

City of Cascade Activity Connection Plan



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What is an Activity Connection Plan...

...an Activity Connection Plan or ACP, is a planning model that improves the walking and bicycling environment of a given community by making infrastructure improvements that safely and efficiently deliver citizens to locations where they are most likely to participate in recreation or sport. Most active transportation trips are for recreation and many communities still have yet to either embrace or implement a comprehensive active transportation plan. The ACP is a means to get communities started on improvements proven to be effective and help usher users to desirable community assets. Additionally, the model identifies site improvements that further attract users or provide a better return on investment for city funding. The model contains several steps including: 1. Identify community activity sites (Parks, schools, trails, gyms) 2. Identify participant generator areas (neighborhoods, office, civic) 3. Identify the primary and secondary streets connecting sites with users 4. Meet with stakeholders and review plans for existing projects or ideas 5. Recommend physical and programmatic projects or policies to improve conditions of streets and sites. To illustrate the types of improvements most likely suggested in an ACP, the following graphics are shown which include on-site improvements and typical street infrastructure improvements:

Sample Site Improvements



A. Route map signage B. Full scale board games C. Adult workout stations D. Track lighting E. Community banners F. Public art G. Bike parking H. Promotional flags I. Modern children play equipment

Sample Infrastructure Projects



A: Wayfinding, B: Sidewalks, C: Extruded curb/pathway, D: In pavement markers, E: Crosswalks, F: Pedestrian signal, G: Shared lane marking (Sharrows) H: Multi-use Path, I: Bike lane, bikeway

ACP Site Plan Description

A. The name of the site

B. "Primary" site is a larger more popular location.

A "secondary" site is a smaller less popular location.

C. "Primary" street is a major thoroughfare, a "secondary" street has a local presence and is less significant communitywide.

D. Site assets are the facilities currently located within an activity site.

E. Site streets are the streets nearby which likely carry users to and from the activity site.

F. Image bar showing an overhead satellite view and support images



Site Description – The Strand trail is a community gem for Cascade. The trail is aligned along the western banks of the Parvate River and nearby, connects the northern and southern edges of the town bypassing the Highway 55 corridor. With focused enhancements the all-weather trail could be even better.

Recommended Site Improvements:

- Consider adding fix-it stations at each end of the trail as well as the existing Pine Street connection and future Jiff Street connection
- Install winding signage at each of the trail connections
- Near the Water's Edge to Pine Street section, add additional benches, and water fountains with lower trough for dogs.
- Develop a walking loop system using The Strand trail as a spine, and other trail streets
- Work to create a Find the ___ program similar to Coeur d'Alene

Walk loop system in Sandpoint Community Find a Place site in Coeur d'Alene



Recommended Infrastructure Improvements:

- All identified infrastructure improvements are included in the Cascade Bicycle and Pedestrian Plan
- Consider future construction of a pedestrian bridge spanning the river with a pathway connecting to Weart Lane



Fix-it stations are simple manual air pump and repair stations useful for bikers and strollers

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G. Site Description – a basic description of the site, its relative position and it's assets or potential.

H. Recommended Site Improvements is a list of on-site improvements that could optimize the space and enhance user experience.

I. Recommended Infrastructure Improvements are the necessary projects in and around the site on streets necessary for safety or accessibility.

The Strand Trail
Primary Activity Site
Secondary Street Access

Site Assets:

- Paved/Impaved trail
- Connection with Fischer Pond
- Connection with KTVV Benches

Site Streets

- Pine Street
- Highway 55 North (Future)
- Waterwater Blvd
- Highway 55 South

City of Coeur d'Alene Activity Connection Plan

The Strand Trail

Primary Activity Site

Secondary Street Access



Site Assets:

- Paved/unpaved trail
- Connection with Fischer Pond
- Connection with KWP
- Benches

Site Streets

- Pine Street
- Highway 55 North (Future)
- Kelly's Parkway
- Highway 55 South

Site Description

The Strand Trail is a community gem for Cascade. The trail is aligned along the western banks of the Payette River and nearly connects the northern and southern edges of the town bypassing the Highway 55 corridor. With focused enhancements the already stellar trail could be even better.

