

SHASTA COLLEGE TEHAMA CAMPUS



WALKING/BIKING ROUTES

DISTANCE

- Route One: 1.2 Miles/1.9 km
- Route Two: 0.7 Miles/1.1 km
- Route Three: 0.4 Miles/0.64 km
- Route Four: 0.4 Miles/0.64 km

PARKING

- Route One-Four: Large parking lot between Diamond Avenue and Riverside Drive in front of Shasta College Tehama campus.

TERRAIN

- Route One-Four: Uneven terrain comprised of mixed surfaces; dirt, grass, and gravel. Terrain can change with weather conditions. (Moderate)

NAVIGATING THE ROUTES

- Route One-Four: Trail-head is not marked. Begin at the roundabout located right off the parking lot and follow the outer perimeter of the school towards the trails. Take the entire route around or venture off into the other trails. (Routes 2-4)

ABOUT THE ROUTES

- Route One-Four: The Shasta College Tehama Campus; established in 2009 is located adjacently to the Sacramento River which allows access to breathtaking views, a five-acre pond, and oak woodlands. These paths give you the perfect opportunity to participate in fishing along the river bank, picnicking, and bird-watching with friends and family. The campus has access to public drinking fountains and signage for places of interest within the campus and along the trails. The area is dog friendly, but be sure to look for rattle snake warnings. In some areas there may not be a clear definition of the trails so tread carefully and be aware of your surroundings.

DOWNTOWN HISTORIC HOMES



WALKING/BIKING ROUTES

DISTANCE

- Route One: 2.3 Miles/3.7 km
- Route Two: 0.8 Miles/1.28 km

PARKING

- Route One: Large parking lot off Sale Lane, next to **Sacramento River Discovery Visitor Center**.
- Route Two: Take Sale Lane to Sacramento River Discovery Visitor Center, follow Red Bluff Recreation Area road down to parking lot overlooking the Sacramento riverbank.

TERRAIN

- Route One and Two: Concrete and gravel paths with some uneven areas along trail. (Moderate)

