

## 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." 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

