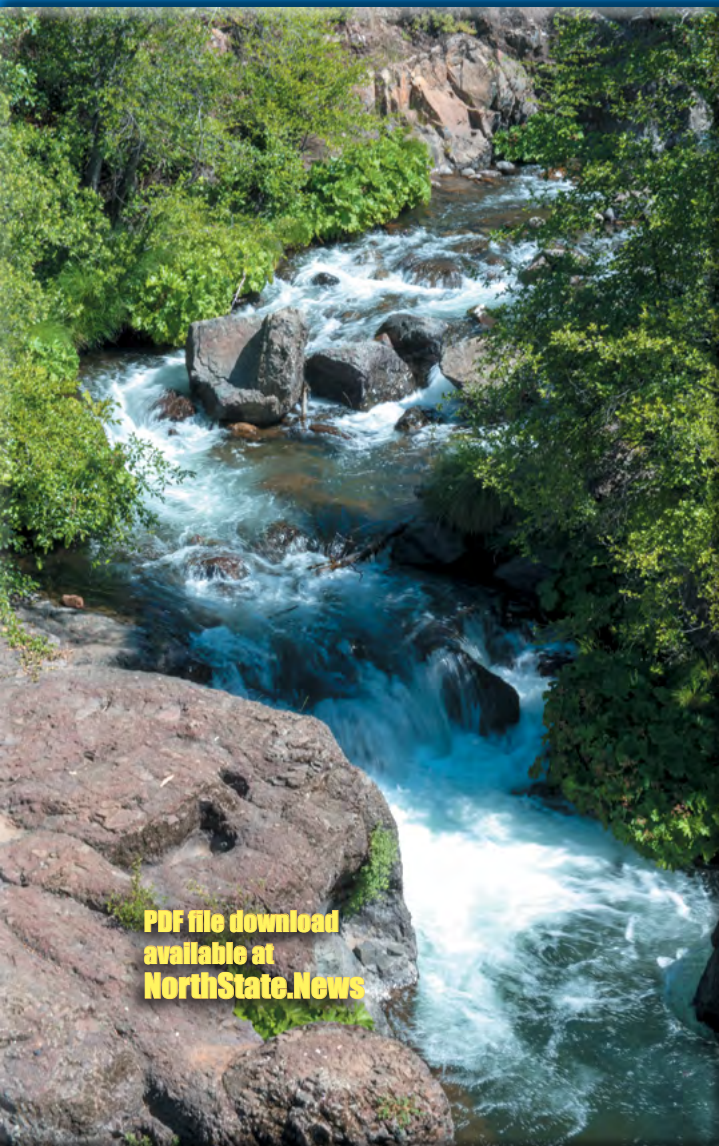




# **North State** **VISITORS GUIDE**

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“Wild: From Lost to Found on the Pacific Crest Trail,”  
Cheryl Strayed recalls her PCT trek through the North State**





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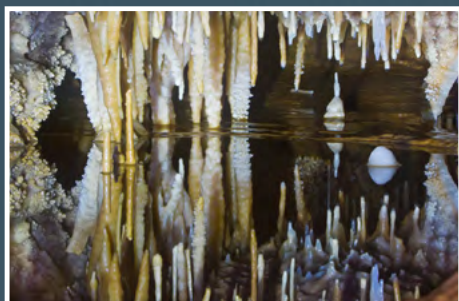
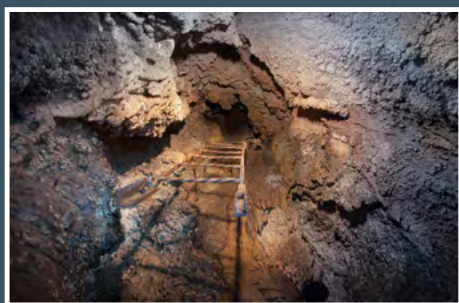
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# Welcome

to Shasta Lake and the  
North State region

The annual North State Visitors Guide is back. Thanks to all of the advertisers this year, many of them small local business owners like ourselves who have once again stepped up to make this publication possible.

For those who are regular visitors to our area, several of the stories are similar to previous years, but most have been updated to reflect recent information that we had before going to press, including the one thing that always seems to be on everyone's mind who are headed this way...What's the lake level at Shasta Lake? Here's one bit of trivia that may be of interest to you...or maybe not. In 1977 when Shasta Lake dropped to its lowest level ever at around 238 feet from crest, it still retained a 124-mile shoreline. By comparison, Lake Tahoe has a shoreline of 72 miles. Yes, there's still plenty of water once you get out on the lake. Admittedly, the drought has affected recreation, including the closure of many of the boat launch areas. So maybe the answer is you just need to rent a houseboat and your problem is solved, right? :) Or maybe this is the year you try something new out of the water like biking, or hiking. Did we say hiking? Man, do we have some hiking stories for you in this year's visitors guide.

In addition to the numerous North State hikes author John Soares recommends, we have a new and special story this year - an interview with Cheryl Strayed, author of the No. 1 New York Times Bestseller "Wild: From Lost to Found on the Pacific Crest Trail," a soul-searching memoir of her PCT trek in 1995 that became a 2014 movie starring Reese Witherspoon. A decade since the release of her book, Strayed, in the interview with writer Aaron Williams, focuses primarily on her memories of the PCT in the North State area. It is both interesting and fascinating and it begins on page 25. And if it inspires you enough that you would like to at least hop onto the PCT to snap a selfie, we provide you with a number of areas in the North State where you can do just that.

So read on and thanks for visiting. We hope you have a safe time and enjoy your stay in the area. We ask that you please try and keep the area as clean and beautiful as possible. Remember, "If you Pack It In, Pack It Out." (See page 14).

This visitors guide is published by the North State Visitors Guide, P.O. Box 8025, Shasta Lake CA 96019. Telephone 530.275.1716. email SLB@shasta.com. General Manager and Editor - Ron Harrington.

**A PDF file of the 2022-2023 North State Visitors Guide  
with hyperlinks is available all year long at:**

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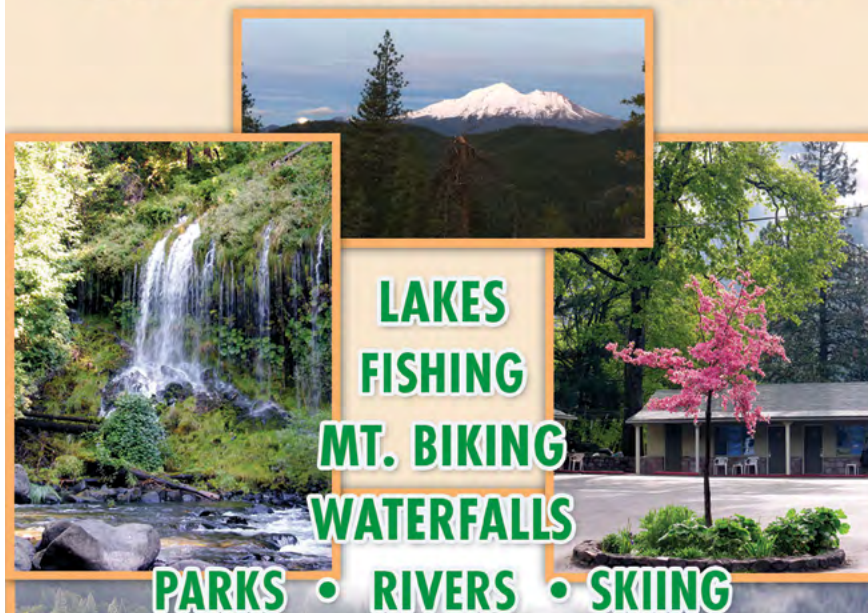
COVER PHOTOS: Mt. Shasta - photo by Michael Burke; Candace and her dog Rufus on the stand-up paddleboard - photo by Michael Burke; Cheryl Strayed in a photo from her 1995 trek on the Pacific Crest Trail - courtesy Cheryl Strayed; The creek below Montgomery Creek Falls - photo by Michael Burke; Pacific Crest Trail sign at Burney Falls - photo by Michael Burke.

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# Lassen, Burney Falls, Whiskeytown, Castle Crags among region's popular national & state parks



Fishing at Manzanita Lake in the shadow of Lassen Peak and, inset, the volcanic eruption on Oct. 6, 1915.

PHOTO / National Park Service - flickr

Formal national and state parks are plentiful in the north state, offering visitors up-close and personal brushes with natural splendor of every stripe as well as a healthy dose of local history and culture.

Here's an overview of what's available to see and experience.

**Lassen Volcanic National Park** is one of the best-known attractions in the area and its often described as "Yosemite without the crowds."

It is home to steaming fumaroles, meadows freckled with wildflowers, clear mountain lakes, and numerous volcanoes. Jagged peaks tell the story of its eruptive past while hot water continues to shape the land.

Lassen Park offers opportunities to discover the wonder and mysteries of volcanoes and hot water for visitors willing to explore the undiscovered.

Water from rain and snow that falls on the highlands of the park feed the hydrothermal system. Once deep underground, the water is heated by a body of hot or molten rock beneath Lassen Peak. Rising hot water boils to form boiling pools and mud pots. Super-heated steam reaches the surface through fractures in the earth to form fumaroles such as those found at Bumpass Hell and Sulphur Works. These features are related to active volcanism and are indications of the ongoing potential for further eruptions from the Lassen "volcanic center."

Lassen Volcanic National Park celebrated its centennial in 2014 and 2015 marked the 100th anniversary of Lassen Peak's largest eruption.

The road through the park normally doesn't open until mid-June, and, although it didn't receive as much damage as other areas, some parts of the park were affected by last summer's Dixie Fire. For the latest information, visit their facebook page and website: [nps.gov/lavo](https://www.nps.gov/lavo)

Not to be outdone in the volcano department, Siskiyou County is proud to offer up 14,179-foot-tall **Mt. Shasta**, the second highest peak in the Cascade Range (Mount Rainier is 249 feet higher) and the fifth highest mountain in California.

June and July are the most popular months for climbing the mountain. Reaching the peak is a strenuous task and the assistance of a guide is strongly encouraged for novice climbers. Although not formally a park, Mt. Shasta is the centerpiece of the federally designated Mt. Shasta Wilderness Area.

To the north and east of Mt. Shasta is **Lava Beds National Monument**, a land of turmoil, both geological and historical. Over the last half-million years, volcanic eruptions on the Medicine Lake shield volcano have created a rugged landscape dotted with diverse volcanic features.

More than 700 caves, Native

American rock art sites, historic battlefields and campsites, and a high desert wilderness experience await.

The land that was later to become Lava Beds National Monument, as well as the highlands to the south and wetlands to the north, was home to paleolithic peoples for thousands of years. This area is still infused with cultural and spiritual importance for many modern people of Modoc and Klamath descent. See [nps.gov/labe](https://www.nps.gov/labe)

A few miles south of Mt. Shasta, on the northern edge of Shasta County, is **Castle Crags State Park**. It is dominated by the namesake Castle Crags, a dramatic rock formation in the upper Sacramento River canyon located just west of Interstate 5 between Castella and Dunsuir.

The park offers swimming and fishing in the Sacramento River, 76

developed campsites, 28 miles of hiking trails, abundant rock climbing opportunities and access to the Castle Crags Wilderness Area.

The **Shasta State Historic Park**, a mere six miles west of Redding, tells the story of the north state gold rush. The Courthouse Museum is packed with historical exhibits and California artwork, and a row of half-ruined brick buildings reminds visitors that Shasta was the "Queen City" of the north state during the mining heyday. Generally open Thursday through Sunday 10 a.m. to 5 p.m., but check first by calling 530-243-8194.

Moving a few miles to the west, the **Whiskeytown National Recreation Area** is highlighted by Whiskeytown Lake's beautiful crystal-clear waters, which are surrounded by mountain



Mushpot Cave in Lava Beds National Monument. PHOTO / Wirestock



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**Castle Crags State Park is dominated by the namesake Castle Crags (above left), a dramatic rock formation in the upper**

peaks. Water-based activities are the primary interest of most Whiskeytown visitors which include boating, kayaking, swimming, canoeing, sailing, water skiing, scuba diving, and fishing, as well as beaches.

However, water-based recreation is only a small part of what the park has to offer. The 39,000 acres surrounding the lake hold four waterfalls, pristine mountain creeks, 70 miles of trails, and opportunities to explore the history of the California Gold Rush.

Water-based activities are the primary interest of most Whiskeytown visitors which include boating,

kayaking, swimming, canoeing, sailing, water skiing, scuba diving, and fishing.

Visitors should remember that 2018's devastating Carr Fire burned large sections of the park, as well as nearby Shasta, and recovery efforts continue to be ongoing.

However, three of the four falls in the park are open - Boulder Creek Falls, Whiskeytown Falls and Crystal Creek Falls. Only Brandy Creek Falls remains closed. For mor

Visitors to Weaverville, the county seat of Trinity County west of Redding, are welcome to explore

**Sacramento River canyon located just west of Interstate 5 between Castella and Dunsmuir.**



PHOTO / Zack Frank

**The Joss House in Weaverville, known as the Temple of the Forest Beneath the Clouds, is the oldest continuously used Chinese temple in California.**

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PHOTO / Martina

Whiskeytown Lake’s beautiful crystal-clear waters attracts a lot of water-based recreation, including boating, kayaking, pad-

dleboarding, swimming and more, as well as beach areas you don’t find in other parts of the region.



**Burney Falls is a 129-foot waterfall on Burney Creek that President Theodore Roosevelt reportedly called “the eighth wonder of the world.”**

PHOTO / Andrew Zarivny

the Weaverville **Joss House State Historic Park**. It offers a fascinating look into the role played by Chinese immigrants in early California history. Known as the Temple of the Forest Beneath the Clouds, the Joss House is the oldest continuously used Chinese temple in California. On display in the Taoist temple are art objects, pictures, mining tools and weapons used in the 1854 Tong War.

**William B. Ide Adobe State Historic Park** stands as a memorial to one of the leading participants in the Bear Flag Revolt. It is located at 21659 Adobe Road in Red Bluff. The park, nestled along the banks of the Sacramento River, is a symphony of wildlife sounds and gentle winds rustling through aged oaks where you can enjoy a picnic by the river, saunter through the historic homestead or

attend an exciting living history event.

To the east of Redding, no excursion to the area would be complete without a visit to **Burney Falls**, a 129-foot waterfall on Burney Creek that President Theodore Roosevelt reportedly called “the eighth wonder of the

world.” The falls are located within the **McArthur-Burney Falls Memorial State Park**, the second oldest park in the state system. Because of its popularity, the park is subject to closure due to limited parking. Please do not park on Highway 89 or your vehicle may be towed.

take Highway 299 West to Whiskeytown Lake

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Above, the granddaddy of them all, Burney Falls.

PHOTO / Michael Burke

## If you're a fan of waterfalls, you can view many in the north state within a day

By Aaron Williams

Anytime of the year - especially during the toasty summer months - is a perfect time to gas up the car and spend a day chasing waterfalls.

And wherever you're at, there's nearly a dozen you can hit that, if planned right, can take less than a day's time to view them all.

For this article, we'll start in



PHOTO / Michael Burke

### Potem Falls.

Redding and head east on Highway 299 toward Burney. (The map on page 60 in this visitors guide might be of some help).

The first stops of the day are Montgomery Creek and Potem falls, a 45-foot cascade on the Pit River, outside of Montgomery Creek.

To get to **Potem Falls**, turn left off 299 at Fenders Ferry Road and follow the road almost nine miles over Pit River (you'll see the PG&E dam). Cross the bridge and park for the 0.4-mile trail to the falls. There's a marker pointing the way. When you get there, you'll find the falls spilling into a shallow pool perfect for a dip and a picture.

Of course, it's a perfect place to spend the day, but we've got more waterfalls to see...so let's keep moving.

Near Potem Falls is **Montgomery Creek Falls**, less than a quarter-mile off Highway 299 on the road named for the falls. Prettier to look at than swim in, Montgomery Creek Falls pass through a narrow slot and fall about 15 to 20 feet into a rapidly moving churn of whitewater dotted with rocks downstream.

Getting back on 299 east, continue on and head past Burney to the Highway 89 intersection. Next stop,

the McArthur-Burney Falls Memorial State Park. Turn north (left) on 89 and the park entrance is five minutes away.

Reportedly called the "Eighth Wonder of the World" by President Teddy Roosevelt, **Burney Falls** is a spectacular spring-fed 128-foot waterfall that truly is eye-popping.

The short pathway to the bottom of the falls previews the beauty of the panoramic spill. The spray delights in lowering the temperature all around as the water flowing over the cliff remains between 42 and 48 degrees year round.

Inside the park, visitors can hike down to the falls, follow trails around the stream feeding the cascade, stroll to Lake Britton for a picnic or visit the park store for a souvenir or yummy ice cream cone. Camping is available at the park, so be sure to see where your next overnight adventure might be.

Please note: Burney Falls experiences extremely high visitation beginning in April and continuing through October. On holidays and all summer weekends the park will fill to capacity and entrance into the park is subject to closure due to limited parking availability. Also, a word of caution - don't think you can park

along Highway 89 to get into the park. Your vehicle will be subject to citation and tow. If you arrive to find the entrance closed, you might want to return at a later time - typically after 4 p.m. For this article, if you get a late start in the morning, you might want to consider going in the opposite direction in the loop and head north first before finishing the day at Burney Falls and in Montgomery Creek.

But if you do get in, it's obviously a tough one to leave behind so early. But, hey, we're on a mission, right?

After leaving Burney Falls, head toward McCloud on Highway 89 for the next stop on the waterfall trek - but you may want to stop at a piece of cinematic history on the way - or maybe just squint and take a quick look.

Shortly after leaving Burney Falls, take a right after crossing the Lake Britton Bridge at the sign-posted Dusty Creek campground turnoff for a chance to check out the "**Stand By Me**" bridge, the one made famous in the 1980s movie directed by Rob Reiner. Drive about one-quarter mile on a dirt road. To be honest, the trestle, now in disrepair, is not much to see, but it will be visible on your left.

The bridge is where the four young boys in the movie have to outrace the





PHOTO / Michael Burke

**McCloud's Middle Falls (above) is the largest and widest of the three falls as it spills 75 feet down its rock face. Right, Mossbrae in Dunsmuir, the falls you're technically not allowed to go view. There are numerous photos of it online.**

train and has become a local hotspot over the past three decades. If you don't want to get out of your vehicle, you can view it briefly from Highway 89 as seen in the photo on the next page. You can read a story on the 35th anniversary of filming in the Burney area in the July 2020 issue of After Five Magazine at northstate.news in the archives section. It also mentions another scene shot in the Hat Creek area – inside the store with actors Wil Wheaton and Bruno Kirby.

