

September-October Regional Ride Possibilities

TERRAIN: HILLY

Consistent or continuous climbing

Children of the Sun Trail – Peone Prairie

Start: Wandemere MacDonald's parking lot, 12802 North, SR 395, Spokane, WA 99218

Distance: approx. 30 miles **Terrain:** hilly

Description: Five miles on CST Trail, ride east on the Peone Prairie area, several hills, Moffat descent, return on Peone Prairie Rd. through Mead, enter CST Trail and return.

Route: Children of the Sun Trail north trail head starts in front of McDonald's. Ride 5 miles, turning left on Fairview. Go north and turn right on Stoneman, right on N. Argonne for one mile, carefully crossing to left on Bruce. Ride 1.2 miles. Sharp left ascent on E. Morgan Rd. **which becomes** E. Pleasant Prairie Rd, which actually runs into N. Forker. Continue east curving left which will still be Forker. Stay on Forker, riding north for one mile after the left curve. Turn left on Moffat making an unusually lovely descent. Ride Moffat, staying **left** when you reach N Peone Rd. Ride west on Peone for 4 miles, and turn left on 1st Ave. Cross busy N. Market Street, staying straight which becomes E. Chatham St. In about 3-4 blocks, there should be an entrance to the Children of the Sun Trail. Turn right for a 2.8-3 mile return to start.

Hauser-Newman Lake Loop. This hilly but exceptionally scenic ride circles Hauser and Newman Lakes. The route around Hauser Lake is generally along the shoreline and is fairly level. The ride around Newman Lake is quite hilly and often in deep forest away from the lake a good part of the time but does afford some spectacular peek-a-boo views of the lake from high above it. This is a popular ride with the Spokane Bicycle Club, with various starting points and distances. The start for this ride is at the Harvard Rd trailhead on the Centennial Trail, where there are restrooms. Don Barden

Start: Harvard Rd trailhead, Centennial Trail. East or west on I-90, take Harvard Rd/Liberty Lake Rd exit and go N about ½ mile to trailhead on the left. **Distance:** 37 miles. **Terrain:** The route around Hauser Lake is fairly flat, but the route around Newman Lake is very hilly. **Restroom at trailhead.**

Cue Sheet:

Go out of the trailhead and then

L (N) on Harvard Rd

R onto E Euclid Ave

L onto N Starr Rd

Continue onto E Lake Hauser Lake Rd

Keep R onto E Lake Hauser Lake Rd

Slight R onto N Hauser Lake Rd

L onto N Cliff House Road

Sharp R onto E Hauser Lake Road

R onto N Muzzy Rd (becomes NW Newman Lake Dr)

R onto N Starr Rd

R onto E River Road

L onto N Harvard Rd

Sharp R to trailhead at start

Valley Chapel-Rockford-Palouse Hwy. This is a beautiful, moderately strenuous ride through Palouse rolling hill farm country, with a stop in shady Rockford for snacks and drinks. Don Barden

Start: Albertson's, Regal Plaza, 57th and S. Regal. **Distance:** 42 miles. **Terrain:** Hilly. **Route description:** S Regal, E 65th, S Waneta, Palouse, Valley Chapel to Rockford, N on SR 27 to Palouse Hwy to 57th.

Outhouse at Mt. Hope Cemetery at 16-mile point. **BYOTP. Snack/Lunch** at Rockford at 21 mile point.

Ride notes:

Roads to Rockford are narrow, hilly, with blind curves, and riders should ride single file and be alert for cars, which are infrequent.

Hwy 27 and Palouse Hwy are heavily traveled, moderately hilly, with good but not wide shoulders.

Riders should ride single file here as well.

Mileage Points:

Mile 4.3: R turnoff to Valley Chapel Rd

Mile 13+: Top of two mile grade up Valley Chapel (wide pullout on right)

Mile 16.0: Mt Hope Cemetery – Outhouse

Mile 21.0: Rockford – Lunch/snack stop; restrooms in eat4ies and in adjacent park on 1st St.

Mile 28 +/-: Freeman. Honey bucket at grain tank or Freeman Store – Can skip

Mile 30.1: L Turnoff to Palouse Hwy

Mile 38.0: Top of grade at Baltimore

Cue Sheet:

Ride S on Regal

L on 65th

R on Waneta Rd

R on Palouse Hwy, riding south

R on S Valley Chapel Rd –One long climb in approximately 5 miles and name of road changes to E Valley Chapel Rd

Continue on E Valley Chapel Rd to Rockford (turn left on SR 27 and immediately R into Rockford)

From Rockford, proceed R (north) on SR 27

L on Palouse Hwy

L on Waneta Rd and return to start or continue up Palouse Hwy to top of hill and turn L on top end of Waneta Rd, and R on 65th to start.

Seven Mile Road – Four Mound Loop Start: Pine Bluff Rd/ Riverside State Park Trail head for a distance of 23 miles for this loop. Remember Discover card is required for parking.

