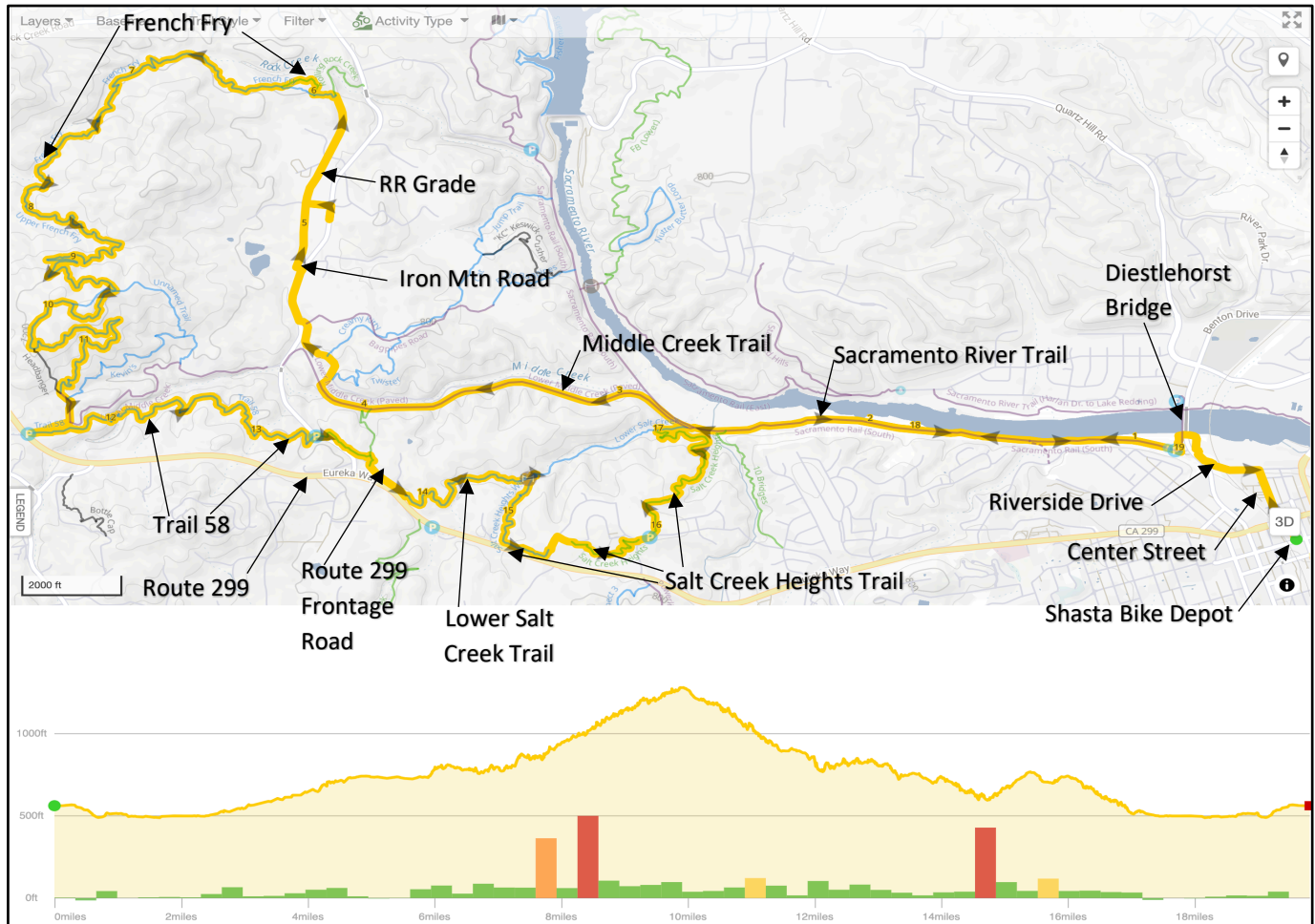




Bigfoot Mountain Bike Challenge

Downtown to Old Shasta Route Information



Distance and Elevation: 18.2 miles and 1,280 feet of climbing

Trailhead Location: Intersection of Center Street and Division Street – Downtown Redding

Route Directions:

1. Center Street to Diestlehorst – take the bike/ped path along Center Street to Riverside Drive to the Diestlehorst
2. Sacramento River Trail – take the River Trail (south side) to the Middle Creek Trail to Iron Mountain Road
3. Iron Mountain to French Fry – right on Iron Mountain, left at Starvation Flat, near immediate right to railroad grade and the north to French Fry Trail
4. French Fry to Trail 58 – French Fry to Old Shasta and then Middle Creek Trail to Trail 58
5. Trail 58 to Lower Salt Creek – down Trail 58, cross Iron Mountain Road to the connector that takes you to the 299 Frontage Road, and then west to the Lower Salt Creek Trail.
6. Lower Salt Creek through Salt Creek Heights Trails to Sacramento River Trail – down Lower Salt Creek, over the cool bridge, right up the hill on the Salt Creek Heights Trail, through the Salt Creek Heights Trail (last one the locals call 3 Bridges) and back to the Lower Salt Creek Heights Trail and onto the Sacramento River Trail.
7. Sacramento River Trail back to your start – you have been here before reverse your ride back to your start.

Summary: This Bigfoot Adventure Challenge route is largely the reverse of a classic Bigfoot Adventure Challenge route through the BLM French Fry and City of Redding Salt Creek managed area trail networks. The rider can expect a route that easily connects to downtown Redding and takes the rider on a series of mostly blue level old school style, rocky rugged climbs and descents in the French Fry and Trail 58 areas with a fast, flowy Salt Creek Heights and Sacramento River Trail finish.

Questions: Call Brian at 530-638-5098 or Nate at 530-515-0908

