

REDDING WORKOUT MAPS

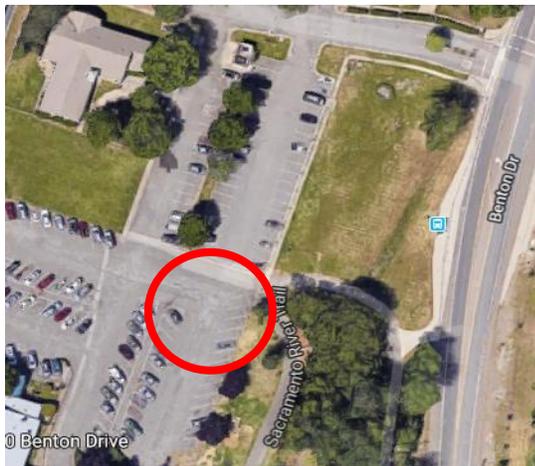
CHAMISE PEAK. Take Lake Blvd and turn west onto Flanagan Rd. The parking lot is pictured below. It's an uphill hike, so bring appropriate shoes. The hike may take 2 hours.



CLOVER CREEK PRESERVE. Meet in the preserve trailhead parking lot as shown below.



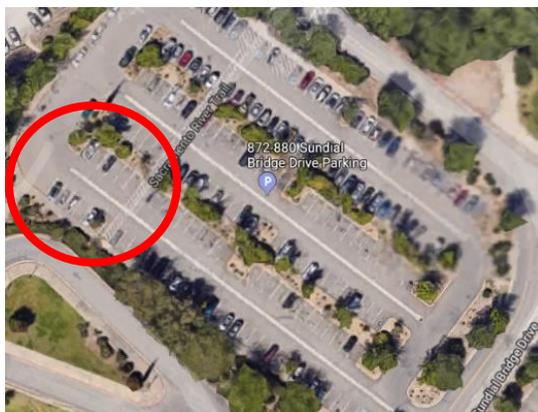
2290 BENTON DRIVE, Redding. Meet in the Senior Citizens Parking lot as shown on the map.



McCONNELL FOUNDATION TRAIL. Meet at the trailhead parking lot off of Shasta View Drive.



SUNDIAL BRIDGE, Redding. Meet in the south portion of the Sundial Bridge parking lot.



SHASTA DAM VISITORS CENTER. Take Lake Blvd. Meet at the south portion of the lot.



REDDING WORKOUT MAPS

SHASTA COLLEGE. Take east 299 and turn onto Old Oregon Trail. Take a left and continue through the intersection until you come up to Shasta College Dr. Turn right Shasta College Dr. and meet where indicated.



1296 PALISADES AVE., REDDING
From Hilltop Drive, turn south onto Palisades Ave. Drive to the end.



SEQUOIA MIDDLE SCHOOL
1805 Sequoia Street, Redding
Park next to the tennis courts



US FLAG ON NORTH BECHELLI, REDDING

