



# OUTDOOR FUN WITH FRIENDS

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#EXPLOREDDING



## MORNING

Hundreds of miles of biking trails within a 15-mile radius of downtown are waiting to be conquered. Some consider the top trails to be Escalator, Snail Trial, French Fry, and Mule Mountain Loop, but nothing beats the views of Flanagan to Chamise Peak, a 4.6-mile out-and-back singletrack trail. The steady but mellow climb to the top is worth it with amazing 360-degree views of Shasta Lake, Shasta Dam, and Mt. Shasta along with the Sacramento River canyon below the dam. If you want a longer or more challenging ride, I suggest the 14-mile Shasta Dam to Chamise Peak, which is an intermediate route in the annual Bigfoot Mountain Bike Challenge.

## AFTERNOON

Reward yourself from the morning on the trail with a locally crafted beer from the family-owned and operated Woody's Brewing Company in downtown Redding. The hints of tropical and citrus flavors alone should give you a reason to try a Shasta Haze, and make sure to order their famous garlic Tater Tots loaded with toppers of bacon, bleu cheese and chives.

In the afternoon, hitting a bucket of balls at Aqua Golf is a fun way to unwind and enjoy a riverside setting on the Sacramento River. The driving range is unlike any other where you hit the balls off an elevated platform into the water and at floating targets (don't worry, the balls float). Even if golf doesn't excite you, the shaded area and tables there are inviting for a group of friends to relax.

## EVENING

When your arms get tired, move your location and wrap up the day at The Park – Redding's Food Truck Hub in downtown for a variety of food and drink options. I like to grab a pint of the local Fall River Hexagenia and try ordering something from different food trucks to share with my wife while we grab a table to enjoy a night out with our friends sitting by a gas fire pit, playing cornhole, or ping pong.

