

# *Redding Walks*



## Message from the Mayor

## Walking Tips

Greetings!

The City of Redding is proud to be part of the Healthy Shasta effort to promote walking. We recognize the importance of having safe places to walk as part of a healthy lifestyle and we encourage you to use our Redding Walks Guide.

This new guide is divided into four different regions and highlights 22 distinct walking routes within those regions. Most of the routes are trails that highlight our city's natural beauty as well as our history. The Sacramento River Trail offers over 11 miles of picturesque views of the river while the Blue Gravel Trail fosters an appreciation for our oak woodlands. For history buffs the downtown points of interest walk would satisfy any appetite.

The walking routes featured in this guide were chosen not only for their beauty and history but for how they are linked to local neighborhoods. The city is dedicated to building trails that connect neighborhoods to important services, allowing people to have a variety of transportation options.

I hope you will take time soon to explore Redding's wonderful trail system. Stay tuned for future trails as Redding works to build trail linkages throughout the city.

A special thanks to the many partners and citizens involved in creating this guide.

Happy Trails!



Mary Stegall  
Mayor, City of Redding



**Mayor Stegall and  
husband Bill**

1. Warm up and cool down with five minutes of slow walking and some light stretching to prevent injuries and increase flexibility.
2. Wear comfortable, sturdy shoes with good arch support, a firm heel, and plenty of room for your toes.
3. Walk briskly, but make sure you can maintain a conversation while walking. Stop if you feel pain, severe fatigue, light-headedness, dizziness, or significant shortness of breath.
4. Set goals to walk for a specified amount of time rather than distance. An average pace of brisk walking is one mile in 18-20 minutes. Beginners should strive for a 30-minute per-mile pace.
5. Work up to 30-60 minutes a day, five days a week of walking or other moderate physical activity. Several short walks a day (10-20 minutes) can be as effective in improving and maintaining health as one long walk.
6. Drink water before you feel thirsty – before, during, and after exercise.
7. When walking on trails shared with bicyclists, be aware of their presence and keep to the right while on the trail.
8. Before you start a walking program, check with your doctor if you have a health or safety concern.
9. For current walking maps, visit **[www.healthyshasta.org](http://www.healthyshasta.org)**

This Redding Walks guide is offered free to encourage physical activity and enjoyment of our beautiful area. Neither the City of Redding, ENPLAN, the County of Shasta, or Healthy Shasta endorse or assume responsibility or liability for the condition of any of the locations or programs described in this guide.

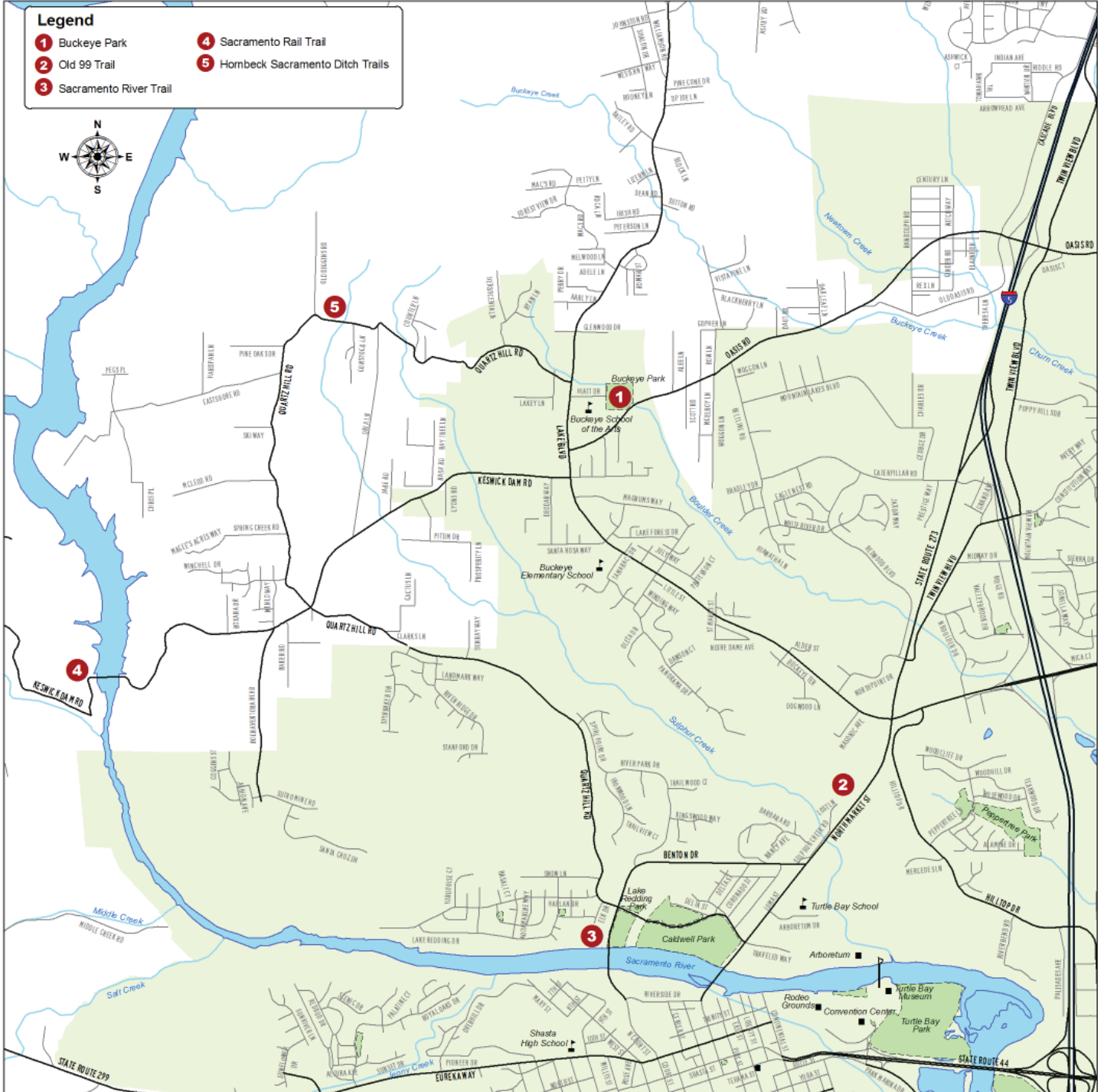
## Redding Walks at a Glance

Redding Walks is divided into four areas: Northwest, Northeast/Southeast, Southwest, and Downtown. Each area has a large overview map featured before each trail description.

