Keep up the pace!

Want to walk in new surroundings? Fifteen additional routes offer more opportunity for healthy, active recreation. There's a lot to discover in Pierce County, and you'll feel great for the experience!

11 South Hill Community Park Loop Trail & Nathan Chapman Memorial Trail

86th Ave East and 144th St East, South Hill, Puyallup
Distance: 1 mile loop and 1.6 mile trail.
Terrain: Flat, wooded with streams and trestles.
Surface: Paved.
Highlights: Wetlands, play equipment, nature trail with signage to identify plants, and a connection to the Heritage Recreation Center where there are sports fields used for youth soccer, baseball, and softball programs.
Start: The South Hill Community Park Loop Trail is a 1 mile, paved interpretive loop trail that connects to the 1.6 mile Nathan Chapman Memorial Trail. This connection allows you to leisurely walk with your family or pets circling South Hill Community Park and the relaxing wetlands until you have returned back to the children's playground. For a longer stroll, the Nathan Chapman Memorial Trail with its majestic trees and natural habitat provides a wooded oasis in the heart of South Hill Puyallup.
Access: By car, bike, or foot.
Hours: Dawn to 1/2 hour after dusk.

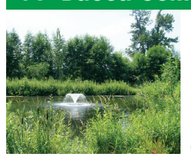
12 Rainier View Park

15603 Meade McCumber Road, Sumner
Distance: 0.25 mile
Terrain: Flat.
Surface: Paved.
Highlights: Park features views of Mount Rainier and entry plaza using tiles created by students, basketball court, playground, and picnic areas.
Start: Corner of Meade McCumber Road and Parker Road East.
Access: By car, bus, bike or foot.
Hours: 8:00 a.m. to 10:00 p.m.

13 Milton Interurban Trail

70th Ave - Porter & Kent St - S. 380th Pl, Milton
Distance: 2.5 miles.
Terrain: Mostly flat with gentle slopes.
Surface: Paved.
Highlights: This tree-covered walkway is a section of the old Puget Sound Electric Railway right of way. Incredible scenic vistas of the Fife Valley, several mountain ranges, and access to the East Branch of Hylebos Creek, known as Sweetwater Creek.
Start: South section: 70th Avenue (No parking currently available) Middle section: Porter Way & Kent Street (Parking at baseball park located at 700 Kent Street) North section: South 380th Place (Residential street parking available)
Access: By car, bus, bike or foot.
Hours: Dawn to dusk.

14 Dacca Community Park



2820 54th Avenue East, Fife
Distance: 0.5 mile loop through the west half of the park with an additional 0.8 mile loop trail that circles the east half of the park behind Columbia Junior High School.
Terrain: Flat.
Surface: Paved.
Highlights: In addition to the paved walking trail, Dacca Community Park offers 3 softball fields, 1 baseball field, a basketball court, 3 tennis courts, a sand volleyball court, a football/soccer field, all weather track, children's playground, natural habitat ponds, off leash dog area and a restroom/concession building.
Start: From parking lot in park near restrooms and children's play area.
Access: By car, bike, or foot.
Hours: 8 a.m. – dusk.

15 Thea Foss Waterway

Tacoma Waterfront
Distance: 1.3 miles round trip.
Terrain: Flat with slope adjacent to the Museum of Glass – ramp available to accommodate strollers, walkers, and wheelchairs.
Surface: Concrete.
Highlights: Walk across the Chihuly Bridge of Glass, views of Thea Foss Waterway and Marina.
Start: Pacific Avenue in front of Washington State History Museum (Union Station) located at 1911 Pacific Avenue in Tacoma. Walk across the Chihuly Bridge of Glass towards the Museum of Glass and down the stairs or down the adjacent ramp. Then stroll down along the Thea Foss Waterway to the left until you reach a small park on Dock Street.
Access: By car, light rail, bus, bike, or foot.
Hours: 24 hours a day, 7 days a week.

16 Grandview Forest Park

3488 Grandview Street, Gig Harbor
Distance: 0.5 miles inside park, 0.2 miles from Gig Harbor Civic Center parking lot to Erickson Street and McDonald Avenue, 0.1 mile around Civic Center buildings to Skate Park.
Terrain: Hilly. Flat in areas.
Surface: Paved and unpaved.
Highlights: 8.8 acres of forested land including a collection of sizeable cedars and firs. A trained eye can spot three Pacific Yews (trees that fight cancer). The park is a great place to see birds. Restroom facilities.
Start: East side of Gig Harbor Civic Center parking lot.
Access: By car, bus, bike or foot.
Hours: Dawn to dusk.

17 Tacoma Nature Center

1919 S. Tyler Street, Tacoma
Distance: 1 mile loop with options.
Terrain: Flat with some slopes.
Surface: Paved and unpaved.
Highlights: 54-acre wetland habitat, pedestrian bridge over lake, native plant nursery, wildlife, and nature interpretive center.
Start: Near Tacoma Nature Center building.
Access: By car, bus, bike, or foot.
Hours: Open daily, 1/2 hour before sunrise to 1/2 hour after sunset.

18 Homestead Park

3761 Bridgeport Way West, University Place
Distance: 0.25 mile
Terrain: Flat, gentle slope.
Surface: Unpaved.
Highlights: Rhododendron garden, fern grotto, tall trees, benches.
Start: Parking lot at University Place City Hall.
Access: By car, bus, bike, or foot.
Hours: Dawn to dusk.

19 Tacoma Mall - indoor walk

4502 South Steele Street, Tacoma
Distance: 1.1 miles.
Terrain: Flat.
Surface: Indoor smooth, hard surface.
Highlights: Free Mall Walker Program – information available at Guest Services.
Start: All major mall entrances (not store entrances).
Access: By car, bus, bike or foot.
Hours: Mall doors open Monday – Saturday at 7 a.m. and Sunday at 8:30 a.m. for walkers.

