



King County Parks Fitness Challenge  
 Challenge Activity List  
 2017

LOW INTENSITY ACTIVITIES

ACTIVITY NAME	Full Activity Description	Address and Any Relevant URLs
Walk Across the Suspension Bridge at Tolt-MacDonald Park	Enjoy the terrific view so the Snoqualmie River and the Cascade Foothills as you walk across the 500 foot long suspension footbridge. From the main parking lot walk toward the camping area. Entrance to the bride is near the campground.	<a href="http://www.kingcounty.gov/services/parks-recreation/parks/parks-and-natural-lands/popular-parks/toltmacdonald.aspx">http://www.kingcounty.gov/services/parks-recreation/parks/parks-and-natural-lands/popular-parks/toltmacdonald.aspx</a>  Northeast 40th Street Carnation, WA  *We do have a map for this site located on the above landing page
Dockton Park Historical Walk	Take a step back in time with this .5 mile historical interpretive stroll that includes one mild hill. Ten interpretive signs though old neighborhoods and along the road detail the history of the Dockton shipbuilding days during the early 1900's. A portion of this walk is along the shoulder of a residential road. After the historical trail, walk down to the dock and see how many starfish you can find! Dockton Park includes restrooms, play area, and a picnic shelter.	<a href="http://your.kingcounty.gov/dnrp/library/parks-and-recreation/documents/fitness_challenge/DocktonTrailMap.pdf">http://your.kingcounty.gov/dnrp/library/parks-and-recreation/documents/fitness_challenge/DocktonTrailMap.pdf</a>  Dockton Park 9500 SW Dock St, Vashon 98070

	<p>From the Ferry, follow Vashon Highway S. Left at SW 204<sup>th</sup> St. Follow road straight as it turns into Ellisport. Follow the curve right as it turns into Dockton Road SW. Veer right to stay on Dockton Road SW. Turn Right into Dockton Park.</p>	
<p>Marymoor Park Off-Leash Dog Area</p>	<p>This 40 acre off-leash dog park has it all for your four legged friend. There are three river access points, miles of trails, beautiful views and after a muddy day at the dog park, you can clean your furry friend at the Wash Spot located in Parking lot D.</p> <p>Enter the park and follow signs to Parking Lot G. There is a \$1 fee for parking.</p>	<p><a href="http://www.kingcounty.gov/services/parks-recreation/parks/parks-and-natural-lands/popular-parks/marymoor/offleash.aspx">http://www.kingcounty.gov/services/parks-recreation/parks/parks-and-natural-lands/popular-parks/marymoor/offleash.aspx</a></p> <p>6046 W Lake Sammamish Parkway NE</p>
<p>Walk the Big Backyard 5k to Benefit King County Parks</p>	<p>Enter to walk the Big Backyard 5k on June 11, 2017.</p> <p>This family and dog friendly event does have a fee for participation and all proceeds benefit King County Parks.</p>	<p><a href="http://www.bby5k.com">www.bby5k.com</a> – Find out more details and register</p>
<p>Volunteer at a King County Park!</p>	<p>Volunteer as an individual or as a team. Get some exercise and show your support for King County Parks! Contact Laurie Clinton our Volunteer Coordinator at 206-477-6113.</p>	<p><a href="http://www.kingcounty.gov/services/parks-recreation/parks/get-involved.aspx">http://www.kingcounty.gov/services/parks-recreation/parks/get-involved.aspx</a></p>
<p>Ride the Marymoor Connector and Sammamish River</p>	<p>Take an approximately eight mile bike ride (round trip) along the paved Sammamish River Trail with some scenic views of rivers,</p>	<p><a href="http://www.kingcounty.gov/services/parks-recreation/parks/trails/regional-">http://www.kingcounty.gov/services/parks-recreation/parks/trails/regional-</a></p>

