



resources

Baddlands Cycling Club

A Spokane-based United States Cycling Federation affiliate with regularly scheduled rides. www.baddlands.org, 509.456.0432

Bicycle Alliance of Washington

Find additional resources including information on bicycling-related laws and the Bike Buddy program, which offers assistance in becoming a bicycle commuter. www.bicyclealliance.org, 206.224.9252

Bicycle Information Center

A clearinghouse for bicycling and pedestrian issues. www.bicyclinginfo.org

Bike Helmet Safety Institute

Tips on choosing and properly fitting helmets. www.bhsi.org

Fat Tire Trail Riders Club

A Spokane-based group of trail riding enthusiasts looking to grow and increase awareness of the mountain biking community. www.fttrc.org.

International Mountain Biking Association

A non-profit educational association whose mission is to create, enhance and preserve trail opportunities for mountain bikers worldwide. www.imba.com, 888.442.4622

League of American Bicyclists

A national organization dedicated to promoting bicycling. www.bikeleague.org, 202.822.1333

Pedals2People

A non-profit organization dedicated to using the bicycle as a tool to empower people and build healthier communities. www.pedals2people.org

Spokane Bicycle Club

A 300+ member bicycling organization with regularly scheduled rides. www.spokanebicycleclub.org

Spokane Bike Buddy

A program that connects new bicycle commuters with experienced riders to help educate them on routes, safety and resources. www.spokanebicycleclub.org

Washington Traffic Safety Commission Bicycle Safety Program

Bicycling and pedestrian safety information. www.wtsc.wa.gov, 360.586.3484

* Remember, weather, ice, flooding and other outside forces can have a dramatic impact on trail conditions. Please use your own good judgment when considering your recreational choices.



REGIONAL
Spokane CVB

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Epic Rides

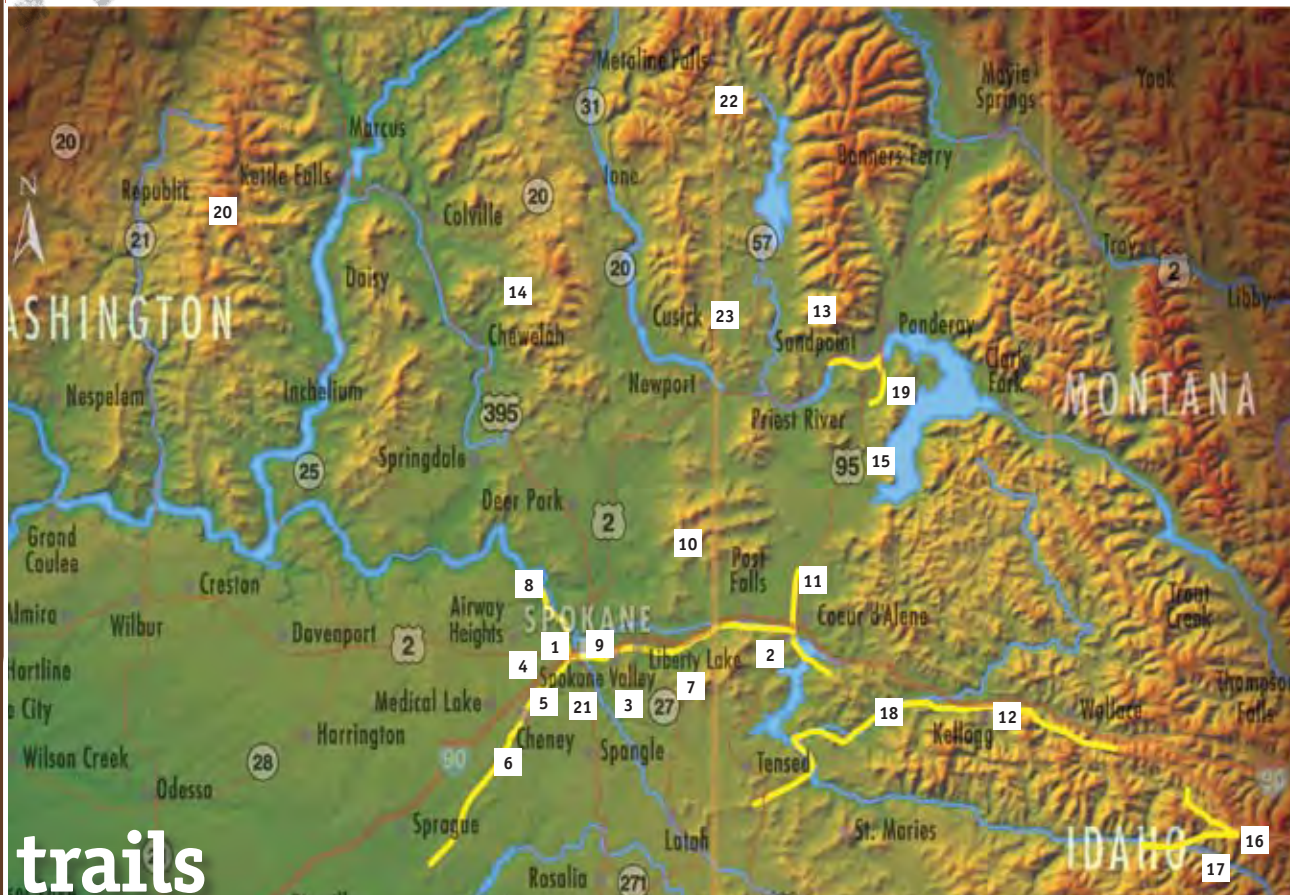
Breathe in the
freedom of
the bike!