Trail	Region	Surface	Length (miles)	Restrooms	Difficulty	Drinking water	Dogs	Bikes
1 Buckeye Park	NW	Paved	.25 loop	Y	Flat	Y	Y	Y
2 Old 99 Trail	NW	Gravel	.63 one way	N	Hill	N	OK on leash	Y
3 Sacramento River Trail & connector routes	NW	Paved	~ 11 total	Y	Flat & rolling hills	Y	OK on leash	Y
4 Sacramento Rail Trail	NW	Paved & Gravel	9 one way	Y	Flat	N	OK on leash	Y
5 Hornbeck & Sacramento Ditch Trail	NW	Dirt	2.8 – 9 one way	N	Varies	N	OK on leash	Y
6 Lema Ranch	NE	Paved	4.75 total	Y	Flat & rolling hills	Y	N	N
7 Churn Creek	NE	Gravel	~ 4 total	N	Flat & rolling hills	N	OK on leash	Y
8 Clover Creek Preserve	SE	Paved & Dirt	4+ miles	N	Flat	Y	OK on leash	Y
9 Enterprise Park	SE	Sidewalks	1.5 paved; 1 dirt	Y	Flat & slight hills	Y	N	Y
10 Cascade Community Park	SW	Paved	.55 paved; .37 dirt	Y	Flat	Y	Y	Y
11 Blue Gravel Trail	SW	Paved	1.75 one way	N	Slight hill	Y	OK on leash	Y
12 Mary Lake	SW	Paved	.75 loop	N	Flat	Y	OK on leash	Y
13 Westside Trail	SW	Dirt	~ 6.5	N	Hills, varies	Y	OK on leash	Y
14 Swasey BLM Recreational Area	SW	Dirt	16	N	Varies	N	OK on leash	Y
15 Downtown Points of Interest	SW	Sidewalks in most areas	4	N	Flat & slight hills	Y	OK on leash	On roadways
16 Parkview Spheres & Sculpture Garden	SW	Sidewalks	1	Y	Flat	Y	OK on leash	On roadways

Within City of Redding parks, dogs are prohibited except on designated trails. All dogs must be on a leash and under control of the owner.

# Northwest Overview



# 1 Buckeye Park

## Location

Access from Lake Blvd. and Hiatt Dr. Start near the ball field at Buckeye Park.

## Distance

.25 miles

## Terrain

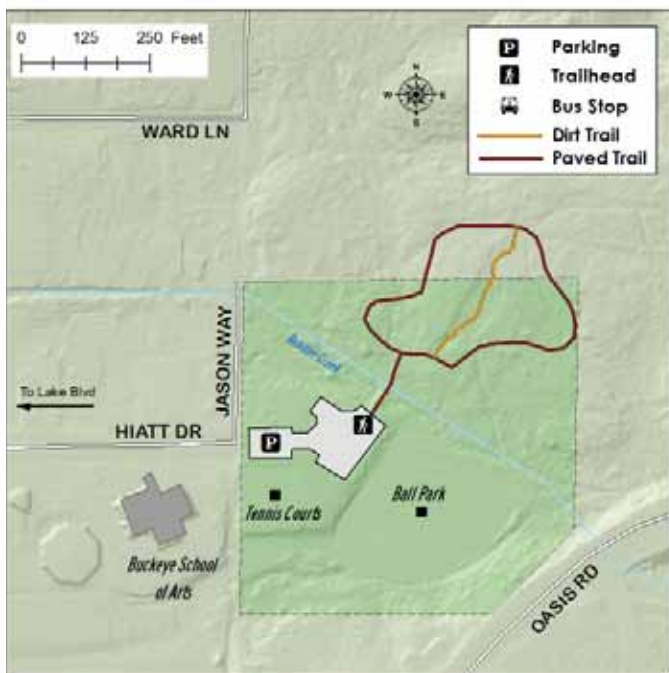
Paved, mostly flat

## Adjacent Neighborhood

Buckeye

## About the Route

The trail is located next to the ball field close to Buckeye School of the Arts. Paved loop through Manzanita and other native plants. Park offers tennis courts, ball field, and restrooms.



# 2 Old 99 Trail

## Location

Start at either the intersection of Benton Dr. and Sulphur Creek Rd. at the bottom of the North Market St. hill, or near the top of the hill, on the sidewalk paralleling North Market St.

## Distance

.63 miles one way

## Terrain

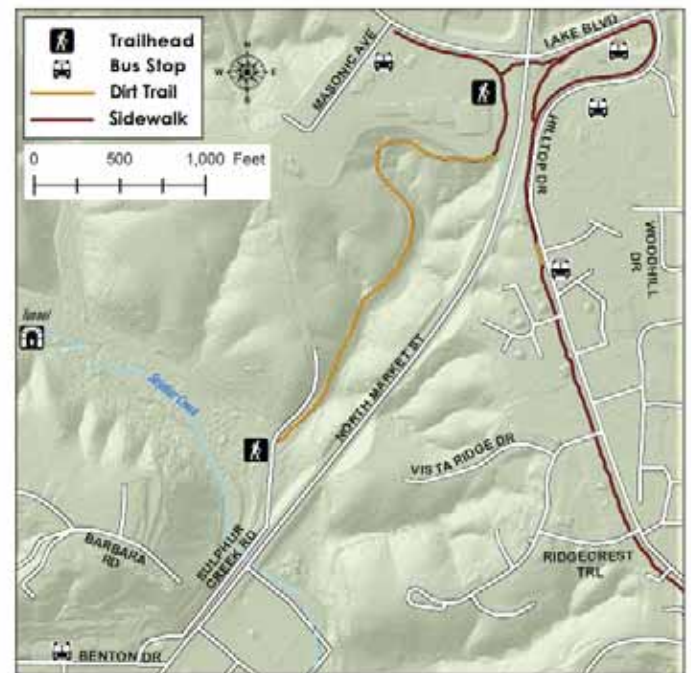
Unpaved, hardpacked trail on a hillside

## Adjacent Neighborhood

Buckeye Terrace, Miracle Mile/Sulphur Creek Hill, Benton Tract, North Hilltop, North Point, Twinview

## About the Route

Trail traces abandoned Highway 99 route from the 1930's, meandering through the woods, making it a nice alternative to walking along North Market St. Easy access to many services such as restaurants, stores, and a supermarket.



## 3 Sacramento River Trail

### Location

Multiple access points, refer to map

### Distance

Approximately 11 miles paved

### Terrain

Paved route along the Sacramento River. Trail crosses over river via three bridges (Sundial, Diestelhorst, and concrete ribbon bridge).

