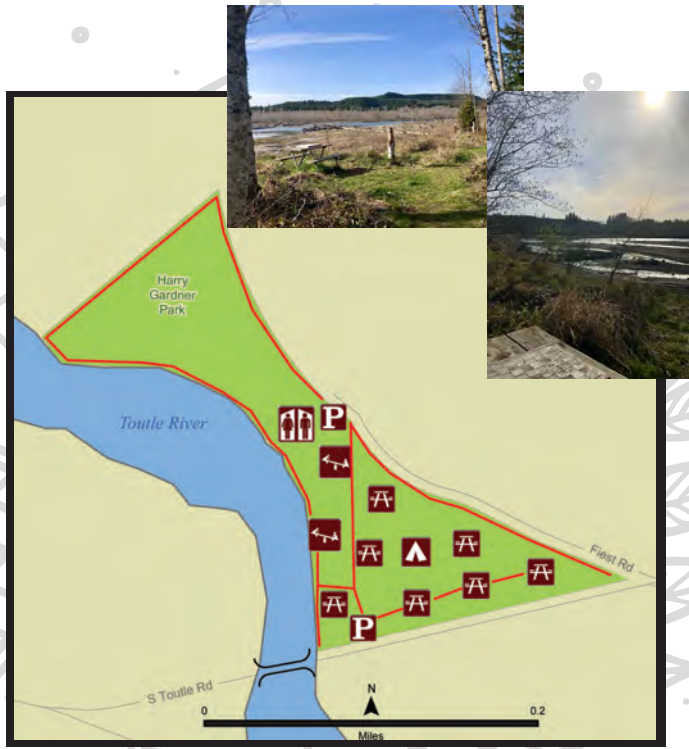


## 1. HARRY GARDNER PARK

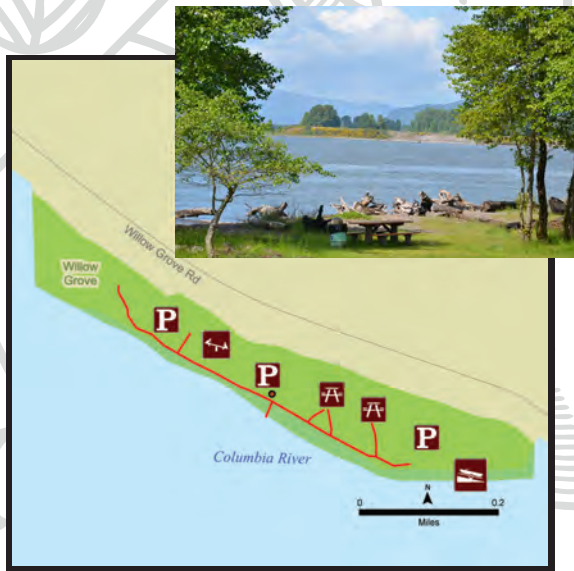


Harry Gardner Park – Picnic in the Woods  
Distance: 1.2 miles  
Terrain: Dirt  
Amenities: Parking, Restrooms

This Cowlitz County Park was destroyed by mud flows from the explosions of Mt. St. Helens on May 18, 1980. Twenty-five years later the park was restored by a grass roots volunteer organization. The park's 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. The park is great for a day trip.

**DIRECTIONS:** From I-5 north or south take the WA-504 exit, Exit 49, toward WA-504 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 slight right onto Toutle Rd. S. Cross Toutle River. Turn left onto Fiest Rd. Parking lot is at the end of the road.