From Burney Falls, it's a 45-minute or so drive to the next stop - **McCloud Falls**, a trio of unique, but equally spectacular waterfalls.

The three falls - Upper, Middle and Lower - are easily accessible by car, but to truly appreciate their splendor, a trail connects all three. Starting

at Lower Falls, the 0.7-mile walk past Folwer's Campground leads to Middle Falls and then climbs up to Upper Falls.

Lower Falls is a popular swim spot with places to jump into the pool below. But take caution as submerged boulders have shifted in the past few years.

Middle Falls also offers opportunities to dip into the chilly mountain water...or just admire the sublime serenity of the wide spillway.

The McCloud River cuts a channel in the basalt to form Upper Falls, a 15-foot cascade that spills into another place to cool down during a warm summer day.

But don't stay too long as three more falls await for the home stretch back to Redding.

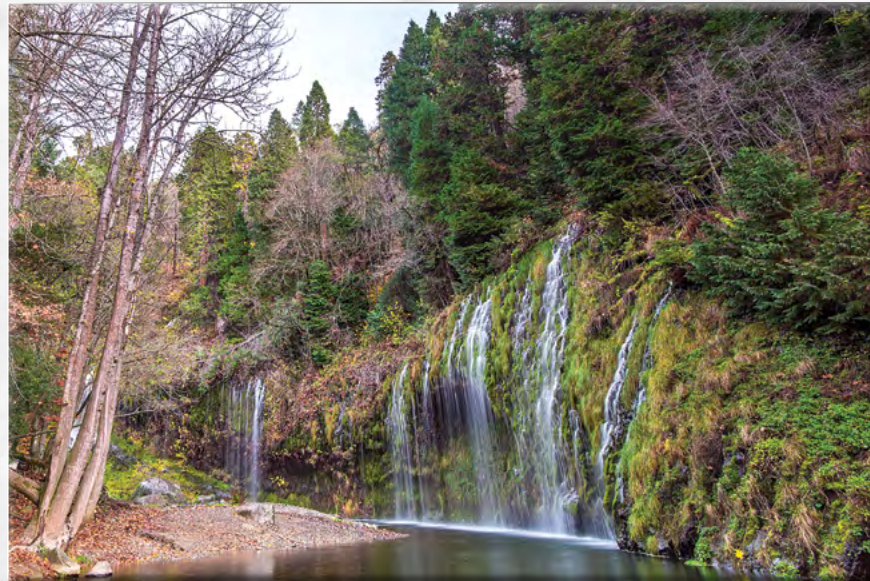


PHOTO / Pung

Just outside the city of Mount Shasta, **Faery Falls** is one of the latest hot spots for waterfall seekers. On the road to Castle Lake, Faery Falls can be accessed off Castle Lake Road by turning on Ney Springs Road and parking at a turnout for the nearly 1-mile hike to the falls that are flowing best in early spring.

On to Interstate 5, 10 minutes south of Mount Shasta in Dunsmuir may or may not be the final waterfall, plus one that's technically off limits, but visually stunning nonetheless.

**Hedge Creek Falls** is off Interstate 5 just north of Dunsmuir and offers an easy trek to the spillway where visitors can actually walk behind the water as it cascades on to rocks below.



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If you don't want to travel down a dirt road and view the "Stand By Me" trestle (below) that's in disrepair, you can catch a glimpse of it from Highway 89, a few miles from Burney Falls. But you and your passengers will need to squint and look fast. It is a bit far in the distance (above).



PHOTO / Columbia Pictures

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PHOTO / Michael Burke

**The waterfalls in Dunsmuir you can view. Hedge Creek Falls is a waterfall you can actually walk under or behind.**

And while the double-falls hike of Hedge Creek and **Mossbrae Falls** is what most folks do, Mossbrae



**Boulder Creek Falls is the third of four waterfalls in Whiskeytown National Recreation Area to reopen since the 2018 Carr fire.**

is technically off limits as it's only accessible via the train tracks to the west of the Sacramento River or by taking a trail from Hedge Creek to the river, crossing the Sacramento River and then heading upstream to Mossbrae.

Local trail officials and politicians have been working for years on solving the access issue by meeting with railroad officials on plans to someday create an access bridge over the Sacramento River, but that still appears to be years off.

When in Dunsmuir, if you're a baseball fan, don't forget to check out the town ballfield where **Babe Ruth** once played a barnstorming game in 1924. You can read a story about it in the April 2021 issue of After Five Magazine, available online in the archives at northstate.news.

While that circuitous route is a full day's trip, don't think that's all the waterfalls to see in the north state. Quite the opposite, in fact.

And, of course, the itinerary can be modified to include other places and things of interest along the route.

**Castle Crags State Park**, just south of Dunsmuir on your way back to Redding, offers not only two amazing falls in **Burstarse Falls** and **Root Creek Falls**, but some of the most breathtaking hiking in all of Northern California.

Spring and early summer are the best times to see many waterfalls in



PHOTO / Vesna Kriznar

**Kings Creek Falls in Lassen Volcanic National Park**

the north state, but that's especially true of **Burstarse Falls**. The 6.4-mile roundtrip hike is moderate with nearly 1,000 feet of elevation gain, but the trek is worth it. **Burstarse Falls**, about 80 feet high, drops straight off the granite face and splits into a magnificent spray as it hits the rocks three-fourths of the way down the falls.

The trail to **Root Creek Falls** is a spur off the trail to the **Castle Dome** inside the **Castle Crags State Park**. A relatively easy and flat hike, the payoff is spectacular. The falls cascades down several tiers with the **Castle Dome** framed at the top of the falls.

Back in Redding, head west 10 miles or so to **Whiskeytown National Recreation Area** which boasts four waterfalls that would be the envy of any region across the country.

Following the devastating Carr Fire in 2018, the park has now opened a third falls trail - **Boulder Creek Falls** is now accessible, joining **Whiskeytown Falls** and **Crystal Creek Falls**.

"We're excited about having **Boulder Creek** open and the two boulder creeks trails," said Scott Einberger, park public information officer.

**Brandy Creek Falls**, which was damaged during the Carr Fire and then made worse by runoff from a series of storms, remains closed and conservative estimates call for at least another year before it's reopened. However, the **Brandy Creek Trail** to the falls' trailhead has been opened, Einberger said. It's a 2.5-mile trek from the beach to a parking area that serves as the jump point to the falls.

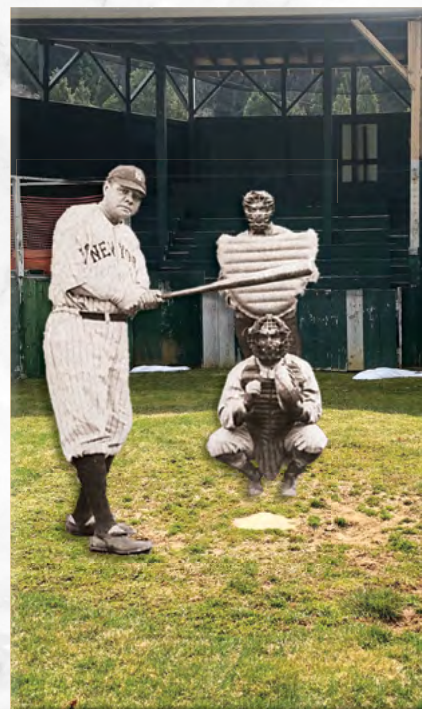
"That trail is pretty popular with mountain bikers," he said.

#### **More, more, more...**

There are numerous waterfalls in the **Trinity Alps** as well as in **Lassen Volcanic National Park**, which annually opens to road traffic around June.

In the **Trinity Alps** there is the remote but spectacular **Grizzly Falls**, while the **Canyon Creek Falls**, like **McCloud**, has an upper, middle and lower falls with the lower the most preeminent.

One of the more popular falls in **Lassen Park** is **Kings Creek Falls**. A 2.4-mile moderate roundtrip hike, **Kings Creek Falls** is a roaring cascade that falls down a fern-filled canyon. Also located in the park is **Mill Creek Falls**.



Left, a composite of an actual photo of **Ruth** playing in **Dunsmuir** during a barnstorming tour in 1924 (above) with a current photo of the ballfield looking remarkably similar as it was in 1924. You can see the ball field from **Interstate 5**. **Dunsmuir High School's** baseball and football teams still play there.





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# Keep it clean & green: If you pack it in, pack it out

By Jon Lewis

You're finally free of your Covid-19 confines and ready to enjoy some time on your favorite trail. With Mt. Shasta looming over one shoulder and an old-growth fir tree shading the other, you can already feel the outdoors working its restorative magic once again.

And then you see it: A dirty diaper, a greasy wrapper from some burger joint, a couple of empty beer cans and a suspicious pile of something that you soon realize actually belongs in a toilet. Bummer. And there goes that natural alpine high. Even Bigfoot would be bummed.

As scenarios like that bucolic buzzkill have become increasingly—and distressingly—all too common, advocates for the outdoors and public land stewards are cranking up an information campaign aimed at visitors and locals alike.

The message: If you pack it in, pack it out.

It's not complicated, says Lauren Yerkes, a front desk employee at the Shasta-Trinity National Forest's Mt. Shasta ranger station.

"Travel with extra garbage bags, be aware of your surroundings and leave it better than when you arrived," she said.

"It seems to be getting worse," Yerkes said, and she suspects the garbage issue could be tied to one of several factors. A lot more people are getting out and some of them are new to the nature thing.

"There are some folks who are just starting to visit the forest and they don't have the mentality about leaving it pristine," Yerkes said. "Maybe they're bringing the habits of the concrete jungle."

She also wonders if younger people are being educated on the importance of protecting the natural resources abundant in the north state.

John Harch, a retired surgeon currently serving as president of the



ILLUSTRATION / Phil Fountain

**Pack it in, pack it out and Bigfoot won't come after you. He may even become your buddy.**

Mount Shasta Trail Association's board of directors, says his alpine community is a victim of its own growing popularity.

"We have a very beautiful, pristine area that is cool in the summer, it's green, and historically it has not been heavily used by outsiders," said Harch, who has been a Mount Shasta resident for the past 29 years.

"Slowly it has gotten to be better known and we're seeing more and more people each year come to visit," he said. "In the past year, due to Covid, we got bombarded. One result: overflowing garbage cans

at trailheads, litter along the trails, beer cans, fecal waste, diapers, wrappers...none of that needs to happen.

"If you're going to enjoy nature, you have to understand the principles that most already know. If you bring it here, you can bring it home. Bring a little bag and take it back with you. Pack it in and pack it out, and that goes for poop too."

The preferred method for dealing with human waste is to pack it out in a "WAG" bag (an acronym for Waste Alleviation and Gelling). The puncture-proof sealable plastic bags come with kitty litter and hand

sanitizer; once used, the bags can easily be disposed of in a secure trash can.

"The alternative is to dig a 'cat hole,' 200 feet from any waterway," Harch said. "That's less preferred but still better than leaving it out for animals to get into. Most of us who use nature regularly pack our poop out."

The all-volunteer Mount Shasta Trail Association has a couple other ways to keep the outdoors as clean, green and enjoyable as possible:

Plan ahead. Have a map, check the weather, bring appropriate clothing, pack plenty of food and water and avoid a catastrophe.

Leave it be. Take no natural souvenirs.

"If everybody takes a pretty rock, plant or flower, pretty soon there are no pretty rocks, plants or flowers," Harch said.

Stay on established trails. The less travel on nondurable surfaces the better to reduce erosion and damage to fragile organisms.

Control your pets. Don't let them chase wildlife, disrupt the landscape or have aggressive interactions with humans.

Minimize campfire impacts. Limit campfires to approved areas only and consider using a camp stove instead.

Think before you wash. Don't bathe in streams, rivers and lakes. (Soap in the waterway poisons plants and animals.) Carry your water 200 feet from the source to wash dishes, clothes and bodies.

"We want people to come and enjoy our area," Harch said. "There's just a few simple rules to follow."

Plus, you don't want to get on Bigfoot's bad side. Seriously.

For more, visit [www.mountshastatrailassociation.org](http://www.mountshastatrailassociation.org)

*Originally published in the 2021-2022 North State Visitors Guide*



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# Take me to the river





NSVG PHOTO / Ron Harrington

# Rafting on the Trinity River returns following Monument Fire

By Aaron Williams

"Life moves pretty fast. If you don't stop and look around once in a while, you could miss it."

The tagline in 1986's "Ferris Bueller's Day Off" is a perfect example of why Tony Delke loves rafting down the Trinity River.

"Driving Highway 299 to the coast to get from Redding to Eureka...it's a beautiful drive, but you can't really appreciate it (at 55 mph)," he said. "You don't realize how amazing the area is until you've rafted it."

"When you're rafting there's so much more that you see. Things

slow down and you get a different perspective."

A Redding native who remembers floating the Sacramento River as a kid, Delke said river rafting down the Trinity River is a hidden gem in the north state community.

While the Trinity River keeps flowing, things are beginning to return to "normal" on Big Flat after last year's Monument Fire raced through the area in August.

The lone rafting business lost to the August blaze was Trinity River Rafting, a mainstay on the Trinity for years. But owners Dave and Dana Steinhauser are still operating, this year on their original location across Highway 299 (on the river side of the road).

"It's right on the river and in the access point we've used for 30 years," Dana Steinhauser said. "We weren't alone (in losing a home or business)."

About the only thing that's changed for Trinity River Rafting is that it's offering full-day trips only this season.

**"You don't realize how amazing the (Hwy 299) area is until you've rafted it...Things slow down and you get a different perspective."**

**- Tony Delke  
Redding**

"All our trips will be five hours," she said of the runs from Pigeon Point to Big Flat.

With water levels expected to be lower than last year, it'll mean slightly warmer water temperatures - which isn't bad for rafting, Steinhauser said.

Still, she said if you're itching to get on the Trinity this season it might be better to book a trip sooner rather than later.

"Springtime into early summer is beautiful here anyway," she said.

Most rafting companies offer half- and full-day trips as well as kayak rentals and shuttle service to drop-in points. It's recommended you bring something you're prepared to get wet





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NSVG PHOTO / Ron Harrington

in, protective footwear, sunscreen, a hat and water. Of course, rafters can bring single-use disposable cameras, although services offer professional shots as the raft descends into the Hell Hole rapid toward the end of the run.

There are a handful of outfits west of Redding in Trinity County that offer a host of full- or half-day trips with experienced guides who know the river intimately.

In the Junction City to Willow Creek area they include Trinity River Rafting, Bigfoot Rafting and Six Rivers Rafting, while closer to Redding, Old Bridge Rafting is based in Lewiston. Some offer rafting trips on other rivers in the North State.

They expertly man the raft, teaching the fine art of paddling, while also educating visitors about the wildlife and ecology of the canyon. If you want to take your own kayak down the river, they and the other businesses offer shuttle services as well.

That's what Redding's David Hillebert loves about trips on the Trinity River - the flexibility.

"We're done everything from floating in our IK (inflatable kayaks) to a youth group with 30 kids," said the cardiac surgery physician's assistant. "The guided tours are perfect for beginners. You don't have to be highly skilled."

But he added that there's enough excitement on the river to get your heart racing.

"It's not boring...it's not totally placid," he said.

The consistent flows of the Trinity, Hillebert said, are part of what makes the trips enjoyable while guides are also a highlight of the trip.

"They're knowledgeable, make sure everything's safe, but also tell jokes and stories to put everyone at ease," Hillebert said.

A float down the Trinity always is a delight for the wildlife - river otters, flocks of ducks and Osprey and bald eagles - but this year rafters will get a unique perspective as the area's flora begins its rebirth after the Monument Fire.

"Beside the adventure in front of you, there's all these other aspects to floating down the river," Steinhäuser said. "There's history (the Trinity was a Gold Rush spot) and all the riparian beauty.

"There's so much to learn on a trip, but there's also nothing like the sound of the water flowing."

Delke said he wishes he would've known about rafting on the Trinity years ago.

"It's truly a hidden gem," he said. "We have the luxury in Redding to be able to drive to a lot of places all within a short drive."

And, he said, that's what makes a day trip rafting on the Trinity River great.

"We've gone with five families and six rafts and it was an easy day," he said. "You can leave (Redding) by 8 a.m., get there by 10, have some coffee and you're done by 4 p.m. and you're spent. You get home by 6, have some dinner and then everyone is ready for bed."

So don't forget to slow down and enjoy the river...or else you might miss something.

#### Future Whitewater Park?

One new thing that could come to the Trinity River and Big Flat is a proposal for a whitewater river park at the Big Flat river access parking area. The Trinity County Board of Supervisors approved money for a feasibility study for the park.

According to a Trinity Journal article, included in the concept design were plans to develop three standing waves — constant waves that don't move or dissipate — and a climbing wall, as well as better access to the river, trail improvements and habitat restoration.

No concrete would be added to the river, Steinhäuser said, while the waves would be created by adding rocks to form the desired effects.

#### More Rafting in Redding and Siskiyou County

Additional rafting is available in the North State. In Redding, Headwaters Adventure Company on Park Marina Drive next to the Sacramento River has added rafting to its rentals of kayaks and stand-up paddleboards. North Country Raft Rentals also continues to offer raft rental trips on the Sacramento River.

In Siskiyou County there are rafting companies that offer trips on the Klamath River.

For more information, check the websites and social media of the various rafting businesses.

