

Tukwila Highlands & Fort Dent Park Walk YR1293

5K, Rated 1B / 10K, Rated 2B



Daffodil Valley Volkssport Association welcomes you to Tukwila, WA

Starting Point: Hampton Inn, 7200 S. 156th St., Tukwila, WA

GPS LOCATION: 47.46302, -122.24441

Restrooms: Restrooms at Start, and seasonally in parks along the route.

Driving Directions: From I-5 NB, exit #154; from I-5 SB, left exit #154B and merge onto I-405 NB toward Renton. Take Exit 1 (WA 181/West Valley Hwy. At bottom of ramp go straight through intersection onto S. 156th. Left into parking lot. From I-405 SB: exit 1. Right onto Interurban/West Valley to 2nd light. Left onto S. 156th St. Left into parking lot.

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In case of Emergency Dial 911

Please use either the Online Start Box (OSB) or Physical Start Box (PSB) to register and complete the event. Do NOT mix and match, for example, by registering using the OSB then completing your event using the PSB nor signing the PSB log sheet. The sponsoring club only receives credit for an OSB participation when an OSB registration has been completed online by entering your participation date, distances, and any special programs using the OSB.

WALK COMPLETION AND CREDIT: Be sure to log back into the OSB system to finish/complete your online registration after doing the event. The OSB system does not deduct any event fee from a participants Event Bank until they have submitted event completion info including the date the event was walked, the distance walked, and the selection of applicable special programs that person is participating in. Nevertheless, a fee of \$2 for a downloaded PDF is deducted from the users Event Bank when the PDF is downloaded. Later, any PDF fees are credited back to a user Event Bank when he/she submits the event completion info as a paying for credit participant. Note, however, the \$2 coupon for the downloaded PDF will expire in 60 days.

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TUKWILA HIGHLANDS & FORT DENT PARK WALK – 10k

Y1293

Rated 2B

Daffodil Valley Volkssport Association

Start: Hampton Inn, 7200 S 156th St., Tukwila, WA.



Dogs must be on leash.

