



2026

TrailLink Unlimited 

Guides   



**Interurban
Trail South**
Washington



Interurban Trail South

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The main segment of the Interurban Trail (South) follows a former trolley line 16.1 miles on a mostly straight and flat trajectory through several towns south of Seattle, providing a route for commuting and recreation east of the I-5 corridor. In addition, two shorter trail segments that total 3.7 miles allow space for outdoor pursuits on a ridge near Tacoma.

The Interurban Trail South follows the route of the Puget Sound Electric Railway, which ran between Seattle and Tacoma from 1902 until 1928 when it was shut down due to competition from cars and trucks. With links to several trails in King and Pierce Counties, the trail plays a role in the Leafline Trail Network, which will connect more than 900 miles of trail in the central Puget Sound region. Public restrooms and drinking fountains are scarce along

the route, and shade is mostly nonexistent under the power lines.

Segment 1

Starting in the north, plenty of parking is available at a soccer facility next to Fort Dent Park in Tukwila, an area inhabited for centuries by the Duwamish Tribe, Indigenous people related to the Coast Salish of the Pacific Northwest.

At the south end of the parking lot, follow a sign marked River Trail to cross a small bridge; then find the Interurban Trail beginning at a junction with the Green River Trail (see page 173) in less than a mile. Take a left, follow the trail around an amusement park, pass under I-405, and then begin an 11-mile stretch of straight trail marked by a line of tall utility towers marching south to the horizon.

While the first few miles pass through congested commercial and light industrial areas, the trail is screened from surrounding warehouses by ditches where wildflowers, bushes, and grasses proliferate. Songbirds are drawn to these marshy areas, and trail users will hear their calls and see them flitting across the trail.

In 7.2 miles, the trail crosses the southern end of the Green River Trail at Foster Park in Kent. Trail users can use it to make a tidy 20-mile loop back to the soccer complex. Continuing south, the Interurban passes through a sprawling rail yard where trains are staged for passage to the Seattle and Tacoma harbors. The trail intersects a couple of rail crossings, which can be blocked by trains. The surroundings then take on a more agricultural nature for a few miles. Three miles past Foster Park, the Emerald Downs thoroughbred racetrack comes into view.

Commercial and residential development borders the trail in another mile. Find a giant outlet mall with fast-food restaurants on the right as the trail heads south through



Interurban Trail South

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States: Washington

Counties: King, Pierce

Length: 19.8 miles

Trail end points: Green River Trail (Tukwila)
to S 380th St. (Fife)

Trail surfaces: Asphalt

Trail category: Rail-Trail

Trail activities: Bike, Inline

Skating, Walking, Wheelchair Accessible

Parking & Trail Access

The Interurban Trail South runs between the Green River Trail (Tukwila) and S 380th St. (Fife):

Parking is available at:

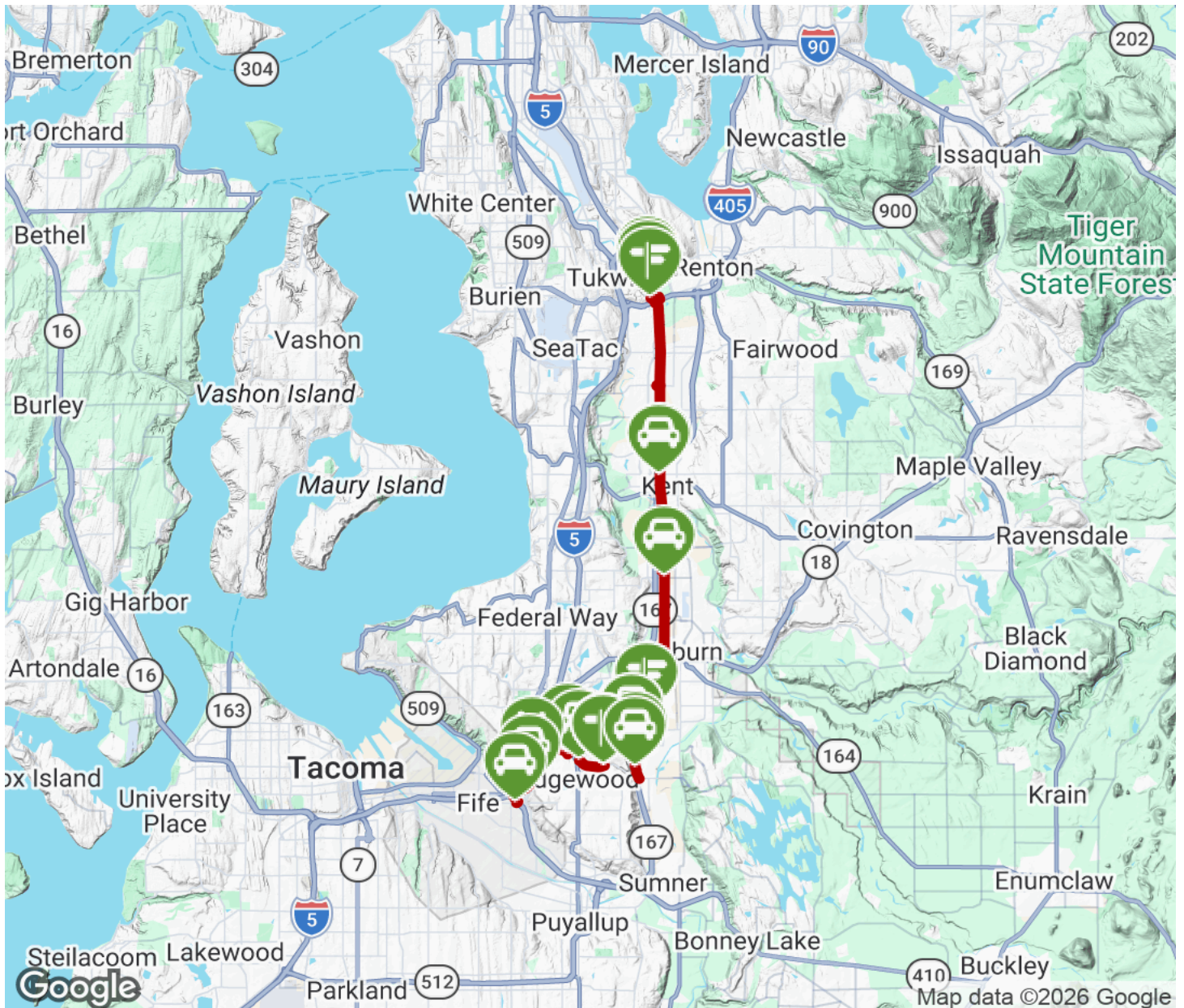
- Starfire Sports, 14800 Starfire Way (Tukwila)
- 902 W. James St. (Kent)

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



Interurban Trail South

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

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