

UNFORGETTABLE GRAYS HARBOR WASHINGTON

Grays Harbor County offers a wealth of walking trail opportunities from wide sandy beaches to rain forest wilderness trails. In addition many miles of paved paths and trails within the cities of Grays Harbor County are waiting to be explored. We have designed this map to provide you the information to make every walk, hike, run or biking experience ... unforgettable.

There are many other areas in Grays Harbor beyond our listings that provide excellent opportunities to keep the whole family active. Get out and enjoy the outdoors and discover some place new!

Grays Harbor County "Walks and Trails" Map Key

	State and Federal Highways		Paved Trail
	Minor Roads		Hiking Trail
	Other Roads		Accessible
	Rivers and Streams		Restroom
	Lakes and Ocean		400 meter track
	Walking Trail location		Picnic Area
	Trail (paved, gravel, or dirt)		
	Walking Route (on sidewalk or along road)		
	Gravel Road		

Please help us keep the fresh air fresh for everyone by not smoking on our trails.

Grays Harbor Walks and Trail Locations



LAKE QUINAULT

For information call (360) 288-0571 or www.quinalttrainforest.com

- 1 Quinalt Rain Forest Nature Trail:** Don't miss this half mile interpretive trail featuring fascinating rain forest information. Several hiking trail loops are also accessible from the Nature Trail parking lot, including the Quinalt Lake front trail and loops through the rain forest from 1.5 miles to 4 miles. About 10 miles of well marked trails are accessible on the south shore of Lake Quinalt. www.quinalttrainforest.com/pdf/hikingmap.pdf
- 2 World's Largest Sitka Spruce:** Hike 2 mile to this amazing world record tree. Parking is just past the Rain Forest Resort Village.
- 3 World's Largest Western Red Cedar Trail:** Hike 2 mile on boardwalks and stairs through an awe inspiring forest to reach this world record tree.
- 4 Maple Glade Rain Forest & Kestner Homestead Trails:** This half mile self-guided nature trail leads you through a Big Leaf Maple forest laden with mosses. Adjoining this trail is the Kestner Homestead Trail. This 1.3 mile loop tours the homestead of a pioneer family of the early 1900's.
- 5 Colonel Bob Wilderness Area:** A strenuous day hike or backpack trip can take you to the top of Colonel Bob Mountain, elevation 4492' for breathtaking scenery. Trails enter from the north and south sides. The trail from the north (Lake Quinalt South Shore Road) is a 14.5 mile round trip hike to the top. The Pete's Creek Trail from the south is approx. 8.5 miles. Access this trail from the West Humptulips River valley, Forest Road #2204. (360) 288-2525 www.fs.usda.gov/recursive/olympic/recursive?recid=78488



LAKE WYNOOCHEE



- 6 Wynoochee Lake and Dam:** This scenic 3.5 mile long lake in Olympic National Forest has over 15 miles of trails in the vicinity. Trails travel all the way around the lake from various trailheads. Parking lot, restaurants and picnic area available at the dam. (360) 764-3520 www.fs.usda.gov/recursive/olympic/recursive?recid=47965

SEABROOK

- 7 Seabrook Community Trails:** A system of trails winds through this resort village, through surrounding forest, and to the beach. Many miles of beach hiking can be enjoyed as well. Walking surfaces include boardwalk, gravel, reclaimed crushed oyster shell and shredded cedar mulch. www.seabrookwa.com (360) 276-0099

NORTH BEACH

- 8 Roosevelt Beach:** Roosevelt Beach lies at the base of sandstone cliffs that divert the air currents and attract a varied collection of migratory life. Like Ocean Shores beaches, this beach affords a wide expanse of flat, hard sand. Visitors enjoy beachcombing and exploring the mouth of a stream to the north. Copalis Rocks can be seen from this beach.

