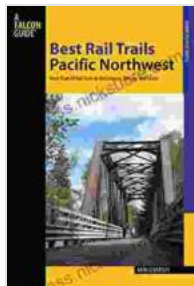


Best Rail Trails in the Pacific Northwest: A Pedal-Powered Paradise



Best Rail Trails Pacific Northwest: More Than 60 Rail Trails in Washington, Oregon, and Idaho (Best Rail Trails Series) by Andrew Zimmern

★★★★☆ 4.7 out of 5

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File size : 23325 KB
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Enhanced typesetting : Enabled
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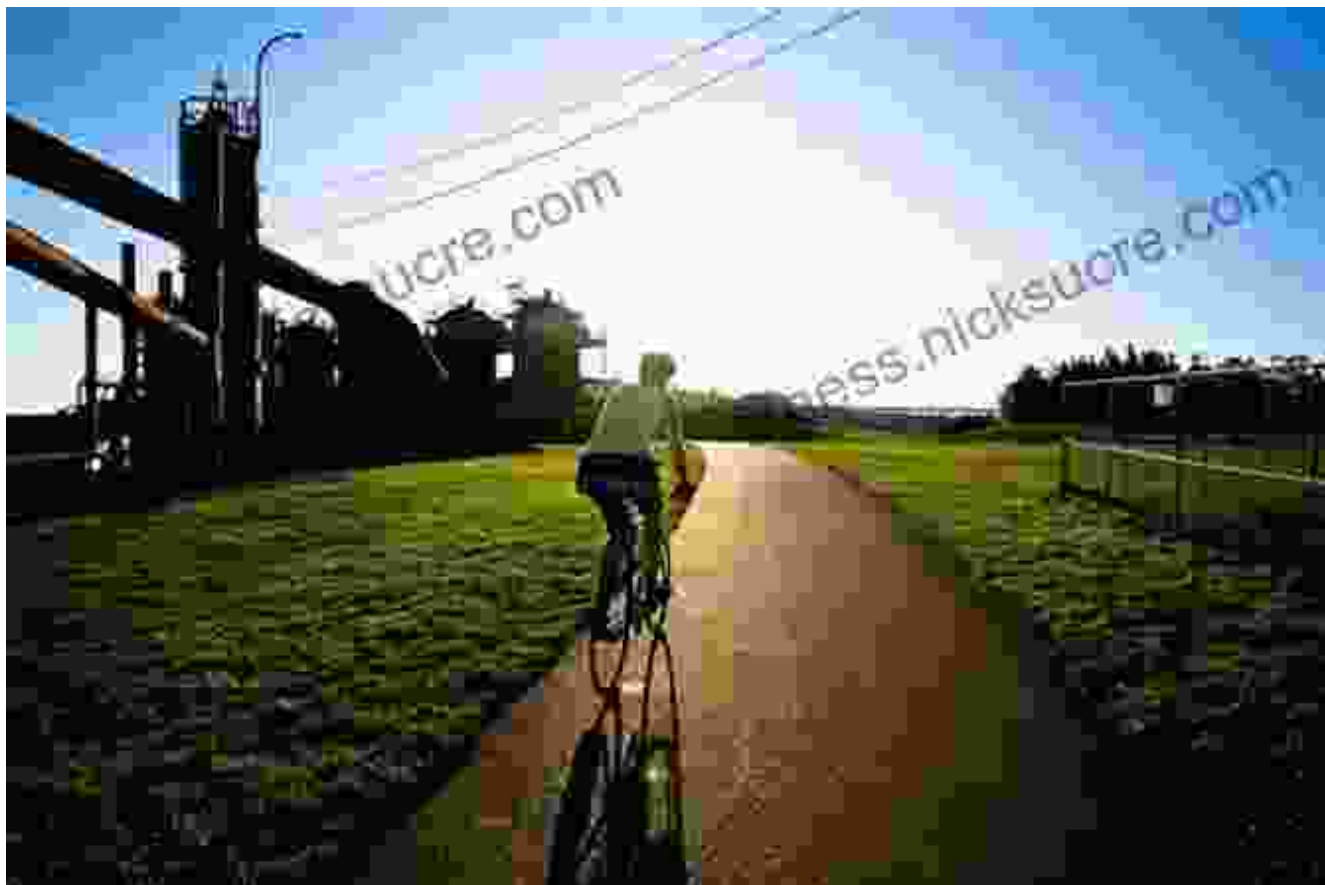


