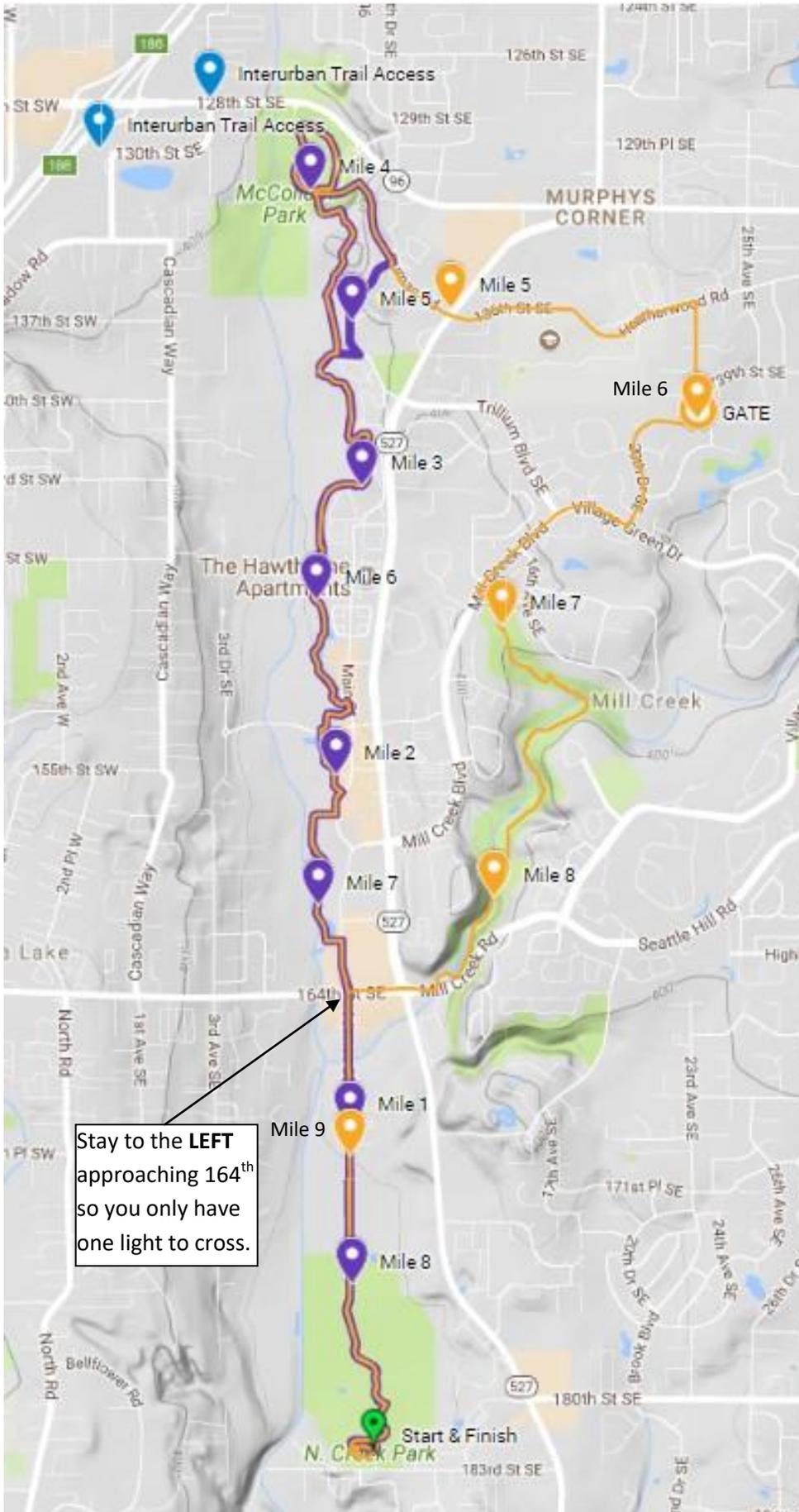


ESR Saturday Morning Run – Mill Creek



8.5 Mile Route

1. Go north 3/4 mile through wetlands on floating wooden boardwalk.
2. At end of boardwalk, continue north on 9th Ave. SE.
3. **Staying to the LEFT, cross light at 164th St. SE.** 9th turns into Mill Creek Blvd.
4. In 1/8 mile, turn left onto North Creek Trail. Follow paved trail ~3 miles north, ending at McCollum Park.
5. Cross road that circles McCollum Park and continue clockwise along interior Forest Loop Trail (1/2 mile).
6. After completing loop and arriving back at North Creek trailhead, exit McCollum Park (east) and turn right (south) on Dumas Rd.
7. Turn right on North Creek Dr.
8. In 1/3 mile, sharp right (west, follow the fence) back onto North Creek Trail.
9. Return to start back on trail.