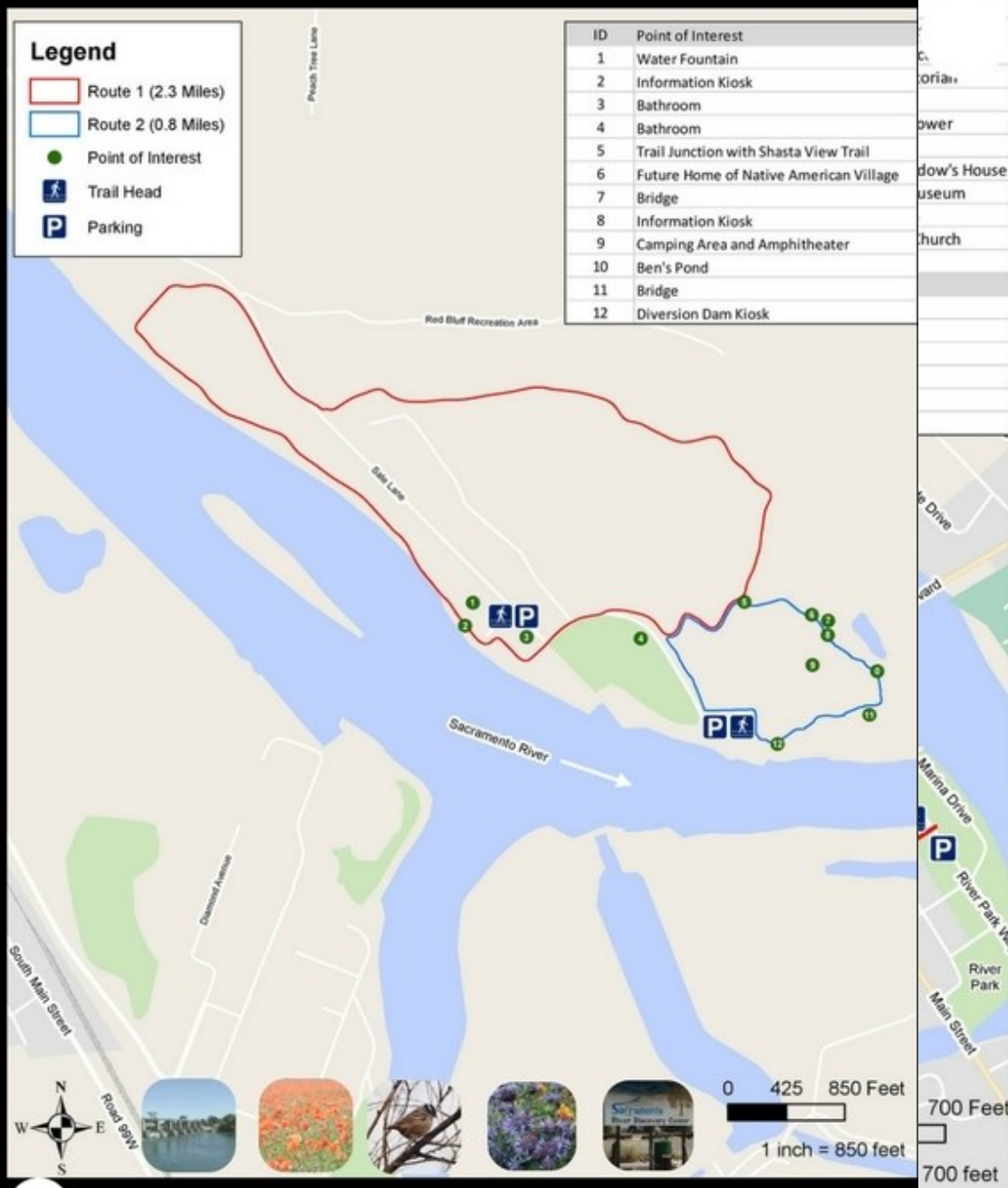
NAVIGATING THE ROUTES

- Route One: Begin at Information Kiosk (ID 2) located near the Sacramento River Discovery Center, follow the grounds signage.
- Route Two: Begin at the parking lot and head towards the paved trail along Red Bluff Recreation Area road. Follow Trail all the way around and end at the Diversion Dam Kiosk. (ID 12)

ABOUT THE ROUTES

- Route One and Two: The Sacramento River Discovery Center, established in 1996 exhibits some of the most beautiful trails you will encounter in Tehama County. Here you will find a variety of activities you may participate in on your own and many others hosted by the Visitor Center. The Red Bluff Recreation Area offers camping, fishing, picnicking, bird watching, and wildlife observation. Along the trails you will have access to free parking, signage indicating places of interest, public restrooms, and public drinking fountains. If you plan to bring your bicycles remember that they are only permitted in certain areas. Travel carefully and enjoy the scenery!

SACRAMENTO RIVER DISCOVERY PARK



WALKING/BIKING ROUTES

DISTANCE

- Route One: 1.3 Miles/2.09 km
- Route Two: 2.3 Miles/3.70 km
- Route Three: 0.2 Miles/0.32 km

PARKING

- **Route One:** Large parking lot located at Tehama County Department of Education off Lincoln Street.
- **Route Two:** Parking along side of River Park Way near park playground.

TERRAIN

- Route One-Three: Concrete paths mostly smooth and level. (Easy)

