

Step Out: Walking & Hiking in Spokane County



Parking



Restrooms



Playground

5

Little Spokane River ~ Indian Painted Rocks

This is a nice, easy-paced hike alongside a marsh environment. Located 6 miles northwest of downtown Spokane, this hike has some of the most beautiful scenery in our area. At the trailhead, you will find ancient Indian paintings on the rocks; and as you make your way along the riverbanks, you will want to keep an eye out for the blue heron rookery in the tall cottonwoods by the river. There are a variety of animals that make the Little Spokane their home, including beaver, coyotes, deer, cougar and even moose. (No bikes or pets.)

Route type: Dirt Trail
Distance: 3.5 miles (there and back)
Steps: 7,000
Time: 1 hour
Calories burned: 294

Safety Tips

- Always use crosswalks.
- Choose well lit areas if out after dark.
- Take a cell phone or a whistle.
- Try to walk with a buddy; this can also make it more fun.
- Be aware of any hazardous conditions. Consider walking sticks and repellent.
- Wear proper shoes and clothing with reflectors or light colors. Dress in layers.
- Break in new shoes over time.
- Listen to your body, don't over do it. If you are feeling over-exerted, slow down.
- Make sure to warm up before and cool down after any activity. Stretch for flexibility.
- Use sunscreen
- Bring bottled water, know where restrooms are.
- Before you start a new activity, check with your doctor and learn proper technique.



Rock formations on the Spokane River



Marmot on the rocks

6 Cheney ~ EWU

Route type: Sidewalks
Distance: 1.4 miles
Steps: 2,800
Time: 24 minutes
Calories burned: 118



Showalter Hall

EWU, established in 1882, is located in Cheney (population 10,130), just 17 miles southwest of Spokane.

Holmberg Park, in north Spokane, offers play equipment, hiking trails, a ball field, basketball court, tennis court, shelters, free parking, a BBQ area and a public swimming pool.

7 Holmberg Park

Route type: Grass, dirt, sidewalks
Distance: 0.8 miles
Steps: 1,620
Time: 14 minutes
Calories burned: 67



More great neighborhood walks online! Go to www.srhd.org and click on "Physical Activity & Nutrition."

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Centennial Trail ~ Mirabeau Park & Plantes Ferry Park

Plantes Ferry Park is named after Antoine Plante, a French-Canadian trapper who built a cabin near here in 1849. In 1850, he constructed and operated the first ferry - the only means of crossing the Spokane River in the area. The site is home to the final battle of the Indian Rebellion of 1857 which include the Salish Indians (Spokanes) and Chief Garry. The final battle culminated here with the destruction of over 800 of the Indian horses, their food and tipis. An historical marker is found on this walk, as well as a unique statue of Antoine Plante.

Route type: Paved Trail
Distance: 5.0 miles (there and back)
Steps: 10,000
Time: 1 hour 15 minutes
Calories burned: 420



Plantes Ferry Park Amenities:

- Five softball fields
- 12+ soccer fields
- Picnic shelter
- Playgrounds
- Free parking
- Restrooms
- 1 Historical marker
- 2 Small beach access
- 3 Antoine Plante statue by Govedare

Mirabeau Park Amenities:

- CenterPlace Event Center & Senior Center
- Picnic shelters
- Open meadows
- Waterfall, pond, and boardwalk
- Centennial Trail - trailhead
- Free parking
- Restrooms



Footbridge east of Plantes Ferry Park

Create Your Own Routes: Right From Your Own Front Door!

There are several mapping websites that allow you to zoom into your house, or any other location, and create a route around your neighborhood. All sites will calculate the distance for you and many offer additional features, including calorie counters and the ability to save your routes, edit them, and share them with others.

Here are a few to try...
www.gmap-pedometer.com
www.mapmyfitness.com
www.mapmywalk.com
www.walkjogrun.net
www.communitywalk.com

Don't have computer access?
Get online for free at your local library!