### Adjacent Neighborhoods

North Hilltop, Benton Tract, Lake Redding, Stanford Hills Estates, Turtle Bay, Quartz Hill, Downtown, Sunset

### About the Route

This paved multipurpose trail is popular with walkers. The scenic trail winds along the beautiful Sacramento River, offering a sense of peacefulness within the city limits. The trail is more exposed and hilly on the north side, which links to the famous Sundial Bridge on the east end. The loop is relatively flat and partially shady on the south side of the river, which links to Keswick Dam.

### Routes connecting to the Sacramento River Trail

#### 3A. Expansion Trail (1 mile)

Start this walk between the south side of the Sundial Bridge and Turtle Bay Café. By the end of 2008, a paved trail meandering along the northeast side of Turtle Bay will be completed.

#### 3B. Arboretum/Hilltop (1.2 - 1.7)

Start from the water tower on Hilltop Dr. or the parking lot at Turtle Bay. Trail is a paved loop with gentle rolling hills (1.2 miles). A steep paved hill climbs from the loop to Hilltop Dr. adding .5 miles.

#### 3C. Stanford Hills Estates (.6 miles)

Access off the north side of the River Trail. A steep paved hill climbs to Stanford Hills Estates subdivision.



Continued on next page

## 3 Sacramento River Trail

### 3D. Buenaventura Trail (1 mile)

Access at Buenaventura Blvd. and Highway 299. Trail starts as a sidewalk, which turns to dirt at Sunflower Dr. Picturesque trail includes several bridges, canyon and creek views. Dirt trail ends on south side of River Trail and is .75 miles one way.

### 3E. Palatine Trail (.3 miles)

Access this trail from either the 1 mile marker on the south side of the River Trail or at the end of Palatine Ct. in the Sunset Terrace neighborhood. From the River Trail, path is a rugged, steep, short climb up to the railroad grade. Go left to a smooth dirt path that climbs up to a cul-de-sac (Palatine Ct.).

## 4 Sacramento Rail Trail

### Location

Trailheads are located at Iron Mountain Rd. (Rock Creek Rd. junction), Keswick Boat Ramp, and near the OHV Staging Area west of Shasta Dam. Trail connects Redding to Shasta Dam.

### Distance

9 miles one way (River Trail to Shasta Dam)

### Terrain

Unpaved, hardpacked, nearly flat trail

### Adjacent Neighborhood

Community of Keswick and Sunset West

### About the Route

This BLM trail follows the old rail line, and Keswick Reservoir, which offers cooler summertime temperatures, however, the hike is fairly exposed. Views of the reservoir and Shasta Dam can be enjoyed. Watch for wildlife such as deer and birds near the water.

## 5 Hornbeck Trail & Sacramento Ditch Trail

### Location

Access trail off Quartz Hill Rd. (one mile from Lake Blvd.), at the end of Walker Mine Rd., or Shasta Dam Visitor Center parking lot area.

### Distance

4 miles one way on Hornbeck, 2.8 miles one way on Lower Sacramento Ditch Trail, 9 miles one way on the Upper Sacramento Ditch Trail

