

A detailed oil painting of a mountain valley. In the foreground, a light-colored, winding path or road curves through a lush green forest. The middle ground shows steep, forested slopes. In the background, majestic mountain peaks are covered in snow and partially shrouded in mist. The sky is filled with soft, white clouds. The overall style is realistic with visible brushstrokes.

A GUIDE TO CONNECTING WITH THE  
*Mountains to Sound*  
**GREENWAY**  
NATIONAL HERITAGE AREA



*The Mountains to Sound Greenway National Heritage Area encompasses the historic lands of many Indigenous groups who are represented by modern-day federally recognized Tribes. We acknowledge the original and long-term stewards of these lands and their sacred spiritual connection with the land and water.*

*We respect their sovereignty and their right to self-determination, and their continuing rights across this landscape today, as we strive to protect the landscape in the way they have since time immemorial.*

## **THE MOUNTAINS TO SOUND GREENWAY NATIONAL HERITAGE AREA**

(Greenway NHA) is a dramatic landscape that stretches 100 miles along Interstate 90 from Ellensburg to Seattle. It weaves together waterways, mountains, forests, and farms with the cultural and historic significance of this land and its people. Few places offer such an incredible opportunity to connect with nature so near to city limits, and the Greenway NHA's abundant natural beauty attracts people from across the globe.

Behind the picturesque landscapes that we see today, exists a tapestry of stories and everchanging relationships to the land that stretch back millennia. More than a century of resource extraction, water diversion, and development threatened to permanently alter the landscape if left unchecked. These concerns sparked a movement in 1990 when citizens and influential leaders united under a shared vision that conservation could – and should – complement economic development. That group, acting as catalyst and convener, became the Mountains to Sound Greenway Trust.

Since our founding, the Greenway Trust has been dedicated to conserving and enhancing the area's iconic natural, cultural, and historic resources. We are committed to collaborating with Tribes, governments, nonprofits, local businesses, and communities to steward the landscape for future generations and to preserve and honor its living heritage.

**Caring for the Greenway NHA is a landscape-wide effort that connects each and every one of us. We invite you to learn more and get involved!**

## *Our Holistic Approach:*

# BALANCING THE NEEDS OF PEOPLE AND NATURE

The Greenway Trust runs five major programs that together support a long-term balance between the region's large and dynamic population and the incredible natural spaces that surround us. We carry out this work directly and through collaborative partnerships with government agencies, local businesses and nonprofits, and everyday people who support our mission.

### BUILDING AND MAINTAINING TRAILS

Our recreational trail work helps people connect with nature more safely and sustainably, and reduces negative impacts on sensitive ecosystems and cultural resources. We help to develop critical infrastructure that supports responsible recreation as the demand on the landscape grows, including restroom facilities and informational signage. We also advocate for a connected network of regional trails across the Greenway NHA.

*Our team completes 80+ miles of trail work each year and encourages users to #RecreateResponsibly.*

### EDUCATING AND INSPIRING YOUTH

The Greenway Trust's environmental education program provides science-based learning and career training to students across the region. Our programs encourage youth to be good stewards of the environment, deepen their connection to the landscape, and increase equitable access to green sector jobs.

*More than 3,000 students participate in classroom lessons, field study trips, and paid internships each year.*

### CELEBRATING CULTURAL AND NATURAL HERITAGE

National Heritage Area designation provides a tool through which the Greenway Trust can collaborate with partners to preserve the natural, historic, and cultural values of the region and foster a deeper appreciation for the landscape, its people, and its stories among the public.

*The Greenway NHA includes hundreds of sites and museums that preserve and honor its living heritage.*

### CONSERVING LAND

Greenway partners collaborate on land conservation initiatives to achieve a vision of protected and accessible natural areas, working farms and forests, and incomparable scenic beauty. Together, we seek opportunities to preserve critical wildlife habitat, reduce forest fragmentation, and increase connections to nature.

