

Interlaken Park Stair Walk



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This is a 5.3 mile loop going up 463 steps and down 612, featuring Interlaken Park, houseboats on Portage Bay, the ship canal and the historic Montlake Bridge. A 3/4 mile extension to Fairview park gives 127 bonus steps up and 88 down.

Start at the Montlake Playground on E Calhoun Street and go down 18th Ave E one block. Turn left on E McGraw street and you'll see the stairs at the end of the block.

Up 52 steps



Cross 19th Ave at the crosswalk and in one block turn right onto E Newton Street. Follow this two blocks around a curve then turn right on 22nd Ave.



Down 111 steps

Keep going straight to the entrance to Interlaken Park.

Up 40 steps



Cross the road.

Up 60 steps

First there are granite steps, then timber steps along the trail.



Take the fork in the trail that goes to this rock. Then back to the main trail so you can count the 5 steps.

Keep climbing until you get to the road. Turn left, going past the Seattle Hebrew Academy. Follow the road up the hill to the 5-way intersection, and another stair back down into the park.

Down 103 steps

This trail can get muddy after a rain but it is much better than in the past!



The trail follows a stream back to the road. Turn left. Walk a long ways, going past the other Interlaken stairs, contouring along the slope until you see this stair.

Go up to the landing.

Up 37 steps





Turn around and go down to the parking lot.

Down 21 steps

Turn right, go down one block to Delmar and cross the street. Turn left, crossing over the freeway, and head towards the bench at this small viewpoint over Portage Bay.

The entrance to the next stair is not visible until you are right there.

It bends around the corner.

Down 92 steps



The first flight ends in an uneven sidewalk, then a side stair. If it is wet, take that stair and follow the road. Otherwise stay on the sidewalk, which is more romantic but can be very slippery. Either way, you end up on Boyer Ave E and the Queen City Yacht Club. Go down the driveway into the parking lot and angle towards the small park on the water.



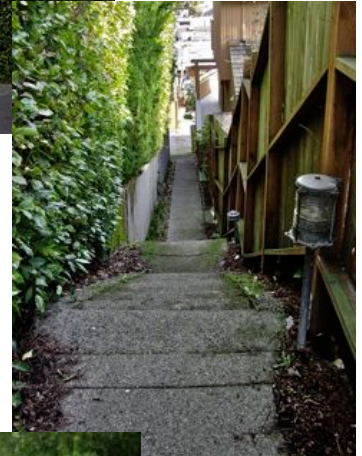
Up 40 steps

Turn right onto Boyer. Pass the Canal Market, a nice neighborhood place for a snack and coffee. In one and a half blocks is the next obscure stair at 2822, next to the curve sign.



Down 29 steps

Turn left until you get to the Shelby Street-end park, going past houseboats.



Down and up 29 steps

A Native American canoe carver named John Shiahud and his wife, Madiline, lived near this site during the 1800s. The park is dedicated to them and their ancestors.

Go up Shelby to Fuhrman Ave, turn right and in 2 blocks turn right onto Allison St. Go to the street end and look left.

Down 25 steps

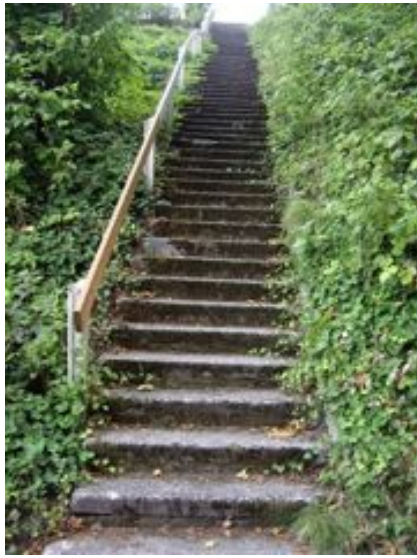


Walk along Portage Bay Place until the long stairs up.

Up 59 steps

You will be back on Fuhrman and Martin Street. Go right one block, cross the street and walk on Franklin Ave. one block to another section of Martin Street. Turn right and go

Down 30 steps



Go up the first stair because it can get slippery and it's easier to go up.

Up 66 steps

There's a nice bench with a view on top.



Turn right until you see the "walking man" sign above the next stair.

Down 71 steps

At the bottom is a Pea Patch and garden.



Return along the water. Be sure to check out Good Turn Park, a pretty street end park on Lake Union.



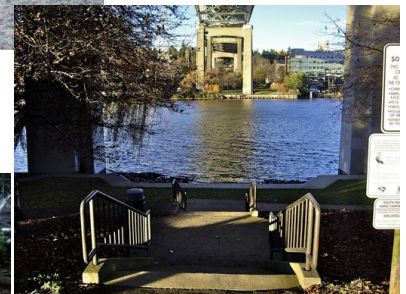
Under the freeway bridge is South Passage Park.



Turn right and stop at Le Fournil Bakery - one of my friends who was born in Paris said this is the best bakery in Seattle.

The main route continues along Eastlake and across the University Bridge.

Down 17 steps



[OPTIONAL SIDE TRIP] - This is noisy because of the freeway, but Fairview Park is really nice. Go back to Martin Street and cross Harvard Ave at the traffic light. Turn left and walk under the freeway to Allison Street. Cross Eastlake and walk down to Fairview Ave. Turn left and walk along the water.



Up 45 steps



Now walk under the University Bridge and turn right and go Up 13 steps

Be sure to cross the bridge on the east side. At the end,

Down 42 steps

Cross under the bridge.

Across the street are two stairs; go up the new one to your left.



Up 25 steps



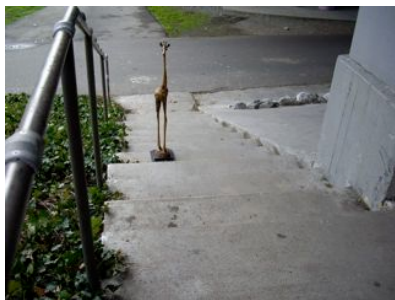
Walk through the Peace Park then go back

Down 42 steps

Continue down to the Burke-Gilman trail.

Down 11 steps

Walk about a block



then turn right on Adams Lane, cross Pacific Street and go down to Boat street. Follow that until the Sakuma Viewpoint.

Down 14 steps

Walk past the Aqua Vere Paddle Club and the marina. Continue to the oceanography building. Go around the building on the plaza.

Down 26 steps

Keep walking along the waterfront.



When you get to the South HUB, go up the stairs and back down the other side.

**Up 42 steps
Down 39 steps**

Walk past the fish pond and along the Montlake Cut.

When you get to a fork in the path, take the high road



so you can take the stairs back down.

Down 26 steps

Walk along the cut to the bridge.



Up 87 steps

Cross the bridge, go along Montlake until the path that leads under the freeway and back to the Montlake Playground.

