



Intermountain Walking and Hiking Guide

Welcome to the Intermountain Walking and Hiking Guide

Community Resources

The Intermountain Walking and Hiking Guide is your guide to exploring the outdoor beauty of the greater Intermountain area. If you have ever been to the Intermountain area in Eastern Shasta County, you will have likely noticed two things: the breathtaking beauty of the land and the friendly people who live here. This guide combines those two things by publishing submissions from local residents who want to share their favorite scenic walks.

As you explore these trails, you will find paths to secluded places of stunning beauty and overlooks with vistas you can only imagine on postcards or paintings. You may experience your own brush with history as the trail passes by the remains of an old homestead or cabin. Be it solitude or adventure, we hope you find what you are looking for along the trail. We only ask that you respect the beauty of this area and the people who live here.



Photo by Karen Royse**

We encourage you to use this Intermountain Walking and Hiking Guide to build your own list of favorite Intermountain walks. Set aside a few hours to pause your busy life, then pick a trail and get started. Who knows, in your travels, you may come across other travelers out walking the same trail. If you take the time to stop and chat, you may get directions to their favorite and unpublished Intermountain walk.

As you enter the solitude and enchantment of the Intermountain area's scenic outdoors, you may find the journey becomes your destination.

Monte B Keady

Fire Chief (Retired)

Burney Fire Protection District

Powerline Issues

PG&E, contact for down power lines: (800) 743-5000

Community Center

Tri County Community Network-
Intermountain Community Center: (530) 335-4600

Fire Department

Burney Fire Department: (530) 335-2212

Air Quality

Fire and Smoke Map, airnow.gov, (530) 225-5674

Sheriff's Office (non-emergency)

Sheriff non-emergency line: (530) 245-6540

Health and Human Services Agency

Shasta County Health and Human Services Agency
36911 Main St., Burney, CA 96013 (530) 335-6700

Intermountain Rec Collaborative

Intermountain Recreation Collaborative
imrecreation.org

Parks Information

Burney Water District, 20222 Hudson St.
Burney, CA 96013 (530) 335-3582

Fall River Valley

Community Services
District 24850 3rd St.,
Fall River Mills, CA
96028
(530) 336-5263

Road Closures **Caltrans**

quickmap.dot.ca.gov,
1(800) GAS-ROAD



Photo by Michele Hardin**

Disclaimer: The Intermountain Walking and Hiking Guide is offered free to encourage physical activity and enjoyment of our beautiful area. Neither Tri County Community Network, Circle of Friends/Hill Country, Pit River Health Centers, Burney Parks, the Fall River Valley Community Services District 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.

Intermountain Walking and Hiking at a Glance

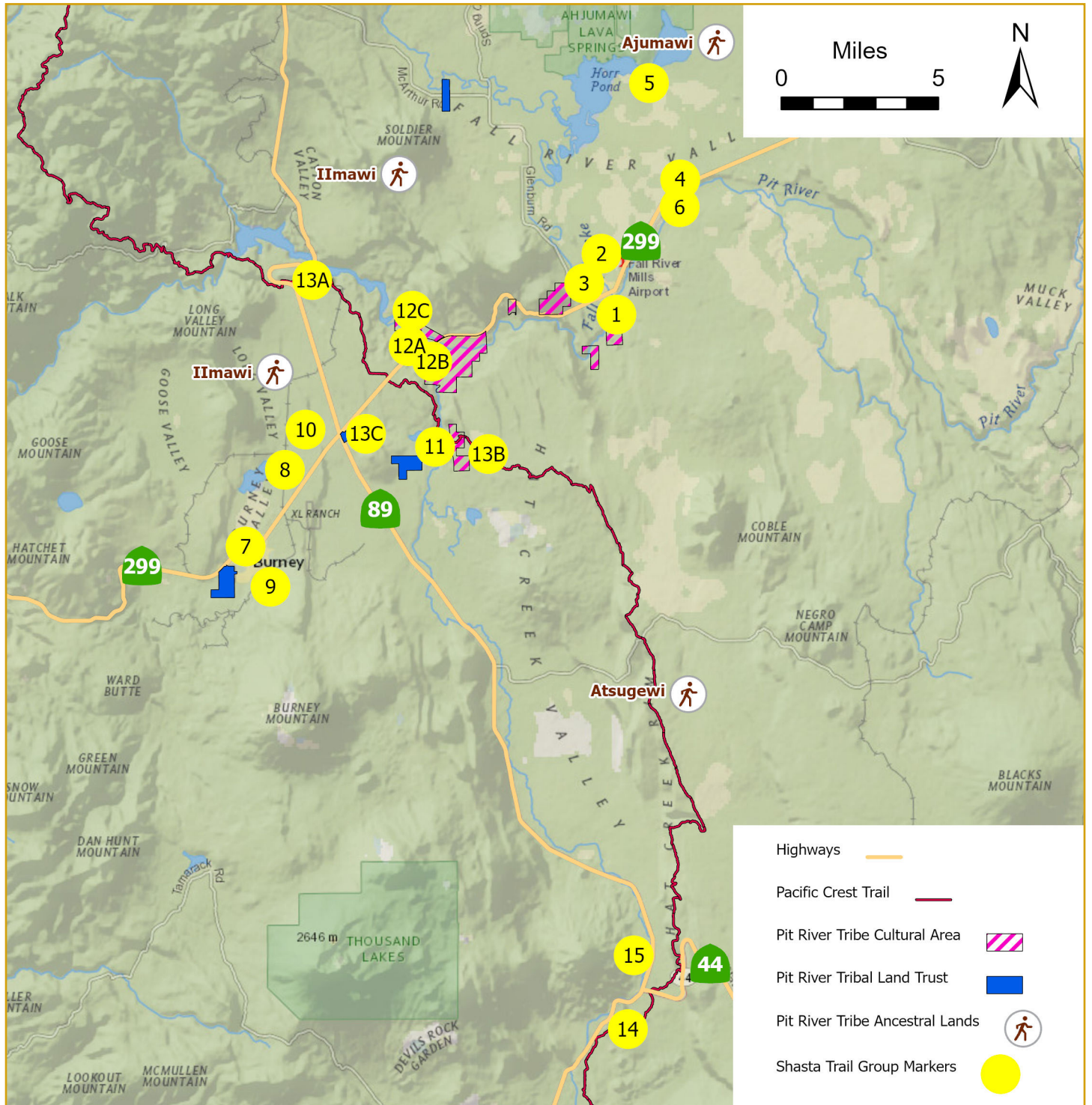
Trail	Region	Surface	Length (miles)	Restrooms	Difficulty	Drinking Water	Dogs	Bikes	Tribal Lands
1 Two Rivers Park	Fall River Mills	Mixed	0.3	No	Flat (ADA)	No	Yes	No	No
2 Fall River Lake Trail	Fall River Mills	Mixed	3.6 Round Trip	No	Varies, Flat & Hills	No	Yes	No	No
3 Fall River Lake Day Use Walk	Fall River Mills	Dirt/Gravel Road	1.4 Round Trip	Yes	Varies, Flat & Hills	No	Yes	Yes	No
4 Central McArthur Short Loop	McArthur	Pavement	0.7	No	Flat	No	Yes	Yes	No
Central McArthur Long Loop	McArthur	Pavement	1.2	No	Flat	No	Yes	Yes	No
5 Rat Farm Hikes	McArthur								
Route A - Big Lake	McArthur	Dirt	5.6 Round Trip	Yes	Flat	No	Yes	No	No
Route B - Tule River	McArthur	Dirt	8.2 Round Trip	Yes	Flat	No	Yes	No	No
6 Fall River High School Loop A - Track	McArthur	Dirt	~0.25	No	Flat	Yes	No	No	No
Fall River High School Loop B - Cross Country Course	McArthur	Dirt	~1	No	Flat & Gentle to Moderate Hills	No	No	No	No
7 Burney Routes	Burney								
Route A - Main Street	Burney	Cement	2.0 Round Trip	Yes	Flat	No	Yes	Yes	No
Route B - Hudson-Ontario Loop	Burney	Pavement	0.9	No	Flat	No	Yes	Yes	No
Route C - Roff Way Loop	Burney	Pavement	0.4	No	Flat	No	Yes	Yes	No
Route D - Hudson Marquette Loop	Burney	Pavement	1.8	No	Flat	No	Yes	Yes	No
Route E - Bailey Park Loop 1	Burney	Pavement	1.6	No	Flat	Yes	Yes	Yes	No
Route F - Bailey Park Loop 2	Burney	Pavement	1.3	Yes	Flat	Yes	Yes	Yes	No
Route G - Washburn Bue Park Loop 1	Burney	Pavement	1.4	Yes	Flat	Yes	Yes	Yes	Yes
Route H - Washburn Bue Park Loop 2	Burney	Pavement	2.1	Yes	Flat	Yes	Yes	Yes	Yes