Route: Ride W. Seven Mile Rd. 1.5 miles to the junction of W. Coulee Hite Rd and W. Four Mound Rd, noticing Seventh Day Adventist Church on your left. Take that side of the fork (left) and ride W. Coulee Hite Rd. Looking up to your right, there are some interesting basalt hill formations. You will pass the Springhill Grange on the left where a mile long climb begins. This brings you to the wheat country.

Continue a couple more miles, riding flat to rolling hills, turn right (north) on Wood Rd. Ride N. Wood for 3 miles, turn right on Four Mound. 8.4 miles rolling hills then a descent should bring you back to the fork of Coulee Hite and Four Mound. Continue on Seven Mile Rd. until you return to parking lot.

South Hill, Palouse Hwy, Baltimore Rd, Hangman Valley Rd., Hwy 195, Empire Way. This is a popular ride with South Hill bicyclists. From Manito Park it is about 24 miles. The scenery is beautiful, with views of the Palouse rolling hills and Latah Creek. This is one of my favorite rides from my house on South Hill. The ride has a great long downhill on Baltimore Rd, but offset by the climb back up South Hill to your start.

Distance: Approx. 20 plus miles, depending on where you start on South Hill. **Terrain:** Some hills. **Route Description:** Hatch to 57th, Helena, 63rd, to Regal, 65th, Regal Rd, Palouse Hwy, Windmill and back to Palouse Hwy, to Baltimore, Hangman Valley, Hwy 195, Inland Empire Way, 7th, Maple/High Dr. to start.

Cue Sheet:

From Manito Park, proceed south on Grand Blvd or Manito Blvd (few cars) to High Drive

L on High Dr

R on Hatch Rd

Road curves L and becomes 57th Ave

R on Helena

L on 63rd

R on Regal St.

Regal curves to the left and becomes 65th Ave

R on Regal Rd

R on Palouse Hwy

L on Windmill Dr (at bottom of hill)

R on Willow Springs Rd

L on Palouse Hwy

R on Baltimore Rd (just a short distance along Palouse Hwy)

At bottom or long, smooth and fast downhill, Baltimore curves to the right and becomes Hangman Valley Rd

L on Hatch Rd

R on Hwy 195 (traffic is very fast, but the shoulder is very wide and almost completely clear of gravel and debris)

R on Cheney-Spokane exit

R through break in Jersey barriers at the top of the bridge

Continue N on multi-use paved trail that parallels Hwy 195 to its junction with Inland Empire Way

Continue N on Inland Empire Way

R on 7th

R on Maple

L on 14th

R on Adams

L on 17th

R on Division

After ½ block, L into Manito Pak at Mirror Pond

Liberty Lake to Coeur d'Alene Start: Starbucks, 1342 N. Liberty Lake Rd, south of I-90 at the Liberty Lake exit, also accessible also from E Appleway Ave, behind McDonald's in the Safeway strip mall.

Distance: ~40 miles

Terrain: first half is extremely hilly, last half is flat

Route: head east on Appleway Ave. Reaching the end at state line, turn right W. Riverview towards Post Falls with a climb and steep descent to Post Falls. **NOTE!! Sharply angled turn on to W. Riverview.** If you crossed the river, you overshot the turn to continue on W. Riverview. W. Riverview has rolling hills then a steep ascent to W. Highland/W. Upriver Dr. (two names, same road). Descend to Highway 95. Caution crossing!! Left ride a mile on Highway 95 going right on down ramp at north end of bridge. Ride NW Blvd briefly before turning right to catch the Cd'A Centennial Trail. Ride past City Park to the Bakery By the Lake, (BBTL) next to the Cd'A Library. Return on Centennial Trail. (flat) Eat: Bakery By the Lake midway, Starbucks at end of ride.

Rosalia to Steptoe Butte

Start: Rosalia City Park, at about 9th & Whitman Ave

Description: Steptoe Butte, starting at Rosalia. Out on very quiet country road, back on Hwy 271.

Distance: 51 miles

Terrain: Rolling hills, with 4 mile climb up the Butte, 2386 ft of climb

Route: From Rosalia City Park, turn left onto Whitman Ave. Turn right on 7th St, which becomes 8th, then bends into St. John, Pandora. This involves a stiff abrupt climb out of Rosalia onto the plain east of town. Proceed on Pandora/Waterman. Right onto Fairbanks. R at Seabury at grain elevators. Toilet at grain elevator. R onto Hwy 27 (road from Tekoa). L onto 1st st into Oaksdale. At Steptoe St, 1 block right to City Park for water and bathroom. L (east) to Hwy 27 out of town. R onto Hume Rd. R onto Steptoe Butte Road, which spirals to the top of the Butte. Road has many rough patches and one cattle guard. Toilet at the top of the Butte. NO water at Butte, but gorgeous 360 degree view. Retrace route to Oaksdale, then take Hwy 271 back to Rosalia. Cross over Hwy 195, then follow Whitman/ Rosalia main road back to City Park. The map can be found

at: <https://www.mapmyride.com/routes/view/3340111528>