

LAKE TO SOUND AND SPRINGBROOK TRAILS WALKS Y2934

Please note: Be sure to log back into the OSB system (my.ava.org) to finish/complete your online registration after doing the walk. The OSB system does not deduct any walking fee from a walker's Event Bank until they have submitted walk completion information including the date the event was walked, the distance walked, and the selection of applicable special programs that walker 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. This prepaid fee is applied against the credit fee(s) at the OSB Finish Table when you submit the walk completion info. However, the \$2 coupon for the downloaded PDF expires 60 days from download.)

This event has both a Physical Start Box and the Online Start Box. **PLEASE do not mix and match** between the two registration methods. It will confuse you and the club. Choose one, OSB or PSB, to complete the event.

Please contact the POC with issues about the event: Nancy Wittenberg, newittenberg@gmail.com, 253-208-1331

Driving Directions: Hampton Inn, 7200 South 156th St., Tukwila.

GPS Coordinates: 47.47483, -122.27263

I-5 NB, Exit 154; I-5 SB, Left Exit 154B and merge onto I-405 NB toward Renton. Take Exit 1 (WA181/West Valley Hwy). At bottom of ramp go straight through intersection onto S. 156th St.

I-405 SB Exit 1: Right onto Interurban/West Valley to 2nd light. Left onto S. 156th St.

Ask for Walk Box at counter. **Ask for a "Walk Box parking pass" at the counter or use on-street parking.**

Restrooms: Located at the Hampton Inn start, Fort Dent Park and at the Sounder Train Station (10k.) They are noted in the walk directions.

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LAKE TO SOUND 11K

Changed to 10K

**Due to Springbrook Trail Boardwalk Fire
south of SW 27th Street.**

**There is no scheduled repair of the
boardwalk.**

All directions have been changed.

TUKWILA LAKE TO SOUND AND SPRINGBROOK TRAILS WALK 10K

YR2934 RATED 1A

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EMERGENCY CALL 911
POC Nancy Wittenberg
253-208-1331

If you wish to walk part of the route with the 6K walkers, drive to Fort Dent Park: Leaving the Hampton Inn, **Right** on 156th St to light at West Valley. **Right** on West Valley through light at Grady Way to Fort Dent Way. **Right** on Fort Dent Way around the round-about and **Right** onto Starfire Way, crossing the bridge into Fort Dent Park. After parking in any available parking place close to the bridge, walk back to the bridge on the sidewalk on left side of road and **start at #6, and go under bridge**. To finish after arriving at the Hampton Inn, continue at #1 of 10K directions until you reach Fort Dent Park and your car.

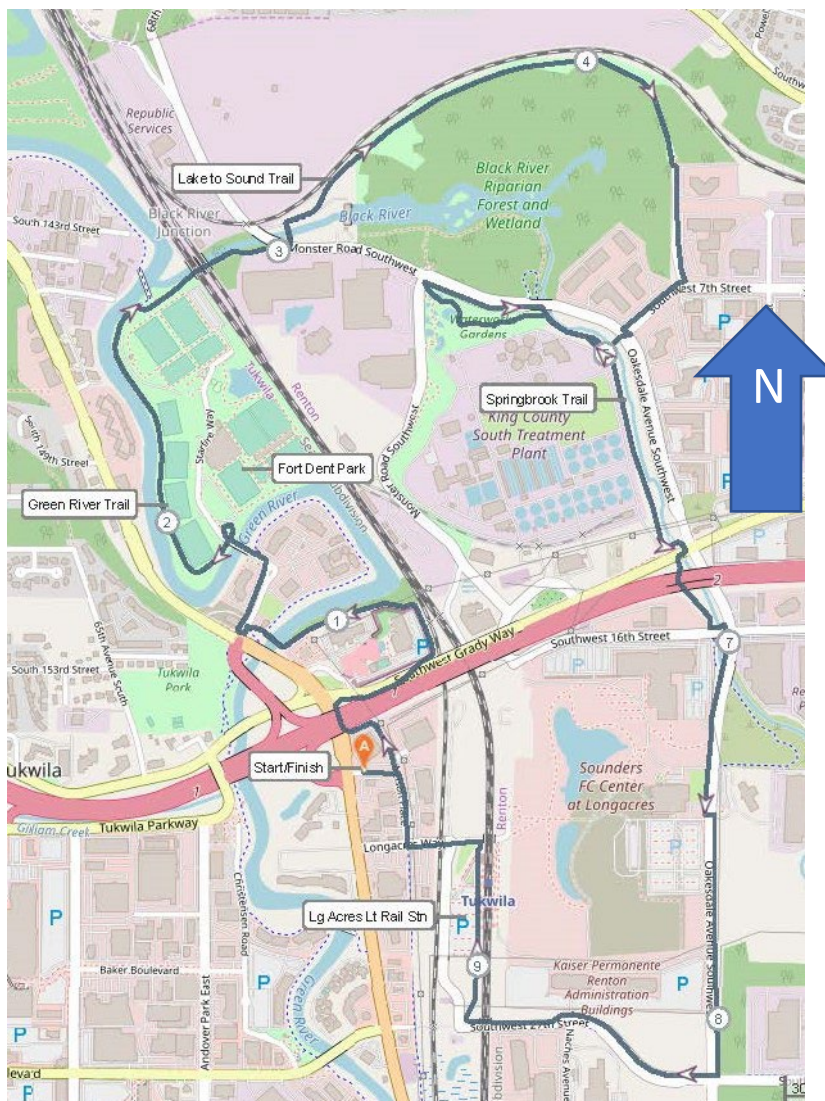
No Dogs allowed on some major parts of this walk. Use the 6K route if walking a dog.

