

# DRAFT 'ACCESSIBLE' TRAILS LIST

**Disclaimer: THERE IS NO ASSURANCE THAT ANY RESOURCE OR ACTIVITY I'VE FOUND OR DESCRIBE WILL BE AS 'ACCESSIBLE' AS YOU MIGHT NEED. Or information may be out of date. Use the information at your own risk.**

This is a list of possibilities, **not certainties** for me to 'hike' with my Walk'n'Chair or a wheelchair. Some of these locations I've been to, but not others. I keep adding to the list as I find new information. And that's all it is – a list of possible trails that I might be able to get down and back again using a wheelchair or mobility device. **Hike at your own risk.**

## SHASTA COUNTY

### REDDING AREA TRAILS

You may want to start your outdoor adventures with the McConnel Arboretum at Turtle Bay, While there are fees, you could pre-plan to arrive on a low-fee day. It could inspire you to try other places in the Redding Trails system. Plus the Sun Dial Bridge is a famous local landmark with great views of the Sacramento River. If you have kids or just enjoy exhibits, Turtle Bay has lots of interesting stuff. <http://expeditionsbytricia.blogspot.com/2011/12/another-mcconnell-expedition.html>

#### HealthyShasta.org Maps list:

<http://healthyshasta.org/maps.htm>

The Redding area has miles of hiking and biking trails but most of these trails are not wheelchair suitable due to steepness, surface, width or length. **The Redding Walks Guide** is pretty comprehensive, but somewhat lacking in specific detail for wheelchair or rollator users. Basically, a paved trail 'should' be usable by a wheelchair user but there's no guarantees, and I haven't found anyone willing to revise the maps to include accessibility information.

American Trails members have graciously made some recommendations for wheelchair suitable trails within the Redding Trail System which should accommodate most wheelers and slow-walkers. Here's a list of short segments of the system for beginning hikers using mobility devices:

1. Sacramento River Trail at Sundial Bridge.
2. Sacramento River Trail Through Caldwell and Lake Redding Parks
3. South Sacramento River Trail Head, off North Court Street.
4. Sacramento River Trail (north section) Behind the Elks and Lake Redding Estates
5. Turtle Bay East Open Space; at the north end of North Bechelli Lane
6. Clover Creek Preserve. Off Shasta View Drive south of Highway 44
7. Lema Ranch Trail System off Shasta View Drive
8. Sacramento River Rail Trail off Iron Mt. Road
9. Palisades Trail at the end of Palisades Avenue off Hilltop Drive
10. John Reginato River Access: <http://healthyshasta.org/maps/ReginatoRiverAccess.pdf> at South Bonnyview bridge over the river. Take South Bonnyview Road. Accessible parking, restrooms and platform over the river. Built to current accessible standards.

Here's the thing about the truly fabulous Redding Trails System: You need to use good judgement when planning an outing if you are a slow walker or a wheeler. While most of the trails along the Sacramento River have great 'accessible' surfaces and are plenty wide enough, some segments would be overly long for manual wheelchair users when there is no way to exit that particular area. You really need to study the trail maps, the distances involved and the entrance/exit points.

In summer, the heat in Redding can be brutal and being stuck on the trail because there is no nearby exit point could be a huge problem. Remember, that Water flows downhill, so hiking towards Lake Shasta is likely to be going uphill and hiking downriver from Lake Shasta is more likely to be slightly downhill. (I'm guessing as I haven't done any walking along the river trails.)

The issue of Personal Safety has to be addressed on the Sacramento River Trail. This is a beautiful trail system and you ought to take the opportunity to walk or roll along the river. But, changes in California's judicial system (which has caused a lot of convicted criminals to be released early) has produced an increase in crime throughout rural California. That includes an increase in crimes of all types in Redding and along the River Trail. Do not hike alone while using a mobility device. Do not hike after dark. Use common sense.

