

TRANSFORMATIONAL TREKKING

Train, Trek, Transform!
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Winter-Spring 2025 Trek Training Dates & Times, Locations & Directions

Weekly Trek Training Sessions March – May 16

All sessions run from 10AM - 12PM

Monday: Yost Park of Edmonds

Wednesday: Yost & Lower Woodland (up to first 4 weeks of season) & St. Edward's State Park of Kenmore (starting around week number 5)

Friday: Lower Woodland Park of Seattle

Directions for Trek Training Sessions

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

Yost Park (Mondays, some Wednesdays):

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.

St Edward's State Park (most Wednesdays): **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.

Lower Woodland Park (Fridays, some Wednesdays):

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 the new Green Lake Crew House and the short game golf course).

Directions upon arrival: Turn into the parking lot that the above address takes you to and take the immediate right that takes you up hill. (If you pass tennis courts on your right hand side, you have missed the immediate right hand turn to go up the hill.) When you turn up the hill, you will

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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.**