Trails	<p>mountains and valleys. Start at the Velodrome and follow the Marymoor Connector trail West toward Bellevue and connect onto the Sammamish River Trail. The midpoint is near Sixty Acres Park. There are restrooms and benches at the beginning and end of the trail.</p> <p>This challenge starts at the Velodrome at Marymoor Park. Enter the park and follow signs to Parking Lot I. There is a \$1 fee for parking.</p> <p>There is a major event evenings and weekends at Marymoor Park through April 13<sup>th</sup> that will impact parking and traffic.</p>	<p><a href="http://trails/popular-trails/samm-river.aspx">trails/popular-trails/samm-river.aspx</a></p> <p>6046 W Lake Sammamish Parkway NE *Address is same as Marymoor Park since that is where people can park</p>
Ride the Soos Creek Trail	<p>Enjoy an approximately five mile bike ride (round trip) along the Soos Creek Trail through woods, meadows and wetlands. This is a paved trail that does have some incline/decline. Look for the code word around mile 2.5. Restrooms are located at the start point and there are benches along the route.</p>	<p><a href="http://www.kingcounty.gov/recreation/parks/trails/regionaltrailssystem/sooscreek.aspx">http://www.kingcounty.gov/recreation/parks/trails/regionaltrailssystem/sooscreek.aspx</a></p> <p>SE 266<sup>th</sup> Street &amp; 148<sup>th</sup> Ave SE</p>
Cougar Mountain Regional Wildland Park and Trail Hike	<p>Enjoy this lovely hike up to Coal Creek Falls. The falls are at their most impressive after a rainy downpour. Head up the Red Town trail to the Cave Hole trail junction (approx. 200') and turn left up Cave Hole. A steady, but gentle, incline for .4 mile will bring you to the Coal Creek Falls trail. Walk .7 miles to the Falls and bridge crossing. You have arrived at your destination.</p>	<p><a href="http://www.kingcounty.gov/services/parks-recreation/parks/parks-and-natural-lands/popular-parks/cougar.aspx">http://www.kingcounty.gov/services/parks-recreation/parks/parks-and-natural-lands/popular-parks/cougar.aspx</a></p> <p>Red Town Trailhead – Lakemont Blvd SE &amp; NewCastle Golf Club</p>

	<p>From I-90, take exit 13 and drive south on Lakemont Boulevard SE for 3.1 miles. Look for the entrance to the Red Town Trailhead on the left side of the road. Sanicans are located at the Red Town Trailhead.</p>	<p>Road, Bellevue, 98006</p> <p>*There are directions to the trailhead on the webpage. There is also a trail map link on the page</p>
Cottage Lake Loop	<p>This approximately ½ a mile paved loop takes you around beautiful Cottage Lake Park.</p> <p>Cottage lake Park has parking located directly off of NE Woodinville-Duvall Road. Pull into the main parking lot and walk to Cottage Lake Dock to start your walk.</p>	<p><a href="http://www.kingcounty.gov/services/parks-recreation/parks/parks-and-natural-lands/popular-parks/cottagelake.aspx">http://www.kingcounty.gov/services/parks-recreation/parks/parks-and-natural-lands/popular-parks/cottagelake.aspx</a></p> <p>E Woodinville-Duvall Rd and 188th NE</p>
Ride the Cedar River Trail	<p>The Cedar River Trail is a paved, off-road trail. Travel North West along the trail (toward Renton) for a scenic 5 mile round trip ride. The half-way point is around the intersection of Cedar Grove Road.</p> <p>Travel East along Highway 169. The Gravel Parking lot will be on the left right before crossing under highway 18.</p> <p>There are no restrooms along this length of the trail.</p>	<p><a href="http://www.kingcounty.gov/recreation/parks/trails/regionaltrailssystem/cedarriver.aspx">http://www.kingcounty.gov/recreation/parks/trails/regionaltrailssystem/cedarriver.aspx</a></p> <p>Highway 18 and Maple Valley Road Gravel Lot</p>
Five Mile Park Walk	<p>From the parking lot head toward shelter 1 and you will see the gravel path along the way. There is a ½ mile, ADA pathway that takes you around the park. Five Mile Park also has a play</p>	<p>36541 Military Road S. near S. 368<sup>th</sup> Street Between Algona, Federal Way and Edgewood</p>

