

UPPER SACRAMENTO RIVER

Class III-IV, 14-36 mi. (1-3 days), April-mid June (depending on snow pack)

Location: Meeting at Sims Flat , off I-5, between Redding & Mt. Shasta

This excellent spring run is pure fun, and there are 50 plus rapids in its nearly continuous 30 miles of whitewater. There are majestic views of Mount Shasta and Castle Crags as the river passes through the beautiful canyons of the Shasta-Trinity National Forest. There is also hardly any rafting traffic! Only minutes north of Redding, the “Upper Sac” is the handiest whitewater in the northern California mountains.

The Upper Sacramento River features beautiful side creek waterfalls, abundant bird life and one of the best trout fisheries in California. We highly recommend this run for active first timers and Class III-IV veterans. The most popular run is the 14 miles from Sims Flat to Dog Creek near Lake Shasta, which is rafted on the 1 day trip. It has consistent Class 3-4 rapids. On our 2 day trips we raft upstream of Sims Flat. Though less scenic at the beginning as the river passes through Dunsmuir, there are spectacular views upstream of Mt. Shasta and on the right, the granite peaks of Castle Crags. Numerous Class 3-4 rapids and the highlight of this trip is the Class 4+ rapid of Mears Creek Falls. There is the option to walk around this rapid and continue the short distance downstream to Sims Flat while the rafts are maneuvered through or around the triple drops. A third day may be spent further upstream which can include the Class 4 rapids of Box Canyon. This requires a tricky put-in just down from Box Canyon Dam, or an easier put-in 2 miles downstream misses most of Box Canyon, but still provides Class 3-4 rapids and the picturesque Mossbrae Falls fed by springs on the left bank.

Camping on overnight trips, is usually at the Forest Service campground of Sims Flat. However, for more facilities, arrangements can be made at private sites in Dunsmuir, or at the 4,000 acre Castle Crags State Park. This park lies at the base of 6544 foot granite spires, the Pacific Crest Trail runs through it and it is further from the railroad tracks that run through the canyon.

The area has a lot to offer. The scenery is stunning and you can't beat it for fishing, biking and hiking. The quaint historic railroad town of Dunsmuir has the beautiful waterfalls of Hedge Creek and Mossbrae, caves and soda springs. There is boating and caverns at Lake Shasta to the south and of course the majestic 14,162 foot Mount Shasta looms just to the north. Accommodations and restaurants are plentiful in Dunsmuir and Mt. Shasta.

Distances/Times for travel:

Castella.....	11 mins/7 miles (S),	Dunsmuir.....	17 mins/12+ miles (S)
Mt. Shasta.....	25 mins/22 miles (S),	Redding.....	40 min/42 miles (N)
Sacramento.....	3 hrs/214 miles (N,	Ashland.....	1 hr 45 min/98 miles (S)
Chico.....	2 hrs 30 min/121 miles (N),	San Francisco.....	4 hrs/256 miles (NE)
Reno.....	<4 hrs/235 miles (NW)		

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