

Elsa Rupp Trail

Mount Shasta Big Springs (Headwaters) Creek Nature Study and Hike



Length: .5 Mile Nature Study or 1 Mile Sisson Museum/Fish Hatchery Trailhead plus Nature Study Trail.

Elevation: Elevation gain is negligible.

When to Hike: Year-round, except for the snowiest points of the year.

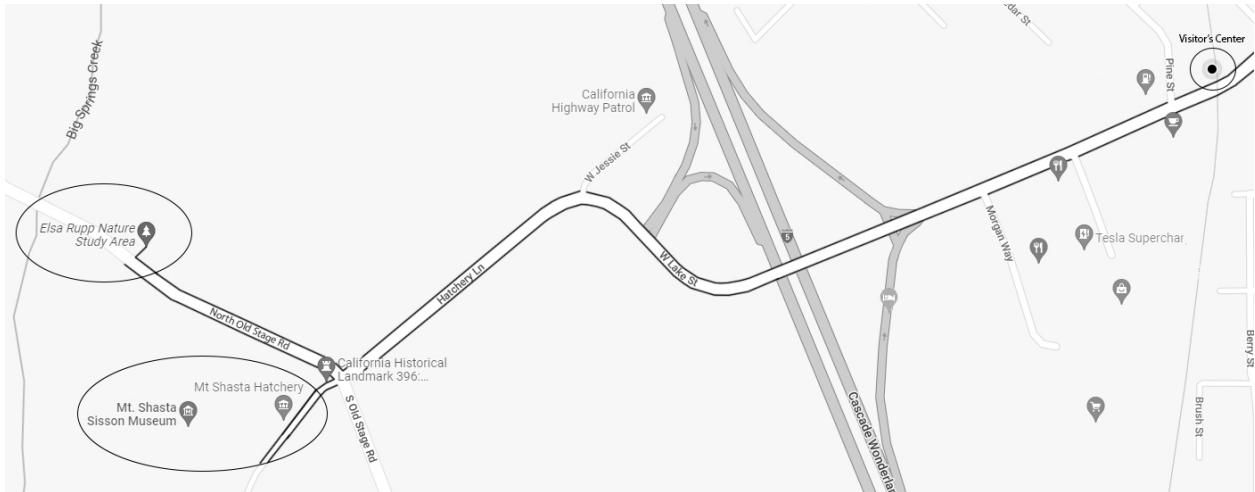
Special Features: Multiple crossings of Big Springs Creek and its side canals. A shady and cool mixed conifer forest with a broad riparian zone along the waterways. A very peaceful, isolated corner away from the “hustle and bustle” of Mount Shasta.

Description and History: The Elsa Rupp Nature Trail comprises the Elsa Rupp Nature Study Area that circles several gorgeous loops around the Mount Shasta Headwaters (called Big Springs) creek. The creek originates from Big Springs Hill at the Mount Shasta City Park and flows into the Fish Hatchery before making its way to Wagon Creek and Lake Siskiyou. Once you've hiked the short distance though the Sisson Museum/Fish Hatchery property and crossed North Old Stage Road, the main part of the Elsa Rupp Trail is in front of you. Now begins the best part of the trail as you enter the Elsa Rupp Nature Study Area, which was donated to the Department of Fish and Game in 1973 by Elsa in memory of her parents and brother. The trail parallels and crosses Big Springs Creek, the water supply for the fish hatchery. The nature study area helps keep these waters pure, as trout can be very susceptible to diseases as they are raised in a hatchery. There are several trails one can explore and loop, covering about 1 mile in total.

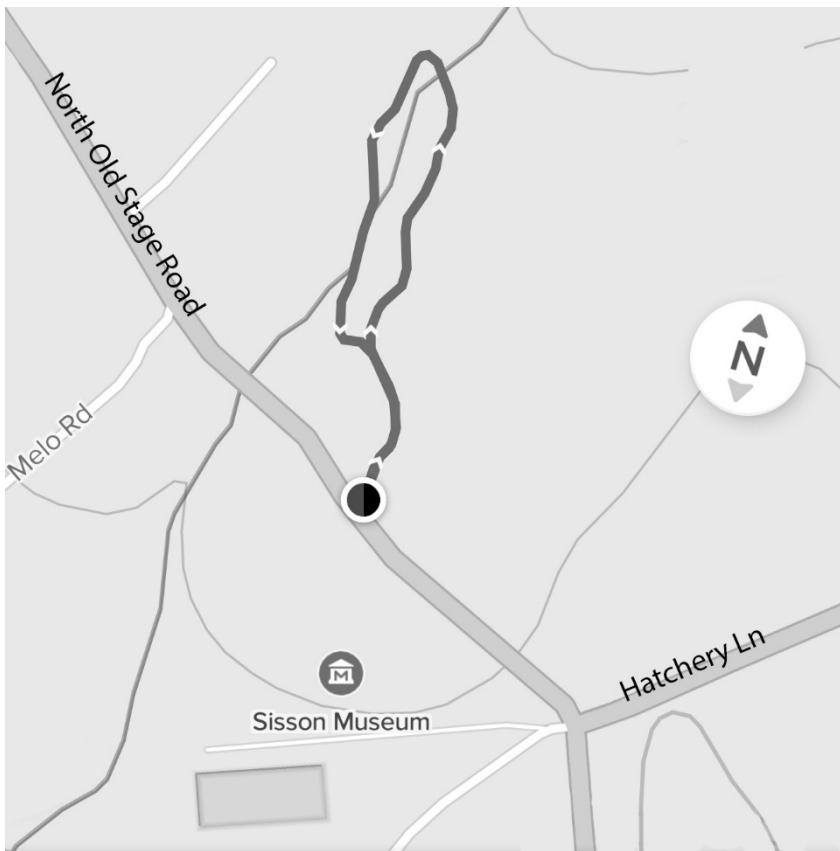
Direction to Trailhead

Sisson Museum/Fish Hatchery Trail Head plus Nature Study (1 Mile) Take the Central Mt. Shasta exit off of I-5 and then go west on W Lake Street-Hatchery Ln for about $\frac{1}{2}$ mile to the stop sign junction with North Old Stage Road. Go straight into the Sisson Museum parking lot. The trail begins through a gate on the north side adjacent to a kiosk describing the trail (see photo above).

Nature Study Only (.5 Miles) Take a right (north) on North Old Stage Road, about a quarter mile, and then right again into a small gravel parking area. The trail begins by a stone monument describing the trail and nature preserve.



Directions from Interstate/Visitor's Center



Elsa Rupp Nature Study Side Basic Loop Trail Map.