### Terrain

Gentle rolling dirt path

### Adjacent Neighborhoods

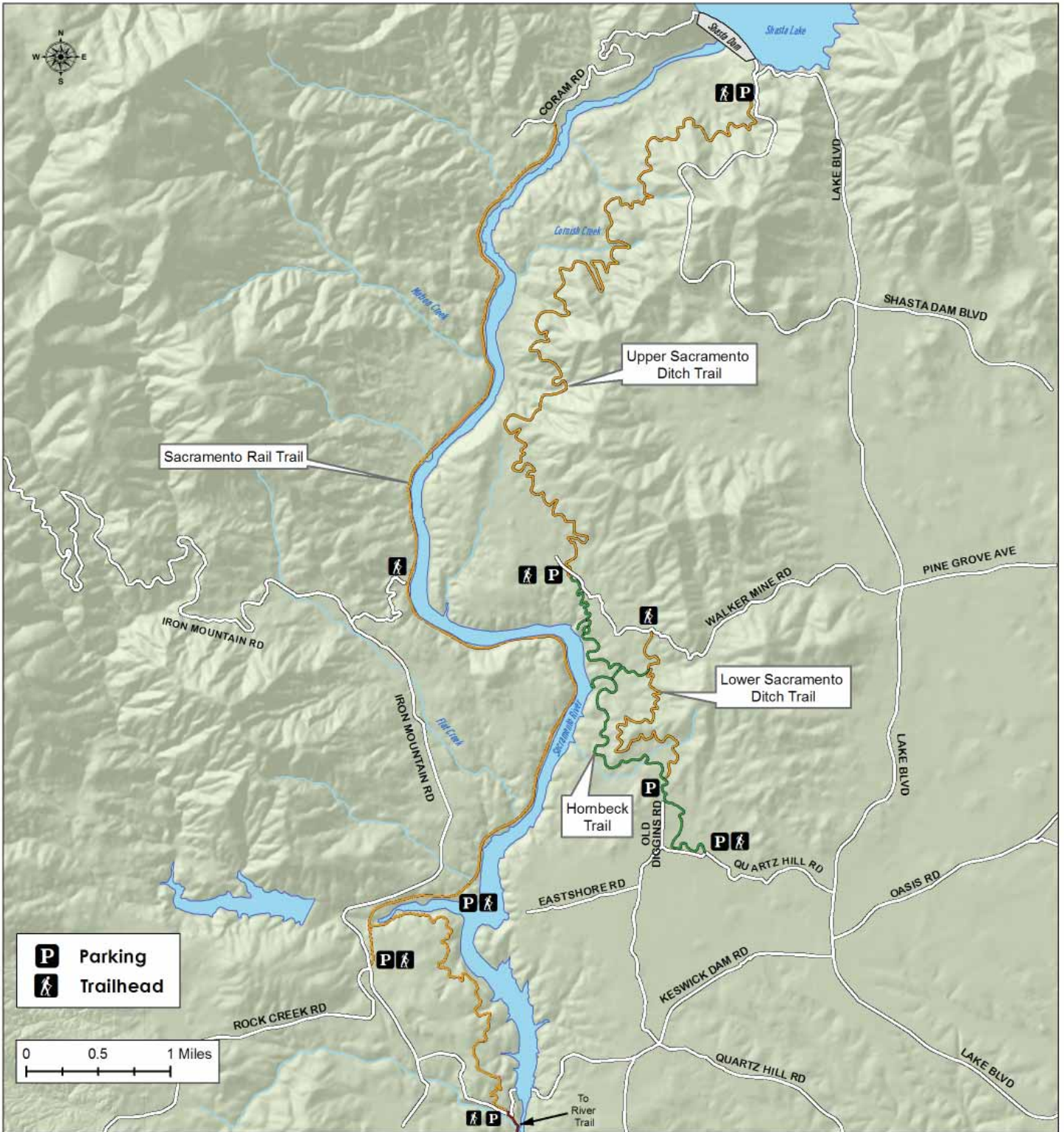
Quartz Hill, Buckeye

### About the Route

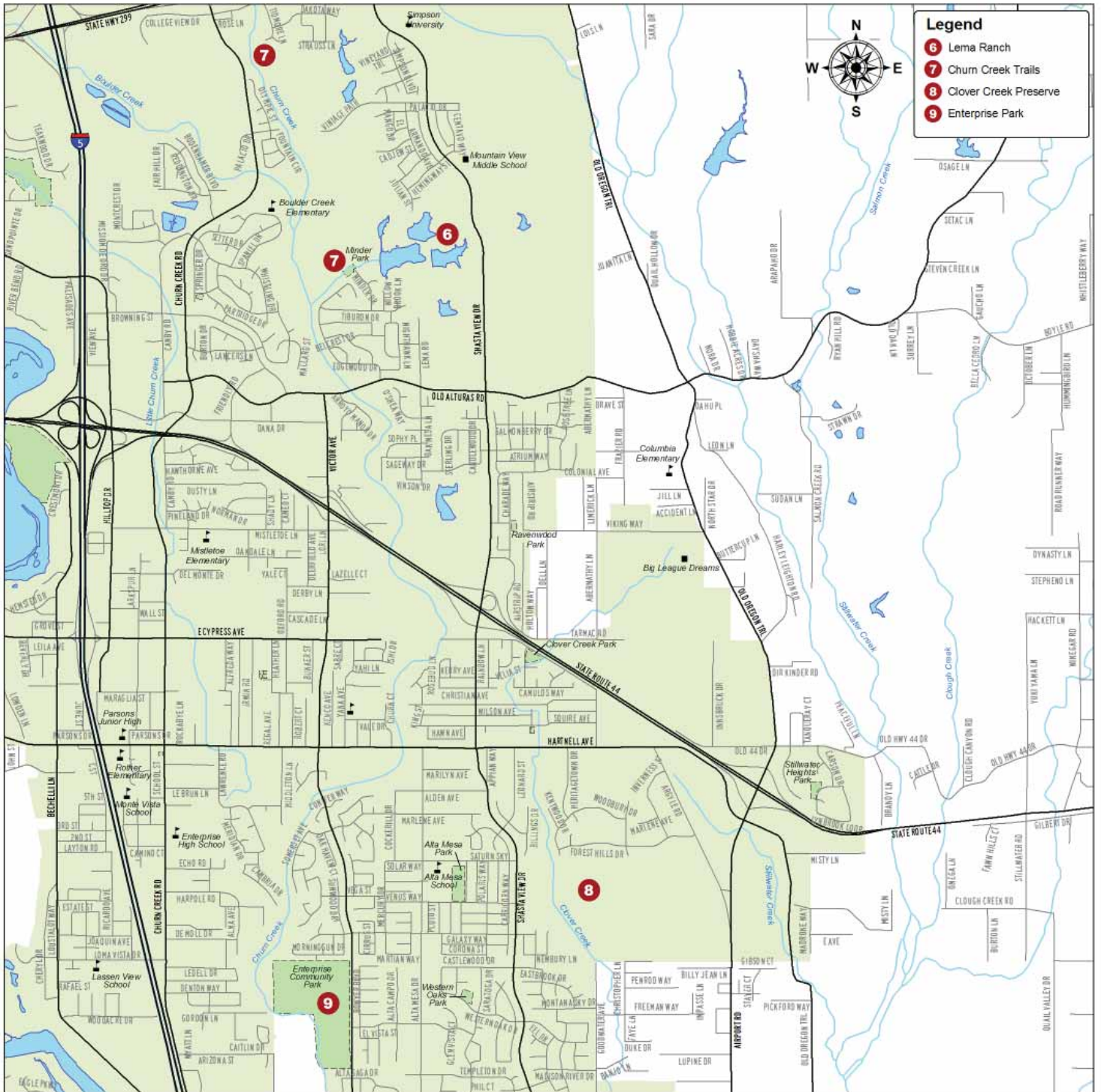
Explore one of the areas newest marked trails. Trail was rediscovered and developed by local historian Chuck Hornbeck, community volunteers, and BLM. The trail follows the path of a historic mining railroad on the east side of the Sacramento River. It features gentle grades suitable for all age groups. The rail line was used in the early 1900's to haul quartz used as flux for nearby copper smelting at Kennett (now under Shasta Lake). Maps available at Quartz Hill trailhead. If planning to cross Shasta Dam on foot or bicycle, call the Visitor Center for more information at 275-4463.



# Hornbeck/Sacramento Ditch



# Northeast and Southeast Overview



## 6 Lema Ranch

### Location

Access from 800 Shasta View to parking lot located off Hemingway Rd.

### Distance

4.75 miles total with loops of various lengths

### Terrain

Paved surface, mostly flat with gentle hills on some loops

### Adjacent Neighborhood

Columbia, Lema Ranch

### About the Route

Quiet, serene paths among ponds, birds and water fowl, a persimmon orchard, and views of mountain ranges. Perfect for walkers and runners but no pets, bicycles, or skateboards are allowed. Picnic tables, toilet, and drinking fountain at parking lot. Benches can be found along the trail. Three main loops make up this trail system: Secluded Loop (.75 m), Leah's Loop (1.75 m), and Mule Loop (2.25 m). For more info [www.mcconnellfoundation.org](http://www.mcconnellfoundation.org).



## 7 Churn Creek Trails

### Location

Adjacent to Lema Ranch Trails. Access from Minder Park, Tidmore Ln., or Palacio Dr.