	area, picnic shelters, basketball and tennis courts and open fields.	
Ring Hill Forest North End Hike	<p>Travel East along NE Woodinville Duvall Road.</p> <p>Enjoy a 3.2 mile hike through one of King County's long-standing working forest sites. Follow the service road down to the trail loop sign on your right and continue down the trail until you approach the code word sign. If you'd like to continue your hike from the code word sign, cross the service road and follow the loop trail.</p> <p>There are no restrooms on site.</p> <p>Turn right on NE Old Woodinville Duvall Road which will become Meyers Road/232<sup>nd</sup> Ave NE. Continue South and look for the trailhead and small dirt parking lot on your left. Parking is limited to 3 vehicles.</p>	<p>232<sup>nd</sup> Avenue NE, Woodinville, WA 98072</p> <p>*We have a series of backcountry maps located here:</p> <p><a href="http://www.kingcounty.gov/operations/GIS/Maps/VMC/Recreation.aspx#F0DE6EBB106448F8B6F55AB9368A8086">http://www.kingcounty.gov/operations/GIS/Maps/VMC/Recreation.aspx#F0DE6EBB106448F8B6F55AB9368A8086</a></p>
Ring Hill Forest South End Hike	<p>This gravel, gently graded trail is 5/8 mile round trip loop that travels through a working forest site.</p> <p>Travel East along NE Woodinville Duvall Road and turn right on NE Old Woodinville Duvall Road. NE Old Woodinville Duvall Road will become Meyers Road/232<sup>nd</sup> Ave NE. Continue South on Meyers road/232<sup>nd</sup> Ave NE and turn left onto NE 147<sup>th</sup> Street. The road will end at the trailhead.</p>	<p>232<sup>nd</sup> Avenue NE, Woodinville, WA 98072</p> <p>*We have a series of backcountry maps located here:</p> <p><a href="http://www.kingcounty.gov/operations/GIS/Maps/VMC/Recreation.aspx#F0DE6EBB106448F8B6F55AB9368A8086">http://www.kingcounty.gov/operations/GIS/Maps/VMC/Recreation.aspx#F0DE6EBB106448F8B6F55AB9368A8086</a></p>

Island Center Forest Hike	<p>This site is appropriate for hiking or mountain biking. This beautiful forested trail is flat and well maintained. Follow the main trail. At the first sign turn right and follow the Land Trust Trail. The trail endpoint is at the other end of the clearing. This hike is approximately 1.24 miles.</p> <p>Follow Vashon highway S. Turn Right on SW 188<sup>th</sup> St. Turn right into the parking lot.</p>	<a href="http://www.kingcounty.gov/services/parks-recreation/parks/trails/backcountry-trails/island-center-forest.aspx">http://www.kingcounty.gov/services/parks-recreation/parks/trails/backcountry-trails/island-center-forest.aspx</a>
Swim at the Weyerhaeuser King County Aquatic Center	<p>Bring your swimsuits and the entire family. Hours of operation are: Mon – Fri: 6:00 AM – 8:00 PM. Sat and Sun: 11:30 AM – 1:30 PM. Public swim times vary. There is a fee for participation.</p>	<a href="http://www.kingcounty.gov/services/parks-recreation/parks/activities/aquatics.aspx">http://www.kingcounty.gov/services/parks-recreation/parks/activities/aquatics.aspx</a>  650 SW Campus Drive Federal Way, WA 98023
Ride the Preston Snoqualmie Trail	<p>This paved, gently graded, off-road trail is a beautiful 4 mile round trip ride along a historic railroad route.</p> <p>Start at Preston Athletic Fields and Park. The trail is adjacent to the park. Restrooms are available at Preston Athletic Fields and Park.</p>	8625 310th Ave SE Preston WA 98024  *Address is for Preston Athletic Fields and Park. That is where the ride starts.
Play at Marymoor Park	<p>When was the last time you went to the park to play? The outdoor gym equipment at Marymoor Park is like a playground for adults. It consists</p>	<a href="http://www.kingcounty.gov/services/parks-recreation/parks/parks-and-natural-lands/popular-">http://www.kingcounty.gov/services/parks-recreation/parks/parks-and-natural-lands/popular-</a>

