

THERE'S MORE TO *Explore* P O S T F A L L S I D A H O



KAYAKING • ROCK CLIMBING • MOUNTAIN BIKING • HIKING



FISHING • FESTIVALS • SPEEDWAY • BREWERIES & DISTILLERY



AMUSEMENT PARKS • SNOWSHOEING • DINING • LODGING



VISITPOSTFALLS.ORG



POST FALLS, IDAHO

DESTINATION FOR EXPLORATION

Surrounded by exquisite mountain lakes and located on the Spokane River, you'll find one of Idaho's hidden gems; Post Falls. Just minutes from I-90 you'll discover miles of loop trails, scenic riverfront parks, and just about any water sport activity you're seeking. Post Falls is an impressive masterpiece of nature and it's waiting for you.



The rivers and lakes in the northern region are breathtaking. On the Spokane River,

above the historic falls, is a mecca of adventures with miles of tranquil water providing boating, wake surfing, jet skiing, paddle boarding, canoeing... one continuous connection to Lake Coeur d'Alene. Below the falls is a haven for kayaking, fishing, and rafting. Towering ponderosa pines continue down the gorge with high walls of rock faces on either side of the river which creates an enclosed world. It's beautifully intense.



WATER SPORTS



The Spokane River offers a mix of currents delivering an abundance of activities, above and below the historic falls. The calm waters above the falls is a



7-mile playground for just about any water activity for adrenaline junkies or those who prefer their water sports at a more leisurely pace.

During the Spring, the spill gates on the Post Falls Dam are open, offering breath taking views of the falls and creating an exciting rush of white water downstream for adrenaline rich kayaking.

HIKING



Just 2.3 miles off the interstate, you'll find The Post Falls Community Forest; a 500-acre multi-use, non-motorized public recreation area. Families will enjoy the 20-mile loop trail system connecting three trailheads. The trails twist and turn through ravines, up and down the hillside, and along nearly 2 miles of the Spokane River.



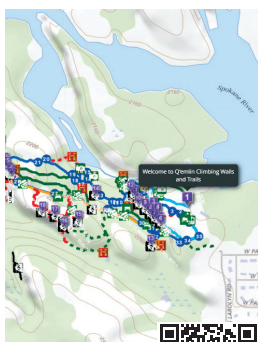
Viewpoints along these well-maintained trails reveal mountains, endless water, and prairies. Choose an easy or challenging path; there are routes for all ages. Every season in The Community Forest is breathtaking, and you will want to experience them all. Accessible year-round.



ROCK CLIMBING

Regarded as one of the region's top fingertip friendly climbing destinations, Post Falls, Idaho is where you will find easy access to over 140 moderate climbs and a training section called Schoolhouse Rock. Q'emiln Park (*pronounced Kah-mee-lin*) has 78 acres with rock routes ranging from 50-70 feet. With a beautiful scenic approach and minutes from I-90, these walls offer the region's best climbing and bouldering opportunities for all ages.

Whether you're new to rock climbing or a seasoned veteran, Post Falls' diverse geography offers a playground of sport, traditional, top-rope and bouldering for all levels and ages. The cliffs are mostly hidden under the tree canopy near the rushing Spokane River; it remains cool and shady throughout the summer.



BIKING



Cycling around and through the region offers an unforgettable way to soak up the scenery. The North Idaho Centennial Trail spans twenty-four miles from the Stateline through the heart of Post Falls and ending near Lake Coeur d'Alene, where you might catch a glimpse of eagles nesting and feeding.



Among the trees, and along side cliffs with awesome views of the river below, Post Falls Community Forest boasts 20 miles of loop trails. From leisure to challenging trails, mountain biking enthusiasts will appreciate the fun short runs the forest has to offer.

FESTIVALS & CONCERTS



Along the river and throughout Post Falls, make sure you explore these local entertainment favorites. In the Spring, enjoy crafter fairs and the Lantern Festival. It truly is a once-in-a-lifetime event with thousands of lanterns floating up into the night sky.

Join in the Summer fun at Post Falls Sprint Triathlon, youth fishing derbies and Movies in the Park. Enjoy a concert with local artists and renowned headliners performing in river front parks and on one of the largest outdoor venues in North Idaho. Post Falls Festival is a three-day event featuring a parade, vendors and concerts. River City Market & Music hosts local farmers and artisans, Wednesday evenings in July & August. Other exciting entertainment in and near Post Falls includes, North Idaho State Fair and Rodeo, Scareywood, Fall Crafter's Fair, and Winter Festivals!