- 9 Pacific Beach State Park:** This park is a 10-acre camping park with 2,300 feet of ocean shoreline. The beach provides a variety of wonders, from dramatic surf to beachcombing. www.parks.wa.gov

- 10 Griffith-Friday State Park:** The park features trails through the dunes, miles of wide beach, and the Copalis River estuary. The park extends from the beach through low dunes to the river, then north to the river's mouth. The Copalis Spit natural area, a designated wildlife refuge, is also part of the park. North of the river mouth, the beach serves as an airport for light aircraft. www.parks.wa.gov

- 11 Ocean City State Beach:** This wide beach offers a great area to explore. Beachcomb, walk, jog or simply enjoy the fresh ocean air. Migratory birds may be viewed here. www.parks.wa.gov
- ### OCEAN SHORES
- For more info. call 1-866-602-6278 or www.tourismooceanshores.com

- 12 Ocean Shores Beaches:** Damon Road, Chance a la Mer, Pacific Ave., Ocean Lake Way, and Taurus Blvd. allow both pedestrian and vehicular traffic access to the beach. The six mile long beach extends the length of Ocean Shores to the North Jetty and affords a wide expanse of flat beach that is designated a legal state highway. Pedestrians need to be aware of possible vehicular traffic. From Memorial Day to Labor Day, the area between Chance a la Mer and Pacific Ave. is off-limits to vehicles except for emergency equipment. This affords families a safer beach to enjoy.



- 13 Martha McMoran Memorial Walk:** Handicapped persons as well as able bodied folks can enjoy the concrete path paralleling the access road just South of the Shilo Inn. Pause to read the information panels or rest on the benches and enjoy the air and beach atmosphere. Located along the South side of the Chance a la Mer beach access in downtown Ocean Shores.

- 14 Weatherwax Trail:** Located in the center of Ocean Shores, along the west side of Duck Lake just South of Overlake and Ocean Lake Way, the 121 acres of old growth forest surprises many visitors. Park along Overlake and enter on the south side. Follow the trails that offer a first hand look at pristine forests inhabited by eagles, deer, other raptors and a variety of migratory birds. Beautiful plants including ferns fill the area.

- 15 Ocean Shores Interpretive Center Walk:** While visiting the center, take a few moments to walk the short path behind the center. View native plants to add to your understanding of the flora and fauna in the area. This area is relatively calm and shaded. Located at the south end of Point Brown Ave. www.interpretivecenter.org

- 16 Damon Point State Park:** Once called Protection Island, the ocean has changed the area into a spit, and now is in the process of returning it back into an island. Consequently, plan your walk to start with the outgoing tide and return before the tide comes back in again. This beach is sloping and free of vehicular traffic. The 1 1/2 mile spit is a treasure trove of agates, jasper, jade, petrified wood, seashells and driftwood. Bird lovers find a variety of wildlife to enjoy. At times, access to Damon Point is limited due to snowy plover nesting. From downtown Ocean Shores, follow Point Brown Ave. south for 4.5 miles. Just past the marina turn right into the park. www.parks.wa.gov

WESTPORT

1-800-345-6223, (360) 268-0131 or www.westportgrayand-chamber.org

- 17 Westport Light Trail:** The 2.2 mile trail, commonly referred to as the Dune Trail, extends from Ocean Avenue, through Westport Light State Park and Westhaven State Park, to the Westhaven viewing tower. This trail provides an eight foot wide wheelchair accessible, paved surface for walking and biking, with viewing platforms and benches for public use and enjoyment. Beautiful beach views grace the entire route.

- 18 Westport Light Loop:** The 3.4 mile signed route takes you through the center of town, past shops, restaurants, the marina, and the Maritime Museum on paved city streets and makes a loop with the oceanfront Westport Light Trail to complete the trip with great ocean views.

SOUTH BEACH

- 19 Twin Harbors State Park:** This 172-acre park offers access to miles of walkable beach and is also popular for bird watching, kite flying and more.

- 20 Grayland Beach State Park:** This 412-acre oceanfront camping park has spectacular beach just south of the town of Grayland. www.parks.wa.gov

- 21 Bottle Beach State Park:** Featuring 0.7 miles of ADA-accessible trail and boardwalk with multiple wildlife viewing platforms along the Grays Harbor shoreline.