*Since 1990, 330,000+ acres in the Greenway NHA have been conserved in public ownership or protected from development.*

### RESTORING NATURAL AREAS

Our restoration work repairs ecosystems that have been dramatically impacted by regional growth. We restore native forests and wetlands, helping them thrive as they purify air and water, provide shelter for wildlife, and foster a more climate-resilient future. We engage hundreds of volunteers in this work every year.

*We plant approximately 17,000 native trees and shrubs each year.*

# OUR MISSION *in Action*

Below are just a few examples of how our mission takes shape across the Greenway NHA.



Learn more about our work at [mtsgreenway.org/our-work](https://mtsgreenway.org/our-work)

## Stewarding the Teaway Community Forest

Once intended for development, the Teaway Community Forest (TCF) is now owned and managed by the Washington State Departments of Natural Resources and Fish and Wildlife with tribal and stakeholder input for the restoration, health, and enhancement of the area's rivers and forests. Greenway Trust staff sit on the citizen advisory committee and facilitate a subcommittee that



supports strong community partnerships. We plan volunteer events, run educational programs, advocate, and fundraise on behalf of the forest.

We are also working with local community members to develop Towns to Teaway, a trail system designed to absorb user impacts, direct visitors away from wildlife habitat and sensitive areas, lower ongoing maintenance costs, and connect the communities of Cle Elum, Roslyn, and Ronald to the TCF.



Teaway Love Day  
Photo by Tom Ring



Tree planting,  
Lake Sammamish  
State Park

## Restoring Salmon Habitat in Lake Sammamish State Park

Since 2005, the Greenway Trust has worked with State Parks, the Snoqualmie Indian Tribe, Trout Unlimited, the Kokanee Workgroup, and thousands of volunteers to restore more than 60 acres of streamside habitat along Issaquah and Tibbetts Creeks. Removing invasive weeds and planting more than 50,000 native trees and shrubs (so far!) creates a cascade of benefits for salmon.

Shade-providing trees cool the water, which is essential for salmon survival as we face rising temperatures from climate change. Branches and leaves fall into the water and attract insects that feed young salmon, while downed trees improve stream complexity and provide essential shelter from strong currents and predators. Trees also help to absorb pollution, reduce erosion, and sequester carbon dioxide by storing it in their trunks, branches, and leaves.



Issaquah Creek, Lake Sammamish State Park



### Providing Accessible Recreation in the Middle Fork Valley

In the beautiful Middle Fork Snoqualmie River Valley, the Greenway Trust and partners built a gently meandering half-mile loop trail with accessibility front and center. The trail follows Americans with Disabilities Act standards and is routed through lush forest with frequent sightings of the Wild and Scenic Middle Fork Snoqualmie River and Garfield Mountain.

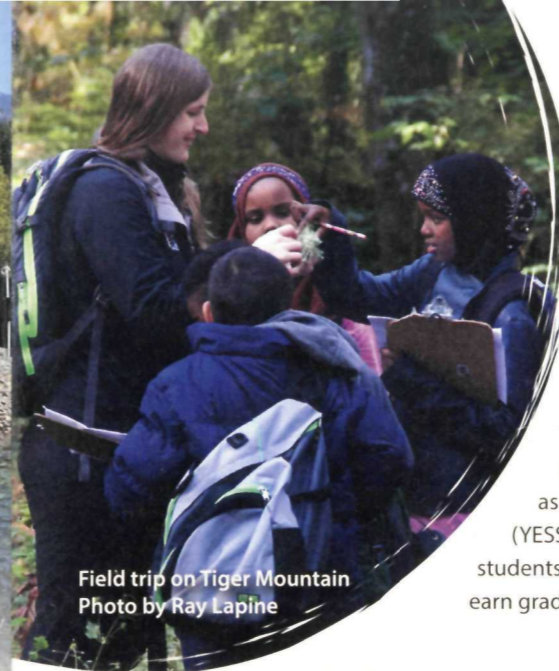


Before public access to this area was formalized, it was badly degraded by people who trampled

vegetation to reach the river, dumped waste, and parked cars and set camps wherever they wanted. We worked with the Mt. Baker-Snoqualmie National Forest to create a design that provides access with careful consideration for environmental impacts, and managed professional contractors, Forest Service and Greenway Trust crews, and volunteers to build the entry, restroom, picnic areas, trails, and boardwalks. A local historian also developed interpretive signs that greet visitors along the trail. If you choose to visit, please be mindful of your impact and recreate responsibly.



