

**Lolo National Forest Trails
Plains/Thompson Falls Ranger District**

**Thompson Falls Fitness Trail
Trail # 500 (500.1, 500.2, 500.3)**

Managed use: Hiker/pedestrian fitness trail

Difficulty: Easy

Trail length: 2.2 miles total of both loops



Attractions and Considerations: This trail is immediately adjacent to the town of Thompson Falls and provides excellent opportunities to stay in shape, go for a short walk in the woods, or have a picnic. Two connected trail loops wind through a mature forest. The trail loops are nearly flat and have resting benches along them. Deer and songbirds are abundant along the trail, and the wildflowers are beautiful in the spring. In winter, following tracks in the snow can be an excellent outing for children.

Trail Termini: There are 2 trailhead entrances both just as you leave Thompson Falls to the North. The first is along Columbia Street and the second is along Church Street. Both locations have parking for 3-5 vehicles and a bulletin board.

Trail Elevation: 2640 ft.

Managed use seasons: Year-round (although the trail can be icy and snowy in winter)

Maintenance frequency: High

Trip type and duration: An easy walk. 45 minutes to an hour for both loops

Trail usage: High

Trailhead facilities: Parking for 3-5 vehicles at each trailhead, and bulletin boards. Drinking water is not accessible.

Trail use restrictions: Trail is closed to all motorized vehicles. Use by bicyclists or cross-county country skiers are welcome, but remember to be considerate of other users.

Reference Maps: USGS 7.5 minute quadrangle *Thompson Falls*

Map Location: Section 5, T21N, R29W

Associated trails: None

Maps – vicinity and trail maps

