

OUTDOORS & RECREATION

OUTDOORS

PARKS & RECREATION

Washington (509)

Discover Pass *discoverpass.wa.gov*
Experience Washington *experiencewa.com* **866-964-8913**
Out There Outdoors POB 559, 99210 *outthereoutdoors.com* **822-0123**
editor@outtheremonthly.com
 Inland NW guide to outdoor recreation & related environmental issues.
Outdoor Recreation and Economic Development **360-902-0488**
WA Governor's Policy Advisors *jon.snyder@gov.wa.gov*
WA Park & Recreation Assn
 2150 N 107th, Ste 205 **206-361-8869**
 Seattle 98133 *wrpa@wrpatoday.org* *wrpatoday.org*

Film Festival

Back County Film Festival
Winter Wildland Alliance *winter-wildlands.org/backcountry-film-festival/*
Banff Centre Mountain Film Festival *banffcentre.ca*
Spokane *foxtheaterspokane.org*
spokane.banff@mountaingear.com
CDA *FB@BanffMountainFilmFestivalCDA*
Sandpoint *FB@BanffMountainFilmFestivalSandpointIdaho*
WSU Pullman

jmstahl@wsu.edu **335-2349**
Whitman College *rileyab@whitman.edu* **527-5965**

EveryBODY Screendance Film Festival *gonzaga.edu*
Indigenous Film Festival *FB@ElkSoup*
International Fly Fishing Film Festival *flyfilmfest.com*

Trail Running Film Festival *https://trailfilmfest.com*
Uranium Film Festival *wpsr.com*
Walla Walla Movie Crush *themoviecrush.com*

Wild & Scenic Film Festival *wildandscenicfilmfestival.org*
North Idaho *kealliance.org/wsff*

World Trails Film Festival *trails.film*
UI Fish & Wildlife Film Festival *cnr-fwff@uidaho.edu*

Bureau of Land Management (BLM) Recreation Areas *blm.gov*
Oregon Washington **503-808-6001**
 1220 SW 3rd, Portland OR 97204
blm_or_so_land_office_mail@blm.gov
Spokane District Rec Area Office
 1103 N Fancher, 99212 **536-1200**

City Parks

Airway Heights **244-4845**
airwayheightsparksandrec.org
Cheney **498-9250**
Chewelah *larryfetter@gmail.com*
Colfax *parke@colfaxwa.org* **397-3861**
Colville **684-6037**
Davenport **725-4352**
Deer Park **276-8801**
cityofdeerparkwa.com
Elk Community Park **768-0418**
 45201 N Elk Camden/POB 141, 99009
FB@Elk Community Park

Liberty Lake *libertylakewa.gov* **755-6714**
Medical Lake **565-5007**
Prescott Joint Park & Recreation
 Dist 101 S D, Prescott 99348 **849-2314**

Waitsburg Park and Recreation District POB 35 Waitsburg 99361 *waitsburgparks.org*
Pullman Parks & Rec **338-3227**
 Pioneer Center, 240 SE Dexter, 99163
pullmanparksandrec.com

Rosalia **523-3305**
Spokane Parks & Recreation **625-6200**
 808 W Spokane Falls Blvd, 99201
my.spokanecity.org/parksrec

Spokane Parks Foundation **280-1664**
 POB 8127, 99203
spokaneparksfoundation.org
Spokane Valley **720-5200**
parksandrec@spokanevalley.org

County Parks

Adams County Park and Rec - Dist 4
 POB 251, Ritzville 99169
parksandrecreation_4@outlook.com
FB@Adams-County-Parks-Rec-District-4

Lincoln County
Coulee Area Park and Recreation District POB 411, Grand Coulee 99133
couleeparks.com

Pend Oreille County Parks & Recreation *pendoreille.org* **447-4821/6457**
Spokane County Park, Rec & Golf
 404 N Havana, 99202 **477-4730**
spokanecounty.org

Provides recreation for youth, with adult softball, basketball, volleyball and swimming. Admittance fees for pool and lake sites and team entry fees based on activity or program.