Recommended Site Improvements:

- Consider adding fix-it stations at each end of the trail as well as the existing Pine Street connection and future Mill Street connection.
- Install wayfinding signage at each of the trail connections.
- Near the Water's Edge to Pine Street section, add additional benches, and water fountains with lower trough for dogs.
- Develop a walking loop system using The Strand trail as a spine, and other trail/streets.
- Work to create a "Find the ___" program similar to Coeur d'Alene.



Walk loop system in Sandpoint; community Find a Moose element in Coeur d'Alene

Recommended Infrastructure Improvements:

- All identified infrastructure improvements are included in the Cascade Bicycle and Pedestrian Plan.
- Consider future construction of a pedestrian bridge spanning the river with a pathway connecting to Weant Lane.



Fix-it stations are simple manual air pump and repair stations useful for bicycles and strollers.

Armstrong Park

Park

Primary Activity Site

Primary Street Access

Site Assets:

- Picnic shelter
- Half basketball court
- Playground and swings
- Walking path

Site Streets

- Mill Street
- Front Street
- Highway 55



Site Description – Armstrong Park is a testament to cooperation amongst community stakeholders given the upgrades and maintenance performed for numerous entities. The park does need to be upgraded in many ways and if undertaken can make the site one of the hubs of Cascade recreational activities.

Recommended Site Improvements:

- Completely rebuild skate park area using modular system to minimize costs (delete, RE: pg. 9 Master Plan)
- Add second basketball goal to court to allow a full-court, or two half-court games (delete, see pg. 9, re: master plan)
- Add life-sized games and concrete chess/checker tables
- Consider adding tetherball stations
- Add bike racks at various locations
- Consider a community garden space near the American Legion building



Modular skate park, Kellogg ID.



Examples of life-sized games and chess tables

Recommended Infrastructure Improvements:

- When Mill Street and Front Street are improved, full side-walks and bicycle facilities of some sort should be included in the final design.
- Additional improvements identified to Highway 55 South and the Mill Street intersection are included in the Bicycle and Pedestrian Plan.



Existing basketball court

Cascade School

Primary Activity Site

Primary Street Access



Site Assets

- Open space
- Playground
- Basketball court

Site Streets

- Pine Street
- School Street
- W. Spring Street

Site Description— The Cascade School complex is situated on the west side of Cascade and nestled up against the ridgeline separating the city from Lake Cascade. The school has open ground that is largely without facilities and could not only improve school functions but also be used for by general citizens during off hours.

Recommended Site Improvements:

- Develop joint use agreement between the City and School
- Consider a perimeter walking path and youth exercise station (pictured)
- Consider a mini-soccer field, including goals and perimeter walls.



Recommended Infrastructure Improvements:

- Improvements to both School Street and Pine Street have been identified in the Cascade Bicycle and Pedestrian Plan
- West Spring Street can provide another access route for students, including those east of the railroad tracks. Eventual programmed improvements should include, sidewalks, bike lanes and a connection with Sawyer Street



A mini soccer field can be a natural draw for people of all ages as it requires fewer participants, is without formalities, and encourages impromptu participation.