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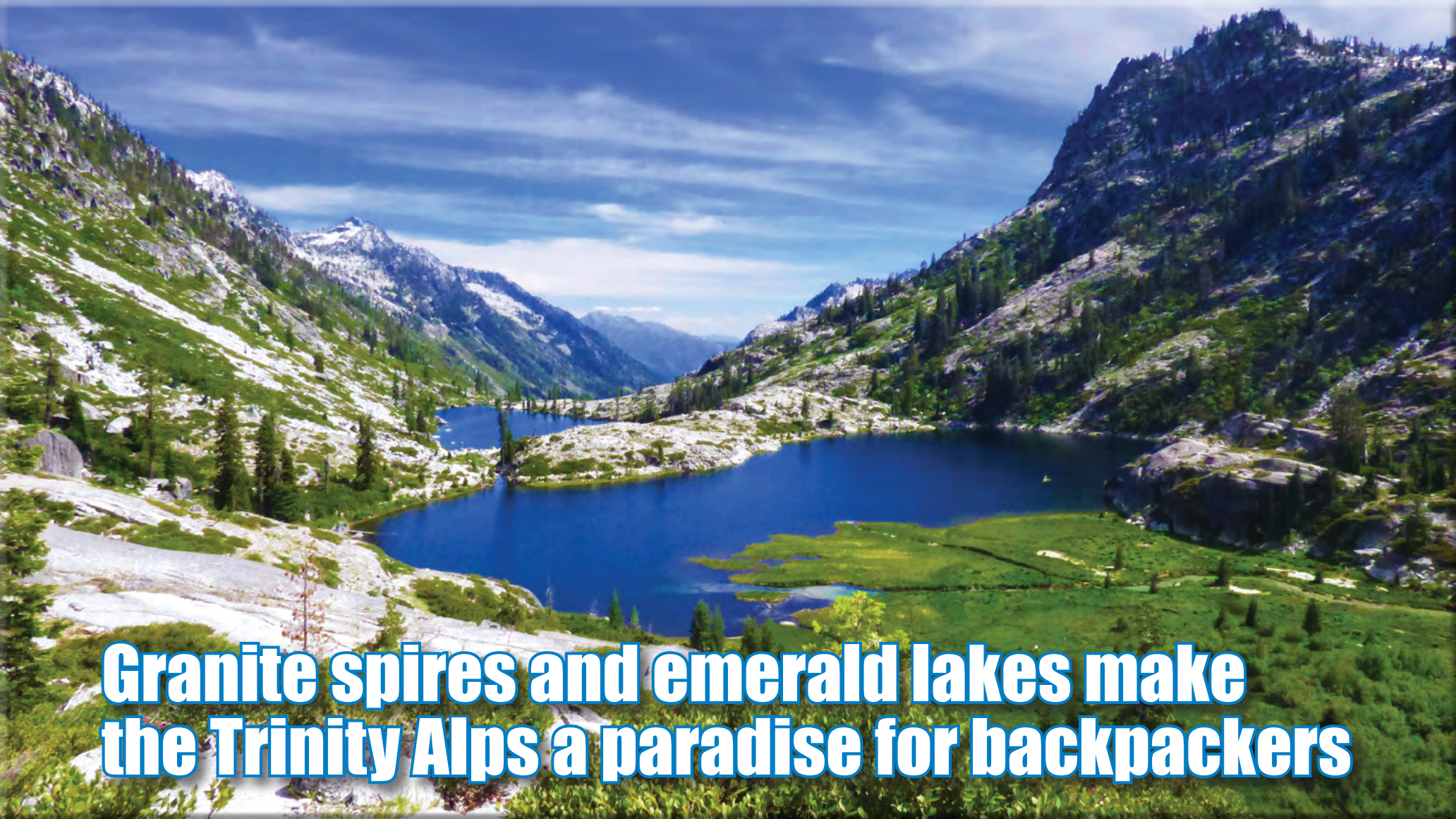


PHOTO / Ryan McGaughey

# Granite spires and emerald lakes make the Trinity Alps a paradise for backpackers

## But 2021 fires have created a lot of unknowns for this year

Need to get away from it all, but don't want to trek to the four corners of the Earth? Good thing the Trinity Alps are right in Northern California's backyard.

The Trinity Alps cover 821 square miles and feature 550 miles of maintained trails, including a 17-mile stretch of the Pacific Crest Trail, and offer something for everyone.

Most of the trailheads are accessible from Highway 299, Highway 3 and Forest Highway 93.

And while the Trinity Alps offer a chance to escape, this summer offers a bit of an unknown as no fewer than 10 fires burned countless acres in the unspoiled wilderness west of Redding and south of the Oregon border.

The Facebook group "Trinity Alps Wilderness Pictures & Information"

says on a pinned post that "2022 is going to be the year of the unknown regarding road and trail conditions impacted by the fires." The group routinely updated conditions of trails.

Many of the trails off Coffee Creek were impacted, but Amanda Barragar, a former Wilderness Patrol worker with the U.S. Forest Service who co-directs Ascend Wilderness Experience, cautions that with some trails closed that impacts others as the Trinity Alps have seen exponential growth usage over the past few years.

"Some of the hidden gems are not so hidden anymore," she said. "Anyone who hikes in the Trinities knows that."

She said the increased use has led to the requirement of bear canisters in the Canyon Creek area, something

that's never happened before.

"I've seen some trails with upwards of 200 cars parked and I think 'Where are they all going?'" she said, adding if you see a bunch of cars lined up then think about going to the next trailhead.

But Barragar, who was born in Trinity County, loves the area and encourages those wanting to experience what she's known all her life to plan for early summer hiking due to the fire conditions that have, sadly, become commonplace in the modern West.

"I think five of the last six summers have been impacted by fire," she said.

A Trinity Alps Wilderness Permit and a California campfire permit are required for camping in the Trinities. Both are free and available through the Forest Service. Call 530-623-2121 for details. Having hikers fill out those permits also aids in finding them should a fire break out near their trail.

Jeff Morris, a Weaverville native, cannot remember a time in his life that did not involve the Trinity Alps Wilderness Area.

"Every summer, there was at least one trip into the Trinities, usually for several nights," Morris said in a previous NSVG story. "I probably did my first backpacking trip—with a really small pack—when I was 5 years old. The Alps have always been a part of our lives."

The Trinity Alps (named for the granite spires and peaks on the eastern side that reach as high

as 9,000 feet) has been officially designated as a 525,627-acre wilderness area for some 37 years, but their presence has been felt for millions of years.

For an uncountable stretch of time, the Trinities were the summer hunting lands of the Wintu and other American Indian tribes. The discovery of gold in the region in 1852 brought fortune-seekers, prospectors and settlers, who were then followed by loggers.

When President Lyndon Johnson signed into law the Wilderness Act of 1964, thus protecting 9.1 million acres of land "where the earth and its community of life are untrammelled by man, where man himself is a visitor who does not remain," the stage was set for the protection of the Trinities some 20 years later.

That act of Congress served as a spark for the Morris family and others, Morris said.

"My grandparents, Leonard and Florence Morris, and my dad, Robert Morris, were all very active in helping move the proposals forward," he said. "It really started in 1964, when the Wilderness Act was passed. They and a number of other community members saw the opportunity presented in the Act, even though the Alps weren't included."

"My grandmother's family had been packing mules and running cattle into the Alps since the 1850s. There was well over a hundred years of family history before the Wilderness bill passed."

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It took one sixth-grade outing for Weaverville native Jim Reynolds to fall in love with the Trinity Alps Wilderness Area. And at 821 square miles or 525,000 acres, there's a lot to love.

"Before I got into rock climbing, the only thing I wanted to do was go backpacking," Reynolds said in a previous NSVG story from Yosemite National Park, where he lived and was pursuing his rock-climbing passion, a field where he's well known.

Reynolds' first venture into the Alps was led by Ascend Wilderness Experience, a nonprofit organization that takes youth on five-day backpacking trips into the Alps to develop personal and social development and an appreciation for the natural environment.

Reynolds said he went on several more Ascend trips and then started taking friends and sharing the skills he had acquired.

Reynolds said his appreciation for the Trinity Alps had grown even more once he left the area.

"It has always felt isolated up there compared to Yosemite," he said. "The John Muir trail is always packed, but there's a good chance you'll find solitude up there in the Alps."

The Alps tend to be "really lush and full of life and less desolate than the high country in the Sierra Nevada," Reynolds said at the time. "It has this really cool kind of convergence of all these watersheds and the granite up there is beautiful."

Hikers will find lush meadows, soaring granite spires, glacial cirques dotted with brilliant blue lakes (many stocked with trout), stands of Douglas fir, spruce, ponderosa, cedar and hemlock trees, and hundreds of species of shrubs, plants and flowers.

Lake Eleanor and Shimmy Lake, which are accessed 13.3 miles north of Coffee Creek, are also good for families, Barragar said. It's an easy 7.2-mile round trip day hike or backpack and Lake Eleanor is only 0.3 miles from the trailhead, and those with really young children might appreciate this lake for the ease of being in nature with a toddler.

For families willing to push it a little farther, Shimmy Lake is another 3.3 miles and promises a fair bit of



PHOTO / Kiana Abel

**Founded in 1950, the historic Gold Rush town of Weaverville is the county seat of Trinity County.**

solitude without the requirement of a long hike.

Barragar also likes Tangle Blue Lake, an easy 7.6-mile roundtrip day hike or backpack trip.

"This pretty lake has a large meadow on one side and plenty of exploring options for longer trips," Barragar said. "The Tangle Blue trail, accessed 13.3 miles north of Coffee Creek, is a great connector to a number of through-hiking options and day hikes."

Reynolds recommended the popular Canyon Creek Lakes trail for an introduction into the immersive aspect of the Alps. Barragar said the moderately difficult 8-mile hike affords plenty of camping options and multiple waterfalls along the way.

For sheer gnarliness, Reynolds said either Morris or Smith Lake is the target.

"There's no real trail up there and any way you can go is going to be kind of a heinous adventure," Reynolds said.

The payoff, though, is an unmatched view and a near-guarantee of solitude.

#### However...

While planning a trip, however, it's wise to check with the Forest Service or the Trinity Alps Facebook group to

see if the trail you'd like to visit has been impacted.

As Barragar noted, the Alps have not only been affected by fires, they are also in danger of being loved to death by visitors as most places in the Alps simply can't accommodate large groups. Barragar encouraged hikers to check in with the local Forest Service office to get a sense of activity and develop a backup plan in case your first destination is too busy or fire damaged.

Black bears are prevalent in the Trinities and hikers are encouraged

to use bear bags or canisters to minimize bear encounters.

As for Morris, the Trinities continue to take up a big part of his world. He's still filled with memories of backpacking trips with friends and family, "being able to look back and reflect on spending very quiet evenings around a campfire by alpine lakes as osprey fished—just being in the magnificent theater of nature."

"There's just unbelievable biological diversity. It's a very unique place. We are very fortunate that people came forth with the effort, vision and tenacity to get them protected."

#### Local towns near The Alps

Once out of the Alps, there are the gold rush towns of Weaverville, Lewiston and more to visit and shop, with various events scheduled throughout the summer. In Weaverville, that includes a first Saturday of the month art walk and music in the park, while they also hold a big Fourth of July celebration like many other small communities in the north state, including Burney and Mt. Shasta.

Farther to the west in Trinity County is the wet and wild fun of river rafting. See story on page 16.

For more information, visit [weavervilleca.org](http://weavervilleca.org) or [visittrinity.com](http://visittrinity.com).

Story from previous stories by Jon Lewis as well as Aaron Williams.



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# Take a Hike

## *in the North State*



PHOTO / Michael Burke

**At 10,457 feet, Lassen Peak crowns Lassen Volcanic National Park and is by far the most prominent summit in upper Northern California,**

By John Soares

Summer is here and it's the season for getting outdoors and into the beauty of nature.

Some trails were affected by the devastating fires from last year and have been removed: Mill Creek Falls in Lassen Volcanic National Park, Whitney Butte Trail near Lava Beds National Monument, and Lake Almanor Recreation Trail in Plumas County.

Still, there are a prime selection of trails, some easy, some more challenging, that let you explore the wild areas of the north state.

You'll find both lower-elevation and higher-elevation trails below.

The lower elevations trails (near Chico, Red Bluff, and Redding) get very hot in summer, so do them early to mid-morning or in the evening before sunset, and always bring plenty of water.

The high trails in the mountains can have patches of snow well into July.

Contact the governing agency before you do your hike; you'll get the latest trail conditions, plus info about weather and maps. Most of the trails described here allow dogs and are so noted. Always bring a leash.

### **SHASTA COUNTY Anderson River Park**

Anderson, a small town just south of Redding, harbors a hidden gem for hikers. An easy mile-long paved loop travels beside the banks of the Sacramento River, and also among broad valley oaks and tall cottonwood trees. Dirt roads and paths branch off the paved loop to let you explore nearby ponds and access secluded spots on the river bank.

From I-5 in Anderson, take exit 668 and get on Balls Ferry Road. Head northeast 0.5 mile and then turn left onto Stingy Lane. After 0.2 mile, turn right onto Rupert Road and continue another 0.7 mile to enter Anderson River Park. Park in the large lot near the Kiddieland playground and the KC

**save Mount Shasta. Gain the summit on the challenging 2.5-mile climb and you'll win both bragging rights and a top-of-the-world view.**

Grove Amphitheater.

More information: City of Anderson Community Services, 530-378-6656. Dogs allowed.

### **Sundial Bridge and Turtle Bay, Redding**

First walk across Redding's famous landmark, the stunning Sundial Bridge, where you can stop in the center and watch the Sacramento River rushing below. Next see plants from a variety of Mediterranean climates across the globe in McConnell Arboretum and Botanical Gardens. Top off the excursion with an easy 1.5-mile walk on the Arboretum Loop Trail.

To find the parking area, take I-5 exit 678 and drive west on Highway 44. Take exit 1, go right, and then right again.

More information: City of Redding Parks and Recreation, 530-225-4095. Dogs allowed.

### **Dry Fork Trail**

This less-traveled trail runs most of its length along or near the shore of Shasta Lake, beginning on the west side of Shasta Dam and ending 4.7 miles farther at a dirt road on the south end of the Dry Fork arm of the lake. You'll gain full views of Mount Shasta, plus have numerous opportunities to access the shoreline for a refreshing swim on hot days.

To reach the trailhead, take Exit 685 off I-5 in the city of Shasta Lake just north of Redding and go west on Shasta Dam Boulevard (also known as Hwy 151). Stop at the "Three Shastas" viewpoint on the left at 5.8 miles for the view of Shasta Dam, Shasta Lake, and Mount Shasta, and then arrive at the east side of Shasta

Dam at 7.2 miles. Pass through the security checkpoint, cross the dam, and then park in the lot immediately to the right on the far side of the dam at 7.6 miles.

More information: Shasta Lake National Recreation Area, 530-275-1587. Dogs allowed.

### **Upper Sacramento Ditch Trail and Shasta Dam**

This excursion starts with an up-close exploration of massive Shasta Dam and then wanders gently along the Upper Sacramento Ditch Trail, allowing open vistas of the Sacramento River. From the parking area, walk to the edge of the steep slope to view Shasta Dam's massive face and the water surging out of Shasta Lake far below (and check out the informative displays in the Visitor Center if it's open).

To find the Upper Sacramento Ditch Trail, head to the southeast corner of the parking lot, as far from Visitor Center as possible, and go 150 feet down Shasta Dam Boulevard. You can walk for several miles on the near-level Upper Sacramento Ditch Trail, which frequently runs along an old ditch that brought water to gold mining operations over a century ago.

To reach the parking area, take Exit 685 off I-5 in the city of Shasta Lake just north of Redding and go west on Shasta Dam Boulevard. Stop at the "Three Shastas" viewpoint on the left at 5.8 miles for the view of Shasta Dam, Shasta Lake and Mount Shasta, and then park in the large lot on the east side of Shasta Dam at 7.2 miles.

More information: Bureau of Land Management Redding Field Office, 530-224-2100. Dogs allowed.



PHOTO / John Soares

**An easy mile-long paved loop travels beside the banks of the Sacramento River at Anderson River Park.**



### Burney Falls, McArthur-Burney Falls Memorial State Park

Every day of every year, 100 million gallons of cold spring water plunges 129 feet to pound the broad expanse of cobalt blue at the base of Burney Falls. Walk the relatively easy 1.2-mile Falls Loop Trail to observe both the top and bottom of one of the most spectacular waterfalls in the West. This is a popular trail so you may want to plan your visit for weekdays and early mornings.

To find the beginning of the trail, follow your ears from the parking lot to the falls overlook. To reach the park, get to the intersection of California Highways 299 and 89 east of Burney, go 6.0 miles north on 89, and then turn left and follow the signs for McArthur-Burney Falls Memorial State Park. Park in the main lot beyond the check-in station.

More info: McArthur-Burney Falls Memorial State Park, 530-335-2777. No dogs allowed. Park entrance fee.

### Lassen Peak, Lassen Volcanic National Park

At 10,457 feet, Lassen Peak crowns Lassen Volcanic National Park and is by far the most prominent summit in upper Northern California, save Mount Shasta. Gain the summit on the challenging 2.5-mile climb. It's 2000 feet of elevation gain, but the wide trail ascends at a steady rate. Be in good shape and bring warm clothes, food, and plenty of water.

From the summit you'll win both



PHOTO / John Soares

**The complete Lake Siskiyou Trail trail forms a 7.6-mile loop around the lake in the shadows of Mount Shasta.**

bragging rights and a top-of-the-world view: nearby is the chaotic lava field created by the 1914-1921 eruptions, and beyond the vista encompasses much of Northern California, including all of Lassen Volcanic National Park, distant Mount Shasta, the Sacramento Valley, and mountain upon mountain stretching to the far horizons.

The trailhead is on the park

highway 12 miles north of the junction of Highways 36 and 89, and 22 miles southeast of the junction of Highways 44 and 89. More information: Lassen Volcanic National Park, 530-595-4480. No dogs allowed. Park entrance fee.

**SISKIYOU COUNTY  
Spring Hill Trail, Mount Shasta**

A favorite with locals, this moderate route leaves from the north side of town to gain 600 feet of elevation over 1.4 miles on an old dirt road to the top of Spring Hill. Along the route you'll pass under stately sugar pines with their footlong cones, and you'll get full views of looming Mount Shasta. The summit features a 360-degree vista that includes Black Butte to the north,

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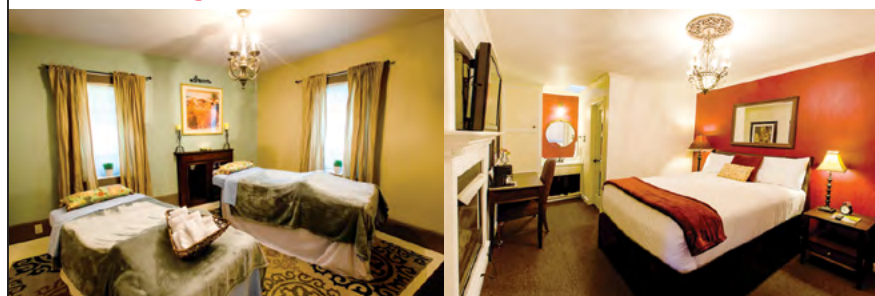


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Mount Eddy to the west, and Castle Crags to the south.

If coming from the south, take I-5 exit 738, drive east on Lake Street and turn left at the light onto Mount Shasta Boulevard. Go 1.1 miles, turn right onto Ski Village Drive, and then immediately turn left on a small road that quickly leads to the trailhead.

From the north, take exit 740 and then go 0.4 mile to turn left onto Ski Village Drive.

More information: Mount Shasta Trail Association, [mountshastatrailassociation.org](http://mountshastatrailassociation.org). Dogs allowed.

