



TRAIL ETIQUETTE AND SAFETY TIPS

Be Visible. Be Careful. Be Alert. Walk with a Friend.

- Respect the trails -- clean up your litter and protect the trail environment
- Be considerate and aware of other trail users. If the trail is crowded, move to the right and form a single line to let others pass
- Park in designated lots
- Respect trail hours
- Do not cross private property without permission
- Take along adequate water supply and dress for the weather
- Wear reflective clothing on all trails so you can be seen by moving traffic
- When walking with pets, be sure to have them on a secure leash and clean up after them
- Motorized vehicles are not allowed
- Stay alert and observant of your surroundings

DISCLAIMER
Trail conditions may vary. Temporary obstructions (i.e. fallen trees, landslides, erosion) may exist and make access difficult. Please report trail maintenance issues to the appropriate jurisdiction.

Photos Provided By
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LEGEND

Existing Trails	Picnic Area
Trails Funded & Designed	Picnic Shelter
Trails Designed but not Funded	Restroom
Stream or Creek	Playground
I-5	Boat Launch
Streets	Fishing Pier
Railroad	
Schools	
Parks within Cowlitz County	
Rivers or Lakes	

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12 COWEEMAN RIVER TRAIL, KELSO
Day at the Park

Distance: 4.0 miles
Terrain: Gravel
Amenities: Parking, Restrooms

This open pathway takes you along the Dike that follows the Coweeman River. Taking you past Tam O'Shanter Park where there are many places to stop and have a picnic or let your kids play on the playground equipment. Check out Rister Stadium, where many competitive baseball games are played. The trail runs near Kelso High School, Coweeman Middle School and Three Rivers Mall.

Directions:
S on I-5: Take exit 39. Turn left onto Allen St. under the overpass. Turn right onto S. Kelso Dr. Turn Left on Tam O' Shanter Way. The trail is on top of the Dike.
N on I-5: Take exit 39. Turn right onto Allen St. Turn right onto S. Kelso Dr. Turn left on Tam O' Shanter Way. The trail is on top of the Dike.

LOCATOR MAP



13 KRESS LAKE

An Enjoyable Stroll

Distance: 0.8 miles
Terrain: Dirt
Amenities: Parking, Restrooms

The trail outlining Kress Lake may be a humble, dirt path, but one can find complete relaxation around this loop. Many outlooks are placed around the trail for strollers to stop and observe local fishermen's luck. Varieties of fish are stocked within the lake and call it home. See how many you can spot!

Directions:
S on I-5: Take exit 32. Take a left on Cottonwood Rd. Merge left onto Old WA-99 S. The lake is on your right, where you will see the parking lot.
N on I-5: Take exit 32, turn right on Cottonwood Rd. Merge left onto Old WA-99 S. The lake is on your right, where you will see the parking lot.



15 KALAMA MARINE PARK

Along The Boardwalk

Distance: 1.6 miles
Terrain: Boardwalk and Asphalt
Amenities: Parking, Restrooms

Beautiful views of the Columbia River are at every step along this walking and biking trail. Start on the Port of Kalama's Boardwalk, which is just over the train tracks from Downtown Kalama. At the 222-slip Marina, you can view sail boats and fishing vessels, ready to take to the river. As you walk down the path, notice the three, tall totem poles. The tallest is claimed to be the tallest totem pole carved from a single tree! You've now come to Louis Rasmussen Day Park which presents many opportunities for one to stay active, including a tennis court and volleyball and horseshoe sand pits. Wooden stairs allow easy access to the beach below for terrific views.

Directions:
S on I-5: Take exit 30. Turn right on Oak Street. Turn right and follow the loop down onto Hendrickson Dr. Follow the boardwalk around and stay left to get to the parking lot next to the totem poles and park.
N on I-5: Take exit 30. Turn left under the overpass and stay right onto the Frontage Rd. Turn left onto Oak Street. Turn right and follow the loop down onto Hendrickson Dr. Follow the boardwalk around and stay left to get to the parking lot next to the totem poles and park.