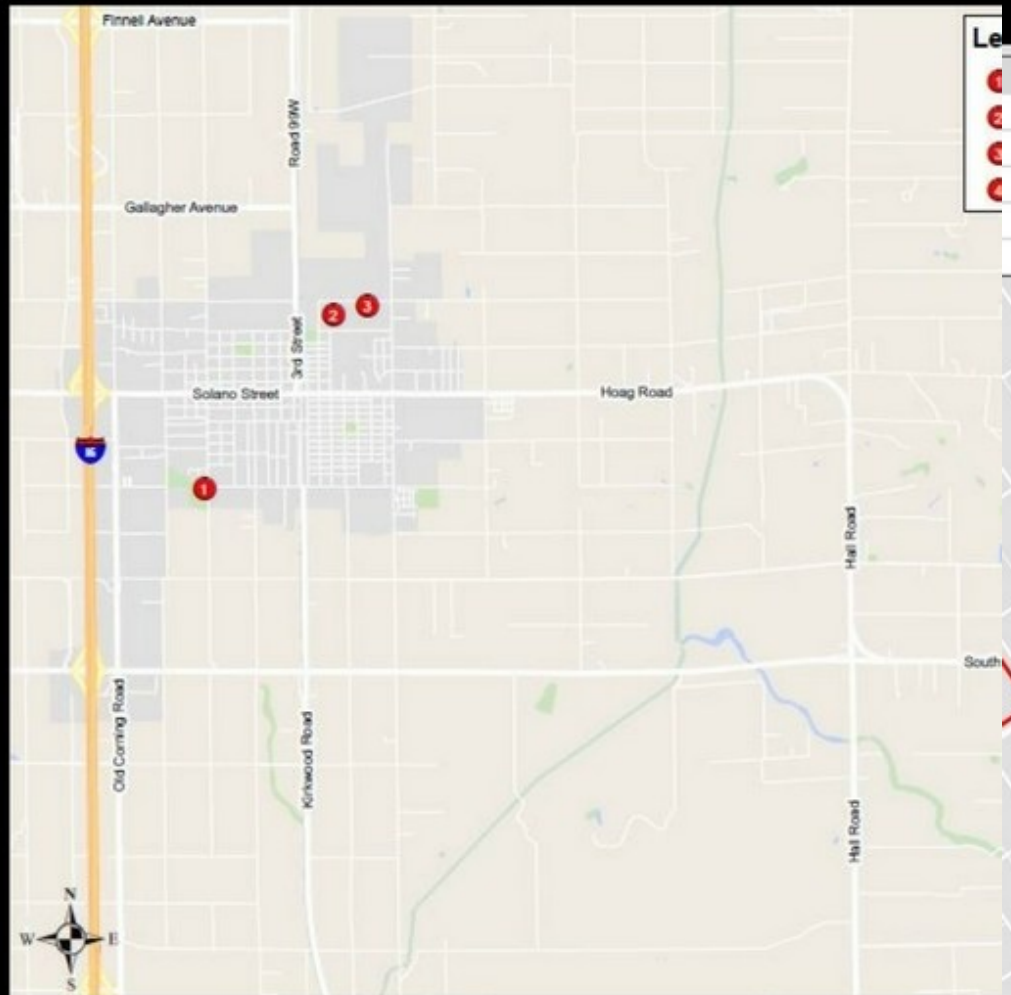
NAVIGATING THE ROUTES

- Route One and Three: First trail-head is not marked. Begin at the parking lot along River Park Way, walk down Ash Street and follow the map heading to the left or right of Main Street.
- Route Two: Second trail-head is not marked. Begin at Tehama County Department of Education.

ABOUT THE ROUTES

- Route One-Three: As you begin your journey through the downtown area of Red Bluff you will be given the opportunity to experience some of the history our beautiful town has to offer. Some of the sites you will encounter date back to the late 1800's and continue to be visited by individuals like you. These residential trails are a great opportunity to enjoy a leisurely walk of downtown Red Bluff. You will have access to Historical Parks, The Kelly Grigg's House Museum, and other locations like the Sacred Heart Church.

CORNING ROUTES OVERVIEW



WALKING/BIKING ROUTES

DISTANCE

- Route One: 2.7 Miles/4.3 km
- Route Two: 0.25 Miles/0.40 km

PARKING

- Route One: Large parking lot in front of campus off Douglass Street.
- Route Two: Large parking lot located at Tehama County Department of Education off Lincoln Street.

