



Parking



Restrooms



Playground

## Little Spokane River – Indian Painted Rocks

This is a nice, easy-paced hike alongside a marsh environment. Located 6 miles northwest of downtown Spokane, this hike has some of the most beautiful scenery in our area. At the trailhead, you will find ancient Indian paintings on the rocks; and as you make your way along the riverbanks, you will want to keep an eye out for the blue heron rookery in the tall cottonwoods by the river. There are a variety of animals that make the Little Spokane their home, including beaver, coyotes, deer, cougar and even moose. (No bikes or pets.)

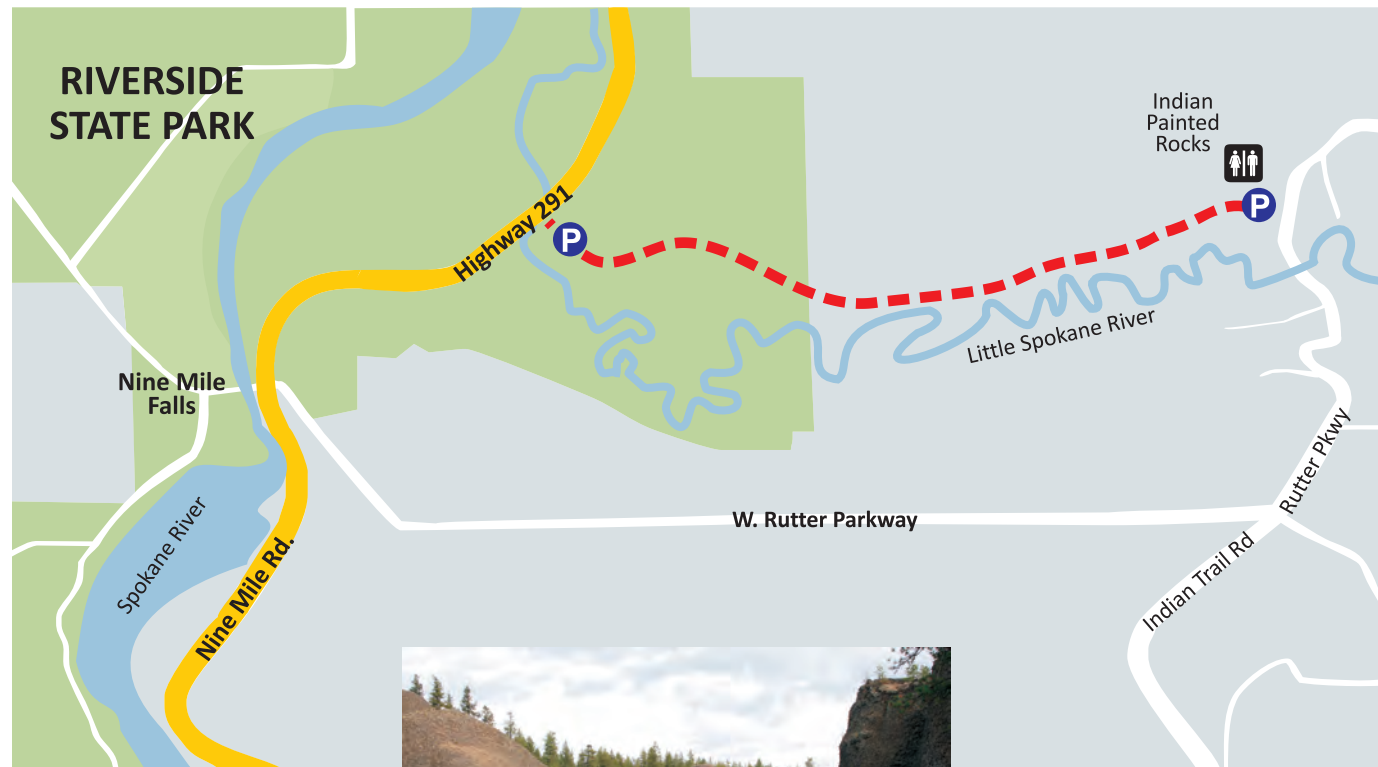
Route type: Dirt Trail

Distance: 3.5 miles (there and back)

**ESTIMATED** Steps: 7,000

Time: 1 hour

Calories burned: 294



Rock formations on the Spokane River

Developed in partnership with:



Rivers, Trails & Conservation Assistance Program  
[www.nps.gov/pwro/rtca](http://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.