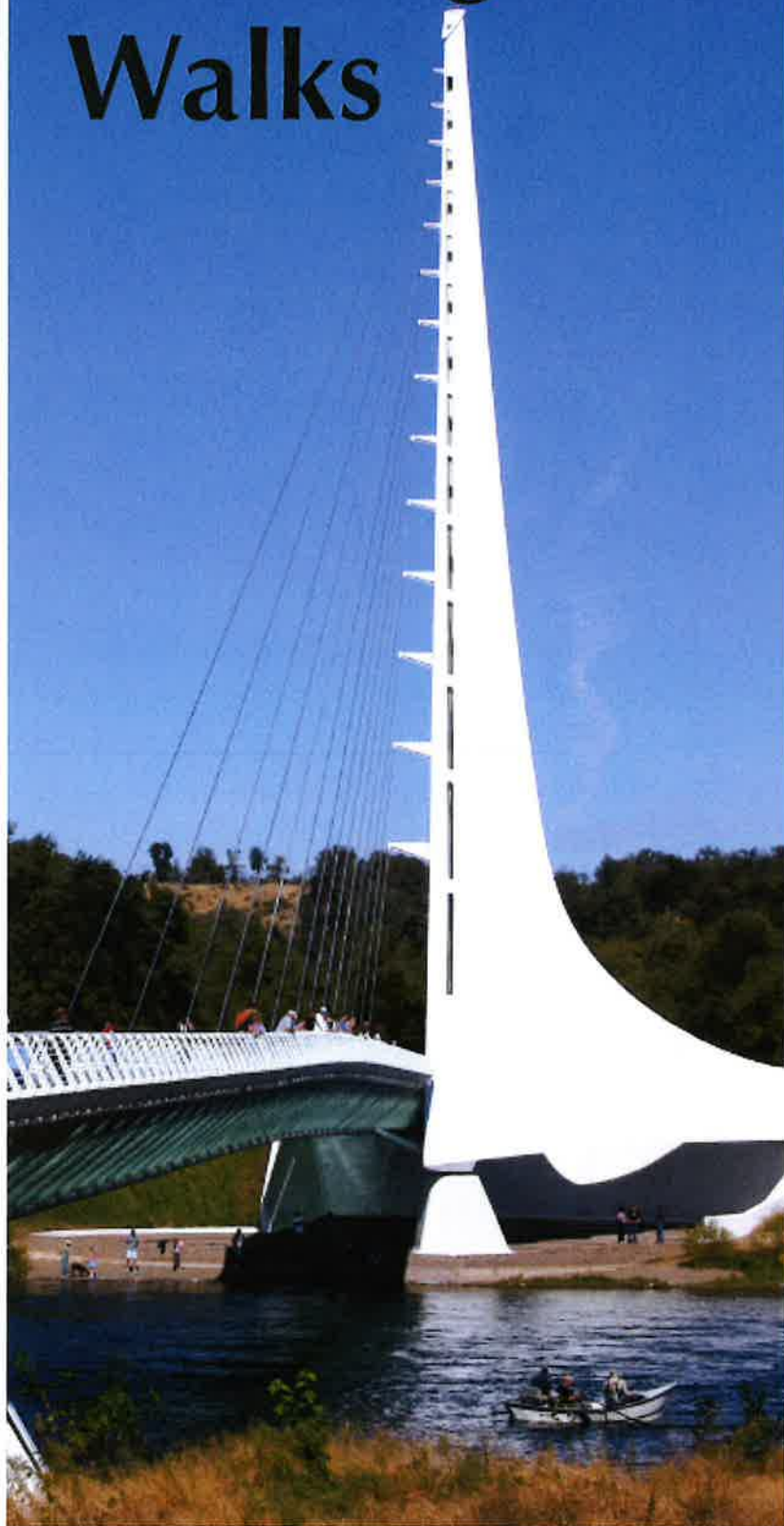


Redding Walks



Welcome to Redding Walks!