Recreation

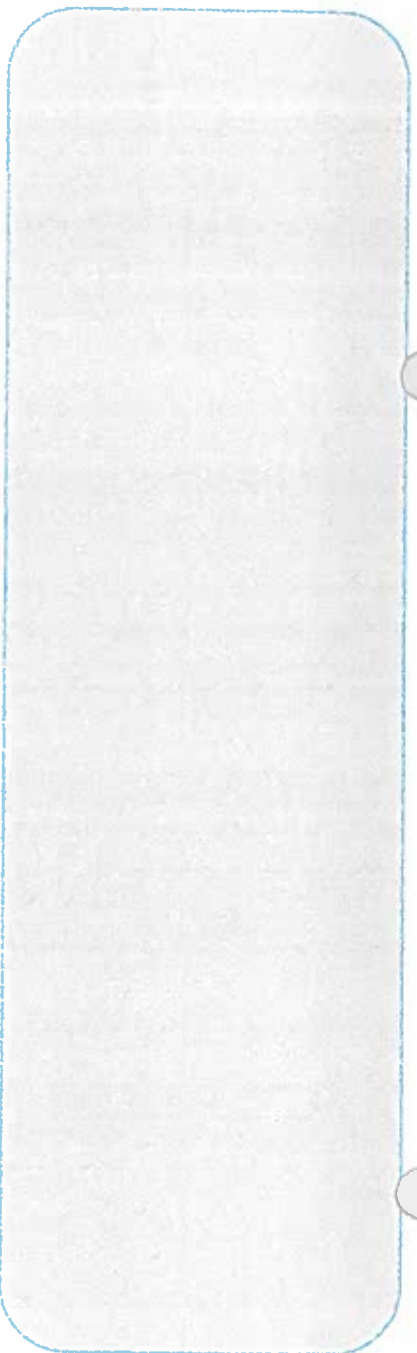
District

Primary Activity Site

Secondary Street Access

Site Assets

Site Streets



Site Description – The Southern Valley Recreational District site is the future home of a state of the art multi-purpose facility including swimming pools, gym, ………. With minor added elements, the site could be even more enticing for recreational activity.

Recommended Site Improvements:

- Consider starting a Senior Citizen tricycle fitness course using The Strand and nearby community facilities.

Recommended Infrastructure Improvements (If site improvements are made):

- Site is currently under construction.

Cascade Sports Park

Park

Primary Activity Site

Primary Street Access

Site Assets

- *Playground*
- *Baseball diamonds*
- *Football/soccer field*

Site Streets

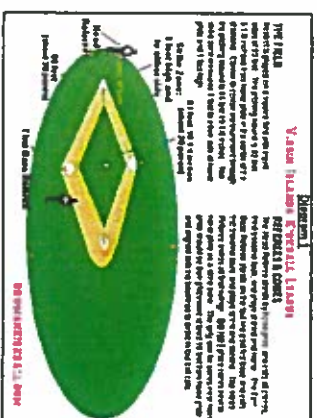
- *Highway 55*
- *Arrowhead Drive*



Site Description – The Cascade Sports Park has provided recreational and team activity outlets for several decades. The complex was subject to a recent **Master Plan** adopted in 2014. That Plan is chocked full of recommendations that appeal to the entire spectrum of area residents.

Recommended Site Improvements:

- Examine the merits and potential of an adult kickball league using the existing baseball fields
- Consider an adult workout area like pictured. Though The Strand may offer similar features, a consolidated space allows parents with kids to use the playground or participate in a sporting event while they workout.



The dimensions of a kick-ball field

Recommended Infrastructure Improvements:

- Examine the potential for highway crossing in the vicinity of Arrowhead Drive to provide direct access into the park site.
- Improving the shoulder along Highway 55 was called for in the Cascade Bicycle and Pedestrian Plan.
- Additional wayfinding signage in the park could help users and visitors know of additional features in nearby Fischer Pond, The Strand and even Armstrong Park.



Example of exercise park, is 45' in diameter.

Fischer Pond

Primary Activity

Primary Street Access

Site Assets

- Horseshoe pits
- Volleyball courts
- Badminton court
- Community garden
- Picnic tables
- Gazebo
- Frisbee golf

Site Streets

- Highway 55



Site Description— Located adjacent to the Cascade Sports Park, Fischer Pond is a gem of a site and appeals to users of all ages. The Pond is permitted for fishing, is a working science and biology site for area students, and has numerous education and cultural amenities located on-site. The site is also subject to the 2014 **City's Sports Park Master Plan** and will see continued investments in the years to come.

Recommended Site Improvements:

- Add a natural playground area
- Consider a nature walk trail including signage on local floor and fauna, song bird call stations, and stationary view finders.

Recommended Infrastructure Improvements:

- Shoulder widening on Highway 55 was recommended in the Cascade Bicycle and Pedestrian Plan.



Natural playgrounds can range from simple to more complex, and allow imagination and creativity to be the determinant of use.

