

Tuesday Trails 50+ Fall 2020

This easy hiking series is designed for active seniors looking to explore the beautiful trails around Bellevue. Locations are subject to change based on conditions and weather. Hikes will be about two miles and specifically chosen for the over-50 crowd.

Wilburton Hill Park to Kelsey Creek Farm

- 2 miles
- Easy/Moderate: Mix of gravel trail and sidewalk, downhill and uphill.
- Parking for this hike can be found at Wilburton Hill Park, 12400 Main Street.

This week we are exploring the connection between Wilburton Park and Kelsey Creek Farm. There is a large parking lot, and the trails start at the south end of the lot near the play structure. The gravel trail will wind around the play structure and then head down the hill beyond the outfield of the ball field.



This section of the trail consists of wide and gentle downhill switchbacks as you wind through the trees. After about half a mile the trail comes to 128th Ave SE. Take a right and head down the sidewalk toward SE 4th Place. Take a left on SE 4th Place which leads directly into the Kelsey Creek Farm parking lot.

After crossing the bridge, continue past the picnic shelter, and you'll see the big white barn (here's the white barn welcome sign).



The Barnyard remains closed, but you might be able to see goats, sheep, cows and horses enjoying the pasture in front of the barn along the road.



Once you say hi to all the farm life, loop back through the park and head back up SE 4th Place to 128th Avenue SE and walk back the way you came.

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Lake Hills Community Park to Weowna Park

- 3 miles
- Moderate- Hills and varied trail surfaces
- Parking: Plenty of parking is available at Lake Hills Community Park 1200 164th Ave SE



You can start this hike at Lake Hills Community Park because there is plenty of parking. However, if you'd like a shorter hike you can find parking along the street closer to Weowna Park.

As you leave the parking lot at Lake Hills Community Park, take a right and then a quick left onto SE 14th Street. Follow SE 14th Street as it curves around and becomes 168th Ave SE. Weowna Park will be on your left - there is an entrance to the trails opposite SE 16th Street.



There is a shorter loop and a longer loop you can try, but note that the hills will come as you head west towards Lake Sammamish Parkway. If you'd like to avoid hills you can stay on the trail near the street and enjoy the trees and birds, and then head back the way you came. If you are up for a loop through Weowna Park, expect some hills.



Pick your loop, which will be downhill first, then it flattens out at the bottom of the loop, then up toward 168th Avenue SE.



After your loop in Weowna Park head back toward Lake Hills Community park the same way you came following 168th Ave SE as it turns into SE14th Street.

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Enatai Neighborhood Park to Enatai Beach Park

- Easy - mostly paved and only gradual hills
- 2 miles
- This hike starts at Enatai Neighborhood Park, located at 10661 SE 25th Street (just opposite Enatai Elementary School).



Take a quick lap around the park on the gravel trail. The park stays nice and shady, even on a sunny day. This park is great for tennis, pickle ball and walking. After you've enjoyed the park, head out up the hill past the play structure to the

sidewalk along 108th SE. Take a right and head down toward the lake.



The lake should come into view after just a few blocks. As you approach the intersection at SE 34th Street, notice the park's directional sign letting you know you are on the Mountain to Sound Greenway.



Continue into Enatai Beach Park and admire the view! There are plenty of picnic tables for a snack or water break.



Get back on the Mountain to Sound Greenway Trail and follow as it goes along SE Lake Road. The road will come to a dead end in the trail. Be careful along this section of the trail as it is very popular for bicyclists.

As you continue on the trail after it leaves the street, you are heading back into Mercer Slough. You'll get to a bridge and can admire the abundant wildlife that lives in the slough, so keep your eyes out for turtles, beavers and osprey.

The bridge is the turn-around point for this two mile hike. Head back the same way you came. If you are looking for a longer hike, you can keep going through the slough and end up at 118th Avenue SE.

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Bellevue Botanical Garden

- 12001 Main Street Bellevue, WA 98005
- 1.5 miles
- Easy- gravel and packed dirt trails, a few gradual hills



Bellevue Botanical Garden is a great spot to watch the fall colors take over our trees! There is plenty of parking in the main parking lot. Head through the breezeway and notice a map of the garden on your right. Start your stroll to the left and head off toward the Yao Garden.



