

September-October Regional Ride Possibilities

TERRAIN: SOME HILLS

A few short, steep hills, some moderate upgrades and/or longer gentle climbs

Greenbluff (#1)– Big Meadows (Advice: Start early in the summer to avoid produce customer traffic.)
Start: Mt. Spokane High School **Terrain:** hilly **Distance:** 23-24 miles **Route:** First 4.7 miles, turn left out of Mt. Spokane parking lot on Mt. Spokane Park Dr. Left on Bruce Rd, climbing to turn right on Day Mt. Spokane Rd. Continue a gradual climb on a road with no shoulder to the Harvest House T-junction with E. Mt. Spokane Road and E. Green Bluff. (same road – two different names)
For the next 5 miles, turn right on E. Day Mt. Spokane, right on Sands then pick up E. Day Mt. Spokane Rd. again at the curve, continuing left. E. Day Mt. Spokane Rd eventually becomes N. Day Mt. Spokane Rd. with a lovely descent up to a T-junction where you turn left continuing on E. Big Meadows.
Stay on E. Big Meadows @5.6 miles until you reach N. Elk Chatteroy Road. There's a triangle where Elk-Chatteroy curves to the north. Turn left before Elk-Chatteroy Rd. on N. Yale Rd. In 2.3 miles, pass a possible restaurant, Colbert Trading Co, (check hours), turn left on E Colbert Rd then soon right on N. Boston Rd for @ 1 ½. miles. Turn east, left, on E. Greenbluff Rd, for @ 2 miles, continuing until the road turns a corner to the right, still E. Greenbluff Rd. However, there will be a merging of N. Greenbluff and the road you are on. Look sharply for traffic from the left before continuing to E. Day Mt. Spokane Rd. Turn left, turn right on Bruce and retrace route to Mt. Spokane High School turning right on Mt Spokane Park Drive. Go to Margaret's Maps –north- on this website if you wish to extend this ride.

Greenbluff (#2) Loop.

This delightful moderately hilly ride heads into the very scenic Peone Prairie and up to Greenbluff, with its beautiful orchards and Harvest House for refreshments. Don Barden

Start: Safeway parking lot, Newport Hwy and Hawthorne. **Distance:** 27 miles. **Terrain:** Hilly. **Route Description:** Hawthorne Rd to Children or the Sun Trail to Fairview (stone lions and tigers), Stoneman Rd, Bruce Rd, Peone Rd, SR 206, Bruce Rd, E Day Mt Spokane Rd, E Greenbluff Rd, N Greenbluff Rd, E Day Mt Spokane Rd, N Yale Rd, N Market St. **Refreshments and restroom** at Harvest House on Greenbluff and at Safeway.

Cue Sheet:

From Safeway,
R, or east on E Hawthorne Rd
Continue onto N Parksmith Dr
R onto Children of the Sun Trail (immediately past the freeway overpass)
L onto N Fairview Rd
R onto E Stoneman Rd (winds around a bit)
L onto N Bruce Rd
R onto E Peone Rd
L onto WA-206 (E Mt Spokane Dr); at roundabout, take first exit,
R onto Bruce Rd
R onto E Day Mt Spokane Rd
L onto E Greenbluff Rd
L onto N Greenbluff Rd
R onto E Greenbluff Rd

Slight L to stay on N Greenbluff Rd
R onto E Day Mt Spokane Rd
L onto N Yale Rd
Continue onto E Lane Park Rd
R onto N Peone Pines Dr
R onto N Lowe Rd
R onto WA-206 (E Mt Spokane Park Dr)
L onto N Market St (just before intersection with Newport Hwy)
R onto N Coxe Rd/N Parksmith Dr
Continue straight onto E Hawthorne Rd
L into Safeway parking lot

Fish Lake Trail to Cheney and Return on country roads

This is a moderate ride that is quite pretty, especially on the return. It is one of my go-to rides that has very few cars on the return and is just the right distance for a good workout. It is also a very popular ride with the Spokane Bicycle Club. Don Barden

Start: Fish Lake (FLT) trailhead at Milton St., just off Government Way and Sunset Blvd. **Distance:** 30 miles. **Terrain:** Mostly flat with some small hills. **Stopping point:** At Scribner trailhead at 7.7 miles.

Refreshments at Mason Jar, Cheney. **Route Description:** Fish Lake trail/Columbia Plateau trails to Cheney. Return via Cheney Spokane Road, Andrus, Grove, Thorpe, Abbott, Garden Springs, Grandview, W 16th Ave, Milton to trailhead.

Cue Sheet:

Proceed 7.7 miles to S Scribner Rd, indicated by post-barriers, but otherwise unmarked. *

R on Scribner, cross RR tracks, and climb very short hill to Cheney-Spokane Rd.

L (west) on C-S Rd and continue approx. 1+ miles to S Myers Park Rd, indicated by old steam shovel on the left, turn left and proceed about 100 yds to Fish Lake trailhead. Restrooms and lunch tables.

