

**A Bark In The Park -**

**The 45 Best Places  
To Hike With Your  
Dog In The  
Shasta/Rogue River  
Region**

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**Cruden Bay Books**

**A BARK IN THE PARK: THE 45 BEST PLACES TO HIKE  
WITH YOUR DOG IN THE SHASTA/ROGUE RIVER  
REGION**

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*“Dogs are our link to paradise...to sit with a dog on a hillside  
on a glorious afternoon is to be back in Eden, where doing nothing  
was not boring - it was peace.”*  
- Milan Kundera

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## ***About The Authors***

Krissi and Matt Danielsson are converts to the beautiful hiking trails of the Shasta/Rogue River region. Both bring a unique perspective to their explorations through the Shasta Cascades - Matt grew up in Sweden and Krissi was a "military brat." Trotting along with Matt and Kristi are 3-year old J.D., a black lab. Flex, Nasser and Vicki, the family cats, normally stay at home to greet the returning hikers. Editors at TechTarget, Matt and Krissi enjoy the trails on bikes and snowboards as well as on foot.

## ***Acknowledgements***

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## **Introduction**

The Shasta/Rogue River Valley area offers some of the most strikingly beautiful scenery America has to offer. We have mighty volcanoes, ancient forests, some of the purest lakes and waterfalls in the country and a rich variety of wildlife including bald eagles, spotted owls and, quite possibly, even the occasional Bigfoot.

We have identified the 45 best parks, trails and entire trail systems where you can explore this paradise with your dog. They are ranked on subjective criteria such as the paw-friendliness of the trail surface, diversity of scenery, canine swimming opportunities and so on to provide both of you with a good hiking experience. We have also included another 38 places where dogs are welcome to join in your fun.

For dog owners it is important to realize that not all parks are open to our four-legged friends (see page 119 for a list of parks that do not allow dogs). There will always be people agitating for restrictions against dogs and rules pertaining to dogs in our parks can change rapidly - usually for the worst for dog owners. When visiting a park always keep your dog under control and clean up any messes or more and more area parks and trails will be closed to dogs. Keep in mind that many trails go through rough, unpopulated terrain. Read the wilderness tips and do not hesitate to contact the local ranger station if you have any questions about how to make your hike as safe and pleasant as possible. So grab that leash and hit the trail!

Matt & Krissi

## **Hiking With Your Dog**

So you want to start hiking with your dog. Hiking with your dog can be a fascinating way to explore the Shasta/Rogue River region from a canine perspective. Some things to consider:

### **Dog's Health**

Hiking can be a wonderful preventative for any number of physical and behavioral disorders. One in every three dogs is overweight and running up trails is great exercise to help keep pounds off. Hiking can also relieve boredom in a dog's routine and calm dogs prone to destructive habits. And hiking with your dog strengthens the overall owner/dog bond.

### **Breed of Dog**

All dogs enjoy the new scents and sights of a trail. But some dogs are better suited to hiking than others. If you don't as yet have a hiking companion, select a breed that matches your interests. Do you look forward to an entire afternoon's hiking? You'll need a dog bred to keep up with such a pace - a retriever or a spaniel perhaps. Is a half-hour enough walking for you? It may not be for an energetic dog like a border collie. If you already have a hiking friend, tailor your plans to his abilities.

### **Conditioning**

Just like humans, dogs need to be acclimated to the task at hand. An inactive dog cannot be expected to bounce from the easy chair in the den to complete a 3-hour hike. You must also be physically able to restrain your dog if confronted with distractions on the trail (like a scampering squirrel or a pack of joggers). Have your dog checked by a veterinarian before significantly increasing her activity level.

### **Weather**

Heat and sun do dogs no favors. With no sweat glands and only panting available to disperse body heat, dogs are much more susceptible to heat stroke than we are. Unusually rapid panting and/or a bright red tongue are signs of

heat exhaustion in your pet. Always carry enough water for your hike. Even the days that don't seem too warm can cause discomfort in dark-coated dogs if the sun is shining brightly. In cold weather, short-coated breeds may require additional attention.