The wide gravel trail that winds through most of the garden allows for social distancing. As you arrive through the gates at the Yao Japanese Garden, notice that the path narrows, and the garden path is one-way.

After taking in the quiet beauty of the Yao Garden, head left as you exit and continue on the gravel path. Next up is the Native Discovery Garden.

When you're done exploring that, head out the way you came and continue on the gravel path. Head towards the Ravine Experience.



The Ravine Experience is a suspension bridge that allows beautiful views of the forest, the ravine and the creek below. Head across the bridge for a lovely loop through the trees. This section of the trail is packed dirt.

There are some lovely benches if you'd like a water break or a spot to take in the views. When you're done, head back across the bridge. Look for the sign directing you toward the Lost Meadow Trail and the Perennial Border.



Take your time exploring the Perennial Border garden; you'll find more than 700 perennials, evergreens, trees and flowering shrubs.

When you're all done, head up the stairs and toward the open lawn and back to the parking lot.

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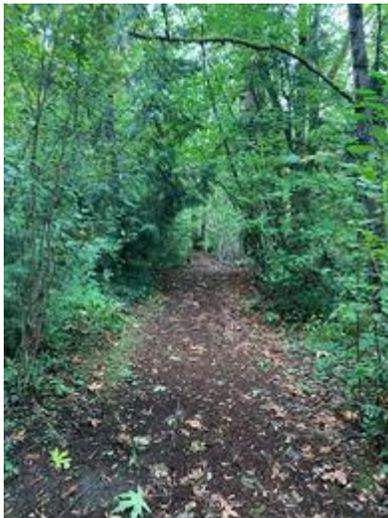
Tam O'Shanter Park to Ardmore Park

- Moderate- Hills throughout, packed dirt and paved trails
- 3 miles



This week we head to Northeast Bellevue starting at Tam O'Shanter Park - 1655 173rd Avenue NE. This smaller park has street parking.

Head around the play structure toward the packed dirt trail, and note the park directional sign. After leaving the playground area, you will notice the rolling hills, and these will remain throughout the hike. Continue on and follow the signs towards 24th Street via Redmond Trail.



There are a few jogs in the trail, but they are well marked. The forest here is a lovely place to see fall colors. There are tons of Douglas fir and big leaf maple trees.



After almost a half-mile the trail will cross over into Redmond. You'll notice signs that denote View Point Open Space. The trail will end at NE 24th Street. Take a left and head up a few blocks.

Ardmore Park Trail entrance will be on the right opposite 171st Avenue NE.

The trail weaves through Ardmore Park. There are more rolling hills, but none that are too steep. Continue to follow the directional signs toward Ardmore Park.



When you arrive at Ardmore Park, take a break on one of the tree-covered benches or check out the picnic tables by the playground. Once you've had a water or lunch break, head back the way you came.

When you get back to 24th Street, you can choose to follow it back exactly the way you came and meet up with the Redmond View Point Trail. However, if you are feeling a little tired, you can take a right on 173rd Avenue NE, which will lead more directly back to Tam O'Shanter Park.

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Lewis Creek Park

- 1.5 miles
- Moderate- paved, boardwalk, packed gravel and dirt
- 5808 Lakemont Blvd SE



This week we are headed to Lewis Creek Park, a lovely place to take in hillside views of the changing fall colors. This hike has plenty of parking in the lot at the Lewis Creek Visitor Center.



Trail.

Head down past the basketball court on the back side of the building. Take a right and head along the paved path toward the playground. When you reach the end of the play area, the paved trail will turn to dirt and will lead to a boardwalk through the Wetland



You'll reach a Y in the trail after about a quarter mile. Head to the right on the smaller dirt trail that leads up above the wetlands. You'll see the best views from atop this hillside. The trail curves back to the left at the crest of the hill. You can see the visitor center's roof

top and full fall colors. As the trail comes back down into the trees, notice the "Keep Wildlife Wild" sign and take a left. The trail follows the fence line as it goes toward Lakemont Blvd. It becomes paved once again as you head down toward the road. Before reaching Lakemont Blvd take a left and follow the signs back to Lewis Creek Visitor Center.



You will come to the Lewis Creek Picnic Shelter which is a great covered spot to have a water break or lunch. Then continue on back toward the visitor center. You can choose to go directly back or finish the Wetland Trail and add an extra .3 miles.