

SEATTLE – LINCOLN PARK WALK

Year-Round Event Y2051

5K, 10K and 11K

Hosted by the Emerald City Wanderers

This walk features the beach and bluff trails of Lincoln Park on 5K (1B) and 10K (2B) routes. There are great views of the Sound and the Olympic Mountains on both routes, and if you're lucky you might catch a view of Orca or Gray whales. The 10k route continues into the adjacent neighborhood with panoramic views of the Sound and Olympic Mountains as well as a visit to Solstice Park (spectacular view here) and a community garden. There is a 1K optional loop through quiet, little-known Fauntleroy Park on the 10K route.

This walk starts approximately at The Kenney retirement community at 7125 Fauntleroy Way SW. The Kenney is closed to the public, but the vicinity has street parking, and offers a good place to start the walk.

The Bluff portion of this walk is most comfortably walked with a companion as it is isolated.

DIRECTIONS TO THE START

The current closure of the West Seattle High Bridge means that you must use the 1st South or 16th South Bridge if you are coming from outside West Seattle. If you have access to a GPS-based device/application, please use it. For a destination use the address 7125 Fauntleroy Ave SW.

From I-5, either direction, take the Michigan St offramp and get into the far right lane. Turn RIGHT onto Michigan St at the traffic light at the bottom of this very long ramp. Follow Michigan St to the 1st South Bridge, crossing and

continuing on SR 509. Take first exit – Myers Way. Head uphill, veering RIGHT at traffic light to Olson Place SW. In .7 mile turn RIGHT onto 8th Ave SW. In .4 miles, turn LEFT onto SW Henderson St. As you cross Delridge Way SW, Henderson will become SW Barton St. Continue on SW Barton, crossing 35th SW and then heading downhill. Take the “main drag” RIGHT turn onto SW Wildwood Place. Turn RIGHT onto Fauntleroy Way SW, passing the ferry terminal and the park to the start area at The Kenney, 7125 Fauntleroy Ave SW.

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 participant’s Event Bank until they have submitted event completion info including the date of the event, the distance, 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 user’s Event Bank when the PDF is downloaded. Later, any PDF fees are credited back to a user’s 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.).

SPECIAL PROGRAMS AND CHALLENGES

AVA Special Programs: 50 States; Walk the USA A-Z.

ESVA Challenges: Counties: King.

Attached are directions and maps for the 5K and 10K routes.

Emerald City Wanderers
Lincoln Park Walk
YRE 2051 5K - Rated 2B

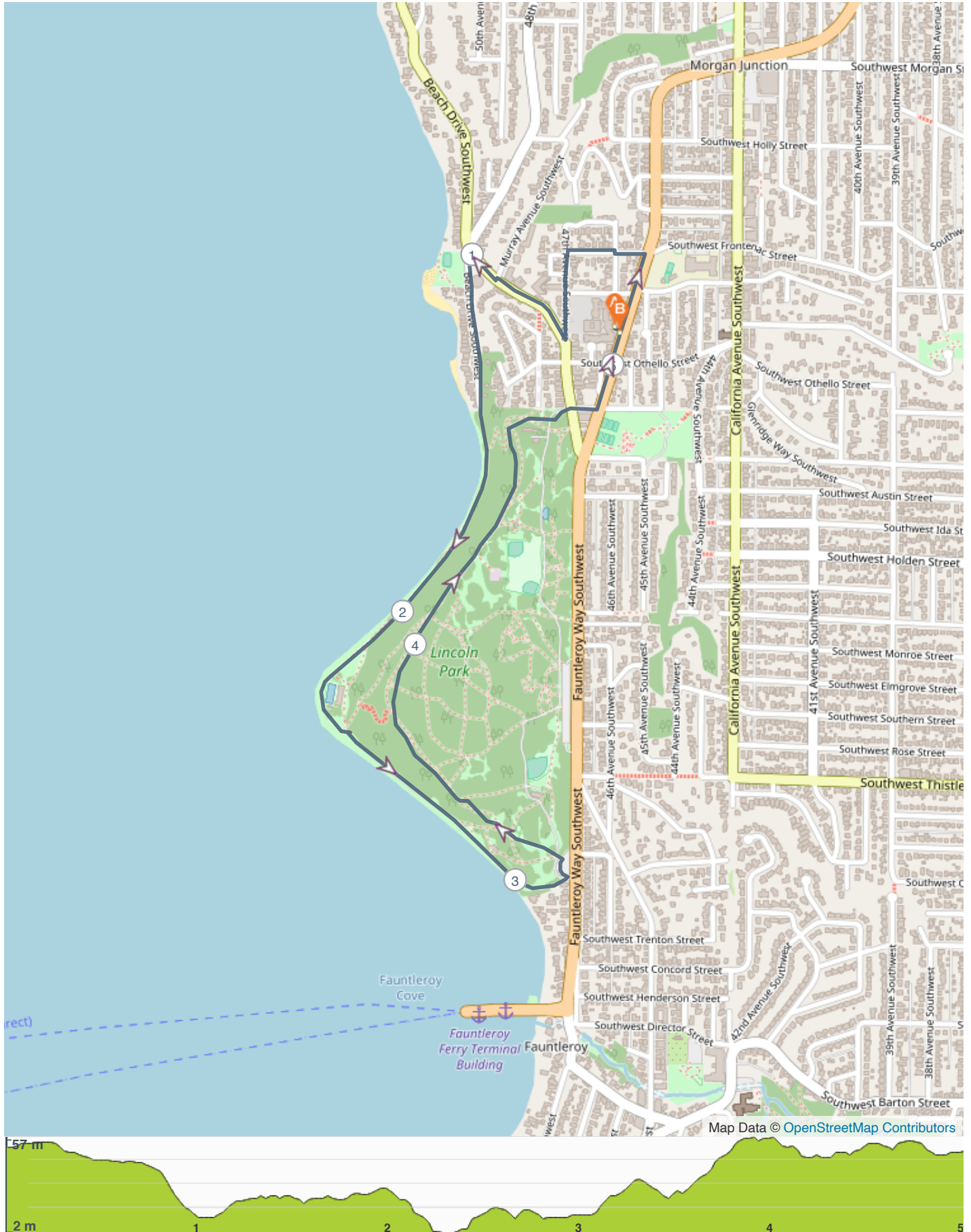
This map and directions may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

