

# Spring Hill/City Park

## Big Springs Creek



### About Big Springs, City Park, and Spring Hill

Heading into Mt Shasta City, several alpines and landmarks immediately grab the attention of visitors. Among those landmarks is Spring Hill, an adorably round hillside covered in evergreens. Spring Hill is located just south of Black Butte and west of Mt Shasta to the north of the city. These landmarks create a geological convergence that graces the presence of locals and visitors alike and can be seen from almost any location in the city.

Spring Hill is labeled a parasitic, or satellite, cone by geologists. The Spring Hill cone was formed by eruptions from unstable fractures on the flank of the volcano and is made of accumulated volcanic material not part of the central cone of Mt Shasta (Mt Shasta Trail Association).

At the base of Spring Hill is the Mt Shasta City Park, where an Aquifer feeds a spring called Big Springs. Big Springs forms Springs Creek and flows away from the City Park, underneath I-5, to the Elsa Rupp Nature Study, through the Fish Hatchery, merges with Wagon Creek, and reaches Lake Siskiyou. There, the lake flows down Box Canyon Dam and forms the Sacramento River. While Big Springs is not the true Headwaters of the Sacramento River, it gained that reputation since the spring is fed directly from an aquifer that is Mt Shasta's contribution to the Sacramento River. "Whether as rainfall, snowmelt or glacial meltwater, water flowing from Big Springs spent decades filtering through layers of volcanic rock to emerge half a century later" to create the reputed magic water that people travel from all directions to partake of (Mt Shasta Herald, 2014).

The Mt Shasta City Park boasts Big Springs, Springs Creek, many small hiking trails complete with charming foot bridges, meadows, playground, gazebo, picnic tables, benches, grass area, and community buildings. It is sandwiched between the railroad and Interstate-5, but sound barriers of trees and shrubs help to keep the park feeling isolated and peaceful. With its proximity to Mt Shasta and many

hiking trails, the Mt Shasta City Park offers visitors a unique and enchanting experience as well as is a popular destination for filling up water bottles from the natural spring.

**Dogs welcome but must be leashed.**

### City Park Trails

**Elevation Gain:** Negligible

**Distance:** Dynamic, up to 2 Miles.

"Part of the Mt. Shasta Greenway, the Greenway is an idea that has been discussed for nearly 20 years. Presently, we have a trail network that connects the City Park to Kingston Meadow, plus the Nepenthe Trail adjacent to the Mercy Hospital. The current trail configuration provides a wonderful collection of loops that encourages exploration of the City Park lands south to Kingston Meadow (owned by Siskiyou Land Trust), and Big Springs itself north and west of the grassy park proper. Visitors can stack the loops to create up to 2 miles of hiking and exploration" (Mt Shasta Trail Association).

### Spring Hill

**Elevation Gain:** 650' ft

**Distance:** 3.25 mi loop (with Rocky Point)

Sitting very close to the city park is Spring Hill, which presides over the park directly to the north. To access Spring Hill, you turn right off N. Mt Shasta Blvd onto Ski Village Dr. and at the first stop sign, continue straight onto Rd No 2M16. The road is very short and ends with a loop adjacent to a small parking area with a trailhead sign and information for hiking Spring Hill. From there, adventurers simply follow the trail on up. The trail switchbacks to several viewpoints before splitting into two directions. Adventurers can choose two routes, either going directly to the summit or veering right to the Rocky Point Loop. This charming loop gives adventurers beautiful views of Mt Shasta, Black Butte, and surrounding landscapes and is well worth the extra .5 mile hike. Once you reach the summit, there is a small picnic table and viewpoint with which to see the south and west locations of the Mt Shasta area. Of the two points, Rocky Point offers the more impressive views and unique experience.