20 Wapato Park

6500 South 68th at South Sheridan Avenue, Tacoma
Distance: 0.9 mile loop.
Terrain: Flat.
Surface: Paved & gravel.
Highlights: Trail around the lake features forests, display gardens, a bridge, play equipment, picnic facilities, and an impressive, historic pergola.
Start: At any point along the paved path surrounding the lake.
Access: By car, bus, bike, or foot.
Hours: 1/2 hour before sunrise to 1/2 hour after sunset.

21 Blueberry Park

East 72nd and East D Street, Tacoma
Distance: 0.25 loop plus 0.25 straight-line trail.
Terrain: Flat.
Surface: Paved.
Highlights: Acres of organic blueberry bushes open to the public for picking (typically ripe in July), wildlife habitat, located in a residential neighborhood.
Start: Entrance on East D Street.
Access: By car, bus, bicycle or foot.
Hours: 1/2 hour before sunrise to 1/2 hour after sunset.

22 Lakewood Active Park

10600 Douglas Drive SW, Lakewood
Distance: 0.2 mile loop
Terrain: Flat.
Surface: Paved.
Highlights: Large open grass play area, playground equipment, picnic tables and basketball court.
Start: 104th Street SW and Russell Road SW.
Access: By car, bike, or foot.
Hours: 7:30 a.m. to 9:00 p.m. or sunset (whichever comes first).

23 Seeley Lake Park

9112 Lakewood Drive SW, Lakewood
Distance: 1.3 mile loop.
Terrain: Flat, rolling inclines.
Surface: Unpaved, wide pathway.
Highlights: 48 acre undeveloped site next to Lakewood Community Center. Walk among young red alder saplings and in the growing season white snowberries and red and black blackberries. Small marshes appear suddenly amidst the brush and in the winter more of the pond is visible.
Start: Parking lot near Lakewood Community Center.
Access: By car, bus, bike, or foot.
Hours: Dawn to dusk.

24 Fort Steilacoom Park Trail

(around Waughop Lake)
Steilacoom Blvd. and Elwood Drive SW
8714 87th Avenue East, Lakewood
Distance: 1 mile loop.
Terrain: Flat.
Surface: Paved.
Highlights: Walk on a smooth pathway around the lake with fishing access. Additional backcountry and mountain bike trails adjacent to the loop walk. The lake is located inside Fort Steilacoom Park, which showcases a playground area, dog park, plus baseball and soccer fields.
Start: Once inside park, access trail near parking lot at the end of Waughop Lake Road.
Access: By car, bus, bike, or foot.
Hours: 6:30 a.m. to 9:00 p.m. or sunset (whichever comes first).

25 Dupont Powderworks Park

1775 Bob's Hollow Lane, Dupont
Distance: 1.25 mile loop
Terrain: Flat with some slopes
Surface: Paved.
Highlights: Trails circle the park and highlight wetlands and historical sites. Park contains two playgrounds, basketball court, covered picnic shelter, baseball and soccer fields.
Start: Near playgrounds and picnic shelter.
Access: By car, bus, bike, or foot.
Hours: Dawn to dusk.

More walks... more fun!

Reference all 25 walks on the map on the reverse side. For more parks, trails and walks refer to the web sites on page 29 of this ***Tacoma-Pierce County Walking Guide.***

Trail etiquette & general rules

Trails are very popular and are shared by walkers, bikers, joggers, hikers and skaters. A few simple rules of trail courtesy can enhance everyone's experience:

- Be considerate and aware of your impact on the trail and on other trail users.
- Park in designated lots or parking areas near trailheads or trail access points.
- Watch out for other trail users. Allow bicyclists and skaters to pass. If the trail is crowded, stay to the right and form a single line if walking with a friend or group.
- Respect trail closure times.
- Stay on the trail and within park boundaries. Respect the rights and privacy of adjacent property owners.
- Minimize trail erosion by avoiding muddy trails and shortcuts.
- Follow the adage, "Leave no trace."

RULES OF THE TRAIL

- **Trail hours — Respect posted park hours.**
- **Dogs and other domesticated animals must be leashed.**
- **Owners must clean up after their pet(s).**
- **All weapons are prohibited.**
- **Use available trash bins or pack out litter.**
- **Do not remove vegetation or sea life.**
- **Alcoholic beverages are prohibited.**
- **Motorized vehicles — Follow speed limit signs.**

Safety tips for enjoyable walks

- Take time to warm up and cool down. Warm up by walking slowly or marching in place and moving your arms. Stretch your arms, legs and back. Repeat these exercises after your walk.
- Start out gradually. Build up speed and distance slowly. Follow the 10% rule of walking: increase the distance you walk by no more than 10% per week.
- Take along an adequate water supply. Sun protection is advised for all outdoor activities — especially in hot, sunny weather.
- Use pedestrian crosswalks when approaching highways, streets or roads. Watch out for turning vehicles. Look in all directions before crossing at an intersection, and obey all traffic signs and signals.
- If you wear headphones, keep the sound low so you can hear what's going on around you — a car horn, approaching traffic or other trail users.
- Dress for the weather. Choose clothing that allows freedom of movement.
- If you have one, carry a cell phone and identification that includes your name, phone number and pertinent medical information.
- If you drive a car to the trail, lock your vehicle and don't leave valuables inside.
- If you smoke, dispose of ashes and cigarette butts safely and responsibly. Respect "No Smoking" signs when and where posted.
- Stay alert and be observant of your surroundings.
- Be aware of poisonous plants. Look, but don't touch. Native plants include poison hemlock and poison oak (right).