SPOKANE
Near nature. Near perfect.®

Are you in for the spin of a lifetime?

Mountain bikers, free riders and roadies are racing to discover the Spokane Region's challenging, uncrowded trails! So if you're looking for hours of smooth pavement, miles of mashing over rocks and stumps or just a good cliff to huck yourself off... you'll find it here!

*All drive times are calculated from Downtown Spokane



trails

- 1 Spokane River Centennial Trail
- 2 North Idaho Centennial Trail
- 3 Ben Burr Trail
- 4 Columbia Plateau Trail
- 5 Fish Lake Trail
- 6 Turnbull National Wildlife Refuge
- 7 Liberty Lake Biking Trails
- 8 Riverside State Park

- 9 Minnehaha Rocks/Beacon Hill
- 10 Mount Spokane State Park
- 11 Canfield Mountain
- 12 Silver Mountain Ski Area
- 13 Schweitzer Mountain Ski Area
- 14 49 Degrees North Ski Area
- 15 Farragut State Park
- 16 Lookout Pass Ski Area

- 17 Route of the Hiawatha
- 18 Trail of the Coeur d'Alenes
- 19 Sandpoint Sagle Trail
- 20 Sherman Peak
- 21 High Drive Parkway
- 22 Plowboy Mountain Trail
- 23 Bead Lake Loop

1 Spokane River Centennial Trail

For Information: Riverside State Park, 509.465.5536, www.spokanecentennialtrail.org

Drive Time: 5 minutes

Trail Length: 37 miles

Surface: paved

Difficulty: easy

Riding Season: March through mid-November

Description: Stretching from Riverside State Park to the Idaho border, where it continues as the North Idaho Centennial Trail, the trail follows the Spokane River through parks, Spokane's downtown and secluded natural areas. Great scenery and a fun ride for people of varying abilities.



North Idaho Centennial Trail

For Information: Coeur d'Alene Parks, 208.769.2252 or Post Falls Parks, 208.773.0539, www.northidahocentennialtrail.com

Drive Time: 18 minutes

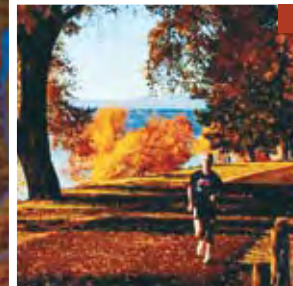
Trail Length: 24 miles

Surface: paved

Difficulty: easy

Riding Season: March through mid-November

Description: Beginning at the Washington border, the trail



primarily follows the Spokane River and Lake Coeur d'Alene's shoreline making for beautiful scenery along the way. The trail also passes through several urban areas and parks, culminating at Higgins Point east of Coeur d'Alene, Idaho.