### **WHISKETOWN NATIONAL RECREATION AREA**

**Whiskeytown National Recreation Area** has many accessible features: trails, beaches, boating, camping.

Whiskeytown Lake is about 10 miles west of Redding. It's a lovely lake where annual sailing (yes sailing) regattas are held. It's popular with all sorts of water sports enthusiasts. It also has 3 ADA accessible trails. While they aren't long hikes, they are DEFINITELY worth the trip, particularly for photographers!

Crystal Creek Falls walkway is gorgeous in spring. The Peak Trail has a grand view. Part of the Brandy Falls trail is ADA. Current wheelchair accessible features of the WNRA are posted on the web site. Look under 'Plan Your Visit'. <https://www.nps.gov/whis/index.htm>

### **Lassen National Park (Eastern Shasta County and Lassen County)**

Lassen National Park is one of the most beautiful (and under-visited) Parks in the USA. Just driving through it is a nature photographer's dream! Be sure to allow LOTS of time to drive through as you'll want to stop often to enjoy the landscape views. Speed limits in the Park are around 25mph.

In terms of hiking, the Park has several short trails that are considered wheelchair accessible as well as accessible camping, cabins, picnic areas, and other wonderful features.

Note that while the Park is absolutely gorgeous to drive through, it is often closed due to snow until mid-July so plan accordingly. Complete descriptions of accessible features are at:

<https://www.nps.gov/lavo/planyourvisit/accessibility.htm>

### **MacArthur-Burney Falls State Park (Eastern Shasta County)**

Overall, this fabulous state park is one of the most wheelchair friendly recreation locations in northern California as well as beautiful to photograph – the falls, the river, the lake, the woods. We like to go there several times a year as it looks different in each season.

There are wheelchair accessible trails, rental cabins, camping, fishing and it's an absolutely fabulous place for photography. This is not a 5 minute stop.

<http://access.parks.ca.gov/parkininfo.asp?park=26&type=0>

### **Castle Crags State Park (Northern Shasta County)**

Castle Crags has listed two wheelchair accessible trails and some absolutely wonderful dramatic scenery.

<http://access.parks.ca.gov/parkininfo.asp?park=25&type=>

Root Creek Trail: <https://www.hikespeak.com/trails/root-creek-trail-castle-crags/>

Vista Point Trail: <https://www.hikespeak.com/trails/vista-point-castle-crags/>

There are several other trails in the majestic park but they become too narrow, too steep with too much side-slope for me to venture there. Remember that non-ADA trails can easily become risky in the mountains. You don't want your adventure to turn onto a rescue operation. You can have your partners pre-scout the trail for you. My spouse does that for me – we carry walkie talkies and he goes ahead and reports problems. Sometimes I can then go forwards and other times I stop where I am and turn back. Safety first!

## **SISKIYOU COUNTY**

Mount Shasta (14,180' elevation) is the dominant and most photographed feature in Siskiyou County and you'll definitely want to stop at Mount Shasta City (3,586' elevation). Fortunately, there are both ADA trails and some wheelchair suitable/disability friendly trails in and around Mount Shasta City presenting wonderful photographic opportunities of Mount Shasta.

You can download a visitor guide to Mount Shasta and vicinity. [ [https://visitmtshasta.com/wp-content/uploads/2016/09/MSVisitorsGuide\\_2016.pdf](https://visitmtshasta.com/wp-content/uploads/2016/09/MSVisitorsGuide_2016.pdf) ] Several of the featured areas are wheelchair accessible. The Lake Siskiyou Trail, Sisson Museum, Sisson Meadow Trail, Dunsmuir Botanical Gardens all have some accessible paths. Keep in mind these may be wheelchair suitable and disability friendly but not ADA.

My thanks to Bubba Suess of <https://hikemtshasta.com/> for providing some insight on the Mount Shasta area trails. He responded to my inquiries about wheelchair suitable trails with these recommendation: the Sisson Meadow Trail in Mount Shasta City, the Elsa Rupp Preserve Trail and the nearby and longer Lake Siskiyou Trail are walker and wheelchair friendly.

