



## Walking Route

Pedestrian gate is located off Ashby to access the track.

## Distance

.25 mile (one lap)

## Adjacent Neighborhood

Hazelwood, Oakridge, Coeur d' Alene

## About the Route

All-weather track was constructed in 2005. Track is made of recycled rubber tires to absorb impact, making it a comfortable surface for a gentle walk or jog. Track is available after school hours, until sunset, when not used for school events.

Walking or bicycling to school brings many benefits to students including maintaining a healthy weight, being physically active, improving concentration, and making a connection with the community.

A popular route for kids walking to Shasta Lake School or Central Valley High School starts from Shasta Dam Boulevard at Montana Avenue. Although there are no sidewalks currently along Montana, the city through a Safe Routes to School Project, will be constructing sidewalks along the east side of the street in 2008.

Turn right on La Mesa to go to Central Valley High School. If continuing to Shasta Lake School, continue on Montana and turn left on Vallecito. Walk on the south side of Vallecito on newly constructed sidewalks to the school.

If you drive your child to school, consider dropping your child off at the Boulevard so he/she can walk to school. See map in center of this brochure to view the area. If interested in starting a Walking School Bus (helping kids walk/bike to school safely) contact Shasta County Public Health at 229-8444.



**Walking Route**

Start on any portion of the paved route. Plenty of parking is available at/near Clair Engle Park.

**Distance**

.5 mile

**Terrain**

Slight incline heading west along sidewalk and bike lane on Shasta Dam Boulevard

**Adjacent Neighborhood**

Neighborhoods surround the downtown area

**About the Route**

Sidewalks were constructed in 2006 along Shasta Dam Boulevard. Route offers services and restaurants. It also passes by the Veteran's Memorial, a nice place to take a rest or wander through native vegetation planted by the Shasta Lake Garden Project. Shasta Dam Boulevard, known as the "cutoff" road to Kennett, was once a dirt road. Kennett was a city, now covered by the lake as a result of the Shasta Dam. Clair Engle Park offers a drinking fountain, benches, and a skateboard park.



**Walking Route**

Access from Ashby Road at Woodley Avenue, or at any point along the route. This route winds through Hazelwood and Oakridge subdivisions.

**Distance**

1.1 mile

**Terrain**

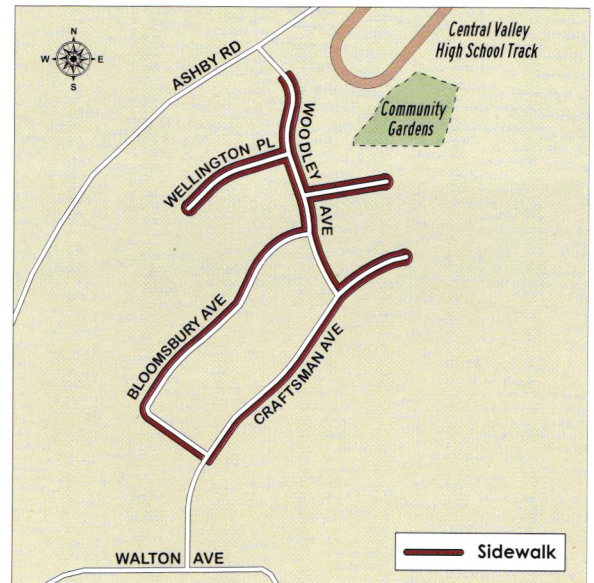
Moderate hills, sidewalks

**Adjacent Neighborhood**

Hazelwood, Oakridge, Coeur d' Alene

**About the Route**

Enjoy this neighborhood walk admiring foothills to the north and Shasta Bally to the west. A 50-plot community garden backs up to Hazelwood. The public can view the garden off Woodley Avenue, near Ashby Road. To extend this walk, use the Central Valley High School track. See map 4.



### Walking Route

Access from Pine Grove Avenue or the Windsor Estates neighborhood. On Pine Grove, begin at gate on south side of road just east of Churn Creek bridge, the trail is not marked. Starting from Windsor, access trail at gate on west side of Avington Way between Quigley Court and Stafford Drive. Walk down hill toward the creek and head north (right). Gates along route restrict motorized vehicles.

