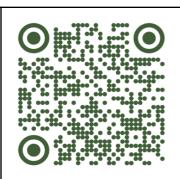
Activity	Trail	Area	Mile	Gain	Difficulty	Finish Date
Hike	Lollipop	Gateway	.8 loop	78'	ADA Easy	
Hike	Vista Point	Castle Crags	.3 loop	32'	ADA Easy	
Hike	Kangaroo Lake	Callahan	.8 rnd trip	85'	ADA Easy	
Hike Bike	Lake Siskiyou	Mount Shasta	7 loop	300'	Easy Medium	
Hike Bike	Miners Humbug	Yreka	3.75 loop	700'	Easy Medium	
Hike	Spring Hill	Mount Shasta	3.25 rnd trp	650'	Medium	
Bike Preferred	MX	Gateway	.4 one way	-149'	Medium	
Bike Hike	Strawberry Valley	Gateway	2.4 one way	614'	Medium	
Hike Bike	Girard Ridge	Soda Springs	9 rnd trip	600'	Medium	
Bike Preferred	Lemurian Delirium	Gateway	1.9 one way	-714'	Medium	
Bike Hike	McCloud River OR Falls	McCloud	12 4	500' 500'	Medium	
Hike Bike	Sisson Callahan	Trinity Divide	6.5 rnd trip	900'	Hard	

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

Name: Age:

City/St.

Date:



https://mountshastatrailassociation.org

## 2025 Mt Shasta Trail Challenge



Welcome to the 8th annual Mount Shasta Trail Challenge! This year's theme is bike friendly trails and the Gateway II expansion.

Gateway II is an on-going 2 million dollar 10 year project adding <u>46 miles of trail</u>. Volunteers from <u>MSTA</u>, <u>SORA</u>, and <u>Bike Shasta</u> contributed 1000's of hours and if you would like to help build or maintain trail just click any of the above links.

Be one of the first 100 participants to complete at least 6 trails and earn a FREE 2025 Trail Challenge custom sticker sheet.

Gateway II trails are multi-use and all users must maintain control at all times. Finishers receive a FREE alert bell for use when riding, hiking, biking, etc.