🐾 **Water**

Surface water, including fast-flowing streams, is likely to be infested with a microscopic protozoa called *Giardia*, waiting to wreak havoc on a dog's intestinal system. The most common symptom is crippling diarrhea. Algae, pollutants and contaminants can all be in streams, ponds and puddles. If possible, carry fresh water for your dog on the trail - your dog can even learn to drink happily from a squirt bottle.

*"He is very imprudent, a dog is. He never makes it his business to inquire whether you are in the right or in the wrong, never bothers as to whether you are going up or down upon's life ladder, never asks whether you are rich or poor, silly or wise, sinner or saint."*

*- Jerome K. Jerome*

## **Trail Hazards In The Wilderness**

If you are new to hiking in the rugged wilderness of the Shasta/Rogue River region, there are a few things you should know to keep your journeys safe and enjoyable...

### **Black Bears**

The huge, ferocious bear ripping through a campsite tent in our imaginations most likely refers to the grizzly bear. These bears are long extinct in both California and Oregon, but we do have the considerably smaller black bear. This bear is notoriously shy and hikers can spend a lifetime in these woods and never see one. Even so, always check a ranger station for reported bear activity before starting a wilderness hike. To avoid an encounter make noise, stomp and hum if you have reason to believe a bear might be nearby. If you see a black bear, stop and stay calm while keeping your dog close - bears do not like dogs. Do not shout and quiet your dog from barking. Do not run, you cannot outrun a bear and you don't want to look like prey. The bear will likely leave the area, but if not, talk in a low tone of voice and slowly back away keeping your dog by your side. If you decide to camp someplace, make sure to hang anything edible in a tree away from your tent at least 10 feet above the ground and 5 feet away from the tree trunk.

### **Rattlesnakes**

Rattlesnakes are found in every state in America; the vipers in these parts are most likely to be the Western Rattlesnake. It is not particularly aggressive but you should treat any rattlesnake with respect and keep your distance. A rattler's colors may vary but they are recognized by the namesake rattle on the tail and a diamond-shaped head. Unless cornered or teased by humans, a rattlesnake will crawl away and avoid striking. Avoid rocky areas, crevasses, caves, and areas where the ground cover (weed or grass) prevents you from seeing the ground. These are all places where snakes are likely to hang out. If you hear a nearby rattle, stop immediately and hold your dog back. Identify

where the snake is and slowly back away. If you or your dog are bitten, do not panic. Put ice against the bite, tie a rope or piece of clothing around the leg above the wound (but not so tight you shut off blood circulation) and get to a hospital or veterinarian with as little physical movement as possible. In many cases the Western rattlesnake might give "dry bites" where no poison is injected, but you should always check with a doctor after a bite even if you feel fine. Keep in mind that snakes fill an important function in the ecosystem; without them we would drown in mice and other rodents, so there is no reason to harm them.

### **Cougars**

These elusive big cats are extremely shy and are rarely seen. Cougars are fearful of humans but dogs don't frighten them. Still, they might view smaller dogs as prey - one more reason to always keep your dog close on the trail.

### **Ticks**

Ticks can carry Lyme disease, HGE (Human Granulocytic Ehrlichiosis) and Babesiosis, all nasty stuff you want to avoid. To help combat ticks, wear long sleeves and tuck your pants into your boots. Avoid deep grass and bushes. Tick repellent for you and your dog is a good idea, and always check your dog's fur carefully before heading home. Ticks can be hard to spot on dogs with dark or long fur, but a simple comb can reveal any intruders. If you or your dog gets bitten, immediately remove the tick with fine-jawed tweezers. Try to grab the tick as close to the head as possible and pull straight out. Do not apply any oil before or after removal. If any part of the tick remains, or if swelling/itching or other complications develop, contact your doctor/vet.

