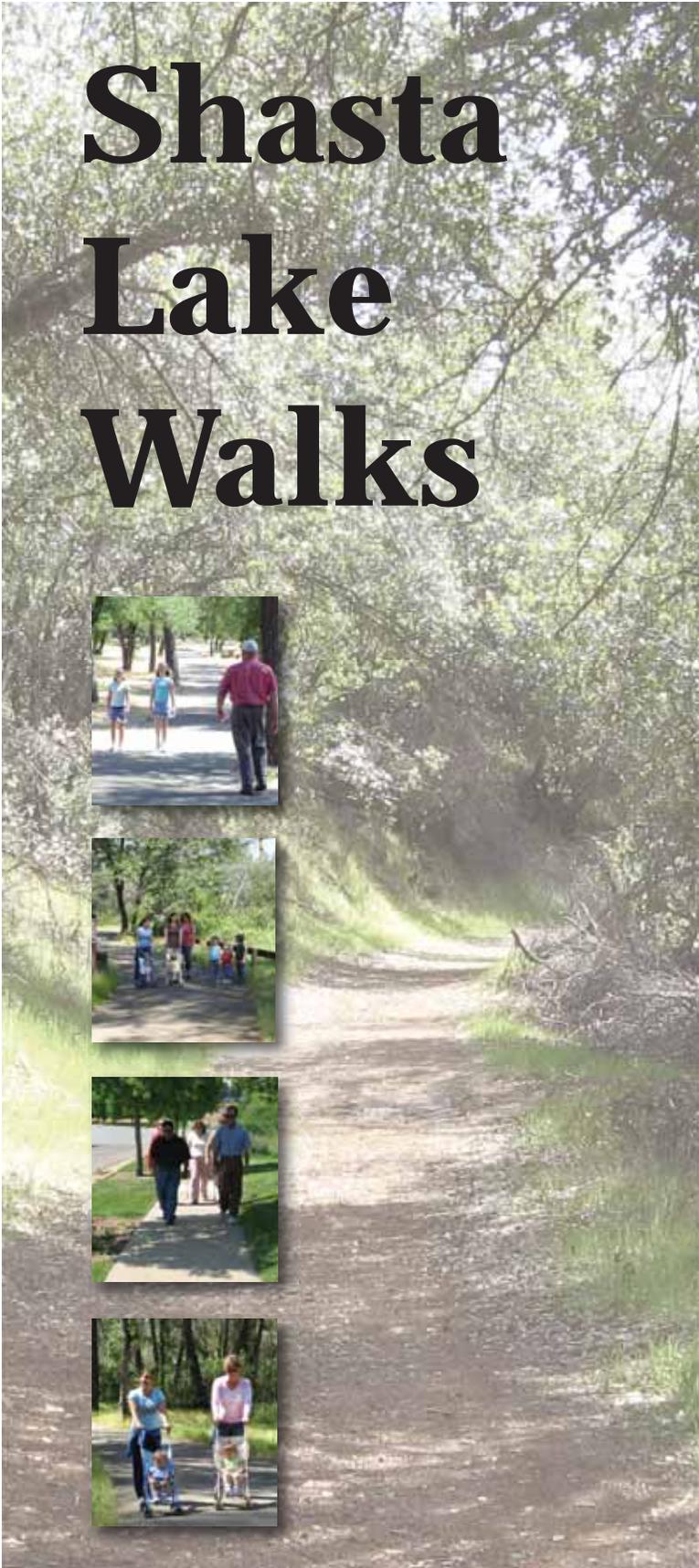


Shasta Lake Walks



Greetings!

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The City of Shasta Lake is pleased to be part of the regional effort to encourage our citizens to walk as part of a healthy lifestyle.

We know you will enjoy walking in Shasta Lake, and with the variety of walking paths and trails available, you are sure to find one to suit your needs.

On the Churn Creek Trail, you will see an impressive array of wildlife. The route through Windsor Estates boasts tremendous views of the Central Sacramento Valley and Lassen Peak.

