

CycleMasters to North Idaho

June 12-16, 2023

(Announcement #5, April 1, 2023)

Saddlebrooke CycleMasters is going to North Idaho in June of 2023. The Coeur d'Alene area is one of the top cycling destinations in the country. The Spokane/Coeur d'Alene area hosts several Rails-to-Trails bicycle paths including 2 that are in the [Rails-to-Trails Hall of Fame](#). Join us for 5 days of great biking on the Route-of-the-Hiawatha, Trail-of-the-Coeur-d'Alenes, and the Centennial Trail.

Dates: Monday June 12 through Friday June 16. These dates were chosen to avoid the fire season later in the summer and to avoid potential heat waves, yet still warm enough to enjoy the outdoors.

Want to go? To be included in this trip, email Jim Thom: jgthom1969@yahoo.com Please inform him of your lodging arrangements when you make them, and your mobile phone number.

Host Hotel: You are responsible for making and paying for your own hotel room. We have secured a group rate for 10 rooms for 5 nights (50 room nights total) starting Sunday June 11th at the Holiday Inn Express in Coeur d'Alene at 2300 W Seltice Way, in the Riverstone development. The standard rate for our week is \$309/night. We have secured a group rate of \$219/night for a standard room (2 queen or 1 king) and \$239/night for a suite, plus taxes. A hot breakfast is included in the nightly rate. Their telephone number is 208-667-3100.

The booking web link is: [Saddlebrooke Cycle Masters 6/11-6/16](#)

If there are too many room cancellations prior to 30 days out we will have to terminate the group rate. Individual cancellations need to be more than 7 days from arrival, or you will be charged for 1 night.

Tent Camping and RV Parks: There is a good variety of RV Parks in the Coeur d'Alene area. Some are within 2 miles of the host hotel. Tent camping is available within 20 miles at Wolf Lodge campground, Camp Coeur d'Alene, Silverwood RV Park, Spokane KOA, and several other locations. Get your RV reservation early as this is a popular destination in the summer.

Wallace Option: Some people may want to arrive early and spend Sunday night at the Town of Wallace. It is an old mining town that has been turned into a cute tourist town. It is only 24 miles from the Hiawatha instead of 62 miles. If choosing this option, we recommend the Wallace Inn. All other trail heads will be closer in you stay in Coeur d'Alene.

Bike Rentals: Let us know if you plan to rent a bike for the Centennial Trail and the Trail of the Coeur d'Alenes. We are working on solving the issue of transporting rental bikes from the host hotel to the trail heads. The solution we use will depend upon how many people will be renting bikes. If a good number of people are renting bikes, we may rent a cargo trailer. If only a handful of people, then we may use a tailgate blanket on a pickup truck and find spare space on existing bike racks.

There are 4 bike rental shops in CDA:

1. Coeur d'Alene Bike Company. 314 N 3rd St. They are about 2.5 miles from the host hotel. They rent all kinds of bikes including e-bikes. They also rent bike racks and bike pads for pickup truck tailgates. Closed on Tuesdays. 208-966-4022 Only bikes from their Kellogg store can be used on the Route of the Hiawatha.
2. Pedego Electric Bikes. 2500 N Old Mill Loop. 1/4 mile from host hotel. 208-771-7296
3. Electric Adventures. 1949 N Beebe Blvd. 1/4 mile from host hotel. Temporary location for 2022. 208-818-8687
4. Vertical Earth. 1323 E Sherman Ave. 3 miles from host hotel. 208-667-5503

Rental bikes for the Route of the Hiawatha can be obtained at the Lookout Ski Area at exit zero on Interstate-90. Do not rent bikes in CDA for Monday's ride on Route of the Hiawatha. This means on Monday afternoon you need to get to the CDA rental shop before they close so you will have a bike for Tuesday's ride.

(New) Bike Transport from Hotel to Trail Heads: If you need bike transport from the host hotel to the trail heads, it is important that you inform the trip leader of your need. Depending on the number that need this service, we will rent a small trailer or use a tailgate pad.

