

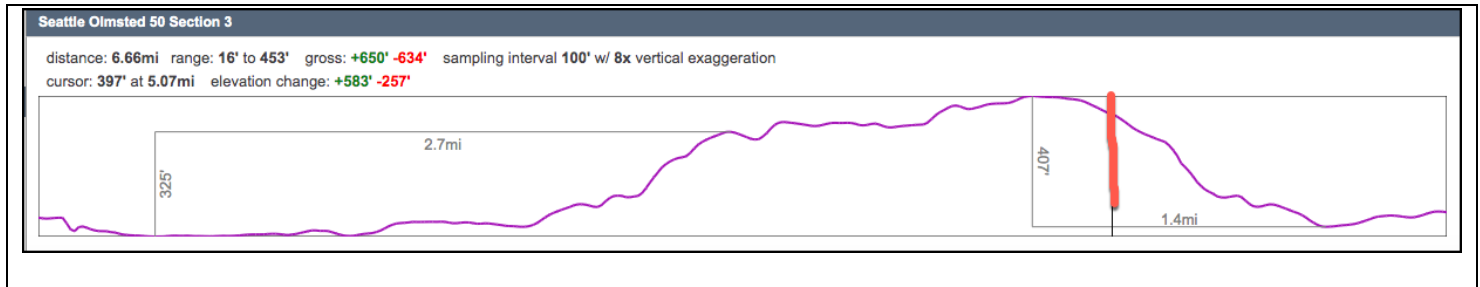
## Seattle Olmsted 50 Trail – Section 3

<b>S1</b> 9.4km, 159m	<b>S2</b> 10.3km, 110m	<b>S3 10.7km, 197m</b>	<b>S4</b> 9.7km, 178m	<b>S5</b> 10.8km, 139m
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### UW Husky Stadium to Japanese Garden

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 Husky Stadium to Volunteer Park 8.2 km, (5.1 mi) and Section 3 South finishes at the Japanese Garden, Washington Park Arboretum (2.4 km, 1.5 mi). A Loop Option to lower Interlaken Park and return is also available 6.6km (4.1 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)

**Walkers are responsible for their own safety on Seattle Olmsted routes.**

**Note:** Stroller options offered along the way.

- Take the pedestrian overpass to **Husky Stadium** so you're on the east sidewalk to cross south on **Montlake Boulevard**<sup>2</sup> over Montlake Bridge.
- Turn quickly full left down the stairs to the first landing.

Turn right (east) along the Montlake Cut to the **Story of North Island Totem Pole** (1937, John Wallace) and viewpoint in **East Montlake Park**<sup>2</sup>. 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.*

- Turn back to the Arboretum Waterfront Trail sign and turn left (east) along Union Bay towards Marsh Island.
- The short, Boardwalk Bridge to **Marsh Island** may be closed (or over ankles muddy) for high water. See detour.

**Detour:** From Marsh Island boardwalk approach, turn around to walk ~150m west over the grass to East Park Drive E. Turn left (south) to the bicycle / pedestrian Lake Washington Loop ramp over the broad SR520 overpass. Turn left (east) to E Foster Island Rd in the **Washington Park Arboretum**<sup>4</sup>. Turn right (south) at Arboretum Drive E to rejoin the main route to the Graham Visitors Center.



**SR520 Marsh Island overlook.** Photo P Hendrickson



**Marsh Island Boardwalk**--Photo P Hendrickson

- Cross Marsh Island, prepared for wet/muddy (even under water) feet. Continue to **Foster Island<sup>4</sup>** enjoying muddy? feet and Union Bay views.
- At **Foster Island** turn left to the north point, then walk back south on a good path bearing left under SR 520 and over the Duck Bay footbridge.
- Cross towards the fire hydrant with care over East Foster Island Road.
- The road turns south leading to the former **Washington Park Arboretum<sup>4</sup>** 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—part of the UW Botanic Gardens.
- Suggested route heads west behind the Arboretum Shop across Arboretum Drive E through an ornate, metal gate onto broad Azalea Way Trail which curls left (south).

**Sculpture?** Signage some distance along Azalea Way could direct you to the **Union netting sculpture** (John Grade, 2023). If view, retrace your steps to Azalea Way.  
**Strollers:** Wander the Arboretum to Seattle Japanese Garden.

- Promptly turn right (west) to wiggle your way down (take first left) to lower paved Loop Trail.
- Look for the first well-defined right that directs you across a foot bridge to a marked crossing over Lk Washington Boulevard E.
- Follow the north side path, then sidewalk up Boyer Ave E.

- Proceed through minor intersections to the 24<sup>th</sup> Ave E major intersection.
- Cross Boyer Ave E left to the south side traffic light, then cross 24<sup>th</sup> Ave E right to stay on Boyer Ave E heading NW.
- When you spot Boyer Children's Clinic (at E Howe St), turn left up the short stairs ramp into **Interlaken Park<sup>2</sup>** east entrance.
- Turn right at the kiosk onto the pedestrian/cyclist shared use **E Interlaken Blvd<sup>2</sup>** as it curves south. At the switchback ahead, **ignore** the left turn onto a trail that follows a small creek (your path back down).

**Loop Option:** Before heading up stairs at next path up, find down stairs opposite for the return to Husky Stadium. Directions after Section 3 South.

