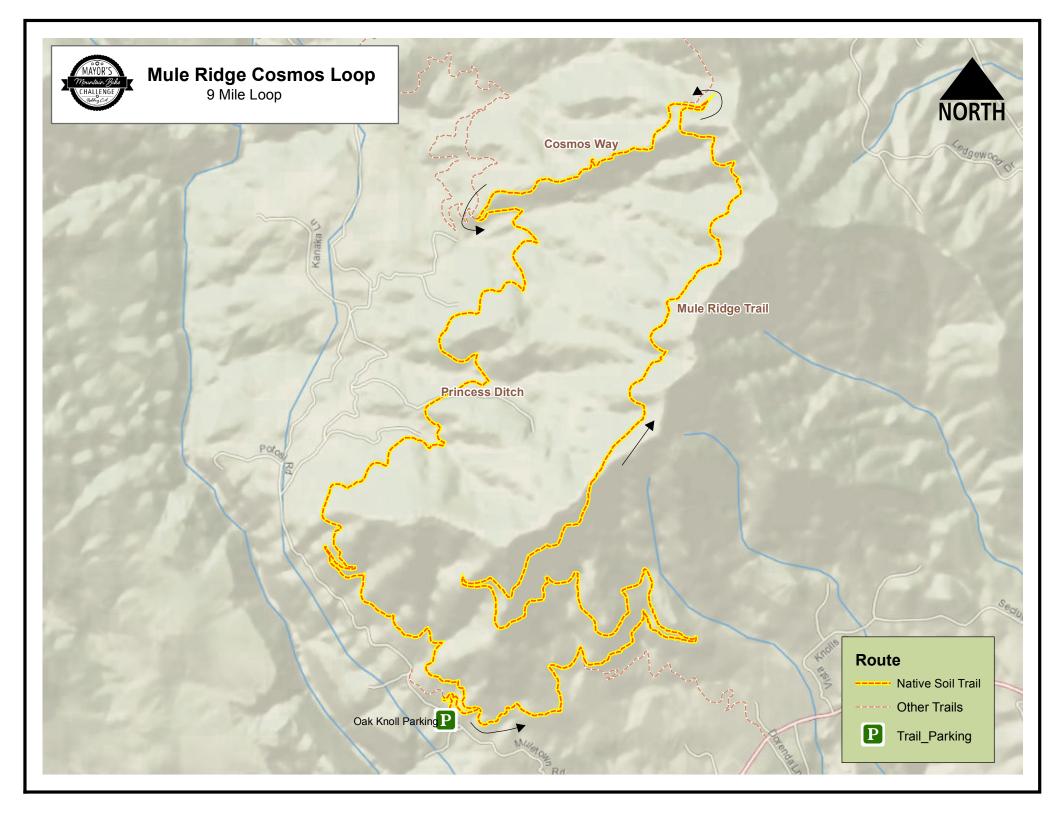




INTERMEDIATE

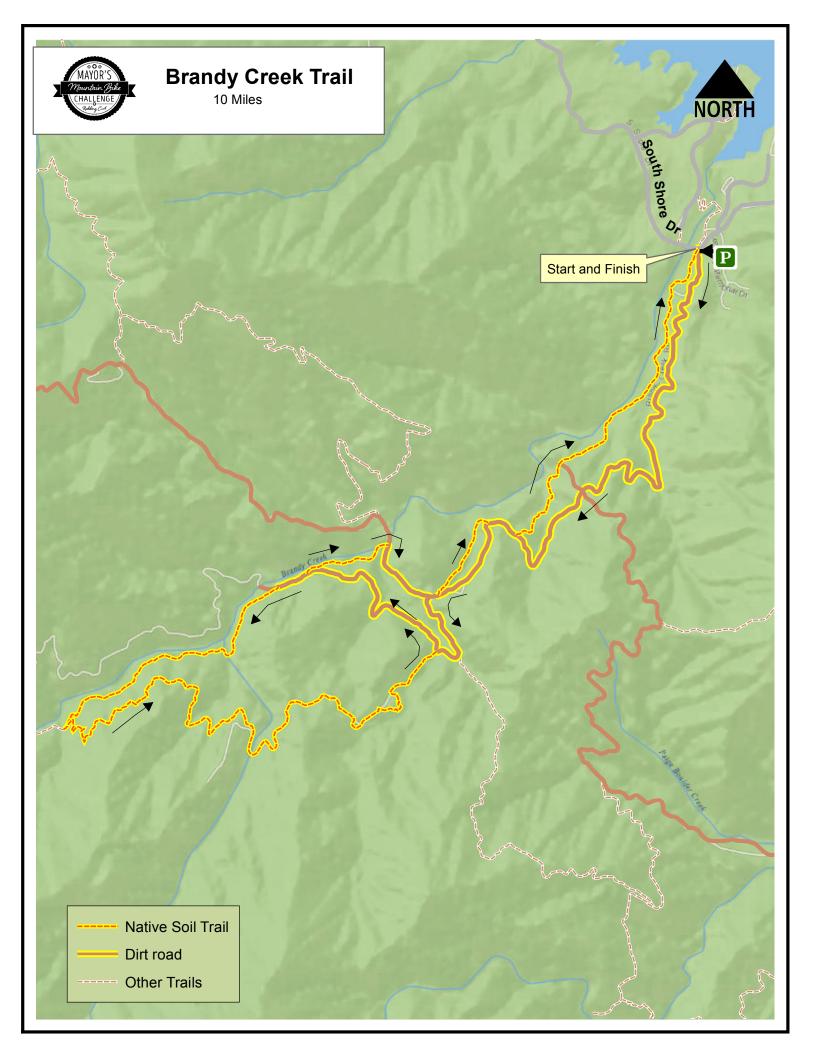


Mule Ridge - Cosmos Loop

Start at Oak Knoll parking lot which is about ¼ mile North of Placer Road on Muletown Road

Mule Ridge - Cosmos Loop (Strava Segment: https://www.strava.com/segments/13676055)

- PM 0.00 Starting at Oak Knoll Parking lot, cross the road and head up the trail
- PM 0.10 Turn right and follow trail
- PM 0.25 Princess Ditch Go right when you get to the ditch
- PM 0.9 Trail to Placer Split- stay to the left on the Mule Ridge Trail
- PM 2.4 Keep Climbing about halfway up...
- PM 3.3 Mule Ridge Can you see Whiskeytown Lake to the North?
- PM 5.0 Trail to Bear Pass Stay left and head down Cosmos
- PM 5.75 Bottom Cosmos turn left on Princess Ditch Trail
- PM 6.9 cross the dirt road, keep on the trail
- PM 7.2 cross this dirt road too, keep on the trail
- PM 8.7 trail to Oak Knoll TH turn right at the trail intersection
- PM 8.8 Oak Knoll TH Done!



Brandy Creek

<u>Start at Parking Lot that is at South Shore Drive and Brandy Creek Road in Whiskeytown National</u> <u>Recreation Area</u>

Strava Segment: https://www.strava.com/segments/13593559

PM 0.0 - start at the intersection of South Shore Drive and Brandy Creek Road - start heading up Brandy Creek Road

