

Outdoors & Recreation

spokaneoutdoors.com Colvelo.org
washingtonarchery.org

<https://www.blm.gov/sites/blm.gov/files/documents/files/StateRecreationGuide.pdf>

OUTDOOR RECREATION AND ECONOMIC DEVELOPMENT - WA STATE GOVERNOR'S POLICY ADVISORS
jon.snyder@gov.wa.gov 360-902-0488
Policy Advrr: Jon Snyder

ACTIVE 4 YOUTH 868-6201
PO Box 30501, Spokane 99223
info@active4youth.org active4youth.org
Offers after-school sports for youth to help end childhood obesity and juvenile delinquency.

C:/NEXTIT/RUN facebook.com

EVERGREEN ARCHERY CLUB
PO Box 48795, Spokane 99228
evergreenarcheryclub.org

GET FIT COLVILLE getfitcolville.com

INLAND CHESS ACADEMY 822-9800
3808 N Sullivan Rd, 13D
Spokane Valley inlandchess.org

ITC FITNESS- Indian Trail Church
9010 N Indian Trail Rd 468-8765
Spokane 99208 indiantrailchurch.com
Zumba, Stom Fitness, Cardio/Strength Fusion: karriedelp@yahoo.com
R.I.P.P.E.D: laurenstutts@yahoo.com
MBC Men's Basketball: shawn@nbccamps.com

LETS MOVE, CHENEY
cityofchenevy.org/index.php?section=letsmovechenevy
[letsmovechenevy on facebook.com](https://letsmovechenevy.facebook.com)

MUV FITNESS - ST LUKE'S REHAB
MUV - Downtown
809 W Main St, 99207
MUV - South, 5501 S Regal St, 99223
MUV - North, 603 E Holland Ave, 99218
MUV - 14927 Sprague Ave
Spokane Valley 99216

TEAM ST. LUKE'S 473-6053
PO Box 469, Spokane 99210
bozmanm@inhs.org 473-6749
Volunteer Coord: Mary Bozman
A structured sports team and recreation program for young and adult participants with physical disabilities, encourages people to reach for their dreams and achieve success.

PALOUSE EMPIRE GYMNASTICS
palouseempiregymnastics.com/

SALVATION ARMY KROC CENTER
1765 W Golf Course Rd
Coeur d'Alene 83815 kroccda.org
info@kroccda.org 208-667-1865
Admin: Majors Ben & JoAnn Markham

SPOKANE BADMINTON CENTER
shuttlefreaks@gmail.com 208-806-1815
Spokanebadminton.weekly.com

SPOKANE FENCERS UNLTD 891-1344
2710 N Madelia, Spokane 99207
spokanefencersunlimited.com

SPOKANE TABLE TENNIS CLUB
3151 E 27th Ave 456-3581
Spokane 99223 lentilles@q.com
<https://sites.google.com/site/spokanetabletennisclub/home>

SPOKANE VALLEY ARCHERY 924-3364
3809 S Linke Rd, Greenacres 99016
spokanevalleyarchery.com/

STEP UP AND GO 209-2158
501 N Riverpoint Blvd, Ste#245
Spokane 99201 stepupandgo.org

WEST CENTRAL TABLE TENNIS 342-9322
1404 N Ash St, Spokane 99201
info@westcentraltabletennis.com
westcentraltabletennis.com/
[SpokaneTableTennis on facebook.com/](https://SpokaneTableTennis.on.facebook.com/)

Disability, Athletics

PARASPORT SPOKANE
16201 E Indiana, Ste 1200
Spokane 99216 999-6466
parasportspokane.org

SPECIAL OLYMPICS WASHINGTON
1809 7th Ave Ste 1509
Seattle 98101 206-362-4949
info@sowa.org 800-752-7559
specialolympicswashington.org

EASTERN WASHINGTON REGION
Sr Mngr: Stephen Opland
sopland@sowa.org

SPECIAL OLYMPICS OF IDAHO
199 East 52 St 800-915-6510
Garden City 83714 idso.org

BIKING: STREET, MOUNTAIN & RACES

bicyclealliance.org bikeleague.org
christiancycling.com spokefest.org
cycleidaho.com gsmba.org
www.idahopedbike.org
imba.com trails.com

BADDLANDS CYCLING CLUB- SPOKANE/COEUR D'ALENE
418 E Pacific, Ste 101 456-0432
Spokane 99202 baddlands.org

BELLES AND BASKETS
groups.yahoo.com/group/bellesandbaskets

BICYCLE ADVISORY BOARD CITY OF SPOKANE 625-6096
<https://my.spokanecity.org/bcc/boards/bicycle-advisory-board/>
lmeuler@spokanecity.org

BIKE TO WORK SPOKANE:
biketoworkspokane.org

BIKE HUB 474-1260
1403 W First Ave, Spokane
thebikehubspokane.com

BIKE FOR LIFE - MOSCOW
bikeforlifemoscow.com

BOMB-BELIEVERS ON MOUNTAIN BIKES
spokanebomb.com
spokanebomb@yahoo.com

CASCADE BICYCLE CLUB
7787 62nd Ave NE 206-522-3222
Seattle 98115 info@cascade.org
Eastside: Vicky cascade.org
vickyc@cascadebicycleclub.org

COEUR D'ALENE PED & BIKE ADVISORY COMMITTEE 208-292-5766
710 E Mullan Ave, 83814
coeurdaleneidaho.org
Chair: Chris Bosley

COOL WATER BIKES 838-8580
224 S Howard St, Spokane 99201
bikes@coolwaterbikes.org
Noah Sutherland coolwaterbikes.org

EVERGREEN EAST evergreeneast.org

FOURTH FRIDAY PUB PEDDLERS
facebook.com/pubpeddlers

GETTING AROUND SPOKANE USING PEDALS (GASUP) facebook.com

HEALTHY COMMUNITIES PROGRAM SPOKANE REGIONAL HEALTH DISTRICT
1101 W College Ave 324-1530
Spokane 99201 Bicycle Safety.

