



2026

TrailLink Unlimited 

Guides



I-90 Trail
Washington



I-90 Trail

Washington

Scenic and interesting are uncommon terms used to describe a trail alongside a busy freeway, but the I-90 Trail in Washington is



I-90 vehicular travel lanes in eastern Seattle. Despite the trail's name, the busy highway is generally only visible on the two bridges and where the road emerges from underneath the lids. Elsewhere, vehicles are hidden behind landscaped sound walls, beneath the lid parks or in the tunnel.

Scenic and interesting are uncommon terms used to describe a trail alongside a busy freeway, but the I-90 Trail in Washington is different.

About the Route

The trail leaves in the west in Seattle and runs for 10 miles across Lake Washington and Mercer Island to the Mercer Slough Nature Park in Bellevue. Across that distance, trail users get to traverse both the box girder East Channel Bridge and the floating Homer M. Hadley Memorial Bridge, explore two parks on lids over the freeway and take in the views along the massive lake.

Bikers and pedestrians also get to use a unique separated tunnel below residences and parks but above the deeper



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States: Washington

Counties: King

Length: 8.8miles

Trail end points: Golf Dr. S (Seattle) to W Lake Sammamish Parkway SE (Bellevue)

Trail surfaces: Asphalt, Concrete

Trail category: Greenway/Non-RT

Trail activities: Bike, Walking

Parking & Trail Access

The I-90 Trail runs between Golf Dr. S (Seattle), where parking is available, and W Lake Sammamish Parkway SE (Bellevue).

Parking is also available at:

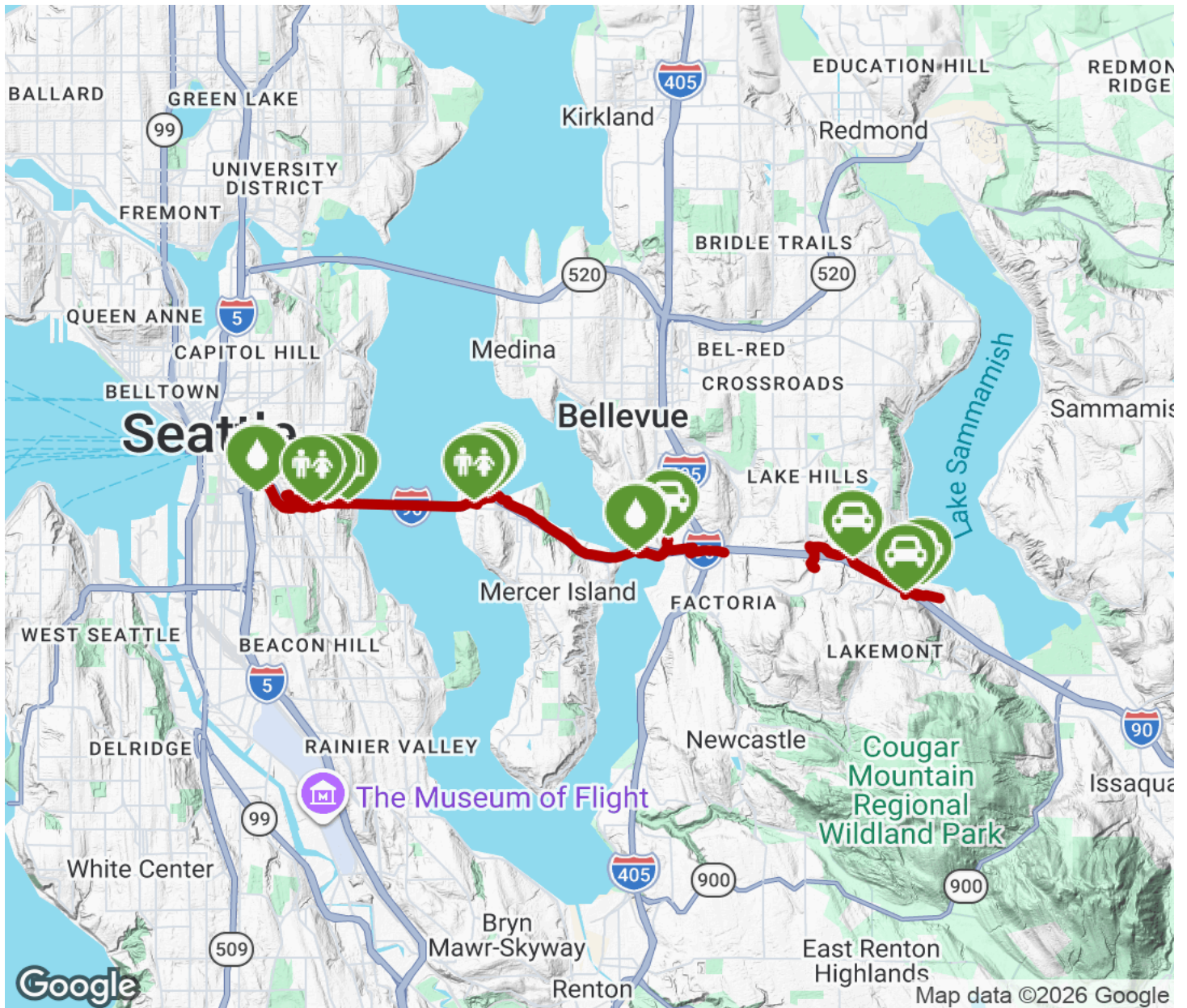
- Aubrey Davis Park, 2030 72nd Ave SE (Mercer Island)

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



I-90 Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com