Redding Walks
Welcome to Redding Walks!

This Redding Walks guide highlights a variety of trails that allow walkers of all ages and abilities access to the natural beauty of Redding.

Walking is an excellent way to keep active - it is the most popular physical activity in the world. For most people, it is as simple as putting on a pair of shoes and opening the front door. Walking is great because it is free, gentle, social, simple, and can be done almost anywhere, at any time. Walking counts towards the 150 minutes per week of moderate physical activity that is recommended for better health. It makes a great “gateway” into the world of exercise as it often inspires people to try other healthy activities.

In addition to improving health, walking has positive effects for the whole community. Taking a walk means you see more friends and neighbors on the street, which helps people feel part of the community. Communities who increase their outdoor activity have seen a reduction in crime. Some walking trails also serve as key links between neighborhoods and businesses, providing access to various services. Connections help build stronger communities and offer residents alternative transportation options.

I hope this informative and easy-to-use guide leads to you enjoying our wonderful trails and helps contribute to your healthier lifestyle. Be active and be well!

Kim Niemer
City of Redding
Director of Community Services

Walking Tips

1. When walking on trails shared with bicyclists, be aware of their presence and keep to the right.
2. Drink water before you feel thirsty - before, during, and after exercise.
3. 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 minutes at a time) can be as effective in improving and maintaining health as one long walk.
4. Make sure you can maintain a conversation while walking. Rest before you feel pain, severe fatigue, light-headedness, dizziness, or significant shortness of breath.
5. An average pace of brisk walking is one mile in 18-20 minutes. Beginners should strive for a 30-minute per-mile pace.
6. Wear comfortable, sturdy shoes with good arch support, a firm heel, and plenty of room for your toes.
7. There is safety in numbers so invite a friend or family member to walk with you.
8. For additional walking maps, visit www.healthyshasta.org

This Redding Walks guide is offered free to encourage physical activity and enjoyment of our beautiful area. Healthy Shasta, the City of Redding, the County of Shasta, and California Department of Public Health do not 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

<table>
<thead>
<tr>
<th>Trail</th>
<th>Region</th>
<th>Surface</th>
<th>Length (miles)</th>
<th>Restrooms</th>
<th>Difficulty</th>
<th>Drinking water</th>
<th>Dogs</th>
<th>Bikes</th>
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</thead>
<tbody>
<tr>
<td>Buckeye Park</td>
<td>NW</td>
<td>Paved</td>
<td>.25 loop</td>
<td>Y</td>
<td>Flat</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
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<tr>
<td>Sacramento River Trail</td>
<td>NW</td>
<td>Paved</td>
<td>~ 15 total, some loops</td>
<td>Y</td>
<td>Flat &amp; Rolling Hills</td>
<td>Y</td>
<td>Y - on leash</td>
<td>Y</td>
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<tr>
<td>Turtle Bay East, Palisades &amp; View Trails</td>
<td>NE</td>
<td>Paved, Gravel &amp; Dirt</td>
<td>~ 2 total, some loops</td>
<td>N</td>
<td>Mostly Flat</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
</tr>
<tr>
<td>Sacramento Rail Trail</td>
<td>NW</td>
<td>Paved &amp; Gravel</td>
<td>9 one way</td>
<td>Y</td>
<td>Flat</td>
<td>N</td>
<td>Y - on leash</td>
<td>Y</td>
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<tr>
<td>FB, Hornbeck, Sacramento Ditch &amp; Flanagan Trails</td>
<td>NW</td>
<td>Dirt</td>
<td>4 – 12 one way</td>
<td>N</td>
<td>Rolling &amp; Steep Hills</td>
<td>N</td>
<td>Y - on leash</td>
<td>Y</td>
</tr>
<tr>
<td>Salt Creek</td>
<td>NW</td>
<td>Dirt</td>
<td>3.5 one way</td>
<td>N</td>
<td>Rolling Hills</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
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<tr>
<td>French Fry &amp; Trail 58</td>
<td>NW</td>
<td>Dirt</td>
<td>~ 8 total</td>
<td>N</td>
<td>Rolling Steep Hills</td>
<td>N</td>
<td>Y</td>
<td>Y</td>
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<td>Lema Ranch &amp; Churn Creek</td>
<td>NE</td>
<td>Paved &amp; Gravel</td>
<td>~ 9.5 total, various</td>
<td>N - Lema</td>
<td>Flat &amp; Rolling Hills</td>
<td>Y - Lema</td>
<td>Y - CC</td>
<td>Y</td>
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<tr>
<td>Clover Creek Preserve</td>
<td>SE</td>
<td>Paved &amp; Dirt</td>
<td>1.5 loop</td>
<td>N</td>
<td>Flat</td>
<td>Y</td>
<td>Y - on leash</td>
<td>Y</td>
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<tr>
<td>Enterprise Park</td>
<td>SE</td>
<td>Sidewalks &amp; Dirt</td>
<td>1.5 paved, 1 dirt</td>
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<td>Flat &amp; Slight Hills</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
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<tr>
<td>John Reginato Trail</td>
<td>SW</td>
<td>Dirt</td>
<td>1.5 total</td>
<td>Y</td>
<td>Flat</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
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<tr>
<td>Cascade Community Park</td>
<td>SW</td>
<td>Paved &amp; Dirt</td>
<td>~ 2 total</td>
<td>N</td>
<td>Flat</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
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<tr>
<td>Blue Gravel Trail</td>
<td>SW</td>
<td>Paved</td>
<td>1.75 one way</td>
<td>N</td>
<td>Slight Hill</td>
<td>Y</td>
<td>Y - on leash</td>
<td>Y</td>
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<tr>
<td>Mary Lake</td>
<td>SW</td>
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<td>.75 loop</td>
<td>N</td>
<td>Flat</td>
<td>Y</td>
<td>Y - on leash</td>
<td>Y</td>
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<tr>
<td>Westside Trail</td>
<td>SW</td>
<td>Dirt</td>
<td>~ 6.5, some loops</td>
<td>N</td>
<td>Varies, Rolling &amp; Steep Hills</td>
<td>Y</td>
<td>Y - on leash</td>
<td>Y</td>
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<tr>
<td>Swasey BLM Recreational Area</td>
<td>SW</td>
<td>Dirt</td>
<td>~ 25 total, some loops</td>
<td>Y</td>
<td>Varies</td>
<td>N</td>
<td>Y - on leash</td>
<td>Y</td>
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<tr>
<td>Downtown Points of Interest</td>
<td>SW</td>
<td>Sidewalks in most areas</td>
<td>4 total, two loops</td>
<td>N</td>
<td>Flat &amp; Slight Hills</td>
<td>Y</td>
<td>Y - on leash</td>
<td>On roadways</td>
</tr>
</tbody>
</table>
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.
Location
Multiple access points, refer to map