Walking Tips

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



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

Trail	Region	Surface	Length (miles)	Restrooms	Difficulty	Drinking water	Dogs	Bikes
1 Buckeye Park	NW	Paved	.25 loop	Y	Flat	Y	Y	Y
2 Sacramento River Trail	NW	Paved	~ 15 total, some loops	Y	Flat & Rolling Hills	Y	Y - on leash	Y
3 Turtle Bay East, Palisades & View Trails	NE	Paved, Gravel & Dirt	~ 2 total, some loops	N	Mostly Flat	Y	Y	Y
4 Sacramento Rail Trail	NW	Paved & Gravel	9 one way	Y	Flat	N	Y - on leash	Y
5 FB, Hornbeck, Sacramento Ditch & Flanagan Trails	NW	Dirt	4 – 12 one way	N	Rolling & Steep Hills	N	Y - on leash	Y
6 Salt Creek	NW	Dirt	3.5 one way	N	Rolling Hills	Y	Y	Y
7 French Fry & Trail 58	NW	Dirt	~ 8 total	N	Rolling Steep Hills	N	Y	Y
8 Lema Ranch & Churn Creek	NE	Paved & Gravel	~ 9.5 total, various	Y - Lema N - CC	Flat & Rolling Hills	Y - Lema N - CC	Y - CC N - Lema	Y
9 Clover Creek Preserve	SE	Paved & Dirt	1.5 loop	N	Flat	Y	Y - on leash	Y
10 Enterprise Park	SE	Sidewalks & Dirt	1.5 paved, 1 dirt	Y	Flat & Slight Hills	Y	N	Y
11 John Reginato Trail	SW	Dirt	1.5 total	Y	Flat	Y	Y	Y
12 Cascade Community Park	SW	Paved & Dirt	~ 2 total	N	Flat	Y	Y	Y
13 Blue Gravel Trail	SW	Paved	1.75 one way	N	Slight Hill	Y	Y - on leash	Y
14 Mary Lake	SW	Paved	.75 loop	N	Flat	Y	Y - on leash	Y
15 Westside Trail	SW	Dirt	~ 6.5, some loops	N	Varies, Rolling & Steep Hills	Y	Y - on leash	Y
16 Swasey BLM Recreational Area	SW	Dirt	~ 25 total, some loops	Y	Varies	N	Y - on leash	Y
17 Downtown Points of Interest	SW	Sidewalks in most areas	4 total, two loops	N	Flat & Slight Hills	Y	Y - on leash	On roadways