3 Ben Burr Trail

For Information: Spokane Parks and Recreation, Park Operations, 509.363.5455, www.spokane parks.org

Drive Time: 10 minutes

Trail Length: 1.1 miles

Surface: paved

Difficulty: easy

Riding Season: mid-March through October

Description: A reclusive urban trail through Spokane's east central neighborhood, which includes many historic homes. The trail runs along a unique basalt bluff between Liberty Park and Underhill Park.

4 Columbia Plateau Trail

For Information: Washington State Parks, 360.902.8844

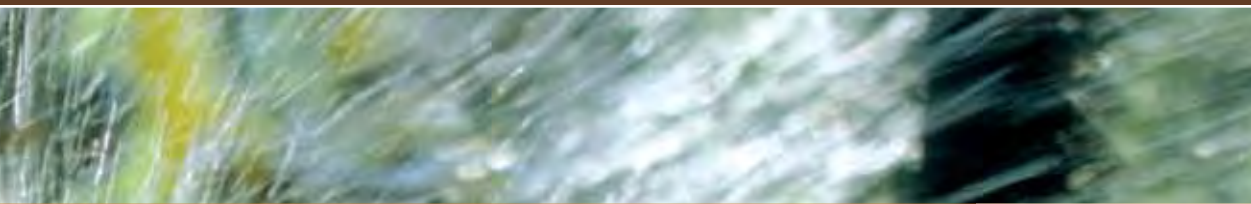
Drive Time: 25 minutes

Trail Length: Currently, 23 miles (130 miles when completed)

Surface: 3.7 miles paved, the remainder is unpaved

Difficulty: easy

Riding Season: May through mid-October



Description: As of January 2006, 23 miles of the trail are open for use. This section of trail passes through spectacular channeled scablands and pine forests along the north bank of the Snake River. Although a specific time has not been set for the trail's completion, once finished, it will stretch 130 miles from Cheney to Pasco, Washington.

5 Fish Lake Trail

For Information: Washington State Parks, 360.902.8844

Drive Time: 20 minutes

Trail Length: 4 miles

Surface: paved

Difficulty: easy

Riding Season: May through mid-October

Description: A four-mile, paved section of the Columbia Plateau Trail from Fish Lake to Cheney, Washington. Gentle grade. Unique scabland topography and great opportunities for wildlife viewing.

6 Turnbull National Wildlife Refuge

For Information: Turnbull Wildlife Refuge, 509.235.4723

Drive Time: 25 minutes

Trail Length: 5 miles

Surface: unpaved

Difficulty: easy

Riding Season: May through mid-October

Description: Great wildlife viewing and scenic landscapes. Interpretive signs along the trail indicate key features and historic information. Park use fee of \$3 per vehicle charged March through October.



7 Liberty Lake Biking Trails

For Information: Spokane County Parks, 509.477.4730, www.spokanecounty.org/parks

Drive Time: 35 minutes

Trail Length: 6 miles

Surface: paved and unpaved

Difficulty: moderate to difficult

Riding Season: March through October

Description: A variety of biking experiences to choose from.

Liberty Creek Loop Trail offers steep up and down riding over rocky single-track with streams and downed trees to negotiate. For a less challenging ride, circumnavigate the lake on a combination of trails and paved public roadways.

8 Riverside State Park

For Information: Riverside State Park, 509.465.5064, www.riversidestatepark.org

Drive Time: 20 minutes

Trail Length: combined total of approx. 100 miles

Surface: paved and unpaved

Difficulty: easy to difficult

Riding Season: March through October

Description: Many different trails ranging from the paved Centennial Trail to standard multi-use trails, and single-track through forested and rocky areas. Heavily wooded with great views of the Spokane River. A popular destination for a variety of users.



9 Minnehaha Rocks/Beacon Hill

For information: Spokane County Parks Department, 509.477.4730, www.spokanecounty.org/parks

Drive Time: 10 minutes

Trail Length: 18 mile loop

Surface: 2 miles pavement, 1 mile doubletrack, and 3.2 miles singletrack

Difficulty: easy to extremely difficult

Riding Season: March through October

Description: This intermediate-level loop is highlighted by views from Beacon Hill into Spokane and to the surrounding mountains, as well as an ever-so-slight taste of slickrock riding at Boulder Beach. The ride starts with a short gravel road climb out of Minnehaha Park and winds up Beacon Hill on a loose, sometimes sandy single-track through stands of ponderosa pines. From the towers and power lines at the top of Beacon Hill, the route makes rocky descents and climbs – sometimes steeply and quickly – on both trails and road, to Boulder Beach, just before the end of the dirt. The climb up can be difficult and the downhill course is definitely for experts only.

