

# Sand Flat Trails



**Late Spring, Summer, Early Fall**

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

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 Shasta Alpine Hut 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 toilets at Sand Flat. Campers/day hikers need to bring your own toilets/disposable waste bags. If hiking to Shasta Alpine Hut, 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. 7 Day stay limit. 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

**Warning:** *Be aware that both the Lower and Upper Sand Flat roads are non-paved. It is not recommended to drive into the Sand Flat from the Upper Road due to severe erosion.*

### Lower Sand Flat Road

**Distance:** 1 Mile Out, 1 Mile Back  
**Elevation Climb:** 256' Feet

If you wish to drive in to the Sand Flat, **it is recommended to drive in on this road.** This out and back route 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:** 0.8 Miles Out, 0.8 Miles Back  
**Elevation Climb:** 66' Feet

**It is not recommended to drive in on this road** as the current conditions are degraded. This out and back route takes you through conifer forest 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.

### 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 Shasta Alpine Hut

**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 Shasta Alpine Hut Camp on an alternate trail.

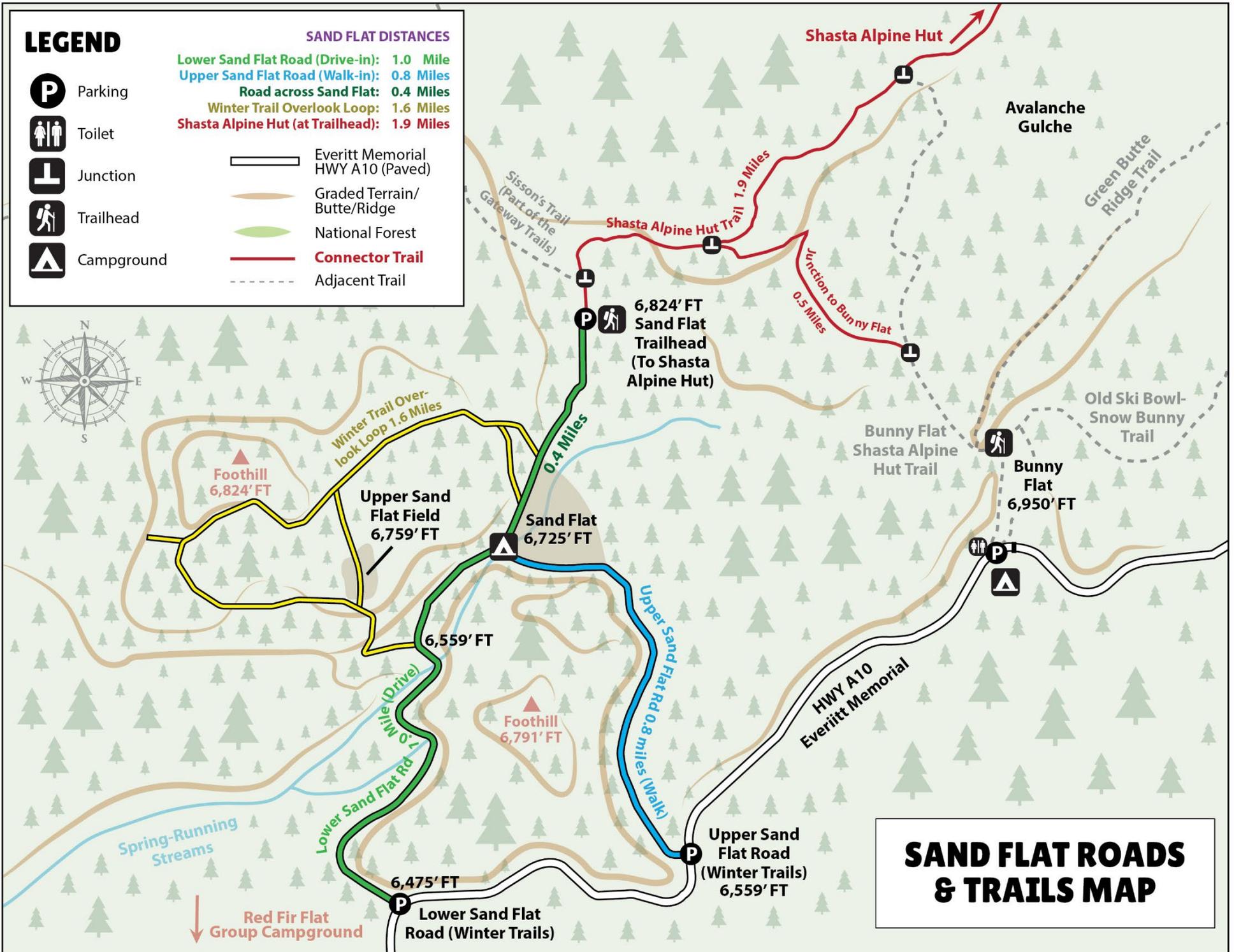
# LEGEND

-  Parking
-  Toilet
-  Junction
-  Trailhead
-  Campground

## SAND FLAT DISTANCES

- Lower Sand Flat Road (Drive-in): 1.0 Mile
- Upper Sand Flat Road (Walk-in): 0.8 Miles
- Road across Sand Flat: 0.4 Miles
- Winter Trail Overlook Loop: 1.6 Miles
- Shasta Alpine Hut (at Trailhead): 1.9 Miles

-  Everitt Memorial HWY A10 (Paved)
-  Graded Terrain/ Butte/Ridge
-  National Forest
-  Connector Trail
-  Adjacent Trail



**SAND FLAT ROADS & TRAILS MAP**