1 Buckeye Park

Location

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

Distance

.25 miles

Terrain

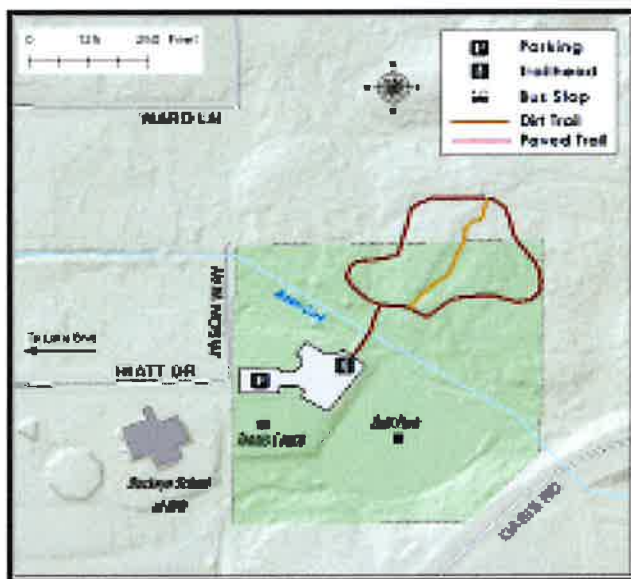
Paved, mostly flat

Adjacent Neighborhood

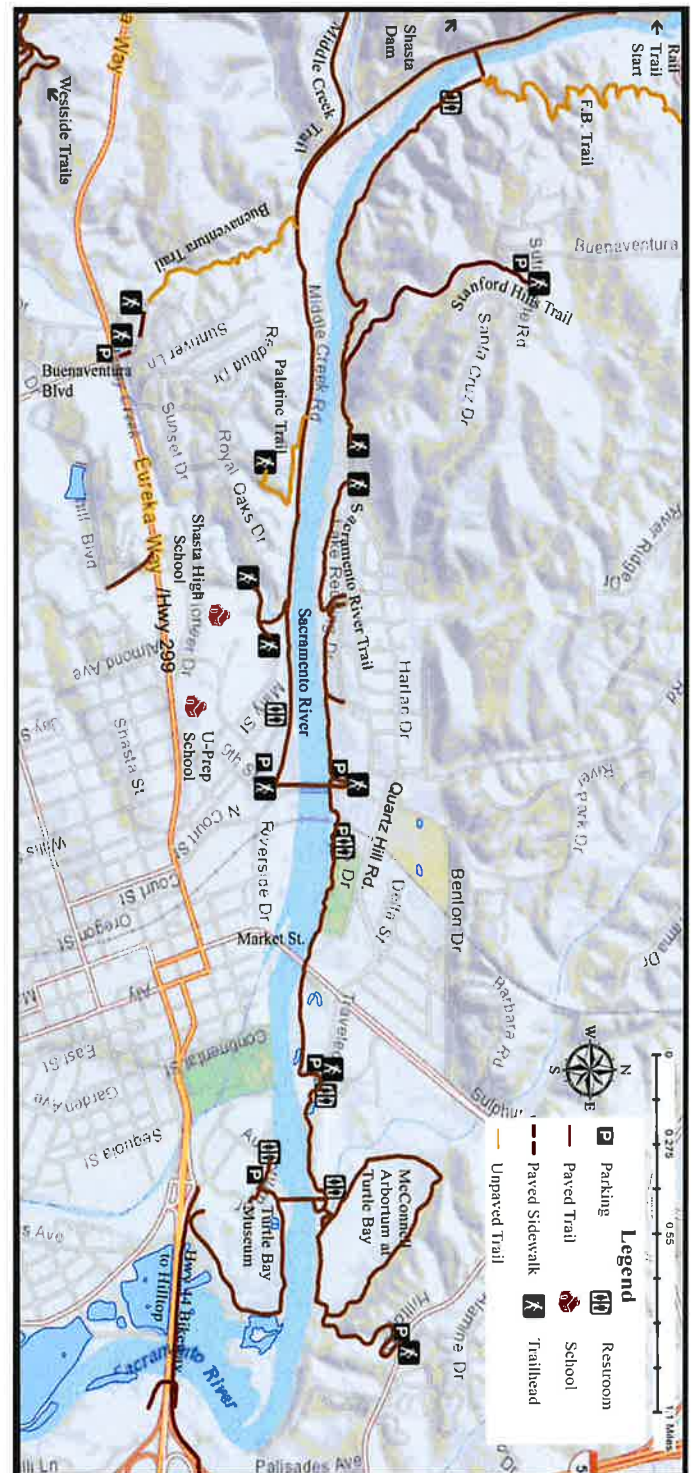
Buckeye

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 Sacramento River Trail



2 Sacramento River Trail

Sacramento River Trail

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)

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

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.