PM 2.2 - intersection of Brandy Creek Road and Shasta Bally Road (Road to Sheeps Camp) - stay left on Brandy Creek Road

PM 3.4 - Brandy Creek Falls Trail Parking Lot - Start Heading up the trail towards Brandy Creek Falls

PM 4.5 - intersection of Brandy Creek Falls and Rich Gulch Trail - just after starting the final descent to Brandy Creek Falls the Rich Gulch Trail heads steeply up to the left (see the sign) - follow this trail up (for most, this is a mostly "hike a bike" segment)

PM 4.7 - Top of the Chimney - stay on the trail and start the downhill - fun begins here!

PM 5.9 - Creek Crossing - the most significant of several creek crossings - keep going on the same trail, more downhill fun ahead

PM 7.0 - Rich Gulch Trail (Chimney Downhill) ends at Brandy Creek Road - turn left and head up Brandy Creek Road (again)

PM 7.7 - Brandy Creek Road and Upper Ice Box Trail intersection - just before you get back to the parking lot there is a trail that dives down to the right, take that trail

PM 8.0 - Upper Ice Box Trail and Shasta Bally Road - after crossing the creek, pop up on to Shasta Bally Road and head right up the hill

PM 8.3 - intersection of Shasta Bally Road and Brandy Creek Road - take a left and head down Brandy Creek Road, not too fast, the next turn is just ahead...

