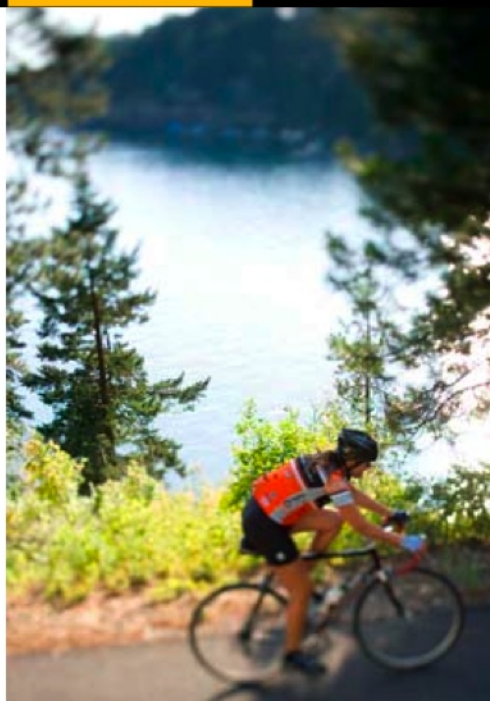




GATEWAY TO THE WILD Dazzling lakes and miles of bike-friendly national forest roads make Coeur d'Alene one of the Northwest's premier cycling destinations.

LAND OF LAKES: HAYDEN, HAUSER AND NEWMAN Die-hard roadies link Hayden, Hauser and Newman lakes for 83 miles of rollers and open-plains straightaways. "This is *the* ride," says local cyclist Jon Baune. Begin with a 4-mile ascent up Cougar Gulch Road, then weave along the Spokane River. Elk, moose, wild turkey and the occasional caribou wander the lonely roads, and auto traffic is nearly nonexistent.

NATIONAL TREASURE: RIVER TRAIL #20 Traverse the Idaho Panhandle National Forest on the seemingly endless Coeur d'Alene River Trail #20. "It's an awesome trail, just epic," says Mike Gaertner, a semi-pro mountain biker. Void of major climbing, the 36-mile trail follows the North Fork of the Coeur d'Alene River, with countless stream crossings. Complete the loop by hitting Devils Creek for a 6-mile descent.

COEUR D'PAINE: CARIBOU RIDGE TRAIL Crammed with high-exposure cliffs, dicey drop-offs, swoopy singletrack, sustained descents, hairpin turns and off-camber corners, the Caribou Ridge Trail on Lake Coeur d'Alene's eastern shore is one rider's heavenly playground, another's torturous crucible. "It's super, super technical," says Larry Halley, president of the Friends of the Coeur d'Alene Trails. "It's got everything." The initial paved road turns to gravel, then to fast, flowy singletrack.

COEUR D'ALENE, IDAHO

**LUSH FORESTS,
SPARKLING HIGH-COUNTRY
LAKES AND WINDING
MOUNTAIN ROADS
ATTRACT ROADIES AND
MOUNTAIN BIKERS ALIKE.**
BY BRIAN BEER



Bikes, burgers, brews, bivouacs and boîtes: Coeur d'Alene has it all.

Best of Coeur d'Alene

YOU WANT	DO THIS	GET THERE
PRERIDE FUEL	Hit Dockside's Sunday breakfast brunch, featuring brown-sugar bacon	115 S. 2 nd St., cdaresort.com
FRESH BAKED GOODS	Stuff a ham-and-cheese croissant into your pocket at Bakery by the Lake	314 N. 3 rd St., bakerybythelake.com
POSTRIDE PROTEIN	Tackle the Mediterranean lamb burger, infused with rosemary, at Moon Time	1602 Sherman Ave.; wedonthaveone.com
TO RELAX	Catch live blues and jazz, and the wine of the month, at The Wine Cellar and Bistro	313 E. Sherman Ave.; coeurdalenevinecellar.com
TO WAKE UP	Nurse a Keith Richards (with four shots of espresso) at Java on Sherman	324 E. Sherman Ave., 208/667-0010
TO CAMP	Splash in Lake Pond Oreille before pitching a tent in Farragut State Park	E. Hwy. 54, Athol; parksandrecreation.idaho.gov
A REASON TO RETURN	Ford Ironman CDA's spectator-friendly bike course makes it fun to watch or tri	June 27, 2010; ironmancda.com

DOWNLOAD Preview GPS routes and photos at BICYCLING.com/coeurdalene.