	<p>of five pieces designed to help strengthen arms, legs, core, and aerobic function. The outdoor gym faces a new playground designed for toddlers so you can exercise while your little one plays.</p> <p>Enter the Park and follow signs to Lot K. There is a \$1 fee for parking.</p> <p>There is a major event evenings and weekends at Marymoor Park through April 13<sup>th</sup> that will impact parking and traffic.</p>	<p><a href="http://parks/marymoor.aspx">parks/marymoor.aspx</a></p> <p>6046 W Lake Sammamish Parkway NE</p>
<p>Walk the Bird Loop at Marymoor Park</p>	<p>Come see some of the more than 200 bird species that have been observed at Marymoor Park by walking the approximately 2.2 mile Audubon Bird Loop. Start at the Grassy Meadow Trail, along the Footbridge to the Marsh and Forest River Trail, through the River Corridor and finally from the River Kiosk back to the Meadow Kiosk. Part of this bird loop is inside the off-leash dog park so you may encounter dogs off leash during this activity.</p> <p>Enter the Park and follow signs to Parking Lot G. There is a \$1 fee for parking.</p> <p>There is a major event evenings and weekends at Marymoor Park through April 13<sup>th</sup> that will impact parking and traffic.</p>	<p><a href="http://www.kingcounty.gov/services/parks-recreation/parks/parks-and-natural-lands/popular-parks/marymoor.aspx">http://www.kingcounty.gov/services/parks-recreation/parks/parks-and-natural-lands/popular-parks/marymoor.aspx</a></p> <p>6046 W Lake Sammamish Parkway NE</p>



<p>Choose Your Own Adventure - Pick Your Own Favorite Park and Go Play!</p>	<p>King County Parks loves our 200 parks, 175 miles of regional trail, 215 miles of back county trails, and 28,000 acres of open space but we also know that you love your local parks. Take time to go out and enjoy your favorite local park and share your fun on facebook (iheartkcparks). Text in the code BBPLAYif you are using this as an activity to go for gold.</p>	
<p>Walk the Three Forks Natural Area</p>	<p>Tucked away under the back of Mount Si, you will find Three Forks Natural Area, a popular spot for rafting and tubers to hop in and out of the Middle Fork Snoqualmie River.</p> <p>Enjoy a half-mile leisurely stroll along the river and maybe you'll spot folks floating down the river. The trail might be slightly muddy depending on the time of year, so wear your boots.</p> <p>There is a parking lot, but it is closed during the off-season. There is also limited street parking available.</p>	<p>Three forks can be seen within the map for Rattlesnake Mountain.</p> <p><a href="http://your.kingcounty.gov/ftp/gis/Web/VMC/recreation/BCT_RattlesnakeMtn_brochure.pdf">http://your.kingcounty.gov/ftp/gis/Web/VMC/recreation/BCT_RattlesnakeMtn_brochure.pdf</a></p> <p>42729 SE Reining Rd. Snoqualmie, WA 98065</p>

Big Bend River Stroll	<p>Take a 1-mile stroll down the Cedar River Trail. Look for a trail and a sign on the left side of the Cedar River Trail. Make your way down to the river and take some time to look up at the cliff on the other bank. On a windy day, you might hear some pebbles splashing into the water.</p> <p>Directions: Parking is available at the Cedar River Trail Head located off Landsburg Rd SE Ravensdale, WA 98051.</p>	<p>Cedar River Trail Head Ravensdale, WA 98051 47.375101, -121.971233</p> <p>Access the regional trail maps. <a href="http://www.kingcounty.gov/services/gis/Maps/vmc/Recreation.aspx#6366BDAC031C4B179A0225581D55A339">http://www.kingcounty.gov/services/gis/Maps/vmc/Recreation.aspx#6366BDAC031C4B179A0225581D55A339</a></p>
Ravensdale Park Interpretive Loop	<p>Walk this 2/3-mile trail with interpretive signs about the history of Ravensdale. While there, explore one of the newest and biggest additions to King County Park—Ravensdale Park Athletic Fields.</p> <p>Directions: This flat, mostly graveled trail begins off 272nd Ave S.E. Look for the kiosk in the grass field just south of the post office.</p>	<p>27200 SE Kent Kangley Rd, Ravensdale, WA 98051</p>
South County Ballfields Walkabout	<p>Enjoy a leisurely stroll around the ballfields. This paved walkway is a short, family friendly activity with a great view of the fields. Walk and watch kids play ball.</p>	<p>S 358th St and Military Road S Auburn WA 98001</p>
Grand Ridge Boardwalk	<p>Want to see an amazing 600 ft.-long boardwalk in the middle of a picturesque forest? Well look</p>	<p><a href="#">Download this pdf to learn more.</a></p>