LAKE CITY TRAIL BUILDERS ASSN
[Lake-City-Trail-Builders-Association-on facebook.com](http://Lake-City-Trail-Builders-Association-on.facebook.com)

MOSAIC COMMUNITY BIKE SHOP
611 W 2nd Ave 655-7846
Spokane 99201 mosaicbikes.on.FB
Bikeshop@mosaicspokane.com
mosaicspokane.com/bikes

MOSCOW AREA MOUNTAIN BIKE ASSOCIATION bikemoscow.org

NORTH IDAHO BIKEWAYS
PO Box 2425 208-263-1149
Sandpoint 83864
northidahobikeways.com

PALOUSE BICYCLE COLLECTIVE 208-254-0094
224 W 3rd St, Moscow 83843
palousebicyclecollective.org
staff@palousebicyclecollective.org

PEND OREILLE PEDALERS
PO Box 2451, Sandpoint 83864
www.pendoreillepedalers.com/

RIVER ALLEY RATS
[RiversideAlleyRats on facebook.com](https://RiversideAlleyRats.on.facebook.com)

RIVER CITY RED CYCLING TEAM
<http://rivercityred.blogspot.com>

ROUTE OF THE HIAWATHA LOOKOUT PASS SKI & REC AREA
PO Box 108 208-744-1301
Wallace 83873 Fax: 744-1227
www.ridethehiawatha.com

SILVER BIKE TOURS 877-808-0913
PO Box 579, Coeur d'Alene 83816
silverbiketours.com

SPOKANE BICYCLE CLUB
spokanebicycleclub.org

SPOKANE FAMILY BIKING facebook.com

SPOKANE WOMEN BIKE COMMUTERS
facebook.com

TEAM TWO-WHEEL TRANSIT 747-2231
817 S Perry St, Spokanw 99202
twowheeltransitspokane.of.FB

TWIN RIVERS CYCLISTS 758-9303
PO Box 2108, Lewiston 83501
www.twinriverscyclists.org

WOMEN ON WHEELS
wowcyclingspokane@gmail.com
ZUSTER CYCLING facebook.com

COLLEGE / UNIVERSITY & RETAIL OUTDOOR PROG

skipatrolskiswap.com

EWU EPIC ADVENTURES
150 University Rec Center
Cheney 99004 359-4014
ewu.edu/recreation/campus-recreation/epic-adventures
epicadventures@ewu.edu

GONZAGA OUTDOORS 313-4189
Hemmingson Center Basement
outdoors@zagmail.gonzaga.edu
gonzagaoutdoors.gonzaga.edu

LEWIS-CLARK (LEWISTON) OUTDOOR ADVENTURES PROG 208-792-2670
lsc.edu/campus-recreation/lsc-outdoor-adventures/

MOUNTAIN GEAR EVENTS
2002 N Division 340-1151
Spokane 99207 mountaingear.com

NIC OUTDOOR PURSUITS 208-769-7809
jacob.rothrock@nic.edu nic.edu
Program Coord: Jacob Rothrock

REI OUTINGS 328-9900
1125 N Monroe St cchrist@rei.com
Spokane 99201 rei.com/stores/24

U OF I OUTDOOR PROG 208-885-6810
1000 Paradise Crk St, Moscow 83843
uidaho.edu/current-students/campus-recreation/outdoor-program/

WHITWORTH OUTDOOR REC 777-3714
300 W Hawthorne Rd
Spokane 99251 777- 4561
<http://www.whitworthoutdoors.com>

WSU - OUTDOOR RECREATION CENTER
Student Recreation Center on North Fairway Dr 335-1892
Pullman 99163 <https://urec.wsu.edu/outdoor-recreation/>

GEAR SWAPS

49° NORTH SKI PATROL 935-6649

FITNESS FANATICS ANNUAL NORDIC/ CROSS-COUNTRY 922-6080

LOOKOUT PASS & SILVER MOUNTAIN
<http://winterswap.org>

Mt SPOKANE SKI PATROL 535-0102
<http://skipatrolskiswap.com>

SCHWEITZER ALPINE RACING SCHOOL

SARS, PO Box 63 208-263-1081
Sandpoint 83864 admin@sars.net
<https://sars.snowportal.com/fundraising/ski-swap/>

SPOKANE BIKE SWAP & EXPO
www.spokanebikeswap.com

SPOKANE NORDIC SKI ASSOCIATION
spokanenordic.org/skiswap
WSU ANNUAL SKI AND GEAR SWAP
orc.wsu.edu 335-1892

HIKING, TRAILS & MOUNTAIN CLIMBING

bchi.org bchw.org pnt.org
idahotrailassociation.org
washingtonstatetrailscoalition.org/

**BACKCOUNTRY HORSEMEN OF WA,
INLAND EMPIRE CHAPTER**
Inland NW Wildlife Council
6116 N Market 951-9225
POB 14371, Spokane Valley 99214
inlandempirebch.org/ 991-8322
Supports equestrian rights and
recreation on public lands.

**NORTHEAST CHAPTER OF BACK
COUNTRY HORSEMEN (NEBCH)**
PO Box 3094, Deer Park 99006
www.nebch.com/

FERRY COUNTY CHAPTER BCHW
92 Springridge Rd 775-9998
Republic 99166 fccbchw.com
PONDEROSA 466-2225
POB1184, Airway Heights 99001
www.pbchw.com

BCH OF NORTH CENTRAL IDAHO
Pres: Kathy Robinson 208-926-4562
rockinranchjk@gmail.com
PALOUSE BCH 208-883-2592
Pres: Mike Fredrickson
www.palousebch.org

PANHANDLE BCH 208-772-2434
PO Box 1903, Hayden 83835
www.pbch.org

PRIEST RIVER VALLEY BCH prvbch.com
Pres: Jim Mateer 425-503-2836

**BILL CHIPMAN PALOUSE TRAIL
PULLMAN CIVIC TRUST**
PO Box 322, Pullman 99163
www.pullmancivictrust.org

COLUMBIA PLATEAU TRAIL STATE PARK
100 SW Main St (509)646-9218
Washtucna WA 99371