Walla Walla City Parks & Recreation
 15 North 3rd, Walla Walla 99362
wallawallawa.gov **527-4527**

Whitman County Parks & Recreation
 310 N Main, Colfax 99111 **397-6238**
 Kamiak Butte **878-1869**
 Wawawai County Park **334-3774**

National Forest Service *fs.fed.us*

Contact ranger stations for hiking, recreation and camping information.
Pacific NW Region **503-808-2468**
 1220 SW 3rd, Portland OR 97204

Colville National Forest **684-7000**
 765 S Main, Colville 99114
Kettle Falls Info Center **738-2300**
 425 W 3rd, Kettle Falls 99141

Newport Ranger District **447-7300**
Republic Ranger District **775-7400**
Three Rivers Ranger District **738-7700**
Umatilla National Forest
 72510 Coyote **541-278-3716**
 Pendleton OR 97801

Blue Mountain Interagency Fire Cntr **541-963-7171** After Hrs **541-786-5457**
Pomeroy Ranger District **843-1891**
Walla Walla Ranger Dist **522-6290**

National Park Services
Ice Age Floods National Geologic Trail
 1008 Crest, Coulee Dam 99116 **754-7800**
Lake Roosevelt National Recreation Area **754-7800**
 1008 Crest, Coulee Dam 99116

Natl Wilderness Protected Areas *wilderness.net*
Juniper Dunes Wilderness **536-1200**
Pasayten Wilderness **996-4003**
Salmo-Priest Wilderness **446-7500**
Wenaha-Tucannon **843-1891**

National Wildlife Refuge *fws.gov*
Little Pend Oreille **684-8384**
 1310 Bear Creek *lpo@fws.gov*
 Colville 99114
McNary NWR 64 Maple, Burbank 99323
Turnbull NWR *fws.gov/turnbull* 26010 S Smith, Cheney 99004 **235-4723**

Natural Area Preserves/Natural Resources Conservation Areas *WA State DNR* *FRCD@dnr.wa.gov*
 Includes direct oversight of Spring Creek Canyon.

Washington Natural Areas Prog - DNR *molly.jennings@dnr.wa.gov* **925-0911**
Northeast Region **684-7474**
brett.walker@dnr.wa.gov
 Pineroft NAP, Little Pend Oreille
 River Natural Area Preserve,
 Trombetta Canyon Natural Area Preserve and Dishman Hills NRCA.

Southeast Region **925-0911**
Kevin.Haydon@dnr.wa.gov
 Includes Marcellus Shrub Steppe.

WA State DNR - Department of Natural Resources *dnr.wa.gov*
Northeast Region **684-7474**
 225 S Silke, Colville 99114
northeast.region@dnr.wa.gov

Includes Little Pend Oreille Forest.
Recreation & Facility Access *rec-map.s3.amazonaws.com/index.html*
 Online navigation to campgrounds, trail heads and day-use areas.
Natural Resources Police *dnr.wa.gov* **360-902-1625**
 MS 47014, Olympia 98504 **902-1698**

Washington State Parks - DNR **888-CAMPOUT (226-7688)**
parks.state.wa.us/101
WA State Parks Foundation *wspf.org*
Eastern Region **665-4319**
 270 9th NE, Ste 200, East Wenatchee 98802
Crawford State Park 10381
 Boundary
 Metaline Falls 99152 **446-4065**
Curlew Lake State Park **775-3592**
 62 State Park, Republic 99166
Fields Spring State Park
 992 Park, Anatone 99401
Lewis & Clark Trail State Park
 36149 SR 12, Dayton 99328
Mount Spokane State Park
 26107 N Mt Spokane Park, Mead 99021
Friends of Mt Spokane State Park
 c/o Ken Carmichael
 10804 W Seven Mile, 99224
mountspokane.org **238-4258**

Palouse Falls State Park
 POB 541, Wastucna 99371 **646-9218**
Riverside State Park **465-5064**
 9711 W Charles, Nine Mile Falls 99026
Riverside State Park Foundation
riversidestateparkfoundation@gmail.com
riversidestatepark.org
Steptoe Battlefield State Park **337-6457**
 S Summit Lp, Rosalia 99170
Steptoe Butte State Park **360-902-8844**