## 7. WILLOW GROVE

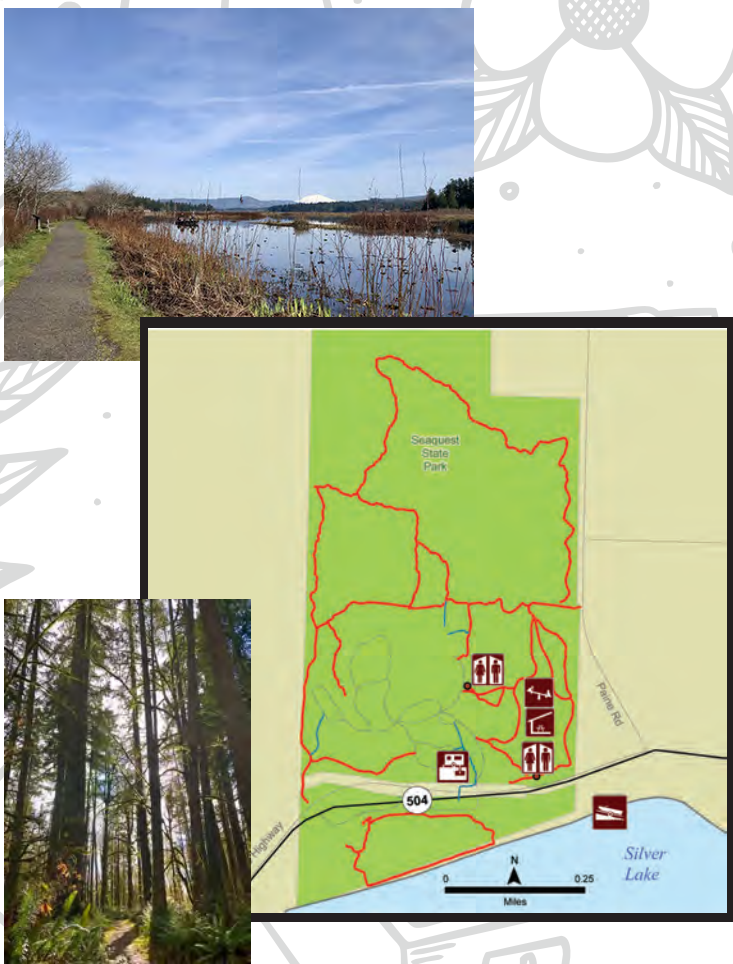


Willow Grove Park – Access to the Columbia  
Distance: approx. 1.0 miles  
Terrain: Asphalt  
Amenities: Parking, Restrooms

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 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.

## 2. SEAQUEST STATE PARK

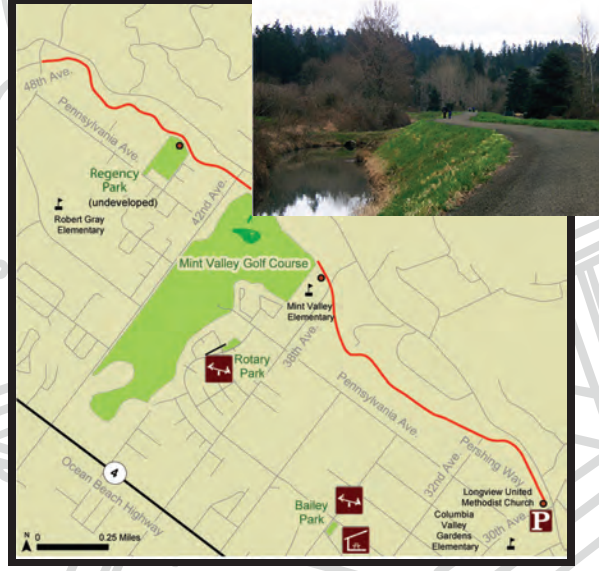


Seaquest State Park – A Network of Trails  
Distance: 5.5  
Terrain: Dirt  
Amenities: Parking, Restrooms

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.