You will see many active types of recreation while walking around Margaret V. Polf Park and you will be able to view a working community garden within the Hazelwood subdivision.

The City has been successful in obtaining several rounds of Caltrans funding for Safe Routes to School to build sidewalks. Sidewalks were recently completed along Montana Avenue and Cabello Street. We encourage students to use these sidewalks when walking to Central Valley High School and Shasta Lake School.

You will find several miles of dirt trails with stunning views of the Sacramento River and nearby mountains that lead up to Shasta Dam. Some of these trailheads are just a short distance from home for many of us. Take a hike on these trails to see how the City of Shasta Lake is so close to so much beauty and can be connected to world class attractions such as the Sundial Bridge and Shasta Dam.

Trails and other safe walking routes are great resources in our community for all of us to enjoy while we improve our health. Grab your water bottle, hit the trail, and walk Shasta Lake!

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 five 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. 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.
5. 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.
6. Work up to 30-60 minutes a day, five days a week of walking or other moderate physical activity. Several short walks a day (10-20 minutes) can be as effective in improving and maintaining health as one long walk.
7. Drink water before you feel thirsty, as well as during and after exercise.
8. Fuel your body with a healthy diet that includes plenty of fruits, vegetables and whole grains.
9. For more walking opportunities, visit www.healthyshasta.org.

This Shasta Lake Walks guide is offered free to encourage physical activity and enjoyment of our beautiful area. This guide is made possible from Caltrans, Safe Routes to School funding. Neither Shasta Lake City, ENPLAN, Shasta Lake Heritage & Historical Society, 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.

Safety Tips for Walkers

1. If there is no sidewalk, walk facing traffic so you can see oncoming vehicles.
2. Protect yourself from the sun with a hat, sunscreen and sunglasses with both UVA and UVB protection.
3. Dress to be seen. Light or brightly colored clothing makes it easier for drivers to see pedestrians during the daytime.
4. When dark, wear reflective clothing/tape on your shoes, cap or jacket.
5. Cross only at corners or marked crosswalks.
6. When crossing in a crosswalk, pay extra attention. Being in a crosswalk does not protect pedestrians from being hit by a motor vehicle.
7. Carry personal identification in case of emergency.
8. Listen to your instincts and be willing to vary your route if you sense you're in danger.
9. Beware of dogs. If they're threatening, don't run away or throw things at them. If necessary, give them a command such as, "No! Go home!" or "Down!" or "Sit!"
10. Find a partner - there's safety in numbers.

Margaret V. Polf Regional Park 1

Walking Route

Start anywhere on the path. Public access is at Shasta Dam Boulevard and Sacramento Street. Paved trail loops around the sports field and leads into another loop west of field. Dirt paths located to the west of sports field include BMX bike track.

Distance

.75 mile loop

Terrain

.75 mile paved path around sports field with dirt paths adjacent to west side of park.

Adjacent Neighborhood

Neighborhoods located southeast of park can access trail from Rose Avenue.

About the Route

This park is a regional park where many community-wide events are held. Park offers restrooms, drinking fountains, playground/tot lot, sports fields, and BMX bike track. Trails are partially shaded.



Downtown

2

Walking Route

Start on any portion of the paved route. Plenty of parking is available at/near Clair Engle Park.

Distance

.5 mile

Terrain

Slight incline heading west along sidewalk and bike lane on Shasta Dam Boulevard

Adjacent Neighborhood

Neighborhoods surround the downtown area

About the Route

Route offers services and restaurants. It also passes by the Veteran's Memorial, a nice place to take a rest or wander through native vegetation planted by the Shasta Lake Garden Project. Shasta Dam Boulevard is known as the "cutoff" road to Kennett. Sidewalks continue along Shasta Dam Boulevard eastbound, with several crosswalks over the boulevard, so walk can easily be extended. Kennett was a city, now covered by the lake as a result of the Shasta Dam. Clair Engle Park offers a drinking fountain, benches and a skateboard park.



Central Valley High School Track

3

Walking Route

To access the track, use pedestrian gate located off Ashby Road.

