Paved Non-Motorized Trails

Bill Chipman Palouse Trail
Pullman to Moscow
7 miles. Easy. Often Busy.

The centerpiece of Palouse riding has to be the much-loved Bill Chipman Palouse Trail, connecting Moscow and Pullman with 7 miles of smooth pathway ideal for walking, running, biking and skating parallel to Highway 270. Open from dawn till dusk year-round, the Chipman Trail connects with Moscow's Paradise Path, a 1.5 mile route between the University of Idaho campus, downtown Moscow and the Latah Trail. From Moscow, users may continue onto the Latah Trail to Troy.

The Chipman Trail is flat overall with only a slight elevation gain from Pullman to Moscow. This is a busy trail and users should practice good trail etiquette; keep to the right, maintain appropriate speed, and signal to pass. See map inside.

Access to Bill Chipman Palouse Trail **from Pullman:**
1400 SE Bishop Blvd - near the Quality Inn Paradise Creek parking lot

Access to Bill Chipman Palouse Trail **from Moscow:**
Perimeter Drive - near the University of Idaho Campus

Paradise Path
Moscow
1.5 miles. Easy. Urban.

The Paradise Path is a system of connected paths and bike lanes running roughly east-west through Moscow. Gain entrance to the Paradise Path from the Chipman Trail on the west, the Latah Trail on the east, and from many points within Moscow, including 6th St. in downtown Moscow. Stop for coffee along Main Street! See map below.

Pullman Trail System
Distance varies. Urban.

The Chipman Trail also connects to a growing system of trails running throughout Pullman, including paths alongside Grand Avenue and Terre View Streets. See map below.

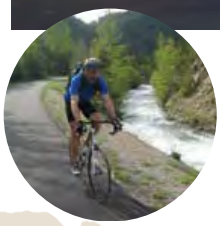
Latah Trail
Moscow to Troy
11 miles. Easy to moderate climbs. Scenic.

This is another smooth, paved path connecting the towns of Moscow and Troy, Idaho. Used by pedestrians, bikers, rollerbladers, walkers, runners, wheel-chair operators, and cross-country skiers, the trail parallels Highway 8 to Howell Road, where it winds north through a heavily-forested area to complete the last few miles of its journey. The last of the path paving is expected to be completed by Summer 2007. See map inside.

Lewiston Levee Recreation Trail
Clarkston Greenbelt Trail
Distance varies. Easy.

There is an extensive system of paved paths running alongside the Lewiston and Clarkston river levees. These are very flat and easy riding and can almost always be ridden in the winter when other paths in the area may be snow-covered. There are parks along the trail for rest stops.

On the Lewiston side, access the trail off the Hwy 12 by-pass and other locations along Snake River Avenue. On the Clarkston side, cross the Snake River bridge (Hwy 12) and follow the signs to Asotin, go through downtown Clarkston and stop at Swallows Park along the river, the trail goes up and downriver from there.

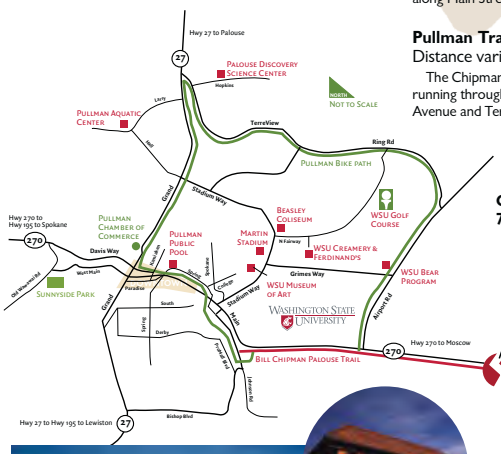


above: Chipman Trail, a popular place.

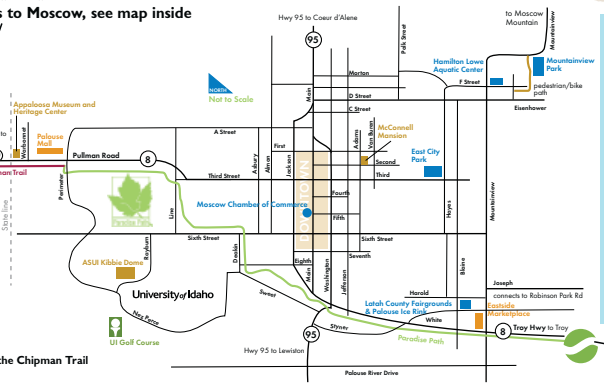
left: Heading towards Mullan on the Trail of the Coeur d'Alenes. *Photo by Buddy Levy*

Ed Corkill Memorial Trail
Distance varies. Easy.

