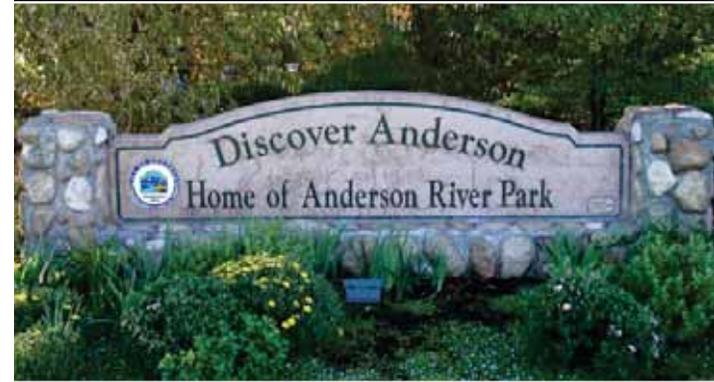
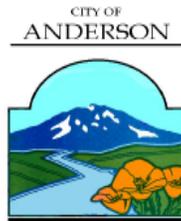


Anderson Walks Guide



The City of Anderson



www.ci.anderson.ca.us
Anderson Parks and
Recreation 378-6656



A special thank you to the Anderson community members who helped collect data to create this Anderson Walks Guide.

This Anderson Walks Guide is offered free to encourage physical activity and enjoyment of our beautiful area. Neither Anderson Partnership for Healthy Children, the City of Anderson, Enplan, 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.

Dear Walking Enthusiast:

On behalf of the City of Anderson, I want to thank the Anderson Partnership for Healthy Children, Shasta County Public Health, our own City of Anderson Planning and Parks Departments, and the many citizens and student volunteers for their successful collaborative efforts to produce this Anderson Walks Guide.

Exercise and sensible eating are key elements of long-term health, and the City of Anderson encourages you to eat healthy and to enjoy walking on our local trails. The Anderson River Park trail system, the Willow Glen and Homewood trail system, the Ravenwood trail system, and the extensive trails forthcoming in the Vineyards at Anderson and Volonte Park are just a few of the notable places in Anderson to enjoy the healthy habit of walking. Please join my wife and me as we Walk Anderson.

Picking up this Anderson Walks Guide is a great start.

Now, let's get out and Walk Anderson!

See you on the trails,
Keith Webster
Mayor

Walking Tips

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 5 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. Protect yourself from the sun with a hat, sun screen, and sunglasses with both UVA and UVB protection.
5. 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.
6. 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.
7. Work up to 30-60 minutes a day, 5 days-a-week, of walking or other moderate physical activity.
8. Drink plenty of water before, during, and after you exercise. Do not wait until you feel thirsty to take a drink.
9. Fuel your body with a healthy diet that includes plenty of fruits, vegetables, and whole grains.

For more walking opportunities, visit the Healthy Shasta Web Site: www.healthyshasta.org

Shopping and Entertainment

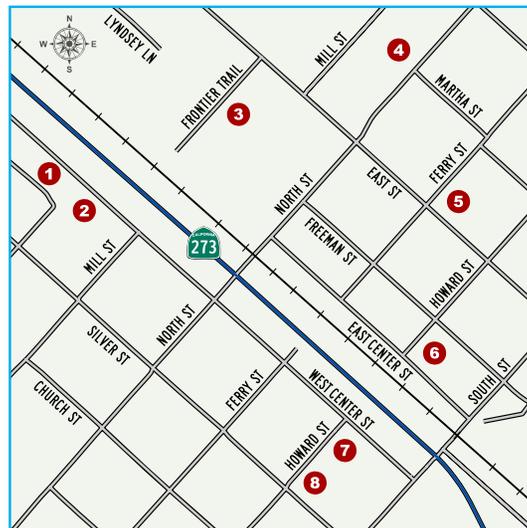
Walking can be a part of your everyday life.

1. Shasta District Fairgrounds Various events
1890 Briggs Street year round,
Phone: 378-6789 call for details.
2. Safeway (6am-midnight)
2601 Balls Ferry Road
Phone: 365-6401
3. Prime II Cinemas 11 theaters
1816 Highway 273
(In Shasta Outlets)
Phone: 378-1080
4. Shasta Outlets
1699 Highway 273
Phone: 365-3579
5. California Welcome Center
(In Shasta Outlets)
1699 Highway 273
Phone: 365-1180
6. Wal-Mart Super Center (Open 24 hours)
5000 Rhonda Road
Phone: 378-0244



Community Services

1. Veterans Memorial Hall
3210 West Center Street
Phone: 365-9650
2. Library
3200 West Center Street
Phone: 365-7685
3. Frontier Senior Center Various events and activities
2081 Frontier Trail for seniors, call for details.
Phone: 365-3254
4. Police Department
2220 North Street
Phone: (non-emergency) 378-6600
5. Post Office
2141 Ferry Street
Phone: 365-3883
6. Shasta Co. Public Health & Anderson Teen Center
2041 Howard Street
Phone: 229-8200 (PH)
Phone: 378-6060 (ATC)
7. Fire Department
1925 Howard Street
Phone: (non-emergency) 378-6699
8. City Hall
1887 Howard Street
Phone: 378-6626



Schools/Community Gardens

Encourage your children to walk or bike to school.