FOOD & SPIRITS



As one of the emerging culinary scenes, both local and visiting foodies agree, Post Falls restaurants and pubs will tempt you with their farm-to-table delights, small plates, comfort food favorites, and award winning chefs.



Post Falls is rightfully proud of their local small-batch breweries, artisan distiller and one of the top whiskey bars in the region.



BEYOND POST FALLS

Hundreds of trails and wilderness throughout northern Idaho offer quality motorized recreational opportunities, wild berries and mushroom foraging, hunting, fishing, snowshoeing, snowmobiling and surrounded by four top ski destinations all within an hour drive.

Home of one of the Northwest's largest theme parks, indoor and outdoor water parks, incredible golf and more!



LODGING

All around town and right on the river are a variety of accommodation options for modest budgets to resort lifestyles. After a full day of exploring, settle in for a peaceful night.



PLAN TO EXPLORE MORE?

**DAY
01**

Morning

Climb

Afternoon

White Water Kayaking

Evening

Speedway

**DAY
02**

Morning

Paddle Boarding

Afternoon

Lunch &
Vintage Shopping

Evening

Concert & River Walk

**DAY
03**

Morning

Disc Golf on
the River

Afternoon

Wake Boarding

Evening

Sunset Boating

**DAY
04**

Morning

Wilderness Hike &
Huckleberry Picking

Afternoon

Fishing/Canoeing

Evening

Fair & Rodeo

**DAY
05**

Day Trip

Amusement &
Water Park Fun!

Evening

Farm to Table Dinner
& Community Movie
Night in the Park



EXPLORE POST FALLS



PARKS

1. **Q'emiln Park** | Rock Climbing • Boat Launch • Beach • Swimming
2. **The Post Falls Community Forest** | Hiking • Mountain Biking • Scenic Views • Snow Shoeing
3. **Corbin Park** | Disc Golf • Fishing • Kayaking • Picnic Areas
4. **Trailer Park Wave** | Fishing • Spring Whitewater Kayaking
5. **Falls Park** | Falls Viewpoint • Historical Site • Pond Fishing
6. **Treaty Rock** | Registered National Historic Site
7. **Black Bay Park** | Paved Hiking • Biking Trails • Scenic Views • Fishing • Tennis • Basketball • Sledding

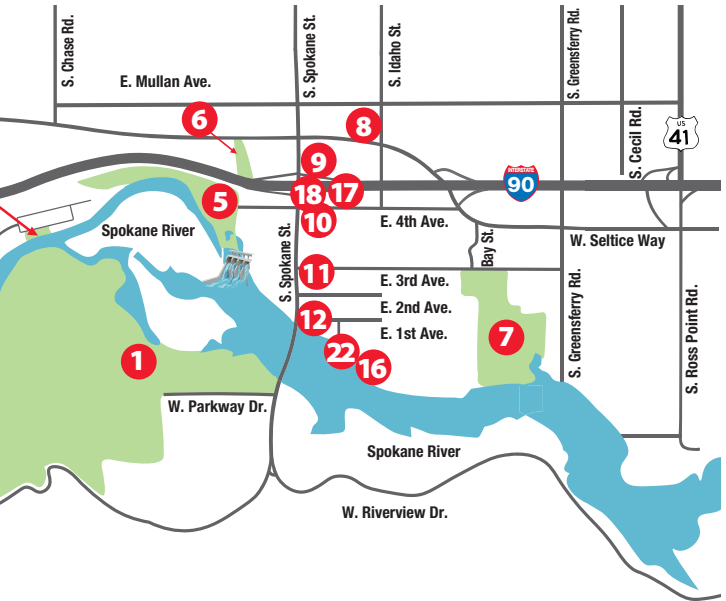
FOOD & BEVERAGES

8. **Big Bear Deli & Brews** | Sandwiches • Soups • Beer • Wine
9. **The Republic Kitchen & Taphouse** | Gastro Pub • Local Brews
10. **Sawmill Grille & Spirits** | American Cuisine • Whiskey Bar
11. **Bunker Bar & Bunker Food Truck** | Spirits • Burgers
12. **Post Falls Brewery** | Finely Crafted Idaho Beers
13. **Up North Distillery** | Single Barrel Craft Spirits • Cocktail Bar

