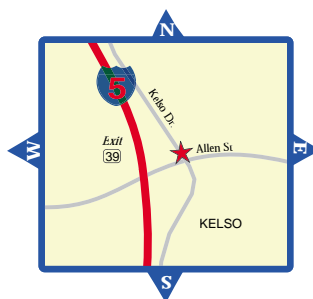


Trail maps

Kelso



Cowlitz River Dike Trail

Length: 1.8 miles

Location: Begins at N Pacific Ave. S

Description/Access: Paved trail opened in 1998 which lies on top of the Cowlitz River dike. The river runs on one side and the train runs on the other side of the path. A tall fence prevents access to the train tracks. The path paving stops at Barnes Street but a gravel path continues N and ends in the Cowlitz Garden neighborhood.

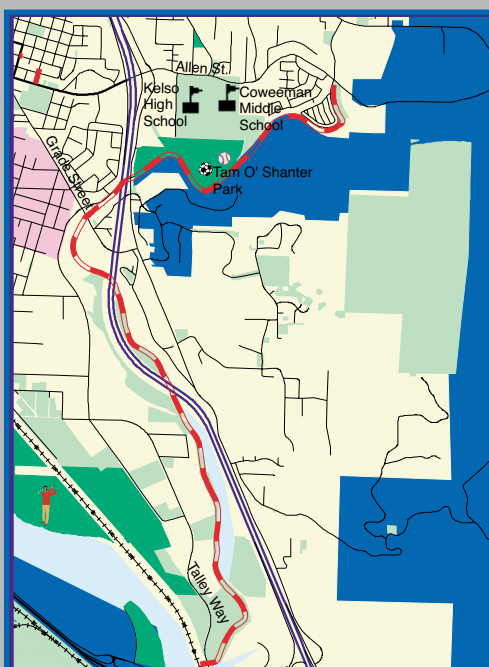


Coweeman River Trail

Length: 7.5 miles from Allen St. to Talley Way
2.5 miles from Allen St. to Grade St.

Location: Allen St., E of Kelso High School or Talley Way, near the Tennant Way interchange.

Description/Access: Gravel trail runs along Coweeman River dike. Trail can be accessed at Tam O' Shanter Park or Grade St. Recommend starting at N end of trail on Allen St. The gravel trail is rougher between Grade St. and Talley Way with many underpasses.



Legends

- Wheelchair Accessible
- Paved path
- Gravel path
- Restrooms in vicinity
- Pet Friendly (on-leash)

Safety Tips

Be visible

At dusk, dawn and/or night, wear reflectorized clothing for visibility. During the day, wear bright, light clothing.

Be careful

Always look both ways before crossing the street. When crossing, wait for a safe gap in traffic and make eye contact with the driver of any approaching vehicle.

Make sure drivers see you

Don't dart out or suddenly enter the street. If you are emerging from behind a parked car or other obstacle, slowly step out and make sure you are visible. If there are no sidewalks, walk facing traffic.

Be alert

Be aware of all traffic, particularly vehicles making a "right on red".

Walk with a friend

Walking with someone is safer than walking on your own. Encourage a friend or family member to join you.

Pets and Exercise

Walking with your dog is a healthy thing to do. Both people and dogs benefit from exercise. Here are some important tips:

- Walk your dog on a secure leash
- Be sure to pick up after your pet
- During warm weather, carry water for your pet
- Identification is a must. Every pet should wear their license tag for identification and safety



Cowlitz County Health Department
1952 9th Avenue
Longview, WA 98632
(360) 414-5599
www.co.cowlitz.wa.us/health