Anderson Heights Elementary (grades K-5)
1530 Spruce Street
Phone: 378-7050
Garden

Anderson Middle School (grades 6-8)
1646 W. Ferry Street
Phone: 378-7060
Garden
Track open to public after school hours/events

Anderson High School (grades 9-12)
1471 Ferry Street
Phone: 365-2741
Track open to public after school hours/events

Anderson New Tech High School (grades 9-12)
2098 North Street
Phone: 365-3100

Meadow Lane Elementary (grades K-5)
2770 Balls Ferry Road
Phone: 378-7030

Mill Street Community Garden
1900 Mill Street
Phone: 365-1977
Garden located behind apartments

North Valley Continuation High School
(grades 9-12)
20083 Olinda Road
Phone: 365-6054

Verde Vale Elementary (grades K-5)
19415 Jacqueline Street
Phone: 378-7040
Garden

School locations on back map. See flags

Why Trails?

Trails provide children and adults an opportunity to achieve an active and healthy lifestyle. The closer people live to a safe place to walk or bike, the more likely they are to use it. Recreation doubles the likelihood nearby residents will engage in the recommended level of physical activity (30-60 minutes each day).

Plus trails:

- Provide a safer environment for recreational activities
- Increase opportunities for physical activity
- Give citizens the opportunity to experience the city's natural beauty
- Express the community's pride and character
- Increase property values as much as 22%
- Rank in the top five of important amenities for home purchase.
- Stimulate local economies by attracting tourists
- Can reduce healthcare costs when citizens are more active

A family that walks two miles a day instead of driving will, in one year, prevent 730 pounds of carbon dioxide from entering the atmosphere.

Why Walking is Good Exercise

Walking is an ideal form of physical activity. It is easy to do, requires no special skills or equipment, can be done by a vast majority of the population with little risk of injury, and is functional: walking gets us places.

- Walking is simple - it is low impact, free, and high in health benefits.
- You can benefit from regular physical activity, no matter what your age is.
- Physical activity does not have to be strenuous to achieve health benefits. Daily moderate activity can make a difference.
- Walking helps maintain healthy bones, muscles, and joints.
- Walking improves stamina and muscle strength, even for those with chronic, disabling conditions.
- Walking can be a social activity with family and friends.
- Walking increases your feeling of well-being and can help reduce symptoms of anxiety and depression.
- Several short walks a day (10-20 minutes) can be as effective as one long walk.

Anderson Heights Neighborhood

Walking/Biking Routes:

Route One: Start on Pinon Avenue, which loops around and turns into Knobcone Avenue. Continue around to Hemlock Avenue, which will re-connect you to Pinon Avenue.

Route Two: Start on Spruce Drive and loop around Spruce Circle, which will bring you back to Spruce Drive.

Distance:

Route one: 1.76 miles (Easy)

Route two: 1.17 miles (Easy)

Both routes have uphill and downhill sections.

Terrain:

Sidewalk

Parking:

By the curb on streets along the routes.

About the Routes:

Plenty of shade from large trees in this quiet, older, family neighborhood. Easy walks that are great for the whole family or friends who want to get out and get moving. There are **no** restrooms or drinking fountains along the routes.



Ravenwood Neighborhood Trail

Walking/Biking Route: Ravenwood Trail

The Trailhead is not marked. Enter on North Street, across from the antiques store. Turn onto Brentwood Lane, go slightly left and stay on Vinewood Drive, turn right on Bearwood Place, turn right on Stingy Lane, turn right on Inkwood Drive, left on Buckwood Drive, left on Vinewood Drive, loop around, then right on Southwood Drive, left on Brentwood Lane, which will take you back to the trail head.

Distance:

Approximately 1.25 miles.

Terrain:

Dirt, grass, and sidewalks (Moderate difficulty)

Parking:

Along North Street or on Stingy Lane

About the Route:

Ravenwood has large beautiful trees along most of the trail for plenty of shade. Start of trail is uneven ground, then turns into sidewalk. Variety of wildlife contained in the lush green plants and shrubs. There are **no** restrooms or drinking fountains along the trail. **Virginia Ohn Park** is located close by at Stingy Lane and North streets, a beautiful and peaceful place.