### **Lake Siskiyou Trail, Mount Shasta**

This easy hike is best on a warm summer day. Walk the broad path under ponderosa pines and black oaks, pausing to admire views of Mount Shasta and Mount Eddy towering above the deep-blue waters of the lake. When the mood strikes, find one of the many side paths down to the shoreline and take a leisurely swim in the cool waters, which warm up nicely by early July.

The complete trail forms a 7.6-mile loop around the lake, but the south-shore segment is best. From the parking area, walk toward the lake and turn left on either the first or second trail (they join after 0.4 mile). Wander westerly past coves and vistas for 1.5 miles until you reach the edge of Lake Siskiyou Resort.

To find the trailhead, take I-5 exit 738, go west 0.2 mile and then turn left on South Old Stage Road. Go straight onto W.A. Barr Road at 0.5 mile, cross Box Canyon Dam, and then, 2.8 miles from the freeway, turn into the large parking lot on the right, opposite Castle Lake Road.

More information: Siskiyou County Flood Control & Water Conservation District, 530-842-8220. Dogs allowed.

### **Horse Camp on Mount Shasta**

Want to have some idea what it's like to climb Mount Shasta? Then do the first, easy part of the most popular route to the summit by climbing through a mature red-fir forest for 1.7 miles from Bunny Flat to the Sierra Club Cabin at Horse Camp. At Horse Camp you can drink ice-cold water from a spring, explore the Sierra Club Cabin, and, best of all, gaze up Avalanche Gulch towards the top of Mount Shasta; you might even see climbers ascending or descending.

To find the trailhead, take I-5 Exit 738 in central Mount Shasta and drive east on Lake Street, which becomes Everett Memorial Drive as it leaves town. Continue up Everett Memorial Drive to the large parking area at Bunny Flat, a total of 12.1 miles from I-5.

More information: Mount Shasta Ranger Station, 530-926-4511. No dogs allowed.

### **Seven Lakes Basin gap, west of Mount Shasta**

Want to walk on the famous Pacific Crest Trail? Then do the moderate



PHOTO / John Soares

**The easiest way to hike into the northern portion of the Trinity Alps Wilderness begins at the Scott Mountain Summit and travels near the border of Trinity and Siskiyou counties. It climbs southwesterly on the Pacific Crest Trail.**



PHOTO / John Soares

**Walking the gap above Seven Lakes Basin means you can say you hiked part of the famous Pacific Crest Trail.**

2.4-mile hike along the PCT to the gap above Seven Lakes Basin. As you move along the high-mountain ridge, you'll alternately gaze west at the rocky peaks of the Trinity Alps Wilderness, and east at the broad bulk of snow-capped Mount Shasta. The hike ends at the gap above Seven Lakes Basin, where you'll see several lakes below, plus Castle Crags to the east and distant Lassen Peak far to the southeast.

To find the trailhead, take I-5 exit 738 in Mount Shasta. Go west 0.2 mile and then turn left on South Old Stage Road. Go straight onto W.A. Barr Road at 0.5 mile. Pass Lake Siskiyou and curve west as the road becomes Forest Road 26. Continue on this paved road to reach Gumboot

Saddle and the Gumboot Trailhead, 18.3 miles from I-5.

More information: Mount Shasta Ranger Station, 530-926-4511. Dogs allowed.

### **Deadfall Lakes and Mount Eddy via the Pacific Crest Trail, west of Mount Shasta**

With its summer wildflower displays, beautiful alpine lakes, and mountain vistas, this hike ranks as one of the best in Northern California, and it's popular with both day hikers and backpackers.

The first 2.7 miles to Middle Deadfall Lake are moderate with only modest elevation gain, but you'll need to be a strong hiker for the steep climb over the last 2.3 miles to the top of

Mount Eddy, at 9025 feet (and 2250 feet of total elevation gain from the trailhead).

The summit panorama includes Mount Shasta, the Trinity Divide mountains, and the Trinity Alps. You'll be happy whether you choose the moderate option or the strenuous option.

Note: if you think there are too many cars at the trailhead, cross the road and hike west on the PCT (northbound), the opposite direction of Deadfall Lakes: you'll get both beautiful vistas and solitude.

To find the trailhead, take I-5 exit 751 (Edgewood), get to the west side of the freeway, and turn right. Drive .3 mile and then turn left onto Stewart Springs Road. Go 4.0 miles on Stewart Springs Road and then climb right up paved Road 17 (Parks Creek Road) for another 9.3 miles to the large trailhead on the left at Parks Creek Saddle.

More information: Mount Shasta Ranger Station, 530-926-4511. Dogs allowed.

### **Greenhorn Park, Yreka**

This is an excellent option that's just a three-minute drive from I-5. Want quick and easy? Walk the flat and paved path that circles Greenhorn Reservoir, where you'll see plenty of ducks and geese on the water and redwing blackbirds in vegetation near the shore. For longer options, take the trail running upstream along the south side of Greenhorn Creek, and consider the network of trails that snake along the oak- and pine-dotted south slope of the park.

To find the trailhead, take Exit 773 off I-5 in south Yreka. Get to the



west side of the freeway and turn right on Main Street. Drive north 0.3 mile and turn left on Ranch Lane. Follow Ranch Lane 0.4 mile west to the large parking lot by a picnic area in Greenhorn Park.

More information: City of Yreka Parks and Facilities, 530-841-2386. Dogs allowed.

### TRINITY COUNTY Pacific Crest Trail from Scott Mountain Summit

This is the easiest way to hike into the northern portion of the Trinity Alps Wilderness. The route begins from the west side of Highway 3 at Scott Mountain Summit and travels near the border of Trinity and Siskiyou counties as it climbs southwesterly on the PCT (even though it's the direction headed north to the Canadian border).

The views steadily improve: you'll see buff and orange mountains to the east, followed by vistas north of the Russian Wilderness and Marble Mountain Wilderness, and eventually Mount Shasta to the east. Cross into the Trinity Alps Wilderness at 3.0 miles and continue along the PCT to a vista point at 4.4 miles that includes a full view west of the high peaks in the granitic center of the Trinity Alps.

To find the trailhead, drive State Highway 3 for 6.9 miles southeast of Callahan or 25.2 miles north of Trinity Center to find the large trailhead signed for "Scott Mountain Summit" (actually a saddle) on the west side of the highway.

More information: Weaverville Ranger Station, 530-623-2121. Dogs allowed.

### TEHAMA COUNTY Iron Canyon and Jed's Overlook

Explore some of the best of the Sacramento River Bend area on this easy hike through open country. You'll especially enjoy the wide-ranging vistas over much of far Northern California: look for Lassen Peak to the east, Mount Shasta to the north, the Trinity Alps to the northwest, and the Coast Range to the west, plus nearby volcanic mountains.

Go left at a trail fork 200 yards from the parking area and then walk 1.5 level miles to Jed's Overlook. This site commemorates the American explorer Jedediah Smith, who passed through here in 1828.

Take in the all the mountain views and also gaze down at the Sacramento River coursing swiftly below. Return the way you came.

The trailhead is on the north side of Highway 36 about 5.2 miles from the junction of Highways 36 and 99 in Red Bluff, west of I-5 Exit 649.

More information: Bureau of Land Management Redding Field Office, 530-224-2100. Dogs allowed.

### LASSEN COUNTY Bizz Johnson Trail

If you're traveling Highway 36 in Lassen County you'll definitely want to explore the Bizz Johnson National

Recreation Trail, which runs nearly flat on the old bed of the historic Fernley and Lassen Railroad.

The 7.7-mile section from Devil's Corral to Susanville is especially scenic. It travels beside the clear waters of the Susan River, which is bordered by willows and cottonwoods. Vegetation is a mix of high-desert juniper and typical forest species like ponderosa pine and Douglas fir. You don't have to walk all the way to Susanville: just do as much as you like.

Find the Devil's Corral trail-access point on the south side of Highway 36 about 14 miles east of Westwood and 7 miles west of Susanville. If you want to start from the Susanville end of the trail, take Highway 36 to Susanville and head south on Weatherlow Street, which eventually becomes Richmond Road. Follow Richmond Road to the trail-access point at the historic Susanville railroad depot.

More information: Bureau of Land Management Eagle Lake Information Office, 530-257-0456. Dogs allowed.

### BUTTE COUNTY Upper Bidwell Park Trails

Chico is blessed with one of the best and largest local parks in the country: Bidwell Park, which is bisected by Big Chico Creek. Lower Bidwell Park in the main part of town features flat, shaded paths that are great for strolling, but for a real hike, head to Upper Bidwell Park.

There are many options, but one

of the best, especially in the warmer months, is the Lower Yahi Trail. It runs 4 miles through a mix of foothill and riparian vegetation along Big Chico Creek, with easy access to several swimming holes—Alligator Hole, Bear Hole, Salmon Hole, Brown's Hole—that are especially inviting on hot summer days. There's also an extensive network of other trails that climb along the slopes and ridges of the Big Chico Creek canyon.

To reach the main trailhead for Upper Bidwell Park, take the East Avenue exit off Highway 99 in Chico (Exit 387B), drive east on East Avenue for 2.7 miles, and then, at a traffic circle, continue straight onto Wildwood Avenue for 1.7 miles to the large trailhead parking lot on the left.

More information: City of Chico Parks Department, 530-896-7800. Dogs allowed.

### About John Soares

John is the author of Day Hiking: Mount Shasta, Lassen & Trinity Alps Regions and 100 Classic Hikes: Northern California, fourth edition, which cover all the best trails in the North State. Get details of all his books plus info about his favorite trails at [NorthernCaliforniaHikingTrails.com](http://NorthernCaliforniaHikingTrails.com).



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# Looking back on a 'Wild' trek



PHOTO / Courtesy Cheryl Strayed

Cheryl Strayed, above, in Southern California during the first week or so of her hike on the PCT in 1995. Even though she originally had taken a huge camera with her, Strayed said she has few photos

from the trail. She rarely used it, she said, because she was too busy hiking and doing all the work of making and breaking camp. "Plus, as you may recall, we didn't do selfies in those days," she said.

## A decade after the critically acclaimed best selling book and eight years after the release of the film that garnered a pair of Academy Award nominations, Cheryl Strayed talks about her 'Wild' Pacific Crest Trail journey, focusing on her time in the North State

By Aaron Williams

A decade hasn't tamed Cheryl Strayed's love and passion for "Wild: From Lost to Found on the Pacific Crest Trail," a soul-searching memoir of her PCT trek that became a best-seller and 2014 movie.

"The first word is gratitude and then amazement," she said recently from her home near Portland, Oregon about the last 10 years of "Wild."

"When I was writing it, I'd been a writer and always wanted to

connect with an audience," she said, "but that was beyond my wildest imagination."

Strayed hiked the PCT in 1995, searching for something in her life after battling addiction and the untimely death of her mother. Underprepared for the physical journey, she learned thru-hiking on the adventure with a heavy dose of trial and error.

"That's the thing, I didn't hike the PCT thinking 'I'm going to write about this,'" she said. "Even though the hike was a transformative experience, I wasn't doing it



PHOTO / Courtesy of Fox Searchlight Pictures

Actress Reese Witherspoon portrayed Cheryl Strayed in "Wild," the 2014 motion picture based on Strayed's book. Witherspoon was nominated for an Academy Award for Best Actress for her part. Laura Dern was nominated for Best Supporting Actress portraying Strayed's mother, Barbara "Bobbi" Grey.





Among the few photos Strayed has of her PCT journey are these two, left and below, taken in Old Station, located in eastern Shasta County. Above, Strayed signing a copy of "Wild: From Lost to Found on the Pacific Crest Trail."



PHOTOS / Courtesy Cheryl Strayed

thinking 'It'll be a great memoir.'

"In a deep and radical way, I felt part of the world (on the PCT)...I realized having daily intimate contact with the wilderness made me more connected. I felt like I was part of things and that was really powerful."

She said when her steps were complete, she went about with her life as a writer, but the book chronicling the experience would come more than a decade later.

"I'd finished hiking and set about writing 'Torch' (her first novel published in 2006 to critical acclaim) and by the time it was published I was in a different place (in my life)," she said. "I had two kids under 2 and started thinking 'What's next?'"

Where "Torch" was a novel loosely based on her own experience, Strayed wasn't altogether sure what "Wild" was or would become.

"Really, I thought 'Wild' would become a collection of essays," she said. "When I started, I think I had 20 pages and it grew and grew until I realized there's so much there that needed to stay."

"I wrote it not to say 'Look at me,' but because I found meaning in writing about what that journey meant to me; like 'What does it mean to venture in the wilderness alone, do something hard and learn to heal yourself?'"

Of course, a large chunk of the book "Wild" takes place in far

**"It's a confluence of two different worlds. There are tourists on the walking trails heading to the falls and thru-hikers relaxing near that store. Just hearing those different conversations you realize they're in two different worlds. I'm in the wilderness and they're getting back in their cars to head home."**

**- Cheryl Strayed when she reached McArthur-Burney Falls Memorial State Park**

Northern California and Oregon, as the Pacific Crest Trail slices through Lassen Volcanic National Park, past Burney Falls and Castle Crags before finding the untamed lands of the Trinity Alps and Siskiyou County, transitioning into Oregon and brushing past Crater Lake.

The movie, which earned Reece Witherspoon, who played Strayed, and Laura Dern, who played her mother Bobbi Grey, Academy Award nominations was filmed largely in Oregon "that we made to look like California."

"The area in Northern California was really one of my favorite parts of the hike...it's obviously

so beautiful and diverse," she recalled. "I remember walking under amazing trees and clear cuts, seeing smoke from fires and then beautiful lakes and mountains."

"There's something powerful about walking toward Mount Shasta and then away from it."

She talked about how her journey offered a unique perspective of the Northern California portion of the trail, one that can only be gained via foot.

"You truly get to see something when you step into the wilderness and look around and see something over the course of a day," she said alluding to how different something like Castle Crags looks at varying times of the day and as she came and went. "It's something different when you have to traverse these places by foot. It's humbling when you slow down."

And while the film adaptation of "Wild" was largely filmed in Oregon - "We only spent one day in California and made Oregon look like California" - Strayed got excited talking about many of the places Northern Californians can visit on a regular basis.

She recalled spending time at McArthur-Burney Falls Memorial State Park after losing one of her boots down the side of a mountain and tossing the other over the abyss in frustration somewhere between Quincy and Burney.

"I rested there waiting for my

new boots to arrive," she cringed thinking about how badly her toenails hurt. "I was in so much pain, but Burney Falls was such a great place (to wait and recharge)."

"It's a confluence of two different worlds. There are tourists on the walking trails heading to the falls and thru-hikers relaxing near that store. Just hearing those different conversations you realize they're in two different worlds. I'm in the wilderness and they're getting back in their cars to head home."

While waiting for her boots to arrive, Strayed recalled camping with other thru-hikers and recharging her battery.

And eating ice cream at the park's store.

"I swear I ate three ice creams in a day and realized it didn't matter," she said.

In addition to its natural beauty, the Northern California stretch was memorable because "I'd been hiking long enough, the pack was lighter and I was fully inhabiting my status as a long-distance hiker," she said.

Another North State stop for Strayed was a pick-up station and campground near Castle Crags where "we saw a bear walk into our campground that night."

Seeing landscapes like the Crags and the Salmon River Valley that most never experience also forged a kinship with the land



**“There’s something powerful about walking toward Mount Shasta and then away from it.”**  
**- Cheryl Strayed**

Strayed said has stuck with her all these years later.

“The feeling of ‘Here I am, the only human for miles’ is a unique experience,” she said. “I relate to the pioneers and native peoples from long ago being on foot.”

Today, Strayed continues to work as a writer, penning her next book while also script writing for television and film.

“Can’t say what I’m working on, though, until they’re announced,” she said.

And what about the Pacific Crest Trail?

“I still love to hike and still hike on the PCT (near her home) regularly,” she said. “Where I go I still hike the trails. I like finding the bookstores and the good trails.”

Strayed is married to filmmaker Brian Linstrom and they have two children, 18-year-old Carver Lindstrom and 16-year-old Bobbi (who played a younger Strayed in the film).

Strayed said a family hike on a portion of the PCT with her kids would be a dream, but “I think they’re probably past the part where I could bribe them to come along.”

*For more on Cheryl Strayed and what she’s up to these days visit her website: [cherylstrayed.com](http://cherylstrayed.com)*



PHOTOS / Courtesy Cheryl Strayed

Cheryl Strayed and her family from a few years ago in Kenya. Left to right: Strayed, her son Carver Lindstrom, daughter Bobbi Lindstrom, and husband Brian Lindstrom.

## Some of the North State PCT access points

By Ron Harrington and Jon Lewis

Visitors interested in retracing a few of Cheryl Strayed’s steps and getting a look at the trail can choose from various access points, some easier than others, said Ian Nelson, regional representative in Northern California and Southern Oregon for the Pacific Crest Trail Association (PCTA). Directions listed were found from USFS, PCTA and other sources on the Internet. There are additional access points in the hiking article by John Soares that begins on page 20, and more that can be found online, including near Drakesbad inside Lassen Volcanic National Park. For more information on the PCT, including new interactive PCT maps, visit the PCTA website at [pcta.org](http://pcta.org).

### SHASTA COUNTY - BURNEY and LASSEN PARK AREA

**Hat Creek Rim Scenic Viewpoint Overlook**, three miles east of the junction of Highways 89 and 44 near Old Station, where you can admire the dramatic geology of the Hat Creek Valley. It was one of Strayed’s most memorable points on the PCT.



PHOTO / Carl Lyles

From the PCTA website: Strayed called the PCT on the Hat Creek Rim “A legendary stretch on a trail of legends.” Having neglected to bring enough water for 100-degree temperatures and extremely dry terrain, she became dangerously dehydrated and overheated. “I knew this was the most serious situation I’d been in so far on the trail,” she wrote, “more threatening than the marauding bull, more harrowing than the snow. I needed water. I needed it soon. I needed it now.”

But despite her dire situation, she found solace in her surroundings. “I was a big fat idiot,” Strayed wrote, “yes, one who might die of dehydration and heat exhaustion, yes, but at least I was in a beautiful place – a place I’d come to love, in spite and because of its hardships – and I’d gotten myself into this place on my own two feet.”

**McArthur-Burney Falls Memorial State Park**, off of Highway 89, about six miles north of Burney, also is an easy access point.

“Burney Falls is a pretty neat place to check out in general (as is the) trail through the park,” Nelson said. The PCT sign there (shown on the right) will let you know you’re 1,418 miles from Mexico, and 1,232 miles from Canada.