The Pacific Northwest is a region blessed with an abundance of natural beauty, from towering mountains and lush forests to sparkling rivers and tranquil lakes. In recent years, the region has also emerged as a haven for cyclists, with a growing network of paved rail trails offering a safe and scenic way to explore the great outdoors.

Rail trails are former railroad routes that have been converted into multi-use trails for walking, running, biking, and more. They typically follow gentle grades, making them accessible to cyclists of all ages and abilities. Many rail trails also pass through historic towns and scenic landscapes, providing a unique opportunity to combine exercise with exploration.

In this article, we'll take a closer look at some of the best rail trails in the Pacific Northwest. From the iconic Burke-Gilman Trail in Seattle to the lesser-known Palouse to Cascades Trail in eastern Washington, there's a rail trail for every taste and preference.

Burke-Gilman Trail



The Burke-Gilman Trail is one of the most popular rail trails in the Pacific Northwest, and for good reason. This 27-mile paved trail winds its way through the heart of Seattle, offering stunning views of Lake Washington, the Cascade Mountains, and the city skyline.

The Burke-Gilman Trail is perfect for a leisurely bike ride or a more challenging workout. The trail is relatively flat, with only a few gentle hills,

making it accessible to cyclists of all ages and abilities. There are also plenty of places to stop along the way, including parks, beaches, and restaurants.

Palouse to Cascades Trail



The Palouse to Cascades Trail is a 265-mile paved rail trail that traverses eastern Washington, from the Palouse region in the east to the Cascade Mountains in the west. This trail is a bit more challenging than the Burke-Gilman Trail, but it's also more remote and scenic.

The Palouse to Cascades Trail passes through a variety of landscapes, including rolling hills, farmlands, forests, and mountains. There are also a

number of historic towns along the way, where you can stop for a bite to eat or a night's stay.

Centennial Trail



The Centennial Trail is a 37-mile paved rail trail that follows the Spokane River through the city of Spokane, Washington. This trail is a great option for a family-friendly bike ride or a scenic run.

The Centennial Trail is relatively flat, with only a few gentle hills. The trail also passes through several parks and green spaces, where you can stop for a picnic or a game of Frisbee.

Oregon Coast Trail



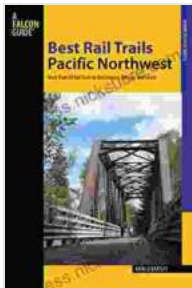
The Oregon Coast Trail is a 382-mile scenic bike route that follows the coastline of Oregon. This trail is not a paved rail trail, but it is mostly flat and accessible to cyclists of all ages and abilities.

The Oregon Coast Trail offers stunning views of the Pacific Ocean, the coastal mountains, and the forests of Oregon. The trail also passes through several charming coastal towns, where you can stop for a bite to eat or a night's stay.

The Pacific Northwest is a cycling paradise, with a growing network of paved rail trails offering a safe and scenic way to explore the region's

natural beauty. From the iconic Burke-Gilman Trail in Seattle to the lesser-known Palouse to Cascades Trail in eastern Washington, there's a rail trail for every taste and preference.

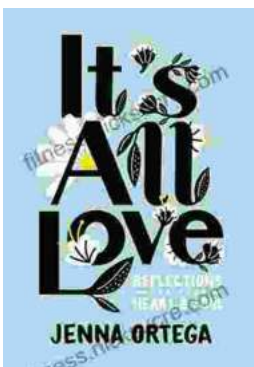
So what are you waiting for? Grab your bike and hit the trail! You won't be disappointed.



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