

Walking for Chronic Pain and Arthritis

If you suffer from chronic pain due to osteoarthritis, you are not alone! Osteoarthritis is the leading cause of chronic pain among older adults, commonly affecting the knees, hips, low back, and neck. Stiffness, swelling, and pain can make it difficult to stay active and do the things you want to do. Many people are fearful that physical activity will increase their pain, however it is important to **stay active** if you have osteoarthritis. Walking is a low impact form of physical activity with low risk for falls or injury, and can help improve your pain.

According to the Arthritis Foundation, even just 150 minutes (or 2.5 hours) of physical activity a week is beneficial for osteoarthritis. Physical activity also benefits other conditions that commonly accompany osteoarthritis, such as depression, obesity, and heart disease. Physical activity can:

- increase muscle strength
- support joints
- increase opportunity for weight loss
- reduce the risk of heart disease and stroke
- improve mood



Benefits of Being Outdoors

Walking in natural environments, such as parks, offers opportunity to see the sights while getting your physical exercise. Outdoor exercise has been found to more positively impact mental health than indoor exercise.

Parks in Seattle

Seattle Parks and Recreation manages over 400 parks and open areas within the City of Seattle, many of which have developed and semi-developed trails. These trails are a resource that you can access at your leisure any time during park hours. This brochure highlights different trail features found at 5 parks throughout the city. Find a nearby trail with features that accommodate your individual walking needs. Trail maps for more Seattle Parks can be found at www.seattle.gov/parks/trails.



Ravenna Park: *A wooded oasis in North-east Seattle with intermediate to advanced trails.*

Ravenna Park provides an escape from the city with beautiful views of creeks, trees, and plants. Street parking and a small parking lot are present, though no disabled spots are provided. Bus stops are also within reasonable distance from the park. Bathrooms are available on the south side of the park.

A popular 1.5 mile loop in this park stretches from 25th Ave. NE up to Cowen Park. Though primarily moderate hills, there are some steep and flat sections in this loop. The trail surface is mostly dirt with some sections of gravel. Frequent benches between .25 and 1 mile apart offer opportunity to sit along the creek beneath fir, cedar, and deciduous trees. A network of trails throughout the park allow for shortcuts and alternate routes to avoid steep hills, so walkers can tailor their route to best suite their needs. This is a very natural environment, and occasional rocks and tree roots may present tripping hazards. Because this is a multi-use trail, you may occasionally need to share the trail with bikers and dogs. This is a beautiful spot to find shade on a hot day while sticking to your exercise routine.

*requires greater than 2 blocks distance to reach trailhead

**requires moderate to steep slope to reach trailhead

Park	Access		Amenities		Surface		Slope of Trail			Trail Features		
	Parking Lots	Bus Stops	Bath-room	Benches	Paved Path	Dirt / Gravel	Mostly Flat	Gentle Hills	Steep Hills	Loop	Out/Back	Mileage
Maple Leaf		✓	✓	✓	✓		✓			✓		.5 miles
Magnuson	✓	✓*	✓	✓	✓		✓	✓			✓	??
Volunteer	✓	✓**	✓	✓		✓		✓		✓		.25 miles
Lincoln	✓	✓**	✓	✓	✓		✓				✓	2 miles
Ravenna	✓	✓	✓	✓		✓		✓	✓	✓		1.5 miles

This guide indicates the features found on the gentle trails at each park. Refer to the park summaries inside this brochure for description of park features.

SEATTLE PARKS AND RECREATION

Trail Guide

For People with

Mobility Challenges

OSTEOARTHRITIS ACTION ALLIANCE



Maple Leaf Park: *Located in Northeast Seattle with gentle paths and stunning views*

On clear days Maple Leaf Park offers stunning views of the Cascade and Olympic mountain ranges. Access to the upper section of the park starts at NE 85th St. and Roosevelt Way NE. Street parking is available on Roosevelt and in the surrounding neighborhoods and a bus stop is located on Roosevelt near the starting point. This park has a bathroom located in the lower SW corner of the park. From the upper loop, bathroom access requires a steep stairway.

