



What to bring for a one-day rock climbing trip: Minnehaha

- Weather appropriate athletic clothing
- Water
- Socks, 1 pair
- Snacks (optional)
- Sunscreen (optional)
- Completed waiver

Peak 7 Adventures - Spokane
14617 N Newport Hwy
Mead, WA 99021

509.467.5550
info@peak7.org
www.peak7.org



Driving Directions

Minnehaha (John H. Shields Park)

From West Spokane I-90:

Take the Freya/Thor exit (283B) and turn left onto Freya St. Freya turns into Greene, continue. You should see Spokane Community College on your right. Turn Right onto E/ Carlisle Ave (right after the bridge). Take the first right (N. Ralph St.). Turn Left onto E. Upriver Drive. At the 'T', turn Right to stay on E. Upriver Drive. Take your first Left into the parking lot of John H. Shields/Minnehaha Park.

From East Spokane and Spokane Valley I-90:

Take the Argonne exit (287) and turn right onto N. Argonne Rd. Turn Left onto E. Upriver Dr. After about 2 miles, turn Right into the parking lot of John H. Shields/Minnehaha Park.

From North Spokane:

Head South. Turn Left onto W. Buckeye, E. North Foothills, or E. Euclid Ave. E. Euclid Ave turns into E. Frederick Ave. E. Frederick Ave turns into E. Upriver Dr. Turn left into the parking lot of John H. Shields/ Minnehaha Park.

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