

# Sand Flat Trails



**Late Spring, Summer, Early Fall**

Sitting at 6,750 feet, Sand Flat is a popular destination for adventurers looking to access Mount Shasta's dynamic terrain across the flat's access points, including an alternative route up to Horse Camp as well as a branch off to the west that guides one to the Upper Sand Flat Field (not to be confused with the Upper Sand Flat Road/Winter Trail). These access points are a dynamic set of roads/hiking trails that during the summer months make excellent spots for day hiking and dispersed camping and in the winter provide ample cross-country skiing and snow shoeing recreation. There are beautiful views of Mount Shasta and the surrounding mountains at several scenic locations along with beautiful streams that flow down the lower Sand Flat road in Spring.

*See separate Forest Service pamphlet on Winter Sand Flat Trails during the winter season for official Winter Trails guidance as trails change slightly with snow cover.*

## **PUBLIC RESTROOMS AND WILDERNESS PERMITS**

There are no public restrooms at Sand Flat. Campers/day hikers need to bring your own toilets/disposable waste bags. If hiking to Horse Camp, you need to fill out a wilderness permit at the trailhead.

## **DISPERSED CAMPING**

There is opportunity to disperse camp all along Sand Flat's entry points and along the flat and surrounding terrain. Bring your own waste disposal and water. See the USDA Forest Service guidelines on dispersed camping and fire restrictions. Fire permits (free) are required for campfires/stove use. Restrictions apply.

## **IMPORTANT ROUTES**

### **Lower Sand Flat Road**

Distance: 1 Mile Out, 1 Mile Back

Elevation Climb: 256' Feet

This out and back trail takes you along the Lower Sand Flat Road from Everitt Memorial into the Sand Flat. From there, you can explore the terrain around the flat, hike to the Sand Flat Trailhead, and/or hike up to the Upper Sand Flat Field. Along the lower road, you will see vistas to the East-West and streams that flow down the foothills in Spring during snow melt.

### **Upper Sand Flat Road**

Distance: .8 Miles Out, .8 Miles Back

Elevation Climb: 66' Feet

This out and back trail takes you along the Upper Sand Flat Road (Upper Sand Flat Winter Trail) to the main flat. From there, you can explore the terrain around the flat, hike to the Sand Flat Trailhead, and/or hike up to the Upper Sand Flat Field. The upper road takes you through conifer forest out to the main Sand Flat field.

### **Sand Flat to Upper Sand Flat Field**

Elevation Climb: 66' Feet

Ascends the foothill to the West of the main Sand Flat to the Upper Sand Flat Field overlooking Mount Shasta. Enjoy vistas of the mountain cradled by evergreen trees.

### **Sand Flat Trailhead to Horse Camp**

Distance: 1.9 Miles Out, 1.9 Miles Back

Elevation Climb: 1,093' Feet

Starting at the Sand Flat Trailhead (at the end of the Sand Flat road—see map), ascends you up to Horse Camp on an alternate trail.

### **Sand Flat to McBride Springs/Gateway Trailhead via Sisson's Trail**

See separate pamphlet.

*Map property and courtesy of the  
Mt Shasta Visitors Center*

# LEGEND



Parking



Bathroom



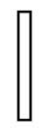
Junction



Trailhead



Campground



Everitt Memorial  
HWY A10 (Paved)



Graded Terrain/Butte/  
Ridge



Focal Trail



Adjacent Trail

## SAND FLAT DISTANCES

Lower Sand Flat Road: 1.0 Mile

Upper Sand Flat Road: 0.8 Miles

Road across Sand Flat: 0.4 Miles

Winter Trail Overlook Loop: 1.6 Miles

Horse Camp Trail (at Trailhead): 1.9 Miles



# SAND FLAT ROADS & TRAILS MAP