Crown Point Trail

Secondary Activity Site

Secondary Street Access

Site Assets

- Multi-use pathway
- Year-round activities
- Scenic views
- Connections to campgrounds

Site Streets

- Vista Point Blvd
- Vista Point Loop



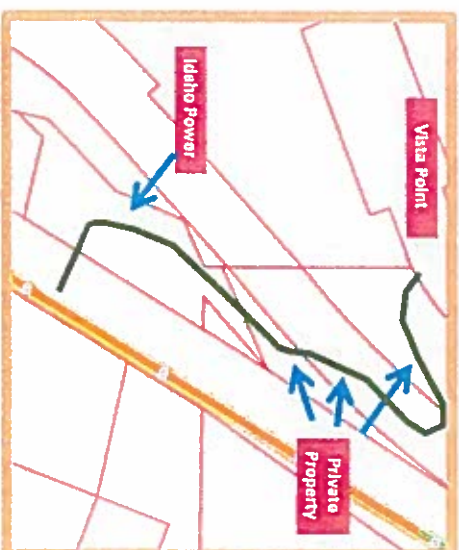
Site Description – One of the hidden assets of the Cascade area, the Crown Point Trail is a former railroad line that is now a dedicated recreational trail. The 2.5 mile trail has a gentle grade, scenic views and is accommodating of virtually all possible users. One challenge and desire of the community is to connect the trail with Highway 55 so that users could possibly cross the highway and connect with The Strand Trail east side of the city.

Recommended Site Improvements:

- Trail head fix-it station
- Consider adding a Yellow bike station at trailhead

Recommended Infrastructure Improvements:

- Connect the trail on the southeastern end by using a combination of Vista Point Boulevard and a route similar to the one shown. For the on-road portion, the combination of a colored roadway material (Vista Point is dirt) and vertical barrier like small boulders could distinguish the trail from the road. The remaining section connecting to Highway 55 could be a natural surface path with one switchback to minimize the impacts from elevations. (This will require the cooperation from Idaho Power and one private property owner, and ITTD for the Highway 55 crossing.)



Using larger rocks/boulders to define a pathway can help define the trail and minimize user/vehicle interaction



Ridgeview

Rec. Unit

Secondary Activity Site

Secondary Street Access

Site Assets

- Showers
- Restrooms
- Trails
- Beach areas

Site Streets

- Lakeshore Drive
- Dam Road



Site Description – This Lake Cascade State Park(LCSP)

campground and day use area in the Cascade area, Ridgeview, has stunning views, sandy beaches, shower facilities, and a trail way.

Recommended Site Improvements:

- Add bike racks near restrooms and shower facilities
- Post way finding signage linking with other campgrounds and trails
- Post maps throughout the site to show current location and proximity to other sites



Recommended Infrastructure Improvements:

- Employ a pedestrian/bikeway paint design throughout campground roads similar to shown. Thru ways can be as narrow as 9' with a defined path being 5' and now narrower than 4'. Traffic calming and a defined active transportation space will result.
- Consider a "water hole" concept at southern cove. This means floating docks to jump from, maybe a rope swing, or perhaps a large spray fountain. (shown right)
- Explore options near shower area to create small activity park with horseshoe pits, interpretive signs, and/or picnic area.



Van Wyck

Rec. Unit

Primary Activity Site

Primary Street Access

Site Assets

- Boat launch
- Restrooms

Site Streets

- Lakeshore Drive
- Lake Cascade Parkway



Site Description — Perhaps the busiest of the LCSP campground sites, Van Wyck location sees significant traffic from both local residents and visitors due to the many activities that take place at the grounds and the presence of the convenient boat launch. The campgrounds are heavily used and the park has recently expanded with a kayak and paddle board rental operation.

