

Cycling in Idaho

General Information

Recreational resources are abundant in Idaho. The large lakes of the north such as Coeur d'Alene, Pend Oreille, and Priest Lake, provide great boating and fishing opportunities, but camping, hiking, mountain biking and road cycling is also popular. The Coeur d'Alene area, in particular, offers especially nice (and safe) cycling routes.

Covering most of eastern and part of central Idaho, the Rockies provide for challenging road and mountain bike terrain. With more than 14,000 miles of single track trails, there are plenty of options for mountain bikers to explore.

For road cyclists Idaho offers challenging mountain terrain with beautiful vistas, wildlife, and forests.

Total # of Rides Listed: 3

[Bike Path Rides](#): 3

[MTB Trails](#): 0

[Loop Rides](#): 0

[Out & Back Rides](#): 3



When to Visit

The best time to visit Idaho for cycling activity is from May to September, when the temperatures are warm and precipitation is low. Generally, the more north you go, the cooler the temperatures will be. In the Idaho Panhandle, the temperatures average in the 70's and 80's (F) during the summer months.

How to Get There

If you are traveling by air, you will most likely arrive at Boise International Airport in Idaho or Spokane International Airport in Washington. From the airport, your best transportation option is a rental car or a shuttle bus to your hotel.

To get to your cycling destination from Boise International Airport or Spokane International Airport, you will need to rent a car, unless you are planning to do serious bicycle touring and intend to start from the airport.

If you are traveling by car and plan to stay at one location from which you will engage in your cycling activities, check our [DESTINATION RIDES](#) cycling pages for local routes.

Climate and Weather

Idaho temperatures feel milder than its latitude would indicate due to influence of the Pacific Ocean. In the west and north, the prevailing westerly winds, (originating in the Pacific Ocean some 400 miles/640 km to the west). influence both the summer and winter temperatures with a stronger maritime effect in winter; while in the central mountains and east in areas near Yellowstone National Park, the climate is more continental.

In summer, rainfall, cloud cover, and relative humidity are at the lowest due to the weakening of the westerly winds which allows continental climatic conditions to prevail, therefore the best time to explore Idaho on bicycle is during the summer months, especially in the mountains. However, you should be prepared for rapid temperature changes in the mountains (the Rockies) even in the summer.

In the higher altitude of the Idaho Rockies, you will most likely get plenty of exposure to blue sky and sun, therefore, proper UV protection for skin, lips, and eyes is strongly recommended.

The Roads

The "friendliness" of Idaho motorists varies (depends on the area of Idaho) and therefore it is always recommended that you ride defensively and obey all traffic rules.

The surfaces of Idaho roads are generally good. On some mountain roads you may find occasional road hazards in the form of cracked pavement, pothole, gravel or sand.

Paved shoulders on rural roads and in the mountains are minimal or non-existent. Some Idaho roads have rumble strips (grooves ground into the pavement to alert swerving drivers) which can be very dangerous for a cyclist. Additionally, on rural roads you may encounter cattle guards, which should be crossed with utmost care and as perpendicularly as possible.

Idaho Family Rides (1-3 of 3)

The Rides

Coeur d'Alene: [Trail of the Coeur d'Alenes Bike Path](#)
72 mi/115 km (*Out & Back* Total: 144 mi/230 km)

Coeur d'Alene: [Coeur d'Alene Trail - Harrison to Cataldo](#)
27 mi/43.5 km (*Out & Back* Total: 54 mi/87 km)

Coeur d'Alene: [Coeur d'Alene Trail - Cataldo to Mullan](#)
30 mi/48 km (*Out & Back* Total: 60 mi/96 km)

