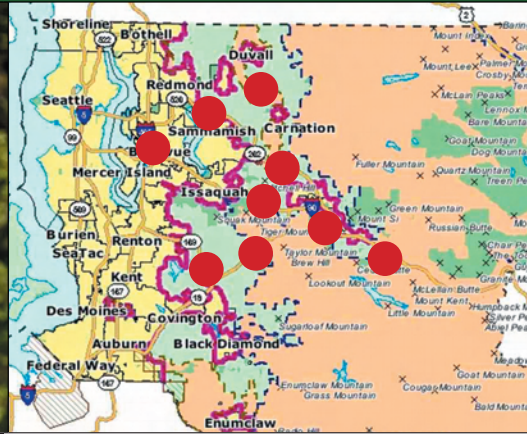


URBAN RURAL CONNECTIONS – A WHOLE KING COUNTY

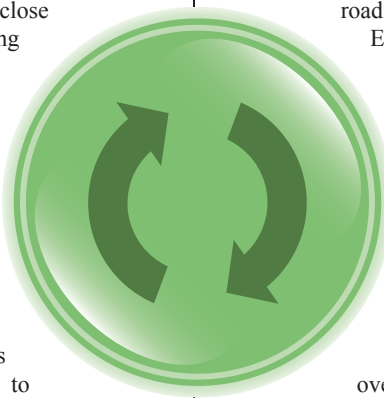


Touring the Rural Roadways

Sarah Weiser, Bellevue

Sarah Weiser is a software engineer who has made Bellevue her home for the last 18 years. Previously she lived in London where, despite enjoying the advantages of an urban lifestyle, such as public transportation, work, shops and facilities within walking distance, she realized that how much she missed being able to escape from the city. When she realized she needed to drive 30 miles to see a cow grazing in a field she realized that it was time to move and came to Washington State.

Sarah loves living in Bellevue. She chose to live close to work so that she did not spend time commuting daily, but appreciates she can easily take a bus into downtown Seattle. However when the weekend comes around, her greatest pleasure is to hop on her bicycle and head away from the urban landscape to the rural areas of East King County such as the Snoqualmie Valley by Carnation. She doesn't care if it's cloudy or damp; she just loves to get away from the city. She finds the minor roads, where the traffic is light, and just spends an hour or two cycling in the countryside. Sarah explains "It is so refreshing to look at fields and not another row of houses. It is a pleasure to feeling a breeze in your face, and breath fresh air. As well as getting some good exercise, I can feel life's stresses melt away." Travelling at a slower pace allows her to see so much more. It is always special to see a red-tailed hawk soaring or trumpeter swans floating on a pond. And let's not forget all the wonderful sights and smells of the farm animals!



Rural Roadways, King County

On a Saturday or Sunday in rural King County there seem at times to be more bicycles on the road than cars. Rain or shine, hot weather or cold. Some are individuals out for a little exercise and fresh air. Some are training for competition. Many are members of clubs or teams. All are taking advantage of the miles and miles of roadway that make rural King County a road biking mecca.

Steep ups and downs with twisty turns that wind through a wooded corridor. That's what you'll find on the Issaquah-Fall City road, which is a favorite part of courses set for bike races. Endless stretches of flat road that meander through working farms for miles and miles with hardly any car traffic. Bikers from all over come to the Snoqualmie Valley to park at the little league field on SR 202 and enjoy exactly this kind of riding. They can stop along the way for a snack at a local farm, or pick up lunch in small towns like Fall City, Snoqualmie or Carnation.

For those road bikers who want to be assured of a car-free experience, there are wonderful rides along the Lake Alice trail which ends at a lookout over the majestic Snoqualmie Falls, or the much longer railroad grade trail that winds through woods, farms and small towns throughout the Snoqualmie Valley. A scenic ferry ride from West Seattle, takes weekend tour bikers to beautiful Vashon Island to ride the "Island Loop". South King County also offers excellent road biking, along rural roads and through lush farming communities. The Auburn to Flaming Geyser State Park ride skirts some new development, visits the small town of Black Diamond, and returns through lush, green farmland. This road tour also offers connections Green River and Interurban Trails.

In rural King County, road bikers find a diverse plethora of biking opportunities.