### Distance

2 miles (round trip)

### Terrain

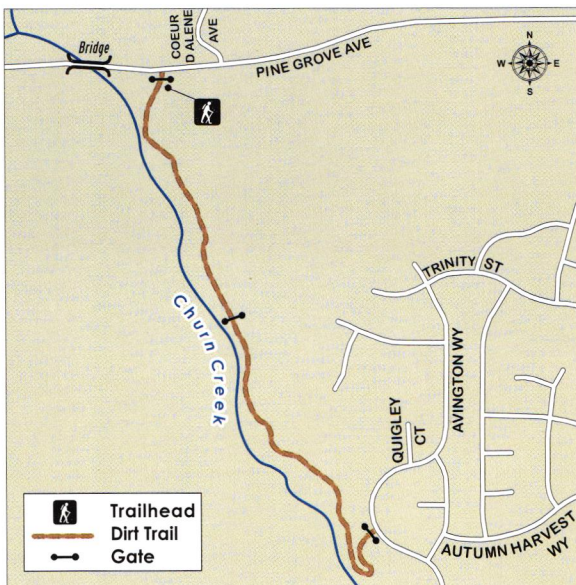
Unimproved natural trail requiring sturdy walking shoes. Standing water on trail during rainy season. Short, steep hill at entry/exit at Windsor neighborhood.

### Adjacent Neighborhood

Windsor Estates, Coeur d'Alene

### About the Route

Walk along shaded, beautiful, historic Churn Creek. Known for gold mining, the creek offers abundant wildlife. Native plants can be spotted along the walking trail offering a true nature experience.



### Walking Route

Start anywhere on the path. Public access is at Shasta Dam Boulevard and Sacramento Street. Paved trail loops around the sports field and leads into another loop west of field. Dirt paths located to the west of sports field include BMX bike track.

### Distance

.75 mile loop

### Terrain

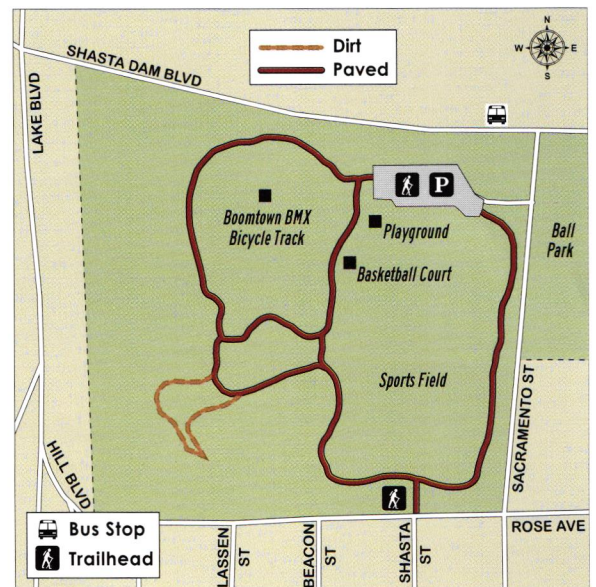
.75 mile paved path around sports field with dirt paths adjacent to west side of park.

### Adjacent Neighborhood

Neighborhoods located southeast of park can access trail from Rose Avenue.

### About the Route

This park is a regional park where many community-wide events are held. Park offers restrooms, drinking fountains, playground/tot lot, sports fields, and BMX bike track. Trails can be quiet and are partially shaded.



1. If there is no sidewalk, walk facing traffic so you can see oncoming vehicles.
2. Protect yourself from the sun with a hat, sun screen, and sunglasses with both UVA and UVB protection.
3. Dress to be seen. Light or brightly colored clothing makes it easier for drivers to see pedestrians during the daytime.
4. At night, wear reflective clothing/tape on your shoes, cap or jacket.
5. Cross only at corners or marked crosswalks.
6. When crossing in a crosswalk, pay extra attention. Being in a crosswalk does not protect pedestrians from being hit by a motor vehicle.
7. Carry personal identification in case of emergency.
8. Listen to your instincts and be willing to vary your route if you sense you're in danger.
9. Beware of dogs. If they're threatening, don't run away or throw things at them. If necessary, give them a command such as, "No! Go home!" or "Down!" or "Sit!"
10. Find a partner because there's safety in numbers.



