



Parking



Restrooms



Playground

## Medical Lake Loop

**Medical Lake** was named for its high mineral content - believed to have healing powers. Native American tribes brought their sick to the lake and extracted its minerals to use as medicine. The City of Medical Lake was founded in 1872 by Andrew Lefevre who discovered the lake while searching for lost sheep, and decided to bathe in it. He found that the pain from his rheumatism was gone, and thus named the lake "Lac de Medicine." [www.medical-lake.org](http://www.medical-lake.org)

**Route type:** Paved trail, shared path  
**Distance:** 2.7 miles

**ESTIMATED**  
**Steps:** 5400  
**Time:** 46 minutes  
**Calories burned:** 227



### GETTING THERE:

From the east (Spokane): I-90 west to Exit 272 (Medical Lake); turn right (902 West); proceed approximately five miles to city limits; turn left (south) on Lefevre St. Continue south to entrance of Waterfront Park.

From the west (Seattle): Take I-90 east to Exit 264; and proceed as above.

### Waterfront Park Amenities:

- ◆ Picnic areas, large playground & swings
- ◆ Sand beach, swimming area
- ◆ Softball fields, volleyball court, and horseshoe pits
- ◆ Free parking, restrooms

Developed in partnership with:



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