1. **Leave** the Hampton Inn and turn **Left** on 156th St.
2. **LEFT** onto Nelson Pl and follow the Interurban Trail behind the Hampton Inn and under the freeway.
3. **CONTINUE** on the Interurban trail staying to right and watching for bikes, around the Family Fun Center with the river to the right, crossing the river to the street (Fort Dent Way).
4. **RIGHT** on Fort Dent Way to Starfire Way.
5. **CROSS** and **LEFT** on Starfire to cross the bridge along the right-side walkway.
6. **RIGHT** after crossing the bridge around and under the bridge on the Green River Trail with the river on your left.
7. **CONTINUE** to a trail intersection before the rust-colored bridge. (Lake to Sound Trail, unmarked. (Note the yellow sculpture.)
8. **RIGHT** on that trail, going under the RR overpass and crossing the next road (Monster Rd) using the crosswalk to a "T" in the trail.
9. **RIGHT** to continue on the paved trail passing through the Black River Trail Riparian Forest and Wetland to its current end at the end of Naches Ave SW (unmarked here.)
10. **STRAIGHT** on **LEFT** side of Naches onto sidewalk, crossing Naches to the other side of street, when the sidewalk starts there and **LEFT** to SW 7th St.
11. **RIGHT** on SW 7th to Oakesdale Ave at light.
12. **LEFT** crossing 7th and **RIGHT** crossing Oakesdale in crosswalks, continuing carefully, on **LEFT** side of overpass to the end (no sidewalk.)
13. At the overpass end at the "T", **RIGHT** down to the Springbrook Trail (unmarked.)
14. **LEFT** on the Springbrook Trail with Springbrook Creek on your right to a fork in the trail.
15. Take the **LEFT** fork going uphill to a fork in the trail before the street.
16. **LEFT** on this path and continue on this path through Waterworks Park, passing by various ponds to a "T".
17. **LEFT** onto the asphalt path, through the Grotto.
18. **RIGHT** at the next fork to the road (Monster Road.)
19. **RIGHT** to the corner.
20. **RIGHT** along, now, Oakesdale to the bridge over Springbrook Creek and look for a trail to the right just before the bridge.
21. **RIGHT** down onto Springbrook Trail, continuing all the way to Grady Way. (**Restrooms** in service station across Oakesdale.)
22. **CROSS** Grady Way at the light at Oakesdale and **RIGHT** on the trail under I-405 to SW 16th St
23. **LEFT** to the light and **RIGHT** to cross SW 16th.
24. **CONTINUE** on the right side of Oakesdale Ave SW to the light.
25. **LEFT** crossing Oakesdale and **RIGHT** on left side of Oakesdale to SW 27th St.

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

- 26. **RIGHT** crossing Oakesdale at the light and continue on the right side of 27th to Naches Ave SW.
- 27. **CROSS** Naches and continue on the sidewalk/trail as it narrows with a black chain link fence on its left and goes under the RR overpass.
- 28. The trail turns **RIGHT** uphill to the left of the tracks between two black chain link fences to the Tukwila Light Rail/Bus Station parking lot.
- 29. **CONTINUE STRAIGHT** on the sidewalk, staying below the station to the street, Longacres Way. (**Restrooms** in station)

- 30. **LEFT** on the left side of Longacres Way to the Interurban Trail at Nelson Pl.
- 31. **RIGHT** carefully crossing Longacres Way (no crosswalk) on the Interurban Trail back to the Hampton Inn and the finish.



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TUKWILA LAKE TO SOUND AND SPRINGBROOK TRAILS 6K WALK

YR2934 RATED 1A

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EMERGENCY CALL 911
EVENT POC 253-208-1331

Drive to the start at Fort Dent Park for the 6K. You may want to walk with others on this trail.

