

BIKING OVERNIGHTER TRIP TRAIL OF THE COEUR D'ALENES & ROUTE OF THE HIAWATHA

June 9-11, 2016
Thursday, Friday & Saturday

This trip will be a three-day, two-night exploration of a pair of outstanding bike trails in the Idaho Panhandle. We will ride approximately 15-30 miles each day, and stay overnight in a motel in Wallace, ID. This trip is intended for those who enjoy casual biking at a fairly leisurely pace, with an emphasis on enjoying the scenery rather than racking up mileage.

The Trails:

Trail of the Coeur d'Alenes – This trail follows the former Union Pacific Railroad right-of-way that runs over 70 miles east/west and nearly crosses the entire Idaho Panhandle. It is a paved trail for its entire length, and there is no trail fee to ride it. The highest elevation is at Mullan, the eastern end of the trail (3277'), and the lowest elevation is Lake Coeur d'Alene (2120'). We will ride part of the trail on day one and part of the trail on day three, and structure these rides so we can travel mostly on downhill or flat portions. There are expect some mild phills. There are many towns and amenities located along the trail. Any type of bike in good working condition can handle this trail.

Route of the Hiawatha – This is a 15-mile, firm gravel surface trail on an old railroad line. This is in a remote, mountainous area of the Bitterroot Range near Lookout Pass on the Idaho/Montana border. The route has great scenery and includes several tunnels and high trestle bridges. The longest tunnel is over 1.6 miles long, so a good headlamp or other light on your bike is essential. The trail runs gently downhill at a 1.7% grade from about 4200 feet elevation to 3200 feet. Lookout Pass Ski Area operates the trail and provides shuttle transportation to return. A mountain bike or hybrid tires are needed and skinny-tired road bikes should not be used. Rentals are available at Lookout Pass Ski Area. Sorry, we probably won't have room for anyone to take two bikes on this trip. The trail pass and shuttle fee are covered by your trip fee, but the bike rental is not.

Overnight accommodations:

Both nights will be spent in Wallace at the Stardust Motel (phone # 800-643-2386). We have reserved several double-occupancy rooms. The motel is a vintage motor inn offering clean, comfortable rooms with Wi-Fi, mini-fridges, coffee makers, and microwaves. The Trail of the Coeur d'Alenes is a couple blocks away. They are affiliated with the nearby Wallace Inn, and offer access to the pool and hot tub at the Inn. Although we have not stayed here previously, the staff has been excellent to work with, and I expect it will be a good place to stay. See their website at <http://stardustmotelwallace.com/>.

Transportation:

We will be taking our usual passenger van and pulling a trailer which has capacity for up to 14 bikes. In general, you will have some flexibility in choosing the distances you wish to ride each day, and the van can do drop-offs and pick-ups as needed.

Meals:

Participants will be responsible for their own meals. Lunches will be eaten on the trails or at picnic areas, so bring lunch foods that can travel in your backpack. For breakfasts and dinners, you can eat in the restaurants near the motel we stay in, or furnish your own food. Personal coolers are OK to bring as long as they are **SMALL**. Our motels rooms do not have kitchens.

Tentative Trip Agenda:

Thursday- Van departs at 5:30am from the Forest Park Recreation Office. **We will leave vehicles in a secure, fenced-in parking area in Forest Park, but check in at the Recreation Office first.** Try to arrive a bit early so we can load up and leave on time. The drive to the area near Coeur d'Alene will take around 6 hours or so with a few stops along the way. Have your breakfast and/or lunch whenever you feel the need; there should be plenty of opportunities as we drive over. The plan is arrive at the western end of the Trail of the Coeur d'Alenes in Plummer, Idaho and take an afternoon ride along one of the nicest sections of the trail, going past Lake Coeur d'Alene, the Chatcolet Bridge, Harrison, and other points of interest. We'll wrap up in late afternoon and then have a drive of just under an hour to reach Wallace and check in to our accommodations for the night. There will likely be a dinner stop at a nearby restaurant.

Friday- Our main activity will be to ride the Route of the Hiawatha. We'll want to depart from the motel in Wallace at 9:30am. It's a half-hour drive to the trailhead, and we'll need to coordinate our trail passes and any rentals needed. If you ride the 15 miles downhill at a leisurely, sight-seeing pace, you'll need roughly 2-3 hours. If some wish to do a round-trip, we can arrange that as well. We will have most of the afternoon to enjoy the area, and then we'll return to Wallace around dinnertime.

Saturday – There will time for another ride on the Trail of the Coeur d'Alenes, this time along the eastern end. It will also be a mostly downhill ride. The exact starting and ending points will be tentative, but one possibility is to start right from our motel and ride westward on the trail. We will want to wrap up our ride, and begin the drive home by around 2:00pm. There will be a dinner stop at some point along the way back (Moses Lake, Ellensburg?) and expect to return to Everett by 9:00pm.