14 KALAMA INDUSTRIAL TRAIL
Connecting Kalama to the Columbia

Distance: 1.4 miles
Terrain: Gravel
Amenities: Parking

Tucked behind the Port of Kalama's new Industrial Park, is a gravel path that is worth the visit! The comforting trail takes you from the beautiful banks of the Kalama River to the breathtaking beach of the Columbia River. A great place to walk the dog or go for a small jog, this is a great trail to get away and explore our great waterways.

Directions:
S on I-5: Take exit 32. Turn right on Cottonwood Rd. Turn left and go over the bridge. Follow Hendrickson Dr. and the trail head is on your left before the straight away.
N on I-5: take exit 32. Turn left. Take first left and go over the bridge. Follow Hendrickson Dr. and the trail head is on your left before the straight away.



16 HORSESHOE LAKE
A Day at the Lake

Distance: 2.6 miles
Terrain: Gravel and Asphalt
Amenities: Parking, Restrooms

With 3.5 miles of shoreline, Horseshoe Lake is a great place to take a stroll and even get your feet wet. The park itself offers a venue for many events that take place throughout the year. Along with a skateboard park and great fishing year round, this jewel of south Cowlitz County invites its visitors to enjoy quality time with friends and family.

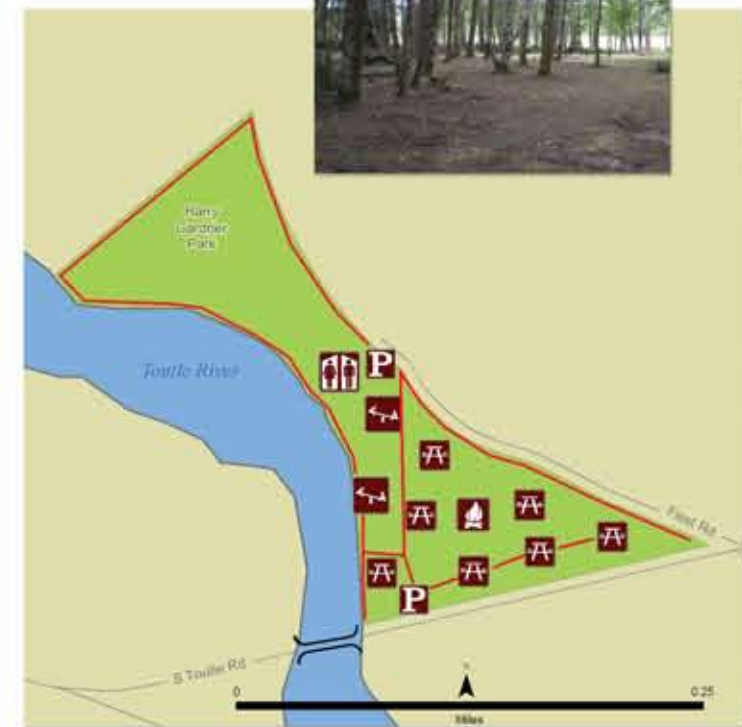
Directions:
S on I-5: Take exit 21 toward WA-503 E/Woodland/Cougar. Ramp becomes Pacific Ave. Pacific Ave. becomes Goerig St. Turn left onto Lakeshore Dr.
N on I-5: Take exit 21 WA-503/Lewis River Rd. Turn slight left onto Goerig St. Turn left onto Lakeshore Dr.



THE TRAILS OF COWLITZ COUNTY
eat smart, play hard, breathe free

TRAILS Sponsors

Trail planning and production of plans and maps were accomplished through a grant of technical assistance from the Rivers, Trails, and Conservation Assistance Program of the National Park Service.



1 HARRY GARDNER PARK Picnic in the Woods

Distance: 1.2 miles
Terrain: Dirt
Amenities: Parking, Restrooms
This County Park was destroyed by mud flows from the explosion of Mt. St. Helens on May 18, 1980. Twenty five years later the park was restored by a grass roots volunteer organization. The Parks trail system leads you through scenic picnic areas, the South Fork of the Toutle River shore, volleyball courts and swing sets. Barbeques and a large fire pit are available inside the picnic areas. This park is great for a day trip.