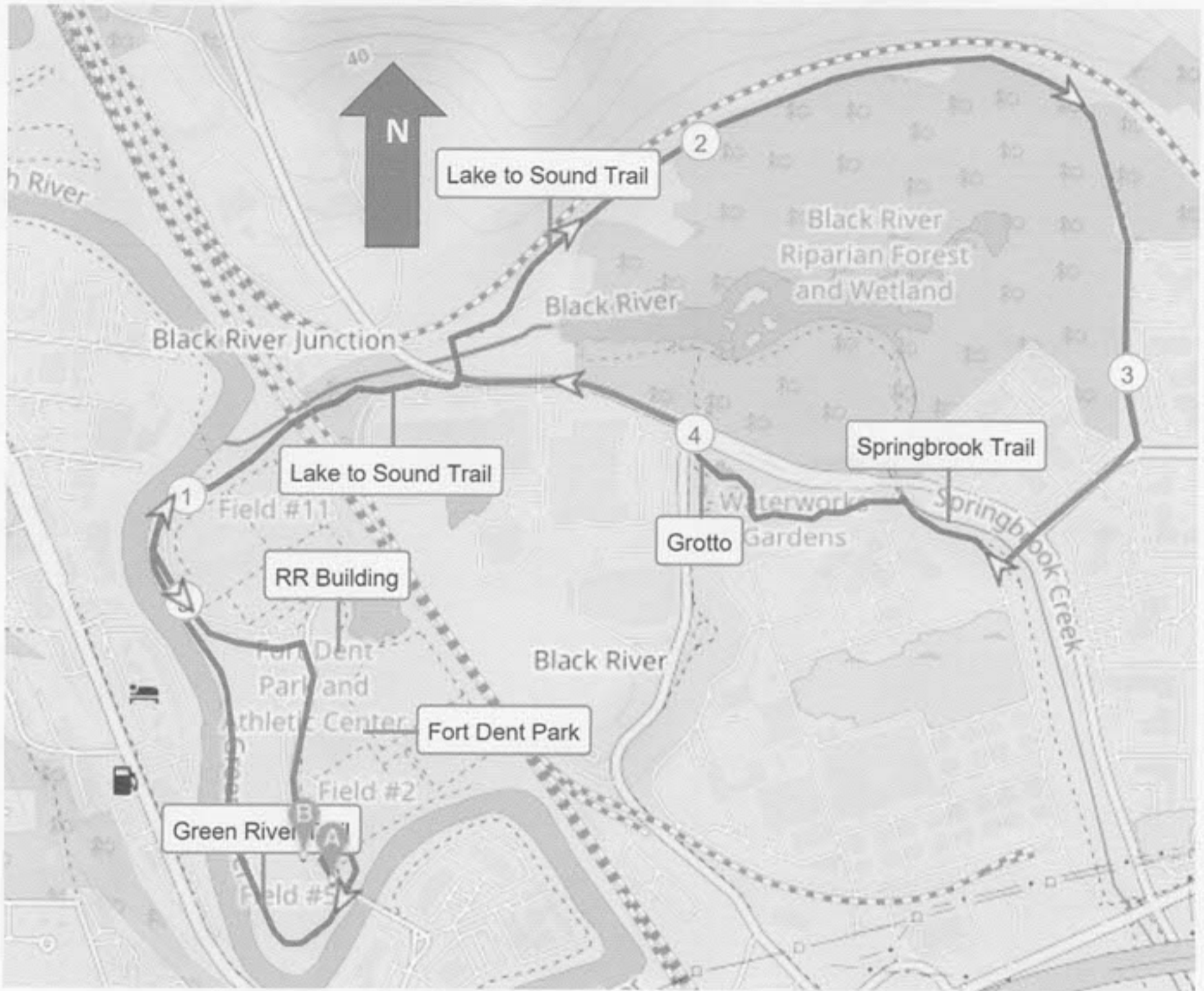
Driving Directions: Leaving the Hampton Inn, **Right** on 156th St to the light at West Valley. **Right** on West Valley/interurban through light at Grady Way, to Fort Dent Way on right. **Right** on Fort Dent around the “round-about” and **Right** onto Starfire Way **crossing** the bridge into Fort Dent Park. Park in any available parking area closer to the bridge. **Restrooms** in small building to the left of the Starfire Sports building. No other restrooms on the route.