1. Leaving the Hampton Inn, turn **LEFT** on S. 156th St.
 2. **LEFT** onto Nelson Pl and the Interurban Trail behind the Hampton Inn.
 3. After the Interurban Trail goes under the freeway turn **LEFT** off the trail to the street light at Grady Way and West Valley/Interurban.
 4. **CROSS** Grady Way.
 5. **LEFT** and cross Interurban/West Valley.
 6. **CONTINUE** now on Southcenter Blvd., to a little dirt trail on right just before the building and 65th Ave S.
 7. **RIGHT** on the trail and through a driveway to 65th Ave S. (unmarked here.) **1K**
 8. **RIGHT** on 65th Ave uphill past Tukwila Park to S. 153rd St on left. Park built in 1930's w/ WPA Grant-in-aid. **Restrooms** at the park closed Nov – Feb.
- Alternate:** For strollers, follow 65th Ave on the left side. The street turns left to 62nd Ave S. Right on 62nd Ave S. and continue at #12.
9. **LEFT and CROSS** to the right side of S. 153rd St. continuing to the 2 brown posts labeled Tukwila Trail 4 where the street turns left.
 10. **RIGHT** through the posts onto the dirt Trail.
 11. **CONTINUE** on trail until it ends at 62nd Ave S. (unmarked.)
 12. **CONTINUE** straight on 62nd Ave S. to S. 149th St. **2K**
 13. **LEFT** on S. 149th St. past Tukwila Elementary School.
 14. **CROSS** S. 149th St. at the crosswalk near the end of the street and turn **LEFT** a very short distance to 59th Ave S.
 15. **RIGHT** on 59th Ave S. to S. 147th St.
 16. **CROSS and LEFT** on S. 147th St uphill to 56th Ave S.
 17. **RIGHT** on 56th Ave S. to S. 144th St. **3K**
 18. **LEFT** on S. 144th St staying on the left side to a path into a park just before the next street.
 19. **LEFT** onto the short asphalt path and immediately left on the gravel path to walk clockwise staying left at junctions through the Macadam Water Garden and through metal arch to the street (Macadam Rd.)
 20. **RIGHT** on Macadam to S. 144th.
 21. **CROSS and LEFT** in crosswalk to 53rd Ave S.
 22. **CROSS and RIGHT** on 53rd continuing past the parking lot of Joseph Foster Memorial Park on left to S. 137th St.
Restrooms (closed Nov– Feb)
 23. **RIGHT** on S. 137th St staying right of the fog line and curving **right** on 56th Ave S.
 24. **CONTINUE** on 56th Ave S crossing S 139th St at the crosswalk. Street Becomes 56th Pl S, then 57th Ave S up to S 142nd St. **5K**
 25. **LEFT** on S. 142nd St. to 58th Ave S.
 26. **CROSS and LEFT** on 58th Ave S. down to the light at Interurban Ave S.
 27. **CROSS** Interurban & **STRAIGHT** on the blacktop River Trail along the Green River. **6K**
 28. **CROSS** the rust-colored pedestrian bridge and turn **RIGHT** passing a trail junction on your left. The monument you pass on the left commemorates the Black River Junction landing for flat-bottomed boats that carried passengers and goods to and from the Duwamish and Green Rivers between 1854 and 1886.
 29. **LEFT** at the end of the fence with guard rails on your left (posts continue) to an asphalt maintenance road and **RIGHT** on this road toward the parking lot (grass field on your right). Fort Dent was the once the winter village of the Duwamish tribe and was named after Captain Frederick T. Dent, US Army, who was said to have supervised construction of the building. Dent eventually became a Colonel in the Civil War and was a member of General Ulysses S. Grant's staff (General Grant married Dent's sister, Julia).
 30. **LEFT** on the sidewalk at the parking lot.
 31. **RIGHT** at the "Y", cross a road and continue on the sidewalk curving right to the path on left.
 32. **LEFT** on the path, staying to the left of the tot lot playgrounds to a gravel path on left.
 33. **LEFT** onto the gravel path.
 34. **STRAIGHT** across path intersection and continue **clockwise** around the lake. (Sounders Soccer practice field on your left.) **7K**
 35. **STRAIGHT** across the grass about $\frac{3}{4}$'s of the way around the lake past the **Restroom (open)** to the sidewalk.
To your right at the sidewalk is a monument commemorating the site of Fort Dent built 1859

36. **LEFT** on the sidewalk past the soccer center. (**Restrooms** in building when open.) crossing a driveway in the crosswalk toward the exit bridge.
37. **CROSS** the bridge on the walkway to the left.
38. **LEFT** on the trail at the end of the bridge.
39. **CONTINUE** on the blacktop trail with the river on your left, circling the buildings to the "T". **8K**
40. **RIGHT** at the "T" going down under two overpasses.
41. **STRAIGHT** at the first trail fork, then **LEFT** at the next. **CONTINUE** under Southcenter Blvd and I-405.
42. **STRAIGHT** on the sidewalk along the road. At the Nelson Landing historical marker, turn **LEFT** onto the upper trail. **9K**
43. **CONTINUE** on the trail to the Pedestrian Bridge that crosses the Green River on your left.
44. **LEFT** crossing the bridge.
45. **LEFT** at the end of the bridge to West Valley Highway.