Directions:
From I-5 north or south take the WA-504 E exit, Exit 49, toward WA-411 S/Castle Rock/Toutle. Turn left onto I-5 BL/WA-504/Huntington Ave. N/MT St. Helens Way NE/Spirit Lake Hwy. Continue to follow WA-504/SPIRIT Lake Hwy. Turn a slight right onto Toutle Rd. S. Cross Toutle River. Turn left onto Fiest Rd. Parking lot is at the end of the road.



2 SEAQUEST STATE PARK A Network of Trails

Distance: 5.5 miles hiking, 5.0 miles biking
Terrain: Dirt
Amenities: Parking, Restrooms
This beautifully forested park claims over a mile of Silver Lake shoreline, eight miles of woodland trails for hiking and bicycling and spectacular views of Silver Lake and the surrounding area. There are children's play areas, fields for team sports and great seasonal fishing.

Directions:
From I-5 north or south: Take the Castle Rock exit 49 onto Hwy. 504 east. Seaquest is located six miles east of the freeway on Hwy 504.



3 & 4 EAST & WEST RIVERFRONT TRAILS Both Sides of the River

Distance: West Trail, 2.5 miles and East Trail, 2.2 miles
Terrain: Gravel and Asphalt
Amenities: Parking, Restrooms
The Riverfront trails take you on either side of the Cowlitz River. Paved sections overlooking the bank offer great places to stop and take in the view or even to throw out a line to catch a fish. On the west side of the river the trail takes you around Castle Rock High School sports complex. The east side of the river, near the town's entrance, has many covered picnic areas. Follow the trail and it will take you around the "Rock" from which Castle Rock gets its name. Along the trail you will find a skateboard park and many benches to take a rest and just take in the view.

Directions:
West trail (from I-5 north): Take the WA-504 E exit, exit 49, toward WA-411 S/Castle Rock/Toutle. Turn right onto I-5 BL/Huntington Ave N. Turn right onto A St SW/A St. Cross the Cowlitz River (A St. turns into PH 10 Hwy). Turn left onto Fair Lane. Park at the end of the street.
East trail (from I-5 north): Take the Huntington Ave exit, exit 48. Turn right onto I-5 BL/Huntington Ave S. Turn left into Lions Pride Park.

5 COOKS FERRY Underway in 2009

Distance: 2.5 miles
This riverside trail between Lexington and Castle Rock will allow public access to one of our many beaches along Cowlitz River with great outlooks and fishing access. This trail offers a great beach walk for one to find solitude.

Directions:
S on I-5: Take the WA-504 E exit, exit 49, toward WA-411 S/Castle Rock/Toutle. Turn right onto I-5 BL/Huntington Ave N. Turn right onto A St SW/A St SW. A street becomes PH 10 Rd. Turn left onto WA-411/Westside Hwy. Turn left on Cook Ferry Rd. Trail parking is located on your right.
N on I-5: Take Sparks Drive exit, exit 42, toward Pleasant Hill Rd. Turn left onto Sparks DR. Turn right onto WA-411/Westside Hwy. Turn right onto Cook Ferry Rd. Trail parking is located on your right.



6 RIVERSIDE PARK Trail Beneath the Trees

Distance: 1.5 miles
Terrain: Asphalt
Amenities: Parking, Restrooms
Riverside Park, located just past Lexington, offers a peaceful walking experience. The trail system weaves through sporting arenas with picnic areas to enjoy a nice barbeque after the game. The park is also the last stop for the annual, "Seattle to Portland Bicycle Classic." Pack up a picnic and come cheer on your team while enjoying the trail.

Directions:
N on I-5: Take Sparks Drive exit 42, toward Pleasant Hill Rd. Turn left onto Sparks Dr. Turn right onto WA-411/Westside Hwy. Park is located on the right.
S from I-5: Take Sparks Drive exit 42. Turn right onto Sparks Dr. Turn right onto WA-411 Westside Hwy. Park is located on the right.



7 WILLOW GROVE PARK Access to the Columbia

Distance: approx. 1.0 miles
Terrain: Asphalt
Amenities: Parking, Restrooms
Long summer days with nothing to do? Take a group of friends or family down to Willow Grove Park. Along with a place to unload the Jet Ski or boat, this park also has a peaceful walking trail among the many picnic areas. At night, warm up next to a firepit for stories and songs. Make Willow Grove Park a family destination this summer.