DISHMAN HILLS CONSERVANCY
PO Box 8536, Spokane 99203
dishmanhills.org
president@dishmanhills.org
Exec Dir: Jeff Lambert 999-5100
Spokane County Parks 998-8807
WA DNR, NE Region 684-7474

**EASTERN WASHINGTON ORIENTEERING
CLUB** 838-7078
POB 944, Spokane 99210 ewoc.org

ED CORKHILL TRAIL
<http://www.kendrick-juliaetta.org>

FERRY COUNTY RAIL TRAIL PARTNERS
PO Box 3, Malo 99150

info@ferrycountytrail.com
www.ferrycountytrail.com

FRIENDS OF THE CENTENNIAL TRAIL
PO Box 351, Spokane 99210
Loreen McFaul 624-7188
friends@spokanecentennialtrail.org
spokanecentennialtrail.org

**FRIENDS OF THE COEUR D'ALENE
TRAILS** 208-691-9169
PO Box 804, Wallace 83873
friendsofcdatrails.org/

GEOCACHING geocaching.com

INLAND NW HIKERS
www.meetup.com/Inland-Northwest-Hikers/

INLAND NW TRAILS COALITION
Inland-Northwest-Trails-Coalition.org

**FRIENDS OF JOHN WAYNE PIONEER
TRAIL ORGANIZATION**
PO Box 3011, Winthrop 98862
friendsofjohnwaynepioneertrail.org

LATAH TRAIL FOUNDATION
PO Box 9344 208-874-3860
Moscow 83843 latahtrail@gmail.com
latahtrailfoundation.org

**NORTH IDAHO CENTENNIAL TRAIL
FOUNDATION** 208-292-1634
105 N 1st St, Ste 100, CdA 83814
info@nictf.org itsmytrail.com

SPOKANE MOUNTAINEERS
PO Box 1013, 99210 999-5100
spokanemountaineers.org

WASHINGTON TRAILS ASSOCIATION
705 2nd Ave, Ste 300
Seattle 98104 206-625-1367
hweiler@wta.org wta.org
Eastern WA Regional Coord: Holly
Weiler 921-8928

PARKS & RECREATION

BLM Recreation Areas

**IDAHO STATE
COEUR D'ALENE DISTRICT OFFICE**
3815 Schreiber Way 208-769-5000
Coeur d'Alene 83815 Fax: 769-5050
BLM_ID_CoeurAleneOffice@blm.gov
Mngr: Linda Clark Elclark@blm.gov
Field Manager: Kurt Pavlat
- COTTONWOOD FIELD OFFICE

2 Butte Drive 962-3245
Cottonwood 83522 Fax: 962-3275
BLM_ID_CottonwoodOffice@blm.gov
Field Manager: Richard White

**OREGON-WASHINGTON STATE
-SPOKANE DISTRICT**
1103 N Fancher Rd 536-1200
Spokane 99212 Fax: 536-1275
BLM_OR_SP_Mail@blm.gov

District Manager: Linda Clark
-WENATCHEE FIELD OFFICE
Field Manager: Aron King
915 N Walla Walla 665-2100
Wenatchee 98801 Fax: 665-2121
BLM_OR_WN_Mail@blm.gov

**Friends of Mt Spokane State
Park & Advisory Committee**
26107 N Mt Spokane Park Dr
Mead 99021 238-4258
www.mountspokane.org
Cris Currie criscurrie@jgc.org

**Friends of Scotchman Peaks
Wilderness**
PO Box 2061, Sandpoint 83864
scotchmanpeaks.org 208-290-1281
Hike Coord: Sandy Compton
Sandy@ScotchmanPeaks.org
Presentations: Phil Hough, Sandy
Compton Phil@ScotchmanPeaks.org

Hells Canyon Insititute - LCSC
@Garden Creek Ranch
Mail: Lewis & Clark State College,
Humanities Division, Thomas
Jefferson Hall 007, Lewiston 83501
hmdalygaleano@lsc.edu
lsc.edu/humanities/hells-canyon-institute/
208-792-2529
Marlowe Daly-Galeano

Ice Age Floods Institute
CHENEY-SPOKANE CHAPTER
PO Box 622 954-4242
Cheney 99004 iceagefloodsewa.org

**Idaho State Department of
Parks & Recreation**
888-9-CAMPID (922-6743)
parksandrecreation.idaho.gov

NORTH IDAHO REGION 208-769-1511
2885 Kathleen Ave, Ste 1
Coeur d'Alene 83815 Fax: 769-1418
Parks Manager: David White

-COEUR D' ALENE'S OLD MISSION SP
Exit 39 I-90 682-3814

-DWORSHAK STATE PARK
9934 Freeman Creek
Lenore, ID 83541 476-5994

-FARRAGUT STATE PARK 683-2425
13550 E Hwy 54, Athol ID 83801

-HELLS GATE STATE PARK
5100 Hells Gate Rd
Lewiston 83501 799-5015

-HEYBURN STATE PARK 686-1308
57 Chatcolet Rd, Plummer 83851

-McCROSKY STATE PARK 686-1308

-PRIEST LAKE SP 443-2200
314 Indian Creek Park Rd
Coolin ID 83821

-ROUND LAKE SP 263-3489
1880 Dufort Rd, Sagle ID 83860
TRAILS
-Coeur d' Alene Parkway 699-2224
-Trail of the Coeur d' Alenes 682-3814

**Kootenai County Parks,
Recreation and Waterways**
[www.co.kootenai.id.us/
departments/parkswaterways/](http://www.co.kootenai.id.us/departments/parkswaterways/)

Kootenai NWR
287 Westside Rd 208-267-3888
Bonners Ferry 83805
fw1KootenaiNWR@fws.gov
www.fws.gov/refuge/kootenai

**Latah County Parks &
Recreation**
Robinson Park 208-883-5709
5168 Robinson Park Rd
Moscow 83843 Fax: 883-2280
Director: Andrew Grant

**Little Pend Oreille National
Wildlife Refuge** 684-8384
1310 Bear Creek Rd lpo@fws.gov
Colville 99114 https://www.fws.gov/refuge/little_pend_oreille/

Moscow Parks & Recreation
1724 E F St 208-883-7084
Moscow 83843 Fax: 883-7093
ci.moscow.id.us/parks-rec

