



NATIONAL TRAILS DAY IN THE MOUNTAINS TO SOUND GREENWAY

SEATTLE, WA, May 23, 2008: Mountains to Sound Greenway volunteers will celebrate National Trails Day by getting outdoors to maintain and improve hiking trails and to learn about the extensive trail network for hikers, bikers and equestrians in the Mountains to Sound Greenway.

EVENT DATE: SATURDAY, JUNE 7, 2008 - 9:00 AM TO 3:00 PM

EVENTS:

- Little Si Trail: REI employees from the Issaquah, Redmond and Southcenter stores and dozens of individual volunteers will improve the popular 2.4-mile Little Si Trail. Volunteers will repair and improve trail tread with improved drainage and surfacing.

Little Si is the smaller knob, elevation 1576 feet, in the shadow of Mount Si just outside North Bend. The trail is owned and managed by the Washington State Department of Natural Resources. Recreational use of the trail has increased, partially due to a new trailhead built in 2004. The Mountains to Sound Greenway Trust is making improvements to the trail for the thousands of hikers and climbers that use it each year.

- Swamp Trail at Tiger Mountain: A corporate team from Microsoft, in conjunction with Seattle Works Day, will help complete a short trail relocation to protect a sensitive wetland area and promote user safety.

An ideal family hike, the Swamp Trail is a .8 mile trail that begins at the High Point Trailhead at Tiger Mountain, just south of Interstate 90 exit 20. It is within the City of Issaquah Tradition Plateau Natural Resources Conservation Area, and the trail continues to a loop around Tradition Lake and connects to other trails at Tiger Mountain State Forest.

- Squak Mountain: Employees from the Perkins Coie law firm will improve a section of the Pretzel Tree Trail on Squak Mountain. Mountains to Sound Greenway Trust founder and retired attorney from Perkins Coie Ted Thomsen will be honored for his many years of volunteer service to the Greenway.

Many trails on Squak Mountain have deteriorated into muddy routes that cause erosion and cause hikers to veer off the trail. The Mountains to Sound Greenway Trust is managing a project that will improve trail tread, improve drainage and install new signage on all Squak Mountain trails for hikers and equestrians.

ABOUT THE MOUNTAINS TO SOUND GREENWAY:

The 100-mile Mountains to Sound Greenway connects natural areas, trails, working farms and forests, historic towns, wildlife habitat and recreation opportunities just outside Washington's largest metropolitan area. The Greenway provides easy access to recreation and nature for millions of people in the Northwest. The Greenway portion of I-90 was the first interstate highway in the nation to be designated a National Scenic Byway.

The Mountains to Sound Greenway Trust is a nonprofit conservation organization established in 1991 to protect the Interstate 90 corridor between Seattle and Central Washington. The Greenway Trust works to promote public land acquisitions, connect a continuous regional trail system, teach people of all ages about the importance of conserving forests and wildlife, improve recreation access, create new parks and trails and mobilize thousands of volunteers.

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FOR MORE INFORMATION: [mtsgreenway.org](http://www.mtsgreenway.org)

Press releases can be found at: <http://www.mtsgreenway.org/newsandpublications/pressroom>

To sign up to volunteer for trail maintenance events and to learn more about the Mountains to Sound Greenway, visit www.mtsgreenway.org/volunteer/, email volunteer@mtsgreenway.org or call the volunteer program at 206.812.0122.

Photos and directions to project sites are available upon request.