




Mount Adams as seen from  
Mt. Rainier National Park



A scenic view of a mountain range with a person's foot on a wooden platform in the foreground. The background shows a vast landscape of green, forested mountains under a clear blue sky. The foreground features a wooden platform with a person's foot, suggesting a hiking or outdoor activity. The middle ground is dominated by a large, white, stylized text overlay. The background consists of rolling green hills and distant mountain peaks under a clear blue sky.

Seattle may be an urban metropolis, but it's equal parts skyscrapers and scenic beauty. With towering mountains, lush forests, and glistening waters, the Pacific Northwest is *the place* to get out and explore.

**BY HALEY SHAPLEY**

# PLAY OUTSIDE

# IT'S NOT Uncommon FOR YOUR average SEATTLEITE

to have an REI membership and a closet full of gear: a snowshoe here, a climbing rope there. It's no wonder—while most cities have clear lines between where the rural ends and the urban begins, in Seattle, it's all one big, beautiful blur, from hiking opportunities in residential neighborhoods to waterfronts that beckon paddlers year-round.

Whether you prefer a sunset stroll or a daily adrenaline rush, there's an outdoor adventure for everyone in the Emerald City.



Burke-Gilman Trail

## ON TWO WHEELS

Bike culture in Seattle is strong, and fortunately, there are plenty of trails for every level, starting with the granddaddy of them all: the **Burke-Gilman Trail**. It runs for nearly 20 miles through neighborhoods like Ballard, Fremont, and the University District before connecting to the Sammamish River Trail in Bothell, giving riders miles of uninterrupted pathway. The **Green River Trail** (another 20-mile route), starts at the southern end of the city, meanders along the river and through a number of lovely parks, and intersects with the straight, fast-moving **Interurban Trail**. For a quintessential experience, join 10,000 cyclists on the **STP (Seattle to Portland)** in July. This 200-mile ride is a local rite of passage, with a collegial atmosphere and numerous support stops.

If you don't have your own bike, head to one of many cycling shops in town—**The Bicycle Repair Shop** near the waterfront rents by the hour, day, or week.

## WATER, WATER EVERYWHERE

Seattle's showpiece is the stunning Puget Sound, which touches all of the city's westernmost neighborhoods. **Washington State Ferries** ply its waters, with vessels sailing to destinations including Bainbridge Island, Bremerton, and Vashon Island, all perfect for day trips.

To stay in the city, hop aboard with **Argosy Cruises**. The Locks Cruise is a visitor favorite—sail from downtown to Lake Union (or vice versa) through the Ballard Locks, where the ship is either raised or lowered to transfer from saltwater to freshwater, depending on your direction of travel. At the south end of the lake, **The Center for Wooden Boats** is a living museum with classic vessels on display and available to rent. If you'd rather someone else do the navigating, the center offers free, hour-long public sails each Sunday.

For smaller watercraft, rent a canoe from the University of Washington's **Waterfront Activities Center** and paddle past the lily pads and ducklings of Lake Washington. **SUP Yoga Seattle** offers classes on nearby Green Lake, while **Urban Surf** rents soft- and hard-top paddleboards from the north end of Lake Union.