ABERDEEN

City of Aberdeen (360) 537-3229 www.aberdeenwa.gov

- 22 John's River Wildlife Area:** Off State Route 105, 12 miles West of Aberdeen. Take John's River Road, turn left at the Y and follow the signs to public fishing. The trail is paved for .57 miles, but continues along the dike for another 1/2 mile. In the timber stand there are wooded single-track trails for those who are more adventurous. Very scenic and level walk. www.wdfw.wa.gov/lands/wildlife_areas/johns_river/

- 23 Chehalis River Trailway:** This 3.1 mile paved trail runs from Bishop Athletic Complex, along the shores of Grays Harbor to Mill Street (at the foot of the Chehalis River Bridge). At Bishop Athletic Complex there is ample parking. From the parking Bishop parking lot, find the paved trail heading west between soccer fields. The trail skirts the edges of the park before turning east along the harbor. www.aberdeenwa.gov



- 24 Lake Swano Trails:** Meander for two miles through 20 acres of forest on the Grays Harbor College campus. Interpretive signage enriches your understanding & appreciation of the site. Park in the lower lot by the maintenance building and follow signs to the trail head. Also, Lou's Loop Botany Trail is adjacent to the Aquaculture Center. www.ghc.edu

- 25 Basich Trailway:** This trail meanders 1.5 miles through Pioneer Park (off Tilden Street in South Aberdeen) along Mill Creek, ending at Cosi Lions Park in Cosmopolis. www.aberdeenwa.gov

- 26 Morrison Riverfront Walkway:** 1.8 miles of paved trail from Guesthouse Inn & Suites to Lakeside Industries. Park at Morrison Park or Guest House Inn. www.aberdeenwa.gov

- 27 Stewart Park Trail:** .8 mile of rugged trail up and down hills and across bridges. Follow "B" Street north toward Wishkah Road. Take a left onto Valley Road. Follow trails from the parking area. www.aberdeenwa.gov

- 28 Sherwood Forest Trail:** Very rugged trail located off Bell Aire drive in Aberdeen. Turn onto Sherwood Lane, there is a sign at trail head. Miles of terrain to explore.

- 29 SouthShore Mall:** If wild, windy, wet weather discourages you from exercise, head for the mall! The mall is effectively an indoor track for walking. The mall is open from 7 a.m. to 8 p.m., seven days a week for walkers. The inside corridor is a half mile per lap. www.southshoremall.com

COSMOPOLIS

City of Cosmopolis (360) 532-8230

- 30 Makarenko Park Trail:** Two miles of gravel trails located in the woods between Bell Hill and Cemetery Hill. This is a great nature trail for walkers and joggers. Upon entering Cosi, turn north onto G Street and then take a left onto Allenau Street. Go up the hill until you get to Stanford Drive and follow the road to the right. It will dead-end at Makarenko Park.

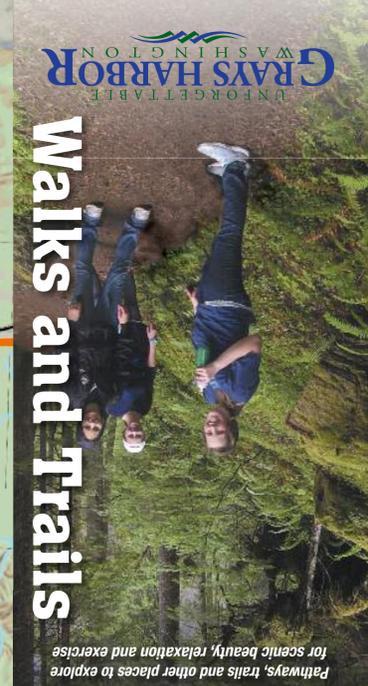
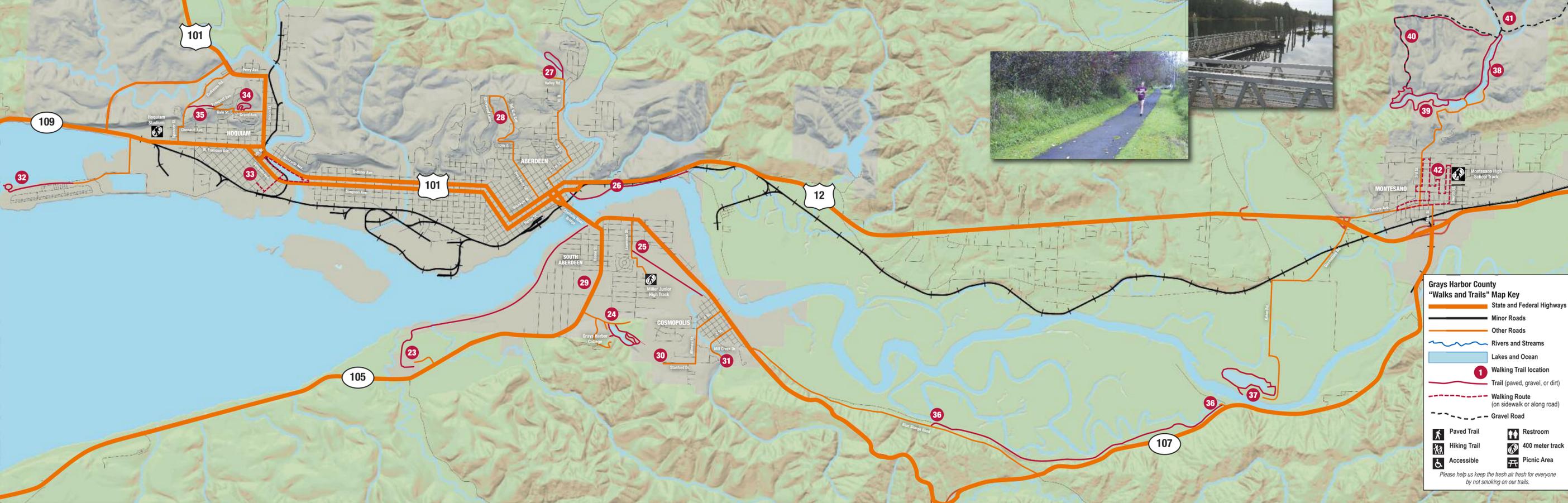
- 31 Mill Creek Park Trail:** Cosi's most popular park. Located on C Street just a few blocks past the school. This park offers miles of gravel trails, both flat and graded along Mill Creek and around Mill Creek Pond.