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

MSTA Donate North State Giving Tuesday











Lollipop	A perfect little trail if you are just getting started hiking, need some fresh air, or just want a simple loop to watch the sunrise over Mount Shasta. This trail is very flat and accessible to those with mobility challenges. <a href="https://mountshastatrailassociation.org/trails/mt-shasta/gateway/">https://mountshastatrailassociation.org/trails/mt-shasta/gateway/</a> <a href="https://www.alltrails.com/explore/trail/us/california/gateway-trails-lollipop-loop">https://www.alltrails.com/explore/trail/us/california/gateway-trails-lollipop-loop</a>					
Castle Crags Vista Point	Very short hike with a great view payoff. Paved for wheelchairs but also great for kid strollers. If you get this done and are still looking for more trail action try the paved Root Creek trail from the same parking lot. Trained service animals are ok on this trail but otherwise no dogs. <a href="https://www.alltrails.com/explore/trail/us/california/vista-point-overlook">https://www.parks.ca.gov/?page_id=454</a>					
Kangaroo Lake	A short but special trail allowing full ADA access to the shoreline of a beautiful alpine lake. Please stay on the official trails on the lakeshore. If you're looking for a longer hike check out nearby Fen Nature Trail that leads up to the Pacific Crest Trail. Long but paved seasonal access road. <a href="https://www.fs.usda.gov/recarea/klamath/recarea/?recid=13114">https://www.fs.usda.gov/recarea/klamath/recarea/?recid=13114</a> <a href="https://www.fs.usda.gov/wildflowers/regions/Pacific Southwest/KangarooLake/index.shtml">https://www.fs.usda.gov/wildflowers/regions/Pacific Southwest/KangarooLake/index.shtml</a>					
Lake Siskiyou	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://www.alltrails.com/trail/us/california/lake-siskiyou-trail</a>					
Greenhorn Park Miners Humbug	Greenhorn Park has a multitude of trails to explore for hikers, bikers, and strollers. Try this loop or one that works for you. The birds around Greenhorn Reservoir and the remnants of mining activity are among this park's many highlights. Dog friendly. Cell service good. <a href="https://mountshastatrailassociation.org/trails/trails-to-the-north-of-mt-shasta/greenhorn-park-yreka/">https://mountshastatrailassociation.org/trails/trails-to-the-north-of-mt-shasta/greenhorn-park-yreka/</a>					
Spring Hill	Accessible year round but may require snowshoes or spikes in icy conditions. Dogs OK on leash. Kids OK but it's a pretty good climb for little legs. Views of the Shasta area and Mount Shasta including a social media ready "picture frame" spot cut out of the tree branches.  https://mountshastatrailassociation.org/trails/urban-trails/spring-hill-trail/					
MX	An old favorite that flows with just a few jumps to build your skill. "Challenge" yourself by doing several loops using Forest Road 31 for the climb.  This is a "downhill mountain bike preferred" trail whose nature and surface is unsafe for hikers or uphill riders.  https://mountshastatrailassociation.org/trails/mt-shasta/gateway/ https://www.trailforks.com/trails/mx-524824/					
Strawberry Valley	Only a year old but already a favorite "flowy" trail. Connecting Muir's Ascension and Gateway trails this is a fun way up or down the mountain.  This multi-user trail has good sightlines for safe multi-use. Bikers should yield to hikers and equestrians. <a href="mailto:rails-are-common Ground">Trails are Common Ground</a> <a href="https://www.trailforks.com/region/the-gateway-trail-system/">https://www.trailforks.com/region/the-gateway-trail-system/</a>					
Girard Ridge	The drive up to this trailhead is a bit steep and rough(low clearance 2wd not advised) but so worth it! Once there the trail rolls along the ridgeline. The Pacific Crest Trail intersection makes a convenient place to turn around. Castle Crags views are incredible and don't miss the lookout tower! <a href="https://mountshastatrailassociation.org/trails/castle-crags/girard-ridge/">https://mountshastatrailassociation.org/trails/castle-crags/girard-ridge/</a> <a href="https://www.alltrails.com/trail/us/california/girard-ridge">https://www.alltrails.com/trail/us/california/girard-ridge</a>					
Lemurian Delirium	A challenging flow trail that includes plenty of jumps and berms but not too technical. Access from McBride trailhead using Muir's Ascension.  This is a "downhill mountain bike preferred" trail whose nature and surface is unsafe for hikers or uphill riders.  https://mountshastatrailassociation.org/trails/mt-shasta/gateway/ https://www.trailforks.com/trails/lemurian-delirium/					
McCloud River OR McCloud Falls	Park at the Upper McCloud Falls trailhead. Bike or hike upstream to Algoma Campground OR hike downstream to see 3 gorgeous waterfalls. The waterfall route includes a staircase, can be very busy and might not be conducive to bicycling. Both trails are gorgeous! <a href="https://mountshastatrailassociation.org/trails/mccloud/mccloud-rivers-three-waterfalls/">https://mountshastatrailassociation.org/trails/mccloud/mccloud-rivers-three-waterfalls/</a> <a href="https://www.trailforks.com/trails/mccloud-river-trail-upper/">https://www.trailforks.com/trails/mccloud-river-trail-upper/</a>					
Sisson- Callahan	A National Recreation Trail that "winds through some of the most spectacular scenery in Northern California." Featured is an out and back hike from Lake Siskiyou but mountain bikers can shuttle to Deadfall Meadows trailhead for a 5000' descent! Mt Shasta Ranger Station has more info. <a href="https://mountshastatrailassociation.org/trails/west-of-mt-shasta/sisson-callahan/">https://mountshastatrailassociation.org/trails/west-of-mt-shasta/sisson-callahan/</a> fsm9_008588.pdf					