	<p>no further. Enjoy this approximately 2-mile round trip walk through the woods.</p> <p>Directions: Park at the Duthie Hill parking lot. Follow the gravel trail along the road and cross the road at the crosswalk to wander into this serene forest. The sign is 1 mile from the parking lot and is located at the hitching post on the boardwalk.</p>	<p><a href="http://your.kingcounty.gov/ftp/gis/Web/VMC/recreation/BCT_GrandRidge_brochure.pdf">http://your.kingcounty.gov/ftp/gis/Web/VMC/recreation/BCT_GrandRidge_brochure.pdf</a></p> <p>26100-, 26198 SE Issaquah-Fall 26150 SE Issaquah-Fall City Rd, Issaquah, WA 98029</p>
Big Finn Hill Park Loop	<p>Want to get away from it all without having to leave the eastside? Look no further! Hike or ride through this hidden forest in the middle of Kirkland. This area is mostly flat and suitable for all. It also has some mountain bike features for those who love to ride. Hike, ride, or crawl, just get out and have some fun.</p> <p>Directions: Park by the athletic fields. Look for the start sign near the restrooms to begin. Head down the trail towards Juanita Dr. NE and cross the street carefully.</p>	<p><b>Download this pdf to learn more.</b></p> <p><a href="http://your.kingcounty.gov/ftp/gis/Web/VMC/recreation/BCT_BigFinnHill_brochure.pdf">http://your.kingcounty.gov/ftp/gis/Web/VMC/recreation/BCT_BigFinnHill_brochure.pdf</a></p> <p>8106 NE 138th St, Kirkland, WA 98034</p>
<b>HIGH INTENSITY ACTIVITIES</b>		
Take a Hike or Mountain Bike Ride at Tolt-MacDonald Park	Tolt-MacDonald Park offers 12 miles of forested and riverside trails and is a favorite mountain bike destination. To access the trail network from the main parking lot walk toward	<a href="http://www.kingcounty.gov/services/parks-recreation/parks/parks-and-natural-lands/popular-parks/toltmacdonald.aspx">http://www.kingcounty.gov/services/parks-recreation/parks/parks-and-natural-lands/popular-parks/toltmacdonald.aspx</a>

	<p>the camping area, walk across the suspension bridge and continue up the hill towards the cabin. A trail sign will be located near the cabin and you will see a midpoint trail sign at a .25 of a mile.</p>	<p>Northeast 40th Street Carnation, WA</p> <p>*We do have a map for this site located on the above landing page</p>
<p>Ride the Marymoor Connector and Sammamish River Trail</p>	<p>Take an approximately 22 mile bike ride (round trip) along the paved Sammamish River Trail with some scenic views of rivers, mountains and valleys. Start at the Velodrome and follow the Marymoor Connector trail West toward Bellevue and connect to the Sammamish River Trail. Follow signs to the Burke Gillman Trail. The code word sign is near Log Boom Park. There are restrooms and benches at the beginning and end of the trail.</p> <p>This challenge starts at the Velodrome at Marymoor Park. Enter the park and follow signs to Parking Lot I. There is a \$1 fee for parking.</p>	<p><a href="http://www.kingcounty.gov/services/parks-recreation/parks/trails/regional-trails/popular-trails/samm-river.aspx">http://www.kingcounty.gov/services/parks-recreation/parks/trails/regional-trails/popular-trails/samm-river.aspx</a></p> <p>6046 W Lake Sammamish Parkway NE</p> <p>*Address is same as Marymoor Park since that is where people can park</p>
<p>Ride the Soos Creek Trail</p>	<p>Enjoy this approximately 10 mile bike ride (round trip) along the Soos Creek Trail through woods, meadows and wetlands. This is a paved trail that does have some incline/decline. The trail jogs right at the T junctions and then starts again on the left. Look for the code word sign</p>	<p><a href="http://www.kingcounty.gov/services/parks-recreation/parks/trails/regional-trails/popular-trails/soos-creek.aspx">http://www.kingcounty.gov/services/parks-recreation/parks/trails/regional-trails/popular-trails/soos-creek.aspx</a></p>