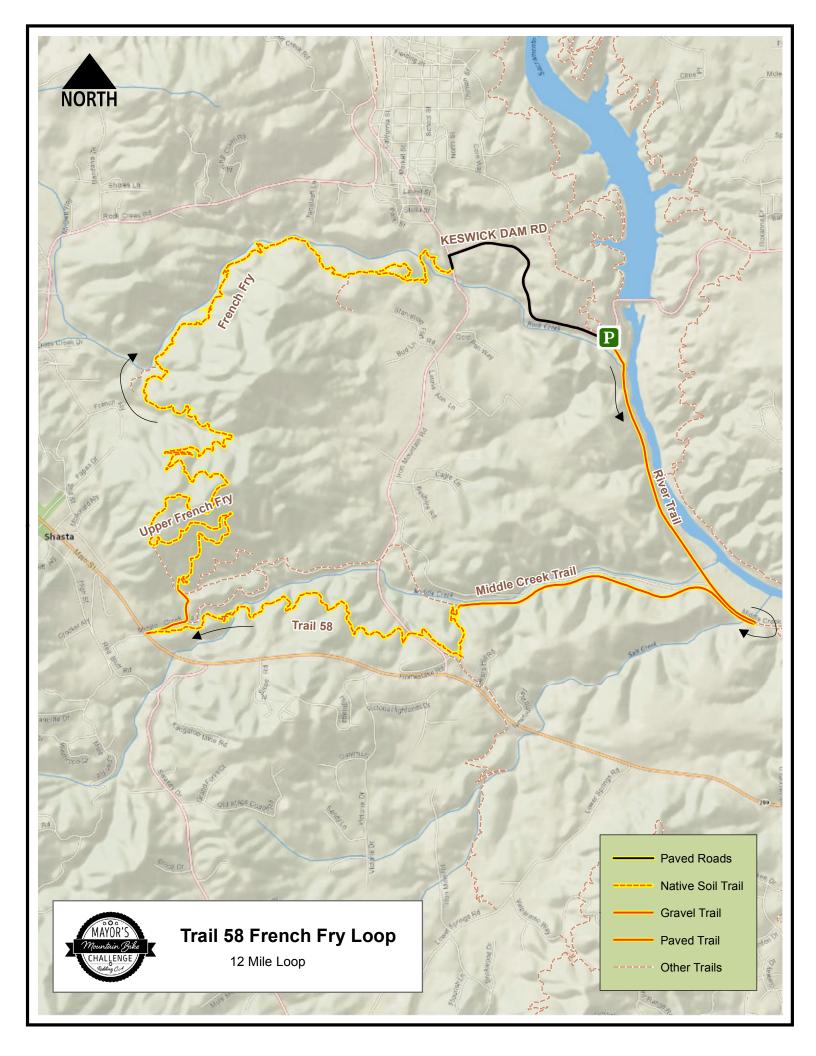
PM 8.35 - Brandy Creek Road and Brandy Creek Trail (Middle Ice Box) intersection - after being on the Brandy Creek Road for less than 100 yards, Brandy Creek Trail (Middle Ice Box) takes off to the left, follow that trail

PM 8.7 - Brandy Creek Trail (Middle Ice Box) and Brandy Creek Road - take a left and continue down Brandy Creek Road PM

PM 8.8 - Brandy Creek Road and Brandy Creek Trail (Lower Ice Box) - after a very short time back on the road take Brandy Creek Trail (Lower Ice Box) to the left. Note that the trail starts within a wide pullout to the left of the road.

PM 9.2 - campground area - stay on the trail...

PM 10.0 - Brandy Creek Trail (Lower Ice Box) and South Shore Drive intersection - Done!!



Trail 58 / French Fry Loop

Parking lot is off Keswick Dam Road

Trail 58/French Fry Loop - https://www.strava.com/segments/13702287

PM 0.0 – Keswick Dam Road Parking Lot (Sac River Trail) - Start to the River Trail South

PM 0.6 - Keep on the River Trail right past the Stressed Ribbon Bridge

PM 1.4 – Middle Creek Trail Intersection – take Middle Creek Trail back towards the West (right)

PM 2.7 – Middle Creek to 299 Trail – take the single track to your left

PM 3.0 – At the top of the hill turn right at trail 58 (if you stay straight and hit the paved 299 frontage road, you have gone too far).

PM 3.2 – Intersection with Iron Mountain Road – cross Iron Mountain Road to the pull out on the other side.

PM 4.9 – West TH for Trail 58 at Middle Creek Road – when the single track Trail 58 runs into a paved road you are on Middle Creek Road. Turn right and head through the gate on Middle Creek Road.

PM 5.1 – Middle Creek Trail Intersection – take the paved road up the hill towards the Waste Management Transfer Station towards the French Fry Trail (don't go through the yellow bollards on to the Middle Creek Trail.)

PM 5.15 – At the top of the hill the paved road ends and you enter a large gravel parking lot. Look for the Kiosk and map where French Fry starts

PM 5.2 – French Fry TH (southern end) – at the end of the parking lot you will see signs for the French Fry Trail – take the single track to the right and start heading up the hill

PM 6.6 – Top of the French Fry Climb, take a breather before a fun downhill.

