

Challenge Yourself To Stay Healthy With Our Great Outdoors



Hello all,

Many of us are looking for ways to stay active with many of our gym closures due to the COVID 19 outbreak. Hiking is a great way to keep fit, mentally healthy and allows you to practice social distancing. Here is a short list of some of our area hikes...print this off and track your progress Better yet, download the free All Trails App. It provides an all inclusive list, directions, difficulty level, pet access, and much more!

Stay healthy everyone...

Sincerely,
Shelly



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Kiwanis Park Loop is a 0.5 mile loop trail located near Post Falls, Idaho. The trail is good for all skill levels and primarily used for hiking, trail running, and nature trips. Dogs are also able to use this trail but must be kept on leash. **Address: 4176 E Weatherby Ave, Post Falls.**

Higgins Point is a 0.9 mile moderately trafficked out and back trail located near CDA. Great for all skill levels and offers an amazing view of Lake CDA. **Address: N Idaho Centennial Trail, Coeur d'Alene, ID**

English Point offers the Yellow Loop Trail at 3.2 miles and the Red Loop Trail at 1.6 miles. The trails are great for all skill levels and year-round accessibility. Dogs are also able to use this trail but must be kept on leash. Trail activities: walking, hiking, running, mountain biking, cross country skiing. **Address: E English Point Rd., Hayden.**

Fernan Lake Natural Area is a 1.3 mile loop trail located near Fernan Lake. The trail is good for all skill levels and is used for hiking, walking, nature trips, and birding. Dogs are also able to use this trail. **Address: 2747 E Potlatch Hill Rd, CDA.**

North Idaho Centennial Trail is a 23.9 mile point-to-point trail located near Coeur d'Alene, Idaho that features Coeur d'Alene Lake and is rated as moderate. The trail is paved and offers a number of activity options and is accessible year-round. Dogs are also able to use this trail but must be kept on leash. Trail activities: biking, inline skating, fishing, wheelchair accessible, walking.

Tubbs Hill is a 2.4 mile loop trail located in Coeur d'Alene that features beautiful views of the lake and is good for all skill levels. The trail offers a number of activity options. Dogs are also able to use this trail. Trail activities: hiking, running, walking, beach access. **Address: 210 South 3rd Street, CDA.**

Canfield Mountain Trails is a 5.3 mile moderately trafficked loop trail located near Coeur d'Alene. The trail offers beautiful views and is rated as difficult. Dogs are allowed on their leash. **Address: 2305 E Mountain Vista Drive.**

Old Wagon Loop Trail is a 2.5 mile loop trail located near Post Falls, Idaho that features views of the river and is rated as moderate. The trail is primarily used for hiking, walking, nature trips, and birding. Dogs are also able to use this trail but must be kept on leash.