Forest Service fs.fed.us
Contact Ranger stations for
Recreations, Hiking, and Camping
info.
PACIFIC NORTHWEST REGION
1220 SW 3rd Ave 503-808-2468
Portland 97204

COLVILLE NATIONAL FOREST 684-7000
765 S Main St, Colville 99114

**COLVILLE AND KANIKSU FOREST SERVICE
KETTLE FALLS INFO CENTER** 738-2300

425 W 3rd, Kettle Falls 99141
-NEWPORT RANGER DISTRICT 447-7300

315 N Warren, Newport 99156
-REPUBLIC RANGER DISTRICT 775-7400

650 E Delaware Ave, Republic 99166
-SULLIVAN LAKE RANGER DISTRICT

12641 Sullivan Lake Rd 446-7500
Metaline Falls 99153

-THREE RIVERS RANGER DISTRICT

JOIN A TROOP OR VOLUNTEER TODAY!


girl scouts
of eastern washington
and northern idaho

1404 North Ash Street • Spokane WA 99201
509-747-8091 • www.gsewni.org

255 W 11th Ave 738-7700
Kettle Falls 99141

UMATILLA NATIONAL FOREST
72510 Coyote Rd 541-278-3716
Pendleton OR 97801

BLUE MOUNTAIN INTERAGENCY FIRE CENTER 541-963-7171
59973 Downs Rd
La Grande OR 97850

After Hours: 541-786 -5457
-POMEROY RANGER DISTRICT
71 West Main (509) 843-1891
Pomeroy 99347

-WALLA WALLA RANGER DISTRICT
1415 West Rose St (509) 522-6290
Walla Walla 99362

Idaho (208)

NORTHERN REGION

Federal Building, 200 E Broadway
PO Box 7669 406-329-3511
Missoula MT 59807 Fax: 329-3347

IDAHO PANHANDLE NATIONAL FOREST
3815 Schreiber Way 765-7223
Coeur d'Alene 83815

COEUR D'ALENE WILDLAND FIRE CENTER 772-3283

-BONNERS FERRY RANGER DIST
6286 Main St 267-5561
Bonners Ferry 83805

COEUR D'ALENE RIVER RANGER DISTRICT
-Fernan Office 2502 E Sherman
Coeur d'Alene 83814 664-2318
-Silver Valley Office, 173
Commerce Dr, Smelterville 83868
(208) 783-2363

-PRIEST LAKE RANGER DISTRICT 443-2512
32203 Hwy 57, Priest River 83856

-SANDPOINT RANGER DISTRICT 263-5111
1602 Ontario St, Sandpoint 83864

St JOE RANGER DISTRICT
-St Maries Office 245-2531
222 S 7th, Ste #1, 83861
-Avery Office 245-4517
34 Hoyt Drive, 83802

NEZ PERCE-CLEARWATER NATIONAL FOREST
903 3rd Street 935-2513
Kamiah ID 83536

LOCHSA/POWELL RANGER DISTRICT
-Lochsa Ranger Station 926-4274
502 Lowry Rd, Kooskia 83539
-Powell Ranger Station/Lolo Pass
Visitor Center 942-3113
21200 Hwy 12, Lolo, MT 59847

MOOSE CREEK RANGER DISTRICT
831 Selway Rd 926-4258
Kooskia ID 83539

NORTH FORK RANGER DISTRICT
12730 Highway 12 476-4541
Orofino ID 83544

PALOUSE RANGER DISTRICT 875-1131
1700 Highway 6, Potlatch 83855

RED RIVER RANGER DISTRICT
300 American River Rd
Elk City ID 83525 842-2245

SALMON RIVER RANGER DISTRICT
304 Slate Creek Rd 839-2211
White Bird ID 83554

National Park Services
ICE AGE FLOODS NATIONAL GEOLOGIC

TRAIL 754-7800
1008 Crest Dr, Coulee Dam 99116

LAKE ROOSEVELT NATIONAL RECREATION AREA 754-7800
1008 Crest Dr, Coulee Dam 99116

LEWIS AND CLARK TRAIL
601 Riverfront Dr 402-661-1804
Omaha, NE 68102

NEZ PERCE NATIONAL HISTORICAL PARK
39063 US Hwy 95 208-843-7009
Lapwai ID 83540

OREGON NATIONAL HISTORIC TRAIL
National Trails Intermountain
Region 801-741-1012

POB 728, Santa Fe NM 87504

WHITMAN MISSION NATIONAL HISTORICAL SITE 522-6360
328 Whitman Mission Rd
Walla Walla WA 99362

Panhandle Parks Foundation

212 Ironwood Dr Ste, D PMB 124
Coeur d'Alene 83814 208-446-4813

panhandleparks@gmail.com
panhandleparksfoundation.org

Supports the development of parks, open space and recreational opportunities in Boundary, Bonner, Kootenai, Benewah, and Shoshone counties.

Potlatch - Idaho Recreation

idrecreationpermits@potlatchcorp.com
<http://recreation.potlatchcorp.com/id/default.asp>

The public is allowed year round access to Potlatch Forest Holdings, Inc. ("Potlatch") Idaho lands. Certain guidelines and rules will be followed by the public.

Pullman Parks & Rec

Pioneer Center, 240 SE Dexter
Pullman 99163 338-3227
pullmanparksandrec.com

Rainout Line 334-3131
PULLMAN AQUATIC & FITNESS CENTER
500 NW Larry, 99163 338-3290

Riverside State Park Foundation

riversidestateparkfoundation@gmail.com
Mike Brixey riversidestatepark.org

Spokane County Park, Rec, & Golf

404 N Havana 477-4730
Spokane 99202 Fax: 477-2454
<https://www.spokanecounty.org/1130/Parks-Recreation-Golf>

Provides recreation for youth (swimming lessons) and adults (softball, basketball and volleyball). Admittance fees for pool and lake sites and team entry fees are based on activity or program.

Spokane Parks & Rec

808 W Spokane Falls Blvd
Spokane 99201 625-6200
my.spokanecity.org/parksrec/aquatics 625-6960

CORBIN KIDS SUMMER CAMP 625-6677
507 W 7th Ave

Offers fine art and craft classes for adults and children 2-11. Fees apply.

