

Disclaimer: The information contained in this publication is provided with the understanding that it is not intended to constitute a medical or health recommendation. It is not a substitute for professional medical advice. Always consult a physician before starting any new exercise program. We are not responsible for any injuries or difficulties you may encounter as a result of using this information. Always use common sense and safety precautions.

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Walking & Hiking Map
SPOKANE AREA

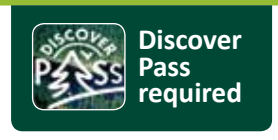


Little Spokane River / Indian Painted Rocks

This is an easy-paced hike alongside a marsh environment. Located six miles NW of downtown Spokane, this hike has some of the most beautiful scenery in our area. At the trailhead, there are ancient American Indian paintings on the rocks; as you make your way along the riverbanks, keep an eye out for the blue heron rookery in the tall cottonwoods by the river. No bikes, motorized vehicles or pets, please. Open 8:00 a.m. - dusk. Directions: From **N Indian Trail Rd** travel north to W Rutter Pkwy, parking lot is on the north side of Little Spokane River, just across the bridge. From **N Country Homes Blvd**, head north on Wall St, continue north on Waikiki Rd, then onto W Rutter Pkwy. Parking is on the right. Discover Pass required, go to discoverpass.wa.gov to purchase.

Route type: Dirt trail
Distance: 3.5 miles (round-trip)
Steps: 7,000
Time: 1 hour 15 minutes
Calories: 294

Difficulty rating: 1 2 3 4 5
Easy Difficult



Cheney

The two-mile loop is an easy, mostly flat path that features wide sidewalks and biking paths, as well as a scenic view of Salnavé Park. The five-mile loop is a low-medium intensity route that includes more hills. The route includes sights of several parks, Eastern Washington University's campus and wraps through the beautifully restored Central Cheney Historic District, established in 2001.

Route type: Paved paths, sidewalks
Distance: 2 / 5 miles
Steps: 4,000 / 10,000
Time: 34 min / 1 hour 15 minutes
Calories: 168 / 420
Difficulty rating: 1 2 3 4 5
Easy Difficult



SPOKANE AREA Walking & Hiking Map



Estimated calories, steps & time
Information is based on an average (160 lb) person walking at a moderate pace of 3.5 miles per hour; 84 calories burned per mile. Steps are based on average of 2,000 per mile.



Physical Activity Recommendations

Adults need at least:
• 2 hrs 30 min (150 min) each week of moderate-intensity aerobic activity (i.e. brisk walking)
• Muscle-strengthening activities on 2+ days per week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms)

For even greater benefits

Adults should increase their activity to:
• 5 hrs (300 min) each week of moderate-intensity aerobic activity
• Muscle-strengthening activities (see details above).

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 included 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 tepees. An historical marker is found on this walk, as well as a unique statue of Antoine Plante. Pets must be on a leash.

Route type: Paved trail
Distance: 5 miles (round-trip)
Steps: 10,000
Time: 1 hour 15 minutes
Calories: 420
Difficulty rating: 1 2 3 4 5
Easy Difficult



Plantes Ferry 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 & Senior Center
- Picnic shelters
- Open meadows
- Waterfall, pond & boardwalk
- ④ Centennial Trail trailhead
- FREE parking
- Restrooms



Riverfront Park / Gonzaga University 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), and Pig Out in the Park (Labor Day weekend). The park offers spectacular views of the Spokane Falls from its many bridges, a sculpture walk, and several picnic areas. Pets must be on a leash. During large events or holidays, pets are prohibited.

Route type: Paved Trail
Distance: 0.6 miles / 2.2 miles (entire loop)
ESTIMATED Steps: 1,200 / 4,400
Time: 10 / 38 minutes
Calories: 50 / 185
Difficulty rating:



- 1 1909 National Historic Looff 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
- 10 Splash Pad / Rotary Fountain
- 11 Conservation Area



Discover Pass required

Route type: Dirt trail
Distance: 1.75 miles
ESTIMATED Steps: 3,500
Time: 45 minutes
Calories: 147

Difficulty rating:

Riverside State Park Bowl & Pitcher Loop

The Bowl and Pitcher is located about five miles NE 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 8:00 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 and equestrian trails. Pets need a leash. Discover Pass required, go to discoverpass.wa.gov to purchase.

Amenities

- 1 Ranger Station
- 2 Suspension Bridge
- 3 Bowl & Pitcher Formations
- 4 Devil's 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 two miles to the Bowl & Pitcher area & campground.



Spokane Area Walking & Hiking Map

Manito and 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. Pets and bikes are prohibited in both Japanese and Duncan gardens; pets are allowed and must be on a leash in all other areas of the park. In the wintertime, the hill near Grand turns into a popular sledding hill.

Route type: Paved paths, sidewalks
Distance: 2.4 miles (entire loop)
ESTIMATED Steps: 4,800
Time: 41 minutes
Calories: 202
Difficulty rating:



Manito Park Amenities

- 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
- 7 Sundial

Cannon Hill Park Amenities

- FREE parking
- Restrooms
- Playground
- Pond



Safety Tips

- Always use crosswalks.
- Choose well-lit areas if out after dark.
- Take a cell phone or whistle.
- Walk with a buddy; this can also make it more fun
- Be aware of any hazardous conditions. Consider walking sticks and insect repellent.
- Break in new shoes over time.
- Listen to your body, don't overdo 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.

Find more helpful safety tips at: stickmanknows.org

Use Internet Explorer (IE) as your browser



Medical Lake Loop

Medical Lake was named for its high mineral content - believed to have healing powers. American Indian 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." Pets must be on a leash on pathway and are not allowed in parks.

Route type: Paved / shared path
Distance: 2.7 miles (entire loop)
ESTIMATED Steps: 5,400
Time: 46 minutes
Calories: 227
Difficulty rating:

Getting there:

From the east (Spokane): I-90 west to Exit 272 (Medical Lake); turn right (902 West); proceed approximately 5 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 above.

Waterfront Park Amenities

- Picnic areas
- Large playground & swings
- Sand beach / swimming area
- Softball fields
- Volleyball court
- Horseshoe pits
- Access to lake trail system
- FREE parking
- Restrooms