Photo courtesy of Summer & Ellie (@findingmountains)



Field trip on Tiger Mountain  
Photo by Ray Lapine

### Connecting Youth with Nature and Green Careers

At the Greenway Trust, we believe that educating youth is essential to building a culture of stewardship and achieving long-term sustainability of natural resources. We work toward this vision by leading classroom and field trip learning experiences, and by offering several internship programs such as Youth Engaged in Sustainable Solutions (YESS) – a paid opportunity for high school students to learn about conservation careers and earn graduation credit.

Through this partnership with Pacific Education Institute and local school districts, participants gain real-world restoration ecology experience by working alongside land management professionals. They also explore green career opportunities and gain familiarity with Pacific Northwest plants, including how and why to replace invasive plants with native ones. Under the guidance of Greenway Trust staff, students removed 35,300 square feet of invasive plants and spread mulch across 1,200 square feet in just one season of the internship!





# Nurture Your Connection TO THE GREENWAY NHA



[mtsgreenway.org/  
get-involved](https://mtsgreenway.org/get-involved)

Our work is made possible by the donations, time, and energy of our supporters. We invite you to be part of the Greenway NHA and our shared mission by getting involved in one or more of the following ways:

## MAKE A DONATION

Our ability to care for the Greenway NHA depends on investment from individuals and businesses within the community. Plant the seed for positive change by donating to the Greenway Trust.



## VOLUNTEER

Grow your impact as a steward of the landscape by attending a volunteer event as an individual, with friends or family, or consider planning a larger custom group event.

