



Parking



Restrooms



Playground

Manito Park ~ Cannon Hill Park Loop

Manito Park, originally named “Montrose Park,” has been the primary garden showplace in Spokane since 1903. The park originally played host to a zoo among other family friendly activities. Manito means “spirit of nature.” This 90-acre park offers manicured lawns, flowers, topiary shrubs, a greenhouse conservatory, playgrounds, plus swans, geese, ducks and so much more.

Route type: Paved paths, sidewalks
Distance: 2.4 miles (there and back)

ESTIMATED
Steps: 4,800
Time: 41 minutes
Calories burned: 202



- 1 Joel E. Ferris Perennial Garden
- 2 Gaiser Conservatory - Greenhouse
- 3 Duncan Gardens & fountain
- 4 Rose Hill Garden
- 5 Nishinomiya Japanese Gardens
- 6 Duck Pond



Gaiser Conservatory & Duncan Gardens

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.