🐾 **Poison Oak**

While not dangerous, this toxic plant can be an annoyance that ruins an otherwise great hiking trip. Poison Oak is easily identified by its typical three-leaf grouping, shining green from the oil covering the leaves. It turns a redder shade as fall approaches. If you get some on your skin, wash the area with naphtha, alkaline soap or rubbing alcohol, but make sure not to smear the oil out on other unaffected areas (scrub from the outside inwards towards the middle). If you get a large affected area, or if the rash becomes severe you might want to seek medical attention. Dogs won't get poison oak or poison ivy but they can transfer it to you.

🐾 **Mosquitoes**

A mosquito or two is no big deal. TWO HUNDRED mosquitoes is another matter completely. While mosquitoes certainly do not qualify as a real danger, it is frustrating to realize you forgot your insect repellent when you are four miles away from your car. And don't forget to spray your four-legged hiking friend for relief for her as well.

🐾 **Other Trail Hazards**

Some trails are littered with small pieces of broken glass that can slice a dog's paws. Nasty thorns can also blanket trails that we in shoes never notice.

*And sometimes when you'd get up in the middle of the night  
you'd hear the reassuring thump, thump of her tail on the floor,  
letting you know that she was there and thinking of you.  
-William Cole*

## Low Impact Hiking With Your Dog

Everytime you hike with your dog on the trail, you are an ambassador for all dog owners. Some people you meet won't believe in your right to take a dog on the trail. Be friendly to all and make the best impression you can by practicing low impact hiking with your dog:

- 🐾 Pack out everything you pack in.
- 🐾 Do not leave dog scat on the trail; if you haven't brought plastic bags for poop removal, bury it away from the trail and topical water sources.
- 🐾 Hike only where dogs are allowed.
- 🐾 Stay on the trail.
- 🐾 Do not allow your dog to chase wildlife.
- 🐾 Step off the trail and wait with your dog while horses and other hikers pass.
- 🐾 Do not allow your dog to bark - people are enjoying the trail for serenity.
- 🐾 Have as much fun on your hike as your dog does.

*Happiness is dog-shaped.  
-Chapman Pincher*

## Outfitting Your Dog For A Hike

These are the basics for taking your dog on a hike:

- ▶ **Collar.** It should not be so loose as to come off but you should be able to slide your flat hand under collar.
- ▶ **Identification Tags.**
- ▶ **Bandanna.** Can help distinguish your dog from game in hunting season.
- ▶ **Leash.** Leather lasts forever but if there's water in your dog's future, consider quick-drying nylon.

🐾 *I want my dog to help carry water, snacks and other supplies on the trail. How do I choose a dog pack?*

To select an appropriate dog pack, measure your dog's girth around the rib cage to determine the best pack size. A dog pack should fit securely without hindering the dog's ability to walk normally.

🐾 *How does a dog wear a pack?*

The pack, typically with cargo pouches on either side, should ride as close to the shoulders as possible without limiting movement. The straps that hold the dog pack in place should be situated where they will not cause chafing.

🐾 *Will my dog wear a pack?*

Wearing a dog pack is no more obtrusive than wearing a collar, although some dogs will take to a pack easier than others. Introduce the pack by draping a towel over your dog's back in the house and then having him wear an empty pack on short walks. Progressively add some crumpled newspaper and then bits of clothing. Fill the pack with treats and reward your dog from the stash. Soon he will associate the dog pack with an outdoor adventure and will eagerly look forward to wearing it.

🐾 *How much weight can I put into a dog pack?*

Many dog packs are sold by weight recommendations. A healthy, well-conditioned dog can comfortably carry 25% to 33% of its body weight. Breeds prone to back problems or hip dysplasia should not wear dog packs. Consult your veterinarian before stuffing the pouches with gear.

🐾 *What are good things to put in a dog pack?*

Low density items such as food and poop bags are good choices. Ice cold bottles of water can cool your dog down on hot days. Don't put anything in a dog pack that can break. Dogs will bang the pack on rocks and trees when they wiggle through tight spots in the trail. Dogs also like to lie down in creeks and other wet spots so seal items in plastic bags. A good use for dog packs on day hikes is trail maintenance - your dog can pack out trash left by inconsiderate visitors before you.