Proceed W on FLT (aka Columbia Plateau Trail) about 4 miles to S Cheney Spangle Rd., indicated by end of paved trail and overpass.

R (north) on Cheney Spangle Rd, and proceed $\frac{3}{4}$ miles to Cheney, crossing multiple RR tracks., to stoplight at 1st.

Snack at the Mason Jar (coffee, baked goods, sandwiches, and restroom)

Return:

Proceed W on 1st

R on Cheney Spokane Rd

Caution: In about $\frac{1}{4}$ mile, use caution to cross sharply diagonal RR tracks (swing left to cross tracks as close to 90 degrees as possible)

L on Andrus Rd

L on Spotted (or Grove, about $\frac{1}{2}$ mile further)

R on Westbow (becomes Thorpe Rd)

L on Abbott Rd

R on Garden Springs

R on Grandview (watch for gravel on turn)

Grandview becomes W 17th Ave

L on W 16th Ave (fast downhill, with hard left at bottom)

L on S Milton

R on S 14th

L on Lindeke

Proceed through stop sign, across bridge over I-90

R on Milton to start (alt., turn right at 13th on a short stretch of dirt to the Fish Lake Trail) **

*The paved Fish Lake Trail extends another mile or so to a fence; this is a good turnaround spot for a 16 mile easy ride)

** An easy alternative return is to come back the same way you rode out. The distance is about the same: 30 miles.

Audubon Park to Nine Mile/Long lake via Aubrey White Parkway and Centennial Trail. This is a very popular 26 mile ride with the Tin Cup Café at the midway point. It is also a beautiful ride along the Spokane River in the forested Riverside State Park. This is a popular weekly ride with the Spokane Bicycle Club for good reason. Don Barden

Start: Little Garden Café, 2901 W Northwest Blvd (across from Audubon

Route Description: LGC to 9-mile Dam via Aubrey White Parkway, Centennial Trail, including 2.2-mile extension of Centennial Trail to Long Lake. Restrooms at McLellan trailhead N of Seven Mile bridge and at Long Lake (Nine Mile Recreation Area)

Distance: 26 miles. **Terrain:** Mostly flat with some hills. **Midway Stop:** Tin Cup for eats, coffee, and restroom (currently closed on Mondays)

Cue Sheet:

The Little Garden Café is on the corner of Northwest Blvd. and Dalton St.

Proceed down Dalton street 1 ½ blocks

R on Euclid

R on Riverview D

L on Downriver Dr (at golf course clubhouse) Steep Hill!

R on Aubrey White Parkway

L on 7-Mile Rd

R on Riverside State Park Dr (about 1/8 mile after you cross the Spokane River). This becomes the Centennial Trail after about one mile, at the McLellan trailhead

R on Carlson Rd (at top of hill)

Cross Charles Rd to continue on Centennial Trail to Long Lake

Return:

Retrace route to 3rd road crossing and turn right.

L on Charles Rd

Tin Cup Café is about ¼ mile on the right

Retrace route to start.

Cheney to Williams Lake via Turnbull Wildlife Refuge This is a beautiful ride through forested and rolling hill farmland and the Turnbull Wildlife Refuge, with its many small lakes and evidences of the Missoula Floods. Klink's Resort in Williams Lake is currently closed, so bring ample water and snacks. Don Barden

Start: Mitchell's Harvest Foods, 116 W 1st (at J St), Cheney. **Distance:** 29 miles. **Terrain:** mostly gentle rolling hills with one short steep hill out of Williams Lake. **Route description:** Cheney Plaza Rd, Rock Lake Rd, Williams Lake Rd, Mullinex Rd.

Cue Sheet:

R (west) on 1st Ave

L on Cheney-Plaza Rd (continue on Rock Lake Rd)

R on Williams Lake Rd (as the road drops down into the flood channel containing Williams Lake, it curves to the right. Look to your right and you can make out a large Missoula Flood plunge pool at the foot of a cliff, once a waterfall). Continue on Williams Lake Rd up short but steep hill to junction with Mullinex Rd

R on Mullinix Rd

R on Hwy 904 (becomes 1st Ave in Cheney)

Continue one mile or so to start

Longer Variant: Cheney to Williams Lake via Cheney-Spangle Rd. This route goes down Cheney-Spangle Rd on the east side of the Turnbull Wildlife Refuge.

Start: Mitchell's Harvest Foods, 116 W 1st (at J St), Cheney. **Distance:** 37 miles.

Cue Sheet:

L (east) on 1st Ave

R on Cheney-Spangle Rd (light; Mason Jar in on the corner of this intersection)

Cheney Spangle Rd takes a hard Left, but

Continue straight on Wells Rd for a short distance

R on Pine Grove Rd.

R on Cheney Plaza Rd

L on Rock Lake Rd

R on Williams Lake Rd

After Klink's Resort

R on Mullinix Rd

R on Hwy 904 (becomes 1st Ave in Cheney)

Continue one mile or so to start