Benefits

Walking for at least 30 minutes each day:

- Makes bones and muscles stronger
- Reduces risk of osteoporosis
- Reduces risk of becoming overweight
- Reduces risk of heart disease, cancer, and diabetes
- Improves blood pressure, blood sugar levels, and cholesterol
- Improves quality of sleep
- Encourages social interaction
- Enhances mental well-being
- Improves quality of life
- Reduces chance of falls
- Reduces symptoms of anxiety and depression
- Reduces the risk of dying prematurely



Find More Routes: Area Parks and Trails

Spokane Parks & Recreation • www.spokaneparks.org
Maps to over 100 parks, trails, golf courses, and more!

Spokane County Parks & Recreation • www.spokane-county.org/parks
Maps to over 50 county parks, golf courses, lakes, and more!

Centennial Trail • www.spokane-centennial-trail.org
37 miles of paved trail; most is wheelchair accessible.

Dishman Hills Natural Area • www.dhnaa.org
www.dnr.wa.gov/Publications/eng_rms_dish_both.pdf
Over 530 acres and roughly 10 miles of trails, ponds, and unusual rock formations in a natural conservation area.

Fish Lake Trail • www.inlandnorthwesttrails.org/events/imgs/FishLakeMap.asp
Paved trail between Spokane and Cheney.

Liberty Lake Conservation Area • www.spokane-county.org/parks/content.aspx?c=1910
A scenic 7-mile loop includes views of the lake and wildlife.

Riverside State Park • www.riversidestatepark.org/maps.htm
www.spokaneoutdoors.com/rsptrails.htm
Miles of trails to hike, bike, or run – free to everyone.

Mount Spokane State Park • www.parks.wa.gov
Trail Map - www.mountspokane.org Over 100 miles of hiking trails located 25 miles southeast of Spokane.

Accessible Hiking Trails in NE Washington
http://accessibletrails.com/NE_Wa/spokane.htm
Includes ADA accessible trails in and around Spokane.

*Estimated calories, steps, and time

Information is based on an average (160 lb) person walking at a moderate pace of 3.5 mph; 84 calories burned per mile. Steps are based on average of 2000 per mile.

Disclaimer:
The information contained in this publication is provided without any warranties or guarantees. We are not responsible for any injuries or difficulties you may encounter as a result of using this information. Always consult a physician before starting any new exercise program.

Developed in partnership with:

www.nps.gov/pwro/ttca
Rivers, Trails & Conservation Assistance Program

Step Out & get Moving!
Walking & Hiking in Spokane County



Eight great routes plus links to additional local parks & trails you'll love!