🐾 *Are dog booties a good idea?*

Dog booties can be an asset, especially for the occasional canine hiker whose paw pads have not become toughened. Many trails in the desert, especially hillside routes, involve rocky terrain. In some places, broken glass abounds. Hiking boots for dogs are designed to prevent pads from cracking while trotting across rough surfaces. Used in winter, dog booties provide warmth and keep ice balls from forming between toe pads when hiking through snow.

*"Dogs' lives are too short. Their only fault, really"*  
- Agnes Sligh Turnbull

## Outfitting Yourself For A Hike

These are the basics for taking on any hike in the wilderness:

- ▶ **Water.** Plenty of water for you and your dog. It is a good habit to keep an extra bottle in your car, in case you run out of water towards the end of the trail.
- ▶ **Sunblock.** The sun can be scorching in the summer, and higher altitudes enable sunburn to sneak up on you all the easier.
- ▶ **First Aid Kit.** Simple items such as bandages and ointments for treatment in the field.
- ▶ **Insect Repellent.**
- ▶ **Food/snacks.** Especially for longer, more strenuous hikes.
- ▶ **Plastic Bags.** Useful for collecting trash and leftovers and keeping things dry.
- ▶ **Navigational Aids.** A compass and a map, preferably a topographic map, are musts on wilderness hikes.
- ▶ **Flashlight.**
- ▶ **Matches.** Keep in a waterproof container.
- ▶ **Emergency Clothing.** A light raincoat or warm coat/sweater may be appropriate.

It is also a good idea to bring a cell phone for emergencies. You may not have coverage everywhere, but it will probably be easier to make it to a nearby hilltop where you can get reception than going all the way back to your car. Another great item to have is a GPS (global positioning

system) device. This pocket-sized computer can tell you exactly where you are at all times and can be very helpful if you intend to leave the blazed paths to do some exploring on your own.

Some general precautions on the trail:

- ▶ Always let someone know where you are going and how long you expect to be out. Instruct that person to contact authorities if you are not back by a certain time.
- ▶ If you get lost, stay calm and stay put. Prioritize keeping warm and dry. Do not start off randomly - the closer you are to the trail, the easier it will be for help to find you.
- ▶ Get sturdy, high-quality hiking boots. These will help stabilize the foot to prevent sprains and may offer some protection against snake bites.
- ▶ Respect posted notes and ranger instructions. If they have closed a trail, it is probably for a good reason.

*“Ever consider what they must think of us? I mean, here we come back from the grocery store with the most amazing haul - chicken, pork, half a cow...They must think we’re the greatest hunters on earth!”*

*-Anne Tyler*

## ***Camping With Your Dog***

Many of the parks in Northern California and Southern Oregon have campsites right there, along with miles of hiking trails, so it is natural you might want to spend the night after a long day on the trails. If you decide to camp with your dog, here are some tips:

- Camp only in areas that are approved by the U. S. Forest Service, the Bureau of Land Management (BLM) or the local government administering the campground / park.
- Be sure your dog is wearing I.D. tags and has all current shots.
- Take along plenty of food and water.
- Have private sleeping arrangements, and camp in a shady area.
- Don't let your dog run loose in the campsite.
- If your dog swims, make sure he has a way out of the water. Dogs can drown because they try to climb out a bank or ledge that is too steep for them.
- Rinse off your dog with fresh water when you are done hiking and / or camping, and look for ticks and fleas.

## **The Other End Of The Leash**

Leash laws are like speed limits - everyone seems to have a private interpretation of their validity. Some dog owners never go outside with an unleashed dog; others treat the laws as suggestions or disregard them completely. It is not the purpose of this book to tell dog owners where to go to evade the leash laws or reveal the parks where rangers will look the other way at an unleashed dog. Nor is it the business of this book to preach vigilant adherence to the leash laws. Nothing written in a book is going to change people's behavior with regard to leash laws. So this will be the last time leash laws are mentioned, save occasionally when we point out the parks where dogs are welcomed off leash.