EQUIPMENT TO BRING:

- A bicycle in good working order. A mountain or hybrid-style bike is preferred. If you bring a road bike you'll need to rent something for the Hiawatha Trail ride, which is not paved.
- Bike helmet, headlight or headlamp, spare inner tube, tire pump, a few tools
- Regular day trip gear: small pack, lunches, water, raingear, sunglasses, etc.
- Comfortable walking shoes. Hiking boots are not necessary, but we may do some walking.
- Overnight gear: clothes for overnight at the motel, personal toiletries, money for dinners and breakfasts (or bring your own food)
- Optional things: camera, SMALL personal cooler, etc.

WEATHER:

Average temps for this time of year in Idaho are generally in the 70's during the day and around 50 at night. Wind and rain are possibilities, as are hotter temperatures, but with any luck it should be a comfortable time of year for the rides.

LEARN MORE:

- Find out more about the bike trails on the web at:
<http://www.ridethehiawatha.com/the-trail>
<http://parksandrecreation.idaho.gov/parks/trail-coeur-d-alenes>

Any Questions: Call Andy at 425-314-9335, or Jane at 425-257-8369. Thanks for signing up! A reminder letter will be sent out in late May.

EVERETT PARKS AND RECREATION DEPARTMENT

Program: **2016 Programs,**

Instructor: **All**

Participant: _____ Age: _____ Birth Date: ____/____/____

Address: _____ City _____ Zip _____

Home Phone: (____) _____ Cell: (____) _____

MEDICAL HISTORY

Do you have or have you had any of the following: (Please indicate with a check mark √.)

If yes, please indicate what precautions should be taken.

- | | | |
|--------------------------|----------------------------|---------------------------------------|
| _____ Any Heart Problems | _____ High Blood Pressure* | _____ Diabetes |
| _____ Stroke | _____ Low Blood Pressure* | _____ Excessive Bleeding |
| _____ Anemia | _____ Circulatory Problems | _____ Hepatitis |
| _____ Nervous Problems | _____ Psychiatric Care | _____ Ulcer |
| _____ Malignancies | _____ Radiation Treatments | _____ Measles |
| _____ Typhoid Fever | _____ Tuberculosis | _____ Allergies to Anesthetics |
| _____ Tonsillitis | _____ Sinus Problems | _____ Allergies to medications/ drugs |
| _____ Asthma | _____ Arthritis | _____ Allergies to: |

Please describe any current medical treatment, impending operations, or any other medical or dental information that may possibly affect your treatment (including prescription medications). _____

EMERGENCY CONTACT

Name _____ Relationship _____

Phone (Day) _____ Cell _____ Phone (Evening) _____

CAUTION! PLEASE READ CAREFULLY. WAIVER OF LIABILITY/RELEASE.

To the fullest extent permitted by law, in consideration of the City of Everett granting me/my child the opportunity of attending or participating in **Everett Parks Recreation Programs** for the purpose of leisure enjoyment; and recognizing the fact that no benefits are derived by the City of Everett by allowing me/my child to attend or participate, I hereby release and hold harmless the City of Everett, its officers, employees, agents and volunteers from any and all liability claims, damages, costs, and expenses for both personal injury and/or property damage which may arise as a result of my or my child's participation in the program. I agree to assume all risks associated with the program.

In case of any emergency, and you are unable to contact me/us and/or you believe it is necessary to obtain the services of a doctor and/or hospital without first contacting me/us, I hereby authorize you and my doctor or hospital to immediately render all services and treatment deemed necessary at my/our expense.

I certify that the above information is true, correct, and complete. I understand that I/my child may become ineligible for any misrepresentations, falsifications or omissions in the above statements.

I have read, understood, and voluntarily accepted the conditions of the Waiver of Liability/Release printed above.

★

Signature of Participant or Parent/ Guardian if participant is under 18 _____ Date _____

PHOTO/VIDEO RELEASE: I hereby grant permission and authorize the City of Everett to use, publish, copyright, and re-publish my photograph/video or my child's photograph/video in whole or in part, unchanged or modified, in all media that exists now or later, for purposes of promoting, describing and advertising City facilities and events and programs sponsored by the City of Everett. I also release and waive any and all claims against the City for such use, publication and re-publication. I have read, understood, and voluntarily accepted the conditions of the Photo/Video Release printed above.



Signature of Participant or Parent/ Guardian if participant is under 18

Date



REGISTRATION NOT VALID WITHOUT SIGNED WAIVER

I hereby affirm that the information on this Hold Harmless and Medical History is current and correct.

2016

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