"The journey of a thousand miles must begin with a single step." - Lao Tzu

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Parking



Restrooms



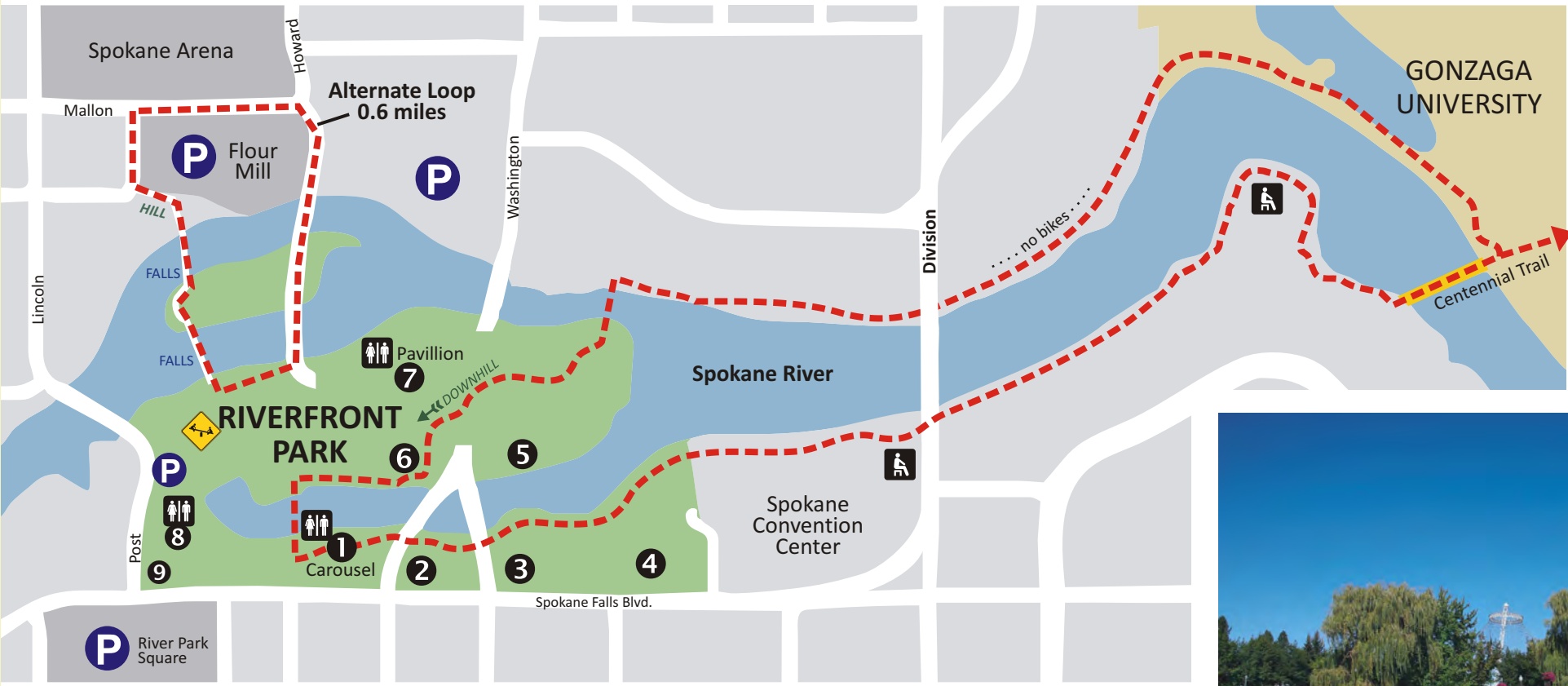
Playground

1

Riverfront Park ~ Gonzaga U. Loop

Riverfront Park was created to host the 1974 World's Fair. Today, this 100 acre park is home to many of Spokane's largest events, including Bloomsday (May), Hoopfest (June), Fourth of July celebration, Kids' Day (August), Pig Out in the Park (Labor Day weekend), plus much more. The park offers spectacular views of the Spokane Falls from its many bridges, a sculpture walk, and several picnic areas.

Route type: Paved Trail
Distance: 2.2 miles
Steps: 4,400
Time: 38 minutes
Calories burned: 185



- 1 1909 National Historic Looft Carousel
- 2 Red Wagon "The Childhood Express" by Spiering
- 3 Water Fountain by Balazs
- 4 INB Performing Arts Center
- 5 Lilac Bowl - event meadow
- 6 Clocktower—all that remains from the 1902 Great Northern Railroad Depot
- 7 Pavilion—home to Ice Palace skating in the winter, amusement rides in the summer, and the IMAX theater.
- 8 Gondola rides over the Spokane Falls
- 9 Famous Riverfront Park runners' sculpture by Govedare



Clock Tower and Pavilion

2

Riverside State Park ~ Bowl & Pitcher Loop

Riverside State Park - The Bowl and Pitcher is located about five miles northeast of downtown Spokane. The drive or ride there follows one of the most beautiful sections of the Spokane River. Riverside State Park is open year round - from 6:30 a.m. to dusk in the summer and from 8 a.m. to dusk in the winter. The Bowl and Pitcher day-use area and campground offer miles of hiking trails, picnic areas, a spectacular suspension bridge, equestrian trails, and more.