Idaho (208)
City Parks
CdA *cdaid.org/parks* **769-2252**
Grangeville *grangeville.us* **983-2851**
Lewiston *cityoflewiston.org* **746-2313**
Moscow *ci.moscow.id.us* **883-7084**
Post Falls *postfalls.gov* **773-0539**
Rathdrum *rathdrum.org* **687-2399**
Sandpoint
sandpointidaho.gov **263-3613**

Bureau of Land Management (BLM) Recreation Areas *blm.gov*
US Dept of the Interior **373-3889**
 1387 S Vinnell, Boise 83709

blm_id_stateoffice@blm.gov
Coeur d'Alene District Rec Area
3815 Schreiber, 83815 **769-5000**
Elclark@blm.gov BLM_ID_Coeur-
dAleneOffice@blm.gov
Cottonwood Field Office
2 Butte, 83522 **962-3245**
BLM_ID_CottonwoodOffice@blm.gov

County Parks Departments
Bonner County Parks
bonnercountyid.gov **255-5681x4**
Boundary County Parks & Rec **304-3603**
POB 3044, Bonner Ferry 83805
Kootenai County Parks &
Waterways
co.kootenai.id.us **446-1275**

Latah County Parks & Rec **883-5709**
Robinson Park, 5168 Robinson Park
Moscow 83843 latah.id.us/parks_rec
Nez Perce County Parks & Rec -
Dept of Planning & Building
Brammer Bldg, 1225 Idaho/POB 896
Lewiston 83501 **799-3089**

Panhandle Parks Foundation
212 Ironwood, Ste D PMB 124
Coeur d'Alene 83814 **446-4813**
panhandleparks@gmail.com
panhandleparksfoundation.org

Shoshone County Parks **753-5475**
700 Bank, Ste 35, Wallace 83873

Idaho State Dept of Parks & Rec
888-9-CAMPID (922-6743)

parksandrecreation.idaho.gov
North Idaho Region **769-1511**
2885 Kathleen, Ste 1, CdA 83815
Idaho Friends of State Parks
idahofriends.org

Coeur d'Alene's Old Mission State
Park Exit 39 I-90 **682-3814**

Dworshak Dam & State Park **476-5994**
9934 Freeman Creek, Lenore 83541

Farragut State Park **683-2425**
13550 E Hwy 54, Athol 83801

Hells Gate State Park **799-5015**
5100 Hells Gate, Lewiston 83501

Heyburn State Park **686-1308**
57 Chatcolet, Plummer 83851

McCroskey State Park **686-1308**

Priest Lake State Park **443-2200**
314 Indian Creek Park, Coolin 83821

Round Lake State Park **263-3489**
1880 Dufort, Sagle 83860

National Forest Service fs.fed.us
Northern Region **406-329-3511**

Federal Bldg, 200 E Broadway
POB 7669, Missoula MT 59807

Idaho Panhandle National Forest
3815 Schreiber **765-7223**
Coeur d'Alene 83815

Wildland Fire Center **772-3283**
Bonnors Ferry Ranger Dist **267-5561**
Coeur d'Alene River Ranger Dist
Fernan Office **664-2318**
Silver Valley Office **783-2363**
Priest Lake Ranger District **443-2512**
Sandpoint Ranger Dist **263-5111**
St Joe Ranger District **245-2531**
Avery Office **245-4517**

Nez Perce-Clearwater NF **935-2513**
903 3rd, Kamiah 83536

Lochsa/Powell Ranger District
Lochsa Ranger Station **926-4274**
Powell Ranger Station **942-3113**

Moose Creek Ranger Dist **926-4258**
North Fork Ranger District **476-4541**

Palouse Ranger District **875-1131**
Red River Ranger District **842-2245**

Salmon River Ranger Dist **839-2211**

National Park Services
Hells Canyon Nat'l Recreation Area
fs.usda.gov **758-0616/541-523-6391**

