Today's walk will start in Olde downtown Burien at Grand Central Bakery. The town has retained an historic vibe with a mix of old and new. The town center offers a year round Farmer's Market on Friday. This friendly downtown beginning will transition into a quiet, neighborhood street walk. Expect some rare views of Lake Burien. This 44 acre lake was once a popular summer vacation destination for those living in nearby Seattle. Named after Gottlieb and Emma Burian (unclear how "a" became an "e") it is a kettle lake, formed by the Cordilleran Ice Sheet. It has a max depth of 29 feet, a mean depth of 13 feet, and its water level is sustained by local precipitation and surface runoff. The lake is publicly owned, but is completely surrounded by private property. Attempts to create a lakefront park with public access have all been met by pushback from lakefront property owners.





As you walk along, be on the lookout for murals by Ryan "Henry" Ward. Ward's massive art campaign called 1,000 Sasquatch Heads can be seen on garage doors, fences, alleyways and businesses. How many " Sassy Sasquatches" can you find?



We will eventually enter a heavily forested ravine which drops into Seahurst Park. This 182-acre park along the shore of Puget Sound offers forest hiking, views of the Sound, Olympic Mountains and a beautiful shoreline. This will be our lunch spot today.



After lunch, we'll climb through the park on a wooded gravel road, up to the Inglewood neighborhood, and views out across the Sound.



Our walk back into downtown Burien will offer more opportunities for stunning Sound views. Expect a solid leg muscle, booty and cardio workout as we make our way to and from the Sound today. We'll pass through more neighborhoods, taking a rest break at Chelsea Park before we arrive back into downtown Burien for our Happy Hour at Elliott Bay Brewhouse and Pub.