Intermountain Walking and Hiking at a Glance, continued

Trail	Region	Surface	Length (miles)	Restrooms	Difficulty	Drinking Water	Dogs	Bikes	Tribal Lands
8 East Burney	Burney								
Route A - Black Ranch Road	Burney	Pavement	0.75	No	Flat	No	Yes	Yes	No
Route B - Great Shasta Rail Trail (GSRT)	Burney	Cinders	6*	No	Mostly Flat	No	Yes	Yes	No
9 South Burney	Burney								
Route A - Mountain View Road	Burney	Paved	3 Round Trip	No	Flat with Slight Hill	No	Yes	Yes	No
Route B - R Line	Burney	Dirt	4.2	No	Mostly Flat	No	Yes	Yes	Yes
10 Governor Drive Loop	Johnson Park	Pavement	1	No	Flat	No	Yes	Yes	No
11 Baum Lake	Intermountain	Dirt	4.7 Round Trip	Yes	Varies, Flat & Uphill Climb	No	Yes	No	Nearby
12 Hat Creek and Pit River Area	Intermountain								
Route A - Hat Creek Park Pier	Intermountain	Cement		Yes	Flat	No	Yes	No	Nearby
Route B - Hat Creek to Hat Creek Powerhouse #2	Intermountain	Dirt	3.2 Round Trip	Yes	Varies	No	Yes	Yes	Yes
Route C - Gas Pipeline Loop	Intermountain	Dirt	2.5	Yes	Flat & Slight Hill	No	Yes	Yes	Yes
13 Intermountain Pacific Crest Trail	Intermountain								
Route A - HWY 89 to GSRT	Intermountain	Dirt	6 Round Trip	No	Varies	No	Yes	No	No
Route B - Fish Hatchery to Cassel	Intermountain	Dirt	6.4 Round Trip	No	Varies, Uphill Climb	No	Yes	No	Nearby
Route C - Four Corners Park & Ride Powerline Climb	Intermountain	Dirt	0.7	No	Steep Hill	No	Yes	Yes	Nearby
14 Spattercone Nature Trail	Intermountain	Dirt & Rock	1.5	Yes	Varies	Yes	No	No	No
15 Fisherman's Access Trail	Intermountain	Mixed	4.3	Yes	Flat & Rolling Hills	No	Yes	No	No

*The Great Shasta Rail Trail currently has 40 miles of trail for non-motorized activities: biking, running, walking, snowshoeing, Nordic skiing and equestrian use.

Area Map



1 Two Rivers Park

About the Route

Peaceful environment with a view of the falls that bring water into the Pit River. Park improvements are ongoing and will eventually include native landscaping, two pavilions, water station and bathrooms. Cultural enrichment signage is in development.

Location/Trailhead

24754 S. Main Street—just past the Fall River Hotel, before you cross the Pit River Bridge.

Terrain

Trail is composed of decomposed granite, asphalt and rock.

Description

0.3 mile.

Adjacent Neighborhood

Bridge St., Long St.



Photo by Lisa Barry



2 Fall River Lake Trail

About the Route

At the beginning of the trail is a moderate hill; the remaining trail is a mix of slight inclines and flat areas. Enjoy beautiful views of the Fall River and the abundant wildlife that inhabit the area.

Location/Trailhead

Continue on the dirt road past the elementary school on Curve St.

Terrain

Areas of dirt, rock and wood chips.

Description

3.6 miles round trip.



Photo by Amber Beck

3 Fall River Lake Day Use Walk

About the Route

ADA accessible parking at both ends and along the route. Nice walk along a maintained road with turnouts and parking areas along the way, next to the lake. There is a pavilion with picnic tables and a restroom at the turnaround point. Cows may be grazing in the area. Dogs are permitted on leash.

Location/Trailhead

Coming into Fall River Mills, from HWY 299E, turn left on Long St. and follow to the end. Go over the cattle guard/gate onto a gravel road. Turn right into the Day Use Area to park. For a 1/2 mile longer walk, park at Lions Park at the beginning of Long St.

Terrain

Gravel road with gentle inclines.

Description

Fall River Lake Day Use Walk: 0.7 mile.

From the Day Use Area to the end of the gravel road is 0.7 of a mile, making for a nice round trip in 1.4-miles.

For a walk that is 2 miles, start at Lions Park.



4 Central McArthur Loops

About the Routes

Begin at the Fall River Junior Senior High School parking lot on Walnut St. and take a left on Main St., which features beautiful and historic residences.

Location/Trailhead

Fall River Junior-Senior High School parking lot, 44215 Walnut St., McArthur, CA 96056.

Terrain

Pavement (streets) with gravel shoulders.