Lewis & Clark Trail **402-661-1804**
601 Riverfront, Omaha NE 68102

Oregon National Historic Trail
POB 728, Santa Fe NM 87504

Intermountain Region **801-741-1012**

National Wildlife Refuge
Kootenai NWR **267-3888**
287 Westside, Bonners Ferry 83805
fw1KootenaiNWR@fws.gov
fws.gov/refuge/kootenai

Natl Wilderness Protected Areas
wilderness.net

Gospel-Hump Wilderness
842-2245/839-2211

Selway-Bitterroot Wilderness **926-4274/**
926-3113/926-4258/476-4541/842-2245

RECREATION

Amateur Athletics US aausports.org
District Gov: paul@yvn.com **453-2696**

Karate: warabay@gmail.com

Washington (509)
Golf Classics/Tournaments, Charity
cancercaresouthwest.com/ccnw-
foundation-annual-golf-classic
FB@cottonclassic lilacblind.org/golf

hospiceofspokane.org kh.org
spokane-golf-tournamentthepnga.org

Spokane Fencers Unlimited
2710 N Madelia, 99207 **891-1344**
spokanefencersunlimited.com

Ultimate Frisbee
discnw.org usultimate.org/local

Spokane FB@97129417452
Walla Walla Valley wwultimate.com

Athletic & Fitness Centers
MUV Fitness - St Luke's Rehab
Downtown 809 W Main, 99207
South 5501 S Regal, 99223
North 603 E Holland, 99218
East 14927 Sprague, 99216
YMCA **777-YMCA (9622)**
ymcainw.org

Central 930 N Monroe, 99201
North 10727 N Newport Hwy, 99218
South 2921 E 57th, 99223
Spokane Vly 2421 N Discovery, 99216

Biking cyclecelebration.com
evergreeneast.org spokefest.org
wabikes.org pullmanchamber.com
rivercitycycling.org li.me
summerparkways.com

Baddlands Cycling Club **456-0432**
POB 8202, 99202 baddlands.org

Bicycle Advisory Board
rshea@spokanecity.org
my.spokanecity.org **625-6087/6331**

Biking Betties of the Inland NW
FB@303630576452095

Shacktown Community Cycle
611 W 2nd, 99201 **332-1264**
FB@shacktowncomm
shacktownbnb@gmail.com

Spokane Bicycle Club **990-1474**
POB 8802, 99203
FB@spokanebicycleclub
spokanebicycleclub.org
WheelShare **625-6087**
wheelshare@spokanecity.org

Bicyding Events, Charity
Blazing100.org lilaccentury.com
lcsnw.org/8-lakes-bike-ride/
wacanid.org rotaryinmotion.com

Hiking & Climbing trails.com
alltrails.com pnt.org traillink.com
FB@Inland-Northwest-Trails-Coalition
meetup.com/Inland-Northwest-Hikers
traillink.com/city/Spokane-wa-trail
washingtonstatetrailscoalition.org

Backcountry Horsemen of WA
Supports equestrian rights and
recreation on public lands.

Ferry County Chpt BCHW **775-9998**
POB 84, Republic 99166 fccbchw.com
lgfccbchw@yahoo.com

NE Chapter **360-918-3016**
Clayton Grange nebchw.com

4478 Railroad, Clayton 99110
POB 3094, Deer Park 99006
dlwallace700@gmail.com



THE KROC CENTER IS MORE THAN A GYM

WE'RE A SAFE PLACE TO BELONG AND GROW

BUILDING COMMUNITY FOR 15 YEARS

No matter your circumstances, you can find your place at The Kroc Center!

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- Feeding Families thru Food Banks
- Mental Health Support
- Youth Water Safety Outreach
- & so much more at The Kroc!