10 Mount Spokane State Park

For Information: Mount Spokane State Park, 360.902.8844

Drive Time: 1 hour

Trail Length: combined total of approx. 10 miles

Surface: limited pavement, primarily unpaved

Difficulty: easy to moderate

Riding Season: late June through mid-October

Description: Largest State Park in Washington. 75% single-track, 25% gravel roads. A big, beautiful area with lots of trails including several fast single-track downhill rides. Watch for horseback riders and hikers.

11 Canfield Mountain

For Information: Coeur d'Alene River Ranger District, 208.769.3000

Drive Time: 45 minutes

Trail Length: combined total of approx. 32 miles

Surface: unpaved

Difficulty: moderate

Riding Season: May through October

Description: Extensive, well-marked trail system. Some



single-track, some dirt roads ranging from flat to 35% grades. Maps are available at the Coeur d'Alene River Ranger District.

12 Silver Mountain Ski Area

For Information: Silver Mountain Ski Area, 800.204.6428, www.silvermt.com

Drive Time: 1 hour

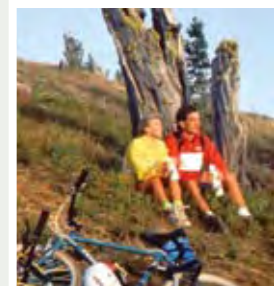
Trail Length: combined total of approx. 35 miles

Surface: unpaved

Difficulty: moderate to difficult

Riding Season: June through September

Description: Three-mile gondola ride to the top of the mountain. Extensive, well-marked trail system. Good riding for both downhill and cross-country riders. One trail is suitable for entry level riders. Steep descents make most of the trails a challenging ride.



13 Schweitzer Mountain Ski Area

For Information: Schweitzer Mountain Ski Area, 208.255.3081, www.schweitzer.com

Drive Time: 2 hours

Trail Length: combined total of approx. 25 miles

Surface: unpaved

Difficulty: easy to difficult

Riding Season: mid June through late September

Description: Host to the



NORBA National Bike Series. Extensive trail system with terrain for every skill level. Ride the high-speed chairlift to the top of the mountain for an all-downhill ride. Lift runs daily from July 4 through Labor Day and weekends during September. Fabulous views of Lake Pend Oreille and great wild huckleberry picking. Bike rentals available on the mountain.

12 49 Degrees North Ski Area

For Information: 49 Degrees North Ski Area, 866.376.4949, www.ski49n.com

Drive Time: 1 hour, 20 minutes

Trail Length: main trail 2.1 miles, plus several other trails

Surface: unpaved

Difficulty: easy to moderate

Riding Season: June to late September

Description: Although the mountain does not have a formal plan for mountain bikers and there is no chair-lift assistance, riders are welcome on mountain maintenance roads and cross-country ski trails. Great views of the Colville National Forest and Canadian Rockies. Wild huckleberries are abundant from mid to late August.



15

Farragut State Park

For Information: Farragut State Park, 208.683.2425

Drive Time: 1 hour, 5 minutes

Trail Length: combined total of approx. 32 miles

Surface: paved and unpaved

Difficulty: easy to moderate

Riding Season: April through October

Description: Former U.S. Naval training center. Popular 2,700-acre Idaho State Park on Lake Pend Oreille with camping, picnic and swimming areas. Great wildlife viewing, including mountain goats and the occasional bear. Maps available at the park headquarters.

16

Lookout Pass Ski Area

For Information: Lookout Pass Ski & Recreation Area, 208.744.1301, www.ridethehiawatha.com

Drive Time: 1 hour, 30 minutes

Trail Length: combined total of over 100 miles

Surface: unpaved

Difficulty: easy to difficult

Riding Season: late May through early October

Description: Several single-track trails lead riders uphill to mountain vistas and alpine lakes. Follow the old Northern Pacific rail-bed east 12 miles where it meets the Trail of the Hiawatha, or west 12 miles to Mullan, Idaho, where it meets the Trail of the Coeur d'Alenes. Bike, helmet and light rentals are available on the mountain. No chair-lift assistance.

