



2026

TrailLink Unlimited 

Guides



Soos Creek Trail

Washington



Soos Creek Trail

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The Soos Creek Trail travels through heavily wooded forest on a north-south route spanning the eastern edge of the Seattle suburb



for an additional 4 miles to ultimately connect to the existing [Cedar Creek Trail](#) in Renton.

The Soos Creek Trail travels through heavily wooded forest on a north-south route spanning the eastern edge of the Seattle suburb of Kent. Following the path of its namesake creek, the trail begins just a short distance from scenic Lake Meridian in the south and travels a moderately hilly course northward towards its ultimate terminus at Meeker Middle School.

The trail is paved over its entire length, and an adjacent soft surface path for equestrian use parallels the trail at times. Near the trail's midpoint at SE 216th Street, bikers, walkers and runners can continue west to the 9-mile Lake Youngs Trail, which encircles the large lake with an unpaved path.

Plans are in motion to extend the Soos Creek Trail north



Soos Creek Trail

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States: Washington

Counties: King

Length: 6miles

Trail end points: SE 192nd St. and 124th Ave. SE to 148th Ave. SE and SE 266th St.

Trail surfaces: Asphalt

Trail category: Greenway/Non-RT

Trail activities: Bike, Horseback Riding, Inline Skating, Walking, Wheelchair Accessible, Cross Country Skiing

Parking & Trail Access

Parking for the Soos Creek Trail can be found at its northern trailhead at the intersection of SE 192nd Street and 124th Avenue SE and at the southern trailhead at 148th Avenue SE and SE 266th Street. Additional parking is available at 148th Avenue SE and SE 249th Street and at SE 208th Street just east of 136th Avenue SE.



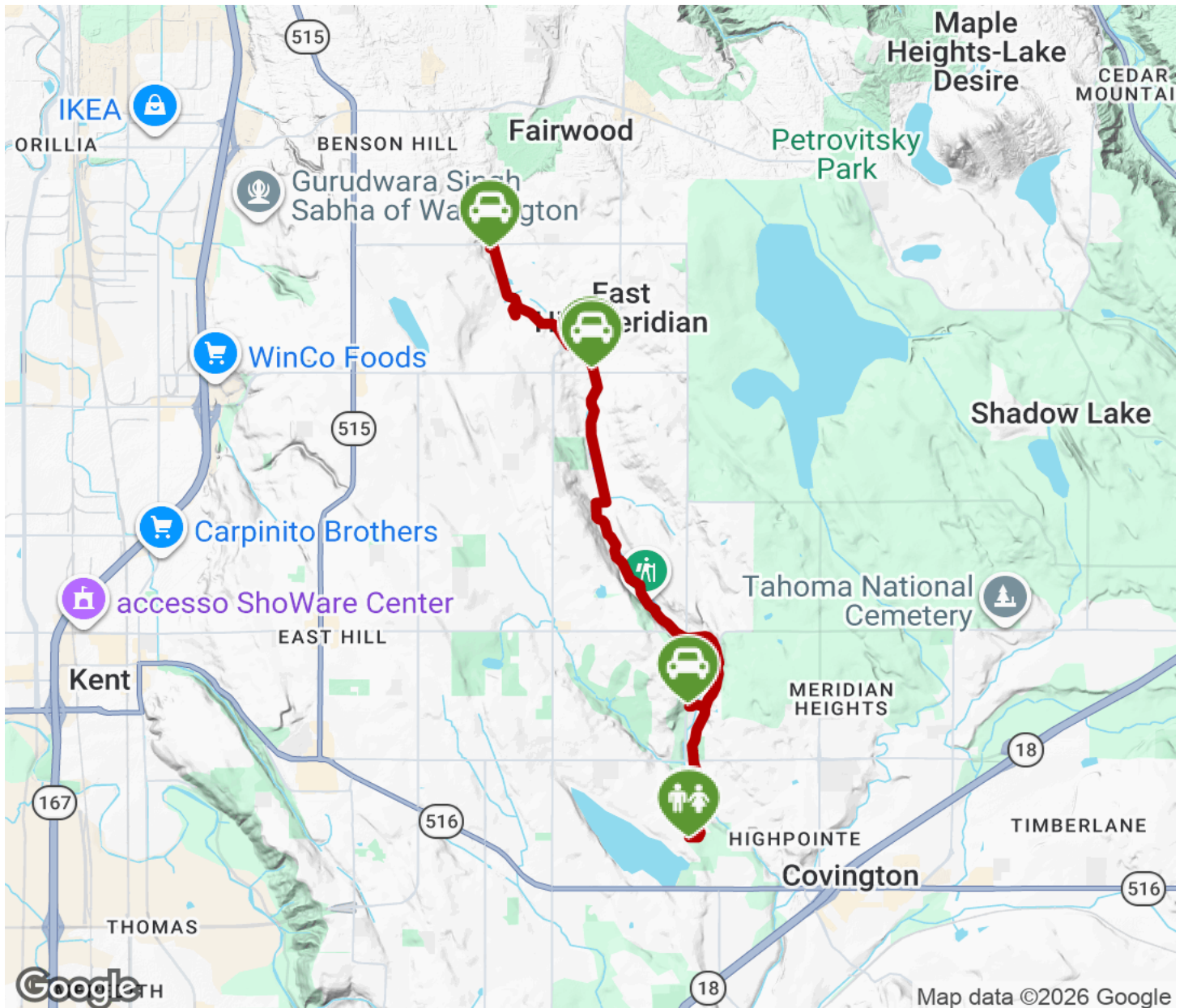
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Soos Creek Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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