(New) Bike Transport from SB to Coeur d'Alene: We have been informed of a company that will transport your bike from your home to Coeur d'Alene. The company is called Bike Flights. Their web site is: <https://www.bikeflights.com/>

Getting to Coeur d'Alene: Coeur d'Alene is about 1400 to 1450 driving miles from Saddlebrooke. There are several different routes you can take.

The eastern route will take you through Salt Lake City and Missoula, Montana. Along this route you can detour and visit a number of sights including: Zion NP, Cedar Breaks NM, Bryce Canyon NP, Fremont Indian SP, Timpanogos Cave NM, and Golden Spike NHS. A little farther off this route you can visit Teton NP and Yellowstone NP. Note, it would be better to visit Yellowstone after the bike rides, due to snow levels.

A more western route will take you through Las Vegas and Boise, Idaho. Along this route you can detour and visit a number of sights including: the casinos of Las Vegas, Great Basin NP, Snake River Canyon, Minidoka NHS, Thousand Springs SP, Hells Canyon, Nez Perce NHP, Manhattan Project Hanford, and Ice Age Floods National Geology Trail.

You can also fly non-stop to Spokane from both Phoenix Sky Harbor airport and the Mesa Gateway airport. The Spokane airport is about 40 miles from Coeur d'Alene.

Bike Routes: All rides will not leave from the host hotel, but will start at a trail head many miles away. Tentative departure time from hotel is 8am, 7:30 for Hiawatha. Plan subject to change.

Monday: Ride the Route of the Hiawatha. See details below.

Tuesday: Trail of the Coeur d'Alenes. Plummer to Harrison and back. 30 miles. (24 mile option)

Wed Long Ride: Cent Tr. Falls Park in Post Falls to Islands TH and back w/stop at KK . 35 miles.

Wed Short Ride: Centennial Trail. Falls Park in Post Falls to Krispy Kreme and back. 28 miles.

Thur Long Ride: Trail of the CDAs. Bull Run trail head to Harrison and back. 37 miles.

Thur Short Ride: Trail of the CDAs. Black Rock trail head to Harrison and back. 32 miles.

Fri Long Ride: Trail of the CDAs. Black Rock trail head to Pinehurst and back. 35 miles.

Fri Short Ride: Trail of the CDAs. Bull Run trail head to Pinehurst and back. 30 miles.

Driving Directions from Host Hotel to Trail Heads:

Lookout Pass Ski Area: Exit hotel. Drive SE on Seltice Way. Turn left, go North on Northwest Blvd. Enter I-90 eastbound towards Montana. Travel East on I-90 for 62 miles. Take Exit 0 and look for ski area. Hiawatha trail head is off Exit 5 in Montana, then 2 miles on FR 506.

Plummer Trail Head: Exit hotel. Drive SE on Seltice Way. Turn right, go South on Northwest Blvd. Drive 3/4 mile on Northwest Blvd. Exit and turn right on highway US-95. Drive south on U-95 for 31.8 miles. Park at trail head.

Falls Park in Posts Falls: Exit hotel. Drive SE on Seltice Way. Turn left, go North on Northwest Blvd. Enter I-90 westbound towards Washington. Drive west 6.3 miles. Exit (#5) at Spokane Street. Turn left/South onto Spokane Street. Go South on Spokane Str for 0.2 mile. Turn

right/west onto 4th Ave. Go 0.2 mile to trail head.

Bull Run Trail Head: Exit hotel. Drive SE on Seltice Way. Turn left, go North on Northwest Blvd. Enter I-90 eastbound towards Montana. Travel 22 miles to Exit 34, state highway 3. Turn right/south and drive 3.2 miles. Turn left onto Bull Run Road. Cross River. Turn right onto Bull Run Road. Drive 0.2 miles. Park at trail head.

Black Rock Trail Head: Exit hotel. Drive SE on Seltice Way. Turn left, go North on Northwest Blvd. Enter I-90 eastbound towards Montana. Travel 22 miles to Exit 34, state highway 3. Turn right/south and drive 6.2 miles. Park at trail head immediately after crossing river.

Route of the Hiawatha Process: There are several steps needed for each rider to take for biking on the Route of the Hiawatha.