17

Route of the Hiawatha

For Information: Lookout Pass Ski & Recreation Area, 208.744.1301, www.ridethehiawatha.com

Drive Time: 1 hour, 30 minutes

Trail Length: 17 miles

Surface: unpaved

Difficulty: easy

Riding Season: Late May through September

Description: This unique, scenic ride includes several old railroad tunnels and sky-high trestles. There is no light source in the tunnels, so lighting equipment and helmets are required. Interpretive signs along the trail provide information on the area's mining and railroad history. Usage fee, \$8, Shuttle bus rides, \$9. Bike, helmet and light rentals are available at Lookout Pass Ski Area.



18

Trail of the Coeur d'Alenes

For Information: Idaho State Parks and Recreation, 208.682.3814, www.idahoparks.org/parks/trailofthecoeurdalenes.aspx

Drive Time: 1 hour

Trail Length: 72 miles

Surface: paved

Difficulty: easy

Riding Season: March through November

Description: Stretching from the spectacular Bitterroot Mountains to the Palouse Prairie, much of the 72-mile trail flanks the Coeur d'Alene River and Lake making for great scenery and wildlife viewing. Seventeen scenic waysides along the trail have picnic tables and benches. Sections of the trail are often rideable year-round.

19

Sandpoint-Sagle Trail

For Information: Sandpoint Chamber of Commerce Visitor Center, 208.263.2161

Drive Time: 1 hour, 22 minutes

Trail Length: 8 miles

Surface: paved

Difficulty: easy

Typical Riding Season: March through October

Description: A rolling, scenic ride that parallels Highway 95 through the countryside. Includes a nearly two-mile bridge that spans Lake Pend Oreille. Spectacular views of the lake and surrounding mountains.



20

Sherman Peak

For Information: Colville National Forest, 509.738.7700, www.fs.fed.us/r6/colville

Drive Time: 1 hour 30 minutes

Trail Length: 4 miles

Surface: unpaved

Difficulty: medium to difficult

Riding Season: March through October

Description: Prepare yourself for some of the best views and biking in the region. With over

1,000 feet of vertical, this combination of the Loop Trail and Kettle Crest Trail is strenuous and will challenge every level of rider. When the two trails diverge one-half mile into the ride, choose your direction and return using the other trail. In addition to incredible vistas, expect steep descents, rocks, switchbacks and rutted sections of trail. Watch for horseback riders and hikers.



21

High Drive Parkway

For Information: Spokane Parks and Recreation, 509.363.5455, www.spokaneparks.org

Drive Time: 5 minutes

Trail Length: 5.3 miles, 4.8 of single-track

Surface: unpaved

Difficulty: moderate to extremely difficult

Riding Season: March through October

Description: A unique, extreme ride on the edge of Spokane's South Hill offering classic views of Hangman Valley. This five-mile loop is for experienced riders looking to test their downhill skills and have some fun. The initial steep and winding descent combines with a big climb out at the end to create a challenging ride. Upon accessing the High Drive Parkway trail system the majority of trails are only moderately difficult.

22

Plowboy Mountain Trail

For Information: Priest Lake Ranger District, 208.443.2512, www.fs.fed.us/ipnf/priestlake/

Drive Time: 2 hours

Trail Length: 9.5 miles

Surface: unpaved and paved

Difficulty: moderate

Riding Season: March through October

Description: This enjoyable loop is highlighted by the beautiful views and terrain of Priest Lake and the surrounding mountains. Starting with a strenuous three-mile climb to the top, your payoff is the excellent view along with a fun ride back down. Route varies from single to double track and will be steep at times.

23

Bead Lake Loop

For Information: Colville National Forest, 509.447.7300, www.fs.fed.us/r6/colville

Drive Time: 1 hour

Trail Length: 17.7 miles

Surface: unpaved and paved

Difficulty: moderate to difficult

Riding Season: March through October

Description: A true hidden mountain biking gem just ten miles outside of Newport, WA. Enjoy beautiful old growth forests, views of lakes and rivers and a well maintained single-track trail with lots of ups and downs. Prepare for a strenuous climb, intense downhill, switchbacks and some scree slopes throughout the ride.