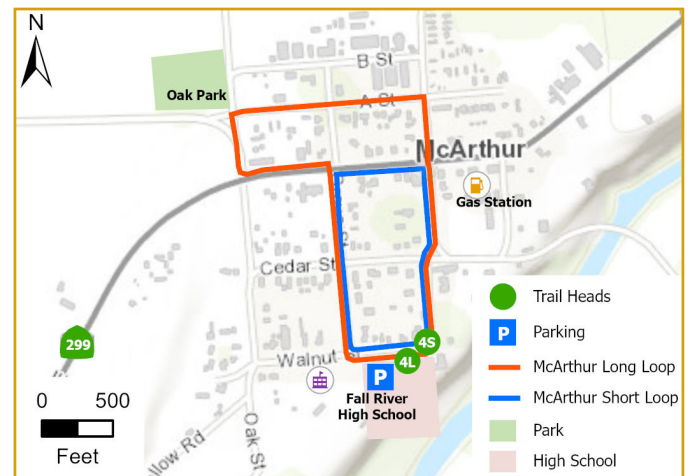
Description

Central McArthur Short Loop: 0.7 mile.

Turn left on HWY 299. Be alert and cautious while walking on HWY 299 and remember to walk facing traffic. Turn left on Grove St. to continue back to the high school parking lot.

Central McArthur Long Loop: 1.2 mile.

For a longer walk, complete the longer loop by carefully crossing HWY 299 and continuing north toward A St. Take a left on A St. and walk past the entrance to the Inter-Mountain Fairgrounds on Grove St. Continue down A St., and near the ball fields, turn left on Oak St. Take a left on HWY 299 and walk along HWY 299 facing traffic. At Grove St., carefully cross HWY 299 once again and follow Grove St. back to Walnut St. and the high school parking lot.



5 Rat Farm Hikes

About the Routes

This area is called “The Rat Farm” locally. The two PG&E-sponsored trails are in a wetland area that is part of the Pacific Migration Route for various bird species. While both trails are passable year-round, the access points are usually impassable in the winter if they thaw. Dogs are permitted on the trail; however, bikes and horses are prohibited.

Locations/Trailheads

From McArthur, turn north from HWY 299 onto Main St. (east of Inter-Mountain Fairgrounds). After ½ mile, follow the road to the right and cross over the McArthur Diversion Canal onto Rat Farm Road. Follow the Rat Farm dirt road another 3 miles to the Rat Farm boat launch and parking area.

Terrain

Dirt path; flat domestic grazing land alongside bodies of water.



Photo by Symbiotic Restoration

5 Rat Farm Hikes



Description

Rat Farm Route A - Big Lake: 5.6 miles round trip. Rat Farm east (right) along the shores of Big Lake. Big open skies provide a 360-degree view of the majestic volcanoes that ring the Fall River Valley. Abundant varieties of birds and wildlife call these clear spring-fed waters home. This scenic levee trail along Big Lake ends at a locked gate.

Rat Farm Route B - Tule River: 8.2 miles round trip. Rat Farm west (left) along Tule River. Ahjumawi Lava Springs State Park is visible across Horr Pond at the beginning of this levee trail. Follow Horr Pond as it flows into the Tule River. Vast skies open to a string of volcanoes—Mount Shasta, Soldier Mountain, Burney Mountain and the Thousand Lakes Wilderness. Abundant wildlife and pasture settings are some of the sights along this scenic levee trail along the Tule River. The trail ends at the Tule River Fishing Access Road.

6 Fall River High School Loops

About the Routes

Begin at the Fall River Junior Senior High School parking lot on Walnut St. The track and cross-country course can be accessed during non-school hours and when students are not present. During school hours, please check in with the school office for a visitor's pass. The entrance gate must remain closed. Please close after each use. The loops are closed during the winter months.

Location/Trailhead

Fall River Junior Senior High School parking lot, 44215 Walnut St., McArthur, CA 96056.

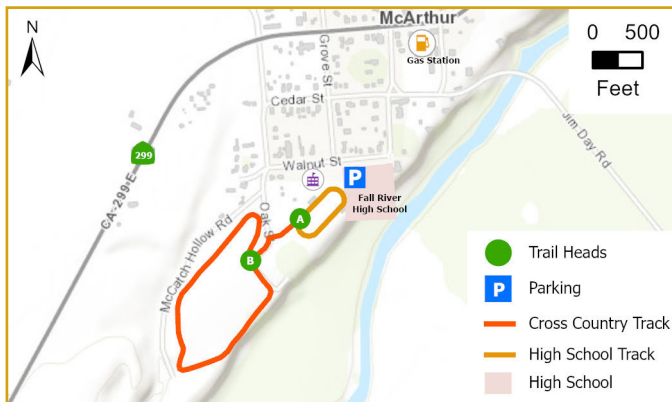
Description

Starting from the school parking lot, enter the gate making sure to close the gate after entering.

Loop A - The Track: 400 meters (~0.25 mile); flat, dirt surface.

The track will be to your right, and it provides a flat surface ideal for a range of fitness levels.

Loop B - The Cross-Country Course: ~1.0 mile; dirt. Walk past the track and softball/baseball fields, heading west to the end of the fields. For an easy walk, enter the course on your right. Follow the trail for a beautiful vista of the valley. Continue down the hill as the course circles the field. You will see dugouts as you return to the main campus grounds. Take a left and follow the baseball field fence to the north, taking a right at the corner of the field to return to the parking lot. For a more challenging walk or run, go in the reverse direction to climb the big hill.



7 Burney Routes A – C

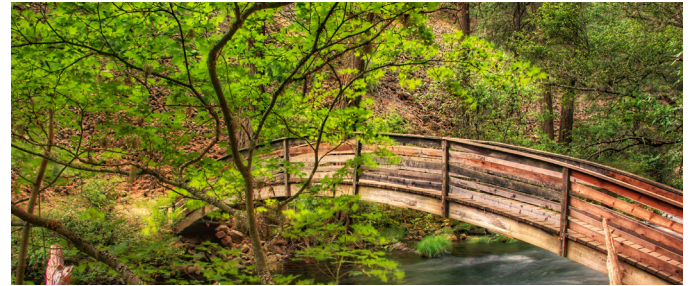


Photo by Karen Royse**

About the Routes

These routes are along roads and sidewalks. Follow the rules of the road. Walk against traffic for safety. Bicycles are permitted; use the road and bike lanes, when present. Dogs are okay on leash.

Terrain

Sidewalks and paved streets.