TERRAIN

- Route One: Dirt, paved road, mostly smooth concrete sidewalks throughout trail including some incomplete areas. (Moderate)
- Route Two: All-weather track under construction. Call school for more information (530) 529-8710 (Easy)

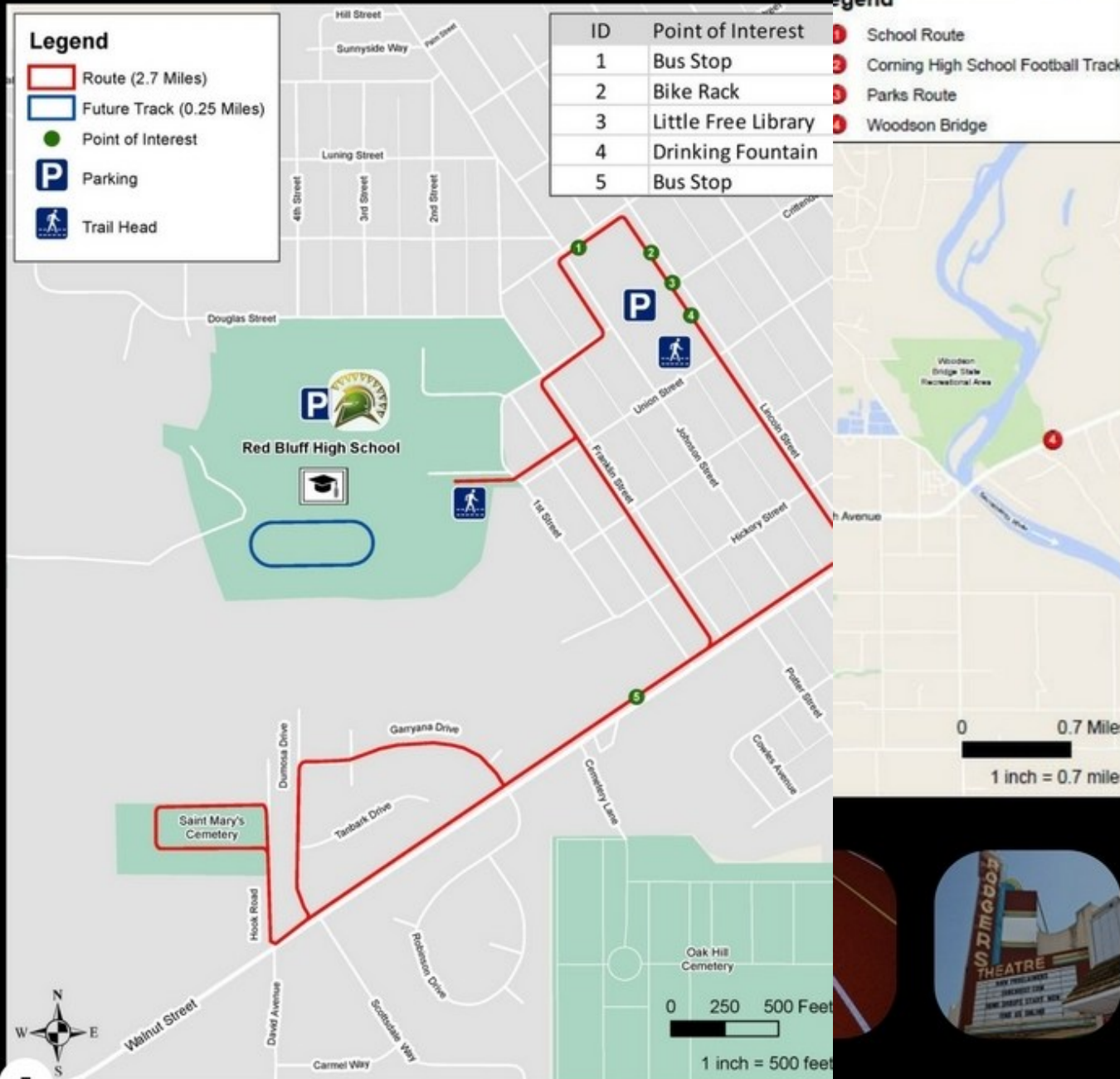
NAVIGATING THE ROUTES

- Route One: First trail-head is not marked. Begin at Red Bluff High School near 1st Street. Second trail-head is not marked. Begin at Tehama County Department of Education.
- Route Two: Begin at Red Bluff High School track onsite.

ABOUT THE ROUTES

- Route One: Along this dog friendly, residential route there are **no** public restrooms you will have access to free parking and public drinking fountains. You will experience a relatively flat terrain with plenty of shade depending on your destination and the season. As you travel through the trail you will encounter a local place of interest, the Saint Mary's Cemetery; established by the Sacred Heart Catholic Church of Red Bluff in 1883.
- Route Two: An easy walk great for families located right on the Red Bluff High School campus. There are no public restrooms along the route.