	around mile 5 at Gary Grant Park. Restrooms are located at the start and finish of this ride. There are benches along the route.	SE 266 <sup>th</sup> Street & 148 <sup>th</sup> Ave SE
Cougar Mountain Park Hike	From the trailhead go .6 miles up hill to the Wilderness Creek-Wilderness Cliffs junction. Follow the 1.5 mile Wilderness Creek trail to the Wilderness Peak trail. Keep following the trails until you make it to the highest point on Cougar Mountain. That's an elevation of 1595 feet.	<a href="http://www.kingcounty.gov/services/parks-recreation/parks/parks-and-natural-lands/popular-parks/cougar.aspx">http://www.kingcounty.gov/services/parks-recreation/parks/parks-and-natural-lands/popular-parks/cougar.aspx</a>  10400 Renton Issaquah Road SE, Renton, WA 98059
Play Tennis at Steve Cox Memorial Park	Bring your own tennis equipment and play like the pros at this newly refurbished tennis court. After the match enjoy some of the other offerings at the park including the reflexology walking path, play area and a picnic shelter.	<a href="http://www.kingcounty.gov/services/parks-recreation/parks/parks-and-natural-lands/popular-parks/stevecoxmemorial.aspx">http://www.kingcounty.gov/services/parks-recreation/parks/parks-and-natural-lands/popular-parks/stevecoxmemorial.aspx</a>  1321 SW 102nd St Seattle WA 98146
Ride the Cedar River Trail	Travel North West along the trail (toward Renton) for a scenic 14 mile round trip ride. The code word is located at one of our Regional Trail Kiosks. There are no restrooms along this length of the trail.	<a href="http://www.kingcounty.gov/services/parks-recreation/parks/trails/regional-trails/popular-trails/cedar-river.aspx">http://www.kingcounty.gov/services/parks-recreation/parks/trails/regional-trails/popular-trails/cedar-river.aspx</a>  Highway 18 and Maple Valley Road Gravel Lot

Maury Island Marine Park Hike	Enjoy the peace and relaxation of a beautiful beach. Begin at the parking lot and follow the trail down to the waves and sand. The walk back up is a steep hike. Sanicans are available at the bottom of the trail.	<a href="http://www.kingcounty.gov/services/parks-recreation/parks/parks-and-natural-lands/natural-lands/maury-island-marine-park.aspx">http://www.kingcounty.gov/services/parks-recreation/parks/parks-and-natural-lands/natural-lands/maury-island-marine-park.aspx</a>  5100 SW 244 <sup>th</sup> St, Vashon 98070
Ride the Boot Camp Cross-Country Trail at Duthie Hill Mountain Bike Park	The lush forest provides an excellent backdrop for a mountain bike park, the result of a partnership with Evergreen Mountain Bike Alliance. Trails are marked green for beginner, blue for moderate, black for most difficult. Bootcamp is a green, beginner, cross-country trail. From the parking lot, bike to the main clearing (about ¼ mile). The kiosk has a trail map and shows where Bootcamp begins.	<a href="http://www.kingcounty.gov/services/parks-recreation/parks/trails/backcountry-trails/duthie-hill.aspx">http://www.kingcounty.gov/services/parks-recreation/parks/trails/backcountry-trails/duthie-hill.aspx</a>  Park at Duthie Hill Parking Lot: 26100-, 26198 SE Issaquah-Fall City Rd, Issaquah, WA 98029
Pinnacle Peak Park Hike	<p>Follow Cal Magnuson trail straight up. This hike is high intensity and will take about 35-45 minutes.</p> <p>From highway 169 turn left onto S 416<sup>th</sup> Street. Turn right at 284<sup>th</sup> ave SE. Turn Right at 472<sup>nd</sup> Street. The trailhead is on the left. There is no formal parking lot but some informal shoulder parking is available.</p>	<a href="http://www.kingcounty.gov/services/parks-recreation/parks/trails/backcountry-trails/pinnacle-peak.aspx">http://www.kingcounty.gov/services/parks-recreation/parks/trails/backcountry-trails/pinnacle-peak.aspx</a>  SE 276 <sup>th</sup> and 472 <sup>nd</sup> SE, Enumclaw WA 98022
Taylor Mountain	Taylor Mountain is hike, bike and horse	<a href="http://www.kingcounty.gov/services/parks-recreation/parks/trails/backcountry-trails/taylor-mountain.aspx">http://www.kingcounty.gov/services/parks-recreation/parks/trails/backcountry-trails/taylor-mountain.aspx</a>