A flat, paved walking loop is located in the upper section of the park. This .5 mile loop follows the outer perimeter of the upper park and additional gravel paths create shortcuts within the middle of the loop. All paths provide views of the Seattle skyline and Lake Washington. Benches dot the path every quarter mile to allow for rest breaks and time to enjoy the views. Bicycles and families with strollers may also use this paved path. There are open basketball and tennis courts on the west side of the path, so watch out for stray balls. A beautiful new park built atop a covered reservoir, Maple Leaf Park is located in the heart of a tranquil neighborhood.

Magnuson Park: *A mile long stretch of Lake Washington shoreline and wetland paths offer gentle and moderate walking opportunities.*

Magnuson Park offers a variety of amazing land and waterscapes and countless walking opportunities. Entrances to the park are off Sandpoint Way and 65th NE or 74th NE Streets, where there are also Metro bus stops. There are restrooms along the lakefront. Head east on either entrance and discover a world of walking paths.

Park at the swim beach lot along the lake shore from the 65th St. entrance and you can walk along a mostly flat lake path where you will see open views of Lake Washington, the Cascade Mountains, Mt. Rainier and Kirkland across the lake. You can pause at the many benches and viewing points along the trail and enjoy nature at its best. Access the wetland trails from the main parking lot on 65th street and see many native birds and perhaps a glimpse of the resident beaver or pacific chorus frogs. Wander the streets of the upper park for a stroll through history and the remaining buildings both vacant and re-purposed from when the park was a naval air base. Other walkable features include the city's largest dog off-leash area, a community pea patch, and waterfront activities center at the north end of the park. This urban park is an oasis with varied scenery and opportunities to explore.



Volunteer Park: *An alluring urban park with gentle to moderate paths located in Capitol Hill*

Looking out from the parking lot of the Asian Art Museum, you can enjoy views of the open water reservoir, Space Needle, and Elliott Bay. This parking lot has over 25 parking spaces, including 2 disabled parking spots. A bus stop is located on 15th Ave E and requires walking up moderate to steep paths to reach the parking lot. Bathrooms are present on the north side of the park near the playground and conservatory.

The .25 mile path along the perimeter of the reservoir varies between pavement and a dirt/gravel mix. A set of 12 steps is required to get from the parking lot to the start of the loop. This path varies between flat sections and moderate hills. About halfway through the loop, a portion of the path requires briefly walking on a road within the park. Some trip hazards are present due to tree roots and erosion. Frequent benches line the path to allow for rest breaks as no shortcuts are available along this loop. Other paved and gravel paths are present on the east side of the park. These paths vary between moderate to steep hills. Enjoy beautiful oak, cedar, and evergreen trees that provide coverage throughout the park.

Lincoln Park: *A gem located in the heart of West Seattle providing gentle to advanced walking options*

Lincoln Park boasts beautiful views of the Olympic mountains and overlooks the Puget Sound. Multiple parking lots are available off of Fauntleroy Way SW, and a disabled lot with 4 spots is located directly at the water's edge. Bus stops are located on Fauntleroy for easy access to the park. A restroom is located a short distance from disabled parking.

There are two areas in the park, a lower area along the water and an upper wooded area. Starting from the disability parking lot, there is easy access to a flat, paved, out-and-back path along the waterfront with views of the Fauntleroy Ferry. Walk up to one mile each way on this path, or extend your route by walking up steep hills to access the upper park. Paths in the upper park range from flat to moderate slope and are a mixture of dirt, gravel, and pavement. These trails can be accessed directly from the parking lots and bus stops along Fauntleroy Way SW. Benches are located in abundance throughout the park, so there are plenty of opportunities for walkers to take rest breaks. Lincoln Park is a nice respite where you can escape from the noise of the city.