HOQUIAM

City of Hoquiam (360) 532-5700 www.cityofhoquiam.com

- 32 Grays Harbor National Wildlife Refuge, Bowerman Basin, Sandpiper Trail:** This refuge in Hoquiam is one of the West Coast's most important stops for migrating shorebirds. This trail offers great bird viewing along the wooden plank trail which leads to the tip of Bowerman Peninsula. Park near the cafe at the airport in west Hoquiam. Walk along the gated backloop road to the Sandpiper Trailhead. From the parking area to the tip of the peninsula is 2 miles round trip. www.fws.gov/graysharbor/

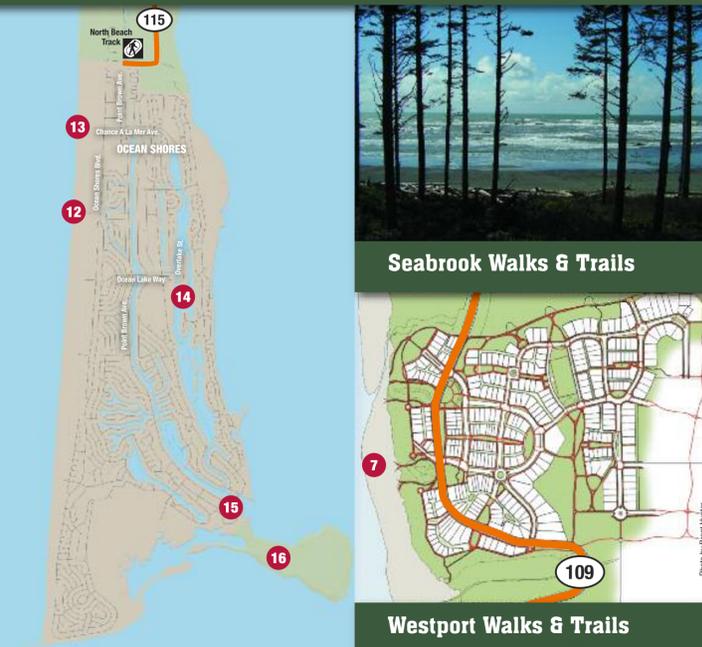




Guide to Walks and Trails of Grays Harbor County

Thanks to our Sponsors

Aberdeen, Hoquiam, and Cosmopolis Walks & Trails



Ocean Shores Walks & Trails



Montesano Area and Lake Sylvia Walks & Trails



Westport Walks & Trails



UNFORGETTABLE GRAYS HARBOR WASHINGTON

HOQUIAM (Continued from other side)

33 Healthy Hoquiam River Loop: Start this loop in downtown Hoquiam at the corner of 8th and L Streets near the city hall. Take L St. to 10th St. go north to Simpson Ave. Cross the Hoquiam River on Simpson Ave. Bridge, go north to Riverside Ave. to the Hoquiam Farmers Market. Enjoy a stroll alongside the Hoquiam River on the trail built by Ameri-Corps volunteers. Head west across the Riverside Bridge, down Leeve Street, then south on 10th St., back to L St. to complete the loop.