Recommended Site Improvements:

- Seek to expand trail along shoreline as shown
- Construct wading/waterfall structure similar to that at Lake Coeur d'Alene (shown)
- Consider turning Van Wyck into a day use park that promotes beach access and events with the **community** such as outdoor concerts
- Add splash pad concept either behind the beach area or near parking lot
- Long term consider **small outdoor** event center for events such as parties, receptions and other similar events



(left) With a day use transition, an event center (Barber Park, Boise) with the mountain and lake backdrop could be a sought after space and compliment the City of Cascade. (right) The water feature found at City Park in Coeur d'Alene. (upper right) proposed route for trail expansion.



Van Wyck

Rec. Unit

Primary Activity Site

Primary Street Access

Site Assets

- Boat launch
- Restrooms

Site Streets

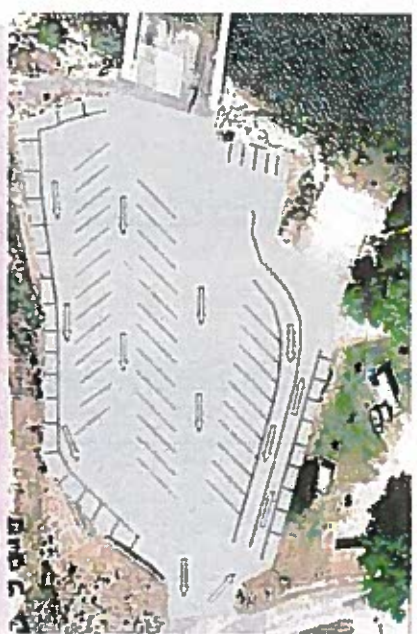
- Lakeshore Drive
- Lake Cascade Parkway



Site Description – Continued

Recommended Infrastructure Improvements:

- Employ a pedestrian/bikeway paint design throughout campground roads. Thru ways can be as narrow as 9' with a defined path being 5' and now narrower than 4'. Traffic calming and a defined active transportation space will result.
- Look to better utilize the parking area with a new design similar to what is shown. (Rendering is NOT to scale) Though the number of vehicles with trailers or larger camper/RV stall would be similar, the number of typical day use vehicles would significantly increase and not require a parking lot expansion.
- Work with engineering professional to determine a better design for traffic operations and safety at the Lake Cascade Parkway/ Lakeshore Drive intersection. A preliminary assessment determined that a roundabout is possible and likely a solid solution to current functionality. Given the nature of the turning movements and dimensions of the intersection.



Sage Bluff

Rec. Unit

Secondary Activity Site

Secondary Street Access

Site Asset

- *Trail access*
- *Beach areas*
- *Restrooms*

Site Streets

- *Lakeshore Drive*



Site Description – Located south of the Cascade golf Course, Sage Bluff has long linear beaches, and is the start of an interconnected trail with the campgrounds located south.

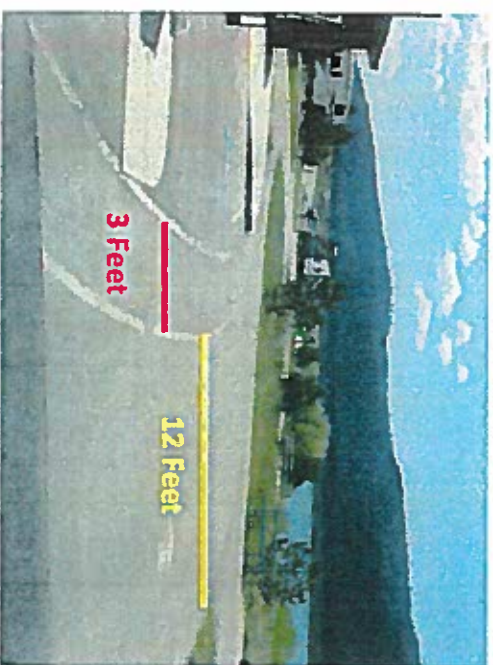
Recommended Site Improvements:

- Extend existing pathway through beach areas
- Add bike racks in vicinity of bathrooms, trail connections and parking areas
- Plant appropriate shade trees to give visitors additional breaks from sun exposure
- Consider a picnic shelter in clearing across the road from restroom area

Recommended Infrastructure Improvements:

- Widen the existing pedestrian way to 5 feet which in turn narrows the travel lane and promotes slower speeds. This can be done with next resurfacing. In the interim, widen the outside stripe to have the same effect.