## 8. PACIFIC WAY TRAIL

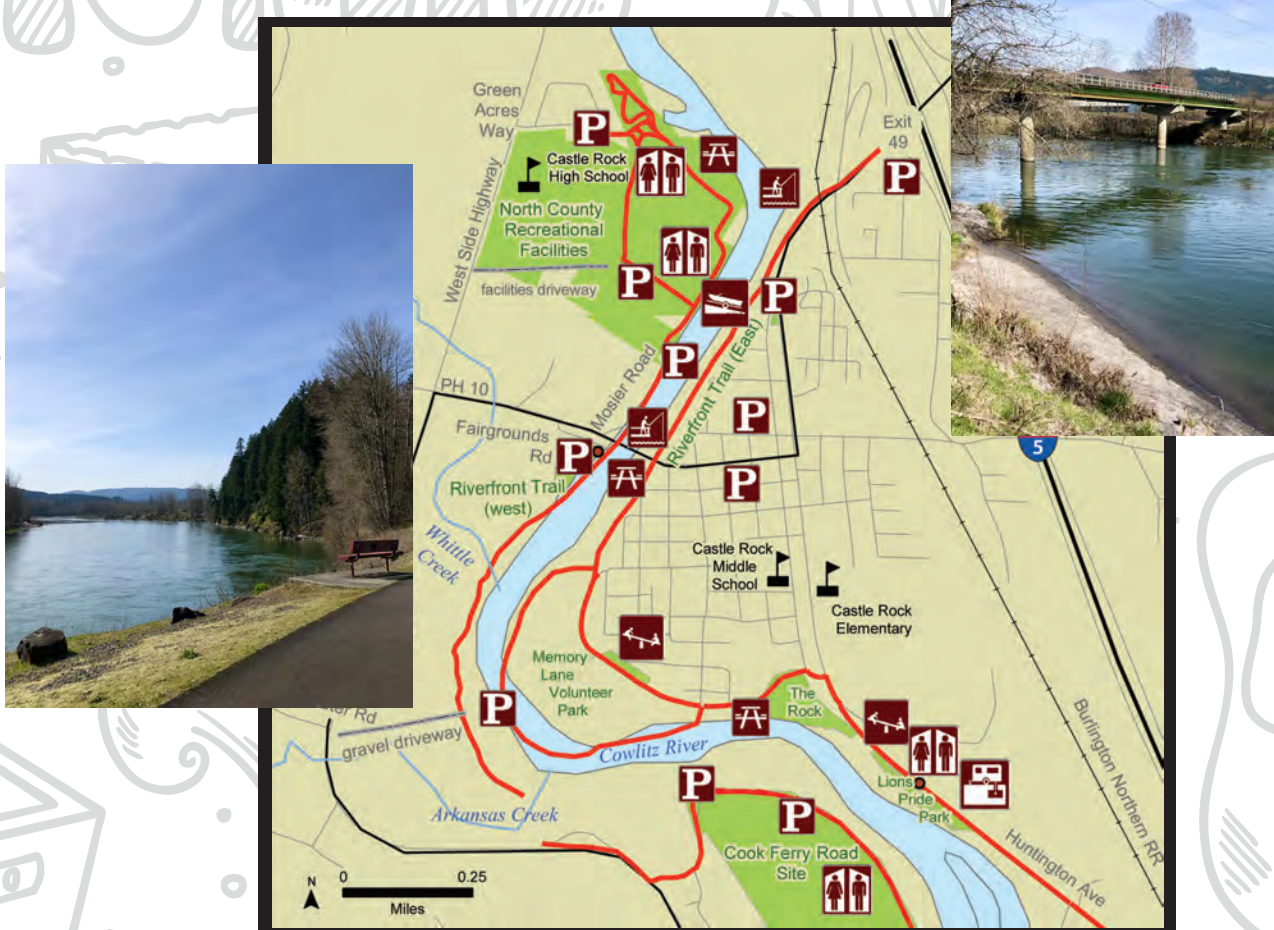


Pacific Way Trail – A Trail so Close to it All  
Distance: 2.3 miles  
Terrain: Gravel  
Amenities: Ample Parking

Want to get off a busy street and enjoy an afternoon outing? Pacific Way Trail follows one of the many ditch 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 great blue heron and lots of ducks, and is great for pushing that extra mile into your run or walking your dog.

**DIRECTIONS:** S on I-5: Take Exit 36 towards WA-4/Longview. Continue on Tennant Way through 15th Avenue. Tennant Way turns into Nichols Blvd. Turn left on Ocean Beach Highway. Turn right on Pacific Way. Turn left on 30th Ave. and turn right immediately into parking lot. N on I-5: Take Exit 40 toward WA-4 Kelso/Longview. 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.

## 3. & 4. EAST AND WEST RIVERFRONT TRAILS



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 throw out a line to catch a fish. On the west side of the river, the trail takes you around Castle Rock High School's sport 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 rest or 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

