



Explore

POST FALLS
"North Idaho's Base Camp"



2024 MEDIA GUIDE

Explore endless opportunities from your base camp, Post Falls Idaho. Let our media kit be your guide!

The Q'emiln Walls feature some amazing vertical faces with ideal rock conditions for a healthy mix of trad and sport climbs. With 181 climbing routes/boulder problems, the park has something for everyone and all ages.

Easy 5.8 & Lower

Easy climbs are rigged to be user-friendly with generous protection bolts and accommodating holds. These routes are typically less steep and offer a more relaxing climbing experience for beginners.

- School House Rock - 8 routes
- Outback Wall - 8 routes
- Ledge Wall - 6 routes
- Alpha Wall - 2 routes
- Post Wall - 3 routes
- Garden Wall - 6 routes
- The Outback - 8 routes

Moderate 5.9–5.10b

Moderate routes require some more skill to navigate, as the rock faces tend to be steep and more challenging. With some skill and strategy, a moderately experienced climber can successfully navigate these routes.

- Post Wall - 12 routes
- Garden Wall - 6 routes
- Ledge Wall - 3 routes
- Upper Fifth Canyon - 7 routes
- Lower Fifth Canyon - 8 routes
- Outlaw Wall - 7 routes
- Rocky Wall - 3 routes
- Outback Wall - 5 routes
- Hidden Passage Boulder - 1 route
- Godzilla-Boulder - 1 route

Moderate to Hard 5.10c–5.12c

These routes are tailored for experienced climbers. Rigging can be technical and strenuous, as they are steep with large, easy-to-grip holds. Some routes feature looser rimrock and small in-cut holds.

- The Alley Boulder - 4 routes
- Lower Ledge Area - 5 routes
- Upper Fifth Canyon - 10 routes
- Lower Fifth Canyon - 13 routes
- Rocky Wall - 5 routes
- Spice of Life - 5 routes
- Alpha Wall - 2 routes
- Outlaw Wall - 2 routes
- Death Fall Wall - 4 routes
- Garden Wall - 2 routes
- Post Wall - 2 routes
- The Project Wall - 4 routes
- The Block - 3 routes
- Death Fall Wall - 4 routes
- Lower Fifth Canyon, right & left - 22 routes



To find more info on these individual routes scan the QR.



OUTDOOR ACTIVITIES

Along the Spokane River and less than 5 minutes from I-90 is nature's playground with all the amenities needed for an adventurous vacation.

