, the path crosses a classic wooden bridge over East Fork Issaquah Creek and emerges at a small parking lot on SE High Point Way. Across this road, the trail continues as a gravel path sandwiched between Issaquah Creek and I-90. It is screened from the freeway by landscaping in places, and visitors can glimpse some farm lots to the north.

The eastern end of Issaquah-Preston Trail crosses another wooden bridge and arrives at a two-way cycle track on the wide shoulder of SE High Point Way. The historic mill and railroad town of Preston—with restrooms, a market, a sports park, and the Preston-Snoqualmie Trail—is located about a mile to the east along the marked bike route.

Connections

The Issaquah–Preston Trail is among a group of trails in the Mountains to Sound Greenway that link Seattle and its eastern suburbs with Eastern Washington.

At its western end on 4th Avenue NW in Issaquah, the trail connects to the [East Lake Sammamish Trail](#).

At its eastern end on SE High Point Way heading towards Preston, the trail connects to the [Preston-Snoqualmie Trail](#).



Issaquah-Preston Trail

Washington

States: Washington

Counties: King

Length: 5.1miles

Trail end points: East Lake Sammamish Trail at 4th Ave NW (Issaquah) to Preston-Snoqualmie Trail at SE High Point Way (Issaquah)

Trail surfaces: Asphalt,Dirt,Gravel

Trail category: Rail-Trail

Trail activities: Bike,Fishing,Horseback Riding,Mountain Biking,Walking,Cross

Parking & Trail Access

The Issaquah-Preston Trail runs between East Lake Sammamish Trail at 4th Ave NW (Issaquah) and Preston-Snoqualmie Trail at SE High Point Way (Issaquah).

Parking is available at:

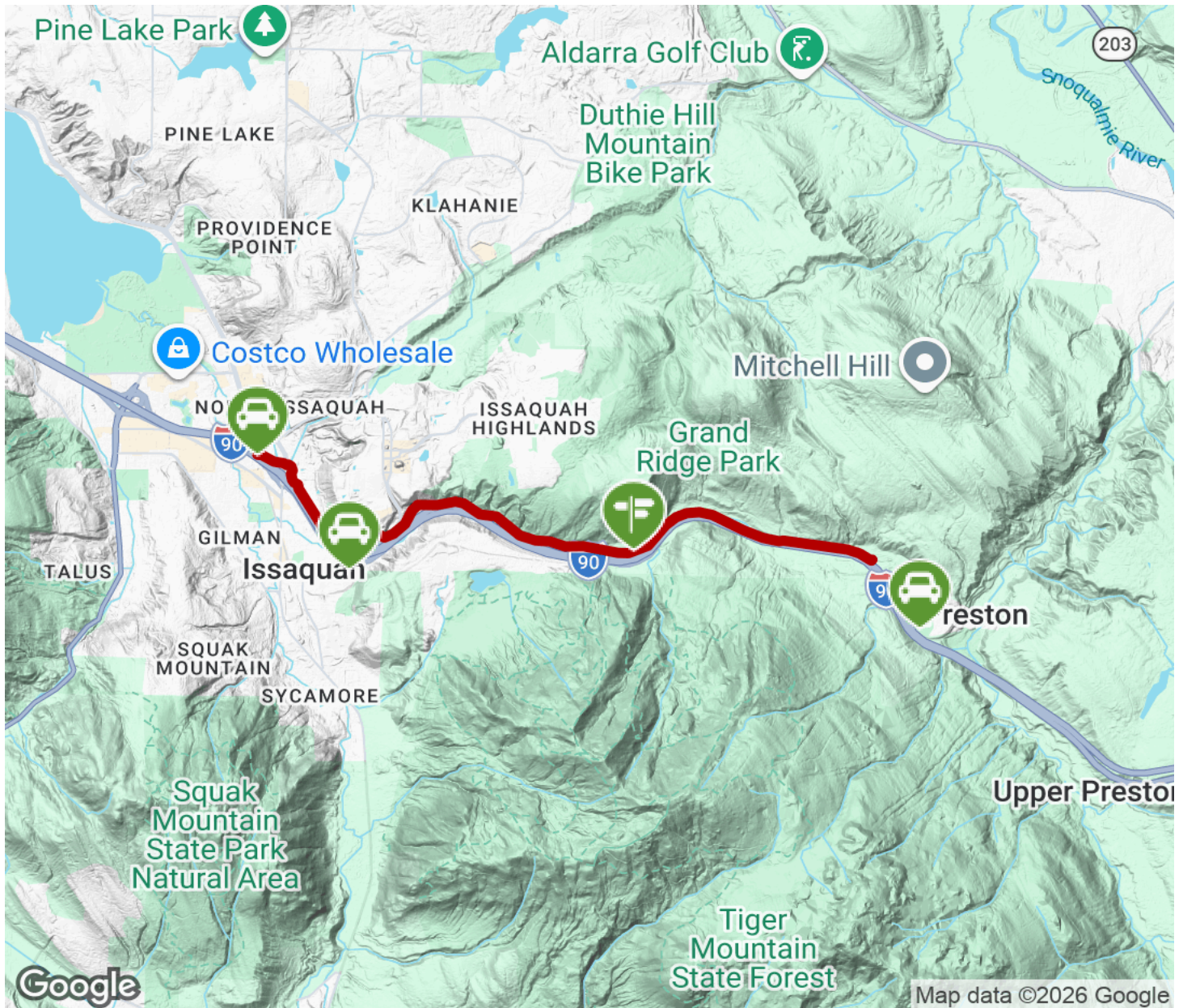
- 4th Ave NW (Issaquah)
- SE High Point Way (Issaquah)
- Preston Athletic Fields and Park, 30634 SE 87th Pl (Preston)

These are not all official addresses, please visit the [TrailLink map](#) for more detailed directions.



Issaquah-Preston Trail

Washington



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

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