Distance

.25 mile (one lap)

Adjacent Neighborhood

Hazelwood, Oakridge, Coeur d' Alene

About the Route

All-weather track was constructed in 2005. Track is made of recycled rubber tires to absorb impact, making it a comfortable surface for a gentle walk or jog. Track is available after school hours, until sunset, when not used for school events.



Walking Route

Access from Ashby Road at Woodley Avenue, or at any point along the route. This route winds through Hazelwood and Oakridge subdivisions.

Distance

1.1 miles

Terrain

Moderate hills, sidewalks

Adjacent Neighborhood

Hazelwood, Oakridge, Coeur d' Alene

About the Route

Enjoy this neighborhood walk admiring foothills to the north and Shasta Bally to the west. A 50-plot community garden backs up to Hazelwood. The public can view the garden off Woodley Avenue, near Ashby Road. To extend this walk, use the Central Valley High School Track. See map 3.



Walking Route

Access from Pine Grove Avenue or the Windsor Estates neighborhood. On Pine Grove, begin at gate on south side of road just east of Churn Creek bridge, the trail is not marked. Starting from Windsor, access trail at gate on west side of Avington Way between Quigley Court and Stafford Drive. Walk down hill toward the creek and head north (right). Gates along route restrict motorized vehicles.

Distance

2 miles (round trip)

Terrain

Unimproved natural trail requiring sturdy walking shoes. Standing water on trail during rainy season. Short steep hill at entry/exit at Windsor neighborhood.

Adjacent Neighborhood

Windsor Estates, Coeur d' Alene

About the Route

Walk along shaded, beautiful, historic Churn Creek. Known for gold mining, the creek offers abundant wildlife. Native plants can be spotted along the walking trail, offering a true nature experience.



Windsor Estates

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Shasta Gateway Industrial Park 7

Walking Route

Take Autumn Harvest Way off Cascade Boulevard to access this walk.

Distance

Route 1: .5 mile loop

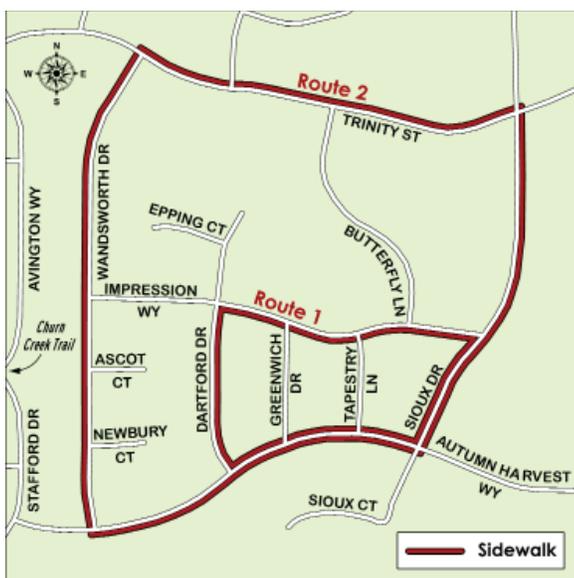
Route 2: 1.25 mile loop

Terrain

Sidewalks, a steep hill on Wandsworth

About the Route

This walk can be started anywhere in the neighborhood. The map depicts two routes of varying distances. View the beauty of Lassen Peak and the other hills and mountains to the east. This is a great place to see the sunrise and sunset. Walkers can also connect to the Churn Creek Trail from the gate located on Avington Way between Quigley Court and Stafford Drive. See map 5.



Walking Route

Start this walk on Ashby Road or anywhere along loop depicted on map.