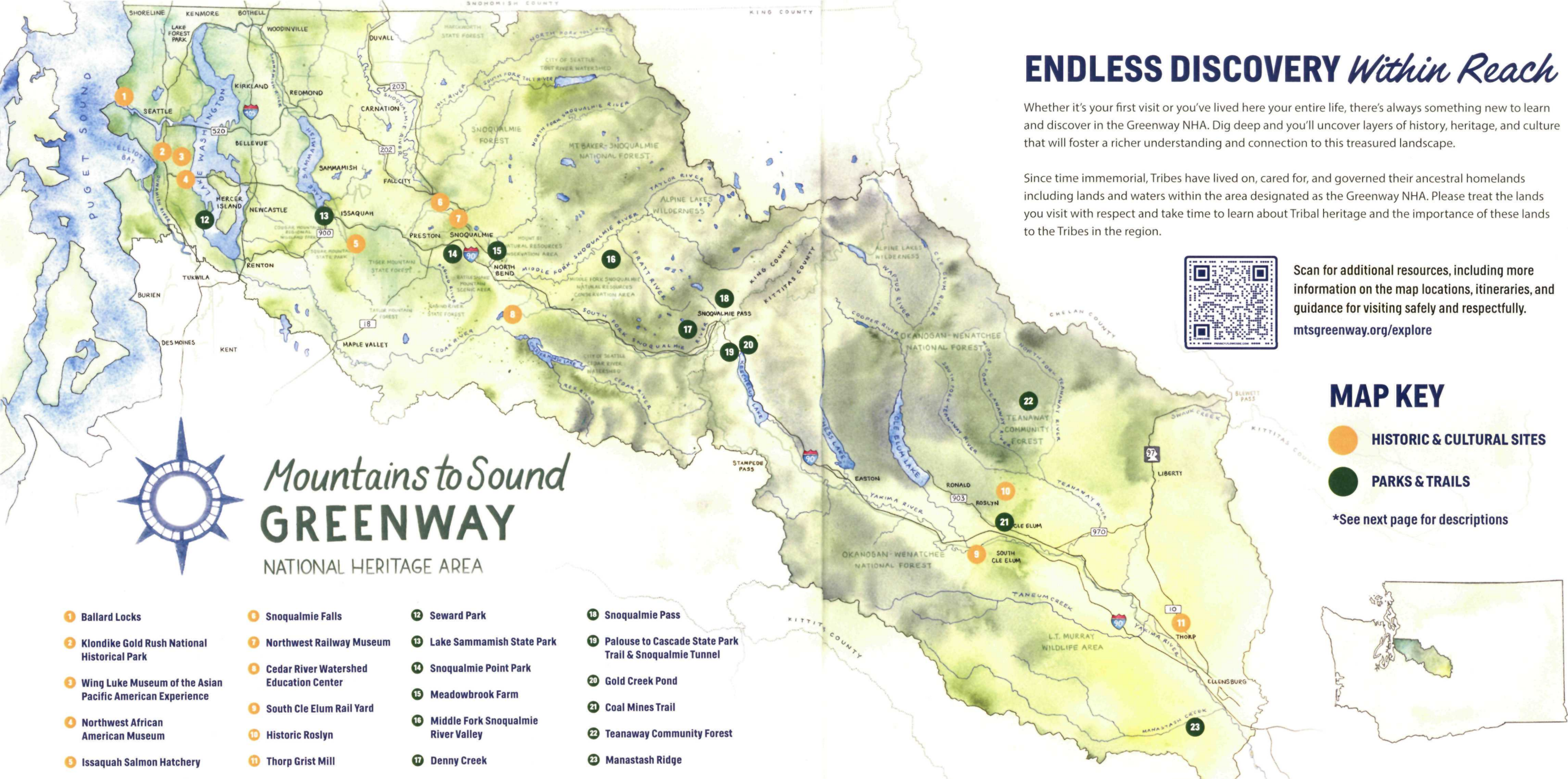
## ATTEND AN EVENT

Other events throughout the year provide opportunities to have fun while learning more about the Greenway NHA and meeting new people who share a connection to our mission.



## STAY CONNECTED

The Greenway NHA is rooted in lasting relationships and collaboration for a shared purpose. We encourage you to stay connected and find meaningful ways to get involved. Sign up for our e-newsletter and don't forget to follow us on social media!



# Mountains to Sound GREENWAY

NATIONAL HERITAGE AREA

- 1 Ballard Locks
- 2 Klondike Gold Rush National Historical Park
- 3 Wing Luke Museum of the Asian Pacific American Experience
- 4 Northwest African American Museum
- 5 Issaquah Salmon Hatchery
- 6 Snoqualmie Falls
- 7 Northwest Railway Museum
- 8 Cedar River Watershed Education Center
- 9 South Cle Elum Rail Yard
- 10 Historic Roslyn
- 11 Thorp Grist Mill
- 12 Seward Park
- 13 Lake Sammamish State Park
- 14 Snoqualmie Point Park
- 15 Meadowbrook Farm
- 16 Middle Fork Snoqualmie River Valley
- 17 Denny Creek
- 18 Snoqualmie Pass
- 19 Palouse to Cascade State Park Trail & Snoqualmie Tunnel
- 20 Gold Creek Pond
- 21 Coal Mines Trail
- 22 Teanaway Community Forest
- 23 Manastash Ridge

## ENDLESS DISCOVERY *Within Reach*

Whether it's your first visit or you've lived here your entire life, there's always something new to learn and discover in the Greenway NHA. Dig deep and you'll uncover layers of history, heritage, and culture that will foster a richer understanding and connection to this treasured landscape.

Since time immemorial, Tribes have lived on, cared for, and governed their ancestral homelands including lands and waters within the area designated as the Greenway NHA. Please treat the lands you visit with respect and take time to learn about Tribal heritage and the importance of these lands to the Tribes in the region.