Route type: Dirt Trail
Distance: 1.75 miles
Steps: 3,500
Time: 30 minutes
Calories burned: 147



- 1 Ranger Station
- 2 Suspension Bridge
- 3 Bowl & Pitcher Formations
- 4 Devils Toenail
- 5 Overlook

GETTING THERE:
Head west on Maxwell, which becomes Petit Drive, then Downriver Drive, and then becomes N. Aubrey L. White Parkway at the park entrance. Continue for 2 miles to the Bowl & Pitcher area & campground.

Calories & Steps

1 pound fat = 3,500 calories

To lose one pound in one week, you need to either burn an additional 3500 calories that week... or reduce your calorie intake by 3500 calories... or, a combination of the two.

1 mile = 2,000 steps

Consider buying a pedometer. Sold in sporting goods stores - these small devices are worn on your waistband and count your steps. Accumulate steps throughout the day. Try to get 10,000 steps each day!

3

Manito Park ~ Cannon Hill Park Loop

Manito Park, originally named "Montrose Park," has been the primary garden showplace in Spokane since 1903. The park originally played host to a zoo among other family friendly activities. Manito means "spirit of nature." This 90-acre park offers manicured lawns, flowers, topiary shrubs, a greenhouse conservatory, playgrounds, plus swans, geese, ducks and so much more.

Route type: Paved paths, sidewalks
Distance: 2.4 miles (there and back)
Steps: 4,800
Time: 41 minutes
Calories burned: 202



- 1 Joel E. Ferris Perennial Garden
- 2 Gaiser Conservatory - Greenhouse
- 3 Duncan Gardens & fountain
- 4 Rose Hill Garden
- 5 Nishinomiya Japanese Gardens
- 6 Duck Pond

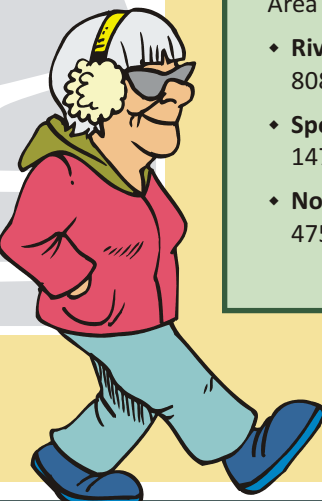
Winter Options

Area malls open early for walkers!

- **River Park Square** – open at 7am
808 West Main, Downtown Spokane
- **Spokane Valley Mall** – open at 7am
14700 East Indiana Ave., Spokane Valley
- **Northtown Mall** – open at 7am
4750 North Division, North Spokane



Gaiser Conservatory & Duncan Gardens



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Medical Lake Loop

Medical Lake was named for its high mineral content - believed to have healing powers. Native American tribes brought their sick to the lake and extracted its minerals to use as medicine. The City of Medical Lake was founded in 1872 by Andrew Lefevre who discovered the lake while searching for lost sheep, and decided to bathe in it. He found that the pain from his rheumatism was gone, and thus named the lake "Lac de Medicine." www.medical-lake.org

Route type: Paved trail, shared path
Distance: 2.7 miles
Steps: 5400
Time: 46 minutes
Calories burned: 227



GETTING THERE:
From the east (Spokane): I-90 west to Exit 272 (Medical Lake); turn right (902 West); proceed approximately five miles to city limits; turn left (south) on Lefevre St. Continue south to entrance of Waterfront Park.

From the west (Seattle): Take I-90 east to Exit 264; and proceed as above.

- Waterfront Park Amenities:**
- Picnic Areas
 - Large Playground & Swings
 - Sand Beach/ Swimming Area
 - Softball Fields
 - Volleyball Court
 - Horseshoe Pits
 - Access to the Lake Trail System
 - Free Parking
 - Restrooms



Coney Island Park

"I still find each day too short for all the thoughts I want to think, all the walks I want to take, all the books I want to read, and all the friends I want to see." - John Burroughs