Distance

1 mile

Terrain

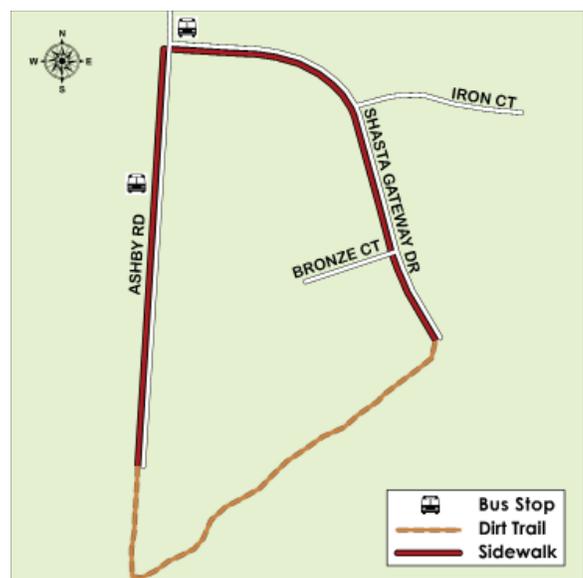
Sidewalks, wide dirt path

Adjacent Neighborhood

No neighborhoods are linked to the park. Ideal walk for business park employees on their breaks.

About the Route

The Shasta Gateway Industrial Park was developed by the city in 1992, shortly after the city's incorporation. A grant was obtained to fund construction of the businesses incubator, the first building in the park. The incubator building provides space for new businesses to start and expand.



Sacramento Ditch, Hornbeck, Flanagan, Chamise & Sacramento Rail Trails 8

Walking Route

Access these trails from Shasta Dam or several roads off Lake Boulevard such as Flanagan Road, Walker Mine Road and Quartz Hill Road.

Distance

9.3 miles on FB, 4 miles on Hornbeck, 11.8 miles on Sacramento Ditch trails, 2.5 miles one way to Chamise Peak from Flanagan Trailhead; approximately 25 miles one way from Ribbon Bridge to Shasta Dam Parking lot, 9 miles Sacramento River Rail Trail from Shasta Dam to Sacramento River Trail.

Terrain

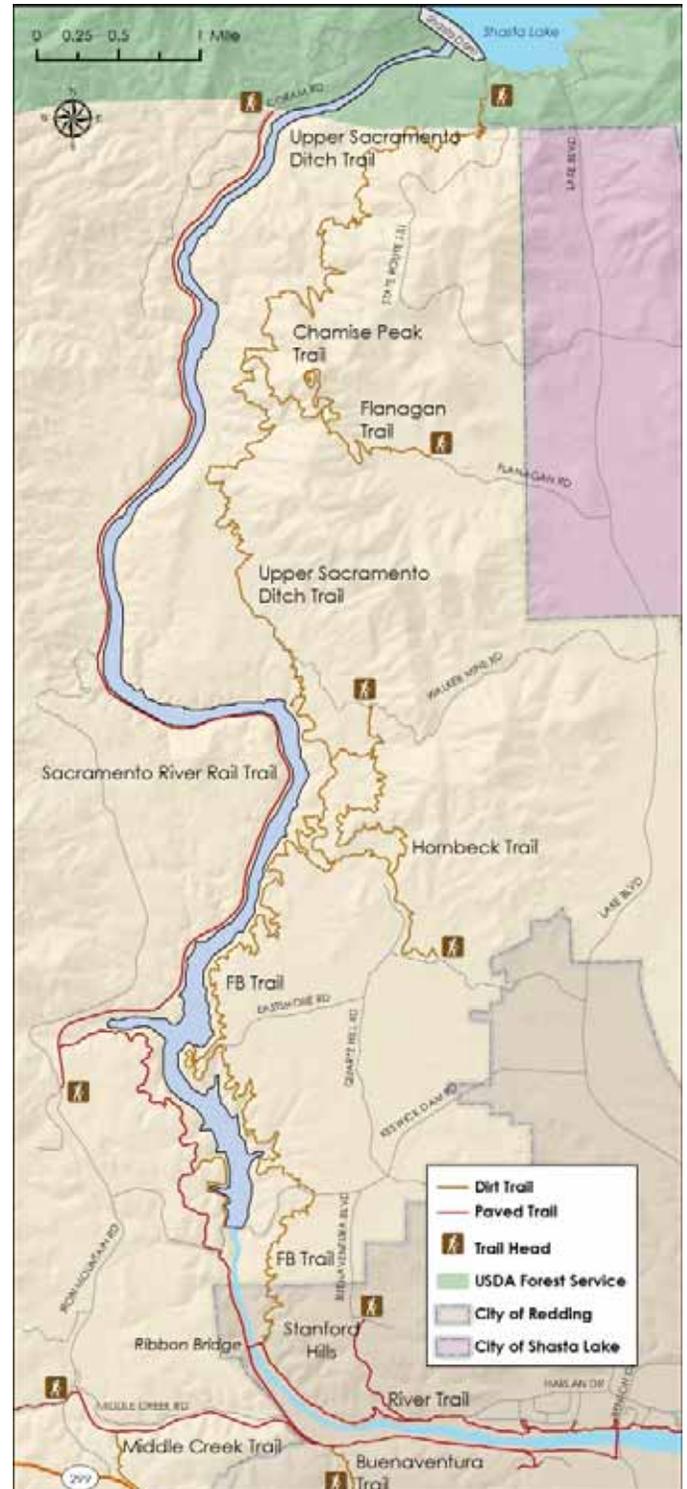
Mostly gentle rolling dirt path, some climbing to Chamise Peak. Paved trail on west side of river.