[<https://hikemtshasta.com/mount-shasta-city-area-trails/mount-shasta-city-short-trails/> ]

The **Sisson Meadow Trail** is a ¼ mile paved multi-use trail in a beautiful meadow with great view of Mount Shasta. Benches spaced along the trail allow visitors to really enjoy the views. This trail is for everyone. Location: In Mount Shasta City, on Alder St. two block east of Mount Shasta Boulevard and just north of Lake St. Special note: do NOT confuse the Sisson Meadow Trail (which is short and ADA) with the Sisson-Callahan Trail (which is definitely NOT wheelchair suitable and very rugged)

[ <https://hikemtshasta.com/tag/sisson-meadow/> ]

**Elsa Rupp Preserve** may be wheelchair suitable in some portions.

If you are into photographing sunsets in spectacular settings, Bubba Suess recommends 3 drive-to locations with no hiking required. <https://hikemtshasta.com/2016/05/30/three-spectacular-drive-to-sunset-vistas/>

### **Lake Siskiyou Trail**

<https://hikemtshasta.com/mount-shasta-city-area-trails/lake-siskiyou-trail/>

Lake Siskiyou, (a 430 acre reservoir created by Box Canyon Dam on the Sacramento River) is southeast of Mount Shasta and has a fairly level 7 mile loop trail with views of the lake, Mount Shasta, and surrounding mountains. The trail alternates between shaded forest and open views. The trail is a mix of dirt hard pack, pine needles, and gravel with some short paved sections. Mobility devices with wide mountain-bike type tires and all-terrain rolling walkers should be fine. The trail is used by hikers, dog walkers, runners, and horses, so be alert. Some pre-planning may be required to pick your best route.

Do try for the Wagon Creek Bridge for photo opportunities. The two pontoon bridges at the north end of the lake are in place from mid-May to mid-November. I don't know if these are wheelchair accessible. At other times of the year, the distance one way on the north shore to the delta is 2.2 miles and the distance following the southwest shoreline is 4.4 miles to the delta.

The most informational map is here, which shows trail grades as well as parking. Using this map you should be able to pre-plan your adventure. If all else fails, you can simply drive the north side, hike a little, backtrack and do the south side on another day. [http://mountshastatrailassociation.org/wp-content/uploads/2015/02/LakeSiskiyouTrail\\_06-01-11.pdf](http://mountshastatrailassociation.org/wp-content/uploads/2015/02/LakeSiskiyouTrail_06-01-11.pdf)

One of the best descriptions of the Lake Siskiyou trail options is the at Hikemtshasta.com [<https://hikemtshasta.com/mount-shasta-city-area-trails/lake-siskiyou-trail/> ] and another article by the same author [ <https://hikemtshasta.com/2014/02/28/off-season-trails-two-hikes-on-the-lake-siskiyou-trail/> ] and <https://www.hikespeak.com/trails/lake-siskiyou-trail-south-shore-loop/>

Lake Siskiyou Camp Resort is a large private campground on one side of the lake with all sorts of lake activities. They list ADA accessible with paved walkways within their area. The resort has a day use pass for \$1 per person over age 5 in 2017, but you can certainly park elsewhere to hike portions of the trail. [http://expeditionsbytricia.blogspot.com/2011/12/lake-siskiyou-recreation-trail\\_02.html](http://expeditionsbytricia.blogspot.com/2011/12/lake-siskiyou-recreation-trail_02.html)

To get to the trailhead: Take Interstate 5 to the Central Mount Shasta Exit (738). At the end of the offramp turn west, away from the city, on Lake Street, which becomes Hatchery Lane. Turn left at an intersection with Old Stage Road. Drive a quarter mile south and turn right at the split onto Barr Road. Drive 2.3 miles and, after crossing the Box Canyon Dam and just past an intersection with Castle Lake Road, turn right into a parking area for Lake Siskiyou Trail.

