The Interurban Trail follows the route once used by the Interurban Trolley that ran from Ballard to Bellingham in the early 20th Century. Today, bike riders walkers, joggers, and others enjoy traveling the 16 miles of its paved surface.

A cooperative effort between Snohomish County Parks and trail users is needed to keep your trail clean, safe, and well maintained. Volunteers provide many of the plantings and some of the cleanup and maintenance. Trail users provide valuable input on concerns, new ideas, suggestions, or problems. If interested, contact 425-388-6604.

Help Wanted

Trail Rules & Etiquette

- Trail open during daylight hours (7am to Dusk in unincorporated areas)
- 15 mph MAX speed limit. Slow speeds around blind corners where you might encounter another trail user
- Cyclist yield right-of-way to pedestrians and slower riders
- Be aware of and respectful to other trail users. Walk/ride no more than two-abreast and keep to the right, (except to pass)
- Bicyclists/Skaters use voice or bell to clearly communicate your intent to pass
- Stay on the trail; do not trespass onto adjoining properties
- Treat the trail’s neighbors as you would like your neighbor to treat you
- Pack-out any trash you bring in
- Keep dogs on leash (max 8 feet) at all times and keep them close when passing other trail users—even if your dog is friendly
- Clean up and properly dispose of your pet waste
- Comply with posted closure signs and directions issued by park and PUD staff working on the trail. It’s for your safety!

More Information

For more information, report a problem, or leave a comment, contact:

City of Everett (north of 116th St SE) 425-257-8300
Snohomish County Parks (south of 116th St. SE) 425-388-6600 www.snocoparks.org
City of Lynnwood (south of Lake Ballenger) 425-670-5732
PUD (PUD Emergency) 425-783-1000 877-783-1001
Emergency 911

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In Snohomish County there are no trailheads to the Interurban, but there are several access points with parking near the trail.

A Cascade High School—801 E. Casino Road
B Everett Mall—west of I-5, Exit 189
C Thornton A Sullivan Park—11400 W. Silver Lake Dr.
D McCollum Park—600 128th St SE (East of I-5 Exit 186)
E Martha Lake Park, East of I-5, Exit 183
F Lynnwood Park & Ride, 46th Ave (West of I-5, Exits 181A and 181B)
G Ballinger Park, West of I-5, Exit 177

The Interurban follows the route used by the Pacific Northwest Traction Company to run the Interurban Trolley between Ballard and Bellingham until 1939. The route was a combination of bus and rail lines, with electric Interurban-train cars running from Ballard to Everett, buses from Everett to Mt. Vernon, then Interurban-train cars to Bellingham.

The Trail is open for public use during daylight hours between the Cities of Mountlake Terrace and Everett. The trail corridors still under PUD ownership, but shared with Snohomish County and the cities as a trail corridor.

While much of the trail is separated from motorized traffic, there are several places where the trail is designated bike route on road shoulders.

Follow the Interurban logo signs along the route.

E-Bikes

Class 1 and Class 2 electric-assist bicycles can operate on a shared-use regional trail path (Centennial Regional Trail, Interurban Regional Trail, and Whitehorse Regional Trail or any part of a highway designated for the use of bicycles. E-Bikes are classified as follows:

Class 1: The motor provides assistance when a rider is pedaling and stops assisting when the bicycle reaches a speed of 20 mph.
Class 2: The motor can propel the bicycle without pedaling but does not assist when the bicycle reaches a speed of 20 mph.
Class 3: The motor assists when the rider is pedaling and stops when the bicycle reaches a speed of 28 mph. It also has a speedometer. Riders must be at least 16 years old to operate a Class 3 e-bike (there is no age restriction for slower e-bikes. Class 3 bikes are not permitted on a shared-use path. (There is no age restriction for slower e-bikes. Class 3 bikes are not permitted on a shared-use path.