Kayaking on  
Lake Union



# GO

## ★Argosy Cruises

1101 Alaskan Way, Ste 201;  
argosycruises.com

## Audubon Center

5902 Lake Washington Blvd S;  
sewardpark.audubon.org

## The Bicycle Repair Shop

68 Madison St;  
thebicyclerepairshop.com

## Burke-Gilman Trail

burkegilmantrail.org

## ★The Center for Wooden Boats

1010 Valley St; cwbo.org

## ★Columbia Sportswear

290 Pine St;  
columbia.com

## Discovery Park Loop Trail

3801 Discovery Park Blvd

## ★Evergreen Escapes

2960 Fourth Ave S, Ste 115;  
evergreenescapes.com

## Gas Works Park

2101 N Northlake Way

## Green River Trail

kingcounty.gov

## Interurban Trail

kingcounty.gov

## Kerry Park

211 W Highland Dr

## Miir

3400 Stone Way N;  
miir.com

## Mount Pilchuck

parks.state.wa.us/548

## Mt. Rainier National Park

nps.gov/mora

## Myrtle Edwards Park

3130 Alaskan Way

## ★Olympic Sculpture Park

2901 Western Ave;  
seattleartmuseum.org

## Outdoor Research

2203 First Ave S;  
outdoorresearch.com

## Poo Poo Point

wta.org/go-hiking/hikes/  
poo-poo-point

## Rattlesnake Ledge

wta.org/go-hiking/hikes/  
rattle-snake-ledge

## ★REI

222 Yale Ave N;  
rei.com

## Second Ascent

5209 Ballard Ave NW;  
secondascent.com

## Seven Hills Running Shop

3139 W Government Way;  
sevenhillsrunningshop.com

## Seward Park

5900 Lake Washington Blvd S

## STP (Seattle to Portland)

cascade.org

## SUP Yoga Seattle

7351 E Green Lake Dr N;  
supyogaseattle.com

## ★Tours Northwest

8219 Seventh Ave S;  
toursnorthwest.com

## Urban Surf

2110 N Northlake Way;  
urbansurf.com

## Washington State Ferries

wsdot.wa.gov/ferries

## Waterfront Activities Center

3710 Montlake Blvd NE;  
washington.edu/ima/wac



Mt. Rainier National Park

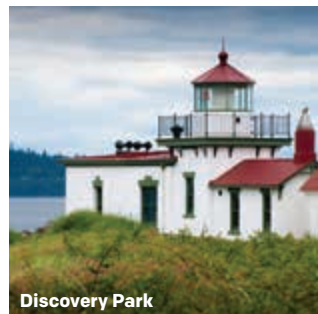
## IT'S ALL ABOUT THE CLIMB

On a clear day, you can spot a host of peaks from the city, including Mount Rainier, which looks particularly striking from **Kerry Park** in Queen Anne. Get up close and personal with the Lower 48's most glaciated peak by visiting **Mt. Rainier National Park** on a day trip. A number of companies offer organized trips from Seattle, including **Evergreen Escapes** and **Tours Northwest**, but you can also make the drive yourself, particularly if you want to be on your own timeline for hiking past wildflowers in the summer or snowshoeing in the winter.

There are plenty more elevation-gain hiking opportunities just outside Seattle—**Rattlesnake Ledge**, **Poo Poo Point** on Tiger Mountain (where you can also try paragliding), and **Mount Pilchuck** are just a few of the worthwhile routes nearby. For more options, the **Washington Trails Association** (wta.org) is a comprehensive resource for finding your perfect hike.

## PARKS APLenty

You'll feel a world away from the city along the **Discovery Park Loop Trail**, among forests and meadows, bluffs, and a lighthouse, all bordering the neighborhood of Magnolia. **Seward Park** is



Discovery Park

**Olympic Sculpture Park** on the other. **Gas Works Park** on the south end of the Wallingford neighborhood is arguably the city's most unique, given its hilly topography, waterfront location, and the now-iconic remains of a former coal plant.

another gem in the heart of the city—the **Audubon Center** here hosts events for adults and kids alike, including a monthly Owl Prowl, which starts with a dissection of owl pellets and ends with a hike in the old-growth forest listening for telltale hooting.

In Belltown's **Myrtle Edwards Park**, walk or jog along the paved path with Elliott Bay to one side and



## GEAR UP

Need to pick up an extra layer or piece of gear for your outdoor exploration? Worry not—the local outdoor outfitters here are almost as ubiquitous as Starbucks. **Miir** offers stainless steel water bottles designed to take you from city streets to summit peaks, **Outdoor Research** gets you ready for a camping expedition, **Second Ascent** sells gently used climbing gear and other equipment, and **Seven Hills Running Shop** specializes in trail-running shoes. For the biggest names in outdoor retail, there's always the flagship **REI** store (complete with an indoor climbing wall) or **Columbia Sportswear** to outfit you for any local adventure.