

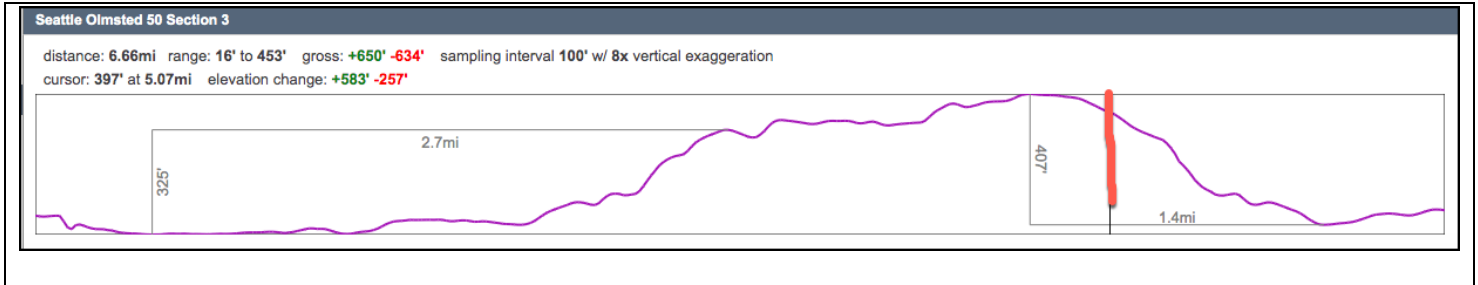
Seattle Olmsted 50 Trail – Section 3

S1 9.4km, 159m	S2 10.2km, 110m	S3 10.7km, 197m	S4 9km, 158m	S5 10.1km, 130m
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UW Montlake Triangle/Husky Stadium to Japanese Garden Parking

Walking distance: 10.7 km (6.7 miles)

Elevation gain: 197 m (650 ft), not counting additional 23 m (75 ft) to top of Water Tower



Section 3 of the Seattle Olmsted 50 trail begins at Montlake Triangle/Husky Stadium, served by light rail and several bus routes.

You can split Section 3 into two shorter walks. Section 3 North runs from the foot of Rainier Vista to Volunteer Park 8.2 km, (5.1 mi) and Section 3 South finishes at the Japanese Garden near the south end of the Washington Park Arboretum (2.4 km, 1.5 mi).

For public transit options, public bathrooms and treats see directions, last page.

Section 3 North

Walking distance: 8.2 km (5.1 miles)
Elevation gain: 177 + 23 m (583 + 75 ft)

Note: Stroller friendly options for the standard route are offered along the way.

- Take the pedestrian overpass to **Husky Stadium** so you're on the east sidewalk to cross south on **Mountlake Boulevard**² over Montlake Bridge.
- Turn left (east) on E Shelby St. Where E Shelby St ends at the railing, turn left (north) towards the Montlake Cut to the **Totem Pole** and viewpoint in **East Montlake Park**². Both sides fill with spectators when perennial champion Husky rowers stroke past. "Boys in the Boat" Conibear Shellhouse is across the cut.

*We are on the traditional land of the **Coast Salish** peoples who live here and steward these lands and waters as they have for time immemorial.*

- Back up a few steps to follow the Arboretum Waterfront Trail as it heads southeast along Union Bay towards Marsh Island.
- The short, Boardwalk Bridge to **Marsh Island** may be closed for restoration (but passable). Massive highway construction remained underway October 2023. High water also causes closures. Detour, if needed.

- **Detour:** Walk back through the neighborhood to Montlake Boulevard East; turn left (south) to East Lake Washington Boulevard.
- Turn left (east) on the sidewalk, following the street as it turns left (east) to East Foster Island Road.

- Cross Marsh Island, prepared for wet/muddy (even under water) feet. Continue to **Foster Island**⁴ enjoying more muddy feet and great views north across Union Bay.
- At **Foster Island** turn left to the north point, then walk back south on a good path under SR 520 and over the Duck Bay footbridge. Habitat and path restoration continue.

- Cross towards the fire hydrant with care over East Foster Island Road. No pedestrian stripes.
- The road turns south leading to the former **Washington Park Arboretum**⁴ Memorial Gates entrance (gates now sit behind the **Graham Visitor Center**) (parking and toilets).
- The Arboretum Foundation supports the 230 acre, 40,000 plants Northwest Olmsted-designed (largely) treasure
- While there are many ways to move south through the park, your target is to exit on a short spur to the **Lake Washington Blvd**² E, Boyer Ave E intersection with there is a marked crossing.
- Suggested route heads west behind the Arboretum Shop on Arboretum Drive E.
- Continue a short way to strike the Azalea Trail, turning left (south).