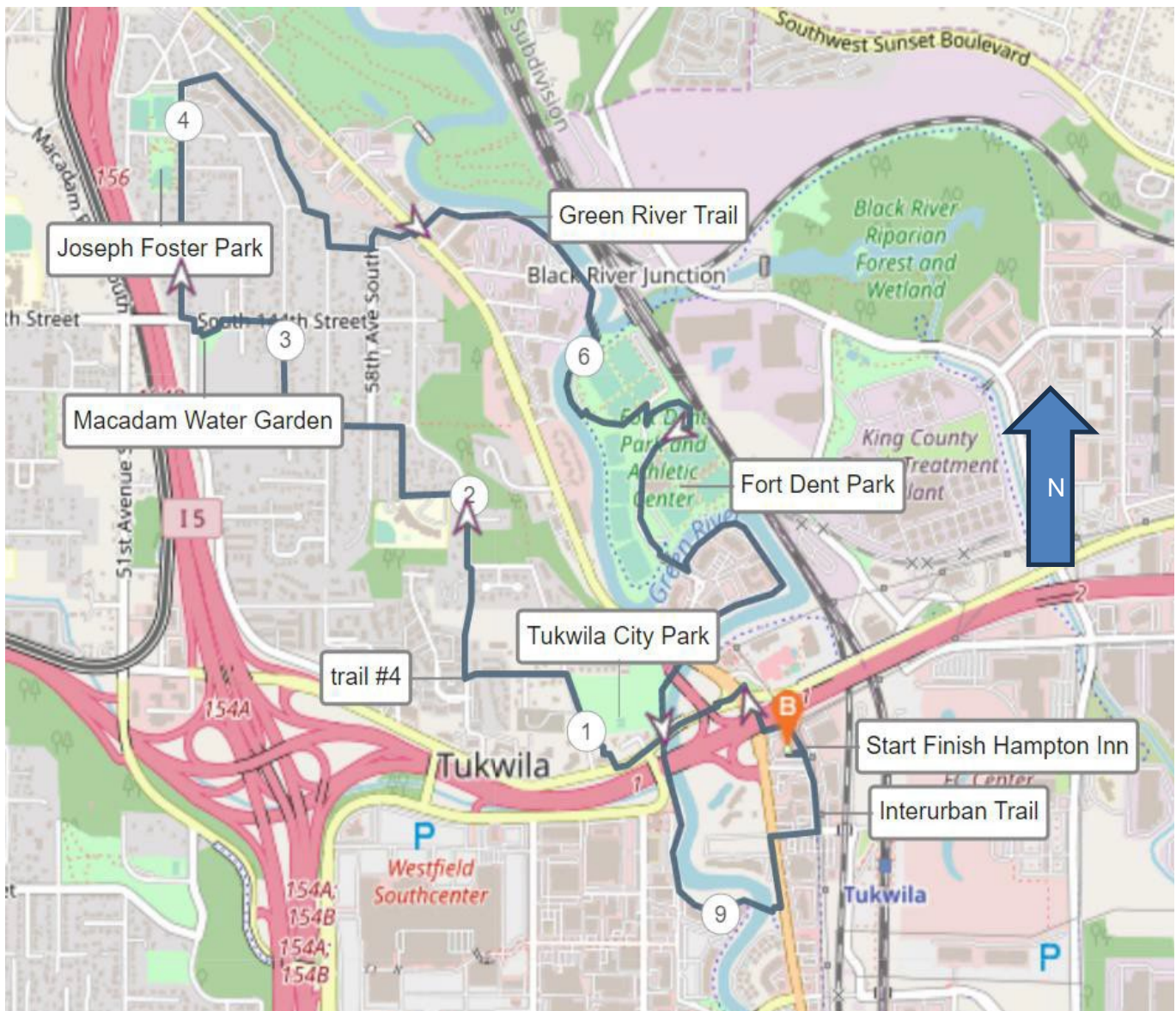
46. **LEFT** on the sidewalk along West Valley Highway to the light at Longacres Way.
47. **RIGHT** crossing West Valley Highway and **CONTINUE** on the right side of Longacres Way to the Interurban Trail.
48. **LEFT** on the Interurban Trail, carefully crossing Longacres Way (no crosswalk) to 156th St (unmarked.)
49. **LEFT** onto 156th St and the finish at the Hampton Inn.



In case of emergency, call 911

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TUKWILA HIGHLANDS & FORT DENT PARK WALK – 5k

Y1293

Rated 1B

Daffodil Valley Volkssport Association

Start: Hampton Inn, 7200 S 156th St., Tukwila, WA.



Dogs must be on leash.

