



2026

TrailLink Unlimited 

Guides   



**Cowlitz River
Trail**
Washington



Cowlitz River Trail

Washington

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The Cowlitz River Trail follows its namesake river along a dike on the east bank. The trail is asphalt and connects Kelso residents with the riverfront. The trail parallels the active BNSF line that carries Amtrak and much of the north-south freight in the Pacific Northwest. Access is limited to the trail because of grade separated crossings, but trail users can access at the endpoints or at Mill Street.



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Cowlitz River Trail

Washington

States: Washington

Counties: Cowlitz

Length: 2.5miles

Trail end points: Cowlitz Gardens Rd. (Kelso)
to S. River Rd. (Kelso)

Trail surfaces: Asphalt

Trail category: Rail-Trail

Trail activities: Bike, Inline

Skating, Walking, Wheelchair Accessible

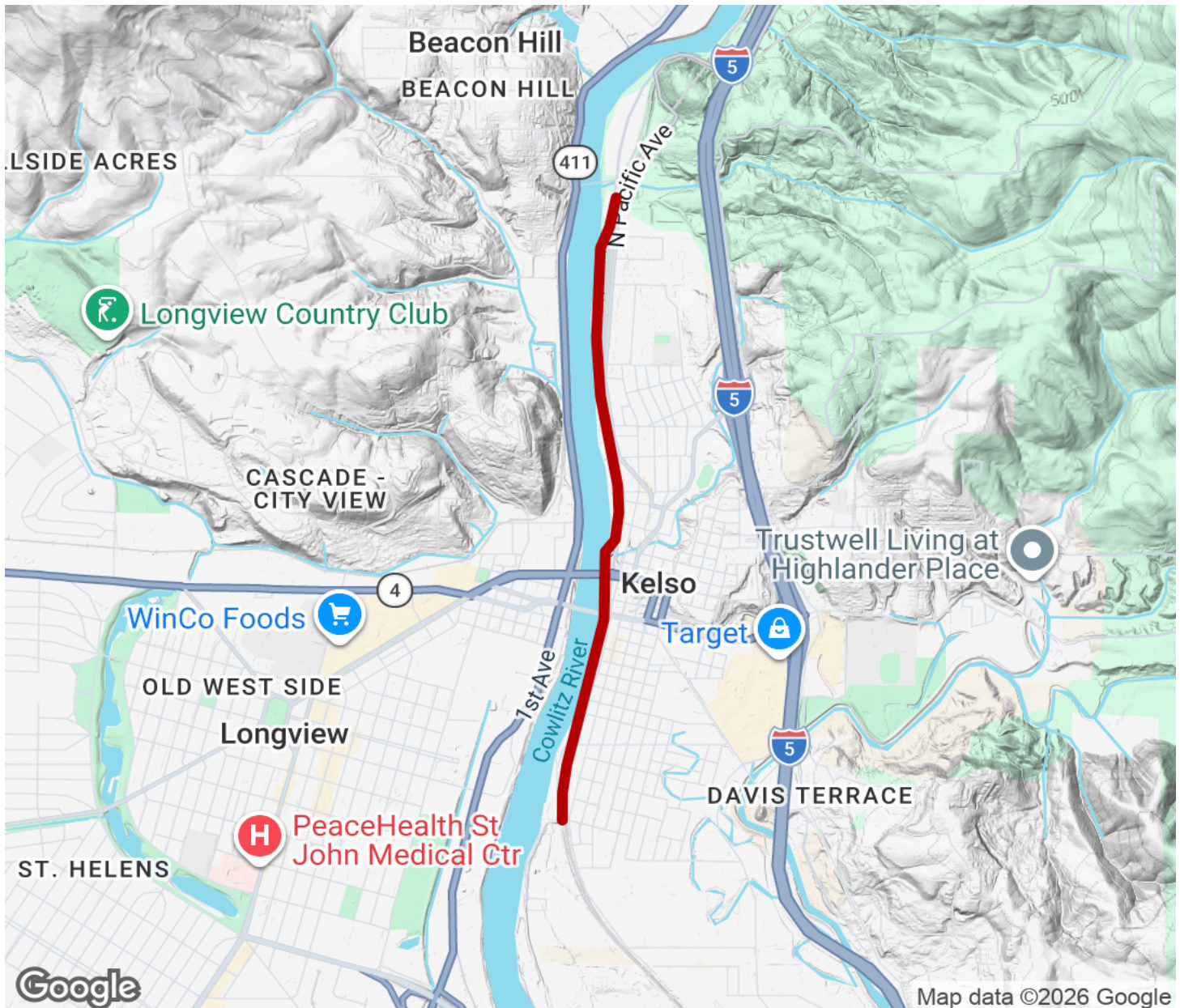
Parking & Trail Access

Street parking for the Cowlitz River Trail can be found in Kelso.



Cowlitz River Trail

Washington



Trailhead



Restroom



Parking



Water Fountain



Tunnel



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