PM 8.6 – Intersection with Dirt Road/Power Line – downhill is done but more fun ahead. Stay straight, this section of French Fry is a little more technical, don't be afraid to walk some small sections.

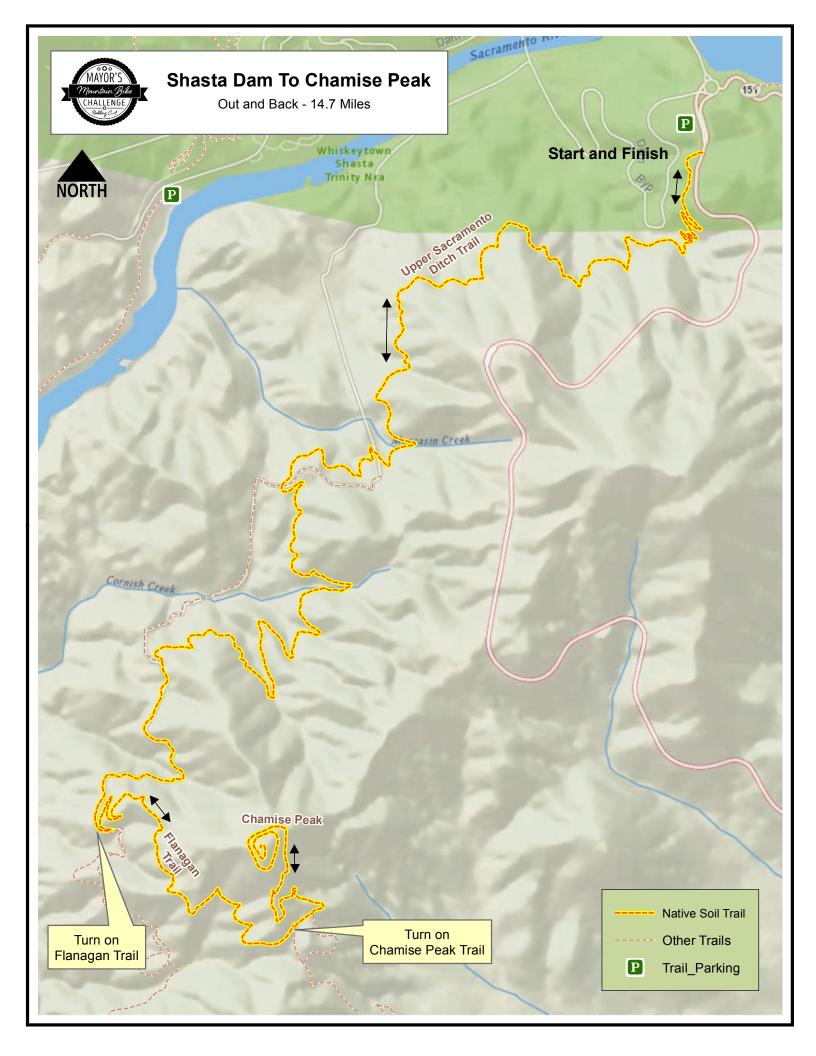
PM 10.4 – trail options – at the top of the hill, stay straight or hang a left, both end up at the same spot. The recommendation is left...flowy and fun!

PM 10.7 – intersection with old railroad grade – once you hit the old railroad grade (note the ballast still intact), take a left and the single track trail will continue to the right, take that trail

PM 11.0 – French Fry TH (northern end) at Iron Mountain Road – the French Fry ends at Iron Mountain Road. Take a left and head towards Keswick Dam Road.

PM 11.1 – Intersection of Iron Mountain Road and Keswick Dam Road – take a right on Keswick Dam Road and head east.

PM 11.9 – Keswick Dam Road Parking Lot – to your left, you are back to your start. Done!