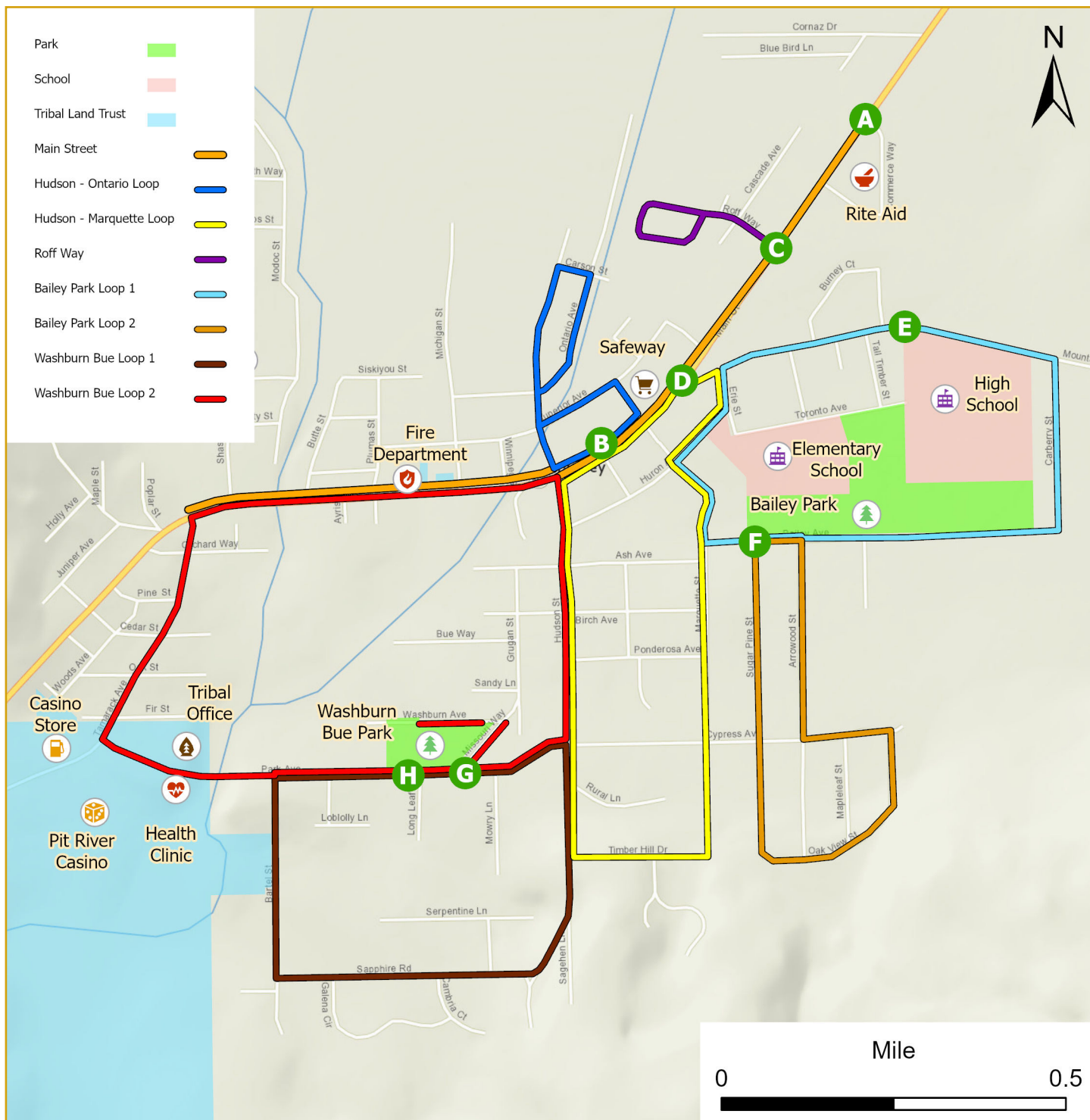
Description

Burney Route A - Main St.: Nearly 2.0 miles round trip. Starting at the Intermountain Community Center (37477 CA-299, Burney, CA 96013) or the Grocery Outlet (37505 CA-299 E., Burney, CA 96013), walk along Main St. to Tamarack Ave. Watch for Christmas Tree Lane, murals and other Burney beautification projects. Drinking water can be purchased at stores and gas stations along the way. Restrooms are available at these same locations.

Burney Route B - Hudson - Ontario Loop: 0.9 mile. Starting from the Safeway parking lot (37264 Main St., Burney, CA 96013), walk to the back of the lot (along Marquette St.), and take a left on Superior Ave. From Superior Ave., turn right on Hudson St. Take the next right on Ontario Ave., followed by a left on Carson St. Turn left to return to Hudson St. and follow it down turning left on Mountain View Road. Enjoy Christmas Tree Lane., a Burney beautification project, as you walk along Mountain View Road and return to the Safeway parking lot. No water or restrooms available unless you go to a local business.

Burney Route C - Roff Way Loop 0.4 mile. From Main St., start at Roff Way and go through the neighborhood. Take Roff Way to the end, turn left, follow the circle, and return to Main St.

7 Burney Routes



7 Burney Routes D – F

About the Routes

These routes are along roads. Follow the rules of the road. Walk against traffic for safety. Bicycles are permitted; use the road and bike lanes when present. Dogs are okay on leash. A drinking fountain can be found in Bailey Park, and portable restrooms are available in the summer.

Terrain

Sidewalks, paved streets and dirt paths.

Description

Burney Route D - Hudson-Marquette Loop: 1.8 miles. Starting from the Safeway parking lot (37264 Main St., Burney, CA 96013), cross Main St./HWY 299 at the far Mountain View Road light and continue 300 feet. Use the crosswalk to cross Mountain View Road onto Erie St. Where the streets intersect into a “Y,” take a right onto Huron Ave. Turn left at Marquette St., continue to Timber Hill Dr., and turn right. Take a right on Hudson St. turning right onto Main St./HWY 299. Continue along Main St. to the Marquette St. crosswalk or the Mountain View Rd. light and cross with caution to reenter the Safeway parking lot.

Burney Route E - Bailey Park Loop 1: 1.6 miles. Beginning at Bailey Park (37460 Bailey Ave., Burney, CA 96013), go east and continue to the end of the road and onto the dirt path that runs past the baseball diamond and connects to Carberry St. At Carberry St., turn left (east) until you reach Mountain View Road and turn left. Follow Mountain View Road into town and use the crosswalk to turn left onto Erie St. Where the streets intersect into a “Y,” turn right onto Huron Ave. Take a left onto Marquette St. Follow the curve of Marquette St. and turn left onto Bailey Ave.

Burney Route F - Bailey Park Loop 2: 1.3 miles. Start at Bailey Park (37460 Bailey Ave., Burney, CA 96013), cross to Sugar Pine St. and continue south until the road curves to the left onto Oak View St. Follow Oak View St. to Cypress Ave. and turn left. Take a right at Arrowood St. to return to Bailey Park.

7 Burney Routes G – H



Photo by Lisa Barry

About the Routes

These routes are along roads. Follow the rules of the road. Walk against traffic for safety. Bicycles are permitted; use the road and bike lanes when present. Dogs are okay on leash. Drinking water and restrooms are available at Washburn Bue Park during the summer months.

Terrain

Paved streets and sidewalks.

Description

Burney Route G - Washburn Bue Park Loop 1: 1.4 miles.