1. Secure a reservation for a Trail Pass (required), a bike rental (optional), and a shuttle ride (optional). This is done by going to their web site and buying a ticket in advance. We want you to make your reservation at least a month in advance. Please read their FAQ.
2. A trail pass is required of all riders, even if you have your own bike.
3. Renting a bike is optional, but skinny tires will probably not work. There are many choices of bikes. Bike rentals come with helmet and light. Courtesy bike racks are available.
4. If not renting a bike, be sure to have a bright light on your bike. 300 – 400 lumens.
5. There is no lighting in the 1.6 mile tunnel. Temperature is in the low 50s.
6. Class-1 (assist only when pedaling) e-bikes are allowed. Class-2 e-bikes must have electric assist disabled. Class-3 e-bikes not allowed. Small surcharge for shuttle pass.
7. A shuttle pass is required to take the shuttle bus from the end of the trail back to the west end of the tunnel. The route is 16 miles one way. The shuttle will save you 14 miles of up hill riding. You will still have to ride back through the 1.6 mile tunnel. All riders will have to return to where they started.
8. Food is available for purchase at the ski area to take with you.
9. On the day of the ride we will:
 1. If renting bikes, depart host hotel at 7:30, otherwise depart at 7:45.
 2. Drive to Lookout Pass Ski Area, Exit 0 in Montana on I-90.
 3. Pick up our trail passes, rental bikes, and shuttle passes. Courtesy bike racks available.
 4. Drive to the trail head. Drive east on I-90 to Exit 5. Drive 2 miles on FR 506.
 5. Ride The Route of the Hiawatha, east to west 16 miles.
 6. Return to the trail head either by reversing your route or by taking shuttle back to tunnel.
 7. Drive back to Ski Area and return rental equipment.
 8. Drive back to Coeur d'Alene. If renting bikes for T-F, arrive before rental shops close!!!

You will be responsible for securing your own Trail Pass and Bike Rental. You may start making your reservations now.

Lake Dinner Cruise : On Thursday, June 15, at 7:30pm we will partake in a 2 hour dinner cruise on Lake Coeur d'Alene. The cost is \$69.75/person (age 55 or older). You will need to make your own reservation on their web site. Boarding starts at 7:00pm at Independence Pier at the west end of downtown near the city park. Parking is available nearby, but let's try to car pool. This dinner and cruise, is of course, optional.

<https://www.cdacruises.com/>

(Updated) Ice Age Floods Lecture & Pizza Dinner. Tuesday, June 13, 3:30, Holiday Inn Express conference room. Following the lecture we will walk to a local pizza restaurant for dinner. A fee of \$XX will be collected in advance for this dinner. You will pay for beverages separately. The lecture and pizza dinner is optional.

Near the end of the last ice age, several dozen massive glacial outburst floods occurred in Montana, North Idaho, and Eastern Washington. In a matter of days, a water volume as large as 10 times all the rivers in the world combined were released on the landscape. These floods covered over 16,000

square miles in the 4 state region, and left behind a number geologic features that today we know as Lake Coeur d'Alene, Palouse Falls, the Channeled Scablands, Dry Falls, and the fertile farmlands of the Pasco Basin, Yakima Valley, and the Willamette Valley.

Gary Ford, President of the Ice Age Floods Institute, has graciously accepted our invitation to provide our group a 60 to 75 minute lecture plus Q+A on this subject. Due to the size of the room, this lecture is limited to the first 30 people.

What else to do in the area:

Hiking: There are numerous hiking trails in the area.

Golf: The greater Spokane area has many fine golf courses, most at reasonable rates.

Rent a boat, canoe, or kayak: Lake Coeur d'Alene offers many opportunities for water play.

River Rafting: There are several companies that offer river rafting on the Spokane River.

Explore a local state park: Both Idaho and Washington have several state parks in the area.

Wine Tasting: There are a dozen wineries in the area, mostly in Spokane, featuring WA grapes.

Silverwood Theme Park: Ride a roller coaster or float on the lazy river at Silverwood.

Beer Tasting: No trip to the Northwest isn't complete without a visit to a local craft brewery.

Wallace: The old mining town of Wallace 50 miles east is fun to visit and walk around.

Spokane: Riverfront Park is one of the nicest downtown parks you will find anywhere.