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

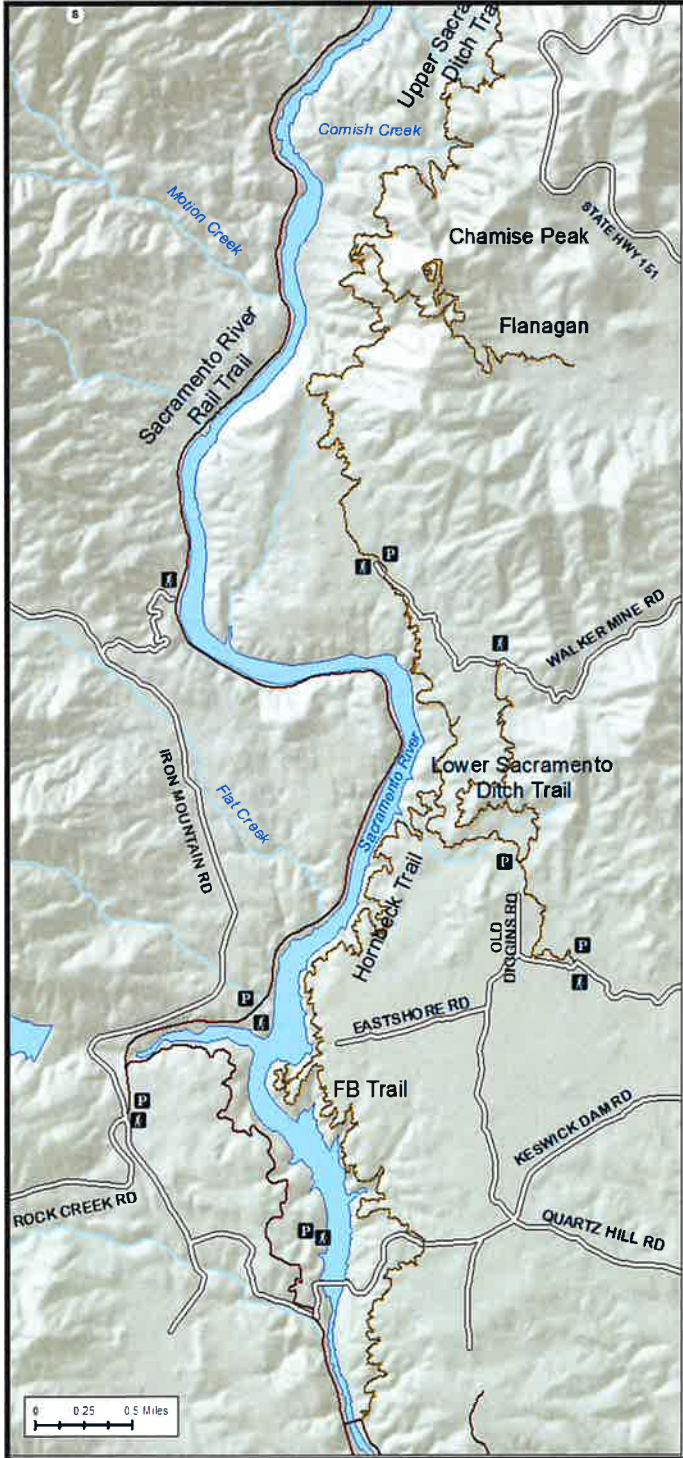
This BLM trail follows the old rail line along Keswick Reservoir, offering great views of the river but is fairly exposed. Enjoy views of the reservoir and Shasta Dam, wildlife such as deer and birds, and traveling through a railroad tunnel.

See map on next page



Sacramento Rail Trail

5 FB, Hornbeck, Sacramento Ditch, & Flanagan Trails



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.