10.0 Mile Route

1. Follow steps #1-6 above.
2. Take Dumas Rd. to HWY 527, crossing at light. Dumas turns into 136th St. SE.
3. Continue east on 136th/Heatherwood Rd. for 2/3 mile, passing high school track and athletic fields, then turn right (south) onto 23rd Ave. SE.
4. In 1/4 mile, arrive at gate. Go around gate and go right (west) on 140th Pl. SE.
5. Follow 140th as it turns into 20th Dr. SE. 20th ends at Village Green Dr.
6. Cross street and go right on Village Green. Village Green continues as Mill Creek Blvd.
7. About 1/2 mile from turning onto Village Green, enter Mill Creek Nature Reserve through playground at left.
8. Follow paved trails south through park, following signs for "Clubhouse" and then "Fish Ladder". The path should gradually descend (trails that ascend may lead out of preserve/detour). You will cross at least four bridges. **See detailed map on back.**
9. Trail terminates at Mill Creek Rd. & HWY 527. Cross 527 and continue on 164th until 9th Ave. SE/Mill Creek Blvd.
10. Turn left onto 9th and return to start.

For Even More Miles...

The Interurban Trail has two access points close to McCollum Park. Exit McCollum Park at its north end, on 128th St. SE/SR 96. Follow 128th left (west) until you arrive at 3rd Ave. SE (2 blocks). You may cross 128th and access the north portion of the trail (which goes over I-5), or continue south on 3rd as it curves right into 130th St. SE. Trail access for the south portion will be at the end of 130th.

OVER →

ESR Saturday Morning Run – Mill Creek

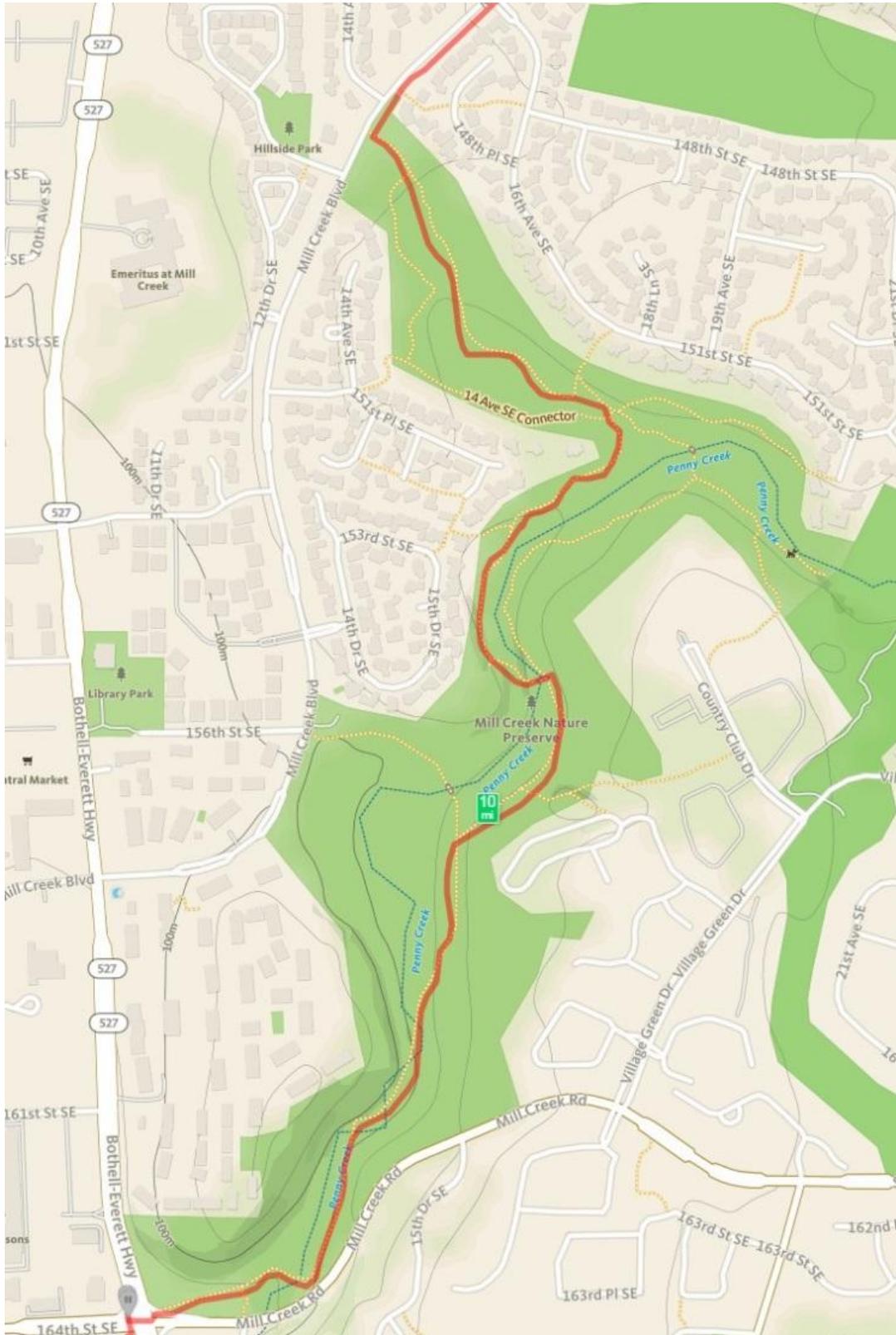


Figure 1. Mill Creek Nature Preserve

There are a couple ways to go through the Nature Preserve to get back to 164th Street SE. The above was the GPS trace from 1/15/17. I headed south on the main trail, took a right at the fork, and continued to follow the trail south (do not take any uphill forks). If you do this, the creek will be on your left, and then it switches to your right. There are at least four small bridges to cross before the trail dumps you out at HWY 527.