

## Walking Tips

Aim for 30-60 minutes a day of walking or other moderate physical activity, five days a week. Several short walks a day (10 to 20 minutes) can be as effective in improving and maintaining health as one long walk.

Wear comfortable, sturdy shoes with good arch support, a firm heel, and plenty of room for your toes.

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.

Warm up and cool down with five minutes of slow walking. Do some light stretching after your walk.

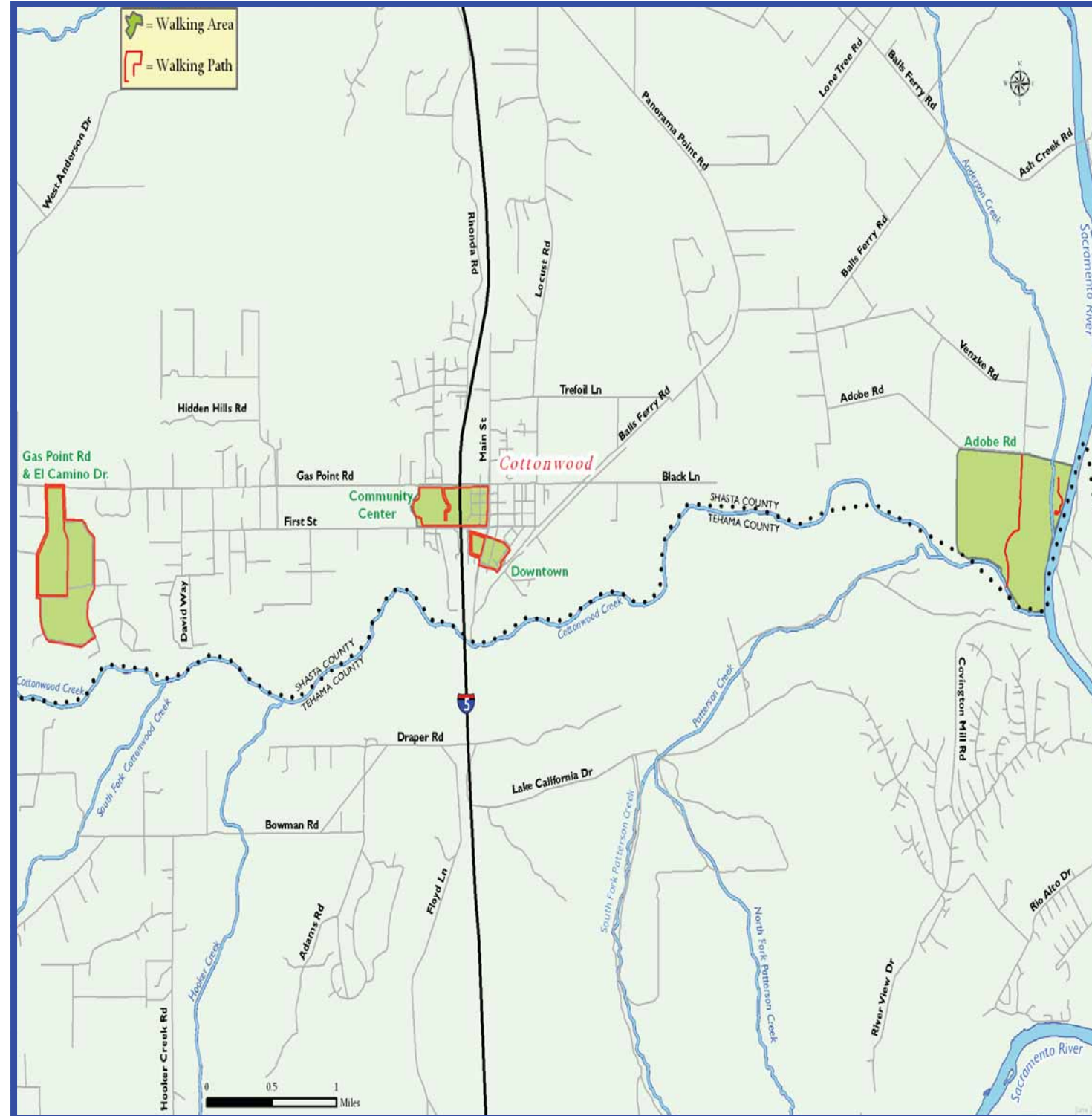
Set goals to walk for specified amounts of time rather than distance. An average pace of brisk walking is one mile in 18-20 minutes. Beginners should strive for a 30-minute per-mile pace.

Drink water before you feel thirsty—before, during, and after exercise.