TEEN/OUTDOOR PROGRAM 625-6200
Programs for youth to improve self image, peer relationship skills and use of discretionary time.

Spokane Parks Foundation

222 W Mission Ave, Ste 10,
Spokane 99201 326-5233
ed@spokane parks foundation.org
spokane parks foundation.org

Spokane Valley Parks & Rec

parksandrec@spokanevalley.org
spokanevalley.org 688-0300
Fax: 688-0188

Provides summer day camps for children 6-11 and KinderCamp.

Turnbull National Wildlife Refuge

235-4723
26010 S Smith Rd, Cheney 99004
fws.gov/turnbull

WA DNR Recreation & Facility Access

<http://rec-map.s3.amazonaws.com/index.html>
Online Navigation to DNR campgrounds, trailheads, and day use areas

Washington State Forest and Trust Lands - DNR

dnr.wa.gov/managed-lands/forest-and-trust-lands
NORTHEAST REGION 684-7474
225 S Silke Rd, Colville 99114-
northeast.region@dnr.wa.gov
Includes Little Pend Oreille Forest

Washington State Parks - DNR

888-CAMPOUT (226-7688)
<http://parks.state.wa.us/101/>
EASTERN REGION 665-4319
270 Ninth Street NE, Ste 200
East Wenatchee 98802

-CRAWFORD STATE PARK
10381 Boundary Rd
Metaline Falls 99152

-CURLW LAKE STATE PARK
62 State Park Rd, Republic 99166

-FIELDS SPRING STATE PARK
992 Park Rd, Anatone 99401

-LEWIS & CLARK TRAIL SP
36149 SR 12, Dayton 99328

-MOUNT SPOKANE STATE PARK
26107 N Mount Spokane Park Dr.
Mead WA 99021

-PALOUSE FALLS STATE PARK
@ Palouse Falls, LaCrosse 99143

-RIVERSIDE STATE PARK 465-5064
9711 W Charles Rd
Nine Mile Falls WA 99026

-STEPTOE BATTLEFIELD STATE PARK
S. Summit Lp 360-902-8844
Rosalia WA 99170

-STEPTOE BUTTE SP 360-902-8844

WA State Parks Foundation

<https://wspf.org>

Whitman County Parks and Recreation

310 North Main St 397-6238
Colfax WA 99111 Fax: 397-5647
Wawawai County Park 334-3774

Wildlife Management Areas Washington Department of Fish and Wildlife (WDFW)

wildthing@dfw.wa.gov
wdfw.wa.gov/lands/wildlife_areas/management_plans/ 360-902-2515
admittance to WDFW lands is with a Discovery Pass
Phone:

OUTDOOR EDUCATION & YOUTH LEADERSHIP

Boy Scouts of America

INLAND NW COUNCIL
411 W Boy Scout Way 325-4562
Spokane 99201 Fax: 242-8233

inwcnfo@bsaemail.org nwscouts.org
Youth development program for ages 6-18 to learn citizenship, personal fitness, leadership, good character and outdoor recreation.

CLARKSTON SERVICE CENTER
915 6th St 758-7575
Clarkston 99403 Fax: 758-7663

susan.blackmon@scouting.org
HAYDEN SERVICE CNTR 208-772-2455
10739 N Government Way
Hayden Lake 83835 Fax: 762-2423

jennifer.vest@scouting.org

Camp Easton, Camp Grizzly, Cowles Scout Reservation

BOY SCOUTS OF AMERICA 325-4562
411 W Boy Scout Way
Spokane 99201 inwcnfo@bsaemail.org

northwestscout.org Fax: 242-8233

CAMP EASTON
23516 S Hwy 97, Harrison 83833

CAMP GRIZZLY
1101 Palouse River Rd, Harvard 83834

COWLES SCOUT RESERVATION
916 N Shore-Diamond Lake Rd
Diamond Lake 99156

Camp Fire Inland Northwest

524 N Mullan, Ste 102 747-6191
Spokane 99206 campfireinc.org
Campfire@campfireinc.org

Dir: Steve Jurich Fax: 747-1913
Offers summer camps, Not-in-Schools programming, Thrive & Stem programming, clubs and more.

Camp Wooten Environmental Education Center

360-902-8600
2711 Tucannon Rd 360-843-1080

Pomeroy WA 99347

Chewelah Peak Learning Center

3215 Flowery Trail Rd 935-7400
Chewelah 99109

awsplearningcenters.org/chewelahpeak/

Provides low cost opportunities for school children to explore environmental and leadership issues. A year-round, 380-bed host facility with staffed kitchen, 50 miles north of Spokane/near 49 Degrees North Ski Resort.

Cooperative Observer Program - NWS Spokane

nws.noaa.gov/om/coop/

Community Collaborative Rain, Hail and Snow Network invites volunteers to do precipitation reports in the back yard.

EnviroKids' Club

spokanecounty/1585/EnviroKids

Free club for Spokane County children grades K-6. Members explore all aspects of the environment through a quarterly newsletter that includes fun activities, and notices about local events related to the environment.

Friends of Turnbull National Wildlife Refuge 487-3358

4615 E Frederick Ave, Spokane
POB 294, Cheney 99004 fotnwr.org
Encourages volunteers to help with the various programs and raise funds to help support the several environmental education interns who facilitate environmental education for school groups on and off refuge.

Girl Scouts of Eastern Washington and Northern Idaho (GSEWNI)

1404 N Ash St, Spokane 99201
www.gsewni.org 747-8091

customer-care@gsewni.org
Serves over 3,000 girls in kindergarten through 12th grade with the help of nearly 2,000 dedicated adult volunteers. Continues a mission of building girls of courage, confidence, and character. Offers leadership development organization for girls, an authority on girls healthy development and works daily with girls and women to transform their leadership potential.

Inland NW Nature Connection

8706 E Upriver Dr 340-1028
Spokane WA innconnection.org

Unites community and nature through education and recreation programs and cultivates an informed and engaged community.