NSVG PHOTO / Craig Harrington



PHOTO / John Soares

### Crystal Lake Hatchery

Located in Cassel (left). Head east on Highway 299 at the stop light or intersection of Highways 89 and 299. Go approximately 2 miles and turn right onto Cassel Road. Turn left at Baum Lake Road. Watch for the signs.

### SISKIYOU COUNTY - McCloud

Just outside of McCloud you can go to the **Cabin Creek trailhead**, where the trail runs concurrently with the PCT for a short distance. From Highway 89 in McCloud at the service station, head west toward the McCloud Reservoir. Continue south on this road for 6.1 miles. Just past a camping and RV park named “Friday’s Retreat,” turn right. This is a dirt road with a sign saying “Rough Road,” but the US Forest Service said this is easily passable with a highway vehicle. Continue on this road for 3.1 miles. At this point, you will cross over a concrete bridge. The parking lot and trailhead are on the left immediately after you cross the bridge.



NSVG PHOTO / Ron Harrington

**A young hiker relaxes at the Cabin Creek trailhead in the McCloud area. The trail runs concurrently with the PCT for a short distance, including the wooden bridge above her.**

### Castle Crag area

Another popular spot with easy access is the Soda Creek trailhead where the PCT crosses through Castle Crag State Park in Castella just south of Dunsmuir off of Interstate 5. Nelson encourages people to park and access the PCT at Castle Crag State Park.

### Mt. Shasta / Weed area

Farther north on Parks Creek Road, the PCT can be accessed at the **Parks Creek trailhead** and visitors can enjoy a three-mile hike to the Deadfall Lakes basin or continue up to the summit of Mt. Eddy. For directions, see the hiking article by John Soares that begins on page 20.

**Gumboot Saddle** about 15 miles west of Mount Shasta, paved road access, trailhead for Seven Lakes Basin hike above Mount Shasta. Another with a photo and description in the hiking article by John Soares beginning on page 20.

### Etna-Marble Mountain Wilderness

**Etna Summit** about 10 miles west of Etna, paved road access. Take Highway 3 through the Scott Valley to the Etna turnoff, which is 26.5 miles from the junction of Highway 3 and I-5 in Yreka and 12.7 miles from Callahan. Drive a half mile down Collier Way to downtown Etna, turn right on Main Street. Then drive 10.5 curvy and paved miles on Sawyers Bar Road to Etna Summit. If you’ll be hiking on the PCT, park in the large lot on the left.

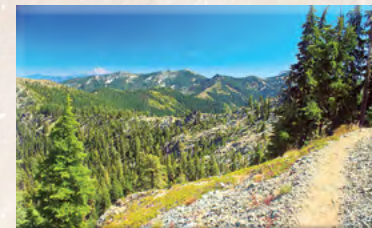
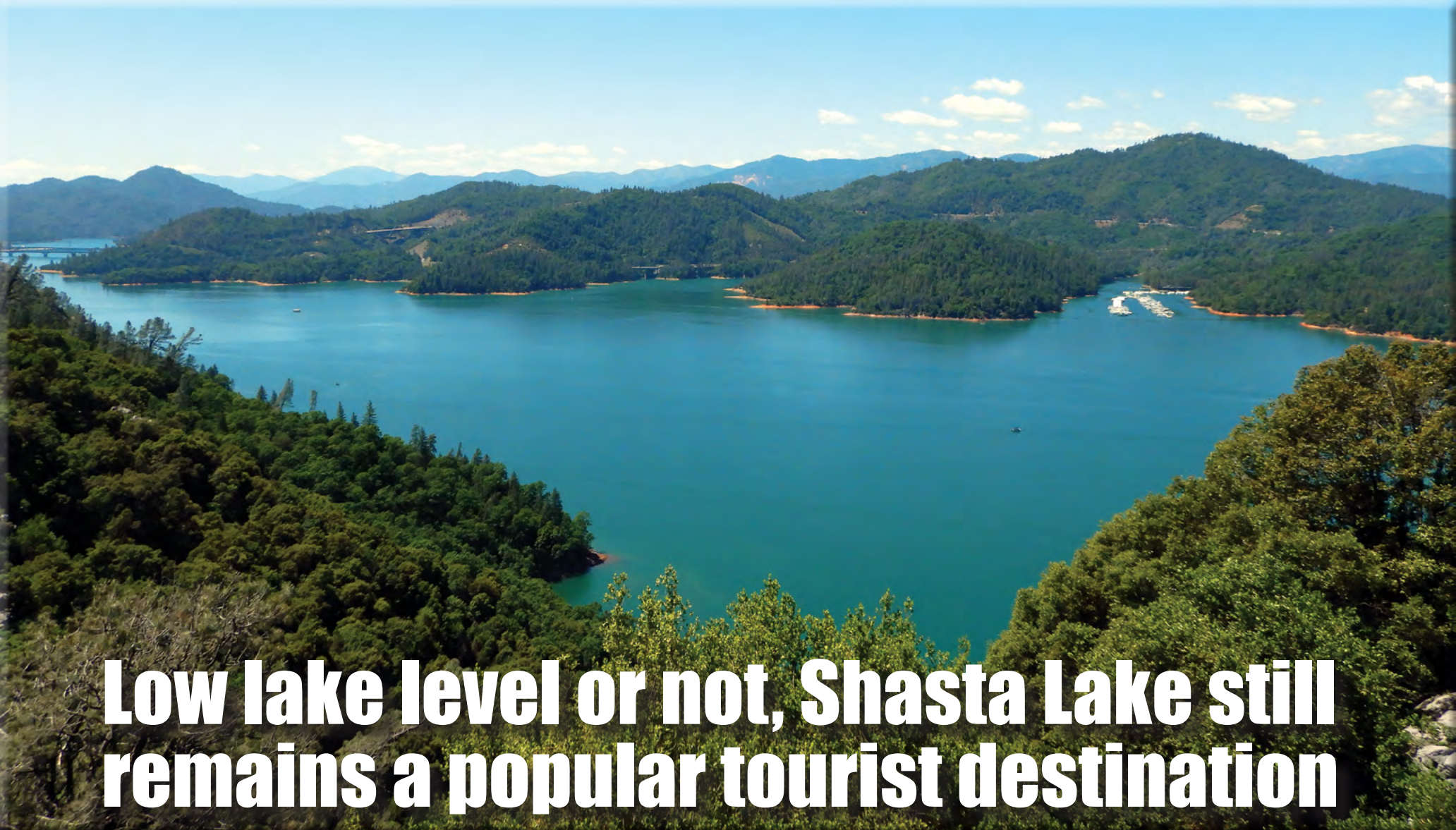


PHOTO / B. Clay Shannon

### Trinity Alps area

**Scott Mountain Summit** on Highway 3 between Callahan and Trinity Center. PCT crosses Highway 3 at the very top of Scott Summit, and continues west just north of Scott Mountain Campground. Yet another one to see and read about in the hiking article by John Soares on page 20.





# Low lake level or not, Shasta Lake still remains a popular tourist destination

PHOTO / Michael Burke

You won't see Shasta Lake full like this in 2022, but you may end up seeing relics from the historic past when

roads and bridges and the Head Tower near Shasta Dam pop up as the lake level goes down.

By Aaron Williams and  
Ron Harrington

Shasta Lake, the state's largest reservoir, holds more than 4.5 million-acre feet of water when full. It boasts more than 365 miles of shoreline when full.

And though California, and the West in general, have seen lower-than-normal rainfall amounts this season - and for a few years - believe it or not, there's still a ton of water in Shasta Lake.

"The day and age of sugarcoating anything is gone...someone on social media will point out (that the water levels are low)," said Matt Doyle, general manager of Shasta

Lake Caverns and a member of the Shasta Lake Business Owners Association. "But if you're out on the water it makes no difference."

After all, there's still an amazingly large amount of water still available to boaters, fishermen and water enthusiasts.

"We know the water is down," he said, "but if all you're seeing (of the lake) is from I-5, of course it's going to look down."

Instead, he says, get out on the lake and you'll see that it's no different from other years.

In fact, he said people are clamoring to get out after two years of staying closer to home because of the Covid-19 pandemic.

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PHOTO / Michael Burke

Still plenty of water at the Houseboating Capital in the world.

“People are clamoring to get out,” he said. “I think once summer hits, it’ll be super busy.”

Yet, with talk of low lake levels, some positive news came from the Bureau of Reclamation in May as the agency sent out projected elevations through October.

After 2021, when Shasta Lake sat at the second-lowest levels since 1976, the water is expected to dip to 160 feet below the dam.

Although always subject to change, projections from the Bureau of Reclamation in mid-May call for releases from Shasta Dam

to be capped at 5,000 cubic feet per second and for levels on June 1 to be 944 feet (123 feet from capacity), July 1 at 937, August 1 at 929, Sept. 1 at 919 and Oct. 1 and Nov. 1 at 912 feet (155 feet from capacity). Last year, they bottomed out at 882 feet.

At 912 feet, the lake will still have a shoreline of around 184 miles. Even in 1977 when the lake hit its lowest level ever at around 238 feet from crest, it still retained a 124-mile shoreline. By comparison, Lake Tahoe has a shoreline of 72 miles.

“The good news is that this is

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PHOTO / EcoPrint

more in storage than we previously anticipated, and puts us in a better situation than we were last year,” Tami Corn, project coordination specialist with the Bureau of Reclamation, told lake businesses.

Obviously, things could change, but “It’s going to be higher than last year, which helps recreation,” Doyle said. “Instead of saying ‘Woe is me’ I think people are saying ‘Let’s get out and vacation.’”

Low lake level or not, the scene is still postcard perfect: You’ve beached your houseboat in a cove on Shasta Lake. The air is warm, but comfortable. Family and friends gather on the shore for dinner as the sunset glows with brilliant reds, oranges and pinks to the west, enjoying the last little bit of daylight. Soon the night will paint the sky black and dot it with a million stars.

With more than 365 miles of shoreline spread across 30,000 acres, Shasta Lake offers it all. From houseboating adventures to waterskiing, wakeboarding and wakesurfing, to fishing, the lake is a giant playground for water enthusiasts. But don’t forget about all the surrounding land, which brings its own special treasures as well.

The lake is serviced by a handful



PHOTO / Matt Switzer for WNRA

All kinds of water sports are available on Shasta Lake, including jet ski (above), patio boats, wakeboards and towable and more. Other water activities such as stand-up paddleboards, kayaking and rafting are also available to do at Whiskeytown, west of Redding, and the Sacramento River area of Redding.



PHOTO / Ross Helen

of marinas which rent houseboats and other water-sports “toys” in addition to offering other amenities. Houseboat rentals are the bread and butter of the marinas, but what if you don’t have time for a full week out on the lake?

Ski boats, jet skis, kayak, canoes and stand-up paddleboards (SUPs) are all available for day-use rental at most of the marinas on Shasta Lake, along with businesses on the lake like Fun Factory.

(For those looking to kayak, paddleboard or raft at such places as Whiskeytown Lake or the Sacramento River area in Redding, Headwaters Adventure Company in

Redding and Whiskeytown Marinas at Oak Bottom offer rentals. Headwaters Adventure Company has added raft rentals this year).

On Shasta Lake, there are six boat launches – Bailey Cove, Centumudi, Jones Valley, Packers Bay, Antlers and Hirz Bay – which are normally perfect starting points in search of the lake’s many submerged creatures, including bass, catfish and even crappie, as the employees at Phil’s Propellers in Shasta Lake can tell you. However, this is one area where low lake levels have had an effect. As of mid-May, only Centumudi and Jones Valley boat ramps were open. For the

latest information, visit the Shasta-Trinity National Forest website at [fs.usda.gov/main/stnf/home](https://fs.usda.gov/main/stnf/home) or call the Shasta Lake Ranger Station at 530-275-1587.

There are four arms of Shasta Lake to explore: the Sacramento Arm, the McCloud Arm, the Squaw Creek Arm, and the Pit River Arm. Each flows into the lake created by the building of Shasta Dam in the 1930s and ‘40s.

The dam is the cornerstone of the Central Valley Project – as well as the largest man-made reservoir in California – which serves to deliver

- Please see Page 34



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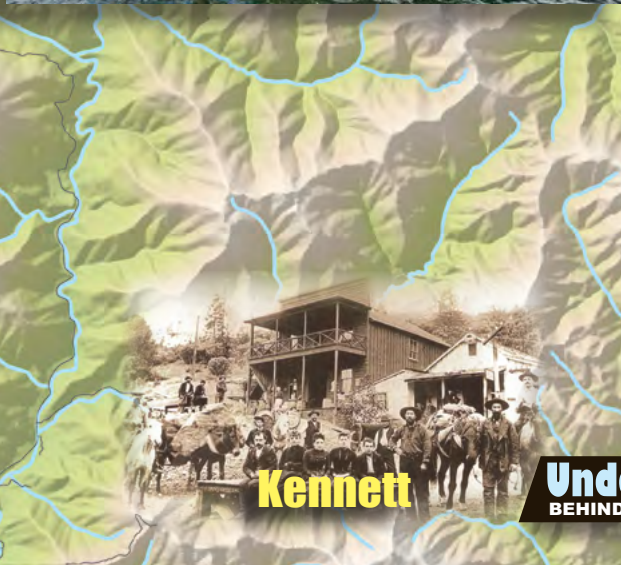




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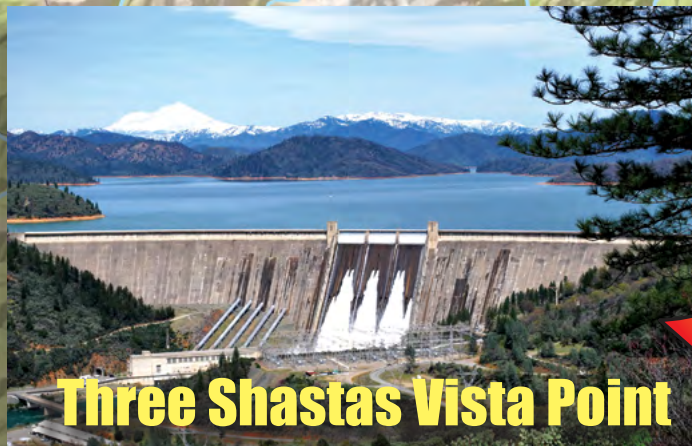


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A full to the brim Shasta Lake with a snowy Mt. Shasta in the background just a few short years ago. NSVG PHOTO / Ron Harrington

**- Continued from page 30**

water south to the rich agriculture fields in central and southern California and helps make the state the world’s sixth leading economy. See the story on Shasta Dam in this Visitors Guide on page 52.

The Sacramento and McCloud rivers flow into the lake from the north while the Pit River and Squaw Creek arms come from the east.

Lakehead, along Interstate 5, sits at the north end of the lake and

generally sees the Sacramento flow past during non-drought years. Antlers and Sugarloaf marinas sit on the Sacramento arm but are also affected by low lake levels.

Along the McCloud arm are Holiday Harbor Marina and access to Lake Shasta Caverns, a truly magical trip inside the granite mountains across the river. A trip inside the caverns offers visitors a geological time-travel experience of stalactites and stalagmites. See the story on Lake Shasta Caverns in

this Visitors Guide on page 53.

And while the action centers around the water, there are hundreds, if not thousands, of jumping off spots to explore in and around the lake.

Still, the dropping water level can’t be ignored, the Shasta County Sheriff’s Office’s boating safety division said, reminding boaters to be vigilant about excessive debris and land just under the water as lake levels drop throughout the summer.

And finding the next silver lining, Doyle said that low water levels also generate interest in finding remnants of life before the building of Shasta Dam, including roads, bridges and tunnels submerged by the flooding of land behind the dam. The head tower used during construction of the dam is now visible.

“There are train tunnels and trestles that become a tourist destination,” he said. “By the end of the summer, there’s a well-worn path to them.”



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## Boomtown Museum

### Boomtown Museum

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### 9-11 Memorial

A piece of the World Trade Center in front of the Shasta Lake Fire Protection District where a remembrance ceremony is regularly held every year on Sept. 11. Located 4126 Ashby Court, corner of Ashby Road & Shasta Dam Blvd/Hwy 151 (right).



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# City of Shasta Lake

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# A lot of history lies beneath the surface of Shasta Lake



Above, the Golinsky family and others in Kennett.

PHOTOS / Courtesy Shasta Lake Heritage & Historical Society

By Aaron Williams

Most tend to think of Shasta Lake as a recreation haven and boaters paradise. But there's a whole lot of history beneath the surface of the 30,000-acre reservoir.

Swamped below the surface, in

depths approaching 400 feet, are a handful of towns lost to the progress of building Shasta Dam in the 1930s and '40s.

In addition to the communities of Kennett, Copper City, Elmore, Baird, Etter, Pitt and Winthrop are sacred Winnemum-Wintu sites all but lost by

the flooding of 47 square miles behind the dam.

"I don't think they realize, especially the visitors, before the dam was built a thriving community lived there," said Darlene Brown of the Shasta Lake Heritage & Historical Society.

Also lost to history, but sometimes forgotten in the shadow of its bigger lake sister is the town of Whiskeytown, which is sunk under the lake that bears its name.

## Kennett

The largest of the towns that now lies beneath the surface of Shasta Lake (behind Shasta Dam), Kennett was once called home by more than 10,000. The booming mining town – one of the most important given its proximity between Portland, Ore. and San Francisco – boasted nearly 50 saloons, mercantile stores, a hospital, a hotel, schoolhouse and even an opera house.

"Around the turn of the century, this was a big mining area," Brown said. "Now, you have a tourist who might be water skiing on water where there once was a city."

Questions asked range from "How deep is it to Kennett?" (400 feet at least) to "Can you see some of the old towns when the water's low?" (yes, relics do pop up from time to time).

Prior to being settled, the area that would make up Kennett was home to nine tribes of Wintu Indians – living in 250 villages. Westward expansion killed nearly 75 percent of the population as the first settlers entered the area in the early 1800s.

The first mention of Kennett was in 1852 after the discovery of gold on Backbone Creek, later named

Kennett in honor of railroad man "Squire" Kennet. The town took on an extra "T" over time, the result of a mapmaking error.

The town boasted two large copper mines that dotted the surrounding foothills.

The nearness of the railroad also boosted Kennett's stature, as business travelers, tradesmen, railroad workers and miners inevitably passed through the town just north of what would become Redding.

The Diamond Saloon was said to be the fanciest place between Portland and San Francisco, distilling and bottling its own whiskey. The bar was said to be 150-feet long and scantily clad women catered to thirsty miners.

The end of World War I forced the price of metal to plummet, along with the prosperity of Kennett as the largest mine closed in 1923.