### Distance

Approximately 4 miles

### Terrain

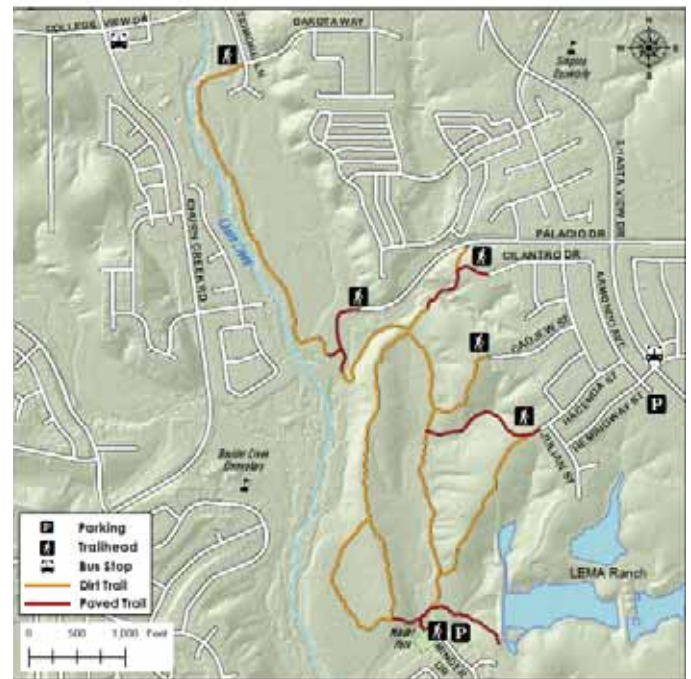
Gravel trails. Flat with gentle hills on some loops

### Adjacent Neighborhood

Simpson College, Columbia, Lema Ranch, Boulder Creek, Hawley/Twin Tower

### About the Route

Quiet, serene paths among beautiful trees. Trails are mostly shaded. Trails link to Lema Ranch trails, however, dogs and bicycles are only allowed on the gravel trails.



## 8 Clover Creek Preserve

### Location

Access off Shasta View Dr. & Venus Way (south of Hartnell)

### Distance

4 miles (2 miles paved, 2 miles dirt)

### Terrain

Flat paved trails with dirt off-shoot trails

### Adjacent Neighborhood

Clover Creek, Saratoga, Goodwater, Starview, Forest Hills

### About the Route

This 128-acre open space park features a 6.7 acre lake within a basin that provides flood protection to over 5000 acres of the Clover Creek Watershed. Exposed trails winding through natural grass, blue oak, and valley oak. Benches and interpretive signs educating about vernal pools and oak woodlands are located throughout the trail system.



## 9 Enterprise Neighborhood and Park

### Location

Access off Victor Rd.

### Distance

Approximately 1.5 miles of concrete path and 1 mile of dirt road

### Terrain

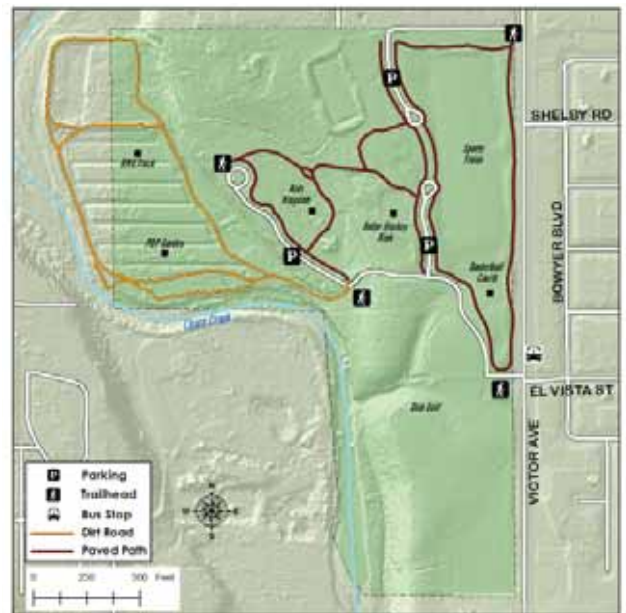
Paved and dirt paths, may be muddy in wet weather. Mostly flat with a hill connecting the upper and lower parts of the park

### Adjacent Neighborhood

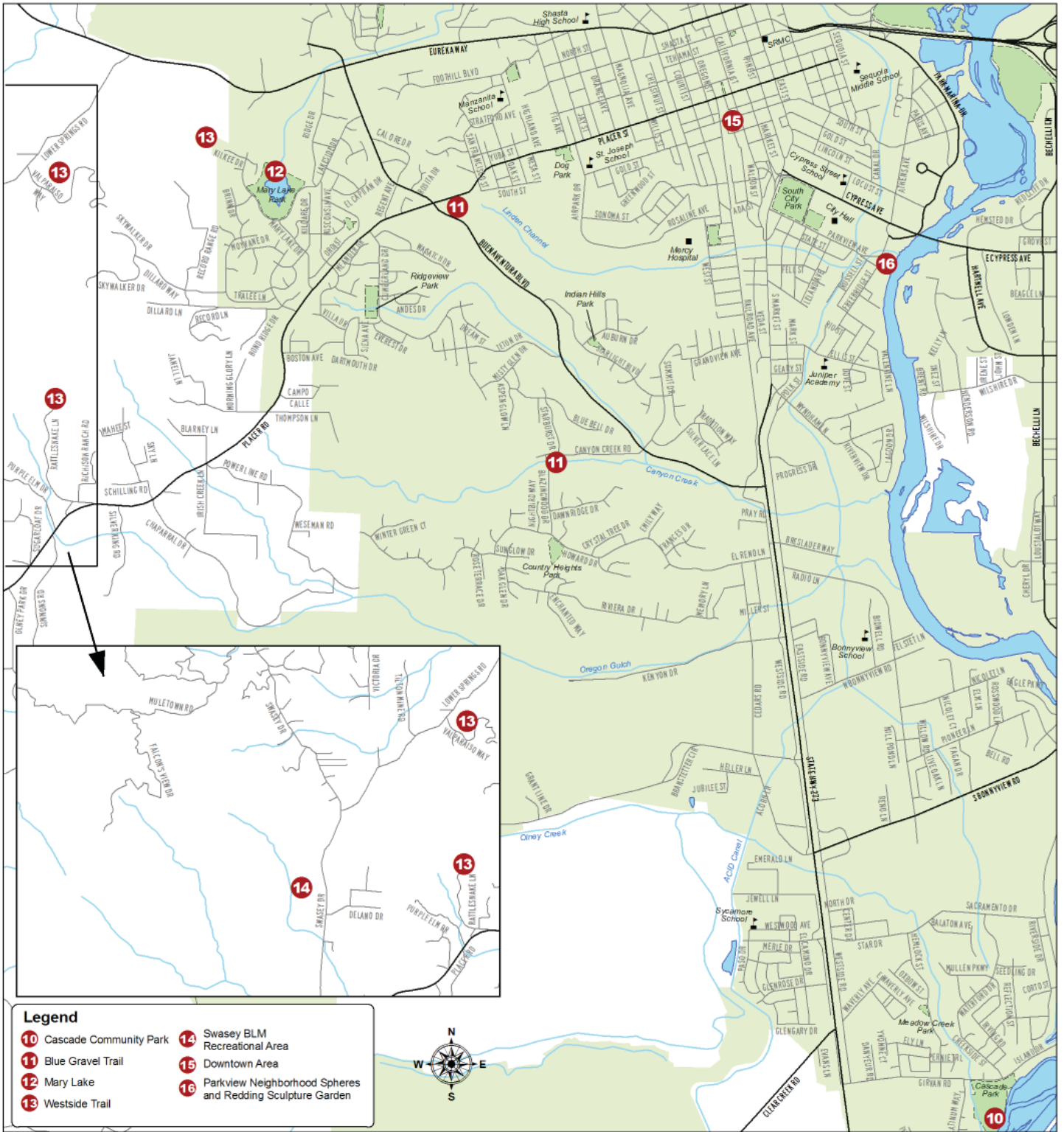
Saratoga, Alta Mesa, Starview, Oak Haven, Enterprise