1. Leaving the Hampton Inn, turn **LEFT** on S. 156th St.
2. **LEFT** onto Nelson Pl and the Interurban Trail behind the Hampton Inn.
3. After the Interurban Trail goes under the freeway, turn **LEFT** off the trail to the street light at Grady Way and West Valley/Interurban.
4. **CROSS** Grady Way.
5. **LEFT and CROSS** Interurban/West Valley.
6. **CONTINUE** now on Southcenter Blvd.
7. **RIGHT** onto the blacktop trail before 66th Ave. S.
8. Stay **LEFT** at the forks to the Interurban Ave. stoplight.
9. **CROSS** Interurban Ave. and go **STRAIGHT** ahead on Fort Dent Way.
10. **CROSS and LEFT** on Starfire Way.
11. Take the **LEFT** fork and cross the bridge along the right-side walkway.
12. **CONTINUE AHEAD** on sidewalk past the main FC Sounders/Starfire building.
13. **RIGHT** on paved path at the end of the fence toward a **Restroom** building.
The monument to the left says Fort Dent was named after Captain Frederick T. Dent, US Army, who was said to have supervised construction of the building. Dent eventually became a Colonel in the Civil War and was a member of General Ulysses S. Grant's staff (General Grant married Dent's sister, Julia.)
14. **CONTINUE** across the grass to the path by the pond.
15. **RIGHT** on the path around the pond, counter-clockwise.
16. **CONTINUE** around pond until you arrive at children's play area. **ANGLE RIGHT** and exit through open fence to sidewalk.
17. **RIGHT** on the sidewalk and **CROSS** the road. **KEEP RIGHT** until you reach a gate (just before cyclone fence).
18. **TURN RIGHT** to enter the paved service road.
19. As you approach the Maintenance Buildings, **TURN LEFT** across the grass through the fence opening to the Green River Trail.

20. **RIGHT** on the trail to the rust-colored bridge.

The monument you pass on the right commemorates the Black River Junction landing for flat-bottomed boats that carried passengers and goods to and from the Duwamish and Green Rivers between 1854 and 1886.

21. **TURN AROUND** at the bridge and **CONTINUE** back on the Green River Trail with river on your right to the bridge underpass.
22. **STRAIGHT** under the bridge and curve **LEFT**, around and **CROSS** over the bridge using the left walkway.
23. **LEFT** at the end of the bridge on the blacktop trail to circle the buildings to a "T".
24. **RIGHT** at the "T" to Fort Dent Way (not marked here).
25. **LEFT** on Fort Dent Way then **LEFT** on Interurban Ave. S.
26. **CROSS** Fun Center Way, then Grady Way at the light.
27. **LEFT** up to the Interurban trail and **RIGHT** under the freeway to the Hampton Inn and the finish.



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WALK NAME Tukwila, WA /Fort Dent – Y1293**ESVA SPECIAL PROGRAMS**

Ending date is for sale of books. Patches will be distributed until they are gone.

39 COUNTIES	[Ongoing] -- King			
That's Entertainment [2024-2026]	Cultural	Fairs/Festivals/ Arcades	Crafts/Hobbies	Sports Venues Soccer Fields Baseball Field
Rail Trails [2020-2022]	Interurban Trail			
Front Line Heroes [July 2021-2024]	MEDICAL FACILITIES	DELIVERY SERVICES	SUSTENANCE PROVIDERS	ESSENTIAL SERVICES Fire Station 10k

OTSPA CHALLENGES

"V" [2021-2026]	Vietnamese Food	Vegetables	Veterinarian	Victorian Homes
"X" [2021-2026]	Tax Preparer	Xrays	Fed Ex/UPS	Expos
"Y" [2021-2026]	Yarn Shops	Yoga	Yeti	Yogurt
"Z" [2021-2026]	Zero in Sign X	Zodiac	Zoo/Aquarium	Zone X

AVA SPECIAL PROGRAMS

STATES/51 CAPITALS	[Ongoing]	Washington State
WALKING THE USA A -Z	[Ongoing]	"T" -- Tukwila
A-MAZ-ING LABYRINTHS	[2024-2026]	
BORDER CROSSING	[2014-2023]	
GREAT LAKES	[2021-2024]	
LIGHTHOUSES II	[2023-2025]	
PAR FOR THE COURSE	[2023-2025]	Playground in park
Rails to Trails	[2022-2025]	Interurban Trail
STEP TO THE BEAT	[2024-2026]	
TOWN HALL/CITY HALL	[2020-2024]	
WALKING WITH AMERICA'S VETERANS	[2021-2024]	
STEP TO THE BEAT	[2024-2026]	