Willow Glen Neighborhood Trail

Walking/Biking Route: Willow Glen Trail

Two trailheads to choose from. **The first** is on Willow Glen Drive, between Josh Drive and Nathan Drive. **The second** is located on Oak Street, just before Nathan Drive. Use the sidewalk on Nathan Drive to complete the loop.

Distance:

Approximately .85 miles

Terrain:

Wide paved trail (Easy)

Parking:

Along the curb on streets

About the Route:

Willow Glen has a flat, paved surface that is great for wheelchairs, strollers, and those who need a solid flat surface for walking. There are two ponds, with various types of birds and other wildlife. Lush green plants line the ponds. There is not much shade, so be sure to cover up and wear a hat. There are **no** restrooms or drinking fountains along the trail. The Green area is the future site of Homewood Park and Trail.



Volonte Park

Walking/Biking Route:

The first trailhead is off Emily Drive by the skate park. The trailhead is not marked. Walk under the A.C.I.D aqueduct and turn left onto trail. **The second** trailhead is at Bruce Street. Go up, loop around and come back along the levee. Return to the skate park, or turn right and go back to Bruce Street.

Distance:

Approximately .75 miles.

Terrain:

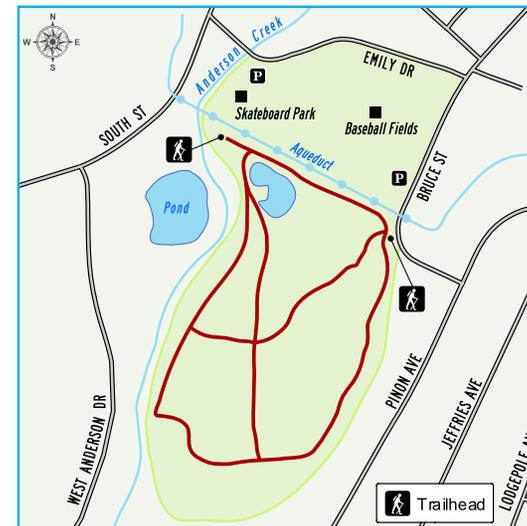
Uneven, dirt, grass, and gravel (Moderate difficulty)

Parking:

Big dirt parking area off Emily Drive, by little league field, or Bruce Street parking area by trailhead.

About the Route:

The park is a work in progress. This is a nice trail for the active family. A great place to take the dogs and let them get exercise. Nice shade trees along the first part of Bruce Street. The rest of the trail is out in the open. A large wetland area is by the levee, with various birds, other wildlife and a variety of plants. There are restrooms, a drinking fountain and benches by the little league park. There is a picnic table by the skate park.



Anderson River Park

Walking/Biking Routes:

Route one starts at KC Grove.

Route two starts at Rupert Road at Dodson Lane.

Route three starts at large oak tree on Dodson Lane.

Route four starts at Shelly Lane.

Distance:

Route one: 1.25 miles (Easy)

Route two: 1.5 miles (Moderate)

Route three: 2.75 miles (Moderate)

Route four: .75 miles (Easy)

Terrain:

Route one: Paved

Route two: Dirt, gravel, grass and some paved

Route three: Dirt, gravel, grass and some paved

During rainy season routes 1-3 can be under water.

Route four: Dirt and gravel

Parking:

Route one: take Rupert Road, off Stingy Lane, and turn left into KC Grove.

Route two: take Rupert Road to Dodson Lane, and park in dirt parking area.

Route three: take Dodson Lane to large oak tree, park in dirt parking area.

Route four: take Shelly Lane, off Balls Ferry Road and park at the end of the street in dirt parking area.

About the Routes:

Route one: Paved and great for strollers, bikes, wheelchairs, and individuals who need a solid flat surface. Large oak trees provide plenty of shade, with breathtaking plant life along the route. There are countless types of wildlife to be seen.

Route two: For those who are steady on their feet, or riding a bike this is a great route through the park. Lots of plant life, trees, and wildlife to be seen. Plenty of shade to help keep you cool.

Restrooms, a drinking fountain, tables, and disabled fishing are located at KC Grove.



Route Three: Take a breathtaking stroll or bike ride along the Sacramento River and enjoy all the wildlife and plant life, too. Plenty of shade from large oak trees. This route takes you all the way around the outside trail. It is uneven ground, so is best for individuals steady on their feet. For horse lovers, this is a great route to ride. Make sure to stay off the paved areas (horses not allowed).

Route Four: Wide open space, great for horses, bikes and those who enjoy the sun. During the rainy season this might be the only route not under some water. This route is all dirt and easy to walk, so, wear a hat and enjoy!

When crossing alternative trails, water can be one to four feet deep year round.