ENTERTAINMENT

14. **Findley Stadium Stateline Speedway** | Racing • Concerts
15. **Buck Knives** | Free Facility Tours • Gift Shop
16. **Fun Unlimited** | Rentals: Paddleboards • Kayaks • Boats • Jet Skis
17. **Jacklin Arts & Cultural Center** | Art • Music • Classes • Exhibits
18. **Post Falls Museum** | Local History & Artifacts
19. **North Idaho State Fair & Rodeo** | Carnival • Rodeo • Shows
20. **Triple Play Family Fun Park & Hotel** | Indoor Water Park + More
21. **Silverwood Theme Park & Boulder Beach** | Amusement Park

& SURROUNDING AREA

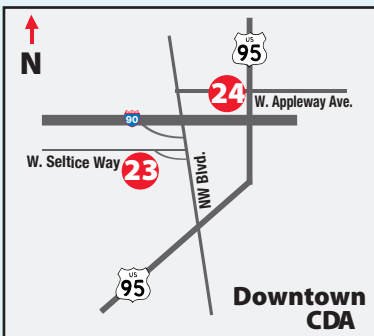


ACCOMMODATIONS

- 22. Red Lion Templin's Hotel on the River
- 23. Springhill Suites by Marriott
- 24. Best Western Plus Coeur d'Alene Inn

THERE'S MORE TO
Explore

South I-90



North I-90 to



POST FALLS PARKS & RECREATION



Post Falls has a variety of parks along the Spokane River and The Post Falls Community Forest to explore. Visitors have many opportunities for hiking, rock climbing, swimming and mountain biking. Besides some of the best natural terrain in North Idaho, you'll enjoy events hosted by Parks & Recreation, like summer movie nights, a triathlon and disk golf along the waterways.

FINDLAY STADIUM AT STATELINE SPEEDWAY



Findlay Stadium at Stateline Speedway is the best outdoor venue for all ages. We have a jam packed schedule of events running from April to October. Come see our infamous July 3rd demo derby and fireworks show, watch a boat race, come for a weekly Friday Night Fever Race, or catch one of our concerts. Tickets and full schedule are available at www.raceidaho.com! We'll see you at the races!

BUCK KNIVES



Designed and engineered with the outdoor enthusiast in mind, Buck Knives have been made in the USA with experience and craftsmanship for over 120 years. Take a free Factory Tour and see how Buck Knives are made. We recommend calling ahead to reserve your spot. Tours are Monday through Thursday from 10am - 2pm. Stop by the beautiful gift shop and take home a unique souvenir.

FUN UNLIMITED

Rediscover summer fun with Fun Unlimited! Rent a paddle board, kayak, jet ski, or boat from our on-the-water location. Families have plenty of space to relax on a sandy beach, splash in the roped-in swim area, and eat lunch! By boat or jet ski, you can zoom to Lake Coeur d'Alene on the 7-mile stretch of the Spokane River. Paddlers will start the journey in the no-wake zone of the Spokane River.



THE JACKLIN ARTS & CULTURAL CENTER

On the National Register of Historic Places, The JACC aims to ignite a passion for the arts. Come experience the arts; music, cooking and painting classes, exhibits, community gatherings & more. The beautiful cultural center is available for weddings, parties, and other large gatherings. Be sure to visit our gallery and experience diverse multi media exhibits.



POST FALLS MUSEUM

The Post Falls Museum is housed in a 99 year old former drugstore about a block from the Post Falls City Hall. It has historic displays, including a veteran room, enlarged photographs, a school room, and a hand-carved canoe. Museum hours are Thursday-Saturday, 10-4 p.m., mid-May through October or by appointment. Website, PostFallsMuseum.weebly.com



SAWMILL GRILLE & SPIRITS



Serving an array of delicious burgers, slow cooked pulled pork, fish & chips, salads and appetizers, all paired with award winning cocktails and great craft beers. Wander upstairs into the world of whiskey at the 99 Bottles of Whiskey Lounge. Boasting over 200 whiskeys, signature cocktails and the Region's 1st Place Old Fashion winner. Pet friendly outdoor seating available!

POST FALLS BREWING COMPANY



Located above the banks of the beautiful Spokane River in scenic Post Falls, Post Falls Brewing Company offers North Idaho's finest craft beer. Our selection of beers are all crafted in house using Northwest ingredients. We are kid friendly and allow well-behaved dogs on our patio. Open daily 12pm-10pm with rotating food trucks most days and live music on Saturdays.

