



2024

TrailLink Unlimited 

Guides



**Sacramento  
River Trail**  
*California*



## Sacramento River Trail

California

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Tucked away in Northern California's Shasta County is the charming town of Redding, which over the years has worked diligently to become one of the premier trail destinations in the West. The pride of Redding's trail system is the Sacramento River Trail, an extensive network that runs along the banks of the Sacramento River, offering stunning views of the river and nearby mountains, and a close-up look at one of the most breathtaking bicycle/pedestrian bridges in the country.

The Sacramento River Trail holds court as a favorite for many California rail-trail enthusiasts. From the Court Street (Benton Drive) trailhead, you travel west along the Sacramento River. A wooded section quickly gives way to an open area with striking views of the Trinity Mountains. During the spring, the river maintains a glacial deep-blue

hue from melted snow flowing down from the mountains. The river powered mining operations during the late 1800s, and interpretive signs along the trail explain the hydraulic mining operations. You'll also see remnants of the line operated by the Central Pacific Railroad that once carried ore as far north as Portland, Oregon.

At the 3-mile mark you come to the Sacramento River Trail Bridge, an impressive 418-foot stress ribbon bridge. Opened in 1990, it was the first bridge of its kind built in North America. The bridge is supported by 236 steel cables inside the bridge deck that are drilled into bedrock. The design allows the bridge to have a minimal impact on the natural rock lining the Sacramento River and avoids the need for piers. You can cross the bridge and head east on the other side of the river or continue another 0.5 mile to the Keswick Dam western trailhead and return.

While the southernmost 3-mile section of the trail has a gradual grade, the northern portion—which is not a rail-trail—is more undulating, with short climbs and dips. The trail meanders through an upscale neighborhood here and has a variety of local access points. The trail has a very smooth surface most of the way and gets plenty of use by walkers, runners and cyclists.

Near the 6-mile mark, you come to the old Diestelhorst Bridge. Completed in 1915 and now used exclusively by bicyclists and pedestrians, it was originally the first bridge across the Sacramento River built for automobiles. You can return to the original trailhead by crossing this bridge or you can continue east along the river, where several visual treats await. One is the lovely McConnell Arboretum, an impressive garden complex surrounded by 200 acres of riparian forest and oak savannah. It features butterfly, children's, medicinal and Pacific Rim gardens, among others. A paved perimeter trail encircles the scenic property, home to birds, turtles and other wildlife.



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**States:** California

**Counties:** Shasta

Length: 12.3miles

**Trail end points:** Sacramento River Rail Trail at Keswick Dam Rd to Hilltop Dr & Dana Dr (Redding)

**Trail surfaces:** Asphalt

**Trail category:** Rail-Trail

**Trail activities:** Bike,Inline Skating,Fishing,Wheelchair Accessible,Walking

## Parking & Trail Access

Parking is available at numerous points along the route, including in a parking lot at the northwest end where the trail connects with the with Sacramento River Rail Trail on Keswick Dam Road.

You can also park and access the trail near Keswick Dam, at multiple locations in Turtle Bay Exploration Park, in Lake Redding Park (2225 Benton Dr, Redding), and near Mount Shasta Mall at the Hilltop Drive Trailhead (across from 510 Hilltop Dr, Redding).

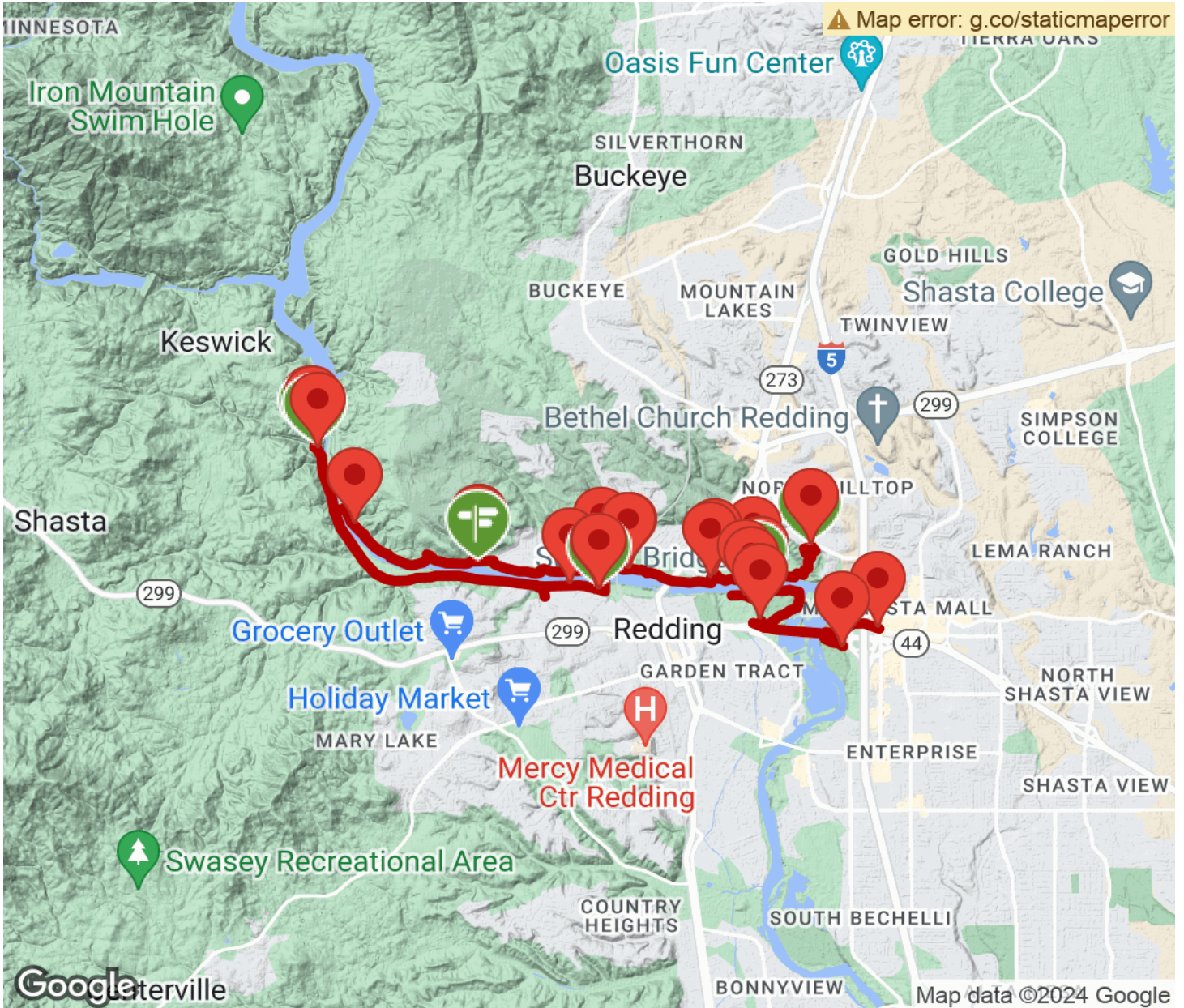
Visit the [TrailLink map](#) for all options and detailed directions.





# Sacramento River Trail

California



Trailhead



Restroom



Parking



Water Fountain



Tunnel



**TrailLink**  
by Rails-to-Trails Conservancy

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