### About the Route

A walk through a lively park featuring three main sections. The first has frisbee golf & a soccer field. The second has the Kids Kingdom playground with seasonal water feature, a community center, restrooms, and drinking fountains. The third section includes open space with a community garden sponsored by People of Progress, and a BMX bike track. A dirt loop for walking or cycling surrounds the garden with views of Churn Creek. The trail also connects to the playground area and soccer field.



# Southwest Overview



## Legend

- 10 Cascade Community Park
- 11 Blue Gravel Trail
- 12 Mary Lake
- 13 Westside Trail
- 14 Swasey BLM Recreational Area
- 15 Downtown Area
- 16 Parkway Neighborhood Spheres and Redding Sculpture Garden



## 10 Cascade Community Park

### Location

Park is located off Girvan Rd. A loop trail circles the park.

### Distance

Approximately .55 miles of concrete path and .37 dirt

### Terrain

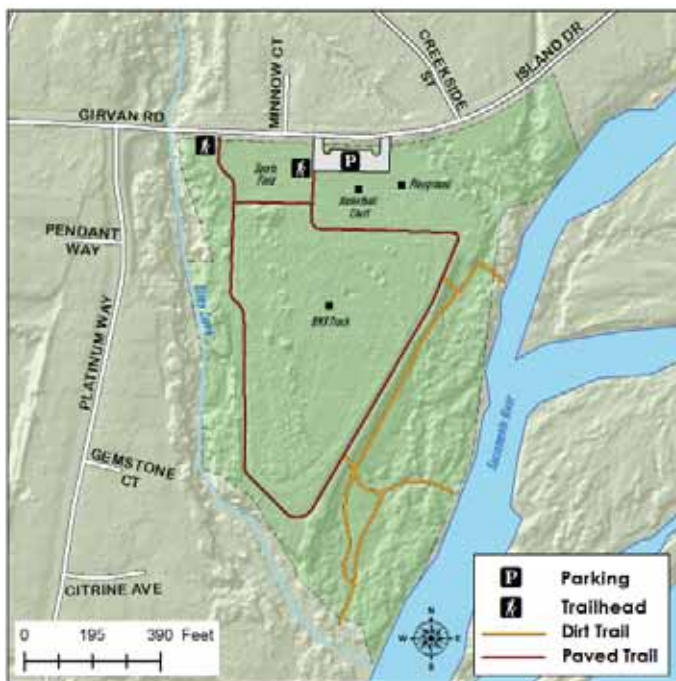
Flat loop

### Adjacent Neighborhood

Girvan, Metz Rd.

### About the Route

A short walk through Cascade Park along Olney Creek, which feeds into the Sacramento River. A quiet route with off-shoot dirt trails to access the river. Park offers basketball court, picnic tables, shade trees, drinking fountain, and BMX bike track.



## 11 Blue Gravel Trail

### Location

Trail parallels Buenaventura Blvd. between Canyon Creek and Placer St. Trail access also from Teton Dr.

### Distance

1.75 miles one way

### Terrain

Paved, predominately uphill from Canyon Creek to Placer St.

### Adjacent Neighborhood

Country Heights, Eagle Ridge, Buenaventura Park, Starlight, Ridgeview, Manzanita, Mary Lake

### About the Route

Trail travels through a canyon near a seasonal creek, and the old Blue Gravel Mine, once a gold mine in the area operated by the City. Relics from this era are still visible from the trail. Much of the trail offers trees and shade. The trail is especially beautiful in the springtime when wildflowers and butterflies abound. Trail connects to the Holiday Market shopping center which includes restaurants and other services.



## 12 Mary Lake

### Location

To access, take Placer St. to Wisconsin Ave. to Lakeside Dr.; or Buenaventura to Lakeside Dr.

### Distance

.75 – .9

### Terrain

Concrete, flat loop around the lake

### Adjacent Neighborhood

Mary Lake, West Gate, Rolling Hills

### About the Route

A pleasant, easy walk that's mostly shaded. Look for beavers, ducks, and geese. Walks can be extended through quiet neighborhood to the Westside hiking trail off Kilkee Dr.



## 13 Westside Trail

### Location

Four possible access points include: Kildare subdivision at Kilkee Dr.; Placer St. to O'Conner to Tralee to Dillard, up to gravel parking area next to gates; Placer St. to Towerview to Rattlesnake Rd. Walk up Rattlesnake Rd. about .5 miles to get to trailhead on left-hand side; or Lower Springs Rd. to Val Paraiso to small gravel parking lot.

### Distance

Approximately 6.5

### Terrain

Hilly, rugged, dirt trails

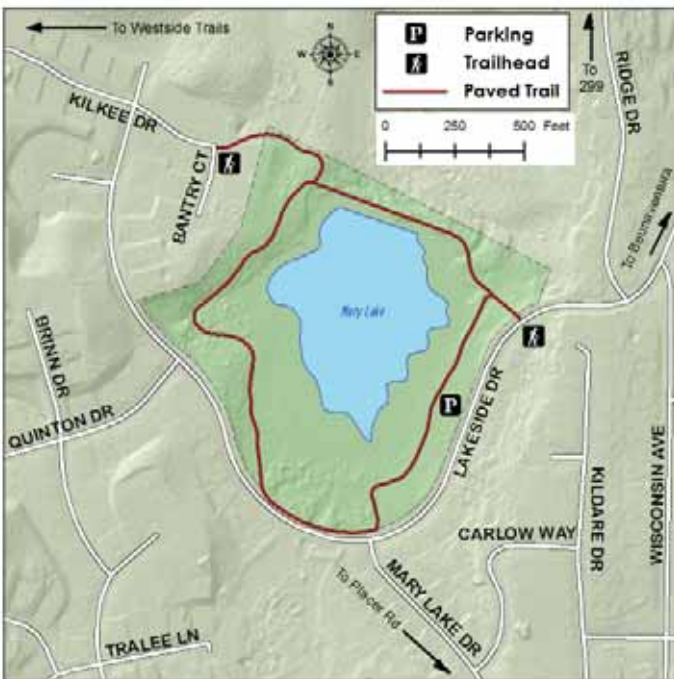
### View from top of the world

### Adjacent Neighborhood

Placer, Lower Springs/Val Paraiso, Mary Lake

### About the Route

Trails of varying lengths for short or longer hikes and beautiful views of Mt. Shasta, Mt. Lassen, the Trinity range, and Redding.