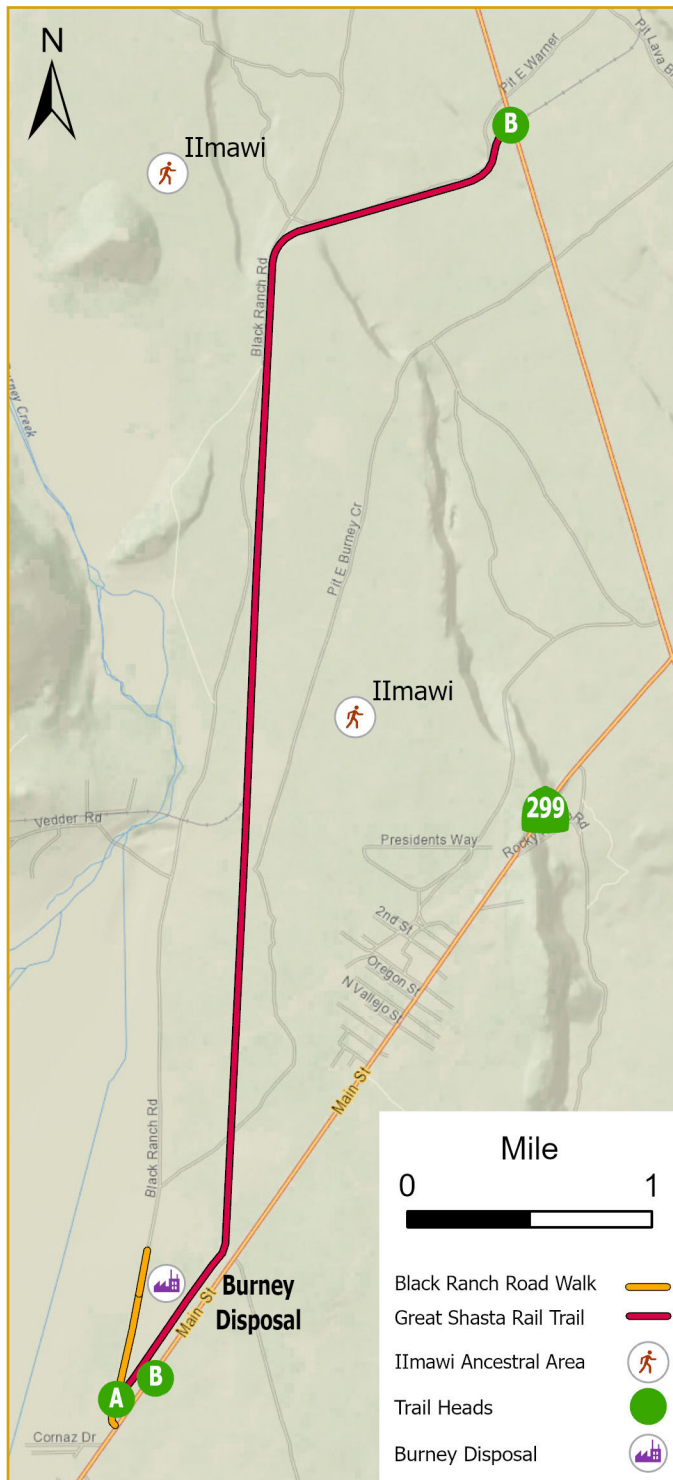
Starting at Washburn Bue Park (37141 Park Ave., Burney, CA 96013), take a right on W. Park Ave., walking on the side of the road facing oncoming vehicles. Turn left at Bartel St., followed by a left on Sapphire Road. When you reach Hudson St., take a left at the triangle and follow the curve of the road. At the Park Ave./Cypress Ave. intersection, turn left on Park Ave.

Burney Route H - Washburn Bue Park Loop 2: 2.1 miles.

Beginning at Washburn Bue Park parking lot (37141 Park Ave., Burney, CA 96013), take a right from Washburn Ave. to Missouri Way. Turn right on Park Ave. and continue to the stop sign on Tamarack Ave., where you will turn right. At Main St./HWY 299, take a right. While you walk the downtown area, keep an eye out for murals and pay attention to the traffic. Take a right at Hudson St. When you reach Park Ave., turn right, and return to Washburn Bue Park.

8 East Burney

8 East Burney



About the Routes

There are no restrooms or drinking water available on these routes.

Location/Trailhead

East Burney Route A - Black Ranch Road: Black Ranch Road and HWY 299 intersection.

East Burney Route B - Great Shasta Rail Trail: Black Ranch Road in Burney, across from PG&E corporation yard. Look for a short sign on the right shoulder. Pull into large dirt lot. (GPS 40.89625, -121.64834.)

Description

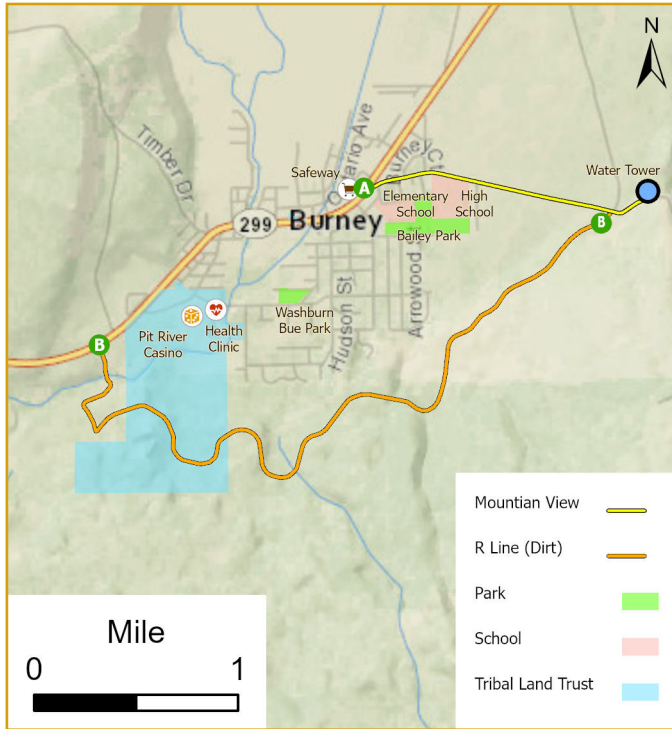
Route A: 0.75 mile one way, 1.5 miles round trip; flat paved road.

Walk Black Ranch Road entrance to the Waste Management dump property line. Dogs are okay on leash, and bicycles are permitted. Pedestrians should walk facing traffic, and bicycles ride with traffic.

Route B: 6 miles one way to HWY 89; 9.8 miles one way to Pit River*. Flat abandoned railroad grade of cinders. The trailhead does not have a sign. Park in the dirt lot and make your way to the east corner of the flat parking area and locate the cinder rail bed leading out of the parking area. At about 0.5 mile, you will pass through the yellow bollards and continue through the business parking lot. This 6 mile section of trail ends at HWY 89, or continues to Pit River for 9.8 miles. Numerous access points are located off Black Ranch Road. Walkers and cyclists should be aware that the cinder trail is a unique surface that changes seasonally. Bring plenty of water for this rewarding and challenging experience.