Peak 7 Adventures 467-5550

14617 N Newport Hwy (Ste #7)

Mead 990217 peak7.org

SPOKANE WAREHOUSE 252-0775

1409 W White Rd, Spokane 99224

Serves youth—primarily underprivileged and at-risk—in Washington and Oregon, to provide them experiences in outdoor adventure in rafting, kayaking, hiking and camping. Opportunities are offered through low prices and scholarships.

REI Outdoor School 328-9900

1125 N Monroe St, Spokane 99201

rei.com/stores/spokane.html

Outdoor Prog & Outreach Market
Coor: Carol Christensen

Selkirk Outdoor Leadership and Education (SOLE)

1255 Meadowood Rd

Sandpoint 83864 928-351-7653

info@soleexperiences.org
soleexperiences.org

The Puzzle Project

thepuzzleproject2015@gmail.com

thepuzzleproject.org 208-691-4405

Helps families with special needs children get outdoors. Helps with Day Camps, outdoor activities, and specialized equipment that might be needed to enjoy the great outdoors.

Twin Eagles Wilderness School

433 Cedar Springs 208-265-3685

Sandpoint 83864

Tim Corcoran twineagles.org

Offers nature connection mentoring programs to youth and adults throughout the Inland Northwest, including popular summer camps.

West Valley Outdoor Learning Center 340-1028

8706 E Upriver Dr, Spokane 99212

Dir:Jami Ostby-Marsh olc.wvwd.org

Gives teachers and students experiences in the outdoors while instilling an appreciation for fish, wildlife and natural resources.

Youth Employment Program - Ecology Youth Corps

WA DEPT OF ECOLOGY 329-3506

4601 N Monroe, Spokane 99205

Lynette.kuehl@ecy.wa.gov

ecy.wa.gov/programs/swfa/eyc

Prog Sec: Lynette Kuehl
Offers summer litter-control employment and environmental education for ages 14-17.

ROLLER DERBY

wttda.com

CHERRY BOMB BRAWLERS - SPOKANE

Boomtown, 2823 N Madelia, 99218

cherrybombbrawlers.com

INLAND NW ROLLER DERBY - PIXIES

Roller Valley Skate Center 9415 E

4th Ave, Spokane Valley 99206

inlandnorthwestrollerderby@gmail.com

inlandnorthwestrollerderby.com

LILAC CITY ROLLER DERBY

contact@lilaccityrollerderby.com

lilaccityrollerderby.com

LilacCityRollerGirls.com

PALOUSE RIVER ROLLERS

Gladish Community and Cultural

Center, 115 NW State St

PO Box 908, Pullman 99163

palouseriverrollers@gmail.com

palouseriverrollers.com

ROLLING HILLS DERBY DAMES

Gladish Community Center

PO Box 1486, Pullman 99163

rollinghillsderbydames@gmail.com

rollinghillsderbydames.com

SNAKE PIT DERBY GIRLS

snakepitrollerderby.com

SPOKANNIBALS spokannibals.com

WALLA WALLA SWEETS ROLLER GIRLS

Destination CrossFit, 16 E Poplar

St, Walla Walla

wallawallasweetsrollergirls@gmail.com

wallawallasweetsrollergirls.com

RUNNING & TRIATHALONS

BLOOMSDAY ROAD RUNNERS CLUB

POB 645, Spokane 99210 brcc.net

MANITO RUNNING CLUB

manitorun.net

DIRTY DASH thedirtydash.com

FLEET FEET SPORTS

13910 E Indiana Ave 309-2174

Spokane Valley 99216

1303 N Washington St 328-4786

Spokane fleetfeetspokane.com

FLYING IRISH RUNNING CLUB

flyingirish.org

GIRL'S ON THE RUN OF SPOKANE

COUNTY 920-474-6875

PO Box 1245, Spokane 99201

lindsay.box@girlsontherun.org

gotrspokane.org

LANTERN TAP HOUSE RUN CLUB

1004 S Perry, Spokane 99202

lanterntaphouse.com

LILAC BLOOMSDAY ASSOCIATION

bloomsdayrun.org

LILAC CITY VOLKSSPORT ASSN

lcva0326@hotmail.com

lilaccityvolks.com 465-2690

PALOUSE FALLS BEER CHASERS

- MOSCOW/PULLMAN

palousefallsbeerchasers@gmail.com

beerchasers.blogspot.com/

SoHi RUNNING CLUB

SoHiRunningClub.a.facebook.com

SPOKANE DISTANCE PROJECT

spokanedistanceproject.com

SPOKANE SWIFTS RUNNING TEAM

spokaneswifts.com

TRI FUSION TRIATHLON CLUB tri-fusion.com

WATER SPORTS

acanet.org amrivers.org

americanwhitewater.org

boatingtheinlandnw.blogspot.com

idahowhitewater.org

idahorivers.org nwrafters.org

http://www.spokanewatertrail.org

uscanoe.com wrafters.org

washingtonkayakclub.org

wrrr.org/ www.wwta.org

COEUR D'ALENE CANOE & KAYAK CLUB

president@cdacanoekayakclub.org

www.cdacanoekayakclub.org

FLOW ADVENTURES 242-8699

PO Box 9824, Spokane 99209

www.flow-adventures.com

INLAND EMPIRE SWIMMING ASSOC

PO Box 8085

208-883-4526

Moscow 83843

Fax: 883-4526

info@ieswim.org

ieswim.org

NW WHITEWATER ASSOCIATION

PO Box 7458

220-8018

Spokane 99207

Paul Delaney

spokanerafterguy@comcast.net

northwestwhitewater.org

ROW ADVENTURES CENTER

PO Box 579 866-836-9340

Coeur d'Alene 83816 208-770-2517

202 Sherman Ave, 83814

www.rowadventurecenter.com

SPOKANE CANOE & KAYAK CLUB

POB 819, Spokane 99201 sckc.ws

SPOKANE RIVER FORUM 535-7084

2206 S Sherman, Spokane 99203

spokaneriver.net Fax 535-3986

SPOKANE RIVER ROWING ASSN

PO Box 8075, Spokane 99203

www.spokanerowing.org

SPOKANE AREA SWIMMING

PO Box 9920, Spokane 99209

spokaneareaswimming.org

Washington State Department of Natural Resources - Aquatics

RIVERS DISTRICT 360-577-2025

aquaticleasing.rivers@dnr.wa.gov

dnr.wa.gov/programs-and-services/aquatics

Water Recreation-SRHD

srhd.org 324-1560x4

Public and semi-public water recreation facility inspections and permitting, complaint investigation, plan review and pre-occupancy inspections of new facilities.