The trail begins near the Kendrick High School and runs along Highway 3 and scenic Potlatch Creek for 5.3 miles ending at the Juliaetta Centennial Park and baseball field.



Chipman Trail
7 miles to Moscow, see map inside



Latah Trail
11 miles to Troy, see map inside

above: Trailhead on the Moscow side of the Chipman Trail
left: Bridge on the Latah Trail.

For Your Safety

This list is for your consideration, for complete information on bicycling rules and regulations, visit:

Idaho:
http://itd.idaho.gov/bike_ped/ID_Vehicle_code_for_Bikes_05.pdf

Washington:
http://www.bicyclealliance.org/safety/rcw.html

- Helmets are always recommended
- Hand-signal your stops and turns
- Do not carry items on your bicycle that impair your ability to steer
- Bicyclists & motorists must observe the same rules of the road
- Headlights and rear reflectors are required for bicycles when night riding
- **Always bring water, a first aid kit & bicycle repair kit when riding**

Pullman Chamber of Commerce
415 N Grand Ave
Pullman WA 99163

Moscow Chamber of Commerce
411 S Main St
Moscow ID 83843

Additional Visitor Information Available

Please note that the Pullman and Moscow Chambers of Commerce both stock recreational and visitor guides for many interests, along with city maps, dining and shopping brochures, hotel/motel accommodations, and much more. Please visit us online or call to learn more about how we can help make your visit to the Palouse a great one!

Pullman, Washington: *www.pullmanchamber.com*
or call 800-365-6948

Moscow, Idaho: *www.moscowchamber.com*
or call 800-380-1801

Acknowledgements: Thank you to the staff of B & L Bicycles and Paradise Creek Bicycles for their contributions to this brochure, please see their contact information below as a resource for bicycling information. Another big thank you to John Larkin.

Palouse Area Bicycling Resources & Websites:

B & L Bicycles Pullman, WA: (509) 334-0703
www.bandlbicycles.com

Follett's Mountain Sports Moscow, ID: (208) 882-6735

Latah Trail Foundation *www.latahtrailfoundation.org*

Moscow Area Mountain Bike Assocation (MAMBA)
www.bikemoscow.org

Paradise Creek Bicycles Moscow, ID: (208) 882-0703

Paradise Path (Moscow): *www.ci.moscow.id.us/* see City Departments - Parks & Rec - Paradise Path button

Tri-State Outfitters Moscow, ID: (208) 882-4555
www.t-state.com/ choose "Moscow"

Twin Rivers Cyclists Lewiston, ID & Clarkston, WA:
www.twinriverscyclists.org

University of Idaho Cycling Club
http://stuorgs.uidaho.edu/~uicycling/

Washington State University Cycling Club
www.wsucycling.net

Brochure design by Rdesign.

