

HEART WALK HERE

Saturday, October 9

Saturday, October 9 is our day to walk in the Puget Sound Heart and Stroke Walk. Let's Heart Walk Here, on a path you've dreamed up. Whether it's a neighborhood park or a trail, participants can select their Heart Walk Here path to move more.

See below for some suggested trails in the Puget Sound area!



Alki Trail West Seattle

Alki Trail is a 7.6-mile out and back urban paved trail that runs from the Alki beaches on the west around Duwamish Head and down through West Seattle. Features lovely views of the water and good for all skill levels.



Burke Gilman Trail Northeast Seattle

Spanning nearly 19 miles between Seattle and Bothell, this urban paved trail is great for walking, running, biking, and more! The majority of the trail is flat or with a very gentle gradient.



Chambers Bay Loop University Place

The Chambers Bay Loop is a 3.25-mile paved loop that combines Grandview Trail, Soundview Trail and Central Meadow Outer Loop for a full tour of the park and with views of the green pastures of the golf course as well as lovely beach views.



Discovery Park Loop Seattle

This 4.4-mile loop trail passes through forest and open meadows with wonderful views throughout. You may even spot some wildlife! It has an elevation of only 140 feet and is a good choice for most skill levels.



Ruston Way Trail Tacoma

This 5.8-mile out and back urban paved trail runs along the Tacoma Waterfront from Jack Hyde Park to Point Defiance Park, passing through Judge Jack Tanner Park along the way. Great for walking, running, cycling, and more!



Weowna Park Loop Bellevue

Marvel at the many large conifers on this 3.5-mile loop trail and keep an eye out for the abundant bird life. This trail is rated as moderate and has a 600 feet elevation gain.

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