*"No one appreciates the very special genius of your conversation as a dog does."*

*-Christopher Morley*



# ***The Best of the Best...***

## **The 10 Best Places To Hike With Your Dog In the Shasta/Rogue River Region**

### **Blue Ribbon - Whiskeytown National Recreation Area**

Water reclamation projects destroyed ancient ways of life but the resulting lakes have created massive recreation areas. Whiskeytown features more than a dozen well-marked hiking trails to delight any canine hiking taste. When you are through hiking, you can pan for gold in the park's creeks.

### **#2 - Prescott Park/Roxy Ann Peak**

Much of this land in Medford remains undeveloped; the main hike around Roxy Ann Peak is a 2.4-mile loop. You can shoot off on any number of radiating smaller trails on these beautiful - but steep - slopes.

### **#3 - Marble Mountain Wilderness**

Canine hikers will find the splendors of the Marble Mountain Wilderness exquisitely preserved. Dozens of species of trees and lots of animals call these lands around the Salmon River home. There are 89 pristine lakes for your dog to swim here.

### **#4 - Mount Ashland Meadows**

Wildflowers are a special treasure of hiking in the Shasta/Rogue River region. The 3.4-mile out-and-back trail at Mount Ashland leads through not one, not two, but five showy meadows. This subalpine meadowscape changes regularly with the seasons so make sure to hike this trail often during the year.

### **#5 - McCloud Falls/Fowler Campground**

The trail along the McCloud River leads to three distinctly different waterfalls. The hike gets crowded but you can seek solitude by fanning out on the other available trails on the south slopes of Mt. Shasta.

#### #6 - Westside Trail and Mary Lake Trail

Redding is becoming nationally known for the quality and variety of its trails. The trail around Mary Lake is an easy 3/4-mile stroll with your dog while the Westside Trails offer four miles of hillside walks serving up sweeping views of town.

#### #7 - Bear Creek Greenway

The Bear Creek Greenway will one day be a continuous 21-mile recreational route running from Ashland to Central Point. The trailheads in Ashland and southern Medford each sit next to a fenced dog park.

#### #8 - Sacramento River Trail

This award-winning urban trail travels on an 8-foot wide paved path with an elevation gain of no more than 200 feet in its entire six-mile loop. The route visits both sides of the Sacramento River in Redding.

#### #9 - OC & E Woods Line State Trail

This successful rail-to-trail conversion uses the right-of-way of the Oregon-California and Eastern Railroad. Once cattle and timber moved along this route. Today it is Oregon's longest linear park - any length of canine hike can be crafted from the trail. The first seven miles from Klamath Falls are paved.

#### #10 - Jacksonville Woods

Residents of Jacksonville, honored by the National Trust for Historic Preservation as one of its Dozen Distinctive Destinations, recognize that their town's woodlands are as valuable as the historic buildings. They have preserved hundreds of acres and 8 miles of peaceful trails throughout town.

## **15 Cool Things To See On Shasta/Rogue River Trails With Your Dog**

“If your dog is fat,” the old saying goes, “you aren’t getting enough exercise.” But walking the dog need not be just about a little exercise. Here are 15 cool things you can see in the Shasta/Rogue River region while out walking the dog.

### ENGINEERING MARVELS

Between the towns of Dairy and Sprague River, on the OC & E trail, you will pass an odd-looking section over a hill. This is a railroad double switchback, which enabled trains to be split for navigating the hill. The original plans called for a tunnel through Bly Mountain, but as funds were low it was decided the cheaper double switchback-solution was good enough. Prior to the 1990 closing of the railroad, this unique engineering landmark was last of its kind in the United States.

### FASCINATING BIRDS

Shasta Lake is a popular nesting spot for bald eagles, offering an opportunity to see them hunting and nesting in the wild. At McCloud Falls, be on the lookout for the little American Dipper birds that patrol the tumbling waters. These tiny birds, also known as water ouzels, zoom around over the surface and plunge in and out of the cascading water in search of food. They use their wings to “fly” underwater and can be seen walking on the stream bottom pecking for larval insects, fish eggs and even slow fish just as if they were walking on the trail.