## Walking Route

Take Autumn Harvest Way off Cascade Boulevard to access this walk.

## Distance

Route 1: .5 mile loop

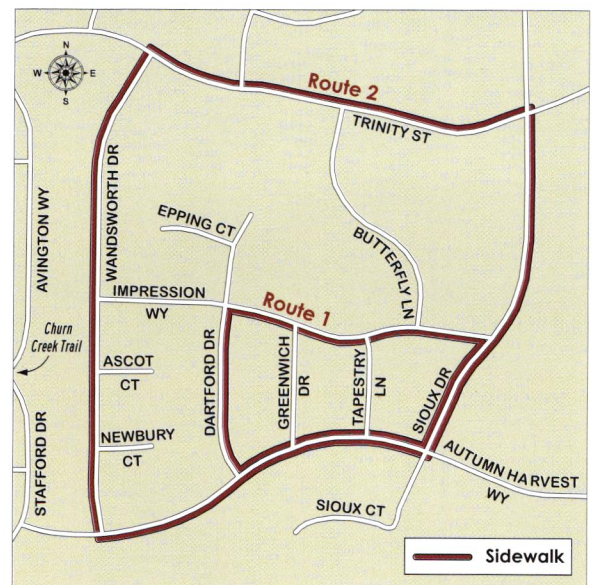
Route 2: 1.25 mile loop

## Terrain

Sidewalks, a steep hill on Wandsworth Drive

## About the Route

This walk can be started anywhere in the neighborhood. The map depicts two routes of varying distances. View the beauty of Lassen Peak and the other hills and mountains to the east. This is a great place to see the sunrise and sunset. Walkers can also connect to the Churn Creek Trail from the gate located on Avington Way between Quigley Court and Stafford Drive.



### Walking Route

Start this walk on Ashby Road or anywhere along loop depicted on map.

### Distance

1 mile

### Terrain

Sidewalks, wide dirt path

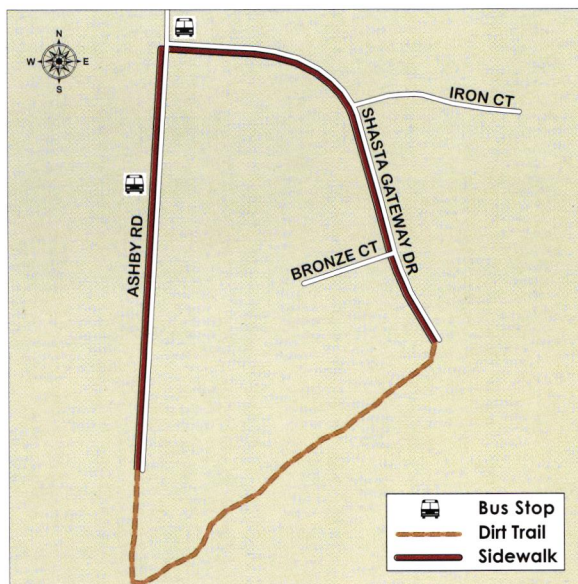
### Adjacent Neighborhood

No neighborhoods are linked to the park. Ideal walk for business park employees on their breaks.

### About the Route

The industrial park has been actively marketed by the City, and there are only two properties left to be sold. The City's incubator building is home to the Heritage and Historical Society. The incubator building provides space for new businesses to start and expand.

1. Before you start a walking program, check with your doctor if you have a health or safety concern.
2. Warm up and cool down with five minutes of slow walking and some light stretching to prevent injuries and increase flexibility.
3. Wear comfortable, sturdy shoes with good arch support, a firm heel, and plenty of room for your toes.
4. 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.
5. 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.
6. 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.
7. Drink water before you feel thirsty – before, during, and after exercise.
8. Fuel your body with a healthy diet that includes plenty of fruits, vegetables, and whole grains.
9. For more walking opportunities, visit [www.healthyshasta.org](http://www.healthyshasta.org)



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

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