Sculpture? *Signage on Azalea Way nearby could direct you to the **Union** netting sculpture (John Grade, 2023). Retrace your steps to Azalea Way.*

- Soon you turn right (west) to wiggle your way down to the paved loop trail.

Strollers wander the Arboretum to Seattle Japanese Garden.

- Look for the first well-defined right that directs you to a protected way across Lk Washington Boulevard E.
- Follow the north sidewalk up Boyer Ave E to a five way intersection and cross to the south sidewalk
- Proceed through minor intersections to the 24th Ave E major intersection.
- Cross Boyer Ave E left to the south side traffic light (and flags), then cross 24th Ave E right to stay on Boyer Ave E heading NW.
- When you spot Boyer Children's Clinic across the street (at E Howe St), turn left up the short stairs into **Interlaken Park**² east entrance.
- Turn right at the Kiosk onto the pedestrian/cyclist shared use E **Interlaken Blvd**² as it curves south. At the switchback ahead, **ignore** the left

turn onto a trail that follows a small creek.

- Continue right (west) to find the next left up stone steps to a foot path leading all the way up to a five way bus turnaround intersection (Interlaken Dr E, E Galer St, E Crescent Dr and 19th Ave E).
- Turn right up E Galer St to 18th Ave E where you could sneak a peek (left) of Stevens Elementary School (columns and named after Washington's first governor).
- Refreshments beckon at the **Volunteer Park Cafe and Pantry** (except Mon/Tues). Did you find the stuffed parrot? Turn right (north) to 17th Ave E.
- Turn left (west) up E Garfield St, then right (south) into **Louisa Boren Park**³ where you can play a tune on the 19ft tall hollow sculpture installation (**Untitled**, Lee Kelly, 1975). Lizzy Boren (1827-1916) was the last survivor of the Europeans who landed at Alki Point in 1851. Look northwest the large tree for Lk Washington views.

*Some may wish to visit the **Lake View Cemetery** to view Bruce Lee's and Princess Angeline's gravesites.*

- Exit north to 15th Ave E and turn left (west) to E Howe St.
- Take the short auto turnout into **Grand Army of the Republic Cemetery** and consider the headstones of the mostly Yankee Civil War veterans and wives. Can you find the Medal of Honor veteran Frank Bois? *Plot 275, Row I, #3*
- Right to continue on E Howe St down to Federal Ave E.
- Left (south) on Federal Ave E, such grand homes, to left on E Galer St.
- Enter **Volunteer Park**² up a hidden path and bear right at tennis courts.
- Cross Volunteer Park Rd., right onto the sidewalk.
- Turn left up the paved path to explore the back of the Volunteer Park Amphitheater (on your left).
- Continue south and up the stairs to circle right (counter-clockwise) around

the reservoir Rd to the **Water Tower** (1906).

- Climb the 107 stairs to the observation deck. The **Olmsted Exhibit** along the curved, brick walls is comprehensive, compelling and free. John Charles Olmsted located the standpipe here because it is the highest point in the park (elev 520ft) with great views all directions. Sorry, no elevator for strollers.
- Exit and turn south to take the requisite photo through the **Black Sun** sculpture (Isamu Noguchi, 1969).
- Pass the **Seattle Asian Art Museum** (camels) and a grand dahlias garden.
- At the traffic circle, check to see if the **Volunteer Park Conservatory** (botanical garden greenhouse) is open. If not, consider "**Seward's Folly**" as you read the inscription on the William Seward statue (Alaska, \$7.2 million, 586,00 sq miles, 1867 – good deal?)
- Passing the toilet block, head back down to 15th Avenue E and E Galer St.

You have completed Section 3 North.

Section 3 South

Walking distance: 2.4 km (1.5 miles)
Elevation gain: 20 m (67 ft)

Note: The final Section elevation gain is modest as you head back to The Arboretum. Section 3 South is not stroller accessible.

- Cross 15th Ave E down E Galer St to the Volunteer Park Cafe & Pantry. Continue to the E Galer St, E Crescent Dr intersection.
- Cross left, then back into Interlaken Pk on the trail you exited. Descend several steps and bear right at a "Y" to head down the hillside.
- Turn right when intercepting motor-vehicle-free **E Interlaken Blvd**². This park was reforested around 1900 with a hodge-podge of trees from the Parks native and exotic species.