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

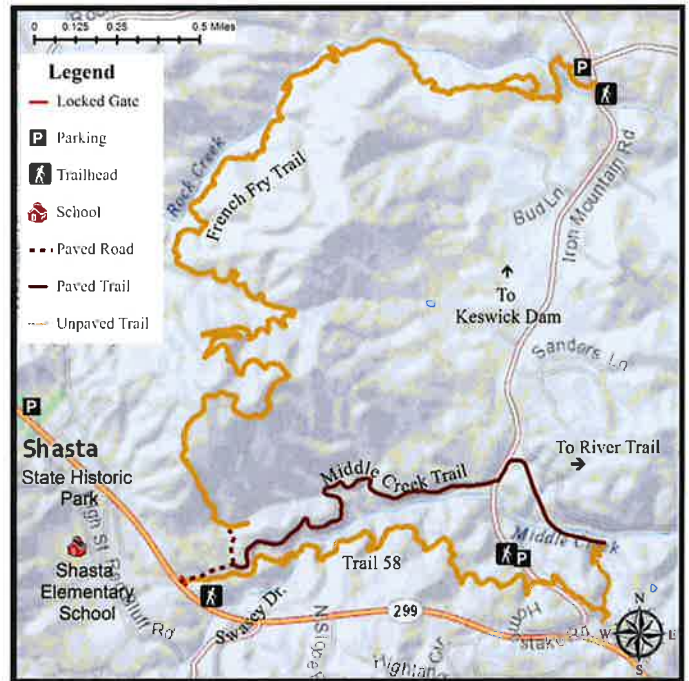
Dirt and paved trails

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

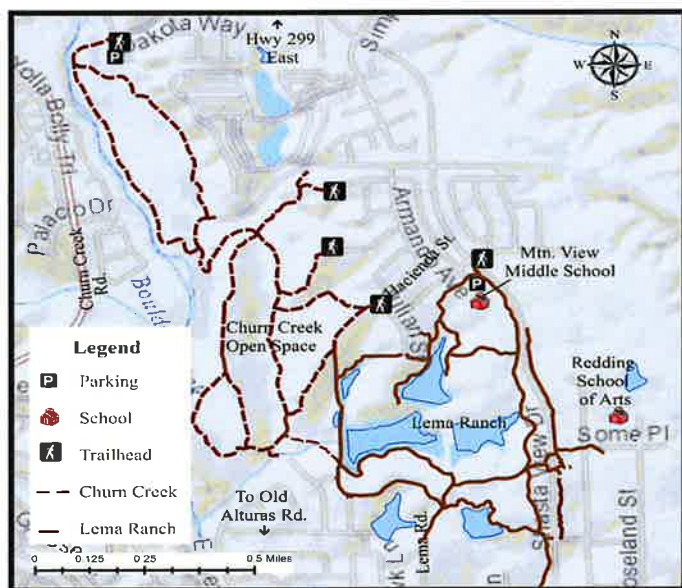
Paved surface, and gravel, mostly flat with gentle hills on some loops.

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

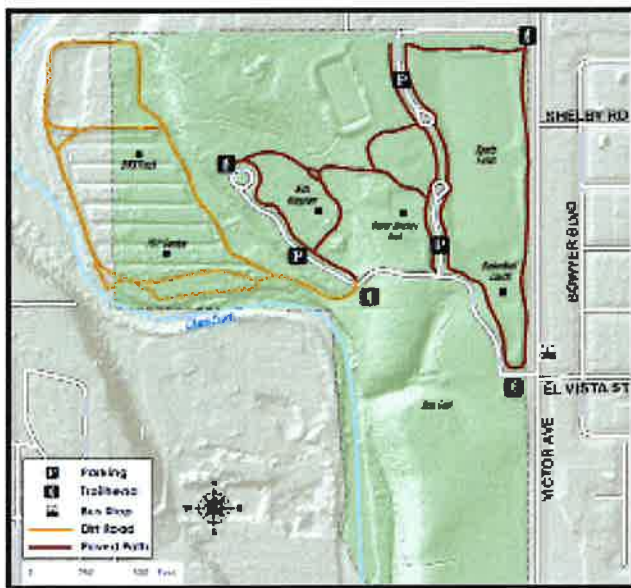
Paved and dirt paths, may be muddy in wet weather. Mostly flat with a hill connecting the upper and lower parts of the park

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.