The Lincoln Park Bluff Trail, a little over one kilometer in length, offers great views of Puget Sound and the Olympics. It is wooded, and can be a little lonely on weekdays. If you are walking alone, you might be more comfortable with the alternate route provided in the directions.

1. Turn **LEFT** on Fauntleroy Way SW to SW Frontenac.
 2. Turn **LEFT** on SW Frontenac.
 3. Turn **LEFT** on 47th SW.
 4. Turn sharp **RIGHT** on Lincoln Park Way SW.
 5. Continue downhill on Lincoln Park Way to Beach Drive SW. (1K)
 6. Cross Beach Drive and turn **LEFT**.
 7. Follow Beach Drive SW to street end, and continue into Lincoln Park on beach trail.
 8. At "Y", stay **RIGHT** on trail, keeping Coleman Pool on your **LEFT**.
 9. After passing shelters and restrooms on **LEFT**, continue as trail becomes an access road going uphill to **LEFT**.
 10. At parking lot, stay **LEFT** on sidewalk and follow it around to paved trail heading **LEFT** into Park. (3.1K)
- NOTE:** If you do not wish to walk the Bluff Trail, you may use the "Alternate Route" described at end of these directions.
11. Take **LEFT**-hand, paved trail into Park (Leash Pet sign), passing playground on **RIGHT**.
 12. When trail heads downhill, turn **RIGHT** on gravel/dirt trail and immediately **LEFT**, keeping Shelter 2 on your **RIGHT**.
 13. Follow trail to "Y".
 14. At "Y", go **LEFT** and down the steps and then up. Continue on trail along bluff with fence on your **LEFT**.
 15. Stay on Bluff Trail with fence on your **LEFT** to the end of the Park, where you must turn **RIGHT**. You will pass ballpark and playground on your **RIGHT**. (Restroom on **RIGHT**, just beyond the ballpark.)
 16. Turn **RIGHT** on trail at end of Park.
 17. There are several trails here – just look ahead for the park bench, which sits in the middle of a "Y". Turn **LEFT** at "Y" (bench will be on your **RIGHT**) to paved Park roadway.
 18. Turn **LEFT** on roadway to 47th SW.
 19. Cross 47th and go **STRAIGHT** ahead on SW Fontenelle to Fauntleroy Way SW.
 20. Turn **LEFT** on Fauntleroy and return to start/finish.
- ALTERNATE ROUTE:**
10. Instead of turning **LEFT** into Park, continue **STRAIGHT** to Fauntleroy Way.
 11. Turn **RIGHT** on Fauntleroy Way to park entry (unmarked driveway) just before the ferry terminal road.
 12. Walk down to beach by ferry dock.
 13. Return to Fauntleroy Way, turn **LEFT** and return to start/finish.

We hope you enjoyed the walk. Comments or suggestions go to jarrell@janjarrell.com
Jan Jarrell – 206-962-0876