## 9. COWLITZ DIKE TRAIL

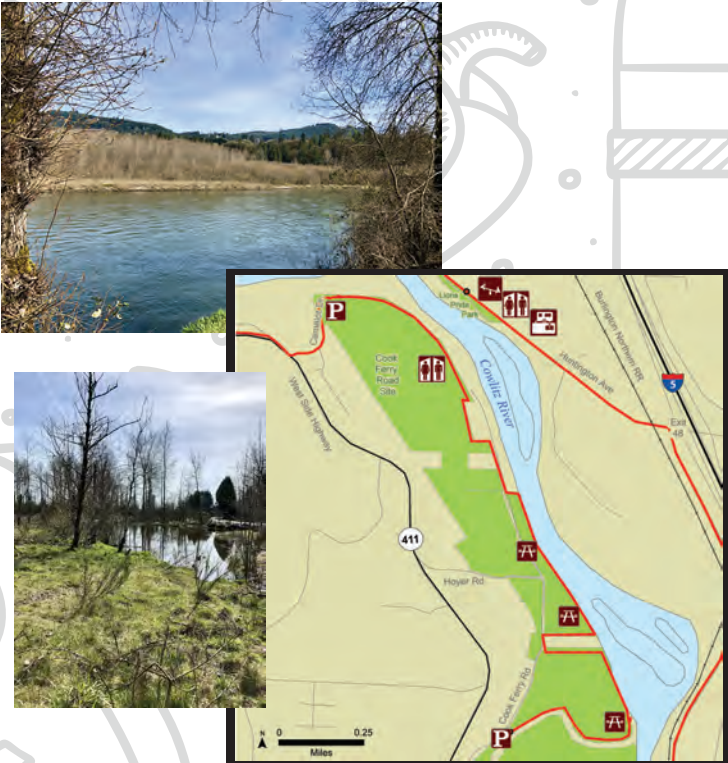


Cowlitz Dike Trail – Between River and Rail  
Distance: 2.5 miles  
Terrain: Asphalt  
Amenities: Street Parking Only

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 exit, Exit 39. Turn left onto Allen St/Wa-4 W. 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.

## 5. COOK FERRY



Cook Ferry  
Distance: 2.5 miles

This riverside trail between Lexington and Castle Rock offers public access to one of our beach areas along the Cowlitz River, providing great overlooks and fishing access. This trail offers a great walk for those seeking solitude.

**DIRECTIONS:** S on I-5: Take the WA-504 E exit 49, toward WA-411 S/Castle Rock/Toutle. Turn right on 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, towards Pleasant Hill Rid. 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



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. This trail system weaves around sporting arenas and through picnic areas where you can enjoy a barbecue 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, towards 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.

## 10. LAKE SACAJAWEA



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 and bird watching signage.

**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, following Tennant Way, which becomes Nichols Blvd. When you get into Longview, follow Nichols and the lake is to your right.

## 11. HIGHLANDS



Highlands Trail  
Distance: approx. 2.0 miles

The Highlands Trail connects the Highlands community and helps draw other Longview residents into the area where they can enjoy recreational attractions within the City of Longview that are often overlooked.

**DIRECTIONS:** N on I-5: Merge onto WA-432/Tennant Way via EXIT 36 toward WA-4/Longview/Long Beach. Turn left onto 21st Ave. End at 209 21st Ave. S on I-5: Merge onto WA-432/Tennant Way via EXIT 36 toward WA-4/Longview/Long Beach. Turn left onto 21st Ave. End at 209 21st Ave.



## TRAIL ETIQUETTE & SAFETY TIPS

BE VISIBLE. BE CAREFUL. BE ALERT  
WALK WITH A FRIEND



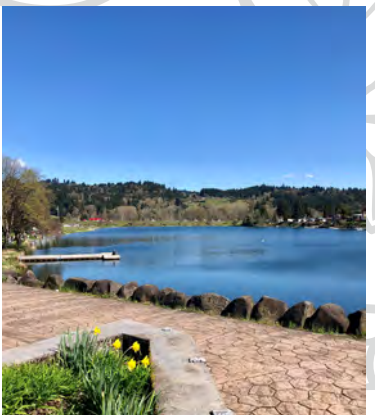
- Respect the trail – clean up your litter and protect the trail environment
- Be considerate and aware of other trail users. If the trail is crowded, move to the right and form a single line to let others pass
- Park in designated lots
- Respect trail hours
- Do not cross private property without permission
- 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.

## LEGEND

- EXISTING TRAILS
- TRAILS FUNDED & DESIGNED
- TRAILS DESIGNED BUT NOT FUNDED
- STREAM OR CREEK
- I-5
- STREETS
- RAILROADS
- SCHOOLS
- PARKS WITHIN COWLITZ COUNTY
- RIVERS OR LAKES