The downturn proved beneficial for the federal government, which had begun to scout sites for a dam.

There is no record of any public hearings to ask Kennett residents their opinion. The diminished population of the town was likely considered too insignificant to matter. Most people sold their land to the government willingly, while some waited until the waters began to rise before abandoning their homes. Kennett was completely submerged by 1944, one year before the completion of the dam.

## Copper City

First known as the Pittsburgh Mining District, later as Brownsville, even later as Williams, and lastly as Copper City, according to Shasta County historian Dottie Smith. Its name was derived from the "Original Williams and Kellinger Gold, Silver and Copper Mining Company."

Copper City, on the Squaw Creek arm of what's now Shasta Lake, followed a boom-and-bust cycle as gold, then copper was discovered in the area in the late 1800s.

The town officially died in the early 1900s when the Bully Hill smelter closed.

## Also Whiskeytown

The town shares the name with the lake and was submerged in 1960 and sits just off the Highway 299 bridge.

The town, lore says, got its name after a mule dropped a barrel of whiskey to miners in the Gold Rush era camps. The liquor spilled into the creek now known as Whiskey Creek and the name stuck for the town as well.

Remains of the old town – a defunct hotel, a couple of other crumbling brick buildings – sunk when the Whiskeytown Dam was constructed.

Divers have found remnants of the town about 90 feet below the surface.




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# North State Keeps Getting Better for Riders



## Bike enthusiasts and casual riders have an almost endless array of great riding opportunities in the north state

By Sandy Rich

In true Northern California, you can ride through mountains, plains, wildflowers, tunnels and tall trees.

So why take your bike on vacation? Plain and simple, you need to bring your bike to experience all that the north state has to offer.

Here's the lowdown on biking in the north state by county.

### SHASTA COUNTY Redding

As the geographic hub of Shasta County, Redding has devoted many resources and dollars into cycling, all starting with the construction of the Sacramento River Trail.

Quoting Americantrails.org: "The Sacramento River Trail is viewed by the public as an essential part of what makes Redding a real community. The trail is a vital infrastructure component that contributes to the multi-modal transportation system, it is a valuable recreation amenity, and it helps establish a sense of place."

Because of this, the city in recent years has seen an influx of tourism dollars directly related to cycling due to a number of governmental agencies and private entities working together. The collaboration between Bureau of Land Management (BLM), The McConnell Foundation, Trail Labs Co, Redding Trail Alliance (RTA), City of Redding Transportation Department and CalTrans has been the driving force in putting Redding

and surrounding areas on the cycling and mountain biking map.

One major project is the Deisthorst to Downtown (D2D) River Trail extension that has delivered a safer way to travel from the River Trail up into the heart of downtown Redding. The section of Riverside Drive that passes under the train trestle has become a safer way to cross over to the west side of Court Street (Benton Drive) and continue on the river trail.

The next highly anticipated project is The Redding Bike Park which has been in the works for several years. Plans show a pump track, flow and jump area, a skills trail, event zone, rhythm line, elevated start zone and an expansion area.

The Caldwell Junior Bike Park, also an RTA project, is proof that pump tracks are in demand. This park will be another jewel along the Sacramento River Trail. Construction should start soon. Please see their website for opportunities to help fund this great project.

But you're here now and want to get out there on your bike, right?

A favorite trail network is Swasey Recreation Area, located on BLM land just west of Redding. This area has received the most attention from RTA. Nathan Knudsen, executive director of RTA, said their main goal is fun.

"While RTA believes in the importance of the connectivity of trails and how they are an outlet for very

diverse user groups, our primary goal is how much fun individuals of all skill levels have while experiencing the trails," Knudsen said.

Most of Swasey is just right for beginner to intermediate riders. Gradual climbs up hills and fun, flowy descents make this a great place to ride. The intermediate and expert trails are steep up and steep down.

A solid workout ride would be up the Wintu Trail or Escalator and then enjoy the downhill that you earned. Take a picture of the trail guide at the trailhead if you didn't pick up a map at one of the local bike shops. Please be prepared for a great and safe time by bringing enough water, snacks and a first aid kit. Also, there are rattlesnakes, so use caution at creek crossing and watch where you step.

If you have younger kids, go to Caldwell Junior Bike Park for junior sized thrills or try out the new Learner's Loop, also an RTA project at Swasey designed to help with the fundamentals of bike handling.

For a paved experience with no cars, go to the Sacramento River Trail starting at Turtle Bay. It is paved and all bridges have been rebuilt since the 2018 Carr fire.

For younger kids, please use the south side once you are past Diesthorst Bridge. It is much flatter and has nice views of Keswick Dam. The River Trail heading up to Shasta Dam is also great for more experienced road cyclists.

The local riding club, Shasta Wheelmen, has an excellent website with ride maps for those wanting longer rides.

"We welcome all road bike riders on our planned rides," said Lisa Creps of Shasta Wheelmen. "We love to share the beauty of Shasta County."

When planning your ride with the group, please be prepared to sign a release of liability waiver.

### FIND IT ONLINE

Local Trail Network [trailforks.com](http://trailforks.com)

Trail Design and Build [traillabs.com](http://traillabs.com)

Trail Build and Maintenance [reddingtrailalliance.org](http://reddingtrailalliance.org)

Shasta Wheelmen

[Shastawheelmen.org](http://Shastawheelmen.org)

### Burney/Fall River Mills

If you want to get away from the road, The Great Shasta Rail Trail (GSRT) is an ongoing project with 40 of the eventual 80 miles of trail open for riding in eastern Shasta County.

Being built on the former cinder rail bed for the train that connected Burney and McCloud in Siskiyou County, you can ride to the bridge made famous in the movie "Stand By Me." Trails are both paved and gravel and the website is listed below for more detailed information.





There are many century rides throughout our state, but if you ask Redding locals, they all mention the annual Fall River Century in eastern Shasta County, scheduled to be held in 2022 on July 16. Overwhelming reasons are the aid stations, the food and the scenery.

The story of the early beginnings is posted on their website:

"In 1995, a group of devoted cyclists decided it would be fun to put on a century," it says on it all began. "We had two goals: put on a fun ride and enjoy doing it and bring a little business to town. We were flying by the seat of our pants, using what we knew about rides we had done."

They drew about 120 riders in 1995. With those humble beginnings, they have raised over \$150,000 for local charities over the last 25 years.

#### FIND IT ONLINE

Fall River Century  
fallrivercentury.com

Has ride date, history, route sheets, and registration form for the bike ride/fundraiser

Great Shasta Rail Trail  
for trail maps and updated info.  
greatshastarailtrail.org  
Burney-Fall River  
Bicycle Association  
cycleburneyfallriver.com

#### SISKIYOU COUNTY

##### Mt Shasta

Mt. Shasta is home to several organizations that have your recreation in mind. There are the Mount



PHOTO / Bill Myers

### A pair of riders at the annual Fall River Century in eastern Shasta County.

Shasta Trail Association (MSTA), the Siskiyou Outdoor Recreation Alliance, the Siskiyou Mountain Club and the Mt. Shasta Mountain Bike Association (MTSMBA).

The most recent big trail building push has been work on the 2013 Conceptual Trails Plan to build 100 miles of new trail in 10 years.

According to the Mt. Shasta Mountain Bike Association: "The diverse terrain around Mount Shasta provides many options for any skill level of mountain biker. Whether you are looking for a family friendly ride or a challenging singletrack, our local trails have plenty to offer."

For an easy and flat ride, try the Lake Siskiyou Loop trail that circumnavigates the lake with stunning views and shaded areas perfect for children and kids of all

ages. Go on trailforks.com for detailed trail maps of the Gateway Trails.

For less uphill pedaling, contact Shasta Gravity Adventures specializing in shuttles to great trails like the Sisson-Callahan Trail and 10 Gallon. They also offer bike tours and youth programs throughout the year. The new 10 Gallon trail has options for all levels from kids and beginner to advance levels of riders.

There is a skatepark at Shastice Park in the city of Mount Shasta where you can ride scooters, bikes and skateboards. It is also a great place to start or end your ride as many trails end at the park.

#### Yreka and Etna

The last major stop before you get to Oregon is Yreka, a great place to ride with road, mountain and gravel routes.

For the gravel grinders, "Siskiyou County is the best destination in California with over 10,000 miles of dirt roads," according to Cycle Siskiyou, the organization working to increase cycling tourism. "Greenhorn Park is one of the most beautiful and well used recreation areas in all of Siskiyou County. The newly signed trails offer hours of great mountain bike riding."

Just a little drive up into the hills, you can visit Etna. In the summer, it will be cooler than the valley rides, plus there is camping and lodging near longer stretches with less traffic for your road rides.

#### FIND IT ONLINE

Trail maps and other links  
mountshastatrailassociation.org  
siskiyououtdooralliance.org  
cyclesiskiyou.com  
siskiyoumountainclub.org/  
signatureroutes  
bikeshasta.org  
shastagravityadventures.com  
trailforks.com

#### LASSEN COUNTY

##### Susanville

The Susanville area has undergone dynamic growth in recent years. While road biking is popular in Lassen County, Matt McLain, Interagency Trail Coordinator for Lassen County, said many of the distance cyclists have transitioned to Gravel Grinding.

"The ease of access to miles of unpaved county and forest service

roads adjacent to our city center offer a relatively traffic free opportunity to explore the county in a more natural setting," McLain said.

The most well-known event is Riding High At The Ranch, scheduled to be held in 2022 on May 28 and hosted by Susanville Area Bicycle Association (SABA). It is staged at the Susanville Ranch Park, which has become not only a jewel for local citizens but also a draw to visiting mountain bike enthusiasts.

"I constantly speak to visitors from surrounding communities and long distance travelers enjoying our local trails," McClain said. "Most riders opt to ride the mountain bike centric inspired 'upper park.'

"The most popular ride is climbing Heart Attack Hill to Easy Up to Rocky Top then descending the flowy bermed out Best Trail Ever before descending Heart Attack back to their vehicle at Base Camp.

"Local residents and riders with more time take advantage of the 29 miles of single track located in the park offering a wide variety of views, challenges and ecotypes."

McLain also said his favorite thing about cycling is enjoying the outdoors with friends while getting some exercise and interacting with the local trail community.

"Whether that's getting my adrenalin fill hitting the miles of town-adjacent single track or jumping on the Bizz Johnson Rail Trail to ride up to our favorite swimming spot, our region offers miles of easily accessible trails for all skill levels creating a variety of opportunities to get out and explore the abundant natural and open space of Lassen County," he said.

#### FIND IT ONLINE

Susanville Ranch Park  
susanvilleranchpark.com  
Mountain Trails  
www.mtbproject.com/  
directory/8011423/susanville-lassen-county

#### TRINITY COUNTY

##### Weaverville

As you head west out of Redding on Highway 299, you will eventually drive through the historic California Gold Rush town of Weaverville. Although you can find much to do in Weaverville with its many shops and restaurants, there are a number of ways to get out into the hills with trailheads nearby.

"Mountain biking lets you take time to discover the natural world around you, or you can challenge yourself to do more; ride faster, climb steeper, get more technical," says Don Bradbury, avid cyclist and member of the Trinity Trail Alliance (TTA).

The TTA is an educational and charitable non-profit association whose mission is to create, enhance and preserve great trail experiences for mountain bikers and other non-motorized trail users in Trinity County. They also strive to create a trail friendly community through awareness, safety advocacy and promotion of trail use for fun, fitness

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and transportation.

They host the annual LaGrange Classic, a mountain bike race held every June, on the Weaver Basin Trail System. In 2022, it's scheduled to be held on June 11.

The area is used by all levels of riders and, according to Bradbury, "we are in the process of expanding our trail system to encompass a more diverse topography, including the ever-popular Lakeshore Trail along Trinity Lake."

Bradbury said many of their backcountry roads are used by road bikers.

"Highway 3 is a favorite from the south end of Trinity County to the north end at Scott's Mountain," he said. "The Weaver Basin Trail System is constantly used by families and kids for walking, biking and equestrian riders. The Pump Track is a favorite of kids and adults. This spring will see the addition of the Skills Track for those who want to sharpen their abilities for more technical mountain biking."

The Redding Trail Alliance has been busy up in the Weaver Basin Trail System as well. With the addition of three new flow trails, Knudsen suggests picking your ride by difficulty rating much like ski areas. Choose the trail called Blue Lead for an easier ride or Black Lead for the experienced riders.

More information can be found at the TTA website, [trinitytrailalliance.com](http://trinitytrailalliance.com)

### TEHAMA Red Bluff

Situated near Lassen Volcanic National Park and the Sacramento River, Red Bluff riders have been making great strides to put their name on the cycling map.

Jesse Morris (self-proclaimed husband, father, minister and road/gravel riding nut) has organized an event to raise money for charity: The Wild West Gravel Grinder ride/race. Scheduled each May, you can choose from the following categories by distance: Extra Grit - 124 miles, True Grit - 97 miles, Chisholm Trail - 61 miles and Buckaroo - 35 miles.

Top riders earn a belt buckle with the race logo that includes crossed pistols and a bike chain. There is a handlebar moustache contest and lots of wildlife and wildflowers. Morris says to join them "on these wild and remote roads for a grand adventure."

FIND IT ONLINE

[wildwestgravelgrinder.weebly.com](http://wildwestgravelgrinder.weebly.com)

As you can see, there are many opportunities to ride all over the north state. For the best and latest trail information, visit local bike shops in each area. They ride the trails and have the latest information and knowledge of trail conditions. You may even get the lowdown on new trails.

You are also asked to please ride with respect for the trail and other riders. Pack out your trash and be prepared for a great time.



PHOTO / Michael Burke

**Redding's Sacramento River National Recreation Trail is part of Redding's growing trail system. Meandering over 9 miles along the banks of the Sacramento River, the wide, paved surface is popular for walking, jogging, roller blading and bicycle riding. Access is available from Hilltop Drive, Caldwell Park, and the Sundial Bridge.**



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Dining, Brewery and Entertainment Guide Map on page 46.

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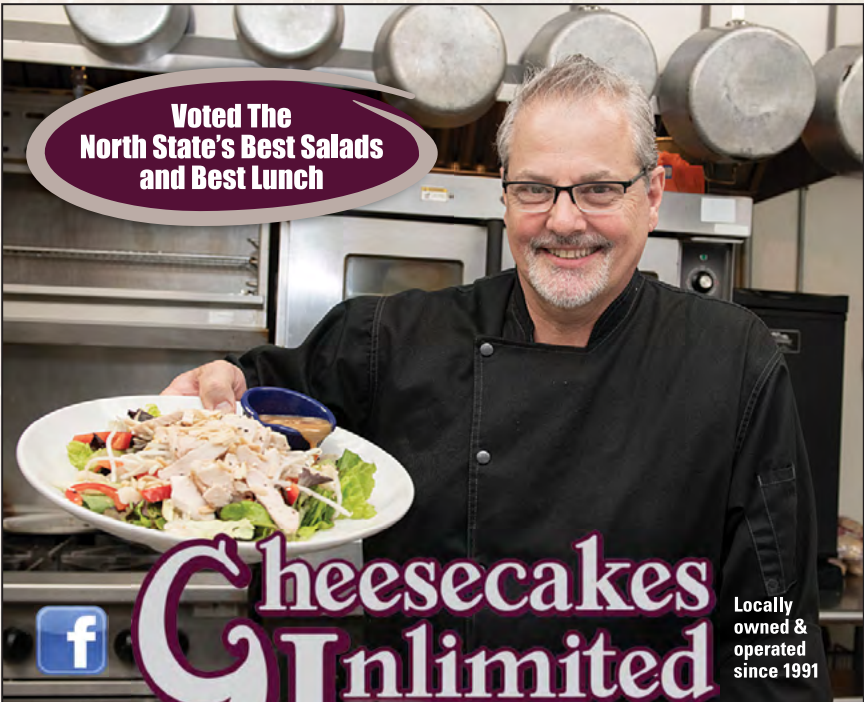
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# summer dining

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# North State a haven for great breweries and quite often some dynamite food



By Aaron Williams

Nectar of the Gods ... or at least a drink for everyone.

The north state is a haven for great beer and the number of craft breweries keeps growing. From ales to lagers and stouts, IPAs and seasonal brews, there's certainly something for anyone from Princeton to Chico to Redding and Dunsmuir and Trinity to McCloud.

And the best part of our brewery sampler is that most of these brew houses offer more than nectar and

some even have some downright dynamite food.

Bottoms Up!

## Farmers Brewing Company

A newcomer on the block has already made a name for itself ... both in stores and at its Princeton location.

Started in January 2020, Farmers Brewery features farm to glass beers that have taken off with distribution from Fresno to Monterey to the Oregon border.

Bill Weller, who grew up in Princeton, said the idea to open a

brewery with his wife Kristin was always something he wanted to do and the opportunity came open.

"Originally, we just wanted to be in production, but we put in a taproom and it's amazing that people have come out," he said, adding plans for an 8,500 square foot Chico location should open in July with outdoor seating for 270.


The Princeton location has 10 beers on tap (and root beer, too) with plans for 46 taps in Chico.

Farmers offers brews like 530 Unfiltered Wheat Ale, Farmers

Light, a light lager, and Sun Up 'til Sun Down Session IPA. Weller said Summer Kickback is the brewery's seasonal offering, a lager run through lemon peel and one of his personal favorites. Other seasonal beers keep with the farming theme, including Spring Planting, Fall Harvest and Winter Migration.

There's entertainment at the taproom, including live music and fun events like a mullet competition planned.

Visit [farmersbrewing.com](http://farmersbrewing.com).



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### Cedar Crest Brewery

The Placer Street hangout (no second location in Red Bluff any longer) offers anywhere from 10 to 14 craft beers on tap with specialty beers coming out all the time.

General Manager Mark Livingston said they're producing a raspberry wheat now with a watermelon wheat set to drop in July with a dark stout and three or four more over the year along with their core brews.

Additionally, they also offer Humboldt Company ciders plus an extensive list of local wines, including the Cedar Crest label. And if you'd like to try something different, grab a seltzer (6 percent called Lawless and 14 percent called Super Lawless) and have Cedar Crest flavor them for you on the spot.

And what's a good beer or other libation without some entertainment? Cedar Crest offers music every weekend, trivia nights on Tuesday and Wednesday will see karaoke starting up as the summer heats up.

"I'm also thinking about Salsa dance on Thursday with lessons," Livingston said. "And Sundays, or every other Sunday, we'll have Yoga."

Cedar Crest offers a good menu to pair your brew with and has video games, pinball and a family-friendly atmosphere with a Kid's Corner featuring games and puzzles.

Visit [cedarcrestbrewing.com](http://cedarcrestbrewing.com).