- Continue right (west) to find the next left up stone steps to a foot path (rest bench may be found) leading all the way up to a five-way bus turnaround intersection (Interlaken Dr E, E Galer St, E Crescent Dr and 19<sup>th</sup> Ave E).
- Turn right up E Galer St to 18<sup>th</sup> Ave E where you could sneak a peek (left) of Stevens Elementary School (big 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 17<sup>th</sup> Ave E.
- Turn left (west) up E Garfield St, then right (south) into **Louisa Boren Park<sup>3</sup>** 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 15<sup>th</sup> 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.
- See Capitol Hill Historical Society <https://www.capitolhillpast.org/>
- Left (south) on Federal Ave E, such grand homes, to left on E Galer St.
- Enter **Volunteer Park**<sup>2</sup> 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).



**Standing at Seward's feet** –Photo P Hendrickson

- Continue south, up the stairs to circle right (counterclockwise) around the reservoir Rd to **Water Tower** (1906).
- Climb the 107 stairs to the observation deck. The **Olmsted Exhibit** along the curved, brick walls is comprehensive, compelling and free. Olmsted located the standpipe here, the highest point in

the park (elev 520ft) with great views all directions. No elevator.

- 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 15<sup>th</sup> Avenue E and E Galer St.

You have completed Section 3 North. Bus #48 to Husky Stadium.

## 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. Section 3 South not stroller friendly.

- Cross 15<sup>th</sup> 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 into Interlaken Pk on trail exited. Descend several steps. Bear right at "Y" down the hillside.
- Turn right when intercepting motor-vehicle-free **E Interlaken Blvd**<sup>2</sup>. This park was reforested around 1900 with a hodge-podge of native and exotic trees.

*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 (Lushootseed: x̌ăčū?).*

- At the information kiosk, turn left back down to Boyer Ave E.
- At Boyer Ave E turn right (SE) to retrace steps to The Arboretum over 24<sup>th</sup>, 25<sup>th</sup>, and 26<sup>th</sup> Aves East, then cross E Lake Washington Blvd.
- Pick up Arboretum Loop Trail at merge with Azalea Way to the first right turn.
- Take spur trail south to E Lake Washington Blvd crossing to the



parking (free) for the **Seattle Japanese Garden** (fee) and **Washington Park Playfield**<sup>4</sup>.

*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 Husky Stadium walking from Playfield to 24<sup>th</sup> 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 5<sup>th</sup> Ave & Pine St. Walk to Westlake Station for light rail 1-Line to Husky Station.

**Congratulations, you completed Section 3, Seattle Olmsted 50, the longest and greatest elevation gain!**

### **Section 3 Loop Finish Option**

>>Total Loop and Loop Finish Section Data<<  
*Distance: 6.6km (4.1 miles)—2.2km (1.4 mi)*  
*Elevation gain: 130 m (429 ft)—20m (66 ft)*

**Note:** *Too many stairs or swampy parts to recommend strollers.*

- Exit E Interlaken Blvd down stairs to 22<sup>nd</sup> Avenue E and turn left (west) back onto Boyer Avenue E.
- At 19<sup>th</sup> Avenue E turn right (north) behind St Demetrios Greek Orthodox Church (Greek Festival in the fall draws in the greater Seattle community).

- Follow the street and path to E Calhoun Street intersection and turn left (west) down a narrow, winding trail into Montlake Playfield Park.
- Turn right (north) staying along the east edge of the Playfield and cross under both an east-bound SR520 ramp and the main SR520 roadway.
- Upon exit, turn right (east) along the NOAA NW Fisheries Science Center to the Bill Dawson Trail which leads you under Montlake Blvd E.
- Turn left (north) up the stairs and turn right (north) to the Boulevard sidewalk leading back to the Montlake Bridge and Husky Stadium.

**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

**Seattle Olmsted Circuit** loops 120km (75 miles) via more easterly parks and boulevards (5 Sections, October 2023) connecting with more westerly Seattle Olmsted 70 (7 Sections, June 2024).

**Contact:** Seattle Olmsted 50 lead:  
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Seattle Urban Walk Committee  
The Mountaineers, Founded 1906

**(Rev 24Jan2025/PH)**

**Navigation Tip:** *Staple, then fold these sheets the long way. You can easily hold them in one hand to follow turn-by-turn. Some walkers keep a thumb on the bulleted text for their current position.*

## TRANSIT, TOILETS and TREATS

### King County Metro Transit Service Points

Public transport is available at several locations on Section 3 but these points offer the most options.

**Light Rail** schedule [Light Rail](#)

**State Ferry Schedule** [State Ferries](#)

**Metro Water Taxi** [Foot Ferry](#)

**Bus Routes** [Metro Bus Routes](#)

- **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
- **15<sup>th</sup> Ave E & E Galer St** #10
- **24<sup>th</sup> 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.

- 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 3 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 24<sup>th</sup> Ave E and E Lynn St*

- *Volunteer Park Cafe & Pantry, 1501 17<sup>th</sup> Ave E*
- *Belle Epicurean Bakery, 3109 E Madison St*

### Other Items of Interest

- **Steward** for Section 3 is Seattle Urban Walk Committee member Peter Hendrickson.
- **University of Washington** is ranked 3<sup>rd</sup> best public university in the U.S. with more than 33,000 undergraduates.
- **Conibear Shell House** (\$19.2 million raised for renewal) had an English location stand-in for the 2023 hit movie, *The Boys in the Boat*.
- **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 more complete Olmsted Parks information, consult **Friends of Seattle's Olmsted Parks**, partners in development of this trail. Local link is [FSOP](#). The national Olmsted Network is [National](#)
- **Seattle ranks** among the top 10 park systems in the country [Top Ten](#)