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

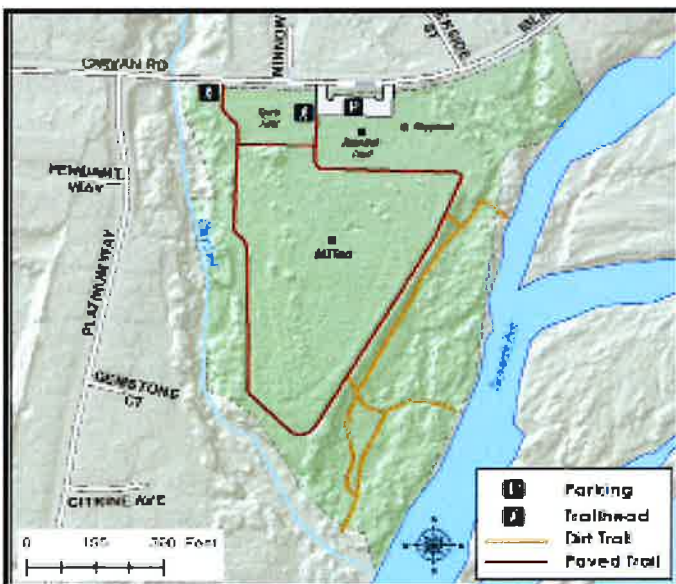
Flat loop

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.



14 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.



