

Get Outdoors to Enhance Well-Being: King County parks, gardens, and beaches

Pocket Parks

- [Seattle Pocket Parks](#)
- [15 secret Seattle parks to seek out](#)

King County-area parks and gardens that invite walking, exploring, [forest bathing](#), fresh air, and new discoveries:

- [Ballard Locks](#) - <https://www.ballardlocks.org>
 1. [Carl S. English Jr. Botanical Garden](#) at Ballard Locks
- [Bellevue Botanical Garden](#)
- [Burke – Gilman Trail](#)
- [Discovery Park Loop Trail](#), Magnolia, Seattle
- [Eastrail](#), Eastside
- [Hamlin Park](#), Shoreline
- [Kruckeberg Botanic Garden](#), Shoreline
- [Kubota Gardens](#), Rainier Beach, Seattle
- [Lewis Creek Park](#), Bellevue
- [Market to MOHAI self-guided walk](#)
- [Marymoor Park](#), Redmond
- [SAM Olympic Sculpture Park](#), lower Queen Anne
- [Seattle Center](#) (lots of walkways and public art to explore)
- [Seattle Chinese Garden](#) at South Seattle College
- [Streissguth Gardens](#), Cap Hill
- [UW Center for Urban Horticulture](#)
- [Volunteer Park](#), Cap Hill
- [Washington Park Arboretum](#)
- [Woodland Park Rose Garden](#), Seattle

Beaches & Water Access

- [Alki Beach Park](#), West Seattle
- [Carkeek Park](#), Seattle
- [Golden Gardens](#), Seattle
- [Green Lake](#), Seattle
- [Juanita Beach Park](#), Kirkland
- [Lake Union Park](#), Seattle
- [Lincoln Park](#), West Seattle
- [Log Boom Park](#), Kenmore
- [Luther Burbank Park](#), Mercer Island
- [Madison Park](#), Seattle
- [Myrtle Edwards Park](#), Seattle
- [Newcastle Beach Park](#), Bellevue
- [Seward Park](#), Seattle
- [Warren G. Magnuson Park Loop](#), Seattle

Discover Your Own Outdoor Outlets

- [Lifelong Recreation for Adults 50+](#) through Seattle Parks and Recreation
 1. [Sound Steps](#) offers walking groups, including dog walking
 2. Boating (rowing and sailing) classes at different parks.
- Check your community or senior center for walking groups, field trips. The [PNA Village](#), for example, has two walking groups: one walks through Phinneywood, the other through Ballard.
- [Washington Trails Association](#). WTA does a great job of providing maps, directions, trail distances, levels of difficulty, and any associated costs.
- [The Mountaineers](#) offer courses, activities, and opportunities to build community in the great outdoors.