Distance
Approximately 15 miles paved

Terrain
Paved route along the Sacramento River. Trail crosses over river via four bridges (Sundial, Diestelhorst, concrete ribbon bridge and Hwy. 44 bridge).

Adjacent Neighborhoods
North Hilltop, Benton Tract, Lake Redding, Stanford Hills Estates, Turtle Bay, Quartz Hill, Downtown, Sunset, Dana Drive, Garden Track

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. This trail also connects with trails 3 & 4 in this guide.

Routes connecting to the Sacramento River Trail
Turtle Bay Museum Trail (1.75 miles)
Start this walk between the south side of the Sundial Bridge and Turtle Bay Café. A paved trail meanders along the northeast side of the Museum and crosses under I-5 to Dana Dr., near the Mt. Shasta Mall.

Arboretum/Hilltop (1.2 - 1.7)
Access from the water tower on Hilltop Dr. or the parking lot at Sundial Bridge. 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.

Stanford Hills Estates (.6 miles)

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.

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.).
3 Turtle Bay East, Palisades & View Trails

**Location**
North end of North Bechelli Lane.

**Distance**
1.5 miles

**Terrain**
Flat with a slight hill to Palisades

**Adjacent Neighborhood**
River Heights and Mt. Shasta Mall

**About the Route**
These trails feature good access to the Sacramento River, benches, and picnic tables. There are restrooms available and dogs can be off leash on Turtle Bay East. Enjoy beautiful views, especially on the Palisades Trail. It also connects to the Sacramento River Trail and Hwy. 44 Bikeway from Downtown to Dana Drive and Hilltop Drive.

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4 Sacramento Rail Trail

**Location**
Trailheads located at Iron Mountain Rd. (at Rock Creek Rd.), Keswick Boat Ramp, and Keswick Dam Rd. (just south of dam) and near the OHV Staging Area west of Shasta Dam. Trail connects Redding to Shasta Dam. This trail also connects with trail 2 in this guide.

**Distance**
9 miles one way (River Trail to Shasta Dam)

**Terrain**
Paved. Keswick Dam Rd. to Keswick launch is very hilly. Flat from Keswick boat launch to foot of Shasta Dam.

**Adjacent Neighborhood**
Community of Keswick

**About the Route**
This BLM trail follows the old rail line along Keswick Reservoir, offering great views of the river but is fairly exposed. Enjoy views of the reservoir and Shasta Dam, wildlife such as deer and birds, and traveling through a railroad tunnel.

See map on next page
Location
Access trail off Quartz Hill Rd. (1 mile from Lake Blvd.), the end of Walker Mine Rd., Flanagan Rd., or south of Shasta Dam Visitor Center parking lot.

Distance
9.3 miles on FB, 4 miles on Hornbeck, 11.8 miles on Sacramento Ditch Trails (approximately 25 miles one way from Ribbon Bridge to Shasta Dam Parking lot)

Terrain
Mostly gentle rolling dirt path, some climbing to Chamise Peak (side trail) and short portions of FB

Adjacent Neighborhoods
Quartz Hill, Buckeye, Shasta Lake City

About the Route
Great views from Chamise Peak and nice river views along the trails. Hornbeck Trail follows the path of a historic mining railroad that was rediscovered and developed by local historian Chuck Hornbeck, community volunteers, and BLM on the east side of the Sacramento River. The rail line was used in the early 1900s to haul quartz used as flux for nearby copper smelting at Kennett (now under Shasta Lake). If planning to cross Shasta Dam (to connect with Sacramento Rail Trail for a complete loop), call the Visitor Center for more information at (530) 275-4463.
6 Salt Creek

**Location**
Off Lower Springs Road, just south and across the street from parking area on Valparaiso. Also from Hwy. 299 and off River Trail via Middle Creek Trail.