Learn more about Kroc Community Outreach at kroccda.org/support

KROCCDA.ORG
Coeur d'Alene, ID



RAY & JOAN
KROC CENTER
COEUR D'ALENE, ID

Ponderosa pbchw.com 710-1162
10804 W Seven Mile, 99224

Bill Chipman Palouse Trail - Pullman Civic Trust POB 322, Pullman 99163
pullmancivicttrust.org

Columbia Plateau Trail SP 646-9218
100 SW Main, Washucna 99371

Eastern Washington Orienteering Club ewoc.org 838-7078
POB 944, 99210 624-2155

Ferry County Rail Trail Partners
POB 3, Malo 99150 ferrycountyrailtrail.com

Friends of the Bluff
POB 30771, 99223 friendsofthebluff.org

Friends of the Centennial Trail
POB 351, 99210 624-7188

friends@spokanecentennialtrail.org
spokanecentennialtrail.org

Friends of Fancher
FB@425561341923670

friendsofthefancher@gmail.com

Friends of Palisades FB@palisadesnw
POB 19382, 99219 friendsofpalisades.com

friends@friendsofpalisades.com

Northeast WA Trails 800-776-7318
c/o Tri-County Economic Develop

District, 986 S Main, Ste A 684-4571

Colville 99114 trails@teddonline.com

newashingtontrails.com

Palouse to Cascades Trail Coalition
POB 3011, Winthrop 98862

PTCTCoalition@gmail.com 337-6457

palousetocascadestrail.org

Pend Oreille Valley Rail Riders-Lions Club POB 2305, Priest River 83856

sporttrainrides@gmail.com

FB@LionsRailriders

Student Conservation Assn
POB 18497, Seattle 98118 thesca.org

HS and college volunteers protect and preserve the environment through conservation projects. 206-693-3147

Trail Running kaniksufamily.com
active.com ultrasignup.com

Kaniksultras.com mudfactor.com
mountainmagicrun.com nsplit.com

palouseroadrunners.com ccc50K.com

Washington Conservation Corps
Restores critical habitat, builds trails and responds to local and national disasters. ecology.wa.gov

Washington Trails Association
705 2nd, Ste 300 wta.org
Seattle 98104 206-625-1367

Mountain Biking, Events
nationalmtb.org washingtonleague.org
velo-northwest.com mtspokane.com
evergreeneast.org climbforthecure.org

Parcour
Fluent motions
104 W 3rd fluentmotions.com

Pickleball
uspickleball.org/get-involved

pickleball-clubs FB@wapickleball

spokanepickleball.club

presspickleball.com hubsportscenter.org
FB@512640649547635

FB@wallawallapickleballchat

hubsportscenter.org

pickleballonbroadway.com

powerpbc.com

Wlibur Pickleball 156 SW West, 99185

Womens Athletics & Dance
northwestbellydance.com

LC Valley Belly Dancing Clark Hghts
Grange FB@LC-Valley-Belly-Dance

lvalleybellydance@yahoo.com

Inland Northwest Conscious Dance Community Ecstatic Dance Spokane

facebook.com

Roller Derby
Lilac City lilaccityrollerderby.com

FB@LilacCityRollerGirls

Palouse River Rollers
palouse-river-rollers.square.site

Aerial Performance Arts
Coil Studio Coilsokane.com

Spokane FB@spokaneaerial
spokaneaerial.com 435-1576

Church of Arts and Expression
The Guardian Spokane

1403 N Washington St, 99201

theguardianchurch@gmail.com

theguardianspokane.com

Rec Banks & Outdoor Swaps
Check Out Washington- Spokane County Library District scl.d.org/check-out-wa

Library of Things - Spokane
Libraries spokanelibrary.org

REI Outdoor School 328-9900
1125 N Monroe, 99201 rei.com

Outdoor program & outreach.

Spokatopia spokatopia.com
shallan@outtheremonthly.com 822-0123

Spokane Great Outdoors & Bike Swap
https://spokaneoutdoorexpo.com

Spokane Bike Swap
spokanebikeswap.com

spokanebikeswapvolunteers@gmail.com

Running
bloomsdayrun.org brrc.net

spokanedistanceproject.com

raceentry.com nxnwrelays.com
FB@Run-Perry-Run-Club nsplit.com

palouseroadrunners.org flyingirish.org
thespokanemarathon.com

FB@362706093924931 raceroster.com
FB@Cherry-Pickers-Trot-Pit
FB@947005631992658 FB@jackasshalf

