

Walking Groups in Shasta County

Walking groups are a great way to enjoy the social benefits of walking – and can provide the motivation and accountability we sometimes need to get going and walk a little more! Each group is different and has its own characteristics...so if one doesn't work for you another might.

BURNEY

Group: Burney Senior Walking Group

Meeting Location: "New" Cemetery in Burney

Meeting Time: 9:00 am; Monday, Wednesday and Friday

Length/duration of walk: 1 hour, approximately 2 1/2 miles

Members: Adults 50 years and up

Contact information: Tina, 335-4938

COTTONWOOD

Group: Cottonwood Walking Group

Meeting Location: West Cottonwood Jr. High, 20512 West First Street, Cottonwood, CA

Meeting Time: Wednesday mornings, 8 am

Length/duration of walk: 2 miles

Members: Adults 50 years and up

Contact information: Carol, 347-5269

LAKEHEAD

Group: Lakehead Senior Walking group

Meeting Location: Canyon School Track/gym, 18300 Antler School Road, Lakehead

Meeting Time: Resumes in September, call for day and time

Length/duration of walk: One hour

Members: Adults 50 years and up

Contact information: Emigene, 238-8227

REDDING

Group: Mt. Shasta Mall Walkers

Meeting Location: Mt. Shasta Mall

Meeting Time: M-F, 7–9 am, Blood pressure and mile log on Tuesday mornings, Saturday morning breakfast once a month

Length/duration of walk: Length and time varies with individual and course

Members: Mostly seniors, any age welcome

Contact information: (530) 24-MERCY

Group: Shasta Sundial Strollers/American Volkssport Association (AVA)

Meeting Location: Senior Center/Sacramento River Trail (M); Lema Ranch (W); Sundial Bridge (F)

Meeting Time: Varies – Call for times

Length/duration of walk: 5km (3.1 miles)/1 hr. 10 min.; 10km (6.2 miles)/2 hr. 30 min.

Members: Anyone welcome

Contact information: Cynthia Turbin, 246-4130, ShastaSundialStrollers@yahoo.com

Want to add your walking group to the list?

Want information on how to start a walking group?

Contact us at info@healthyshasta.org or 229-8243.