Issaquah Family Walking Map!

The City of Issaquah invites you and your family to walk in the Tradition Plateau/West Tiger Mountain Natural Resources Conservation Area*. This map was developed in cooperation with Public Health - Seattle & King County to inspire active lifestyles. Physical activity and eating right are the keys for you and your family to prevent disease, and walking is one of the easiest ways to get started on your path to healthy living. It is our hope that this map will give you ideas of enjoyable family hikes and aid each of you in taking part in physical activity for at least 10 minutes, three times a day, five days a week. To eat for better health, remember to include five to nine servings of fruits and vegetables every day.

Issaquah has 170 acres of developed and undeveloped parks and over 1,100 acres of open space. Please explore the many public spaces throughout our community. We offer the reminder that walkers assume the risk for their own safety when walking the routes indicated on this map. The routes depicted are of low to moderate difficulty , but not all are ADA accessible.

Enjoy the trails and exploring Issaquah.

Ava Frisinger
Mayor
City of Issaquah

Alonzo Plough
Director and Health Officer
Public Health – Seattle & King County

* jointly owned by City of Issaquah and Washington State Department of Natural Resources

Family Friendly Walks

Swamp Trail (.6 mile)
The Swamp Trail, located on the north side of the Puget Power Road, starts at the High Point Trailhead. This route follows a boardwalk through a forested wetland, which is the setting for the family interpretive story, "Zoe and the Swamp Monster." The story and illustrations were written by a 5th grade class in order to explain the benefits of wetlands. This is a fun hike for a family with younger children.

Kees's Big Tree Trail (.6 mile)
The Kees's Big Tree Trail connects to the Swamp Trail and continues west toward the Issaquah Overlook and Adventure Trail. The Kees's Big Tree is a landmark tree – one of largest Douglas fir trees located on Tiger Mountain. One hundred years ago most of the trees on Tiger Mountain were logged. Also, along this trail and boardwalk, one can see remnant skid roads lined with cedar puncheon, so horse teams could drag the logs through the forested wetlands Note also old tree stumps with notches. The notches held the planks for the loggers to stand on while sawing the tree.

Brink Trail (.7 mile)
The Brink Trail, paralleling the Kees's Big Tree Trail to the north, follows on the edge of the Tradition Plateau and provides occasional view into the I-90 corridor and over to Grand Ridge.

Around the Lake Trail (.9 mile)
For about half its distance, the Around the Lake Trail is an accessible trail, built to American with Disabilities Act (ADA) standards. The graveled trail follows the shoreline of Tradition Lake. To interest children, look for "wild animal tracks", along the trail route: raccoons, deer and others. Pack out what you pack in – please do not litter.

Bus Trail (.8 mile)
The Bus Trail connects to the Around the Lake Trail and for about half of its distance is a gravel trail built to ADA standards. The Bus Trail is named for an old derelict Greyhound bus that now rots in the forest. No one knows for sure how it got there.

Wetlands Trail (.8 mile)
The Wetlands Trail begins at the Bonneville Power Line/Bus Trail intersection and ends at the Puget Power Road. It winds past Round Lake to a small viewing area. Stop, look and listen to the mergansers, buffleheads and mallard ducks quietly paddling along the lake's shoreline. This small, intermittent lake was created from the forested wetland in the early 1900's as a part of the old homestead and sawmill that was located within this area. As one walks beyond Round Lake, the trail follows the edge of the larger forested wetland.

Adventure Trail (.9 mile)
The Adventure Trail, climbing over a small ridge between the High School Trail and the Puget Power Road, was named after the Pine Lake Middle School outdoor club that built it and is a little more challenging than some of the other family walking trails. There is almost a 200 ft. elevation gain.

Trail Access Routes from the City of Issaquah

High School Trail (1 mile) and Sunset Way/Issaquah Overlook Trail (.4 mile)
The High School Trail provides access to the Tradition Plateau trail system from the Second Avenue Trailhead and climbs about 400 ft. in elevation from Second Avenue up to the plateau. The Sunset Way/Issaquah Overlook Trail provides neighborhood access from East Sunset Way.

High Point Regional Trailhead – Facilities at the trailhead include an education/interpretive shelter; picnic table trail loop; restrooms and bulletin boards. The regional trailhead provides access to the entire Tradition Plateau/West Tiger Mountain Natural Resources Conservation Area trail system.

Second Avenue Trailhead – High School Trail. This small trailhead provides a dirt parking area for about five to six cars. No facilities. The main trail route up to the Tradition Plateau trail system is via the High School Trail, which includes about a 400 ft. elevation gain over 0.8 of a mile.

East Sunset Way – Sunset Way/Issaquah Overlook Trail, providing steep trail access to the west end of the Tradition Plateau, is a neighborhood access point with no facilities provided.

Issaquah Family Fun Walking Map

CITY OF ISSAQUAH

Public Health
Seattle & King County
HEALTHY PEOPLE. HEALTHY COMMUNITIES.

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