Trailhead address: W A Barr Road, Mount Shasta, CA 96067

Trailhead coordinates: 41.2777, -122.3329 (41° 16' 39.72"N 122° 19' 58.43"W)

From the Central Mt. Shasta exit on I-5, go 0.2 miles west to the intersection of Hatchery Road and Old Stage Road. Turn left and go 0.3 mile to a fork in the road. Stay to the right on W.A. Barr Road. For the north shore segment go 0.7 miles and turn right on North Shore Road. Go 1.0 miles and either park along the road or go farther along the road to designated parking areas. For the south shore segment go

1.4 miles on W.A. Barr Road and either park next to the tennis courts or go 0.6 miles further and park in the designated area on the right across from the road to Castle Lake.

<http://mountshastatrailassociation.org/trails/west-of-mt-shasta/lake-siskiyou/>

### **McCloud Area:**

McCloud has the New **Great Shasta Rail Trail**: <http://www.greatshastarailtrail.org/> which is a work in progress. The surface is hard packed red cinder. Wheelers should do fine if they use wide all terrain tires. Narrow tires (like narrow bikes) do not do as well. I was fine with my WalknChair, but had I needed to change to wheelchair mode it would have required substantial effort to negotiate the cinder. Still, most everyone can do a short section.

**McCloud Falls, Shasta Trinity National Forest:** has three Wheelchair accessible overlooks covering the Upper, Middle and Lower Falls. Lower Falls has a very nice ADA picnic area. The viewing area of the Lower Falls is very popular with photographers and painters. There is a paved trail to Shasta-Trinity National Forest's Fowler Campground (which has accessible sites).

<https://www.fs.usda.gov/activity/stnf/recreation/natureviewing/?recid=6418&actid=64>

### **Yreka Area:**

**Greenhorn Park Trail:** <http://ci.yreka.ca.us/parks-and-facilities/parks>

Yreka's Greenhorn Park is a hidden Gem just outside the city. The trail around Greenhorn Reservoir is wheelchair accessible, and some of the other trails may have wheelchair suitable portions. Spring and fall would be optimal. It's lovely anytime, but Spring and Fall during annual bird migrations may add extra photo opportunities.

**Klamath National Forest** has several wheelchair accessible trails (and some accessible camping sites) at Kangaroo Lake and Juanita Lake. On the Klamath River the Tree of Heaven Campground also has a nice packed surface trail with lots of birds. All three locations are lovely.

<https://www.fs.usda.gov/klamath>

Note: Klamath National Forest doesn't post a list of 'accessible' locations. When called, the office can mail or email a list of their 'accessible features' but it will likely be considerably out of date.

## **TRINITY COUNTY**

**Weaverville Basin Trail System** is in development, but so far no identifiable wheelchair accessible trails that I've found in 2018.

<http://www.tcrd.net/index.php/2014-02-05-08-30-03/weaverville-basin-trail-system>

**Shasta Trinity National Forest** has a list of their accessible campgrounds which may include some trails around Lewiston/Trinity lakes. Updated 11-1-2017. Note this is generally posted on the main Recreation Information page for the forest. [https://www.fs.usda.gov/Internet/FSE\\_DOCUMENTS/fseprd563203.pdf](https://www.fs.usda.gov/Internet/FSE_DOCUMENTS/fseprd563203.pdf)

## **LASSEN COUNTY**

**Lassen National Forest:** <https://www.fs.usda.gov/main/lassen/home>

Here's the Accessible Recreation list from Lassen national Forest. Alas, it's definitely out of date:  
<https://www.fs.usda.gov/detailfull/lassen/home/?cid=stelprdb5106692&width=full>

Here's a quote from the 2017 Forest Visitor Guide:

[https://www.fs.usda.gov/Internet/FSE\\_DOCUMENTS/stelprd3835308.pdf](https://www.fs.usda.gov/Internet/FSE_DOCUMENTS/stelprd3835308.pdf)