Ride More: Stronger riders might want to ride Centennial trail from Gonzaga U. to Nine Mile Falls.

Ride More: Ride from Spokane to Cheney on the Fish Lake Trail and some local roads.

Drive Share or Room Share: If you want to share a hotel room or share driving to Coeur d'Alene, be sure to tell the event registrar, Jim Thom. He will keep track of who wants to share and attempt to coordinate people on the issue.

The Timing is Wrong: If you can't join us but still want to bike these amazing rails-to-trails routes try Row Adventures: <https://www.rowadventures.com/biking/rails-to-trails-bike-tours>

Route of the Hiawatha (Rails to Trails Hall of Fame). This is one of the most dramatic and scenic bicycle trails in the country. It is a crushed gravel rails-to-trails route of the main line of Milwaukee Road railroad that is 16 miles long through the crest of the Bitterroot Mountains. Skinny tires won't work here, but medium and wide tires will. Bike rentals and shuttle services are available at the nearby Lookout Pass ski area, on Interstate 90 at the Idaho-Montana border. It includes 10 tunnels and 7 high bridges. Most people ride downhill, east to west. One highlight is a 1.6 mile tunnel under the mountains (strong light needed). Later on we will need to know if you will use your own bike or will rent a bike. Trail fee required even if you use your own bike.

Web sites: <https://www.ridethehiawatha.com/>
<https://friendsofcdatrails.org/route-of-the-hiawatha/>

The Trail of the Coeur d'Alenes (Rails to Trails Hall of Fame). This 73 mile paved rails-to-trails route of an abandoned Union Pacific branch line connects the towns of Mullen (along I-90) near Montana with Plummer (on US-95) south of the city of Coeur d'Alene. From east to west this trail takes you through the Silver Valley, along the Coeur d'Alene river, to the shores of Lake Coeur d'Alene, then across the southern stretch of the lake, and up hill (600 feet over 6 miles) to Plummer. Many people stop at Heyburn State Park to avoid the final uphill stretch. A tremendous amount of wildlife can be seen along the trail after it leaves I-90.

Web sites: <https://parksandrecreation.idaho.gov/parks/trail-coeur-d-alenes/>
<https://www.silvervalleychamber.com/trail-of-the-coeur-dalenes>
<https://friendsofcdatrails.org/trail-of-the-coeur-dalenes/>

The Centennial Trail. This 64 mile paved trail goes from about 10 miles east of the city of Coeur d'Alene, along the lake, to the community of Nine Mile Falls northwest of Spokane. This trail, after passing through the the city of Coeur d'Alene, generally follows the Spokane River. There are times that it diverges from the river and several miles are on city streets. Along the way the trail passes through downtown Spokane's Riverfront Park (site of the 1974 World's Fair), Gonzaga University, the town of Post Falls, and Riverside State Park. The Washington section is about 40 miles and the Idaho section about 24 miles.