*Visit the greatshastarailtrail.org for more information.

9 South Burney



About the Routes

No water or restrooms available unless you go to a local store.

Location/Trailhead

Route A - Mountain View Road: From Safeway (37264 Main St., Burney, CA 96013) on SR 299, walk south at the traffic light on Mountain View Road. Continue about 1.5 miles until you reach the water tower on the left.

Route B - R Line: The R Line intersects with Mountain View Road. The “R Line” sign is on the right just before the water tower. (GPS N 40° 52.9546' W 121° 38.1125'). Turn right on the R line and travel 1.37 miles to the “R-1 Line.” (GPS N 40° 52.1281' W 121° 39.1136'). Bear right on the R-1 Line and continue 2.33 miles until you reach the gray gravel road. Although this road does not have a sign, you have reached Jack Rabbit Flat Road (GPS N 40° 52.0310' W 121° 41.0097). Turn right and continue 0.5 miles until you reach SR 299.

9 South Burney

Description

Route A: 3 miles round trip; paved, no sidewalks. Mountain View Road to the water tower. This trail is a walk in the woods close to town. From Safeway, turn south at the traffic light onto Mountain View Road. Continue past historic Burney Cemetery, local neighborhoods and Burney High School. From this point, enjoy limited traffic as the road opens to a pine and cedar forest. There is a slight hill approaching the water tower.

Route B: 4.2 miles one way; dirt.

The R Line is fun to walk or bike! It goes behind Burney, all the way to Jack Rabbit Flat Road and HWY 299 on the other side of Pit River Casino. Many other “lines” such as the “Z-line” are available to explore off it. This old railroad bed trail at the base of Burney Mountain offers views of Burney Mountain, Mount Shasta and the Hatchet Ridge windmills.

A portion of this trail crosses Sierra Pacific Industries private property and may be subject to seasonal closures. Consult SPI’s public recreation website (spi-ind.com/OurForests/RecreationAccess) or call its recreation hotline (530-378-8274) to learn more.



Photo by Rachel Mercado**

10 Governor Drive Loop

About the Route

This loop is on a paved residential road. The snow melts off this road quickly during the winter months. Dogs are okay on a leash, and bicycles are permitted. No restrooms or drinking water available.

Location/Trailhead

Governor Way in Johnson Park. Turn north onto 2nd or 3rd St. from HWY 299 and turn right on Pine Ave. Take a left on Stadium Way, which ends at Governor Drive.

Terrain

Paved street.

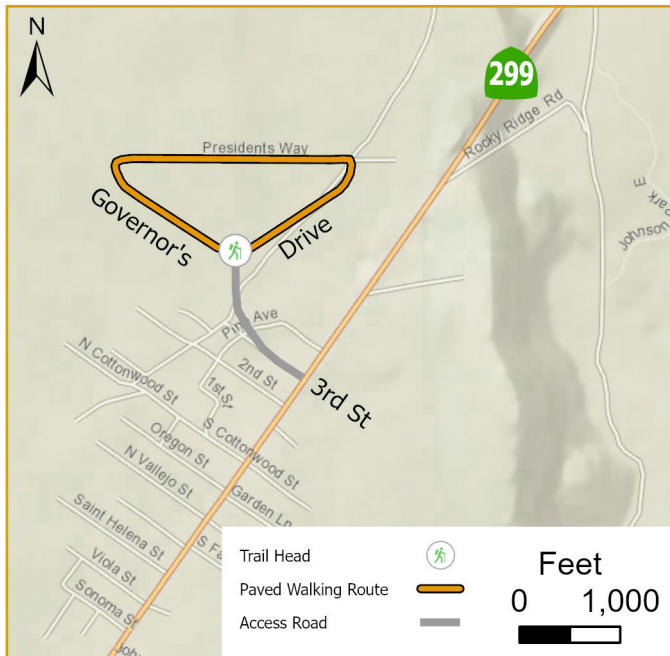
Description

Governor

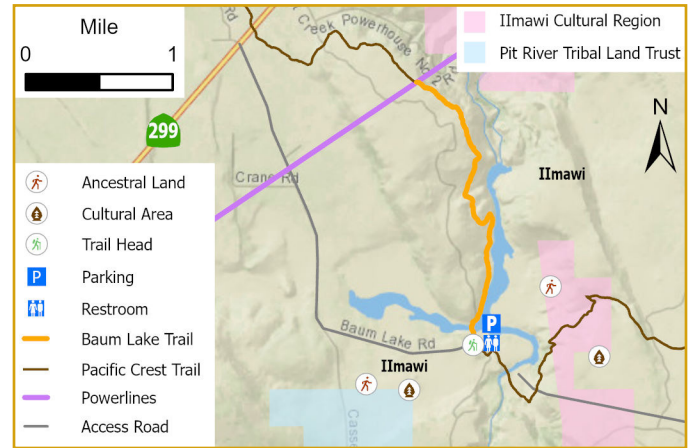
Drive Loop: 1.0 mile. Park on Governor Way and walk the circuit that is 1.0 mile.



Photo by Symbiotic Restoration



11 Baum Lake



About the Routes

Baum Lake is a great location for bird watching, fishing and the use of non-motorized watercraft. The trail follows the shoreline and connects to the Pacific Crest Trail (PCT) for great views of Hat Creek.

Location/Trailhead

Turn right at Cassel Road off HWY 299 east of Burney. Turn left at Baum Lake Road and left to the parking lot at the Baum Lake Access. Trailhead is near the restroom at the “Baum Lake Trail” sign.

Terrain

Rocky dirt trail.

Description

Baum Lake: 2.35 miles one way.

Look for “Baum Lake Trail” sign near the restroom. The trail begins with a step up over a large culvert and a pathway between Crystal and Baum Lakes. Stay right at the fork and follow the trail along Baum Lake until it turns upwards. Watch for the PCT triangle markers (most are very faded). Pelicans, herons, ducks, geese and woodpeckers are seasonally visible along the shoreline as well as ospreys and other raptors overhead. Follow the PCT for 2.35 miles for a vantage point of Hat Creek before you turn around (powerlines overhead) and head back to the parking lot.

12 Hat Creek and Pit River Area



Photo by Symbiotic Restoration

About the Routes

Hat Creek is a tributary of Pit River with their confluence in Lake Britton. Hat Creek is an important wild trout stream.

Location/Trailhead

Route A - Hat Creek Park: 8.6 miles east of Burney on HWY 299. It is on the north side of the road just before the bridge that crosses Hat Creek.

Route B - Hat Creek to Hat Creek Powerhouse #2:
Trailhead #1: Heading east on HWY 299 from the HWY 299/HWY 89 crossing, called “Four Corners.” You can park at Hat Creek Park on the north side of the road. (If you go over water, you have gone slightly too far.) From the park, walk east (turn left) on HWY 299 and cross the bridge. Carefully, cross HWY 299 and the trailhead is near the bridge by the white powder bank.