Lincoln Park 5K - 2019



Emerald City Wanderers
2020 Lincoln Park Walk
YRE 2051 - 10K or 11K - Rated 2B

This map and directions may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

1. Turn **LEFT** on Fauntleroy Way SW to SW Frontenac.
2. Turn **LEFT** on SW Frontenac.
3. Turn **LEFT** on 47th SW.
4. Turn sharp **RIGHT** on Lincoln Park Way SW.
5. Continue downhill on Lincoln Park Way to Beach Drive SW. (1K)
6. Cross Beach Drive and turn **LEFT**.
7. Follow Beach Drive SW to street end, and continue into Lincoln Park on beach trail.
8. At “Y”, stay **RIGHT** on trail, keeping Coleman Pool on your **LEFT**.
9. After passing shelters and restrooms on **LEFT**, continue as trail becomes an access road going uphill to **LEFT**.
10. At parking lot, stay **LEFT** on sidewalk and follow it around to paved trail heading **LEFT** into Park. (3.1K)
11. Take **LEFT**-hand, paved trail into Park (Leash Pet sign), passing playground on **RIGHT**.
12. When trail heads downhill, turn **RIGHT** on gravel/dirt trail and immediately **LEFT**, keeping Shelter 2 on your **RIGHT**.
13. Follow trail to “Y”.
14. At “Y”, go **LEFT** and down the steps and then up. Continue on trail along bluff with fence on your **LEFT**.
15. Stay on Bluff Trail with fence on your **LEFT** to the end of the Park, where you must turn **RIGHT**. You will pass ballpark and playground on your **RIGHT**. (Restroom on **RIGHT**, just beyond the ballpark.)
16. Turn **RIGHT** on trail at end of Park. There are several trails here – just look ahead for the park bench, which sits in the middle of a “Y”. Turn **RIGHT** and keep bench on your **LEFT**.
17. Continue to paved road and turn **RIGHT**. After you pass the maintenance shops, the road becomes gravel.
18. When road splits, go **STRAIGHT** – Shelter 5 will be ahead on your **RIGHT**, and wading pool on your **LEFT**. (Restrooms on **RIGHT**)
19. At intersection, continue straight ahead on gravel road, keeping soccer/baseball field on your **RIGHT**. (5K)
20. Pass parking lot on **LEFT**, and go **STRAIGHT** ahead on gravel path when road veers **RIGHT**.
21. Continue past baseball field and restrooms (closed in winter) on **RIGHT**.
22. At paved trail, turn **LEFT** to parking lot where you entered the Park.
23. Turn **LEFT** to Fauntleroy Way SW.
24. Turn **RIGHT** on Fauntleroy Way, and almost immediately turn **LEFT** and cross Fauntleroy Way at Cloverdale, using the crosswalk.
25. Turn **RIGHT** on Fauntleroy Way. When it splits, stay **LEFT** - “Local Access” sign will be on your **RIGHT**.
26. Cross SW Director and walk through Cove Park, noting the Artwork.
27. Turn **LEFT** on SW Wildwood Place.
28. Continue uphill on SW Wildwood., crossing 45th SW. At 45th, look to right to see Endolyne Joe’s and The Original Bakery. Mural on far side of Endolyne Joe’s.
29. Veer **LEFT** on main drag, uphill, which becomes California Ave SW.

30. *If you are doing only the 10K, skip to instruction #41.*
31. *For 11K option, cross California SW at crosswalk in front of old Fautleroy School.*
32. Turn **LEFT** on sidewalk.
33. Turn **RIGHT** on first gravel drive, right after RAPIDRIDE sign. At end of gravel drive, continue ahead on trail.
34. Continue straight ahead on main trail at intersection with trail coming from left.
35. At "Y" with one bridge to left and one to right, go **RIGHT**.
36. Turn **RIGHT** at next trail, and walk on boardwalk, cross a small bridge and up steps.
37. Turn **RIGHT**, downhill, at next trail – small rotten stump.
38. At "T" turn **LEFT**, downhill.
39. At next "T", **LEFT** again, across the bridge, past the daycare, and to the parking lot.
40. Cross parking lot and cross California Ave SW to School. **RIGHT** up California.
41. Immediately after old Fautleroy School, turn **LEFT** on SW Director.
42. Turn **RIGHT** on 45th SW.
43. 45th SW veers left to become Fautleroy Place SW.
44. Turn **RIGHT** on 46th SW.
45. At Rose St, stay on the **LEFT** side of 46th Ave to SW Monroe.
46. Turn **LEFT** on SW Monroe to Fautleroy Way.
47. Turn **RIGHT** on Fautleroy Way to SW Kenyon St.
48. Turn **RIGHT** on SW Kenyon St. (not Place) to 46th Ave SW.
49. Turn **LEFT** on 46th to SW Austin.
50. Turn **RIGHT** on SW Austin to 45th.
51. Turn **LEFT** on 45th. In one short block, go up road to **RIGHT** marked "DEAD END". Solstice Park sign is ahead. (8.5K)
52. Continue to trailhead, across from house.
53. Turn **LEFT** on trail and walk into Solstice Park. At top of hill, turn **LEFT** on narrow trail going out to viewpoint. Note the solstice markings on the stones.
54. From the viewpoint, go **STRAIGHT** ahead on the trail, down the steps to the p-patch.
55. Walk diagonally to your left thru the p-patch on the main trail, to the left end of the tennis courts.
56. Make your way along the tennis courts to Fautleroy Way SW.
57. Turn **RIGHT** on Fautleroy Way SW and return to start.

We hope you enjoyed the walk. Comments or suggestions go to jjarrell@janjarrell.com

Jan Jarrell – 206-962-0876

The Emerald City Wanderers

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12/22/2019

Lincoln Park 10K - 2019