RED BLUFF HIGH SCHOOL AND SAINT MARY'S CEMETERY



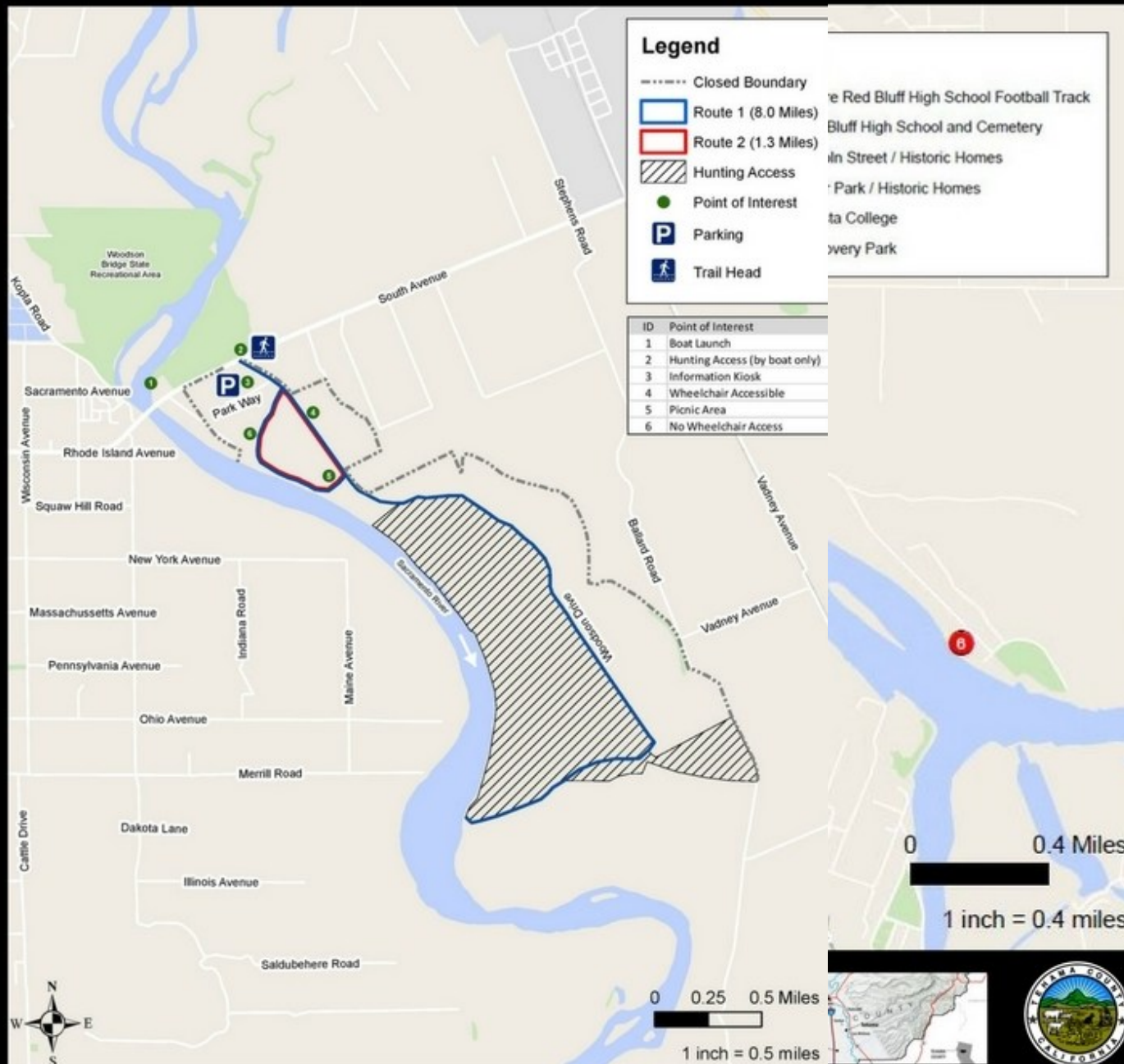
TAKE A WALK WITH THE MAYOR

Hello and welcome to the agriculturally-rich, small-town of Corning California; better known as the Olive City for its bountiful and award-winning olive products. If you're considering enjoying time with friends and family, I would like to encourage you to think about spending it outside with the help of this walking guide. This walking guide showcases various Corning trails that will give you a taste of more than our olives. As you begin to explore the City of Corning, remember to take a step back, breathe deeply, and enjoy the beautiful landscape that is before you. The Corning routes showcase some of our most well-known and visited locations. These walking trails link key resources in our community that will encourage you and your family to get out more often and explore the City of Corning. Before parting ways and heading out to the trails, I'd like to personally thank the Corning Chamber of Commerce in assisting the Tehama County Health Services Agency SNAP-Ed Program with mapping these trails. Happy walking and I'm excited to see you out there!