ROCK CLIMBING

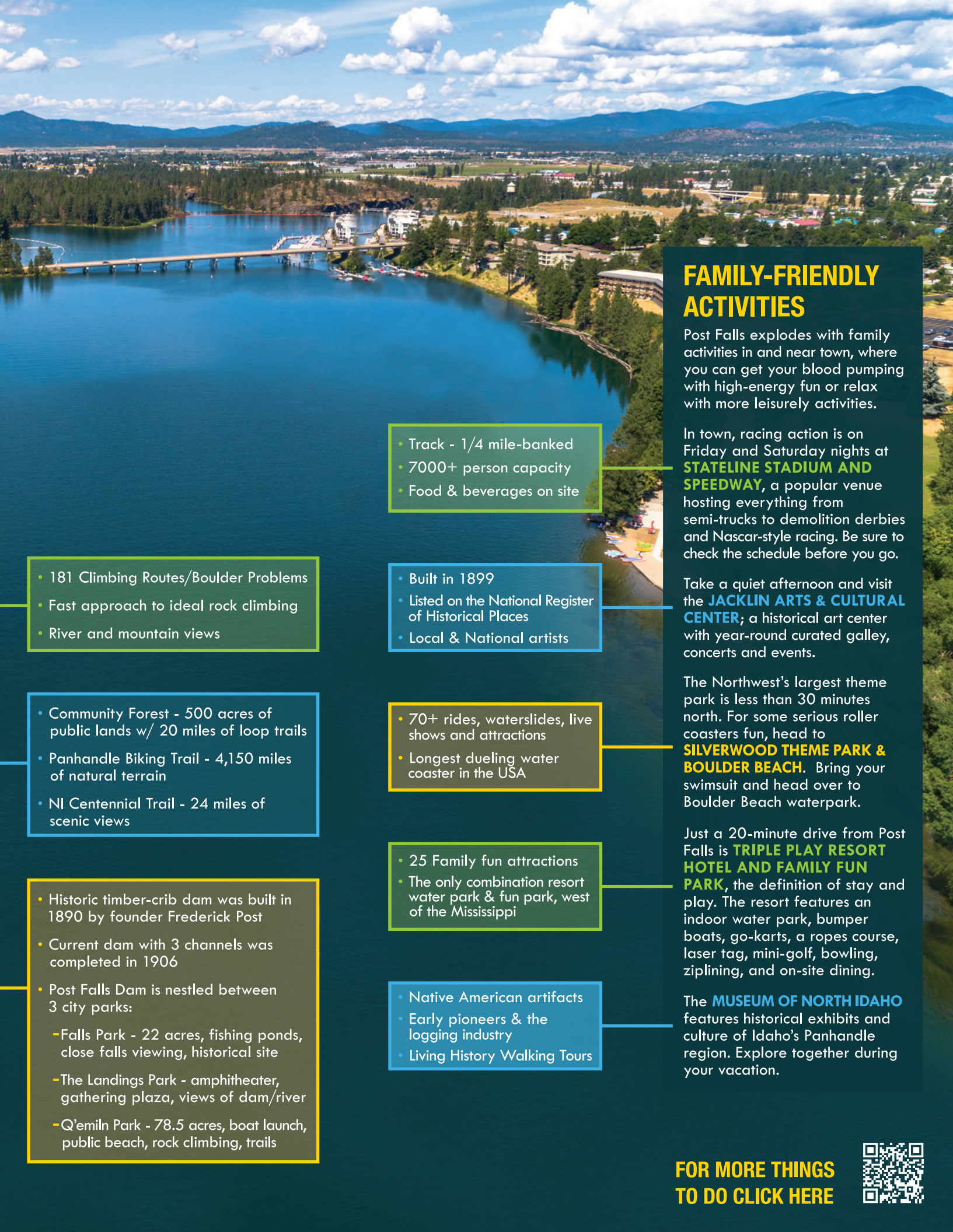
Post Falls is one of the Northwest's top rock climbing destinations within minutes of the interstate. Well-maintained granite climbing routes and boulder problems under a canopy of trees at **Q'emiln Walls**. All levels of trad and sport climbers will find a section of rock to challenge their skills.

HIKING & MOUNTAIN BIKING

One of the best ways to experience the beauty of North Idaho is by hiking or biking. Start with the **Post Falls Community Forest**. Enjoy scenic views of the river and the falls with varying elevations. These routes are part of the **Panhandle Mountain Biking Trail** system which consists of trails from Schweitzer to Moscow Mountain. For a more leisurely stroll or ride, hop on the paved **North Idaho Centennial Trail**, spanning from the Idaho-Washington border to near Lake Coeur d'Alene.

WATERSPORTS

The Spokane River provides a playground for watersport enthusiasts. Above the majestic falls, you'll find deeper water for boating, wakeboarding and jet skiing. Below the falls are great opportunities for seasonal activities - fishing, white water kayaking and floating. **Q'emiln Park** offers a swimming beach and a boat launch. You can find other beaches at **Corbin Park** and **Black Bay Park**. Drop your kayaks into the river at **Trailer Park Wave Access Park**.



FAMILY-FRIENDLY ACTIVITIES

Post Falls explodes with family activities in and near town, where you can get your blood pumping with high-energy fun or relax with more leisurely activities.

In town, racing action is on Friday and Saturday nights at **STATELINE STADIUM AND SPEEDWAY**, a popular venue hosting everything from semi-trucks to demolition derbies and Nascar-style racing. Be sure to check the schedule before you go.

Take a quiet afternoon and visit the **JACKLIN ARTS & CULTURAL CENTER**; a historical art center with year-round curated galley, concerts and events.

The Northwest's largest theme park is less than 30 minutes north. For some serious roller coasters fun, head to **SILVERWOOD THEME PARK & BOULDER BEACH**. Bring your swimsuit and head over to Boulder Beach waterpark.

Just a 20-minute drive from Post Falls is **TRIPLE PLAY RESORT HOTEL AND FAMILY FUN PARK**, the definition of stay and play. The resort features an indoor water park, bumper boats, go-karts, a ropes course, laser tag, mini-golf, bowling, ziplining, and on-site dining.

The **MUSEUM OF NORTH IDAHO** features historical exhibits and culture of Idaho's Panhandle region. Explore together during your vacation.