### FRESH TASTING WATER.

Tub Springs was a popular stopping point for travelers on the Applegate Trail to refresh with a cool drink of fresh mountain water from tub springs. You can still do so today. A stone water fountain at Hedge Creek Falls dispenses “the best water on earth,” according to townsfolk in Dunsmuir. You can have a taste and judge for yourself at the gazebo on the top of the trail.

🐾 GLITTERING GOLD

People have come to the Shasta/Rogue River Valley for 150 years to search for gold and it is may not be all gone. You can rent a pan for \$1 and chase gold in the creeks in Whiskeytown Recreation Area. Prior to 1900, the City of Redding operated a gold mine in Blue Gravel Canyon, the only town in California to do so. The mine is long gone of course, but the trail remains and has relics from the gold era along the path. Did they get all the gold here?

🐾 GREAT DAMS

Shasta Dam opened in 1945 and flooded 35 miles of the Sacramento River valley. One of the biggest dams ever conceived when construction began in 1938, the building of Shasta Dam established several "world records." Among them was the Southern Pacific Railroad's double decker bridge that was the highest ever built and the construction of the world's longest conveyor belt system - 10.5 miles - to bring sand and aggregate to the building site from Redding. The water spilling over Shasta Dam created the largest artificial waterfall ever seen - three times as high as the drop at Niagara Falls. The Trinity Dam, rising 466 feet from bedrock, is one of the highest earth-filled dams in the world.

🐾 HISTORIC BUILDINGS

Fire has claimed many an old building in the West but there are still some significant wooden buildings left standing in the wilderness. In Trinity Recreation Area stands the Bowerman Barn, painstakingly constructed with hardwood pegs, and one of the most representative hand-crafted structures in California. Also in the park is the original log house from the Stoddard homestead, just off the Stoddard Trail. In Ah-Di-Na Campground in Siskiyou County, canine hikers can study an historic cabin that was completely restored by volunteers in 1990 using only traditional tools such as long axes and chisels.

### 🐾 INTERESTING TREES

In TouVelle State Recreation Site is one of the largest granary trees in southern Oregon. A granary tree is a special tree targeted by acorn woodpeckers to store food. This ponderosa pine is estimated to have as many as 50,000 holes! On the Blue Canyon Trail you can see a tree where Judge John Waldo from Salem, Oregon and his party traced the route that is now the Pacific Crest Trail, becoming the first to cross the crest of the southern Cascades in 1888.

### 🐾 LOFTY LOOKOUTS

Mountain trails often climax at Forest Service lookouts with dramatic views. At Medicine Lake, Hoffman Lookout was built for fire surveillance in 1924 and started out as a tiny 64-square foot cabin. The cabin is available for rent and is quite popular. Herd Peak Lookout sits eastward of the main Cascade fault line, overlooking a magnificent valley of hills created from pyroclastic lava flows off Mount Shasta. During fire season, the lookout is manned daily, and the person in charge will be sitting in the tower watching over the valley, ready to report any sign of a fire to firefighters by radio. The rustic Marble Valley Guard Station, completed in 1928, is an early example of simple stations built by the Forest Service as fire lookouts. Trail crews and wilderness rangers still work from Marble Valley today - still with little concession to modern comforts. The guard station is reached by a difficult climb at the junction of trails PC 2000 and 11W014, about 2.5 miles southwest of Lover's Camp Trailhead.

### 🐾 LOGGING HERITAGE

You can't come away from a canine hike at Collier Memorial State park without a greater appreciation for the logging industry. The paths through the outdoor museum wind from the days of oxen and hand axes through the age of steam and up to today's diesel machines. Look for an old Baldwin steam locomotive known, more or less affectionately, as GOP - "Get Out And Push." The engine strained so much hauling redwood logs in and out of the mountains that it was constantly derailing.