## 14 Swasey BLM Recreational Area

### Location

Access to Swasey Recreation Area is about 1 mile from Placer St. on the west side of Swasey Dr. Park in gravel parking lot.

### Distance

16 miles

### Terrain

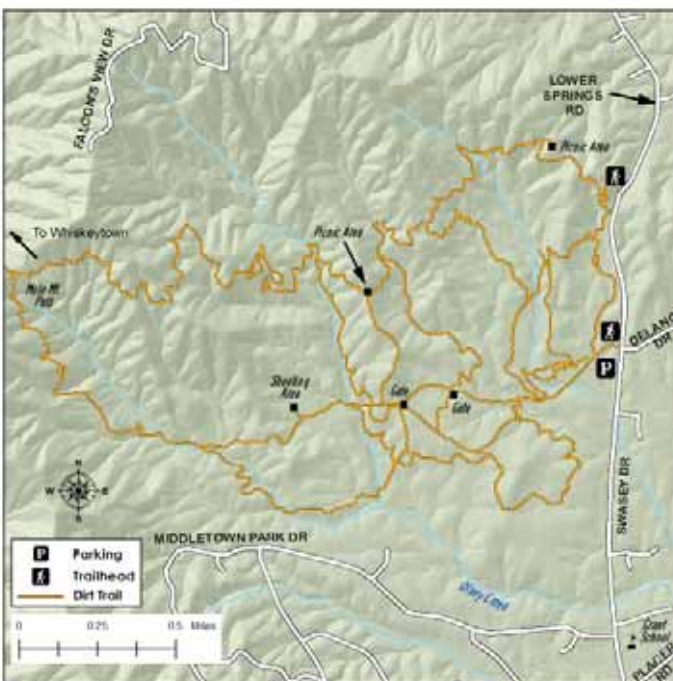
Rugged, hilly, dirt paths

### Adjacent Neighborhood

Swasey, Ranchland Acres, Lower Springs Rd.

### About the Route

New and improved trails are rugged and unmarked encouraging self-exploration and wildlife viewing. Trail system connects to Whiskeytown via the Mule Mountain Pass trail, which is a part of the Shasta Trinity proposed trail system. Keep an eye out for poison oak.



## 15 Downtown Area Points of Interest

### Location

A walk highlighting services, entertainment & historical buildings in downtown Redding.

### Distance

Each loop approximately 4 miles

### Terrain

Mostly flat with some hills, sidewalks in most areas

### Adjacent Neighborhood

Garden Tract, Downtown, Parkview

### About the Route

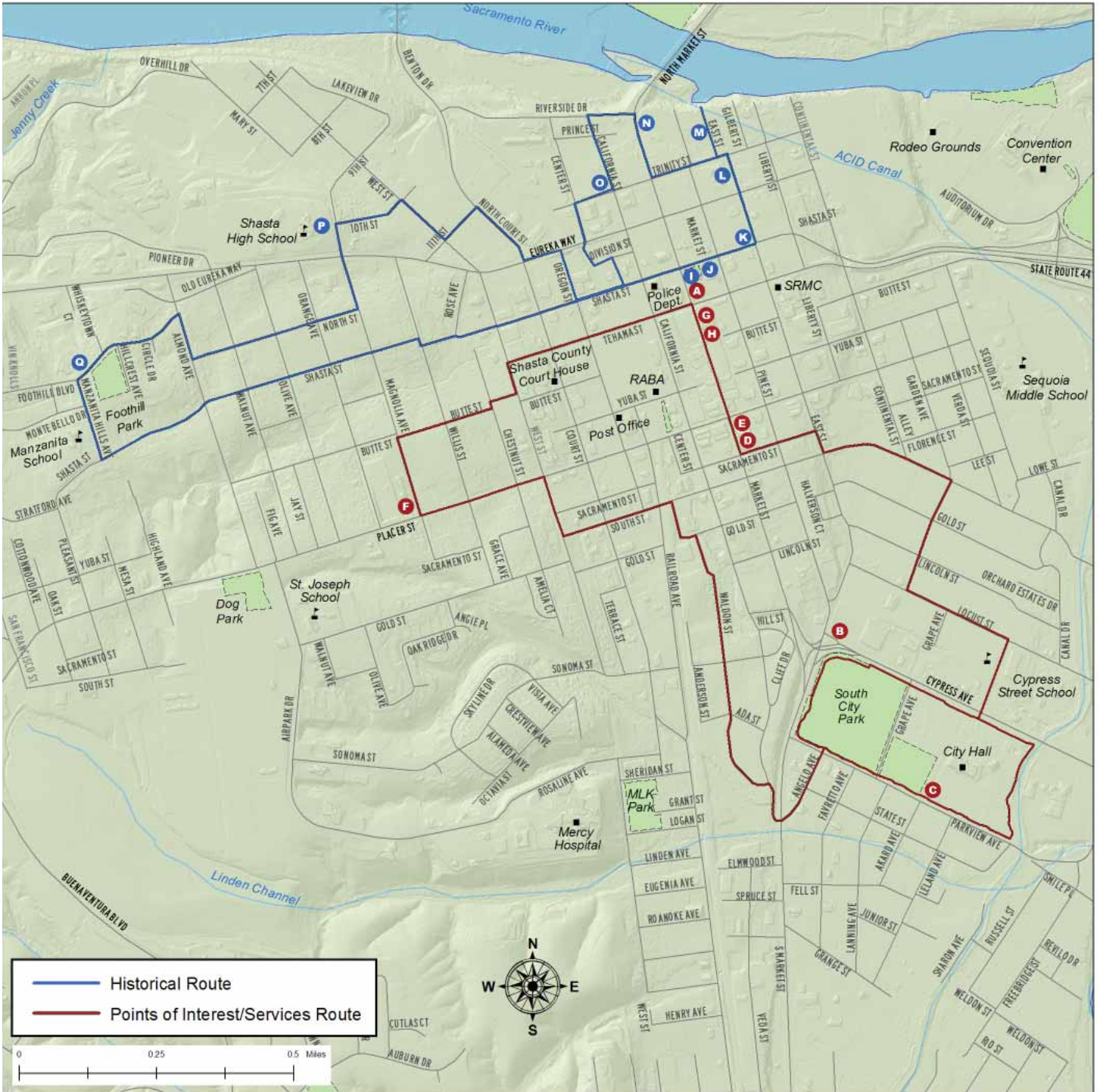
A walk highlighting services, entertainment, and historical features within downtown Redding.

