

Bothell – Town and Trail YR1687

6K and 11K, Rated 1B



Interlaken Trailblazers welcomes you to Bothell – Town and Trail YR1687

Starting Point: QFC. 18921 Bothell Way, Bothell WA
GPS LOCATION: 47.766104, -122.211427

Restrooms: At start point and parks along the route.

Driving Directions: I-405 Northbound: Exit #23 SR 522 west to Bothell. Drive to SR527 (Bothell Way) Turn Right to NE 188th St. LEFT on NE 188th St. RIGHT into QFC Parking Lot. I-405 Southbound: Exit #23B. Continue as above.

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Special Programs: AVA – A-Z (B) Walking with American Veterans, Rail to Trail, Par for the Course, Step to the Beat
ESVA: Frontline Heroes, Rail to Trail (2 trails) That’s Entertainment ,Tell me a Story



Emergency Dial 911 POC: Lisa Morin, for walk direction information

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 users 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

POC:
 Lisa Morin
 Lisa_walking@yahoo.com
 (425)478-8381

History

Bothell was originally settled by Native Americans and moves forward to become a thriving community with new business, parks, and trails for you to enjoy! Come see what is new here.

Index	
Page 1	Introduction, Info and Details
Page 2	5K/10K Walk Directions
Page 3	5K/10K Map



Emergency: Dial 911

Bothell Town and Trails YRE 1687

5K/10K (Rating 1B) (Revised 1/1/2026)

QFC – 18921 Bothell Way NE, Bothell, WA

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Restrooms at the start and in Bothell Landing Park 1K and Blythe Park 3.5K.

POC: Lisa M 425-478-8381

1. Leaving QFC, **RIGHT** to NE 188th St. (no sign)
2. **CAREFULLY CROSS** NE 188th St. and turn **LEFT**.
3. **CROSS** the driveway of Pop Kenney Stadium.
4. **RIGHT** on walkway just before artwork on your left. (Horse Creek is now on your right)
5. **CONTINUE** on the sidewalk keeping Horse Creek on your right or your left (black rail fence) as you continue to SR522/ Bothell Way NE, crossing several streets.
6. **CROSS** SR 522 (Bothell Way NE) with the light.
7. **RIGHT** on Bothell Way NE for a short distance.
8. **LEFT** at first path into the park.
9. Pass the first left.
10. At the “Y”, **LEFT** and cross the bridge.
11. **CONTINUE** on trail near the river toward the children’s play area.
12. Keep **RIGHT** passing behind the Restrooms.
13. Just past the restrooms, at the first intersection **TURN RIGHT**. The Veteran Memorial will be on your left.
14. Continue through the park enjoying the historic buildings to the bridge.
15. **RIGHT** to cross bridge to Sammamish River Trail (SRT).
16. **RIGHT** on SRT.
17. Continue to first bridge (about 1K)
18. **RIGHT** to **CROSS** bridge. (3K)
19. After crossing the bridge, immediate **LEFT** to Burke-Gilman Trail (GBT).
20. At next bridge **LEFT** to **CROSS** bridge and continue passing Blyth Park on your right. (Restrooms in the park)
21. After passing the park continue on the BGT to 102nd Ave SE.
22. **LEFT** on 102nd Ave SE to Sammamish River Park on your left side.
23. **5K – Continue ahead on 102nd Ave SE to CROSS the bridge. Continue to Main St. CROSS and LEFT on Main St to 101st Ave NE. Continue with step 38.**
24. **10K- TURN LEFT at Sammamish River Park . Keep on the trail heading RIGHT to pass under the bridge. The river will be on your left.**
25. Follow the path as it goes left crossing a bridge, once again passing over the Sammamish River. Stay on the asphalt path for another 100 yards to the “Brackett’s Landing” sign. (NE 174th)
26. **RIGHT** at NE 174th continuing along the loop to the end.
27. **RIGHT** on Woodinville Dr.
28. **VEER LEFT** onto the Sammamish River Trail. After a short distance and just before the bridge, **VEER LEFT** onto the Regional (North Creek) Trail.
29. Continue on the trail to 110th Ave NE, (unmarked). You will leave the trail here.
30. **LEFT** on 110th Ave NE, crossing NE 185th St and Campus Way NE.
31. **LEFT** on Campus Way to the Promenade (just before the bus shelter).
32. **RIGHT** on the promenade through the colleges. Enjoy the many pieces of art as you pass through.
33. At NE 180th St (no sign here) **RIGHT** up the hill, passing through the street barricade to Valley View Road. The Bothell Pioneer Cemetery is on your right.
34. Keep to the **RIGHT** (narrow walkway) on Valley View to Main St/Beardslee.
35. **CROSS** Beardslee.
36. **LEFT** to **CROSS** 104th Ave NE.
37. Continue along Main St to 101st Ave NE.
38. **CROSS** and **RIGHT** on 101st Ave NE to NE 185th St (City Hall on left).
39. **LEFT** on NE 185th St to Bothell Way NE.
40. **RIGHT** to **CROSS** NE 185th St then **LEFT** to **CROSS** Bothell Way NE.
41. **RIGHT** on Bothell Way NE.
42. Pass the main McMenamins building, to the next crosswalk (Reder Way).
43. **LEFT** at the crosswalk on the sidewalk passing through the McMenamins properties to the small bridge at Horse Creek. **DO NOT CROSS BRIDGE.**
44. **RIGHT** to walk beside the creek. The creek will be on your left. Continue to the end at NE 188th St. (not marked here)
45. **LEFT** for a few hundred yards to the driveway of QFC.
46. **RIGHT** to carefully cross NE 188th St to QFC.

Hope you enjoyed your walk!

BOTHELL YR1687 5K/10K

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