Doug Hatley
Mayor, City of Corning



WOODSON BRIDGE

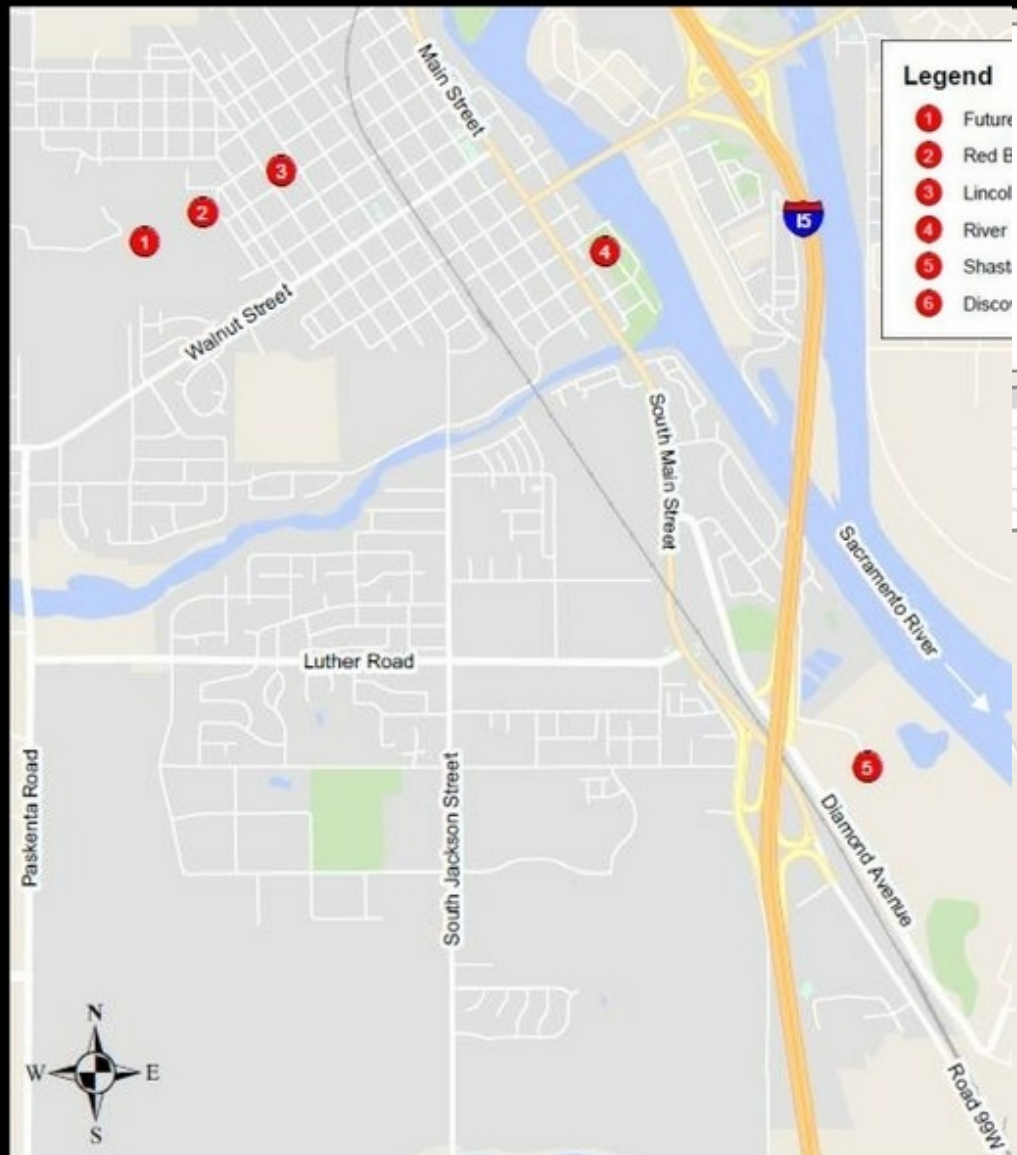


A MESSAGE FROM THE PUBLIC HEALTH DIRECTOR

Welcome to Tehama County's "Be Active Explore by Foot" Walking Guide. This guide was a collaborative effort among many community partners and highlights some different walking trails within the Cities of Red Bluff and Corning. To support the emerging walking community within the county, we have mapped a few trails that highlight local historical sites, parks and recreational areas. I want to personally encourage you to visit these beautiful trails packed with various learning experiences. These trails present the opportunity to participate in more physical activity. Participating in physical activity is essential for overall health. Not only does it burn the calories we take in from meals but it also stimulates the brain and the circulatory system. Walking is a low cost activity that you can enjoy with friends and family. A peaceful long walk can reduce stress, improve mental health, and present an opportunity to explore nature. As you plan an outing think about all of the benefits walking can contribute to your health and consider visiting one of the trails listed in the guide. Get out and enjoy the fresh air, scenery and sunshine, but don't forget your hat, water, and sunscreen!

Minnie Sagar
Tehama County Health Services Agency
Public Health Director

RED BLUFF OVERVIEW



WALKING/BIKING ROUTES

DISTANCE

- Route One: 8.0 Miles/12.8 km
- Route Two: 1.3 Miles/2.09 km

PARKING

- Route One/Two: Head east on South Avenue, Turn right to Tehama County River Park. Large parking lot located on site.

TERRAIN

- Route One and Two: Uneven terrain comprised of mixed surfaces; dirt, grass, and gravel. Terrain can change with weather conditions. (Moderate)