When walking on trails shared with bicyclists, be aware of their presence and keep to the right while on the trail.

For additional walking maps, visit [www.healthyshasta.org](http://www.healthyshasta.org)

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



Cottonwood Area  
Walking Route Locations

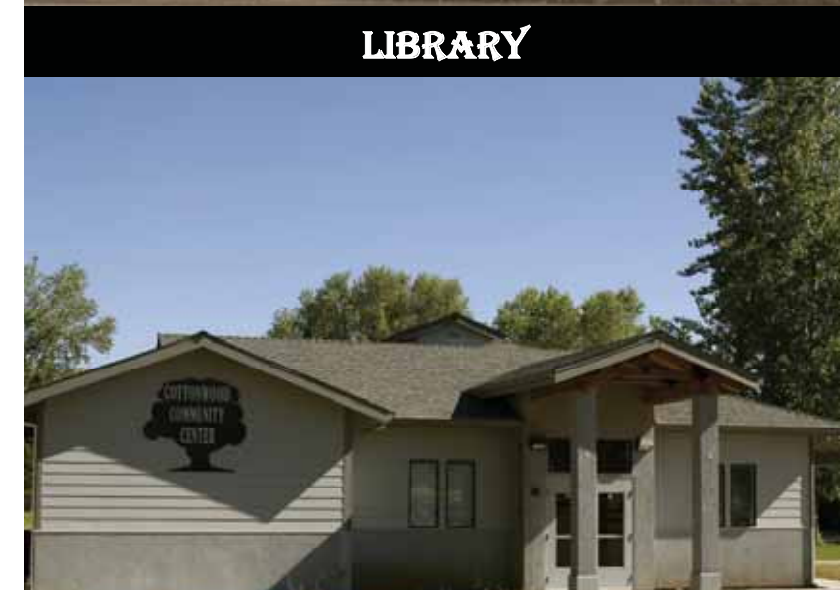
# COTTONWOOD WALKS



OLD TOWN



LIBRARY



COMMUNITY CENTER



## Downtown

### Walking Routes

Start anywhere along the routes.

### Distance

Red Route .3 miles  
Blue Route .8 miles

### Terrain

Paved road, some sidewalks and dirt

### About the Route

Quiet older neighborhood mixed with newer neighborhood. The blue route goes through the old west downtown. Check out the art work along Main Street.



## Gas Point Rd & El Camino Dr

### Walking Route

Access from Gas Point Road at El Camino or White Oak. These routes wind through large subdivision.

### Distance

Red Route 1.7 miles  
Blue Route 2.5 miles

### Terrain

Paved road (no sidewalks), dirt path  
*Note: Some areas on this route have uneven terrain and limited or no pedestrian right of way.*

### About the Route

Enjoy this quiet neighborhood while you bike, jog or take a leisurely walk. The narrow paved roads are lined with beautiful landscaped yards. A variety of birds and other animals can be seen and heard as you walk. Be sure to walk on the dirt path along Gas Point Road to complete the loop between El Camino and White Oak.



## Community Center

### Walking Route

Enter off Gas Point Road into the Cottonwood Community Center parking lot.

### Distance

1.9 miles

### Terrain

Paved road, dirt shoulder, and some sidewalk. *Note: Some areas on this route have uneven terrain and limited or no pedestrian right of way.*

### About the Route

Enjoy the park, then take a walk. Follow the narrow paved road back to Gas Point Road. Go right up and over the overpass to Main Street where you can see the unique western art along the median. At First Street turn right go to West Cottonwood School, turn right into the parking lot to cut through back to Gas Point Road. Then it is back to the park and Community Center.

To make your walk longer or for a different walk use the school's all weather track (outside of school hours and events).



## Adobe Rd

### Walking Routes

Both routes are Bureau of Land Management Property. Reading Island is at the end of Adobe Road. Access the other route via a path located at the large oak tree at front of parking area at Hacienda Road and Adobe Road.

### Distance

Reading Island .25 miles (Blue)  
BLM Property .8 miles (Red)

### Terrain

Reading Island has paved trail. The other property has dirt trails.

### About the Routes

*Reading Island* is a hidden treasure. Paved trail, with park benches and a restroom. Lots of wildlife and beautiful trees. The *BLM property* is another hidden treasure. Enter through the v-shaped gate and follow the narrow dirt path to the second v-shaped gate. Now you are in wide open country. You can follow the trail to Cottonwood Creek, where it meets the Sacramento River. Lots of wildlife, birds, coyotes, and even mountain lions have been seen.

