Holmberg Park

Holmberg Park, in north Spokane, offers play equipment, hiking trails, a ball field, basketball court, tennis court, shelters, free parking, a BBQ area and a public swimming pool.

Route type: Grass, dirt, sidewalks
Distance: 0.8 miles

ESTIMATED
Steps: 1,620
Time: 14 minutes
Calories burned: 67

Developed in partnership with:

Spokane Regional Health District www.srhd.org

National Park Service

Inland Northwest Trails Coalition

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

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.