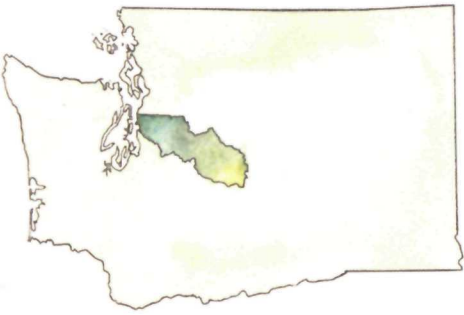


Scan for additional resources, including more information on the map locations, itineraries, and guidance for visiting safely and respectfully.  
[mtsgreenway.org/explore](https://mtsgreenway.org/explore)

### MAP KEY

- HISTORIC & CULTURAL SITES
- PARKS & TRAILS

\*See next page for descriptions



## HISTORIC & CULTURAL SITES

- 1 Ballard Locks** | Many lake and river systems of King County flow to the sea through the busiest locking system in the nation. Watch boats pass, explore the visitor center, take a tour, stroll through the botanical garden, and learn about salmon in the Fish Ladder Education Center (where you might catch a glimpse of migrating salmon if your timing is right)!
- 2 Klondike Gold Rush National Historical Park** | Located in Seattle's historic Pioneer Square district, this National Park Service-run museum has photos and memorabilia from the city's turn-of-the-century boom days.
- 3 Wing Luke Museum of the Asian Pacific American Experience** | The only pan-Asian Pacific American community-based museum in the country focusing on the histories, stories, art, and culture of Asian Americans, Native Hawaiians, and Pacific Islanders. Located in Seattle's Chinatown-International District, a thriving cultural center and vibrant community hub.
- 4 Northwest African American Museum** | This museum serves to present and preserve the connections between the Pacific Northwest and people of African descent, and investigate and celebrate Black experiences in America through exhibitions, programs, and events.
- 5 Issaquah Salmon Hatchery** | During the fall, visitors can view adult salmon spawning in Issaquah Creek, the fish ladder, and hatchery holding ponds. There are also exhibits, a native plant garden, and wetland to enjoy year-round.
- 6 Snoqualmie Falls** | Since the beginning, the Snoqualmie People have gathered for prayers, mourning, healing, and celebration at this sacred place. The Snoqualmie Tribe's creation history shares that they were created at Snoqualmie Falls by Transformer – Moon – who changed Snoqualmie Falls and all of the lands, animals, and plants to how we know them today. This is a sacred site not just for the Snoqualmie Tribe, but for all people, for all time. Listed on the National Register of Historic Places, acknowledging the pre-contact history, the Falls are a site of natural, historic, and cultural importance.

- 7 Northwest Railway Museum** | The museum consists of the 1890 Snoqualmie Depot, Railway History Campus, the Centennial Trail Exhibit, and train rides, which together explore and commemorate the influential role of the railroad within the region.
- 8 Cedar River Watershed Education Center** | This regional education facility connects people with the source of their water. Nestled above the shores of Rattlesnake Lake in the Cascade foothills, the Center is a gateway to the Cedar River Municipal Watershed, which provides drinking water for more than a million people in the greater Seattle area and is so clean it requires no filtration!
- 9 South Cle Elum Rail Yard** | The Depot and adjacent rail yard house exhibits showcasing remnants of the Milwaukee Road. The site also provides an easy access point for the Palouse to Cascades State Park Trail.
- 10 Historic Roslyn** | A 19th century coal mining town on the National Register of Historic Places and designated as a National Historic District. The Roslyn Museum displays photos, mining tools, and historical information, while the Historic Cemetery exemplifies the dynamic and influential past of the area's residents.
- 11 Thorp Grist Mill** | The Thorp Grist Mill is the oldest industrial artifact in Kittitas County and the only remaining mill in the state that made the transition from stone buhr to modern rollers. Built between 1880 and 1883, the mill has been restored and maintained so visitors can catch a glimpse of history back to the early days of settlement in Washington state.

## PARKS & TRAILS

- 12 Seward Park** | Located on the shores of Lake Washington, the park contains 120 acres of forest, including many 250+ year-old trees. The park is also home to the Seward Park Audubon Center, which provides environmental education programs, public events, and other activities to connect visitors with the local environment.
- 13 Lake Sammamish State Park** | A 531-acre, day-use park with 6,858 feet of waterfront on Lake Sammamish. Since 2005, the Greenway Trust and State Parks have been collaborating on restoration efforts to restore salmon and wildlife habitat at the park. The park is in the vicinity of a large ancient village complex of the ancestors of the modern Snoqualmie People. In their

native language, this area is called sqwakabš and is still home to many Snoqualmie families who have lived, worked, hiked, fished, and hunted here for at least 13,000 years.