This road was an important link in a proposed 20-mile, bicycle and auto park/green boulevard designed to join Puget Sound (Salish Sea) with Lake Washington.

- At the information kiosk, turn left back down to Boyer Ave E.
- At Boyer Ave E turn right (SE) and retrace your steps to The Arboretum crossing 24th, 25th, and 26th Aves East, then crossing E Lake Washington Blvd.
- Pick up the Arboretum Loop Trail again as it merges with Azalea Way to the first right turn.
- Take spur trail south to E Lk Washington Blvd crossing to the parking (free) for the **Seattle Japanese Garden** (fee) and **Washington Park Playfield**⁴.
- The winding paths of 3.5 acre Garden (Juke Iida, 1960) follow the shizensa principles – the essence of nature.
- Continue to the playfields at the south end of the parking lot. Toilets.

Return to Husky Stadium Options

- Return to Montlake Triangle / Husky Stadium walking from Playfield to 24th Ave E and Boyer Ave E (about 20 min), then Bus #48 north. **OR** Lk Washington Blvd and E Madison St Bus #11 to Downtown 5th Ave & Pine St. Walk to nearby Westlake Station. Take light rail 1-Line towards Northgate to Husky Station.

Congratulations, you just completed Section 3 of the Seattle Olmsted 50, the longest and tallest!

Note: The Friends of Seattle's Olmsted Parks map display gives five park categories. Our superscripts show: **1**)Pre-1903, **2**)1903-09, **3**)1909-13, **4**)Post 1913, and **5**)Unrealized

Contact:

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TRANSIT, TOILETS and TREATS

King County Metro Transit Service Points

Bus service is available at several locations on Section 3 but these points offer the most options. Sound Transit Light Rail is found at Husky Stadium and points north near Section 2 Green Lake.

Light Rail schedule is found here

<https://www.soundtransit.org/ride-with-us/routes-schedules>

Bus route numbers are also found on the printable map PDF. See

<https://kingcounty.gov/en/dept/metro/travel-options/bus>

- **UW Montlake Triangle** (NE Pacific St) #44, 73, #255, #288 AND (NE Pacific St) #44, #48, #73, #167, #271
- **Husky Station** (Montlake Blvd NE) Light Rail, Tram Line #1
- **E Montlake PL NE & E Roanoke St** #43, #48
- **Interlaken Turnback Loop** #11
- **15th Ave E & E Galer St** #10
- **24th Ave NE & Boyer Ave E** #43, #48
- **E Madison St & Washington Blvd** #11

Suggested Bathroom Stops

Free public bathroom access is very good on Section 3 during park and business hours. Stops are listed in order of travel from Husky Stadium. Masks may be required in medical settings.

- UW Medical Center
- Graham Visitor Center, The Arboretum
- Volunteer Park, near Conservatory
- Arboretum Drive East (near Connections Gardens)
- Washington Park Playfield, soccer fields

Where to Buy Provisions

Section 2 and nearby have a modest mix of residential, parks and local cafes, bakeries, ice cream parlors, and pubs.

- *UW Medical Center Plaza Place Cafe.*
- *Find Plaza Cafe in the UW Medical Center, a simple hospital cafeteria.*

- *Oxbow Bakery, 2307 24th Ave E and E Lynn St*
- *Volunteer Park Cafe & Pantry, 1501 17th Ave E*
- *Belle Epicurean Bakery, 3109 E Madison St*

Other Items of Interest

- **Stewards** for Section 3 are Seattle Urban Walk Committee members To Be Named.
- **University of Washington** is ranked 3rd best public university in the U.S. with more than 33,000 undergraduates.
- **Volunteer Park** has Asian Art Museum, Water Tower observation deck, Amphitheater and Conservatory
- **Grand Army of the Republic Cemetery** is under the care of neighbors and others.
- **Seattle Asian Art Museum** Mon –Thur (fee)
- **Lakeview Cemetery** Bruce Lee & Princess Angeline's graves
- **Seattle Japanese Garden** Tues through Sunday (seasonal - fee)
- **Neighborhoods** near or on this route are University of Washington, Montlake, Madison Park, Stevens, Harrison Denny-Blaine. For Olmsted Parks information, consult **Friends of Seattle's Olmsted Parks**, partners in the Seattle Olmsted 50. <https://seattleolmsted.org/>. The national Olmsted Network is <https://olmsted.org/>
- **Seattle ranks** among the top 10 park systems in the country <https://seattleolmsted.org/seattle-ranks-among-top-10-park-systems-in-the-country/>