Trailhead #2: Heading east on HWY 299 from the HWY 299/HWY 89 crossing, called “Four Corners.” In about 2.75 miles, turn right onto Hat Creek Powerhouse #2 Road. Take your first left to continue to Hat Creek Powerhouse #2 Road. Follow the curvy road to the powerhouse; the parking lot, trailhead and bathroom are on the left.

Route C - Gas Pipeline Loop: Located 0.25 miles east of the Pit River on the northside of HWY 299. Take the dirt road with the blue gate. (GPS 40.982994, -121.540156). Drive 1.1 miles to loop; follow signs to the restroom.

12 Hat Creek and Pit River Area

Description

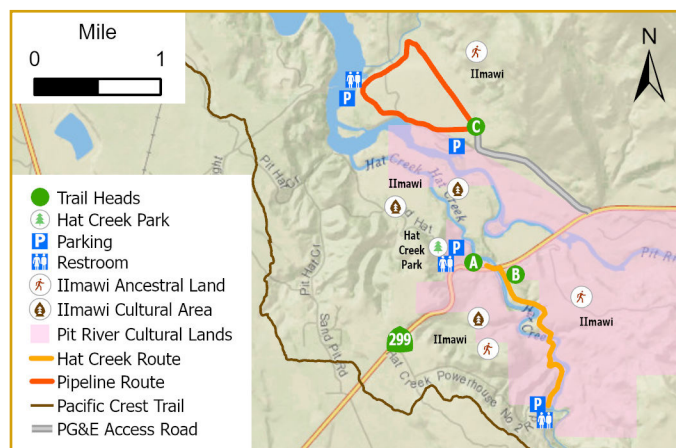
Route A: ADA accessible pier.

This beautiful setting off Hat Creek features an ADA-accessible pad to enjoy the creek and fish. The park features picnic tables, restrooms and campfire rings. Year-round catch and release fly-fishing available. Dogs are okay on leash.

Route B: 1.6 miles, 3.2 miles round trip; dirt trail. Follow the trail along Hat Creek and enjoy the views and wildlife. From Trailhead #1, cross the suspension bridge and continue to the left on the trail that follows the creek. The trail ends at the Hat Creek Powerhouse #2 parking lot. Both trailheads have parking and restroom facilities.

Route C: 2.5 miles. Add 2.2 miles by walking to HWY 299. Dirt road; flat with one slight incline when doing loop counterclockwise.

This sensitive habitat area is closed when the gate is locked from December through mid-April. The loop is a walkable lane and a half wide dirt road. Great views of Mt. Burney, Mt. Shasta and the Pit River. You will see lots of wildlife and can walk a short distance to the dirt boat ramp.



13 Intermountain Pacific Crest Trail

About the Routes

The Pacific Crest Trail (PCT) follows the mountain ridges of the Pacific West between Mexico and Canada. As part of the journey that is 2,650 miles, it intersects with Lassen Volcanic National Park and Burney Falls.

Location/Trailhead

PCT Route A - HWY 89 to Great Shasta Rail Trail:

Approximately 5 miles north of Four Corners (Intersection of HWYs 299 and 89) on HWY 89. Trail starts at the PCT dirt parking lot on the right-hand (east) side of HWY 89. Approaching McArthur-Burney Falls Memorial State Park from the south, look for the PCT marker on the highway.

PCT Route B - Fish Hatchery to Cassel: Off HWY 299 east of Burney, turn right on Cassel Road and left on Baum Lake Road. Proceed past the Crystal Lake Hatchery to the "Hat Creek #1 Powerhouse Fishing Access" sign. Walk across the bridge and take a left at the "No Camping PG&E" sign to find the PCT, near Cassel, CA.

PCT Route C - Four Corners Park & Ride Powerline

Climb: Trailhead is located 0.25 mile south of the HWY 299/89 intersection known as Four Corners. On the east side of HWY 89, park at the park and ride lot on the southeast corner of Four Corners. Walk along HWY 89 for 0.25 mile to the powerlines where the trailhead begins.



Photo by Lisa Barry

13 Intermountain Pacific Crest Trail

Description

Route A: 3 miles one way (6 miles round trip); mostly flat dirt and rocky trail through the forest, well-marked with PCT triangles. Park at the dirt parking lot with the split rail fence. The trailhead is to the right and leads away from the highway up through an oak forest which

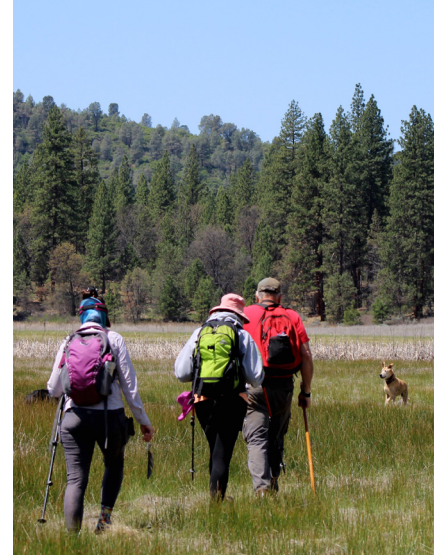


Photo by Lisa Barry

changes to a coniferous forest. Approximately 2 miles in, Lake Britton is visible from a vantage point. The turnaround point (about 3 miles) is in a meadow at the crossing of the PCT and the Great Shasta Rail Trail.

Route B: 3.2 miles one way (6.4 miles round trip); rocky, dirt trail, mostly oak forest.

The trail (3.2 miles) is a section of the PCT that is a moderate uphill climb to an open rocky area with great views of the region's mountains. An oak forest, an overlook view of Baum Lake and a creek crossing using well-placed rocks are highlights. When you reach the second set of powerlines, take a well-deserved break and turn around to head back to the fish hatchery.

Route C: 0.7 mile one way to the top of the hill.

Dirt trail; steep with loose rock.

This is a hill climb ideal for a walk or run workout. Amazing views of Mt. Burney and Mt. Shasta. The summit is between the four powerline towers. Enjoy counting the osprey nests and look for hatchlings resting in them. The hill is accessible most of winter.

14 Spattercone Nature Trail

About the Route

This is a self-guided interpretive trail through the origin of the Hat Creek Lava Flow. You will see spatter cones, craters, Hat Creek Valley and Mt. Lassen.

Location/Trailhead

Located approximately 1.5 miles south of the HWY 89/HWY 44 junction in Old Station. Parking is on the east side of HWY 89 across from Big Pine Campground and is closed during winter.