### Paskenta Brewery & Distillery

If you want to try some of Paskenta's fare, you'll have to make the trip to Rolling Hills Casino in Corning. But Kevin Hinton, retail manager of the Brewery and Distillery, says it's worth the trip.

"Everything we do is available on property - at the casino, golf course and at the concerts," he said.

They have Hopsidian, a pale ale; Shape Shifter, an IPA; Dreamsnatcher, a brown ale; Paskenta Gold, a golden ale; Wintun Wheat, a wheat ale; and Slot Lizard, a lager. Their distillery serves up the best bourbons, vodkas, and other carefully crafted liquors and spirits.

Paskenta Brewery is ramping up production in anticipation of a busy concert season at Rolling Hills' outdoor concert arena - acts already announced include Cheap Trick, Staind, Pitbull and Old Dominion.

"We're doubling production on everything we do," Hinton said.

There are future plans to distribute their brews off site, but he said that's down the road.

Visit [rollinghillscasino.com](http://rollinghillscasino.com)

### Fall River Brewing Company

It might be easy to rest on the wildly popular Fall River beers like Hexagenia IPA and Numb Numb Juice, but owner John Hutchings said he's always looking for something new and interesting.

"I'm always trying new ingredients and innovations," he said. "Every year you have to bring something new. Yes, we have our main staples that have stood the test of time, but there has to be constant innovation."

You need look no further than Liquid Candy, an extremely successful brew that will make a return this year and stick around before being rotated as a seasonal.

Fall River also will introduce Electro Drip, a tropical sour, and OG Dayz, a West Coast IPA that was the original Hexagenia recipe, which will be running until midsummer.

And though you can pick up Fall

**Map of Brewery Locations  
on Page 46**

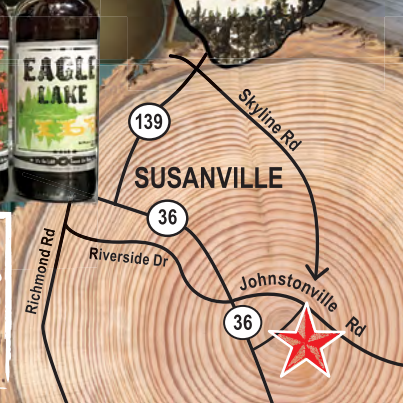


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River's sweet nectar throughout the north state, it's often more fun to stop by their Cypress Avenue Taphouse (which is open seven days a week) or the Eastside Road brewery, which is open to events four days a week.

Visit [fallriverbrewing.com](http://fallriverbrewing.com).

#### Dunsmuir Brewery Works

Brewmaster and owner Aaron Greener is bringing back some classics ... both on tap and on the menu.

"Last summer, we brewed a 9.2 percent hazy IPA - Sucker Punch - and we're going to redo that," he said, while also noting that Dunsmuir is also bringing back Pusher Pale Ale and Train Hopper IPA. "The last two batches are what I want it (Train

Hopper) to be. It bounced all around, one was a Belgian, one was hazy."

In addition to the beer, Dunsmuir Brewery Works is also bringing back some food classics, including grilled artichokes with lemon aioli and the smoked salmon BLT.

"It's nice to have those printed on a menu," he said.

And after dinner and some libations, Dunsmuir has added a stage in the beer garden (fully landscaped with a water feature) on the lot next to the patio, which is a great place to enjoy eats and drink after a day exploring Siskiyou County.

"The patio was a saving grace (during the pandemic)," Greener said.

Visit [dunsmuirbreweryworks.com](http://dunsmuirbreweryworks.com)

#### Lassen Ale Works

Lead brewer Eric Jefferts knows people who say "I don't like beer" just haven't tried the right one.

And he's been making believers for the past 10 years - their anniversary is in late May and they were cooking up something to celebrate.

Available at their Susanville location - the aptly named Boardroom - and in retail establishments around Chester and Lake Almanor, Jefferts said one of the new lagers this year - it's their specialty - is Extra Galactic, named for the Australian hops.

"Making (lager) is more time consuming and more demanding than IPAs, but there's nothing like making a crisp, clean lager," he said.

With around 12 beers on tap - including five lagers - there's sure to be something for everyone. Jefferts is sure of that.

Visit [lassenaleworks.com](http://lassenaleworks.com)

#### Trinity Brewing Company

Co-owners Neil Petersen and Jacob Corella have something special brewing for Trinity Brewing Company's second anniversary.

"We haven't come up with a name, but probably Dos Anos," Petersen said.

Makes sense. And makes your mouth water thinking about the golden ale aged in a tequila barrel with an essence of lime, coriander and sea salt. And at seven percent, Peterson

said you'll be able to down a bunch.

Trinity Brewing has 12 taps that rotate their offerings.

"We've got a good handle of what the people want," he said, adding they've been doing some kettle sours and pink boots brew (to promote women and beer).

The dog friendly establishment has a giant outdoor patio where you can enjoy one of the live music acts they have performing there. It's perfect for a day trip west from Redding or a great halfway stop on the way to the coast.

"We're getting back into it with tri-tip on the weekends," he said. "We also have live music on Fridays and Saturdays."

Visit [trinitycountybrewery.com](http://trinitycountybrewery.com)

#### Siskiyou Brew Works

Siskiyou Brew Works owner and brewmaster Pat Brush and his wife, Susan, are keeping it simple now that the brewery and pizzeria is back in McCloud only. They sold their second tasting room location in Mt. Shasta so they don't have to bounce back and forth between the two locations.

"We only have three of our beers on tap," Pat Brush said. "Our beers are simple and made by traditional means and methods. All ingredients come from England and we try to emulate the original IPA."

Siskiyou Brew Works offers its Trinity Divide IPA, Mt. Eddy's Gold pale ale and Tiki's Shadow porter on tap at the big red barn just off Highway 89 and Squaw Creek Road.

And in addition to the beer offerings, Siskiyou Brew Works has simply amazing pizza, German pretzels made on-site, sandwiches, pulled pork and calzones. With a giant baking oven, Brush also said he's going to work on making pastries this summer for the crowds that fill the RV park adjacent to the brewery.

Visit [siskiyoubrewworks.com](http://siskiyoubrewworks.com)

Some other north state breweries include Woody's Brewing Co. and Final Draft Brewing Co. in Redding, Etna Brewery in Etna, Mt. Shasta Brewing Co. in Weed, and in Chico: Secret Trail Brewing Co., Nor Cal Brewing Co., Mulberry Station Brewing Co., British Bulldog Brewery, and the granddaddy of them all, Sierra Nevada Brewing Co.

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# Shasta Dam: Second largest concrete dam in the U.S.

During the Great Depression, 4,700 workers migrated to tiny northern California cities like Summit City, Project City, Toyon, Buckeye and Central Valley looking for work. The work these hardy men found was constructing Shasta Dam, the second largest concrete dam in the United States. Built between 1938 and 1945, Shasta Dam is truly an engineering marvel made up of 16,900 50-foot-square concrete blocks.

Located about nine miles northwest of Redding, Shasta Dam was constructed in just the right location to take advantage of the confluence of the Sacramento River, McCloud River, Squaw Creek and Pit River. Behind the dam, these four tributaries pool to create Shasta Lake. Its 365 miles of shoreline make the lake a fisherman's and boater's paradise.

But this concrete gravity dam was built for reasons other than helping provide recreational opportunities. Its two main purposes are flood control and water storage. Without the dam the Sacramento River would be prone to flooding during winter; in the summer, communities south of the dam would be prone to drought-like conditions.

The dam was built to even out these conditions and help supply the fertile California Central Valley – where two-thirds of the nation's food is grown – with irrigation. A byproduct of Shasta Dam is 710 megawatts of electricity that its five massive generators can produce.

But drought years, like this one, also bring unique challenges to managing water. One of the many factors going into water releases from Shasta Dam is temperature control for the endangered winter-run chinook salmon that live in the Sacramento River.

Chinook salmon hatch in streams and rivers, such as the Sacramento River, migrate to the Pacific Ocean where they spend about three years, and then return to their home stream to spawn. When spawning, they make nests in the riverbed gravel,



PHOTO / Sheri Harral - Bureau of Reclamation

**On your way to Shasta Dam, you can pull off on Highway 151 (Shasta Dam Boulevard) and take a photo of the "Three Shastas": Shasta Dam, Shasta Lake and Mt. Shasta.**

called redds. The survival of the eggs within redds is affected by water flow and temperature, among other factors. Freshly spawned eggs are very sensitive to temperature and need water to be no warmer than 56 degrees.

As a result, in the spring of 2021, the decision was made to release water from the top level of the dam's spillway valves, rather than the powerplant with its deeper withdrawal gates. The releases were the same amount of water that would normally be released, delivered using the spillway instead of the powerplant. By releasing through the higher elevations of the lake, Reclamation is able to use the warmer surface

water to meet the water needs, while conserving the colder, deeper water for use later in the summer during the spawning season.

In mid-May of 2022, Reclamation received approval from the State Board for this year's CVP Temperature Management Plan. The plan included projected Shasta Lake levels from June 1 - 944 feet (123 feet from capacity) to Oct. 1 - 912 feet (155 feet from capacity). Last year Shasta Lake bottomed out at 882 feet.

**Regular tours on hold but you can still visit, learn and enjoy much about Shasta Dam; and tours may return this summer**

Tours that take you down inside



PHOTO / Bureau of Reclamation

**The head tower during construction (above left) was connected to seven smaller towers by cables which carried large concrete buckets. Although later cut down in size to below the normal full lake level, the drought has seen it reemerge. (Above right on the bottom right, it is located behind the dam. This photo was taken in June 2021).**



NSVG PHOTO

the dam have been on hold even before Covid-19 became an issue. The elevator that transported visitors to the base underwent a complete upgrade. However, their plan is to open, with tours, sometime this summer of 2022. In the meantime, you're still able to enjoy a self-guided tour on top of the dam. Stop by the Visitor Center to get a copy of the Walking Tour booklet and set your own pace as you stroll across the dam, visiting six different waypoints.

During your stroll you might see a bald eagle fighting with an osprey over a fish, or perhaps the four-story Gantry crane will be in operation near the Temperature Control Device. On clear days you can view Mt. Shasta.

In addition, the drought has resulted in remnants of the past emerging in Shasta Lake, including the head tower used in the building of the dam. The head tower, located behind the dam, was connected to seven smaller towers by cables which carried large concrete buckets. These buckets were filled with freshly mixed concrete from the batch plant located at the base of the head tower and then delivered quickly to crews waiting below. Although later cut down in size to below the normal full lake level, the drought has seen it re-emerge.

Inside the Visitor Center you will find photographs and displays that depict the building of the dam, including one on Frank Crowe, a civil engineer, who is credited with building not only Shasta Dam but several others as well, including Hoover Dam. Plus you'll be able to watch a 21-minute documentary that is shown on a regular schedule that explains how the dam was built.

If you're looking for souvenirs to commemorate your visit to the dam, take a walk through the gift shop.

## Information

Call 530-247-8555 or visit [www.usbr.gov/mp/ncad/dam-tours.html](http://www.usbr.gov/mp/ncad/dam-tours.html) for the latest visitor center hours and activities.

*Information for this article provided by Tami Corn and Amy Holland for the Bureau of Reclamation.*



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# Shasta Caverns offers a glimpse into another world and another time

By Aaron Williams

One of the businesses that weathered the pandemic fairly well was Lake Shasta Caverns as the millennia-old caves allowed visitors a chance to get out and explore.

With the world opening up in the post-pandemic era, Caverns general manager Matt Doyle expects another summer of newcomers “finding” Shasta Caverns as returning veteran vacationers come back to the north state’s natural wonder.

“People from L.A. have been flocking to us and they’re more educated about us and the north state,” he said, adding the Shasta Lake Business Owners Association, made up mostly of the businesses around the lake including the marinas and Caverns, participated in the L.A. Travel and Adventure show in March 2022 where they were the only booth north of Sacramento.

And while attendance at Shasta Caverns saw a bump over the past few years, he expects the numbers to “iron out” as folks from the San Francisco Bay Area return in addition to the visitors from the southland.

Doyle, whose memory dates back decades, also said Shasta Caverns is seeing an uptick in school group visitors.

“They are back bigger and better than in the past,” he said. “Different grades are coming back and we’re seeing school groups we haven’t seen in five or 10 years.”

And why not?

There’s something cool about Lake Shasta Caverns – beyond the north-state-heat-busting cave temperature that hovers around 60 degrees.

Walking into the cave is a breath of (cool) fresh air on a notoriously warm Shasta County summer day. But what’s really cool about Shasta

Caverns is your day is millions of years in the making.

Visitors are ferried across Shasta Lake – an all-too-quick 10-minute, but awesome boat ride that gives locals and visitors alike the chance to see the water from a new and unique perspective. A bonus is the chance to catch some of the area’s wildlife up-close and personal. Deer, bobcats, bears, osprey and bald eagles all call Shasta Lake home.

“Because we are isolated on the other side of the lake and there’s no other road in, we are almost like a nature preserve,” Doyle previously has said.

A quick shuttle ride 800 feet up the mountain leads visitors to the entrance of the caverns, “discovered” by fish hatchery employee James A. Richardson in 1878 – though the local Wintu population likely knew about the caverns earlier.

As the guide opens the door to head inside the mountain (think about that for a second), the rush of the earth’s natural air conditioning – the caverns are constantly 58 degrees with a high humidity that raises the temperature to about 72 – hits you and then you step into nature’s laboratory.

From there, the well-informed tour guide leads you through a series of rooms in the caverns adeptly explaining what you’re seeing and answering the age-old question of the difference between a stalactite and stalagmite.

And nature – as well as geology – is what the caverns are all about.

The caverns once sat at the bottom of a Jurassic era ocean and grew out of cracks in the rocks. Dripping water seeps minerals through the rock and sloooooowly forms the massive stalactites, stalagmites and stone draperies and flowstone deposits. Visitors can see formations that look

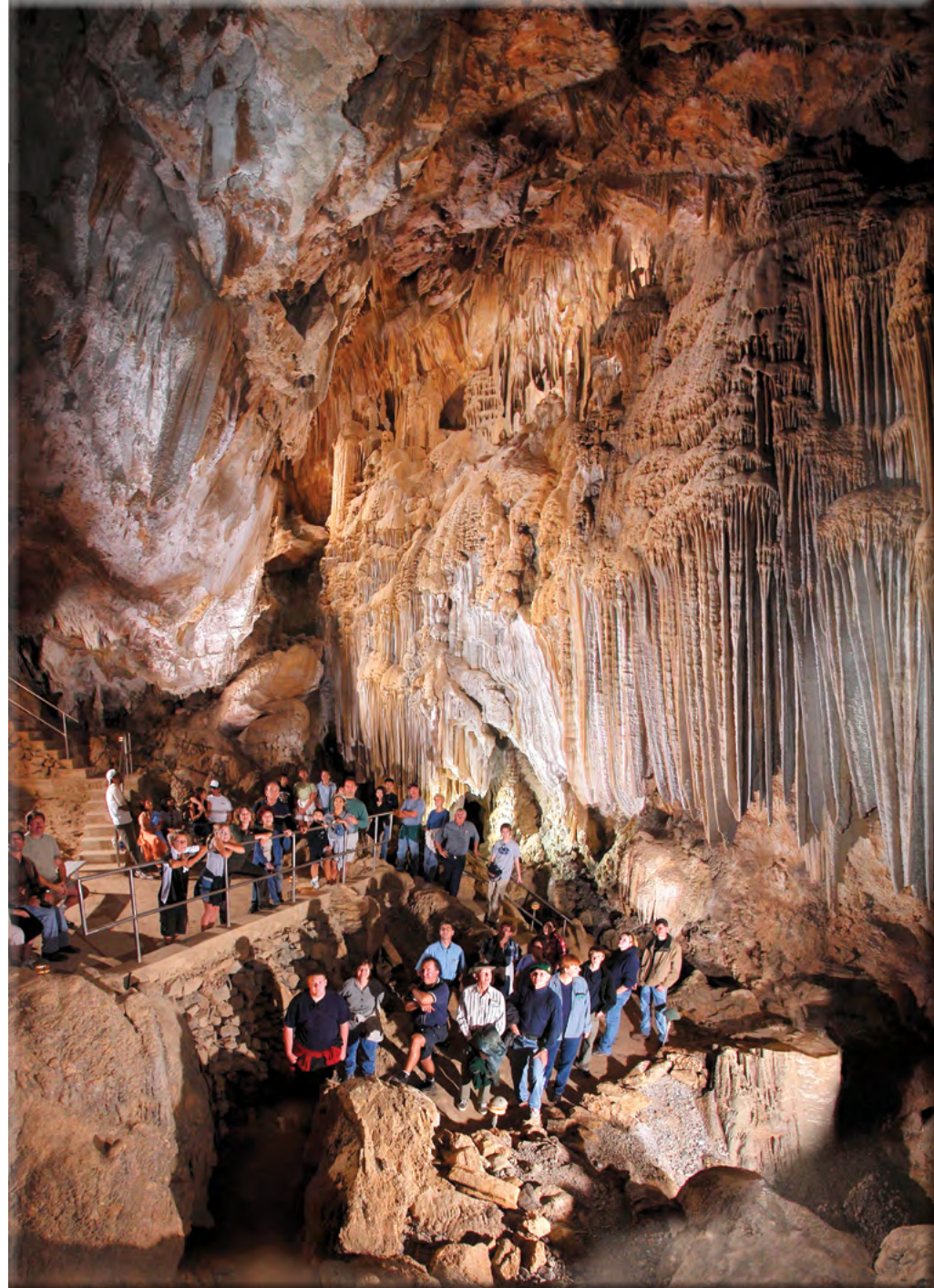


PHOTO / Courtesy Lake Shasta Caverns

## The Cathedral Room at Lake Shasta Caverns.

like bacon, an ancient Wintu guide, Santa Claus, a saber-toothed tiger and a T Rex. Did we also mention bacon?

### Dinner Cruise sets sail again

Doyle said the Lake Shasta Dinner Cruises are full steam ahead after coming back last year.

“We had a mock run with employees and we’re running normal,” he said.

The two-hour journey is perfect for

special occasions, group outings or just because.

Reservations are required and a myriad of frequently asked questions can be answered at [lakeshastasinnercruises.com](http://lakeshastasinnercruises.com).

### More information

For the most current information on the caverns, including hours of operation and admission prices, visit [lakeshastacaverns.com](http://lakeshastacaverns.com) or call 1-800-795-2283.

