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TrailLink Unlimited 

Guides   



**Sacramento
River Rail
Trail**
California



Sacramento River Rail Trail

California

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The northern endpoint of the Sacramento River Rail Trail offers views of the country's eighth-largest dam and California's largest reservoir—Shasta Lake—and the often snowcapped Mount Shasta. Before you jump on the trail, explore the Shasta Dam Visitor Center, which is run by the U.S. Department of the Interior. Learn about the area's history, grab a brochure on Redding trails, or enjoy a picnic amid the mountain scenery. You might even see wildlife, such as deer and osprey. Built during the Great Depression and throughout World War II, the 602-foot dam was considered an engineering marvel, and today it helps water one of the world's leading agricultural producers: California's Central Valley.

To start your trail adventure, head to the Shasta Dam Trailhead, where parking and restrooms are available. For

the first 8 miles heading south, the trail leisurely follows the Sacramento River, which feeds off Shasta Lake. Shady nooks lined with ponderosa pines punctuate the peaceful route, and a 500-foot former rail tunnel adds to the relaxing trek along the tranquil river. In the early 1900s, the railroad provided services to the copper mining town of Coram.

For a more meditative experience, you can either end your trip at the Keswick Boat Ramp (mile 7) or head south after crossing Spring Creek to reach the Keswick Trailhead (mile 8), one of the trail's two southern endpoints.

Alternatively, to raise your heartbeat, head east after crossing Spring Creek and continue 2.8 miles, where you'll travel a portion of the trail dubbed "the roller coaster" by locals for its cardio workout. Winding hills flank Keswick Reservoir, a stretch of the Sacramento River that leads to Keswick Dam, the other southern endpoint. Make sure you have plenty of water for these steep, staggered hills. Any rest breaks are rewarded with beautiful views of the blue-green water, rich-hued soil, lush vegetation, and mountains in the distance. A 2-mile path called the Fisherman's Trail shoots off from this part of the Sacramento River Rail Trail, leading to the reservoir with an access point from Keswick Dam Road. As its name suggests, the trail is used to access fishing at the reservoir as it skates along the banks leading up to the dam. Check the California Department of Fish and Wildlife's resources on fishing regulations in Shasta County. In the springtime, you can enjoy delightful wildflowers as you head to your fishing spot.

End your journey at a trailhead off Keswick Dam Road, where you can picnic at the top of a hill overlooking the dam. To continue your adventure, carefully cross the winding road to start the 12-mile [Sacramento River Trail](#), which leads you to the city of Redding and its picturesque Sundial Bridge.



Sacramento River Rail Trail

California

States: California

Counties: Shasta

Length: 11.1miles

Trail end points: Coram Rd, south of Shasta Dam (near City of Shasta Lake) to Sacramento River Trail at Keswick Dam Rd (Shasta)

Trail surfaces: Asphalt

Trail category: Rail-Trail

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

Parking & Trail Access

Trailheads and parking lots for the Sacramento River Rail Trail are located off Keswick Dam Road at Keswick Dam, off Iron Mountain Road next to Rock Creek Road, and at Shasta Dam. Visit the [TrailLink map](#) for all options and detailed directions.

