



Healthy Shasta Walks Roster

Group Name	Walking Schedule	Demographics	Website/Facebook page	Contact
Lassen Park Ranger led walks	Varies – refer to web page to stay updated	Ages 8+	www.nps.gov/lavo	lavo_information@nps.gov
Northern CA Outdoor Adventurers - NCOA	Varies – refer to web page to stay updated	Anyone who enjoys outdoor play	www.meetup.com/Northern-California-Outdoor-Adventures/	dledger@sbcglobal.net
Redding Ramblers	Varies – refer to web page to stay updated	Anyone who enjoys hiking	www.meetup.com/ReddingRamblersHikingGroup/	dawn@reddingramblers.com
Safe Routes to School	Varies – refer to web page to stay updated	Students, volunteers	www.healthyshasta.org/school/safe-routes-to-school/	ssundquist@co.shasta.ca.us
Shasta Dogs	Varies – refer to web page to stay updated	Anyone and their dog(s)	www.facebook.com/ShastaDogs/	shastadogswebmaster@gmail.com
Shasta Living Streets	Varies – refer to web page to stay updated	Anyone who enjoys walking	www.Shastalivingstreets.org	athomas@shastalivingstreets.org