- Track - 1/4 mile-banked
- 7000+ person capacity
- Food & beverages on site

- Built in 1899
- Listed on the National Register of Historical Places
- Local & National artists

- 70+ rides, waterslides, live shows and attractions
- Longest dueling water coaster in the USA

- 25 Family fun attractions
- The only combination resort water park & fun park, west of the Mississippi

- Native American artifacts
- Early pioneers & the logging industry
- Living History Walking Tours

- 181 Climbing Routes/Boulder Problems
- Fast approach to ideal rock climbing
- River and mountain views

- Community Forest - 500 acres of public lands w/ 20 miles of loop trails
- Panhandle Biking Trail - 4,150 miles of natural terrain
- NI Centennial Trail - 24 miles of scenic views

- Historic timber-crib dam was built in 1890 by founder Frederick Post
- Current dam with 3 channels was completed in 1906
- Post Falls Dam is nestled between 3 city parks:
 - Falls Park - 22 acres, fishing ponds, close falls viewing, historical site
 - The Landings Park - amphitheater, gathering plaza, views of dam/river
 - Q'emiln Park - 78.5 acres, boat launch, public beach, rock climbing, trails

FOR MORE THINGS TO DO CLICK HERE



Facts & Stats

AT A GLANCE

30 miles from
Spokane Airport



Population: 42,610 (2021)
Elevation: 2,182 ft
Founded in 1871
by Frederick Post



33 city parks,
4 with river
access, and 2
with fall views.



181 well maintained
rock climbing routes
with a quick approach.



20-miles of mountain
biking & hiking trails
on 500 acres in
the Post Falls
Community Forest.



90+ eateries &
beverage locations.



Average Temperatures:
• June–Sept. 55°–76° F
• Nov. –Feb. 25°–44° F



50-55" average snowfall.

Base Camp

NOTABLE AMENITIES



AROUND TOWN

Climb the rock walls at **Q'emiln Park** (*ka-mee-lin*)

Hike or bike the 20-mile loop of **The Post Falls Community Forest**

Take a leisurely stroll or ride along the **North Idaho Centennial Trail**

Paddle, float, fish, jet ski or boat along the **Spokane River**

Take a swing at these beautiful golf courses **Prairie Falls Golf Club • The Highlands Golf Course • The Links Golf Club**

Try your hand at **Disc Golf at Corbin Park** along the Spokane River.

Test out your skills at **pickleball** at any of Post Falls' well-maintained courts.

Fill your need for speed with various of racing events at **Stateline Stadium and Speedway**.

Tour the **Buck Knives** factory, home of the world-renowned blades.

Anchored | Coffee & Bakery

Burger Bunker and Bunker Bar | Creative Burgers, Craft Cocktails, Local Beers

Fuki Japanese Steakhouse & Sushi | Japanese Cuisine

Gathered | Farm-to-Table, Up-Scale Family Style

India House Authentic Cuisine | Indian Cuisine

Iron, Wood & Ice | Urban Kitchen & Bar

Kindred and Co | Cafe & Bakery

Kitty G's Fine Meats & Cheese | Sandwiches, Charcuterie, Snack Trays

Konala | Healthy Protein Bowls, Salads

La Tea Da | Tea Room, Tea Sandwiches, Scones, Homemade Desserts

My Sushi Sensei | Sushi

The Oval Office | Bistro & Martini Bar

Republic Kitchen + Taphouse | Gastropub with Local Craft Brews

Tilly's on Seventh | Soups, Sandwiches, Salads

Sawmill Grille and Spirits | Classic American Fare, Cocktails & Whiskey Bar

Shindigs Kitchen & Social | Historic Bar & Restaurant

White House Grill | Mediterranean Cuisine

NOURISHMENT

BREWS & SPIRITS

Kaniksu Brewing | Craft Beer & Wine

Post Falls Brewing Company | House Crafted Beers

Selkirk Abbey Brewing Company | Belgian-Themed Beers, Saisons, Sours To Malts

Up North Distillery | Craft Distillery & Cocktail Bar

UNIQUE LODGING

Enjoy a relaxing farm stay in a **quaint shepherd's hut**.

Savor the smells of fresh-baked pies from this modern, newly **remodeled upstairs suite**.

Take in stunning **mountain and lake views** at this elegant bed & breakfast.

This **cozy cabin in the trees** offers a peaceful setting to unwind.

Soak up the views and water access at this **splendid river retreat**.

Bask in a posh stay-and-play experience at **The Suites at Prairie Falls**.

Post Falls Visitors Center/Chamber of Commerce
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