**AFK Eastside Summer Hike Suggestions**

Hiking is an activity that all AFK matches are able to do. The following hikes focus on views, wildlife, unique historic sites, and super picnic spots – things that mentors and buddies can get excited about and comfortably complete in an afternoon. These hikes are not intended to be a hardcore workout (unless you choose the Chirrico Trail – you’ve been warned) or a remote mountain experience (you should have cell service on all of these trips).

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| *South – Issaquah/Lakemont Areas* |

**Cougar Mountain**

**Trail:** Mt. Baker View

**Distance Round Trip:** <0.25 miles

**Points of Interest:** There is a picnic table and pagoda at trail’s end, which is a great lunch spot! The views on a clear day are fantastic. Bring a Frisbee or ball to toss in the grassy open area near the picnic table.

**Trail Notes:** This is a super-short walk on a smooth gravel trail.

**Trailhead Location:** Park at the very top of SE Cougar Mtn Drive. The last 0.25 miles is gravel road.

**Cougar Mountain**

**Trail:** Cave Hole Trail

**Distance Round Trip:** ~2.0 miles

**Points of Interest:** An old wagon road from the coal mining days, this trail features numerous giant mining pits. One of the pits emits smoke from an underground coal fire that has been smoldering for over 50 years. Learn more here: [http://www.wta.org/cougarhistory](http://www.wta.org/cougarhistory%20)

**Trail Notes:** Bring a map! There are multiple trails that interconnect and it’s easy to become disoriented if you don’t pay attention. The trails in this area are fairly gentle, with some rocks/roots and minimal elevation change.

**Trailhead Location:** The shortest route starts at the Sky Country trailhead – drive up SE Cougar Mtn Drive, turn right on 166th Way SE, and park in the large parking lot on the right. For a longer, steeper hike park at the Red Town Trailhead on Lakemont Blvd SE.

**Tiger Mountain**

**Trail:** Chirrico Trail

**Distance Round Trip:** ~3.0 miles

**Points of Interest:** The paragliding landing area at the trailhead is a great spot for a picnic and to watch the paragliders land – this is a worthy destination by itself. If you decide to tackle the hike, the South View launch point offers amazing views towards Mt Rainier.

**Trail Notes:** This is a relatively steep, rocky trail. Appropriate for older kids with sure footing and a decent attention span.

**Trailhead Location:** Heading south on Issaquah Hobart Road, the trailhead is on the left – approximately 0.25 miles past SE 111st Street.

**Tiger Mountain – Tradition Plateau**

**Trail:** Multiple options

**Distance Round Trip:** 0.6 miles and up

**Points of Interest:** There are many options around the Tradition Plateau area of Tiger Mountain. An ancient abandoned bus, two lakes, wetlands, and big trees are just of few of the things to hunt for in this area. Learn about the many options here: <www.ci.issaquah.wa.us/DocumentCenter/View/59>

**Trail Notes:** All of the trails on the Tradition Plateau are relatively flat and smooth.

**Trailhead Location:** Park at the High Point Trailhead off exit 20 on I-90. A [Discover Pass](http://www.discoverpass.wa.gov/) is required to park in the upper parking lot – there is a $99 fine for not displaying a pass.

**Lake Sammamish State Park**

**Trail:** Issaquah Creek Trail

**Distance Round Trip:** up to 1.6 miles

**Points of Interest:** Play hide-and-seek in the tall Reed Canary Grass, pick blackberries, and locate one of the largest Great Blue Heron rookeries in western WA. Find more info and a trail map here: <http://www.parks.wa.gov/parks/thumbnailAndmaps/8600042.pdf>

**Trail Notes:** This trail primarily winds through fields of tall (over 5 feet tall!) grass. It is relatively flat with few obstacles.

**Trailhead Location:** Park in the enormous Lake Sammamish State Park parking lot. A [Discover Pass](http://www.discoverpass.wa.gov/) is required to park here – there is a $99 fine for not displaying a pass.

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| *North – Sammamish/Redmond Areas* |

**Redmond Watershed Preserve**

**Trail:** Treefrog Loop

**Distance Round Trip:** 0.3 miles

**Points of Interest:** Look out for signs of beaver activity! Beavers are crepuscular, meaning they are most active at dawn and dusk – so unless you show up super-early or right before it gets dark you probably won’t see an actual beaver. This loop also features interpretive signs about local plants and wildlife. Find more info and a trail map here: <http://www.sahale.com/redmond.htm>

**Trail Notes:** This trail is fully accessible to those with physical disabilities. No pets allowed in this park (unless you have a pet horse – that is allowed).

**Trailhead Location:** At the north end of 218th Ave NE off Novelty Hill Road

**Soaring Eagle Park**

**Trail:** Multiple options

**Distance Round-Trip**: Varies

**Points of Interest:** To be honest, there’s nothing particularly exciting about these trails. It is a nice place to go for a mellow walk or mountain bike ride, but don’t expect jaw-dropping views or bizarre natural history. A Boy Scout troop created handy trail signs at *every single trail junction,* which means it’s nearly impossible to get lost in this place. Find more info and a map here: <http://www.kingcounty.gov/recreation/parks/trails/backcountry/soaringeagle.aspx>

**Trail Notes:** These trails are super-windy and many are full of roots and rocks - with the exception of the Pipeline Trail, which is mostly flat and paved with gravel.

**Trailhead Location:** There are multiple trailhead options. Consult the map link to find a trailhead near you.

**If you and your buddy have gone on a hiking trip that is not on this list, we’d love to hear about it and add it to our list!**

**Photos of your trips are always appreciated.**