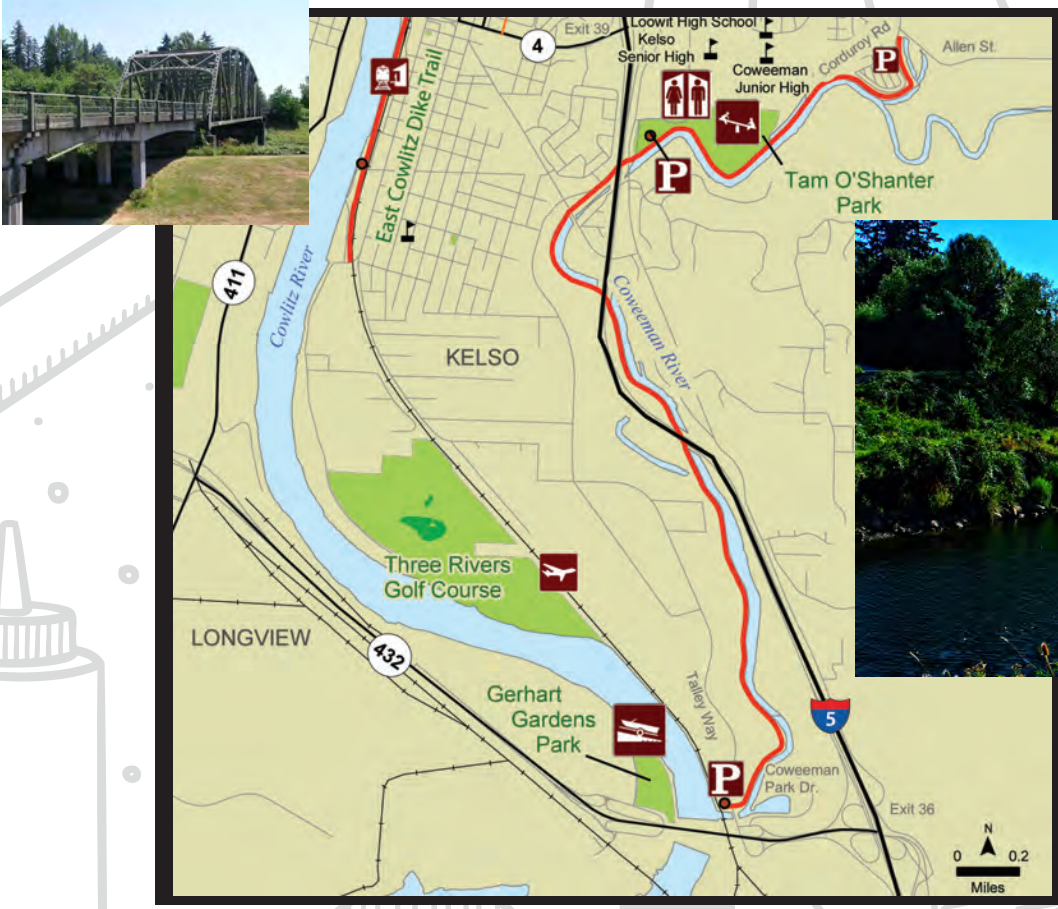
- PICNIC AREA
- PICNIC SHELTER
- RESTROOMS
- PLAYGROUND
- BOAT LAUNCH
- FISHING PIER
- CAMPING

### TABLE OF CONTENTS

Trails as they appear on the locator map.

- |                                       |                                     |
|---------------------------------------|-------------------------------------|
| 1. Harry Gardner Park, Toutle         | 9. Cowlitz Dike Trail, Kelso        |
| 2. Seaquest State Park, Silver Lake   | 10. Lake Sacajawea, Longview        |
| 3. East Riverfront Trail, Castle Rock | 11. Highlands, Longview             |
| 4. West Riverfront Trail, Castle Rock | 12. Coweeman River Trail, Kelso     |
| 5. Cooks Ferry, Lexington             | 13. Kress Lake, Kalama              |
| 6. Riverside Park, Lexington          | 14. Horseshoe Lake, Woodland        |
| 7. Willow Grove, Longview             | 15. Kalama Marine Park, Kalama      |
| 8. Pacific Way Trail, Longview        | 16. Kalama Industrial Trail, Kalama |

## 12. COWEEMAN RIVER TRAIL



Coweeman River Trail - 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. It takes 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 The 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.

## 13. KRESS LAKE



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! WA State Discover Pass to park.

**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 Cottowood Rd. Merge left onto Old WA-99 S. Take the second exit on the turnabout. The lake is on your right, where you will see the parking lot.