The current configuration uses a 12' lane width which is a highway standard. By narrowing it to 10', the lane is still accommodating of RV's but adds two feet to the walk area allowing two people to walk side by side.



Big Sage

Rec. Unit

Secondary Activity Site

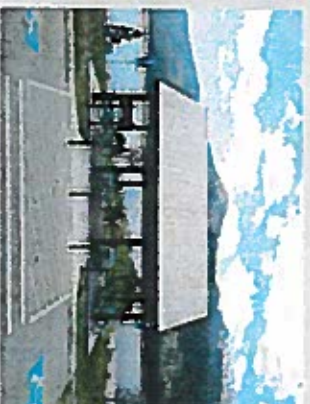
Secondary Street Access

Site Assets

- *Trail*
- *Beach areas*
- *Picnic shelter*
- *Restrooms*

Site Streets

- *Lakeshore Drive*



Site Description – The next campsite along the Lakeshore Drive section of Lake Cascade is Big Sage. This linear shaped site has significant beach access, a day-use shelter, and impeccable views of the lake and adjoining areas.

Recommended Site Improvements:

- Add wayfinding signage linking with other campgrounds and orientation maps for visitors
- Add interpretive signs along the trail depicting historical images or information about the natural environment around the Lake Cascade area regarding flora and fauna
- Add wifi, outdoor sink, electricity to picnic facilities. Explore outdoor propane grill concept similar to the Fischer Pond site
- Add outdoor showers and bathroom area using a French drain concept

Recommended Infrastructure Improvements:

- Widen the existing pedestrian way to 5 feet which in turn narrows the travel lane and promotes slower speeds. This can be done with next resurfacing. In the interim, widen the outside stripe to have the same effect.



Pelican Cove

Rec. Unit

Secondary Activity Site
Secondary Street Access

Site Assets

- *Parking area*
- *Beach areas*

Site Streets

- *Lakeshore Drive*



Site Description – This site is virtually untouched and acts more as more of a habitat preserve in many ways with no structures, and only a natural parking lot area as features.

Recommended Site Improvements:

- Consider adding bike parking
- A fishing dock that extends into the lake could be a unique feature of the site and given the calm waters of the cove, a popular fishing site
- Improve the existing trail using rock fines to keep its form, minimize rutting and limit overgrowth of vegetation
- Along shoreline trail, install birding interpretive signs and popular bird calls feature using either battery operated or pneumatic operated speaker system

Recommended Infrastructure Improvements:

- None at this time



Powered by a turn of the crank, stories or bird calls can be heard. This simple technology could be used to enhance the natural experience around Lake Cascade.



Adding a simple fishing pier could be a unique attribute to the area and the southern end of Lake Cascade.

Blue Heron

Rec. Unit

Secondary Activity Site

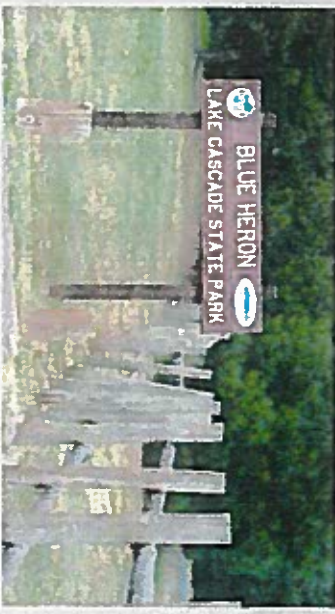
Secondary Street Access

Site Assets

- Boat launch
- Beach areas
- Restrooms

Site Streets

- Lakeshore Drive



Site Description – The Blue Heron campgrounds is situated on a peninsula that penetrates into Lake Cascade giving it a rare accessibility element unlike most others. With water on three sides, the setting of the small site is beautiful and one that could be further enhanced with additional investment.