"Accessible Fishing and Camping Lassen National Forest offers a number of recreational facilities designed with accessibility in mind for persons with disabilities. Accessible fishing piers are located at Gallatin Beach and Gallatin Marina, as well as the Aspen Grove, Merrill, Eagle, Christie, and West Eagle (group) campgrounds. The breakwater at Eagle Lake's Gallatin Marina is also fully accessible. Accessible campsites are available at the Christie, Eagle, and Merrill campgrounds. The **Eagle Lake Recreation Trail** is a 10-foot wide, 4.7-mile long trail winding through the pines, revealing scenic views of Eagle Lake. The **Almanor Recreation Trail** is an accessible trail that winds along the western edge of Lake Almanor, giving the visitor glimpses of the lake, wildlife, and the wooded landscape."

Almanor Recreation Trail: <https://www.fs.usda.gov/recarea/lassen/recarea/?recid=11327>

Since conditions change annually, it's best to contact the USFS office and inquire about current conditions. For example, the Lake Almanor Trail was closed during most of 2017 due to heavy damage to trees.

**BLM Biz Johnson Trail:** <https://www.blm.gov/visit/bizz-johnson>

Following the old Fernley and Lassen Branch Line of the Southern Pacific railroad, the trail winds 25.4 miles from Susanville, California to Mason Station. This is a 'rails to trails' project, and at least some portions of the trail are 'accessible' though the BLM web site does not mention this point or describe the accessible stretches. The single track portions would not likely be wheelchair accessible. This is one of those trails where you really do need more information.

<https://www.sierranevadageotourism.org/content/bizz-johnson-national-recreation-trail/sie0D35502862309644E>

## PLUMAS COUNTY

**Plumas Eureka State Park:** [https://www.parks.ca.gov/?page\\_id=507](https://www.parks.ca.gov/?page_id=507)

More of a destination than a hike, there's still plenty to see and do here. The museum and grounds are accessible, and worth a stop.

**Plumas National Forest:** <https://www.fs.usda.gov/main/plumas/home>

**Plumas BackCountry Discovery Trail** (scenic back roads where a 4-wheel drive vehicle is advised).

[https://www.fs.usda.gov/Internet/FSE\\_DOCUMENTS/stelprdb5428383.pdf](https://www.fs.usda.gov/Internet/FSE_DOCUMENTS/stelprdb5428383.pdf)

**Frazier Falls Trail: [Plumas National Forest]** A short, nearly flat and wheelchair-accessible half-mile trail leading to an excellent view of the Frazier Falls near Clio on the Lakes Basin Road off of State Route 89. "The one mile paved trail is suitable for young and old alike. At 6,250 feet with minimal altitude gain, it is considered an "easy" skill level that should take about a half to one hour to walk or roll. Dogs are allowed on leash. It is best from late May through October. This easy stroll or roll quickly leads to a 176-

foot waterfall located in the Lakes Basin Recreation Area in the Plumas National Forest, 20 miles southeast of Quincy.”

**Lake Almanor Recreation Trail [Lassen National Forest]:**

<https://www.fs.usda.gov/recarea/lassen/recarea/?recid=11327>

In Northern Plumas County, the paved trail follows 9.5 miles of the southwest shore of Lake Almanor, winding through a forest of fir, pine and cedar. From Chester go 2 miles southwest on State Route 36 and turn south on State Route 89; you'll find access points to the trail along the highway. You can park at the Almanor boat ramp parking lot (near the Almanor North campground). There are four other parking areas between the community of Prattville and State Route 89.

Plumas County also has a number of possibly accessible trails – no guarantees, though. Check at the ranger stations for current conditions and better descriptions. The trail guides posted don't seem to actually include trail descriptions without a lot more digging into USFS data.

<https://www.fs.usda.gov/detail/plumas/maps-pubs/?cid=fseprd538328>

more research needed for those below in Plumas National Forest\*

**Beckwourth Ranger District:**

**Frazier Falls Trail (1)** - Easy 1 mile paved accessible trail to an overlook across from the falls. Springtime is the best time to view the falls. Trail use is restricted to foot and accessible traffic only. This trail is maintained by Lion's Club Volunteers. Note: it has been said elsewhere that wheelchairs may need some assistance on this trail. Also, I don't know if the distance is 1 mile total or 1 mile each way.