ITCG-05-11-5; 20K

For more information on Idaho, call 1-800-VISIT-ID
IDAHO www.visitidaho.org

Pedaling the Palouse

A Guide to Cycling in the Palouse Region of Idaho and Washington

Pedaling the Palouse

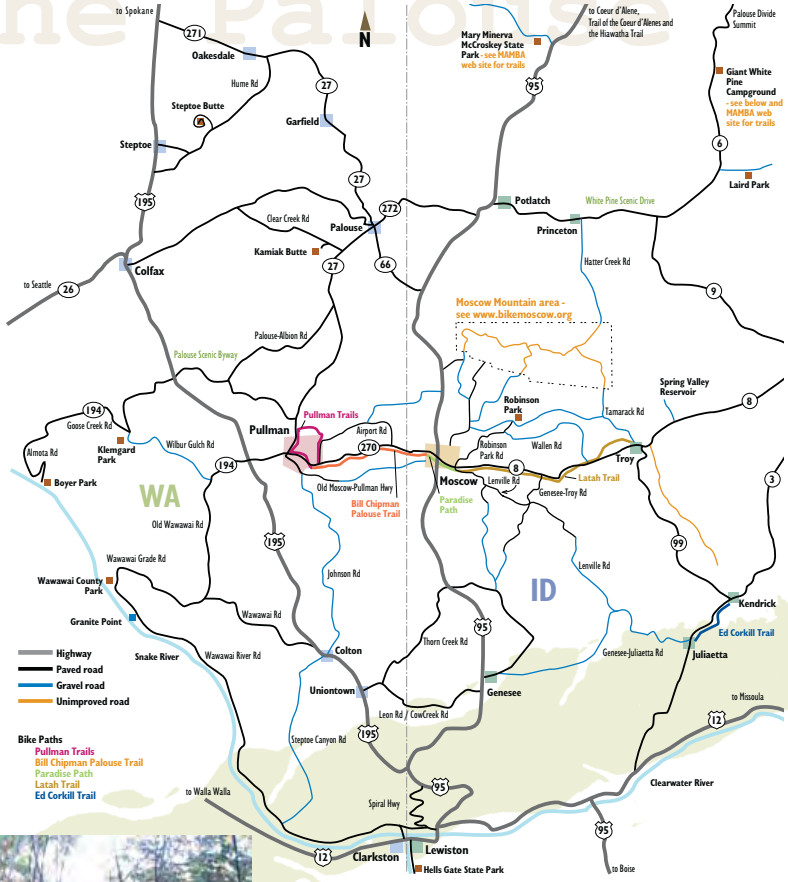
The Palouse is a great place for biking with everything from paved bike paths to full-on singletrack mountain biking, and some great hilly road riding thrown in just for fun.

This information from the Pullman and Moscow Chambers of Commerce will get you rolling in the right direction.

cover: "Country Roads" *Alison Meyer Photography.*
Riding on Moscow Mountain and the Tour de Lentil here: A summertime ride through the Palouse
Chuck Haney photo

Pedaling the Palouse

On the road towards sunset. *Chuck Haney ph*



Top Palouse Road Rides

Tour of the Palouse Loop
Moderate traffic, moderate to very hilly
50 miles

There is an annual event on this 50-mile course, with rolling climbs and fast descents, as well as flat areas and 2 steep inclines. Head north from Pullman on State Route 27 for 14 miles, and turn left onto Clear Creek Road. You will bear right near the Kamiak Butte turnoff and continue straight, focused on the curves and climbs of this paved country road. Turn right at the stop sign and pedal up a 1.5 mile hill that is steep at first, with stair-stepping climbs near the top. Watch the railroad tracks as you cross them going into and out of Palouse, and head south on State Route 27 back to Pullman.

Scenic Palouse Loop
Light traffic, steep hills
25 miles

This scenic loop has classic Palouse views of fields and forested valleys. Start in Palouse, head south on 27, turn right on Clear Creek Rd. and right again on 272, and back to Palouse to visit the café, antique store, gallery and printing museum.

Lenville Loop
Light traffic, scenic, one killer hill
14 miles approx.

This ride begins in Moscow on the Latah Trail at the corner of Mountain View and the Troy Highway. Head toward Troy on the path for about a mile, then turn right onto Lenville Road, follow Lenville up and over a big climb, and then flatter through the countryside. Turn left on the Genesee-Troy Road with another, somewhat easier climb and then down a big descent to the hamlet of Joel where you will reconnect with the Latah Trail, (turn left) which will take you back to town.

Steptoe Butte Out and Back
Light to moderate traffic, for the athletic rider only
30 miles from Pullman, one way

This ride is gaining recognition, as it is a fairly athletic route to the top of the 3,612 ft butte, which is a favorite viewpoint for area visitors and photographers. Riders need to be prepared for a steep climb and descent near the base of the butte, it is a paved ride all the way to the top. From Pullman, head north to Palouse on State Route 27, and continue through Garfield. Turn left onto Hume Road, then follow signs to Steptoe Butte State Park. You could also start at the bottom of the hill off of Hume Road. Watch for grain trucks in the summer on this ride.

See also ***Greater Spokane and Palouse Region Back Roads Cycling Guide,*** by David Heflick for other regional rides.
See more road riding routes at *www.wsucycling.net* and *www.bandlbicycles.com*

Palouse Mountain Biking

Moscow Mountain
Various length rides
Singletrack and doubletrack
Moderately technical

For real mountain biking, Moscow Mountain is the crown jewel, as there are miles and miles of lovingly handcrafted singletrack covering the mountain, most of which are open to hikers and bikers and closed to motorized use, thanks to the generosity of landowners (Bennett Lumber in particular).

See MAMBA website *www.bikemoscow.org* for current trail conditions and directions. Headwaters Loop is a good place to start, with rolling singletrack, moderate technical features and enough climbing to work up a good appetite as you sit on a promontory and enjoy the view.