15 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



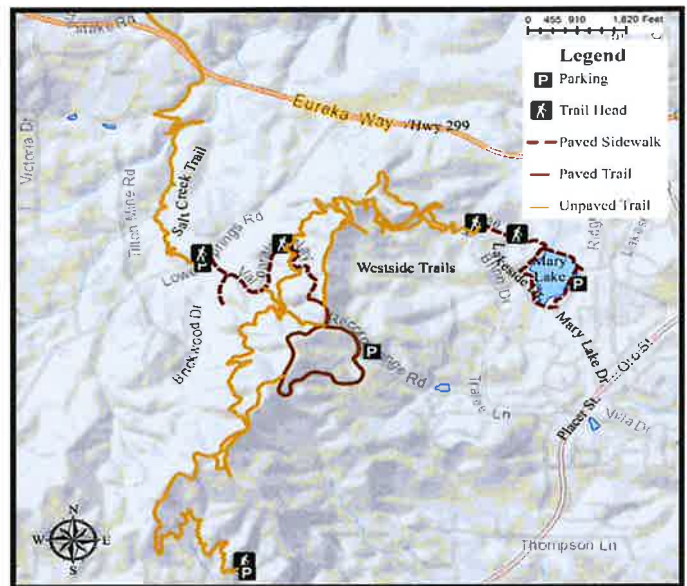
View from top of the world

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

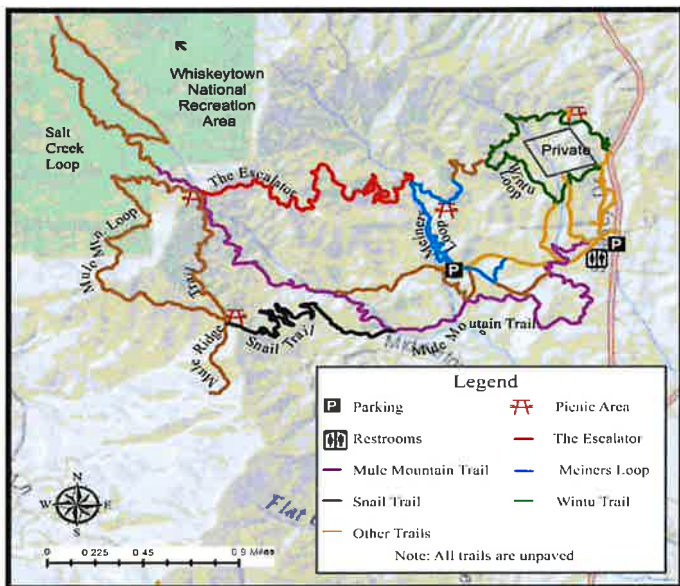
Rugged, hilly, dirt paths

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

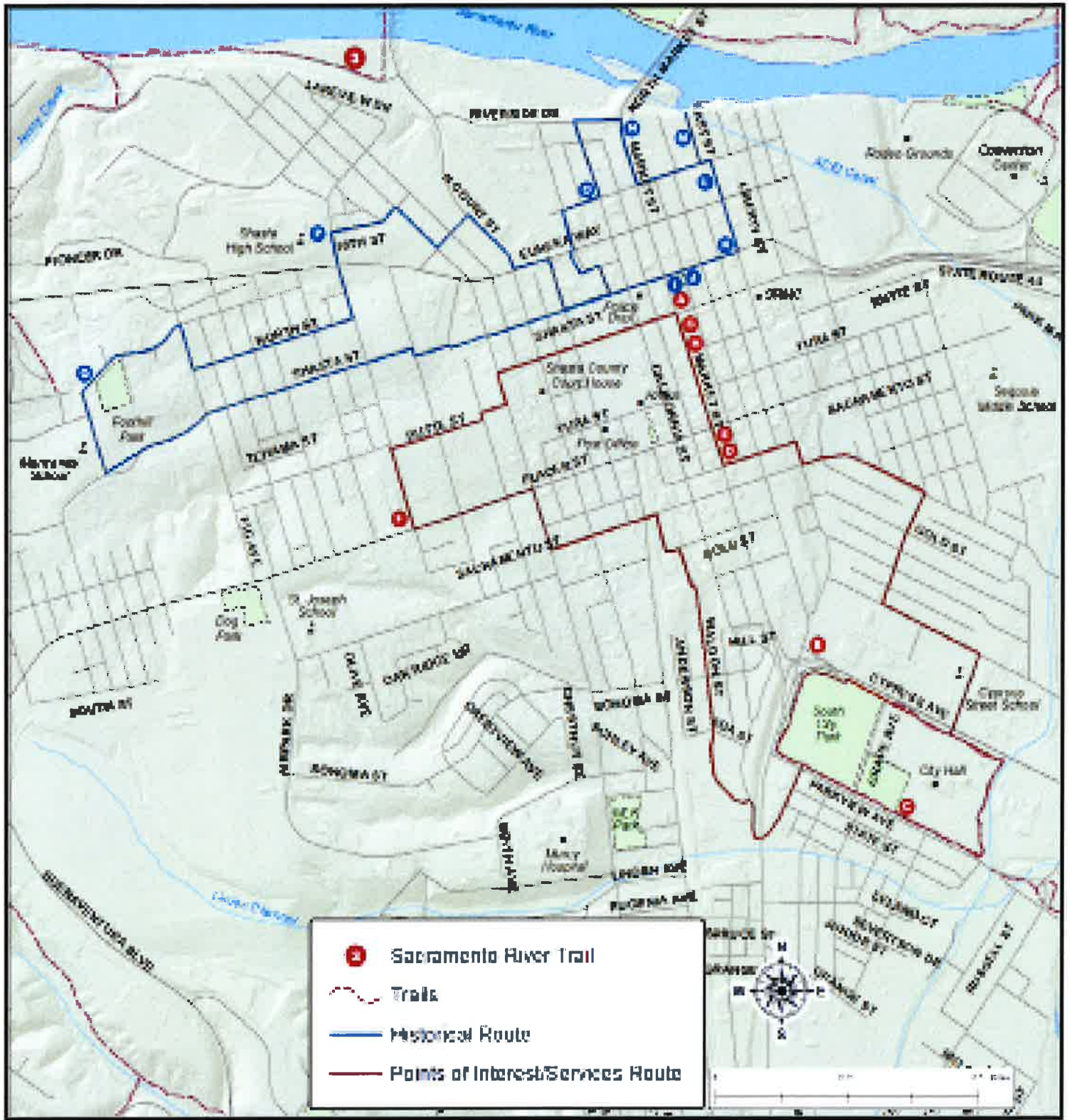
A walk highlighting services, entertainment, and historical features within downtown Redding.

- 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

Redding Downtown Overview



18 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 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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September 2017

Area Map

