

Step Out: Walking & Hiking in Spokane County



Parking



Restrooms



Playground

Cheney ~ EWU

EWU, established in 1882, is located in Cheney (population 10,130), just 17 miles southwest of Spokane.

Route type: Sidewalks

Distance: 1.4 miles

ESTIMATED Steps: 2,800

Time: 24 minutes

Calories burned: 118



Showalter Hall

Developed in partnership with:



Rivers, Trails & Conservation Assistance Program
www.nps.gov/pwro/rta

Estimated steps, time & calories: based on an average (160 lb) person walking 3.5 mph; burning 84 calories per mile. Steps are based on average of 2000 per mile.
Disclaimer: This information is provided without any warranties or guarantees. We are not responsible for any injuries or difficulties you may encounter as a result of using this information. Always consult a physician before starting any new exercise program.