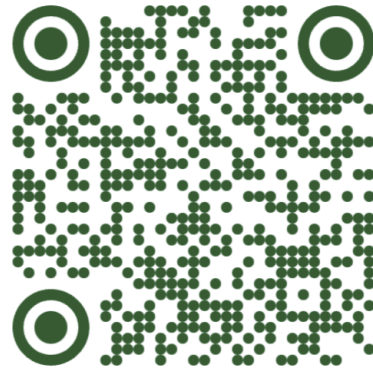


## 2024 Mt Shasta Trail Challenge

Activity	Trail	Area	Roundtrip	Climb	Difficulty	Completion Date
Hike	Elsa Rupp Trail	Mount Shasta	1 mi	0'	Easy	
Hike	Upper Sacramento River	Castle Crags	2.2 mi	100'	Easy	
Hike	Dunsmuir Parks and River Trail	Dunsmuir	.6 mi	60'	Easy	
Hike Snowshoe	McCloud River Falls	McCloud	3.8 mi	300'	Easy Moderate	
Hike Bike	Lake Siskiyou Loop	Lake Siskiyou	7.0 mi	300'	Easy Moderate	
Hike Bike	Upper McCloud River	McCloud	13 mi one way	600'	Moderate	
Hike	Yét Atwam Creek Trail	McCloud	9.2 mi	900'	Moderate	
Hike Snowshoe	Castle Lake to Heart Lake	Lake Siskiyou	3 mi	700'	Moderate	
Hike Bike	Muir's Ascension	Gateway Trails	6 mi one way	1400'	Moderate	
Hike	Caldwell Lakes	Trinity Divide	4.2 mi	1200'	Moderate Strenuous	
Hike	Porcupine Lake via Pacific Crest Trail	Trinity Divide	11.4 mi	1300'	Strenuous	
Hike	Castle Dome and Indian Springs	Castle Crags	5.4 mi	2200'	Strenuous	

Complete at least 6 trails and submit to:  
Mount Shasta Visitors Center  
300 Pine St. 530-926-4865

Name: \_\_\_\_\_  
Age: \_\_\_\_\_  
Email: \_\_\_\_\_  
City/St: \_\_\_\_\_  
Date: \_\_\_\_\_



<https://mountshastatrailassociation.org>

# 2024 Mt Shasta Trail Challenge



Welcome to the 7th annual Mount Shasta Trail Challenge!!  
This year's theme is water and all the lakes, rivers and falls in the Mt Shasta area.

Be one of the first 100 participants to complete at least 6 of the trails and earn a 2024 Trail Challenge RTIC custom water bottle or choose from other cool swag.

Whether a hiker, mountain biker, birdwatcher, snowshoer, dog walker, trail runner, shutterbug, xc skier, or equestrian these trails are calling you. Our goal is to encourage one and all to enjoy the beautiful Mt Shasta area.

This program FREE courtesy of our generous sponsors and thoughtful donors.

[MSTA Donate](#)

[North State Giving Tuesday](#)