## 14. HORSESHOE LAKE

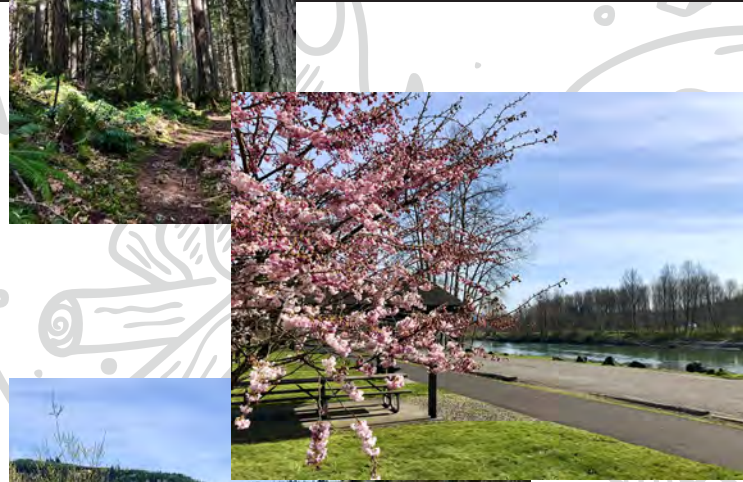
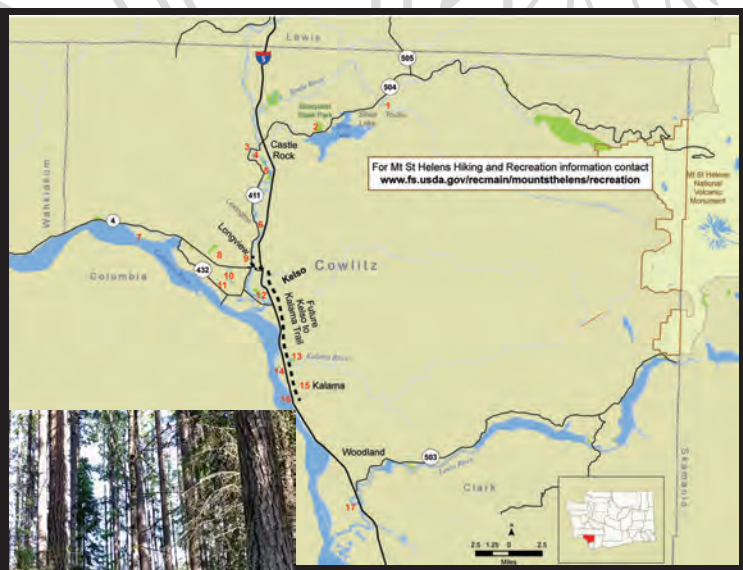


Horseshoe Lake – A Day at the Lake  
Distance: 2.6 miles  
Terrain: Gravel and Asphalt  
Amenities: Parking, Restrooms

With 3.5 miles of shoreline, Horseshoe Lake offers 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.

## LOCATOR MAP



PHOTOS PROVIDED BY:  
JOELLE WILSON & HANNAH WILSON

## 15. KALAMA MARINE PARK



Kalama Marine Park – Along the Columbia  
Distance: 1.6  
Terrain: Boardwalk and Asphalt  
Amenities: Parking, Restrooms, Benches, Lighting

Beautiful views of the Columbia River are at every step of this walking and biking trail. Start near the Port of Kalama's 222-slip Marina or find easy access from any parking area. Look for ships of various types as you follow the trail along the Columbia River. When you approach Marine Park, notice the totem poles and the Westin Amphitheater. Continue to Louis Rasmussen Day Park which presents many opportunities for staying active, including tennis, volleyball, basketball, and horseshoes. A beach, ½ mile long, is accessible from the pathway.

**DIRECTIONS:** S on I-5: Take exit 30. Turn right on Oak Street. Turn right, following the loop onto Hendrickson Drive. Follow the boardwalk, then turn left, continuing on Hendrickson. There is ample parking near the parks.  
N on I-5: Take exit 30. Turn left under the overpass and turn right onto Frontage Rd. Turn left onto Oak Street. Turn right, following the loop onto Hendrickson Drive. Follow the boardwalk, then turn left, continuing on Hendrickson. There is ample parking near the parks.

## 16. KALAMA INDUSTRIAL TRAIL



Kalama Industrial Trail – Connecting Kalama to the Columbia  
Distance: 1.4 miles  
Terrain: Gravel  
Amenities: Parking

Tucked behind the Port of Kalama's Kalama River 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 a small beach on 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 Kalama River 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 the first left and go over the bridge. Follow Hendrickson Dr, and the trail head is on your left before the straightaway.

EAT SMART • PLAY HARD • BREATHE FREE

THE TRAILS OF  
COWLITZ COUNTY

### PAUL YOUMANS

June 8, 1948 - March 12, 2021



This map is dedicated in memory of Paul Youmans who worked tirelessly for the improvement and wellness of Cowlitz County. "Keep Smiling"

Pathways  
2020  
BUILDING A HEALTHY FUTURE  
Cowlitz County, Washington