WINTER SPORTS

http://pnsa.org

49° NORTH

3311 Flowery Trail Rd 935-6649
PO Box 166, Chewelah 99109
www.ski49n.com Fax: 935-4218

LILAC CITY FIGURE SKATING CLUB
6321 N Addison St 483-7385
Spokane 99208 <http://lcfsc.org>
lilaccityfigureskating@gmail.com

LILAC CURLING CLUB spokanecurling.com
lilaccitycurling@gmail.com

LOOKOUT PASS SKI & RECREATION AREA
I-90 Exit 0, Mullan 83846
PO Box 108 208-744-1301
Wallace 83873 Fax: 744-1227
info@skilookout.com skilookout.com
www.ridethehiawatha.com

MT SPOKANE SKI & SNOWBOARD PARK
29500 N Mt Spokane Park Dr
Mead 99021 238-2220
mtspokane.com

Ski Report 443-1397

SPOKANE NORDIC SKI EDUCATION FOUNDATION spokanenordic.org
PO Box 501, Spokane 99210
info@spokanenordic.org

SPOKANE SKI RACE ASSOCIATION
PO Box 678 979-7499
Spokane 99210 gossra.org

SILVER MOUNTAIN RESORT
610 Bunker Ave 866-344-2675
Kellogg 83837 silvermt.com

SCHWEITZER MOUNTAIN RESORT
10,000 Schweitzer Mountain Rd
Sandpoint 83864 208-263-9555
schweitzer.com Fax: 263-0775

HOLISTIC RESOURCES

bodymindspiritdirectory.org

Holistic Associations

COEUR D'ALENE HOLISTIC CHAMBER OF COMMERCE
POB 1323, Coeur d'Alene 83816
lauriegoesgreen@aol.com
cdaholisticchamber.org
Pres: Laurie Philips 208-829-1716

HOLISTIC FESTIVALS, SPOKANE
Clg500@outlook.com 468-9001
Cindy Gardner holisticfestivals.com
Vendor Info: Sybil Vaughn 624-1865
Sybil@holisticfestivals.com

METAPHYSICAL RESEARCH SOCIETY
Unity Church, 29th & Bernard
PO Box 4061, Spokane 99220
info@mrsspokane.com 838-8155
mrsspokane51@gmail.com
Luann Stallcop mrsspokane.com

SPOKANE HERBAL FESTIVAL
facebook.com/events/1388578944789027/

Training & Certification Progs

MASSAGE THERAPY & SCHOOL OF MASSAGE
Wellness Education Cntr 280-0839
922 S Cowley St, Spokane 99202
wellnesseducationcenter.com

Dylan Patterson, LMP

MELLOW MONKEY YOGA TEACHER

TRAINING PROGRAM 270-0001
9017 E Euclid, Spokane Valley 99212
mellowmonkeyyoga.net

THERAPEUTIC CONNECTIONS: MASSAGE SCHOOL 919-2482
505 E 24th Ave, Spokane 99203
rebecca@tcmessageschool.com
tcmessageschool.com
Rebecca Dragseth, LMP, BA Ed

THE YOGA SCHOOL OF SPOKANE
c/o City Yoga on the Hill 869-4121
505 E 24th Ave, Spokane 99203
spokaneyogashala.com

YOGA & EAST ASIAN MARTIAL ARTS

AIKI SPOKANE ROSHINKAN DOJO
503 E. 30th Ave 325-7348
Spokane 99203 aikispokane.com

BLUE LOTUS SANCTUARY 208-665-1946
bluelotussanctuary.com

HARMONY YOGA, LLC 747-4430
harmonyyoga@comcast.net
harmonyyoga.com

INLAND NORTHWEST FALUN DAFA
falundafaspokane@gmail.com
falun-inlandnw.org/practice-sites

MELLOW MONKEY YOGA 270-0001
9017 E Euclid, Spokane Valley 99212
mellowmonkeyyoga.com

MOON TREE GENTLE YOGA
511 S Pine, Ste D 481-3134
Spokane 99202 moontreeyoga.com

MOUNTAIN PATH YOGA 684-0965
818 E Columbia, Colville 99114
<https://www.facebook.com/mountainpathyoga/>

SOL RENEWAL 434-6386
12130 N Mill Rd, Ste A
Spokane 99218 manduka.com/sol-renewal-spokane-wa/

SOUTH PERRY YOGA 443-6241
915 S Perry St southperryyoga.com
PO Box 30306, Spokane 99223

SPOKANE KENDO CLUB
spokanekendo.com

SPOKANE YOGA SHALA 838-0545
731 S Garfield St, Spokane 99202
spokaneyogashala.com

SUNFLOWER YOGA 535-7369
6413 E 14th Ave, Spokane Valley 99212
sunfloweryoga.net

TAI CHI CULTURAL HOUSE
3803 N Nevada St, Spokane 99207
taichiculturehouse.com

YASODHARA YOGA 838-3575
406 S Coeur d'Alene St, Ste T
Spokane 99201
yasodharayoga.org/spokane/

YOGATOPIA
115 NW State St, Pullman 99163
ytcustomerservice@gmail.com
<http://yogatopia.vpweb.com/>

YOUTH SPORTS

BALLERS YOUTH SPORTS CLUB - OPERATION HEALTHY FAMILY - OHF
631 S Richard Allen Ct, Ste 201
Spokane 99201 720-4645
tommy@ohfspokane.org
ohfspokane.org byscspokane.org
Exec Dir: Tommy Williams
Offers an Obesity prevention program that teaches youth ages 8-18 proper technique and skills in basketball and football. Stress the importance of sports nutrition and sportsmanship.