Elsa Rupp Trail	A perfect little hike on a hot day as it follows Big Springs Creek in the shade of a cool mixed conifer forest. Great hike for the kiddos next door to the Mt Shasta Fish Hatchery. Trail has a couple small narrow bridges but still easy. Open year round. Dogs on leash are welcome. <a href="https://mountshastatrailassociation.org/trails/urban-trails/elsa-rupp-trail/">https://mountshastatrailassociation.org/trails/urban-trails/elsa-rupp-trail/</a> <a href="https://wildlife.ca.gov/Fishing/Hatcheries/Mount-Shasta">https://wildlife.ca.gov/Fishing/Hatcheries/Mount-Shasta</a>
Upper Sacramento River	Gorgeous flat trail that follows the Sacramento River and is actually part of Castle Crags State Park. A tunnel and suspension bridge connect the two and can be fun with the kids. Open year round but the tunnel under the freeway is sometimes closed in winter. State Park so no dogs allowed. <a href="https://mountshastatrailassociation.org/trails/castle-crags/river-trail/">https://mountshastatrailassociation.org/trails/castle-crags/river-trail/</a> <a href="https://www.parks.ca.gov/?page_id=454">https://www.parks.ca.gov/?page_id=454</a>
Dunsmuir River Trail	This newer trail connects Dunsmuir City Park and Botanical Garden with Tauhindali Park. Trail is narrow but still easy as it follows the river. Soothing sounds of the river the whole way. In 2024 the HUGE crane working on Interstate 5 might be fun for the kids. Dogs ok. <a href="https://hikemtshasta.com/sacramento-river-trails/dunsmuir-trail">https://hikemtshasta.com/sacramento-river-trails/dunsmuir-trail</a> <a href="https://www.tauhindaulipark.org/index.htm">https://www.tauhindaulipark.org/index.htm</a>
McCloud Falls	Accessible year round but may require snowshoes. Search "Mount Shasta snowshoe rental". Dogs are OK on leash. Kids are OK under close supervision. Portions of trail are paved and overlooks are ADA compliant. Unique opportunity to see 3 beautiful waterfalls in close succession. <a href="https://mountshastatrailassociation.org/trails/mccloud/mccloud-rivers-three-waterfalls">https://mountshastatrailassociation.org/trails/mccloud/mccloud-rivers-three-waterfalls</a>
Lake Siskiyou Loop	Most sections are accessible year round. Dogs OK on leash. Very kid friendly right near Lake Siskiyou Resort amenities. Stunning views of Mount Shasta with the lake in the foreground. Includes ADA sections. Passes over Wagon Creek Bridge, Box Canyon Dam and a seasonal bridge. <a href="https://mountshastatrailassociation.org/trails/west-of-mt-shasta/lake-siskiyou/">https://mountshastatrailassociation.org/trails/west-of-mt-shasta/lake-siskiyou/</a>
Upper McCloud River	Just upstream from the much busier McCloud waterfalls trail is this longer and more bucolic trail. Great for a longer trail run or off road bike ride. Shuttle or combine with the nearby Great Shasta Rail Trail for a big loop. Dogs ok. Snow in winter. Multiple trailheads. <a href="https://www.alltrails.com/trail/us/california/mccloud-river-trail-middle-falls-to-algoma-campground">https://www.alltrails.com/trail/us/california/mccloud-river-trail-middle-falls-to-algoma-campground</a> <a href="https://www.greatshastarailtrail.org">https://www.greatshastarailtrail.org</a>
Yét Atwam Creek	Newly renamed and new to the Trail Challenge! The first 2.5 miles of trail are very pleasant and easy but then get a bit narrow and rocky. This low elevation trail is one of the first to open when winter snows melt. In summer it remains relatively cool with abundant shade and cooling creek. <a href="https://mountshastatrailassociation.org/trails/mccloud/squaw-valley-creek/">https://mountshastatrailassociation.org/trails/mccloud/squaw-valley-creek/</a> <a href="https://www.fs.usda.gov/Internet/FSE_DOCUMENTS/fsm9_008599.pdf">https://www.fs.usda.gov/Internet/FSE_DOCUMENTS/fsm9_008599.pdf</a>
Castle Lake to Heart Lake	One of the best hikes in the area with unparalleled views of Mount Shasta. The road to this trailhead is usually plowed in the winter and the trail can be great on snowshoes. Trail was recently improved and marked but bring your GPS app in winter. Dogs are OK on leash. <a href="https://mountshastatrailassociation.org/trails/west-of-mt-shasta/castle-lake-to-heart-lake/">https://mountshastatrailassociation.org/trails/west-of-mt-shasta/castle-lake-to-heart-lake/</a>
Gateway Trail System Muir's Ascension	The brand new Muir's Ascension trail is a moderate rolling trail that connects the Gateway, McBride and 10 Gallon trailheads. Each of these trailheads then provide access to other trails like Strawberry Valley, Deadwood, Magma, etc. to form great hiking or biking loops. <a href="https://mountshastatrailassociation.org/trails/mt-shasta/gateway/">https://mountshastatrailassociation.org/trails/mt-shasta/gateway/</a> <b>These are multi-use trails. Use a bell. Stay under control.</b> <a href="#">Share the Trail</a>
Caldwell Lakes	Upgraded in 2010 this trail climbs through a mixed forest with wildflower meadows and an incredible pitcher plant field. A series of 3 lakes with a dramatic granite backdrop. Dogs are ok. Reaching this trailhead may be impossible during the winter. <a href="https://mountshastatrailassociation.org/trails/west-of-mt-shasta/caldwell-lakes/">https://mountshastatrailassociation.org/trails/west-of-mt-shasta/caldwell-lakes/</a>
Porcupine Lake via PCT	Hike the world famous Pacific Crest Trail to reach Porcupine Lake. Use the Trail Challenge to build up your endurance for this worthwhile hike. This is an incredible area and you will want to return to explore more. Download your hiking and travel maps first as there is no service. <a href="https://mountshastatrailassociation.org/trails/west-of-mt-shasta/pct-porcupine/">https://mountshastatrailassociation.org/trails/west-of-mt-shasta/pct-porcupine/</a> <a href="https://www.pcta.org/discover-the-trail/maps/">https://www.pcta.org/discover-the-trail/maps/</a>
Castle Dome and Indian Springs	May be inaccessible during the winter but often one of the first in the area to reopen. Start hiking in a mixed forest before breaking out above the treeline for great views. Requires the State Park fee or a longer access along the PCT. Dogs are not allowed on this trail. <a href="https://mountshastatrailassociation.org/trails/castle-crags/castle-dome-and-indian-springs">https://mountshastatrailassociation.org/trails/castle-crags/castle-dome-and-indian-springs</a> <a href="https://www.parks.ca.gov/?page_id=454">https://www.parks.ca.gov/?page_id=454</a>