NAVIGATING THE ROUTES

- Route One and Two: Trail-head is not marked. Begin at the parking lot off Park Way, walk the perimeter of the picnic area to complete Route 2. It will then interconnect with Route 1 down Woodson Drive towards the RV Park and the perimeter of the Hunting Access.

ABOUT THE ROUTES

- Route One and Two: The Woodson Bridge State Recreation Area trails mapped here are located along the Sacramento Valley River. This beautiful site sits on many acres of land covered in Valley Oak trees, over a hundred plant species, wild grapes, and wild flowers. Being only a short 6 miles from Corning the trails and the park itself give you and your family the opportunity to witness the beauty of the outdoors in a place close to home. These trails give access to picnicking, fishing, horseback riding, hiking, nature and wildlife viewing, geocaching, and public restrooms. Be sure to look for bald eagles in the winter and Yellow-billed Cuckoo's in the summer. There is a lot to experience along these trails, don't miss out!

DOWNTOWN CORNING



HYDRATE PROPERLY BEVERAGE TIPS



- Avoid or reduce the amount of sugar sweetened beverages you consume.
- Carry a water bottle with you at all times.
- Drink 6-8 glasses (48-64 ounces) of water each day.
- Increase your water intake when the weather is warmer and if you are increasing physical activity.
- Add fresh fruits and vegetables to your water for added flavor.

TRY OUT THE RECIPE BELOW!



Kiwi Berry Blend

Makes 4 servings. 1 cup per serving.
Prep time: 5 minutes

Ingredients

1-2 kiwis, sliced or cut in chunks
2 cups strawberries, cut in half

Preparation

1. Fill pitcher halfway with ice.
2. Add sliced kiwis and strawberries.
3. Fill with water. Chill for at least 20 minutes before serving.
4. Store in refrigerator and drink within 24 hours.

