



Issue No. 16

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Activate Shasta!

In This Issue

Trail News

Fee Free Days

Bike Month Planning

New Park Opens in Redding

Quick Links

[Healthy Shasta](#)
[Lassen National Park](#)
[National Bike Month](#)
[First 5 Shasta](#)

Trail News

The Turtle Bay East park and trail improvements are ready to enjoy. This area is located at the north end of North Bechelli and features good access to the Sacramento River, many benches and picnic tables, and a bicycle jump area. The trails also connect North Bechelli to the Sacramento River Trail. There are one and a half miles of flat, gravel trails to enjoy. Water is available at the trailhead and dogs are allowed off leash in this area. There are no restrooms.

A connector trail is now available between the River Trail (near the intersection of Dana and Hilltop) and Browning Street. For walkers and bicyclists who would prefer to avoid Hilltop Drive, this connector trail travels behind the retail shops along Hilltop and emerges at Browning Street (just north of Best Buy).



Fee Free Days at Lassen

Lassen National Park occasionally offers 'fee free days' when entrance to the park is free - a great time to get out and explore the outdoors. Lassen's fee free days for 2014 will be:

- * January 20, Martin Luther King, Jr. Day
- * February 15-17, President's Day Weekend
- * April 19-20, National Park Week opening weekend
- * August 25, National Park Service 98th Birthday
- * September 27, National Public Lands Day
- * November 11, Veterans Day



Bike Month Planning

Healthy Shasta is looking for energetic and motivated individuals to help plan the 2014 Bike Commute Challenge and other activities for Bike Month 2014, coming in May. The challenge encourages bicycling as a form of transportation while decreasing traffic congestion, improving air quality, and promoting safe bicycle commuting. Call 229-8243 or [email](#) to get involved.



New Park in Redding

The latest addition to Redding's park system, Highland Park, recently opened at 500 Rogue River Way. The park is located in the newly built Highland Park subdivision. A special feature of this neighborhood park is a 22 foot tall pentaweb, which is a climbing rope structure for kids. The park also features a playground, picnic tables, a basketball court and restrooms. Take advantage of the great weather and explore a new park today. For help finding a park near you, visit the "Parks and Trails" section on our [Go Outside and Play page](#).



Parenting Preschoolers Series

The first in a [series of workshops](#) for parents and caregivers of preschoolers will be held this weekend.

The Art of Children and Resilience, presented by the First 5 Institute, will be offered at Shasta College on Saturday, January 11, 10 am to noon.

Parents/caregivers will learn simple art exercises to use at home to build childrens' self-awareness, self-confidence, and ability to "bounce back" from challenges.

Location: Shasta College Early Childhood Education Center, Room 3217

Fee: \$5. Register at [first5shasta.org](#).



Healthy Shasta: Making the healthy choice the easy choice in Shasta County!