<p>Forest Hike</p>	<p>friendly. Follow the Holder Ridge Trail from the parking lot. Take the first left turn onto Holder Creek Trail. Enjoy beautiful forest views and a creek that at times looks like a river. This trail is uphill and partially graveled so expect a workout. This challenge is 2 miles in total.</p> <p>The main parking lot is located at the intersection of State route 18 and the Issaquah-Hobart road. Enter the main parking lot and cross the gravel road to get to the Holder Ridge Trail.</p>	<p><a href="http://es/parks-recreation/parks/trails/backcountry-trails/taylor-mtn.aspx">es/parks-recreation/parks/trails/backcountry-trails/taylor-mtn.aspx</a></p>
<p>Hike Rattlesnake Ridge</p>	<p>This is a 10 mile hike with a 3,500 foot elevation gain so be prepared. Along the route you will see amazing views. The code word is located past the tree line near the towers.</p> <p>This area is co-owned and managed by the Washington State Department of Natural Resources and you will need a State Parks Discover Pass to park here or pay the State daily fee of \$10.</p> <p>Take exit 27 from I-90 east. Turn right at the end of the off ramp and follow the road to the end. Go through the gate on the right to enter the trailhead.</p>	<p>37580 Winery Road, Snoqualmie</p> <p><a href="http://your.kingcounty.gov/ftp/gis/Web/VMC/recreation/BCT_RattlesnakeMtn_brochure.pdf">http://your.kingcounty.gov/ftp/gis/Web/VMC/recreation/BCT_RattlesnakeMtn_brochure.pdf</a></p>

<p>Spring Hill/Lake Desire</p>	<p>Park at 18552-18698 W Spring Lake Dr. SE, Renton, WA 98058 and follow the signs to the Peak Trail. Follow the Peak Trail until you get to the top, an approximately <math>\frac{3}{4}</math> of a X-mile hike. Once you're at the top, take some time to enjoy a unique ecological area known as a 'bald top'. If you're lucky enough, you might even see a chocolate lily. Make sure to enjoy the view!</p> <p>Parking is limited and please be courteous to the neighbors.</p>	<p><a href="http://your.kingcounty.gov/ftp/gis/Web/VMC/recreation/BCT_SpringLkMcGarvey_brochure.pdf">http://your.kingcounty.gov/ftp/gis/Web/VMC/recreation/BCT_SpringLkMcGarvey_brochure.pdf</a></p> <p>View additional King County backcountry maps.  <a href="http://www.kingcounty.gov/operations/GIS/Maps/VMC/Recreation.aspx">http://www.kingcounty.gov/operations/GIS/Maps/VMC/Recreation.aspx</a></p>
<p>Play Disc Golf at Dick Thurnau Memorial Park</p>	<p>Bring your own disks and enjoy this high intensity activity that takes you throughout the park. Basket 1 is right off the parking lot. If you don't have your own equipment there is a pro shop on site.</p>	<p>11050 10<sup>th</sup> Ave SW Seattle, WA 98146</p>
<p>Hike Soaring Eagle Park</p>	<p>From the trailhead follow the Pipeline Trail and explore the beauty of Soaring Eagle Park.</p>	<p><a href="http://your.kingcounty.gov/ftp/gis/Web/VMC/recreation/BCT_SoaringEagle_brochure.pdf">http://your.kingcounty.gov/ftp/gis/Web/VMC/recreation/BCT_SoaringEagle_brochure.pdf</a></p> <p>26015 East Main Drive Sammamish, WA</p> <p>*We have a series of backcountry maps located here:  <a href="http://www.kingcounty.gov/operations/GIS/Maps/VMC/Recreation.aspx">http://www.kingcounty.gov/operations/GIS/Maps/VMC/Recreation.aspx</a></p>



