

TRANSFORMATIONAL TREKKING

Train, Trek, Transform!

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Fall 2023 Trek Training Sessions – Dates, Times & Directions

Weekly Training Sessions Sept. 11 – Dec 8

Monday: 10AM – 11:45AM – Yost Park of Edmonds

Tuesday: 10AM – 11:45AM – Lower Woodland Park of Seattle

Every other Wednesday: 10AM – 12PM – Alternating Parks

Friday: 10AM – 11:45AM – St. Edward's State Park of Kenmore

Every other Wednesday 2-hour park walks (10AM – 12PM)

Sept 13: Carkeek Park of Seattle

Sept. 27: Cowen and Ravenna Parks of Seattle

Oct. 11: Shoreview and Boeing Creek of Shoreline

Oct. 25: Arboretum of Seattle

Nov 8: Lynndale Park of Lynnwood

Nov. 22: Richmond Beach Salt-Water Park of Shoreline

Dec 6: Discovery Park of Seattle

Make-up hike if needed: Big Finn Hill Park: 8106 NE 138th St, Kirkland, WA 98034

Directions for Trek Training Sessions

Friendly advice for each park: Do not leave any valuables in your vehicles.

Yost Park:

Address: 9535 Bowdoin Way, Edmonds, WA 98020

Parking and Meeting Spot: When pulling into the park, park in the first couple of rows facing the building above the swimming pool. We will meet to the right (south) of the outdoor swimming pool building near the playground.

Lower Woodland Park:

Address: 5900 W Green Lake Way N Seattle, WA 98103 – (this is the address to the Lower Woodland Park Playfields, which are just across the street from Green Lake and its mini golf course).

Directions upon arrival: Turn into the parking lot that the above address takes you too and take the immediate right that takes you up hill. You will pass tennis courts on your left and then a dog park on your left. Keep going to the top of the hill, turn left and park in this lot. I will be under one of the two shelters (#4 or #7), basically whichever one is not in use at the time. Both

are relatively close together and you will be able to see both from where you park. If you get confused, call me: **Sheri's Cell: 206-465-1795.**

St Edward's State Park: (Discover Pass needed for this park)

Address: 14445 Juanita Drive NE, Kenmore, WA 98028

Directions upon arrival to park entrance: turn into the park, follow the road until you come to the Y. Turn right at this Y. (Left takes you to Bastyr University, right takes you to "The Lodge" or the old seminary) Next, keep straight past a big field on your left. Just past this field you will come to your first parking lot on the left side. Turn left into this first lot and park. If there is not enough room to park in this lot, then you can park in the next lot just above this one.

Where to meet: at the picnic tables just below the first parking lot and next to the open field. The picnic tables are close to the bathroom and shaded by trees. The Old Catholic Seminary is beyond the parking lots, and you will see it from the picnic tables.

Wednesday Park Addresses and Where to Meet

Parks are listed in the order we will be hiking them.

Carkeek Park

Address: 950 NW Carkeek Park Rd., Seattle, WA

Directions to where we will park: The park address will take you to the entrance of the park. Drive in and follow the road. You will pass a couple small parking lots. Keep driving past them till you hit the big parking lot at the end of the park overlooking the water (the Sound) and park there. (If you drive past the walkway that takes foot traffic over the railroad to the beach, you have gone too far.) In this bigger parking lot area, when facing the Sound, you will see play equipment for kids on your right-hand side, a bathroom to the east of the playground and picnic tables to the west, closest to the water. I will meet everyone at this picnic table area.

Ravenna & Cowen Park

Address: NE 61st St & Brooklyn Ave NE, Seattle, WA 98115

Meet at Cowen Park, which is the upper fields area next to Ravenna BLVD. A good place to park is the neighborhood street on the west side of the park called Brooklyn street. Park near the sign: 61st & Brooklyn, as there is a wide dirt entrance into Cowen Park directly across from this sign. You can park in this area for 4 hours. We will meet at this dirt entrance and do our stick rolling there.

Shoreview Park & Boeing Creek Park

Shoreview Park Address: 700 NW Innis Arden Way, Shoreline, WA 98177

Where to Meet: Drive into the park and follow the road past the first parking lot and then continue past the bathrooms. Park just past the bathrooms at the end of the lot.

Park site with directions and trail maps: <https://www.wta.org/go-hiking/hikes/boeing-creek-park>

Trail map: <http://cosweb.ci.shoreline.wa.us/uploads/attachments/par/webparks/boeingcreektrailmap.pdf>

Arboretum

The Graham Visitor Center: 2300 Arboretum Drive E Seattle, WA 98112

There is parking in this lot and the bathrooms are in the visitor center.

Map of the trails: <https://depts.washington.edu/uwbg/docs/2018-trailmap-brochure.pdf>

Website: <https://botanicgardens.uw.edu/washington-park-arboretum/visit/graham-visitors-center/>

Lynndale Park of Lynnwood

Address: 7326 Olympic View Drive, Edmonds 98026

This address takes you to Lynndale's skate park parking lot where there is a bathroom. Meet in this parking lot. If by chance we need more parking spots, we will drive further into the park to the next parking lot. We will decide this upon arrival.

Richmond Beach Salt Water Park

Address: 2021 NW 190th St, Shoreline, WA 98177

Meet at the bottom parking lot, and park close to the bathrooms.

Discovery Park

Address for the above parking lot: 3801 Discovery Park Blvd, Seattle, WA 98199

We will meet near the entrance to the Discovery Park Visitor Center for stick rolling. There is a bathroom in the center if it is open.