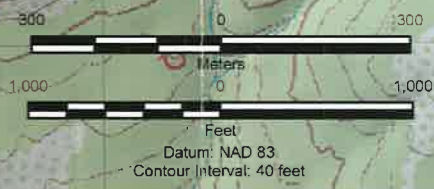


| Trail Name | Length (Miles) |
|-----------------------|----------------|
| Overlook Loop | 1.6 |
| Overlook Cutoff West | 0.2 |
| Overlook Cutoff East | 0.3 |
| Bunny Flat Loop | 1.9 |
| Lower Sand Flat Trail | 1.0 |
| Sand Flat Cutoff | 0.1 |
| Upper Sand Flat Trail | 0.7 |

Legend

- Winter Trail Head
- Trail Head
- Parking
- Restrooms
- Bunny Flat Loop
- Lower Sand Flat Trail
- Upper Sand Flat Trail
- Sand Flat Cutoff
- Overlook Loop
- Overlook Cutoff



122°15'30"W 122°15'0"W 122°14'30"W 122°14'0"W

41°21'30"N

41°21'30"N

41°21'0"N

41°21'0"N

41°20'30"N

41°20'30"N

122°15'30"W 122°15'0"W 122°14'30"W 122°14'0"W

▲ 6873 T

▲ 6512 T

Mt. Shasta City

Unmarked Trail to Horse Camp

Bunny Flat Trail Head

Overlook Cutoff West

Overlook Cutoff East

Sand Flat Cutoff

Lower Sand Flat Winter Trail Head

Upper Sand Flat Winter Trail Head

Everitt Memorial Highway

PARKING

Lower Sand Flat Located 1.2 miles below Bunny Flat Trailhead. Limited parking for 2-4 vehicles. No toilet facilities.

Upper Sand Flat Located 0.7 mile below Bunny Flat Trailhead. Parking for 6 to 10 vehicles. No toilet facilities.

Bunny Flat Trailhead Unlimited parking. Toilet facilities available.

THE TRAILS

Upper Sand Flat Trail (0.7 mile)

Lower Sand Flat Trail (1.0 mile)

Overlook Loop (1.6 miles) This loop follows the perimeter of a plateau west of Sand Flat. It is best travelled counterclockwise. Start by heading northwest from Sand Flat. Watch carefully for the markers that ascend the slope to your left. If you start to go downhill, you missed the trail. There are vistas of Shasta Valley, Black Butte, Mount Eddy, and Castle Crags. Although the terrain is relatively flat and easy, there is a short steep hill at the southeast end of the trail connecting to the lower Sand Flat loop trail. At the trail junction, turn left to return to Sand Flat, or turn right to descend to the Lower Sand Flat Winter Trailhead.

West Cutoff (0.2 mile) This cutoff shortens the Overlook Loop by 0.7 mile, but you miss some views.

East Cutoff (0.3 mile) This cutoff offers a short and direct return to Sand Flat. There is a moderate hill at the east end. This is a good practice area for skiers.

Bunny Flat Loop (1.9 miles) This loop is east of Sand Flat and is the most challenging trail in the system. From Sand Flat the trail ascends 315 feet in 0.8 mile. Just before crossing the ridge which divides Avalanche Gulch and Bunny Flat is the downhill return section of this loop.

PLAY IN YOUR LANE!



DON'T PACK THE TRACK!

Snowshoes and skis create different paths through the snow and can cause rough rides when they overlap. Be considerate on the trail and respect each other's tracks.

Sorry, no motorized vehicles allowed in the Sand Flat Winter Trail System.

Dogs are welcome! Please be courteous to other trail users, keep your dog under control and clean up after them on the trail.

Produced in partnership with:



SHASTA-TRINITY National Forest

Shasta/McCloud Management Unit
204 West Alma, Mt. Shasta, California 96067
530.926.4511

www.fs.usda.gov/stnf

Cartography by Bob Noyes

SHASTA-TRINITY *National Forest* SAND FLAT WINTER TRAILS



Welcome to the **Sand Flat Winter Trail** system. Winter snow creates many exceptional opportunities for snowshoers and cross-country skiers to enjoy these Forest Service trails.

Follow the Diamonds

Winter trails are marked but not maintained. Follow routes where diamonds are fixed to trees and use this map. Diamonds with arrows indicate major changes of direction. Basic orienting skills are needed to enjoy these trails.

HOW TO GET HERE:

Take Central Mt. Shasta Exit 738 from I-5. Merge on Lake Street through Mt. Shasta City. Lake Street becomes Everitt Memorial Highway and leaves town. From the Shasta-Trinity National Forest boundary to Bunny Flat Trailhead is 12 miles. The two-lane paved highway is plowed and maintained throughout the winter months by the Siskiyou County Road Department. The road is usually open except during and immediately after heavy snow storms.