UP NORTH DISTILLERY



Voted Best Local Distillery in North Idaho! Proudly producing award winning spirits using locally sourced ingredients. Enjoy a craft cocktail & a flight of our spirits on our dog friendly patio. Book a tour to learn more about the art of distilling spirits. Guests can also purchase bottles on site or at an Idaho liquor store. We feature Thursday night trivia & live music every Friday evening (June thru August).

THE BUNKER BAR AND FOOD BUNKER

The Bunker Bar is Veteran owned and passionate about honoring our nation's heroes while providing a fun, homelike feeling. It is often referred to as a real-life version of the fictional bar Cheers, "Where everybody knows your name." Don't forget to stop by the Burger Bunker food truck for their signature Sandbag poppers, an exceptional twist on jalapeño poppers, which pairs perfectly with their unforgettable burgers!



REPUBLIC KITCHEN + TAPHOUSE

Taste the sturdy flavors of Republic Kitchen + Taphouse, a converted 1910 Post Falls home on the National Historic Registry. Serving the craft foods we love to eat in a European gasthaus-meets-Seattle pub. With an insatiable appetite for quality craft beers, our taps offer both local and northwest artisan brews.



BIG BEAR DELI & BREWS

A local favorite and voted a top Idaho's Best in 2022 in the state! Big Bear Deli & Brews is the home of fresh-made sandwiches with Boar's Head meat and cheeses, specialty breads, with scratch made sauces and dressings. Also offering soups, salads, quiche, desserts, beer and wine. Dine-in, take-out or catering, leaves you with plenty of options. Pet friendly outdoor seating too!



SILVERWOOD THEME PARK & BOULDER BEACH



Silverwood is the largest theme and water park in the PNW! Ride massive coasters, race down dozens of water slides, relax in the never ending lazy River, and experience award-winning shows during your trip to North Idaho. Our beautiful atmosphere is an ideal destination to create memories with your family. We have something for everyone to enjoy!

TRIPLE PLAY FAMILY FUN PARK & HOTEL



Triple Play Family Fun Park offers endless fun for the entire family. With bowling, mini-golf, laser-tag, ropes climbing course, bumper boats, go-karts, XD Dark Ride, bumper cars, huge arcade & Raptor Reef Indoor Waterpark with a wave pool, 4 amazing slides and more there is sure to be something for everyone. All attached to the Triple Play Resort Hotel & Suites.

NORTH IDAHO STATE FAIR & RODEO



Join the biggest party of the summer August 29-28, 2022 for the North Idaho State Fair. Great food, carnival, magic, hypnotist, variety acts, live music, concerts, rodeo, demo derby and so much more the whole family is sure to enjoy! We are also the home year round to hundreds of events, check out our calendar to see what is happening this week!

RED LION TEMPLIN'S HOTEL ON THE RIVER

Red Lion Templin's is located directly on the Spokane River with 163 guest rooms and suites. Relax on a private beach or enjoy the indoor pool and fitness center. On site restaurant, Current Kitchen, offers sumptuous menu choices from small plates to full course meals. Enjoy your favorite beverage from the lounge as you unwind on the patio with exquisite river views.



BEST WESTERN PLUS COEUR D'ALENE INN

Full service hotel and convention center centrally located in northern Idaho. Chef prepared complimentary breakfast buffet served fresh every morning on-site at Mulligan's; open for breakfast, lunch and dinner. We have the second largest convention center in Coeur d'Alene with 13,000 square feet of meeting space.



SPRINGHILL SUITES BY MARRIOTT

The SpringHill Suites by Marriott in Coeur d'Alene blends style and function, creating the perfect destination. Amenities include a hot complimentary breakfast, microwave, mini-fridge, sofa-sleeper, free internet, pool & fitness area, outdoor splash pad, putting green and a BBQ for guests to use. Manager's Social is Mon-Thurs, 5pm-7pm with complimentary beer and wine!





RESOURCES

**Idaho Fish & Game
Resource Guides**
idfg.idaho.gov

**Idaho Parks and Recreation
Activities Finder**
parksandrecreation.idaho.gov/find-an-activity

Hikes and Walks in North Idaho
visitnorthidaho.com/activity-category/hikes-walks

Recreate Responsibly
recreate.idaho.gov

Idaho Road Construction
itdprojects.org



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Post Falls Visitor Center
(208) 773-5016
201 East 4th Avenue
Post Falls, ID 83854

FIND MORE INFO ON ACTIVITIES & AMENITIES

VISITPOSTFALLS.ORG