

Discover a park: Cascade Community Park offers trails, playground and BMX bike track

By Arlene Kallis Special to the Record Searchlight

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Cascade Community Park, in south Redding, features a variety of up-to-date park attractions including a playground, swings, a challenging BMX bike track, basketball court and a paved walking and biking path.

Kids and families can enjoy all these features year round.

The surprise at this location is that in the background, just out of sight, is the Sacramento River. If you take one of the cool, grassy paths to the river it instantly feels like "old Redding" with quiet reflecting pools next to the river, many different species of birds, islands that you can wade to if the water is low enough and a place that just makes you want to relax and go back in time for a while.

Maybe you'll check off a few new birds on your bird-list or do a little fishing and daydreaming.

The variety of fun features at this park attracts many different people. Fisherman Matt Taylor, who lives nearby, likes to come to the park and wade out to the Sacramento River with his cousin to go salmon fishing. He says they don't see many other people fishing when they are there.

Expert bird watchers and grandparents Judy and Bill Adams have three reasons for coming to Cascade Community Park. First, they like to get their exercise biking or walking the trails; second, they bring their grandchildren to play on the playground, (their grandson especially likes the BMX track); and third, Judy and Bill are experienced birdwatchers. Judy listed some of their favorite sightings: Lazuli bunting, California thrasher, Bonaparte's gull, Bullock's oriole, terns, mergansers, western tanagers and bald eagles.

Whatever attracts you, this is a special place to visit and enjoy the many features of a splendid Redding community park.

Cascade Community Park

Type of trail: Walking and biking trail

Trail length: 0.55 miles paved and 0.37 miles dirt. Other easily visible trails go through the riverside vegetation and make their way to the Sacramento River.

Parking: Shaded parking and easy access to park attractions

Terrain: Flat

Restrooms: No

Other amenities: Playground, basketball court, BMX bike track, drinking fountains, picnic tables, large sports field, bird-watching and fishing in Sacramento River.

Park area: 27.6 acres (four developed, 23.6 undeveloped)

Dogs: No

Location: In south Redding near the Sacramento River at 2975 Girvan Road, just past Olney Creek. Close to Crown Estates, Crown Meadow Estates, Brookdale Park, Meadow Wood Estates, Lakewood Manors, Girvan Estates, and the Tobiasson Subdivision.

Access: On South Market (Highway 273) take Girvan Road heading east across the tracks and travel approximately 0.7 miles to Cascade Park just past Platinum Way on the right.