- 14 Snoqualmie Point Park** | The park offers an excellent view of the Snoqualmie Valley and Mount Si. The Greenway Trust played a key role in preserving these lands and building a community gathering place and trail. Since time immemorial through today, this land has been the home of the Snoqualmie People who have continually lived, fished, hunted, gathered on, and stewarded their ancestral lands.
- 15 Meadowbrook Farm** | This scenic open space at the foot of Mt. Si was originally an expansive prairie tended by the Snoqualmie People, who used fire to maintain open non-forest habitat. Today, Meadowbrook Farm includes farmland, wildlife habitat, and interpretive facilities.
- 16 Middle Fork Snoqualmie River Valley** | A spectacular valley with trails, picnic areas, and water access points. The Valley is full of ancient and contemporary trail systems that have seen continuous use across the centuries and is near the heartland of the modern Snoqualmie People. The Greenway Trust is collaborating with partners to ensure a sustainable future for the area, with work completed in recent years at Camp Brown (ADA accessible), Garfield Ledges, Oxbow Loop, and the Middle Fork Trail.
- 17 Denny Creek** | The Denny Creek trail passes through old growth forest to waterfalls and waterslides and is one of the most popular access points to the Alpine Lakes Wilderness. Visitors approaching the trailhead will see a series of rustic cabins, built with the advent of the Sunset Highway in 1905. Parts of the old wagon road can be seen near the Denny Creek campground, one of the oldest campgrounds on the Mt. Baker-Snoqualmie National Forest.
- 18 Snoqualmie Pass** | Snoqualmie Pass is a gateway, connecting ecosystems and people across the Cascades. Early Indigenous foot trails were developed later into a wagon road, then a railroad, and highway. An iconic wildlife bridge and underpasses help to restore important migration routes across the highway for a diversity of species. Today, Snoqualmie Pass is home to abundant year-round recreational opportunities, shopping and dining, and the Washington State Ski & Snowboard Museum.

- 19 Palouse to Cascades State Park Trail & Snoqualmie Tunnel** | This former Milwaukee Road railway grade stretches 250 miles from Rattlesnake Lake east across Washington state and is open to non-motorized recreation. Trailheads at Rattlesnake Lake and Hyak are ADA-accessible, with the latter providing access to the popular 2.1-mile Snoqualmie Tunnel.
- 20 Gold Creek Pond** | This popular destination offers a 1.2-mile ADA-accessible loop trail, picnic facilities, and great views of the peaks of the Alpine Lakes Wilderness. What's now a beautiful pond once served as a gravel excavation pit for construction of the Sunset Highway and I-90. That excavation changed the hydrology of the watershed, and the Forest Service is examining restoration options that would improve stream flows to protect federally endangered bull trout.
- 21 Coal Mines Trail** | This former Burlington Northern Santa Fe railway is now a trail connecting the historic towns of Cle Elum, Roslyn, and Ronald through Central Washington forests and past small mountains of tailings left from coal mining days. The Greenway Trust helped local communities buy the six-mile trail corridor.
- 22 Teanaway Community Forest** | Washington's first community forest offers striking views, recreation opportunities, and a chance to see conservation and sustainable forestry in action. Hikers, horseback riders, and mountain bikers may use the existing, unmaintained trails at their own risk until sanctioned trails are established through the TCF Recreation Plan.
- 23 Manastash Ridge** | The popular four-mile roundtrip Westberg Trail is a favorite of students, residents, and visitors alike. The steep elevation gain through an exposed ravine and basalt hillside rewards recreators with a vantage point of the Kittitas Valley. Take the Boy Scout Trail back to the trailhead for some tree cover and variety.





**MOUNTAINS**  
*to Sound*



**GREENWAY**  
NATIONAL HERITAGE AREA

*Learn more and get involved:*

**[mtsgreenway.org](http://mtsgreenway.org)**



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