Mineral Ridge
East of Coeur d’Alene, ID
2.5 mile loop
650’ of elevation gain
Loop
Low Strenuousness

The End of the Day. Mineral Ridge is one of a handful of amazing places to go for the end of a day. The West end of the ridge, which is about 4/5ths of the way through the hike, gives open views over the lake to the West and the setting sun. It’s also the perfect place for any west-siders missing the water. The hills rolling down into the water can’t help but remind you of the Puget Sound.

The Jesuit Examen is a daily practice at the end of the day to look back and reflect. Although there are many challenges in our lives, take this opportunity to think about those things that you are grateful for and those things that brought you closer God.

1) **Ask God for Light** and for the opportunity to see your day through God’s eyes
2) **Give Thanks**. The day I have just lived is a gift from God. Be grateful for it.
3) **Review the Day**. Carefully look back on the day just completed, guided by the holy spirit.
4) **Face Your Shortcomings**. Think about those things that moved you further from God.
5) **Look toward the Day to Come**. Ask yourself where you need God in the day to come.