



Spend a week and see the best of what Redding has to offer!

DAY 1 - SHASTA LAKE: Start your trip at Shasta Lake - the largest manmade reservoir in California. Skiing and wakeboarding are popular, as are kayaking and paddle boarding. While you're on the lake, don't forget to check out Shasta Dam! This curved gravity dam sits across the Sacramento River at Lake Shasta and provides beautiful views of Mt. Shasta and the lake. There are free, guided tours of the Shasta Dam year-round. And no visit to Shasta Lake is complete without a trip to see Lake Shasta Caverns National Natural Landmark - three adventures in one! Start the tour with a catamaran cruise across Shasta Lake, then hop on a bus and make your way to the beautiful and historic limestone caves. Once there, you'll be taken on a guided tour of caves that have been 250 million years in the making!



DAY 2 - LASSEN VOLCANIC NATIONAL PARK:

Lassen Volcanic National Park is a Yosemite and Yellowstone look-alike...but with a fraction of the crowds. It is a hiker's dream - Lassen's trails lead to meadows, bubbling mud pots, and even to the top of a volcano! Or head to a pristine mountain lake and kayak the day away. Don't forget to stick around after sundown - Lassen is one of the last few sanctuaries of natural darkness, and those lucky enough to see the park after dark are treated to a fabulous display of stars.



DAY 3 - THE SUNDIAL BRIDGE: The Sundial Bridge is the most unique pedestrian bridge in America. Featuring a 210-foot pylon that acts as the gnomon of a sundial, the bridge is one of the largest sundials in the world, casting its enormous shadow on a giant dial plate bordered by a natural garden to the north. While visiting the bridge, don't forget to check and see what exhibits are on display at Turtle Bay Exploration Park next door!

DAY 4 - WILD FOR WATERFALLS: Head on over to McArthur-Burney Falls Memorial State Park where the main centerpiece of the park is a 129-foot waterfall that gushes out 100 million gallons of water a day! The falls can be enjoyed from above at a wheelchair-accessible lookout point. But for a more refreshing perspective, take the trail to the pool at the base of the falls and along the stream. Haven't had your fill of waterfalls yet? Add Lion Slide Falls and Lower, Middle, and Upper McCloud Falls to your day to make for a full waterfall loop.



DAY 5 - BIKING: On the one wheel, you have the trails capital of California, on the other: the sunniest city in the state. Put them together, and you have a cyclist's paradise! Redding's Sacramento River National Recreation Trail is a two-trail arrangement that crosses the internationally-acclaimed Sundial Bridge and travels north to Shasta Dam alongside an historic abandoned railway. Want something more extreme? Redding has miles of single-track trails to discover and explore.

DAY 6 - WHISKEYTOWN LAKE: Day six puts you at Whiskeytown National Recreation Area. There you can go hiking, mountain biking, and even horseback riding. But the main attraction is definitely Whiskeytown Lake - it's perfect for swimming, fishing, paddling, and boating. On your way to Whiskeytown, don't forget to stop at Shasta State Historic Park. These ruins are silent but eloquent vestiges of the California gold rush. The County Courthouse has been restored to its 1861 appearance and is filled with historical exhibits.



DAY 7 - CASTLE CRAGS STATE PARK: Finish your trip off with a visit to Castle Crags State Park, named for its 6,000-foot tall glacier-polished crags. Whether you need breathtaking views or just a pleasant walk in nature, Castle Crags has something for you. There are more than 28 miles of trails, including the rigorous 6.5-mile Castle Dome Trail.