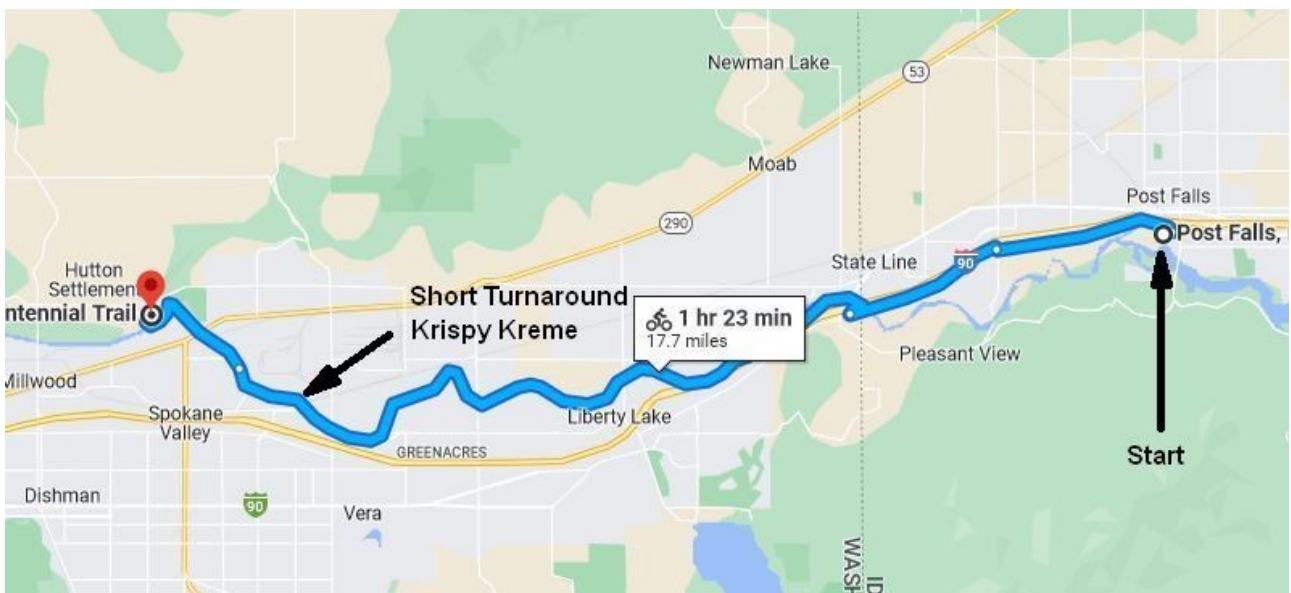
Web sites: <https://spokanecentennialtrail.org/>
<https://parks.state.wa.us/487/Centennial-Trail>
<https://nictf.org/>



(New) Maps of Trail Rides for Tuesday through Friday



Tuesday - Plummer to Harrison Ride

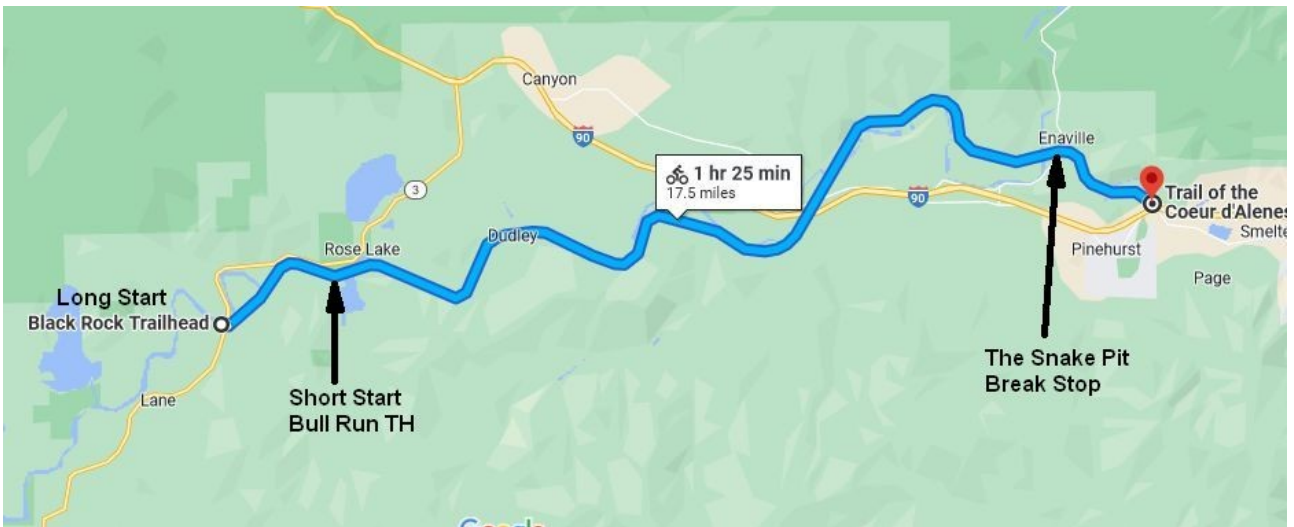


Wednesday - Post Falls to Krispy Kreme Ride

For an extra 7 miles each way, 14 miles round trip, long riders can start at the host hotel



Thursday - Bull Run or Black Rock to Harrison Ride



Friday - Black Rock or Bull Run to Pinehurst Ride

For an extra 2.5 miles each way, riders can ride to the Silver Peak Expresso in Smeltonville.