**Distance**
3.5 miles one way

**Terrain**
Rolling dirt path

**Adjacent Neighborhoods**
Lower Springs

**About the Route**
This rolling dirt path along Salt Creek is great for hiking and biking. It features bridges for creek crossing and fish viewing. This trail is especially beautiful when the creek is full and wildflowers are in bloom. Be careful when crossing Hwy. 299.

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7 French Fry & Trail 58

**Location**
Trails are north of Hwy. 299 and east of Shasta State Historic Park.

**Distance**
The dirt trails are about 8 miles round trip. The paved trail is 1.3 miles.

**Terrain**
Dirt and paved trails

**Adjacent Neighborhoods**
Community of Shasta

**About the Route**
French Fry Trails are open to hiking, bicycling, and horseback riding and offer views of Mt. Shasta, Redding, and Cascade Range. Trail 58 is open to hiking and bicycling and has seasonal waterfalls. Stay on designated trails and keep pets under control.
8 Lema Ranch & Churn Creek Trails

Location
Access from 800 Shasta View Dr. to parking lot located off Hemingway Rd., Minder Park, Tidmore Ln., Palacio Dr. or local neighborhoods.

Distance
9 miles total with loops of various lengths

Terrain
Paved surface, and gravel, mostly flat with gentle hills on some loops.

Adjacent Neighborhood
Columbia, Lema Ranch, Simpson University, Boulder Creek, Hawley/Twin Tower, Edgewood

About the Route
Quiet, serene paths among beautiful trees, ponds, birds and water fowl, with mountain views. No pets, bicycles, or skateboards allowed on Lema Ranch Trails. Picnic tables, toilet, and drinking fountain at parking lot. Benches can be found along the trail. Three main loops on Lema Ranch include Secluded Loop (.75 m), Leah’s Loop (1.75 m), and Mule Loop (2.25 m). For more information, visit: www.mcconnellfoundation.org.

9 Clover Creek Preserve

Location
Access off Shasta View Dr. & Venus Way (south of Hartnell) or from neighborhoods.

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 5,000 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.
**10 Enterprise 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 disc 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.

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**11 John Reginato Trail**

**Location**
Near South Bonnyview Road

**Distance**
About 1.5 miles round trip

**Terrain**
Dirt trails

**Adjacent Neighborhood**
River Bend Estates

**About the Route**
Dogs are allowed on a leash and bicycles are permitted. Drinking water and restrooms are available. This trail has multiple river access points, canoe/kayak ramp, ADA compliant fishing platform, boat launch, and picnic tables.
12 Cascade Community Park

Location
Park is located off Girvan Road. 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.

13 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.
**Mary Lake**

**Location**
To access, from Placer St. take Mary Lake Dr. or Buenaventura to Lakeside Dr.

**Distance**
.75 – .9

**Terrain**
Concrete, flat loop around the lake

**Adjacent Neighborhood**
Mary Lake, West Gate, Rolling Hills, Kildare

**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.

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**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; Placer St. to Purple Elm Dr. to Rattlesnake; or Lower Springs Rd. to Valparaiso to small gravel parking lot. (Trail crosses Valparaiso to the east.)

**Distance**
Approximately 6.5

**Terrain**
Hilly, rugged, dirt trails

**Adjacent Neighborhood**
Placer, Lower Springs/Valparaiso, 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. It is also popular for mountain biking.
16 Swasey BLM Recreational Area

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

Distance
25 miles

Terrain
Rugged, hilly, dirt paths

Adjacent Neighborhood
Swasey, Ranchland Acres, Lower Springs Rd.

About the Route
Trails are rugged with a variety of loops possible, encouraging self-exploration and wildlife viewing. Trail system connects to Muletown Rd. in Whiskeytown National Recreation Area via the Mule Mountain Pass trail, which is a part of the Shasta Trinity proposed trail system. Keep an eye out for poison oak.

17 Downtown Points of Interest

Location
Downtown Redding multiple access points.

Distance
Each loop is 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.
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.

*denotes private residence, please respect privacy

See map on next page
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

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

City of Redding 225-4512
www.ci.redding.ca.us/communityservices
Graffiti Hotline: 245-6211
Police Department: 225-4200
Redding Animal Regulations: 241-1653
RABA bus: 241-2877

Shasta County Health & Human Services Agency:
2650 Breslauer Way, Redding, CA. 96001
www.shastahhsa.net

Healthy Shasta
www.healthyshasta.org (for additional trail maps)

Friends of Redding Trails
Friendsofthereddingtrails@gmail.com
www.facebook.com/friendsofthereddingtrails

Redding Trails and Bikeways Council
info@reddingtrailsandbikewayscouncil.org
www.reddingtrailsandbikewayscouncil.org

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