Hike Moss Lake	<p>Moss Lake is comprised of 372 acres of high-quality wetland and forested upland habitats. An extensive 150-acre wetland complex encompasses a large sphagnum bog and also features beaver dams and includes a 6.5-acre cattail and spirea-fringed lake. Enjoy the 2.9 mile hike as you explore this environmental wonder.</p>	<p><a href="http://your.kingcounty.gov/ftp/gis/Web/VMC/recreation/BCT_MossLake_brochure.pdf">http://your.kingcounty.gov/ftp/gis/Web/VMC/recreation/BCT_MossLake_brochure.pdf</a></p> <p>10902 NE Moss Lake Rd Carnation WA 98014</p> <p>*We have a series of backcountry maps located here: <a href="http://www.kingcounty.gov/operations/GIS/Maps/VMC/Recreation.aspx">http://www.kingcounty.gov/operations/GIS/Maps/VMC/Recreation.aspx</a></p>

<p>Black Diamond Open Space</p>	<p>Looking for a mountain bike park in South County? Look no further than Black Diamond Open Space. This place has over 5 miles of trail. It also borders Henry's Ridge which has 14 miles of trail.</p> <p>For the fitness challenge, park in the western parking lot off of highway 169. Head west towards the Mainline Trail and follow the signs.</p>	<p>Learn more.  <a href="http://www.kingcounty.gov/services/parks-recreation/parks/parks-and-natural-lands/natural-lands/black-diamond.aspx">http://www.kingcounty.gov/services/parks-recreation/parks/parks-and-natural-lands/natural-lands/black-diamond.aspx</a></p> <p>View our map.  <a href="http://your.kingcounty.gov/dnrp/library/parks-and-recreation/documents/maps/HROS_BDOS_RRNA_Trails_June2014.pdf">http://your.kingcounty.gov/dnrp/library/parks-and-recreation/documents/maps/HROS_BDOS_RRNA_Trails_June2014.pdf</a></p>
<p>O'Grady (Green River Natural Area)</p>	<p>Walk or ride an approximately 1-mile old graveled logging road until it ends at a clearing and the river. Take some time to appreciate a lost species of apple tree that can be found in the middle of the clearing. This area was once an old homestead like so many others that have been lost to time.</p> <p>Parking is limited, please be courteous to the neighbors.</p>	<p>Download this pdf to learn more.  <a href="http://your.kingcounty.gov/ftp/gis/Web/VMC/recreation/BCT_Green_River_brochure.pdf">http://your.kingcounty.gov/ftp/gis/Web/VMC/recreation/BCT_Green_River_brochure.pdf</a></p> <p>37215 188th Ave SE, Auburn, WA 98092</p>
<p>Margaret's Way</p>	<p>Located in the "Issaquah Alps," Cougar/Squak Corridor is conveniently located between Issaquah and Renton off Highway 900. Margaret's Way trail is a beautiful 2.75-mile trail with over a 1200' incline that leads to Debbie's View. The sign is located at the view</p>	<p>Download this pdf to learn more.  <a href="http://your.kingcounty.gov/ftp/gis/Web/VMC/recreation/BCT_Cougar_SquakTiger_brochure.pdf">http://your.kingcounty.gov/ftp/gis/Web/VMC/recreation/BCT_Cougar_SquakTiger_brochure.pdf</a></p> <p>10610 Renton Issaquah Rd. SE,</p>

	point. So make sure to bring some water!	Issaquah  We have a series of backcountry maps located here: <a href="http://www.kingcounty.gov/services/gis/Maps/vmc/Recreation.aspx#CST">http://www.kingcounty.gov/services/gis/Maps/vmc/Recreation.aspx#CST</a>
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