Directions:
N from I-5: Take Exit 36 toward WA-4/Longview/Long Beach. Turn left onto Ocean Beach Hwy/WA-4. Turn left onto Willow Grove Rd/WA-432. Turn right onto Willow Grove Rd. Park is located on the left.
S from I-5: Take Exit 40 WA-4 S/Kelso/Longview/Long Beach. Turn right onto N Kelso Ave/WA-431. Continue to follow WA0431. Turn right onto Ocean Beach Hwy/WA-4. Turn left onto Willow Grove Rd/Willow Grove Connection Rd/WA-432. Turn right onto Willow Grove Rd. Park is on the left.



8 PACIFIC WAY TRAIL A Trail So Close To It All

Distance: 2.3 miles
Terrain: Gravel
Amenities: Ample Parking
Want to get off a busy street and enjoy an afternoon outing? Pacific Way Trail follows one of the many stream systems within Longview. This wide gravel path takes you through the neighborhoods of Longview, keeping you off the street for safe recreation and exercise. It also is home to a great blue heron and lots of ducks, and is great for pushing that extra mile into your run or walking your dog.

Directions:
S from I-5 N: Take Exit 36 toward WA-4/Longview. Continue on Tennant Way through 15th Ave. Tennant Way turns into Nicholas Blvd. Turn left on Ocean Beach Hwy. Turn right on Pacific Way. Turn left on 30th Ave. and turn right immediately into parking lot.
N from I-5 S: Take Exit 40 toward WA-4 S/Kelso/Longview. Turn right onto N Kelso Ave/WA-431. Turn right onto Cowlitz Way/WA-4 and take a slight right on Ocean Beach Hwy. Turn right on Pacific Way. Turn left on 30th Ave. and turn right immediately into parking lot.



9 COWLITZ DIKE TRAIL, KELSO Between River and Rail

Distance: 2.5 miles
Terrain: Asphalt
Amenities: Street Parking only
The Dike on the east side of the Cowlitz River sports a trail, great for power walking or jogging with a friend. During certain times of the year, one may spot some seals trying to catch a fish or a family of otters playing on the shoreline. If you are looking to sightsee or get out of the house for some exercise, this is a great trail for you.

Directions:
N on I-5: Take the WA-4 W exit, Exit 39, toward Kelso. Turn left onto Allen St/ WA-4. Continue to follow Allen St. Turn left onto First Ave S. End at 501 S First Ave.
S on I-5: Take the WA-4 W exit, Exit 39, toward Kelso. Turn right onto Allen St/ WA-4. Continue to follow Allen St. Turn left onto First Ave S. End at 501 S First Ave.



10 LAKE SACAJAWEA Our Own Little Sanctuary

Distance: 3.6 miles
Terrain: Gravel
Amenities: Parking, Restrooms
The trail around Lake Sacajawea offers four different loop options. Surrounding the entire Lake area one can find many playgrounds, benches and fishing docks. Picnic areas are easily accessible or bring a blanket to stretch out on the soft, green grass. This is a great sanctuary to exercise, spend time with the family and view wildlife. Be sure to take some time to explore the captivating Japanese Gardens. Nature enthusiasts will enjoy the botanical signage and bird watching signage (coming soon).

Directions:
S on I-5: Take exit 36. Turn right on Tennant Way which becomes Nichols Blvd. When you get into Longview, follow Nichols and the lake is to your right.
N on I-5: Take exit 36 and stay left and follow Tennant Way which becomes Nichols Blvd. When you get into Longview, follow Nichols and the lake is to your right.

11 HIGHLANDS Underway in 2009

Distance: approx. 2.0 miles
The Highlands trail will connect the Highlands community and help to draw other Longview residents into the area and to the recreational attractions available within the city of Longview that are sometimes overlooked.

Directions:
N on I-5: Merge onto WA-432 W/Tennant Way via EXIT 36 toward WA-4/Longview/Long Beach. Turn left onto WA-433/Oregon Way. Turn right onto 21 St. Ave. End at 209 21st Ave.
S on I-5 merge onto WA-432 W/Tennant Way via EXIT 36 toward WA-4/Longview/Long Beach. Turn left onto WA-433/Oregon Way. Turn right onto 21St Ave. End at 209 21st Ave.