34 Elton Bennett Park: Enjoy rugged trails in a natural setting, named after a respected northwest artist who lived in Hoquiam. Loop trail is about 4 mile. Abutting the park is **Sunset Memorial Park**, a popular walking area located off Grand Avenue in Hoquiam. The cemetery features miles of paved loop roads with gradual inclines and declines and very limited traffic.

35 Prospect to Endresen Walking Trail: Trail head is located just off Prospect St. The trail goes over a hill and ends on Endresen St., across from a boat launch on the Little Hoquiam River.

MONTESANO
City of Montesano (360) 249-3021 www.montesano.us

36 Preachers Slough Interpretive Trail: Off Highway 107, this nature trail with informative interpretive signs about the history and nature of the area offers a 3.5 mile (each way) gravel trail on Washington Dept of Natural Resources land. Look for Preachers Slough Trail sign for access off of Highway 107, or other end of trail on Blue Slough Road, back road to Cosmopolis.

40 Hamby Hill & Sylvia Ridge Loop Trail: Park at Lake Sylvia State Park for an adventurous 5.5 mile hike into the Montesano City Forest. Hike past the dam into the forest below the lake on the trail along the north side of the creek. In about a mile the route turns right to climb up Hamby Hill. At the top of the hill turn right. The route becomes gravel road for approx. 1.5 miles (keep to the right at forks). Look for Sylvia Ridge Trail, paralleling the gravel road. After steep downhill travel, the trail empties out onto the gravel road again. Continue downhill, then turn right at a gate to get back to the parking lot. Travel the final mile along the Lake shore. Print out a detailed map at the City of Montesano website: www.montesano.us

41 Montesano City Forest: For the avid explorer, hiker, or mountain biker 5,000 acres of city-owned forest adjacent to Lake Sylvia State Park beckon for adventure. The forest is managed for multi-use, including sustained income from timber, recreation, and fish and wildlife habitat. Print out a detailed map at the City of Montesano website: www.montesano.us

42 Montesano Historic Homes Loop: Over 30 historic homes and buildings are seen on this route, many over 100 years old. There is a tour book and map available at the Library, or City Hall, both on Main Street, or at the Abel House B & B at 117 Fleet St. Start near the stop light in downtown Montesano and head west on Pioneer Ave.

43 Brady Agriculture Loop: The 4.1 mile route follows a flat seldom traveled chip-sealed country road with broad expanses of farm land, scenic views of the surrounding hills and the Olympic Mountains. There is great bird watching here! Park at the Washington Dept of Fish and Wildlife parking lot (permit required) or the private Willis Field Radio-Controlled Airfield, both adjacent to the Chetahs River.

ELMA
City of Elma (360) 482-2212 www.cityofelma.com

44 Vance Creek Park: Located off Wenzel Slough Road in Elma, this Grays Harbor County facility offers a .7 mile, ADA accessible paved loop around the East pond. The West pond is also approximately .7 miles and offers a compacted dirt/gravel surface. This is a very popular walking area year round due to easy road access and plentiful parking.

45 Elma City Loop: Starting at 3rd and Main, go north up to Pine St. and take a right. Follow Pine through the Strawberry Hill area and take a left on Garden Road. Take another left on Harding Road, left on Wakefield St., right on 11th and back down to Main St. Turn left and return to 3rd. This loop is 3.3 miles and is fairly strenuous as there are long inclines.