Drink water instead of sugary drinks.

STEP INTO ACTION EFFICIENTLY

WALKING TIPS

- Before starting a walking program, check with your medical provider for health or safety concerns.
- Begin your walk with a warm up: 5 minutes of slow walking and some light stretching to prevent injuries and increase flexibility.
- Wear comfortable, sturdy shoes that provide stability and plenty of room for your toes.
- Dress according to the weather conditions; warm comfortable clothes in cold temperatures and lightweight clothing in warm temperatures.
- Protect yourself from the sun with a hat, sunscreen, and sunglasses with both UVA and UVB protection.
- Walk briskly, but make sure you can maintain a conversation while walking. Stop if you feel pain, fatigue, dizzy/light-headed, or significant shortness of breath.
- While walking, set goals to walk for a specified amount of time. Work up to 30-60 minutes a day, 5 days-a-week of walking or moderate physical activity.
- Drink plenty of water before, during, and after you exercise. (Check out our beverage tips)
- Fuel your body with nutritious foods like fruits, vegetables, lean proteins, and whole grains.

WALKING/BIKING ROUTES

DISTANCE

- Route One: 2.8 Miles/4.5 km
- Route Two: 3.4 Miles/5.47 km
- Route Three: .025 Miles/0.40 km

PARKING

- **Route One Trail-head:** Large parking lot off of Houghton Avenue located at Lennox Park.
- **Route Two Southeast:** Parking located off Fig Lane near Olive View Elementary School. Second parking lot located off East Fig Lane at Estil C. Clark Park.
- **Route Two Northeast Trail-head:** Parking located along Blackburn Avenue and on Corning Union High School campus.

TERRAIN

- Route One and Two: Wide paved roads, mostly smooth concrete sidewalks throughout trail including some incomplete areas. (Moderate)
- Route Three: All weather track. (Easy)

NAVIGATING THE ROUTES

- Route One: First trail-head is not marked. Begin at the parking lot located at Lennox Park, travel down Fig Lane to walk the School Route.
- Route Two: Second trail-head is not marked. Begin at the Corning High School parking lot on Blackburn Ave to walk the Parks Route.

ABOUT THE ROUTES

- Route One-Three: These family-friendly, residential routes showcase the bountiful amount of parks, schools, and historical sites within the Corning community. While walking these trails you will have access to picnicking, biking, public restrooms, drinking fountains, and outdoor sports. During hot summer days you can visit the parks and enjoy an array of activities with friends and family. If you aren't already itching to get out there you will be once you get a taste of the small-town, homey environment Corning has to offer.

NOTES

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THE TOP THREE

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WALKING AND BEVERAGE TIPS

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DOWNTOWN HISTORIC HOMES

CORNING OVERVIEW

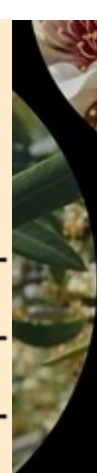
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DOWNTOWN CORNING

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EST. 1856
TEHAMA COUNTY
WELCOMES YOU



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COLLABORATING PARTNERS



PHAB

Tehama County
Public Health Advisory Board



Corning California
Chamber of Commerce



RED BLUFF
HIGH SCHOOL



Center for
Healthy Communities
California State University, Chico



Maps created by:



A special thanks to the Tehama County community members, student volunteers, residents, and staff who helped collect data to create this Tehama County Walking Guide.

This Tehama County Walking guide is offered free to encourage physical activity and enjoyment of our beautiful area. Tehama County does not endorse or assume responsibility or liability for the condition of any of the locations described in this guide.

For More Information Contact:

Tehama County Health Services Agency
Public Health; SNAP-ED Program
1860 Walnut St., Bldg. C
Red Bluff, CA
Hours: M-F 8-5
Phone: 530-527-6824
www.tehamacohealthservices.net

Funded by USDA SNAP, an equal opportunity provider and employer. For Healthy Tips visit www.cachampionsforchange.cdph.ca.gov



BE ACTIVE, EXPLORE BY FOOT

TEHAMA COUNTY