[https://www.fs.usda.gov/Internet/FSE\\_DOCUMENTS/fseprd570997.pdf](https://www.fs.usda.gov/Internet/FSE_DOCUMENTS/fseprd570997.pdf)

From Highway 89 take the Gold Lake Highway one mile south of Graeagle and drive 1.2 miles to Frazier Falls Road. Travel 3 miles along this narrow paved road to the trailhead.

From Highway 49 take the Gold Lake highway at Bassetts Station. Take the unpaved Frazier Falls turnoff opposite from the entrance to Gold Lake.

**Mt. Hough Ranger District:**

**Antelope Lake Nature Trail:** trailhead is located near Lone Rock Campground. This trail provides an opportunity to learn about the wildlife in the area. Length of Trail - 1/4 mile Difficulty - Easy. There is no information on trail surface, or width.

**Feather River Ranger District:**

Little Grass Valley Recreation Area:

<https://www.fs.usda.gov/recarea/plumas/recreation/natureviewing/recarea/?recid=71118&actid=62>

“Little Grass Valley Recreation Area offers opportunities for many more recreation experiences for visitors. Three boat launch ramps provide access to the water for fishing, water-skiing, sailing, or simply touring on boats. There is a wheel chair accessible fishing ramp by at the dam. Two swim beaches provide excellent swimming and picnicking opportunities. The Lakeshore Trail (13 miles) winds around the entire lake, open for horseback riding, mountain bike riding and hiking. Visitors may also enjoy watching wildlife, campfire programs, or exploring nearby historic gold mining towns.” However, there is no information on the accessibility of the trail around the reservoir.

### **Mt. Hough Ranger District:**

**Butterfly Valley Botanical Area:** While not really a hiking area, it's worth a visit May through June for viewing and photographing rare plants.

[https://www.fs.fed.us/wildflowers/regions/Pacific\\_Southwest/ButterflyValley/index.shtml](https://www.fs.fed.us/wildflowers/regions/Pacific_Southwest/ButterflyValley/index.shtml)

500-acre area managed by the Plumas National Forest to protect special botanical resources. Nature Study of four species of insectivorous plants including *Darlingtonia californica*, the California pitcher plant. Although *Darlingtonia* can be seen year round, the peak blooming season is May through July.

Trails: [https://www.fs.usda.gov/Internet/FSE\\_DOCUMENTS/fsm9\\_034860.pdf](https://www.fs.usda.gov/Internet/FSE_DOCUMENTS/fsm9_034860.pdf)

**Accessible Fishing Trail:** This trail is located in the Long Point Campground at Antelope Lake. This trail is wheelchair accessible. A cement path leads to a picnic area and a fishing dock. There is an accessible restroom and drinking fountain along the trail.

### **Modoc County:**

I haven't yet identified any wheelchair accessible trails in Modoc County. There are however some excellent wildlife refuges, and a drivable rails to trails project – the **Modoc Line Rail Trail:**

<https://lassenlandandtrailstrust.org/modoc-line-rail-trail>

### **NORTH COAST (Del Norte, Humboldt, Mendocino)**

The north coast region of California has an abundance of wheelchair suitable trails. Del Norte, Humboldt, Mendocino Counties are rich in scenic wealth and visitor services. As I do not live on the coast, I check the following sites for trail locations and information.

I definitely have the Jedediah Smith State Park and Prairie Creek State Park on my must-see lists!

Redwood Hiking Trails in Northern California:

<http://www.wheelchairtraveling.com/visit-the-california-redwood-trees-with-a-wheelchair-scooter-seniors-accessibility-accessible-hiking-trails/>

Trail Link: <https://www.traillink.com/stateactivity/ca-wheelchair-accessible-trails/>

Wheelchair Riders Guide to the California Coast: <http://wheelingcalscoast.org/>