1. After parking, walk back to bridge on sidewalk on the left side of the road.
2. **LEFT** going under the bridge onto the Green River Trail with the river on your left.
3. **Continue** to a trail intersection before the rust-colored bridge. (Lake to Sound Trail, unmarked.) Note the yellow sculpture.
4. **RIGHT** on that trail, going under the Railroad (RR) overpass and crossing the next road (Monster Rd) using the crossing signal to a “T” in the trail.
5. **RIGHT** to continue on the trail passing through the Black River Trail Riparian Forest and Wetland. Stay on the main, paved trail to its current end at Naches Ave SW (unmarked here.)
6. **STRAIGHT** on the LEFT side of Naches, crossing Naches to the sidewalk on the other side of the street when the sidewalk starts and **LEFT** to SW 7th St.
7. **RIGHT** on SW 7th to Oakesdale Ave. at the light.
8. **LEFT** crossing 7th and **RIGHT** crossing Oakesdale on crosswalks and continue, carefully, straight on the left side of the overpass to the end (no sidewalk.)
9. At the overpass end, at the “T”, **RIGHT** down to the Springbrook Trail (unmarked here.)

10. **LEFT** on the Springbrook Trail with Springbrook Creek on your right to a fork in the trail..
11. Take the **LEFT** fork going uphill to a fork in the trail before the street.
12. **LEFT** on this path and continue on this path through Waterworks Park, passing by various ponds to a “T”.
13. **LEFT** onto the asphalt path, through the Grotto.
14. **RIGHT** at the next fork to the road (Monster Road.)
15. **RIGHT** to the crosswalk and **LEFT** crossing Monster Rd to continue along the sidewalk.
16. At the Trail crossing signal, (Lake to Sound, that you previously crossed,) **LEFT** onto the Trail, continuing back under the RR overpass to a “T”, the intersection with the Green River Trail. (unsigned)
17. **LEFT** on the Green River Trail to the end of the fence with guard rails on your left (posts continue.)
18. **LEFT** to an asphalt maintenance road and **RIGHT** on this road, which curves left toward the parking lots (grass field is on your right.)
19. **RIGHT** into the parking lot where you parked and the finish.

Thank you for walking our Lake to Sound and Springbrook Trails Walk!!

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AVA AND WASHINGTON STATE SPECIAL PROGRAMS CHECKLIST

WALK NAME: Tukwila, WA /Lake to Sound & Springbrook Trails – Y2934				
ESVA SPECIAL PROGRAMS				
39 COUNTIES	[Ongoing] -- King			
Rail Trails [2020-2022]	Interurban Trail			
Front Line Heroes [July 2021-2024]	MEDICAL FACILITIES Kaiser Facility (11K)	DELIVERY SERVICES	SUSTENANCE PROVIDERS Subway Store	ESSENTIAL SERVICES Gas Station Water Treatment Plt
That's Entertainment [2024-2026]	CULTURAL	FAIRS/FESTIVALS/ARCADES	CRAFTS/HOBBIES	SPORTS VENUES Soccer fields
OTSVA CHALLENGES				
"V" [2021-2026]	Vietnamese Food	Vegetables	Veterinarian	Victorian Homes
"X" [2021-2026]	Tax Preparer	Xrays X 11K	Fed Ex/UPS	Expos
"Y" [2021-2026]	Yarn Shops	Yoga	Yeti	Yoghurt
"Z" [2021-2026]	Zero in Sign X	Zodiac	Zoo/Aquarium	Zone
AVA SPECIAL PROGRAMS				
STATES/51 CAPITALS	[Ongoing]	Washington State		
WALKING THE USA A -Z	[Ongoing]	"T" – Tukwila "R" – Renton		
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 Fort Dent 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]			

Revised 07/28/22



Daffodil Valley Volkssport Association Information



Please check out the club's website for more information about Daffodil Valley Volkssport Association (DVVA), a Puyallup, WA walking club and a member club of America's Walking Club.

www.daffodilvalleyvolkssport.com

Check out www.meetup.com/south-sound-walkers to find group walks the club sponsors.

DVVA has the following Year Round and Seasonal Walks in Washington State. All of the walks are both PSB and OSB unless noted.

Bremerton	Y1689
Buckley	Y0963
Eatonville	Y0104
Lyle – Klickitat Trail (OSB only)	Y0139
Moses Lake	Y1062
Orting – Town and Foothills Trail	Y0920
Orting – Bike on the Foothills Trail	Y1802
Port Orchard	Y1175
Puyallup – Downtown	Y0242
Puyallup – Puyallup Riverwalk	Y0915
South Prairie – Foothills Trail	Y2589
Spanaway	Y2733
Sumner	Y0159
Tacoma – Parkland	Y1999
Tukwila – Christiansen Trail	Y0120
Tukwila – Fort Dent Park	Y1293
Tukwila – Lake to Sound Trails	Y2934
Tukwila – Light Rail Station (OSB only)	Y2418
Yelm	Y1657