OTHER EAST COUNTY VICINITY

46 Schafer State Park: This 120 acre park offers a beautiful two mile loop trail on the west side of the Satsop River. The trail meanders through moss laden maple forest along the river and conifer forest in the uplands. www.parks.wa.gov

47 Capitol State Forest: Just off Highway 12 between Elma and Oakville lies Capitol Forest and Porter Creek Campground. Signs on the north side of the highway point the way to adventure. Enjoy scenic hikes on miles of dirt trails. The trails on the south end of Capitol State Forest are open to hikers, horses and bikes, and are closed to non-motorized vehicles. See map online at www.capitolforest.com/trailmappage.html



Elma Walks & Trails



Lake Quinault Walks & Trails

Start a Walking Program

Walking is an easy way to work exercise into your busy day. You can walk at one of the many trails or routes outlined on this map, or right out your front door to the grocery store, library, park or a friends' house.

Health Benefits of Walking

- Reduces stress and improves lifelong health.
- Low risk of cancer, heart disease, diabetes, high blood pressure and stroke. Helps manage many chronic diseases.
- Improves endurance, strength and balance, bone-density and mental well being.
- Helps you to manage your weight and sleep better.

Safety Tips

- Walk against traffic on roads with no sidewalks
- Use crosswalks when available. Look in all directions before crossing and obey traffic signals.
- Dress for the weather in loose fitting clothing that allows freedom of movement. Wear light or bright clothing for maximum visibility for vehicles.
- Carry identification, relevant medical info and a cell phone.
- Be alert and observant of your surroundings. If you wear headphones, keep the volume low so you can hear what is going on around you.
- Lock your car and do not leave valuables inside.
- Walk with a partner for fun, friendship and safety.
- Trail users assume the risk for their own safety when using the routes indicated on this map.

Exercise Tips

- It is recommended that you get at least 30 minutes of physical activity each day. This can be broken up into 10 minute segments throughout the day for a total of 30 minutes.
- Start slowly if you are new to activity and check with your health care provider if you have concerns about your physical limitations.
- Invest in a good pair of walking shoes ... your feet will thank you!
- Stay hydrated by making sure you drink plenty of water.
- Gentle stretches before and after your walk can enhance flexibility and help prevent injuries. Hold a comfortable stretch for at least 10 seconds. Warm up by walking slowly and swinging your arms.
- Start out gradually. Build up speed and distance slowly. Follow the 10% rule: increase the distance you walk by no more than 10% each week.
- Take your dog with you - what great motivation for both of you!
- Walk with a friend. This is a great way to enjoy each other's company and motivate each other to reach fitness goals.
- Be visible to stay safe. Wear reflective clothing when it's dark and bright colors during daylight hours.
- Use of sun screen may help prevent skin cancer.
- Wearing a hat and sunglasses may help prevent cataracts.

Trail Etiquette

- Be considerate and aware of your impact on the trail and other trail users as you share the trail with other walkers, joggers, hikers, bikers and skaters.
- Stay on the trail and respect adjacent private property.
- Park in designated parking areas.
- Clean up after pets and keep them on leash.
- Minimize erosion by not shortcutting trails.
- Know and obey park regulations.
- Please report any damage or vandalism along the trails.

OCEAN SHORES
www.tourismocashores.com
1-888-602-6278

ABERDEEN
www.aberdeewa.gov
(360) 533-4100

CITY OF HOQUIAM
www.cityofhoquiam.com
(360) 532-5700

OCEAN SHORES NORTH BEACH
www.oceanshores.com
(360) 289-2451

SEABROOK
A NEW BEACH TOWN
www.seabrookwa.com
(360) 276-0099

South Beach Visitors Information Center
Westport/Grayland Chamber of Commerce
www.westportgrayland-chamber.org
1-800-345-6223

CITY OF ELMA
www.cityofelma.com
(360) 482-2212

WESTPORT
www.westportwa.us
(360) 268-0131

GRAYS HARBOR PUBLIC HEALTH & SOCIAL SERVICES
www.healthgh.org
facebook.com/healthgh
(360) 532-8631

UNFORGETTABLE GRAYS HARBOR WASHINGTON

visitgraysharbor.com
1-800-621-9625

Additional Contacts

Grays Harbor College www.ghc.edu
Washington State Dept of Parks www.parks.wa.gov
Grays Harbor County www.co.grays-harbor.wa.us
Olympic National Forest www.fs.fed.us/olympic
Washington State Dept of Natural Resources www.dnr.wa.gov