Recommended Site Improvements:

- Consider adding exterior showers around the restroom sites
- Consider adding a dock side platform located outside of the launch area that is complete with a rope swing and perhaps a diving board or even water slide
- In the large unused grass area to the south of the campsite, consider adding either a beach volleyball court, natural playground or even a bicycle themed addition like a pump track or mountain bike terrain course



At over .25 of an acre, the southern area of the grounds presents great opportunity for grounds expansion.

Recommended Infrastructure Improvements:

- Extend the existing pathway so that it aligns along the shore and connects near the boat launch area. The path does not have to be paved and could be either compacted gravel or rock fines.



Snowbank

Rec. Unit

Secondary Activity Site

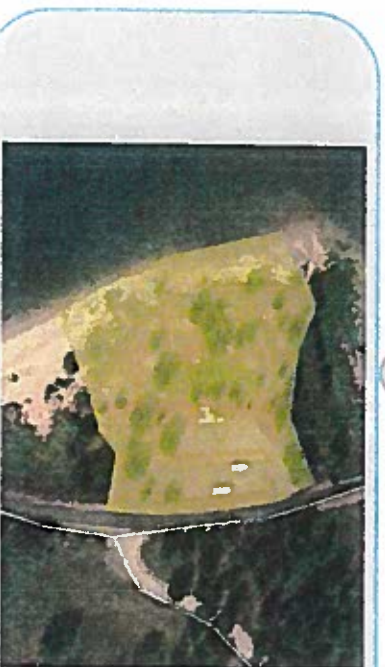
Secondary Street Access

Site Assets

- Beach area
- Picnic benches
- Restrooms

Site Streets

- Lakeshore Drive



Site Description – This quaint campground area is located near the southern shore of the lake and is geared towards daytime group activity. Several sites are available and a significant beach area nearby.

Recommended Site Improvements:

- Add bike rack parking stall
- Consider adding trail maps and wayfinding signage
- With presence of large group activities, an outdoor kitchen space may be a welcomed addition
- Look to do something creative with the picnic benches throughout the site. The approach taken by the City of Kuna includes painting the benches with a vibrant color while adding poems to the tabletop.
- Behind the restroom area consider adding a small playground to entertain kids, either a natural playground or more traditional place structure.
- Consider adding shelters to some of the bench sites



Recommended Infrastructure Improvements:

- None at this time

Cabarton

Rec. Unit

Secondary Activity Site

Secondary Street Access

Site Assets

- Beach area
- Picnic tables
- Restrooms

Site Streets

- Lakeshore Drive



Site Description — Cabarton is a small site intended for day use only. Equipped with picnic benches, restrooms and stunning views, this site needs little improvement but more enhancements to enrich the experience for users.

Recommended Site Improvements:

- See picnic tables on previous page (Snowbank Campgrounds)
- Add bike rack parking
- Add way finding and map orientation signage
- Consider adding shelters to some of the bench sites

Recommended Infrastructure Improvements:

- None at this time



Other City Ideas

Cascade Duathlon— Cascade has a rare opportunity to showcase its features within close proximity of one another. A duathlon is a race that incorporates two of three possible activities: running, bicycling, or swimming. A race could be held using the Lake and or Lakeshore Drive, the Strand Trail and Main Street. A one-mile swim from Sage Bluff to Van Wyke to start, followed by a run over Lake Cascade Parkway and down The Strand finishing in Fischer's Pond Park would be a unique course and event for the City, as an example.

Golf Course Terrain Park— With the amount of snowfall in winter, Cascade could host another unique event and winter time activity site with participation from the golf course. If covered with snow and possibly groomed, the course with its natural hills, slopes and views could be the site of some sort of weekend or continual Nordic event including cross country skiing, snow shoeing, or even tubing.

See another communities recent attempt to make such a transformation:

<http://bangordailynews.com/2015/01/31/outdoors/volunteers-from-millinocket-turn-golf-course-into-a-great-place-to-ski/>

Main Street Daylighting— At specific and strategic intersections along Highway 55, seek to remove corner on-street parking on two of the four corners to install bike racks such as shown. By doing this, bicycling into Cascade will be encouraged and better intersection visibility will occur to improve safety for all users of the Highway and cross streets.