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# Golf enthusiasts can find a number of courses in the north state area



Golf is a great way to take in the outdoors and provides a nice option after the hiking, biking, climbing, paddling and fishing are done. There are more than a dozen courses within about an hour's drive of the Shasta Lake and Redding area.

Options ranging from a quick jaunt around a 9-hole executive layout to an exhilarating tour through lush pines and emerald

fairways with majestic snow-capped Mt. Shasta looming as a constant backdrop.

## Mount Shasta Resort

Snuggled up against Mt. Shasta, this 18-hole course requires accuracy, a thoughtful approach and shot-making skills. A truer test of golf is hard to find in the north state.

Noted hole: The par-5 fourth.

It's a journey through a lush forest of firs and pines, but you need to be careful the whole way, avoiding a dropoff on the right and an extra-thick stand of trees on the left. It's well worth the adventure, though.

1000 Siskiyou Lake Blvd. outside of Mount Shasta; (530) 926-3030. mountshastaresort.com

## Trinity Alps Golf Club

A great escape from the valley heat, this delightful 9-hole course is an easy drive from Redding and offers views of the Trinity Alps.

Noted hole: The par-4 third. Not overly long but fraught with peril.

130 Golf Course Drive, Weaverville; (530) 623-6209. trinityalpsgolfandrestaurant.com

## The Links at Rolling Hills

An 18-hole John Daly signature links course, located next to the Rolling Hills Casino, that puts a premium on accuracy. A fair, but challenging track features a handful of blind tee shots. Keep it in the fairway as the native grasses are known to swallow golf balls. Noted hole: Par-4 third. Big hitters can go for the green, but danger sits all around the putting surface.

2657 Everett Freeman Way in Corning; (530) 528-4600. rollinghillscasino.com

## Other north state courses

### Weed Golf Course

A 9-hole track located at 22730 Old Edgewood Road, Weed; (530) 938-9971. weedgolfcourse.com

### Lake Shastina Golf Resort

This Robert Trent Jones Jr.-designed course features 27 holes. Located at 5925 Country Club Drive off Highway 97 outside Weed; (530) 938-3205. lakeshastinagolf.com

### McCloud Golf Course

A 9-hole course in the old mill town to the west of Mount Shasta,

located at 1001 Squaw Valley Road; (530) 964-2535. mccloudgolfclub.com

## Fall River Golf & Country Club

This Intermountain-area course rolls through pine and juniper forests and past abundant lakes. Located at 42889 Highway 299E; (530) 336-5555. fallrivergolf.com

## Grape Ranch Golf Course

This 9-holer has seen a revival with the new owners and in better shape than it's been in ages. Located at 22499 Golftime Road in Palo Cedro; (530) 547-3012. graperanchgolfclub.com

## The Golf Club at Tierra Oaks

This 18-hole championship-caliber golf course accepts public play. Located at 19700 La Crescenta Drive; (530) 275-0795. tierraoaksgolfclub.com

## Gold Hills Golf Club

Gold Hills winds tightly through the neighborhood, making accuracy paramount. Fairly long and uphill all the way. Located at 1950 Gold Hills Drive, Redding; (530) 246-7867. goldhillsgolf.com

## Lake Redding Golf Course

A 9-hole course in the middle of Redding. Located at 1795 Benton Drive; call (530) 243-1930. lakereddinggolfcourse.com

## Allen's Golf Club

A family-friendly, tree-filled 9-hole course nestled into river bottom land in south Redding. Located at 2780 Sacramento Drive; (530) 241-5055. Allensgolfcourse.com


## Churn Creek Golf Course

A 9-holer that takes you through the Churn Creek Bottom area of Redding. Located at 7335 Churn Creek Road; (530) 222-6353.

## Anderson Tucker Oaks

A forgiving 9-hole course that's long enough to be challenging. Located at 6241 Churn Creek Road; (530) 365-3350.

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# More north state attractions and points of interest

There is so much to do and see in the north state—and particularly in the outdoors with lakes, rivers, mountains and forests all clamoring for attention—that it's a pretty tall order just coming up with a list.

Here are some other regional attractions or interesting stops to make if you have some time during your trip, grouped by county.

## Shasta County

The **Sundial Bridge** in Redding is definitely on the must-see list as evident by the hundreds of visitors daily who check out the brilliant white engineering marvel that spans the Sacramento River, connecting Turtle Bay Exploration Park with the 200-acre arboretum and the Sacramento River Trail system.

Designed by Spanish architect Santiago Calatrava, the 700-foot-long bridge is highlighted by its 217-foot mast that acts as a giant sundial. It opened in 2004.

**Turtle Bay Exploration Park** is a museum complex that interprets the relationship between humans and nature. It includes a 20-acre botanical garden, a natural history and science museum, a freshwater aquarium, a pair of art galleries and a forest camp.

The **Cascade Theatre** in downtown Redding is an art deco movie palace that opened in 1935. It underwent a massive \$5 million restoration and reopened in 2004. The 999-seat theater has become a popular venue for concerts, plays and community events.

**French Gulch** is another fun spot to get an idea what gold mining was like back in the day. Founded by French miners in 1849, French Gulch at one point featured four saloons, two hotels, a post office, two stores and an assayer's office.

**Subway Cave**, located 15 miles north of Lassen Park, offers another glimpse into the volcanic world. It's a self-guided tour of a lava tube that's about a third of a mile in length. Hard hats are not required, but sturdy shoes and a flashlight are. A coat may come in handy since the cave stays at a cool 46 degrees year-round.



PHOTO / Michael Burke

Designed by architect Santiago Calatrava, the Sundial Bridge in Redding opened in 2004.

## Trinity County

The **J.J. "Jake" Jackson Memorial Museum** in downtown Weaverville is packed with lessons on gold mining through the years. The museum grounds also include a history park where visitors can check out a ditchtender's cabin, blacksmith, tinshop and stamp mill.

## Siskiyou County

Although it pales in comparison to neighboring Mt. Shasta, **Black Butte** is still an impressive member of the volcano club. Rising up just east of Interstate 5, the collection of lava domes reaches an elevation of 6,325 feet. A 2.5-mile trail leads to the summit and rewards hikers with spectacular views of Mt. Shasta, Mt. Eddy and the Klamath Range.

The city of **Dunsmuir** is worth

some investigation. The little alpine village is steeped in railroad lore and filled with interesting shops and a botanical garden in the city park, which includes the ballpark where Babe Ruth played during a barnstorming tour in 1924. See a past story in After Five Magazine about that visit at northstate.news, After Five Archives, April 2021.

The **Living Memorial Sculpture Garden**, located on Highway 97, 13 miles north of Weed, is a moving, heartfelt array of striking metal sculptures that honor those who fought in Vietnam, Korea and World War II.

Do you like to visit the final resting

places of well known or historical figures? Among them in this part of the north state is the grave of **Charles August "Swede" Risberg**, shortstop of the Chicago White Sox, who was among those banned from baseball following the infamous 1919 World Series, an event that was made famous in the book and movie "Eight Men Out." Risberg, who moved to the Mount Shasta area in the early 1930s and owned a tavern, is buried at Mount Shasta Memorial Park toward the back of the cemetery. The



The Cascade Theatre in downtown Redding.



PHOTO / Everett Collection / Courtesy Everett Collection - stock.adobe.com

Anita Loos, author of 'Gentlemen Prefer Blondes' is buried in Etna.



NSVG PHOTO / Ron Harrington

'Swede' Risberg, shortstop for the Chicago White Sox during the infamous 1919 World Series, is buried at Mount Shasta Memorial Park.





**Ash Creek Wildlife Area**

NSVG PHOTO / Craig Harrington

memorial park is also the final resting place of actress **Brandis Kemp** ("Fridays," "AfterMASH").

And **Anita Loos**, author of "Gentlemen Prefer Blondes" and a well-known figure in early Hollywood, was born in Sisson (now Mount Shasta) and is buried in Etna Cemetery. See a story about her life in a past issue of After Five Magazine at northstate.news, After Five Archives, October 2020.

#### **Tehama County**

A visit to Red Bluff, the Tehama County seat, will let travelers enjoy a quintessential downtown. Browse the shops along Main Street and then go relax at the Cone & Kimball Plaza and admire the **75-foot-tall clock tower**.

Visit **Gaumer's Mineral and Mining Museum**, on Belle Mill Road, for a display of beautiful gems and rare mineral specimens.

The tiny community of Vina is home to the **Abbey of New Clairvaux**, a Trappist monastery and vineyard that is worth a visit.

The Tehama County city of Corning is known as the **Olive Capital of the World** and several farms offer tastings, gifts and occasional harvest celebrations.

#### **Lassen County**

The **Ash Creek Wildlife Area**, located in the heart of Big Valley, is one of the most remote, least improved and most pristine of all California Department of Fish and Wildlife's wildlife areas. The 14,754-acre preserve and freshwater wetlands is home to pronghorn antelope, sandhill cranes, bald eagles and more.

#### **Butte County**

Bidwell Mansion State Historic Park in Chico is a beautiful, three-story, 26-room Victorian House Museum that stands as a memorial to John and Annie Bidwell. John Bidwell was known throughout California and across the nation as an important pioneer, farmer, soldier, statesman, politician and philanthropist. Annie Ellicott Kennedy Bidwell, the daughter of a socially prominent, high ranking Washington official, was deeply



PHOTO / Michael Burke

**Abbey of New Clairvaux in Vina.**

religious, and committed to a number of moral and social causes. Annie was very active in the suffrage and prohibition movements.

The Bidwells were married April 16, 1868 in Washington, D.C. with then President Andrew Johnson and future President Ulysses S. Grant among the guests. Upon arrival in Chico, the Bidwells used the Mansion extensively for entertainment of friends. Some of their guests at Bidwell Mansion were President Rutherford B. Hayes, General William T. Sherman, Susan B. Anthony, Governor Stanford and John Muir.



PHOTO / State of California

**Bidwell Mansion State Historic Park in Chico is a three-story, 26-room Victorian House Museum that stands as a memorial to John and Annie Bidwell.**



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## Don't let the lake level fool you, Shasta Lake's a hot fishing prospect

It doesn't require a seasoned fishing guide to note that Shasta Lake's lake level is low, which means there's less water for fish to hide in. In fact, as the lake level lowers, a lot of the structures that attract trout and bass become exposed and serve as targets for fishermen.

Fishing on **Shasta Lake** is at its best during late spring and into the start of summer. Both trout and bass are near the water's surface by the middle of May.

So how has the fishing been in Shasta Lake for anglers during the early part of spring in 2022?

"Phenomenal," Andrew Ramos, a six-year employee at Phil's Propellers in the city of Shasta Lake, said in early May. "You can use almost anything to catch them."

For bass, try Senkos and similar plastic worms, top-water baits like the Zara Spook and tubes like the Gitzit and Strike King.

The cooler surface water should

last into late June, and during that time trout are busy feeding near the surface. For the rainbows, it's hard to go wrong with tossing out a nightcrawler or some Powerbait.

During the dog days of summer, the warm water slows down the bass bite so the best bet is to fish during the late evening, using jigs, spinnerbaits and top-water baits. Trout tend to go deep during the summer months and anglers will most likely need a downrigger to get their lures and blades down 40 feet or more.

For anglers on the shore, it's hard to go wrong with live bait like minnows, crawdads and nightcrawlers.

From a boat, work around the points and next to submerged trees and other structure, using super flukes (soft rubber fish-like "twitch" baits), brush hogs (which resemble little aquatic creatures) and senkos (weighted plastic worms).

Bass are just one of the sportfish species that make Shasta Lake a mecca for anglers. Here's a list of what could end up on the other end of the line: sturgeon, crappie, largemouth bass, smallmouth bass, spotted bass, catfish, king salmon, kokanee (landlocked coho salmon), rainbow trout and German brown

trout, to name a few.

**Whiskeytown Lake**, west of Redding, is also a good place to find bass, kokanee, salmon and catfish.

Good fishing doesn't end with the lakes. The **lower Sacramento River**, as it bends through Redding, has a well-earned reputation as a year-round trout fishery that's very popular with fly fishermen.

Elsewhere in the north state, the **Pit and McCloud rivers** are popular in **eastern Shasta County**, along with Hat Creek and the Fall River. The **Trinity River** is widely known for its steelhead runs while **Trinity and Lewiston lakes** provide opportunities for trout and bass.

So you're visiting and want to fish? Well if you're here July 2 or Sept. 3 you can do it for free on the two Free Fishing Days in 2022.

Otherwise short term fishing licenses for residents and nonresidents are \$17.54 for one-day, \$27 for two days, and for nonresidents only they can get a 10 day license for \$54. Phil's, Lakeshore Villa Grocery in Lakehead and other businesses in the area can sell licenses to you.

For more information, visit the California Department of Fish and Wildlife at: [wildlife.ca.gov/Fishing](http://wildlife.ca.gov/Fishing)



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# More things to do around the north state in the **GREAT OUTDOORS**



With its abundant natural resources, the north state is known far and wide as a great place to go fishing, camping, hiking, kayaking, paddleboarding and more. It's got a few other activities up its sleeve, though, and here's a list:

## DISC GOLF

There are a variety of courses open in the north state and even a pro shop, Redding Disc Golf (2610 Bechelli Lane, Suite B), to outfit players of all abilities.

Just a few of the disc golf courses in the north state, with descriptions from pdga.com, include:

**Enterprise Community Park**, 4300 Victor Ave., Redding. "Nice recreational course on rolling ground, through small oaks. Picnic, BBQ, basketball and child play areas. Dual tees."

**Anderson River Park**, 3752 Rupert Road, Anderson. "Plays through trees and some open areas. Some blind shots and technical holes. Good intermediate level course."

**Dog Island Disc Golf**, 1360 Main St., Red Bluff. "Very wooded with some decent bending fairways."

**Lee Fong Park Disc Golf Course**, 106 Bremer St., Weaverville. "Views of the Trinity Alps. Some oaks, firs, pines, and old fruit trees, but fairly

open. First 3 holes along a creek."

**Miner's Point Disc Golf Course**, Junction City Dump Road, Junction City. "Rugged course - especially the final six hilly holes. Bringing the map will help with navigation."

**Shastice Park**, 800 Rockfellow Dr., Mount Shasta. "A mix of tones and baskets...Most holes have clear fairways through tall oaks and manzanita. At 3800' - may be snow-covered in winter. No smoking."

**College of the Siskiyous in Weed (affectionately known as "University of Out of Bounds")**. From dgcoursereview.com: "Well balanced, wooded course. OB well marked and in play on 10 of 18 holes; some baskets are elevated or on "islands" surrounded by OB. Dual pin placements, often with very different lengths."

**Peregrine Point at Bidwell Park**, Hwy 32 and Humboldt Road, Chico. "Stunning views of the Sacramento Valley. Fairways traverse rolling, wooded terrain, forcing a variety of shots. See [www.chico-outsiders.org](http://www.chico-outsiders.org) for up-to-date info on this course."

For more information about these and many other disc golf courses in the north state as well as information on disc golf in general, visit [reddingdiscgolf.com](http://reddingdiscgolf.com), [pdga.com](http://pdga.com), [dgcoursereview.com](http://dgcoursereview.com) and [udisc.com](http://udisc.com).



PHOTO / Wendy Ewing

**Rock climber Farren Forcella shown here climbing at Castle Crag, the dramatic rock formation visible from Interstate 5 in the Castella and Dunsmuir area.**

## ROCK CLIMBING

Castle Crag, the dramatic rock formation visible from Interstate 5 in the Castella and Dunsmuir area, is a favorite destination for rock climbing enthusiasts.

"There's just so much out there and it's accessible by everyone," said Farren Forcella, an avid climber.

Lover's Leap, a formation near Etna in Scott Valley, is another hot spot. At Lassen Volcanic National Park, the cliffs below Eagle Peak draw a lot of attention.

More info: "Mt. Shasta Area Rock Climbing - A Climber's Guide to Siskiyou County" by Grover Shipman or [shastaguides.com/rock-climbing](http://shastaguides.com/rock-climbing)

## BMX BIKE RACING

Don't let the bike's diminutive size fool you: BMX (bicycle motocross) is big deal in the north state. In the city of Shasta Lake, races



are held on a regular basis at the Nor Cal Boomtown BMX track in Margaret Polf Park on Shasta Dam Boulevard (aka Hwy 151) at Sacramento Street.

Races also are held at the Red Rock BMX track at 650 Antelope Blvd. in Red Bluff. For more information: [www.usabmx.com/tracks/0987](http://www.usabmx.com/tracks/0987)



PHOTO / Michael Burke

## OFF-ROAD MOTORING

The Chappie-Shasta OHV Area offers more than 250 miles of roads that are open to motorcyclists, all-terrain vehicle drivers and quad runners. Visitors to the rolling, brushy hills near Shasta Lake will find off-highway vehicle riding challenges for all abilities.

Named after former Congressman Eugene Chappie, the OHV Area is open year-round. It is located on the west side of Shasta Dam. A campground is available.

More info: [reddingdirriders.com](http://reddingdirriders.com)

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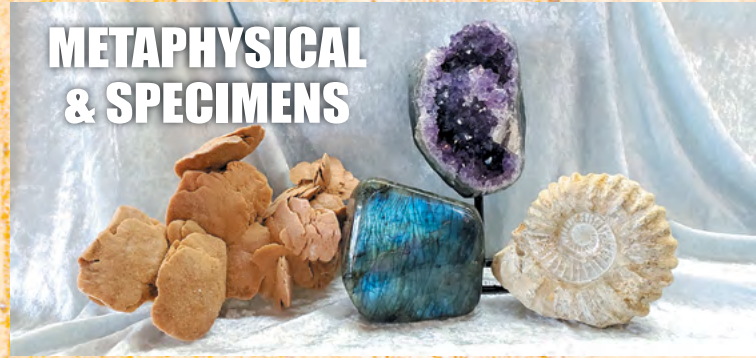
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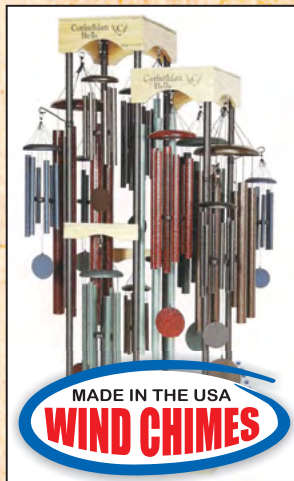
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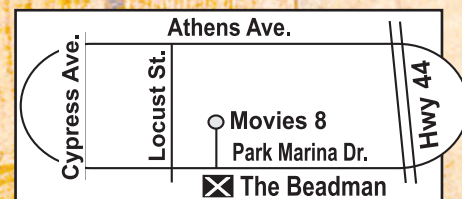
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