Giant White Pine
Latah County
Various length rides
All quite steep and challenging but fun

Begin your ride at the Giant White Pine Campground for your own adventure through the old-growth forest. There is a network of dirt trails in the area ranging from a 1-mile to an 18-mile loop, beginning and ending at the campground. A Forest Service map is recommended. Drive north out of Moscow on Highway 95, turn right onto State Highway 6, proceeding through Potlatch to the Giant White Pine Campground, which is about 36 driving miles from Moscow.

See also ***Mountain Bike Guide to Hog Heaven*** by Jim LaFortune.

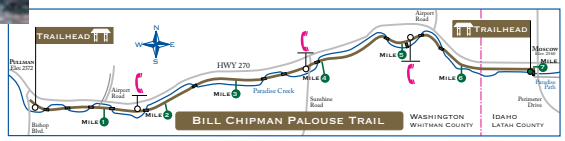
Hell's Gate State Park
Lewiston
Various length rides
Moderate-to-quite technical

Hell's Gate State Park near Lewiston has good mountain biking with an easy-to-navigate loop of single and double track. There are challenging climbs and descents, as well as easy rolling trails in this open, dry park. Although hot in the summer, this is another good winter destination. Bring slime tubes or be prepared to fix some flats.

County Roads

There are endless possibilities for loops on gravel roads in the Palouse, as Latah County alone has over 1000 miles of county roads, but gravel riding is not everyone's cup of tea. If it is yours, grab a county map or Gazeteer and head out for your own adventure. Bring tools, food, water, and fat tires for washboard.

above: A beautiful view from Paradise Point on Moscow Mountain.
left: Enjoying the singletrack on Moscow Mountain, and doing stunts. *Photos courtesy MAMBA*



Area Bike Tours and Races

Start of "Bite the Bullet" ride, 2005.
Photo courtesy Twin Rivers Cyclists

Just for the Hill of It
Usually in June,
Old White Bird Grade, 13 Miles, 2200 ft. elevation gain
(208) 983-0737
Syringa General Hospital
607 West Main, Grangeville, ID 83530

I Made the Grade!
Usually in June,
Old Lewiston Hill Spiral Highway, 18 miles, 2000 ft. elevation gain
(509) 758-3381
I Made the Grade
1122 Diagonal, Clarkston, WA 99403

Bite the Bullet Bike Climb
Usually in July
16 miles on Old Highway 95 from Culdesac up to Winchester
(208) 798-3680
Twin Rivers Cyclists
PO Box 2108, Lewiston, ID 83501
www.twinriverscyclists.org

White Pine Classic
Usually in July
Century Plus (119 mile) or Metric Century (64 mile) road tour, or 20 mile ride on Chipman Trail
(208) 882-2814
Moscow Central Lions Club

Moscow Mountain Madness
Usually in September
Ride or run the ridge of Moscow Mountain, 8.5 or 11.5 mile course
Palouse Road Runners
www.palouseroadrunners.org

Devil's Slide
Usually in March
Cross-country mountain bike race at Hell's Gate State Park
(208) 798-3680
Twin Rivers Cyclists
PO Box 2108, Lewiston, ID 83501
www.twinriverscyclists.org

Tour de Lentil
Usually in August
50-mile course, with rolling climbs and fast descents, as well as flat areas and steep inclines.
(509) 334-3565
Pullman Chamber of Commerce
415 N Grand, Pullman WA 99163
www.lentilfest.com

Twin Rivers Cyclists holds rides from 20 to 100 miles in length almost every weekend April through October either on the Palouse or in the Valley. The club welcomes everyone to join us on these no-drop easy paced rides.

Regional Must-Do Rides

Bridge over Lake Chatcolet on the Trail of the Coeur d'Alenes.

Trail of the Coeur d'Alenes
Plummer to Mullan, Idaho
72 miles
Mostly flat with steady, gentle climbing on eastern end

Cyclists come from around the country to experience this stunning rail-trail. See lakes, bridges, and miles of wilderness-quality scenery as well as a peek into Idaho industrial past from this beautiful smooth path finished in 2004.
http://www.friendsofcdatrails.org/

Hiawatha Trail
Idaho-Montana Border
15 miles, all down if you shuttle

With 10 tunnels (including the 1.66 mile-long Taft tunnel) and 7 high trestles, this is a tell-the-folks-back-home bike ride. Bring the kids. Bring good lights. Shuttle service begins in summer. See *http://www.skilookout.com/hiaw/* for more information.