oneheartspokane.com mfbigfoot.com

elevationsspokane.org/stache/

newporthospitalandhealth.org/event/

autumn-bloom runthedam.com

communitycancerfund.org snapwa.org

teenkidcloset.org/socktoberdash

stridesforstrongbones.org

stepout-diabetes.donordrive.com

relayforlife.org

Trail Runs Charities
kaniksultras.com FB@RiversideRamsXC

badgermountainchallenge.com

spokaneriverrun.com mudfactor.com

mountainmagicrun.com

sekanitrailrun.com

FB@wildmoosechasetrailrun

Triathlon medicallake.org/trailblazer

FB@TriTownFloatDownPokerPaddle

diamondtri.pacificmultisports.com

https://valleyfest.org

Water Sports flow-adventures.com

washingtonkayakclub.org wrrr.org

northwestwhitewater.org

spokanewatertrail.org uscanoe.com

spokanerowing.org Swimthesnake.org

Winter Sports spokanenordic.org

ski49n.com gossra.org inwcurling.com

mtspokane.com lcfs.org pnsa.org

Ski Patrol
49 Degrees North 935-6649 x612

Mt Spokane Ski Patrol 954-4789

Idaho (208)

Athletic & Fitness Centers
Lighthouse YMCA 777-YMCA

1905 Pine, Sandpoint 83864

Salvation Army Kroc Center
1765 W Golf Course 667-1865

Coeur d'Alene 83815 krocdda.org

Offers group exercise classes, art and dance, youth education, swim lessons and water polo. info@krocdda.org

Biking
lakecitytrailalliance.com cdaid.org

pendoreillepedalers.com chafe150.org

ridewithgps.com lewisclarkmpo.org

Golfing
Coeur54 Foundation FB@54Foundation

POB 2911, Hayden 83835 659-6685

C54Foundation@gmail.com coeur54.com

Hiking & Mountain Climbing
pnt.org idahotrailsassociation.org

trailmaniacs.com

Backcountry Horsemen of ID
POB 513, Salmon 8346 bchi.org

Panhandle Dalton Garden City Hall
6360 4th, Dalton Garden
POB 1903, Hayden 83835 pbch.org

Priest River Valley BCH
prvbch.com 448-1045

Ed Corkhill Trail kendrick-juliaetta.org

Friends of the Coeur d'Alene Trails
POB 804 friendsofcdatrails.org

Wallace 83873 691-9169

Idaho State Dept of Parks & Rec
888-9CAMPID (922-6743)

parksandrecreation.idaho.gov

Coeur d' Alene Parkway 699-2224

Trail of Coeur d'Alenes 682-3814

ID Conservation Corps idahocc.org

6051 W Corporal 541-349-5055

Boise 8374 info@idahocc.org

Offers a challenging education and job-training experience that helps youth and young adults from diverse backgrounds develop the skills they need to lead full and productive lives.

Latah Trail Foundation latahtrail.org

POB 8155, Moscow 83843

North ID Centennial Trail Foundation
105 N 1st, Ste 100, CdA 83814

info@nictf.org itsmytrail.com 292-1634

Mountain Biking
roundandround.com silvermt.com

trekdda.com ridethehiawatha.com

FB@michael-ds-eatery/hilly-nilly-gravel-series

bikesignup.com idahomtb.org

Pickleball Club inwpc.com

bonnersferrypickleballclub.com

FB@panhandlepickleballclub

https://palousepickleball.org

Trail & Running ultrasignup.com

ridethehiawatha.com/events

priestlakerace.com kaniksufamily.com

runsignup.com haydenlakemarathon.org

uwnorthidaho.org doublejdogranch.org

Triathlon/Multisport
ironman.com/im703-coeur-dalene

hhaydentr.com postfalls.gov/triathlon/

cdatriathlon.com jenpaddlerun.com

priestlakerace.com/triathlon/

Water Sports rafters.org

americanwhitewater.org FB@racethejoe

idahowhitewater.org idahorivers.org

idahowatersports.com

ieswim.org longbridgeswim.org.

Winter Sports winterswap.org

sars.net skilookout.com

schweitzer.com silvermt.com

panhandlenordicclub.com

sandpointnordic.com

palousedividenordic.org

FB@PriestLakeNordic

panhandlenordicclub.com

Ski Patrol

Lookout Pass 744-1234 x17