BAMBINO BUDDY BALL - (BASEBALL)
PO Box 18055, Spokane 99228
<https://www.baberuthleague.org/bambino-buddy-ball.aspx> 251-2588
bambinoballmom1@yahoo.com

GOth RUGBY
1324 N Liberty Lake Rd, Ste 293
Liberty Lake 99019 228-8170
brett@gothrugby.com

HOOPFEST 624-2414
601 W Riverside, Ste 206, 99201
POB 599, Spokane 99210
Rick Steltenpohl spokanehoopfest.net
Organizes and operates outdoor 3-on-3 basketball tournament.

HUB SPORTS CENTER
19619 E Cataldo Ave 927-0602
Liberty Lake 99016 Fax: 927-0622
PO Box 604, Greenacres 99016
info@hubsportscenter.org
hubsportscenter.org
Serves as a nonprofit, community based regional sports venue, in partnership with other community nonprofits, where youth, adults and seniors take part in a variety of events and activities.

INLAND NORTHWEST POP WARNER YOUTH FOOTBALL
3030 S Grand Blvd, #130, Spokane
football@inpw.org eteamz.com/InlandNorthwestPopWarner/

NBC CAMPS 800-406-3926
10003 N Division Ste 100
Spokane 99218 Fax: 467-6289
nbc@nbccamps.com nbccamps.com
Offers overnight basketball camps at Whitworth and NIC. Day Camp locations include: The Warehouse, HUB Sports Center, Whitworth 466-4690

PASS (PLAYER ADAPTIVE SOCCER SKILLS)
monaca.PASS@gmail.com 270-0251

RECTENNIS - US TENNIS ASSOC PNW
anderson@pnw.usta.com
rectennis.com 991-0696

SASQUATCH SPORTS CAMPS 954-0034
sasquatchsportsamps@gmail.com
sasquatchsports.com

SKY HIGH SPORTS 321-5867
1322 E Front Ave, Spokane 99202
spo.jumpskyhigh.com Fax: 278-4030

SPOKANE EMPIRE (ARENA FOOTBALL)
spokaneempire.com/home/

- YMCA SPOKANE EMPIRE FOOTBALL CAMPS/CLINICS 777-YMCA
pbryant@ymcaspokane.org
ymcaspokane.org

SPOKANE JUNIOR SOCCER 747-5017
9116 E Sprague Ave #138
Spokane 99206 Fax: 800-918-0683
Info@SpokaneSoccer.org
Tim Barlos spokanesoccer.org
Soccer for ages 4+ in Spokane city & county.

SPOKANE LITTLE LEAGUE WA DISTRICT 13
202 W 2nd, Spokane 99201
wada13@msn.com 951-7934
eteamz.com/district13/
District Admin: George Kinney

SPOKANE SCOTTIES SOCCER
2703 W Crown Ave, Spokane
spokanescotties.com 979-6401

SPOKANE YOUTH LACROSSE 869-1697
laxspokanead@gmail.com
spokaneyouthlacrosse.com

SPOKANE YOUTH SPORTS ASSN
1221 N Howard 328-SYSA (7972)
Spokane 99201 Fax: 534-0191
receptionist@sysa.com sysa.com
Provides youth sports activities. Everyone plays, develops skills, and learns good sportsmanship and the value of being a team player.

SPORTS LEADERSHIP MINISTRIES
10003 N Division, Ste 100
Spokane 99218 232-6490
gail@nbccamp.com sportsleadership.net

SUPERTOTS 866-849-1099
9425 N Nevada, Ste 210
Spokane 99218
spokane@supertotsports.com
www.supertotsports.com

THE FIRST TEE OF THE INLAND NW
PO Box 4553, Spokane 99220
info@thefirstteeinlandnw.org
thefirstteeinlandnw.org 688-9892
Contact: Bob Heck

VALLEY YOUTH SOCCER LEAGUE
9116 E Sprague Ave, #138
Spokane Valley 99206 924-7661
info@VYsoccer.org vysoccer.org
Offers soccer programs to individuals, based on need and funding available.

YMCA PROGRAMS
ymcaspokane.org 777-YMCA(9622)
SCHOOL AGE PROGRAMS
Linda Greasley x106
lgreasley@ymcaspokane.org
SUMMER DAY CAMPS
Connie Reynolds x409
creynolds@ymcaspokane.org
TEEN PROGRAMS Christine Brischle x415
cbrischle@ymcaspokane.org

CHARITABLE ATHLETIC EVENTS

WALKS & RUNS

EPILEPSY FOUNDATION

<http://www.epilepsynw.org>

GREAT STRIDES- CYSTIC FIBROSIS

http://www.cff.org/great_strides

HEART WALK/5K RUN

AMERICAN HEART ASSN

http://www2.heart.org/site/TR/HeartWalk/WA-WesternStatesAffiliate?pg=entry&fr_id=2356

JINGLE BELL RUN/WALK

ARTHRITIS FOUNDATION

arthritis.org/get-involved/jingle-bell-run/jbr-locations.php

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

http://www2.jdrf.org/site/TR/Walk/JDRFNorthwestChapter4700?pg=entry&fr_id=7081

MARCH OF DIMES

marchofdimes.com/washington/

RACE FOR THE CURE- SUSAN B KOMEN

komeneasternwashington.org

RELAY FOR LIFE - AMER/CANCER SOCIETY

relayforlife.org

STEP OUT - AMERICAN DIABETES ASSOC

stepout.diabetes.org

WALK-FOR-WISHES - MAKE-A-WISH

<http://walkforwishes.kintera.org>

BICYCLING EVENTS

MS BIKE

secure.nationalmssociety.org

TOUR DE CURE- AMERI DIABETES ASSN

<http://main.diabetes.org>

GOLF TOURNAMENTS

<http://www.foregolftournament.com/charity-golf-tournament/>
cancercarenorthwest.com/ccnw-foundation-annual-golf-classic/
www.guildschool.org/golf
facebook.com/pg/cottonclassic
<http://lilacblind.org/golf/>
hospiceofspokane.org/giving/fundraising-events/scramble-for-hospice/
zakcharityopen.org