Adjacent Neighborhood

Neighborhoods/housing off Lake Boulevard

About the Route

Great views from Chamise Peak and nice river and mountain views along the trails. Hornbeck Trail follows the path of a historic mining railroad that was rediscovered and developed by local historian Chuck Hornbeck, community volunteers and BLM on the east side of the Sacramento River. The rail line was used in the early 1900s to haul quartz used as flux for nearby copper smelting at Kennett (now under Shasta Lake). The Sacramento Rail Trail along the west side of the river follows the old rail line, complete with a railroad tunnel, along Keswick Reservoir. Majority of trail is flat with a section between Keswick Dam and Keswick Boat Launch that is very hilly.



Walking (or bicycling) to school brings many benefits to students, including being physically active, maintaining a healthy weight, improving concentration and learning, and making a connection with the community.

Sidewalks were recently completed along two roads to access Central Valley High School and Shasta Lake School. Montana Avenue from Shasta Dam Boulevard to Vallecito Street now has sidewalks, and Cabello Street from Shasta Dam Boulevard to Vallecito Street also has sidewalks. Students walking to school are encouraged to use these sidewalk routes to get to school. Sidewalks and bike lanes were also added to Shasta Dam Boulevard, making it safer and easier for residents to get to the community center, park and skateboard park, grocery store, and many other businesses and restaurants.

If your child lives too far away from school to walk, consider dropping him/her off a few blocks away from school so he/she can walk and get some exercise before school starts. For the past several years, The Safe Routes to School Program, the Sheriff's Citizen Volunteer Patrol Program and the City of Shasta Lake have supported a Walking Wednesday Program from the ballpark at Vallecito Street and Montana Avenue to encourage parents to drop off their child off to walk four blocks to Shasta Lake School. The route is signed and monitored by the City and Citizen Volunteer Patrols. Students get recognition and prizes for participating and it reduces traffic in front of the school, making it safer and easier for children to walk and bike to school. For more information, contact the Safe Routes to School program at 245-6457 or visit www.healthyshasta.org.



Enjoy walking in our city



A family enjoying Margaret V. Polf Regional Park



Veteran's Memorial on Shasta Dam Boulevard



Students use new sidewalks on Cabello Street



Safe Routes to School, Walking Wednesdays

Contacts

Call the City of Shasta Lake at (530) 275-7400 for:
Powerline issues
Hazards/other safety issues
Illegal dumping
Park and Community Center use
Park and Recreation Commission
Animal control

Air Quality Management District: 225-5674

Fire Department: 275-7474 (non-emergency)

RABA (Redding Area Bus Authority): 241-2877

Shasta Lake Gateway Community Residents Garden: 229-8444

Health and Human Services, Public Health (Safe Routes to School Program) 245-6457

Sheriff's Office: 245-6096 (non-emergency)

Partners



Shasta Lake Heritage & Historical Society



August 2012

Health and Human Services, Public Health
2650 Breslauer Way
Redding, CA 96001