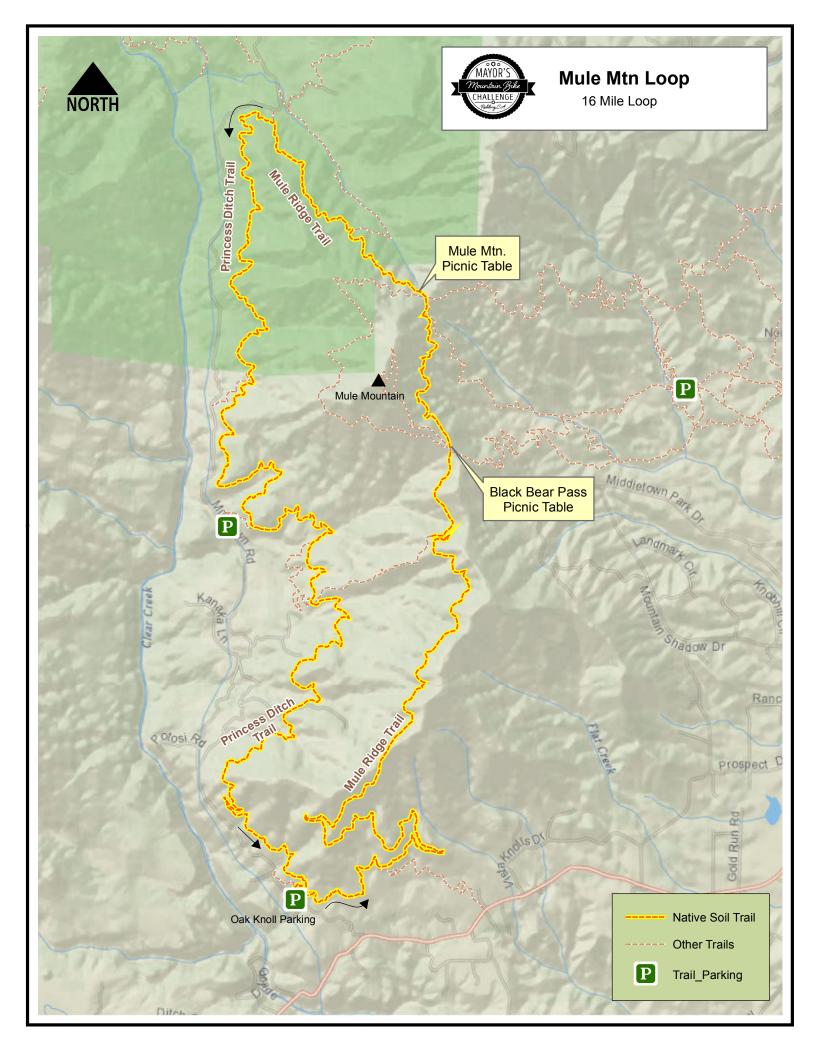
Shasta Dam to Chamise Peak

Park on the south side of the Shasta Dam visitors parking lot

The strava segment is https://www.strava.com/segments/13722031?oq=mayors

Head south on the road for 100 yards and the trail starts on your right.

- PM 0.0 Down Upper Sac Ditch trail
- PM 5.1 Turn left following signs up to Chamise Peak
- PM 6.3 Turn left up towards Chamise Peak
- PM 6.4 Keep left up towards Chamise Peak
- PM 7.3 You are on top of Chamise Peak ... enjoy the view... you will now be backtracking to the parking lot
- PM 8.3 Turn right headed down to Upper Sac Ditch Trail
- PM 8.4 Keep Right headed down to Upper Sac Ditch Trail
- PM 9.6 Stay straight onto Upper Sac Ditch headed to Shasta Dam
- PM 14.7 -You are back at the trailhead at Shasta Dam. Well done!!



Mule Ridge/Bear Pass/Princess Ditch Loop

Start at Oak Knoll parking lot which is about ¼ mile North of Placer Road on Muletown Road

Mule Ridge/Bear Pass/Princess Ditch Loop (Strava Segment: https://www.strava.com/segments/13676333)

PM 0.00 – Starting at Oak Knoll Parking lot, cross the road and head up the trail

PM 0.10 – Turn right and follow trail

PM 0.25 – Princess Ditch – Go right when you get to the ditch

PM 0.9 – Trail to Placer Split– stay to the left on the Mule Ridge Trail

PM 2.4 – Keep Climbing about halfway up...

PM 3.3 – Mule Ridge – Can you see Whiskeytown Lake to the North?

PM 5.0 – Trail to Black Bear Pass – Turn right (don't go down Cosmos)

PM 5.5 – Bear Pass – straight past the table and downhill (don't go left)

PM 6.5 – Top of Escalator (another table) – take the trail straight ahead down into Whiskeytown (don't take the trail, left or right)

PM 6.8 – Turn Left to stay on Mule Ridge Trail (Don't take Salt Creek Trail)

PM 8.0 – Intersection with Princess Ditch Trail (if you get to Mule Town Road you have gone too far) – take a left onto Princess Ditch Trail

PM 11.8 – Intersection with Trail down to Stoney Creek TH – keep straight on the Princess Ditch Trail.

PM 13.0 - Bottom of Cosmos - stay straight (not left or right) on the ditch trail

PM 14.2 - dirt road crossing - stay straight on the trail

PM 14.5 – another dirt road crossing – stay straight on the trail

PM 15.9 – intersection with trail down to Oak Knoll Trail Head – take the trail to the right back to your start

PM 16.0 – Oak Knoll TH – Done!