- A. Shasta County Arts Council – 1313 Market St.
- B. Supermarket – Cypress St. & East
- C. Redding Library – 1100 Parkview Ave.
- D. Cascade Theater – 1731 Market St.
- E. Viva Downtown office – 1721 Market St.
- F. Schreder Planetarium – 1644 Magnolia Ave.
- G. Shasta Historical Society – 1449 Market St.
- H. Need 2 Speed Go Carts – 1501 Market St.
- I. Old City Hall – 1313 Market St.
- J. Fire House No. 1 – 1335 Shasta St.
- K. Edward Frisbie Residence – 1246 East St.
- L. Pine Street School Business Center (Redding Grammar School) – 1135 Pine St.
- M. Lawrence J. Kennedy Residence – 1314 Trinity St.
- N. \*James Ellery Residence – 993 Market St.
- O. The A.M.E. Zion Church – 1090 California St.
- P. Shasta Learning Center – 2200 Eureka Way
- Q. Pilgrim Congregational Church designed by Frank Lloyd Wright – 2850 Foothill Blvd.

For other routes and historical information, pick up a copy of the Redding's Historic Architecture brochure at Old City Hall, 1313 Market St.

\*denotes private residence, please respect privacy

# Redding Downtown Overview



# 16 Parkview Neighborhood Spheres & Sculpture Garden

## Location

Access near Redding City Hall

## Distance

1 mile through Sculpture Garden and City Hall

## Terrain

Flat, sidewalks and concrete paths

## Adjacent Neighborhood

Parkview



## About the Route

Route takes in 18 mosaic art spheres in the Parkview Neighborhood. The neighborhood art project was started in 2005 by Elin Klaseen, and Bill & Vanita Ulch. Artists, neighbors, and students from Juniper Academy Elementary School took part in designing and creating the spheres. Start walking from City Hall, meander through the 2.5 acre Sculpture Park for exercise, relaxation, and art appreciation. The Sculpture Park encompasses manicured gardens and features a collection of both permanent and touring works of art, showcasing a variety of artistic styles and visions.



## Can you find the spheres?

1. Four located in the Parkview Green under the theme "Seasons on the Green"
2. Two spheres on Valentine Ln. of family and world themes
3. Four at Juniper School: Jaguar, Knowledge Spiral, Poppies, and Seasons
4. Four on Freebridge St: Dragonfly, Beetle Ball, Helios, and Starry Knight
5. Four spheres in the Parkview Riverfront Park. Each have Wintu Basket Designs: Arrowhead, Wolf's Eye, Suckertail, and Steps.



Parkview Riverfront Park offers benches, picnic tables, bike rack, and a historic building. Trail meanders along river.

## City of Redding

Community Services: 225-4512

[www.ci.redding.ca.us/communityservices](http://www.ci.redding.ca.us/communityservices)

Graffiti Hotline: 245-6211

Police Department: 225-4200

Haven Humane 241-1653

RABA bus: 241-2877

## Shasta County Public Health:

245-6457 – [www.shastapublichealth.net](http://www.shastapublichealth.net)



**The McConnell Foundation**

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**HEALTHY SHASTA**  
Better choices. Healthy changes.



building a healthier community  
**Shasta County Public Health**  
[www.shastapublichealth.net](http://www.shastapublichealth.net)

## A special thanks to:

**McConnell Foundation**

**Historical Society**

**Parkview Neighborhood Association**

June 2008

## Visitor Information

There's a lot more to California than palm trees and deserts! Explore the magnificent northern California landscape and you'll find awesome granite spires, beautiful painted dunes, breathtaking waterfalls, and the largest Sundial Bridge in the world!

Redding is surrounded on three sides by millions of acres of federal and state land, including Whiskeytown National Recreation Area, Castle Crags State Park, Lassen Volcanic National Park, McArthur-Burney Falls Memorial State Park, Shasta Lake National Recreation Area, spectacular Mt. Shasta, and the pristine Trinity Alps. All of these areas boast spectacular trail systems and magnificent scenery, and all are located within an hour's drive of Redding, making Redding the perfect base camp for exploring the entire region.



### Biking through Lassen Volcanic National Park

The region surrounding Redding features miles of backcountry roads and scenic highways and byways, including one of only two All American Roads in California, the Volcanic Legacy Scenic Byway. Why not experience one of these beautiful byways as you explore the area surrounding Redding? It could excite your senses, refresh your soul, and take your breath away at every bend in the road.

While visiting Redding, be sure to check out the magnificent Sundial Bridge, part of the nationally

recognized Sacramento River Trail. Located in the heart of the Turtle Bay Exploration Park ([www.turtlebay.org](http://www.turtlebay.org)), this uniquely beautiful, world-famous California icon is an engineering marvel. Made of steel, granite, and glass, the bridge is fully suspended across the cold and swift Sacramento River so as not to interfere in any way with the delicate salmon spawning grounds below. The 217-foot pylon of the bridge acts as the gnomon of a giant sundial, telling time on a massive, garden lined, dial plate to the north. You'll want to make time to visit the Mediterranean themed McConnell Arboretum and Gardens and the Turtle Bay Museum--the heart of Turtle Bay.

There's so much to see and do in Redding, why not contact us today to learn more? Our friendly staff can provide you with itinerary ideas, area maps, and other suggestions to enhance your visitor experience. We also offer information and photos online at [www.VisitRedding.com](http://www.VisitRedding.com), including electronic and printable files of Redding's trail system, waterfalls of the Shasta Cascade, and Sundial Bridge "insider" info.

We hope to see you soon!



### Contact Info:

777 Auditorium Drive  
Redding, CA 96001  
530-225-4100  
800-874-7562  
[info@visitredding.com](mailto:info@visitredding.com)  
[www.VisitRedding.com](http://www.VisitRedding.com)

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### Summer Hours:

Mon - Fri, 9am - 6pm  
Sat, 10am - 5pm

Shasta County Public Health  
2650 Breslauer Way  
Redding, CA 96001