Photo by Symbiotic Restoration

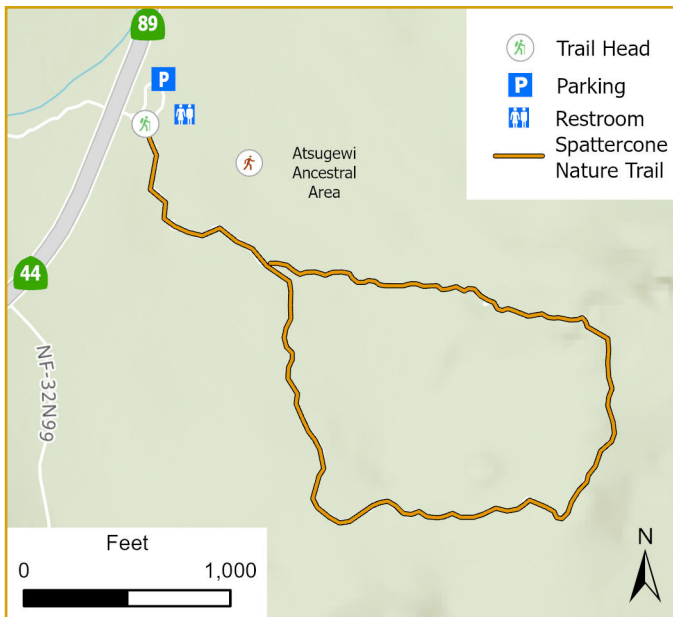
Terrain

Varied terrain.

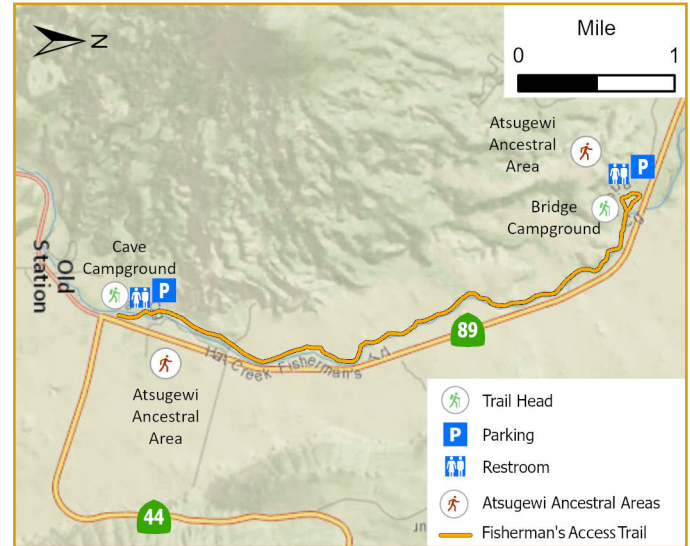
Description

Spattercone Nature Trail: 1.5 miles.

The trail is flat at the beginning, and climbs through dirt and lava rock, followed by a descent on dirt/lava rock shelves.



15 Fisherman's Access Trail



About the Route

This is a beautiful hike along Hat Creek, sometimes referenced as the Hat Creek Trail, with restrooms at both Bridge and Rocky Campgrounds on the north and Cave Campground on the south.

Location/Trailhead

Located in Lassen National Forest.

Trailhead #1: Located off HWY 89, the northern entrance is at the Bridge Campground.

Trailhead #2: The southern trailhead is on USFS Road 33N49, which is 0.25 mile north of Cave Campground on the west side of HWY 89 at the Sandy Picnic Area.

Terrain

Sand, dirt and rock. Mostly flat, some gentle climbs/descents, usually some trees down to clamber over or under. Follows Hat Creek the entire way.

Description

Fisherman's Access Trail: 4.3 miles one way.

The trail meanders through forested areas, burned areas that are recovering, a granite chute with a waterfall and gentle pools to soak your feet. Many viewpoints to north/south of the creek. There is ample parking at the south end and limited parking at Bridge and Rocky Campgrounds.

Walking and Hiking Tips

1. Create a trail plan before you go. Trails have limited or no cellphone connectivity. Let someone responsible know your plan and ask them to notify local law enforcement if you do not return when expected.
2. There is safety in numbers so invite a friend or family member to walk with you.
3. Remember the rules of the road. Where no sidewalk is present, pedestrians walk single file and against traffic for safety. Bicycles travel with traffic.
4. When sharing trails with bicyclists, be aware of their presence and keep to the right.
5. Practice good etiquette and communicate when passing others on the trail.
6. Take plenty of drinking water with you. Drink water before you feel thirsty—before, during and after exercise.
7. Be aware of your surroundings and watch for local wildlife and poisonous plants. Never feed or touch wildlife.
 - a. Snakes—Look where you are stepping, especially when stepping over logs or climbing rocks.
 - b. Bears—If sighted on the trail, keep your distance, back away slowly and do not run.
 - c. Ticks—Stick to the middle of the trail, use insect repellent and tuck in pant legs. Don't forget to do a tick check on yourself and any gear after the hike.
 - d. Poison Oak—This poisonous plant is found throughout California. Learn to recognize the shiny, three-leaf pattern. If you do come into contact, immediately wash with water and mild soap and dry with a clean towel.
8. Protect trails for others to enjoy by staying on the trail and leaving no trace.
9. Stay on the trail to avoid possible mine shafts, standing/downed barbed wire, old mill sites with scrap metal, etc.

Walking and Hiking Tips

10. Plan for the weather. The Intermountain area experiences all four seasons. Bring additional drinking water in warm months and winter clothing in cold months. In the winter, trails will often be covered in snow, and trail conditions can be muddy as the snow melts. Open areas can experience high winds. Check for weather-related road closures.
11. 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 at improving and maintaining health as one long walk.



Photo by JR Taylor**

12. Make sure you can maintain a conversation while walking. Rest before you feel pain, severe fatigue, light-headedness, dizziness or significant shortness of breath.
13. An average pace for brisk flat/easy walking is one mile in 18-20 minutes. Beginners should strive for a 30-minute-per-mile pace.
14. Wear comfortable, sturdy shoes with good arch support, a firm heel, and plenty of room for your toes.
15. For additional walking maps, visit healthyshasta.org.
16. For more outdoor safety tips, visit parks.ca.gov/?page_id=30043



Photo by Jen Luck**

Partners

A special thank you to the Intermountain community members who helped collect data and contributed photos to create this Intermountain Walking and Hiking Guide. **Photo contest winner.

Tri County Community Network: Intermountain Community Center

37477 Main St. Burney, CA 96013

Phone: (530) 335-4600. Fax: (530) 335-4608

Hill Country Health and Wellness Center

Circle of Friends

36987 HWY 299E, Burney, CA 96013

Phone: (530) 335-4222, Fax: (530) 941-3365

Burney Parks Committee: burneyparks.com

Pit River Health Service 36977 Park Ave. Burney, CA 96013

Fall River Valley Community Services District

24850 3rd St., Fall River Mills, CA 96028

Phone: (530) 336-5263

Thank you to the Pit River Tribe for sharing information about their tribal lands.

This project is funded by Shasta County Health and Human Services Agency and Healthy Shasta.

Visit HealthyShasta.org for larger, printable maps and additional walks and trails.

Cover photo by Jen Luck**

