

Walking to Whiskeytown Falls

*Masked by dancing chaparral
One emerald stream
courses clear
in a surround of twenty-first
century light.*

*We have waited hours
for the chance
to rinse the dust
of questions
from off our minds.*

*From Crystal Creek
to Mule Town Road,
the shrugged shoulders
of mountains
watch the waters movement,
the pulsing and ebbing
of sought time.*

*In shorts, dungarees
and business suit,
we present ourselves
to this flow
of wild hope.*

*With shovel, gold pan
or officiating voice,
we have sifted the excitement
of seeing what was hidden
bound towards us.*

*Here in a twisted ravine
beats one heart,
with all others
wanting to join the cataract's
steep pitched laugh and froth.*

*Pushing on we remember
this uneasy way
of breaking ground,
tearing and turning
in the path
of our direction.
Like our own arms
opening to what
is loved,
here rushes cool readiness
against drought.*

By
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Tune in to the Sounds of Nature

The Nature Sounds Society (www.naturesounds.org) suggests simple ways in which to enjoy natural sound. Here are some of these activities:

Sound Sense

Stop. Listen to what's around you. Now close your eyes. Do you hear other sounds? Do you hear more with your eyes closed?

Sound Pleasure

What is the most beautiful sound you hear? What is the ugliest?

Sound Walk

Walk and listen. Do you hear your footsteps? Do you hear your clothes rustle? Can you walk without making any sound?

Wind Blown

Try to hear the wind's sound blowing through different plants.

Water Sounds

Find a stream or waterfall and listen carefully with your eyes shut until the sound separates into single notes.

Sound Count

Close your eyes. Lift a finger for each sound you hear. Can you hear ten different sounds? Now use your left hand for natural sounds and your right hand for human-made sounds. Lift a finger for each type of sound you hear. Which type of sound reaches five first?

An important part of the National Park Service's mission is to preserve and/or restore the natural resources of the parks, including the natural soundscapes.

Many natural sounds such as gurgling streams, bird songs, or the rustling of leaves on a fall day can have a calming and relaxing effect. Other sounds such as the chirp of crickets or a gentle breeze through a forest can trigger memories of pleasant past experiences.

When you visit a national park, you enter a world of memorable sights. When you listen to a park, you enter a world of inspirational sounds.

This project is made possible by a grant from the Shasta County Anti-Tobacco Fund Community Grant Program to the Friends of Whiskeytown, Inc.

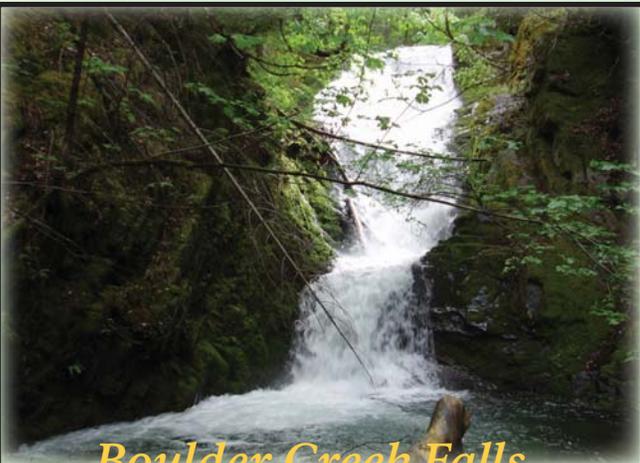
Waterfall Week Stamp Card

To The Falls!

THE FRIENDS OF
WHISKEYTOWN



Whiskeytown National Recreation Area



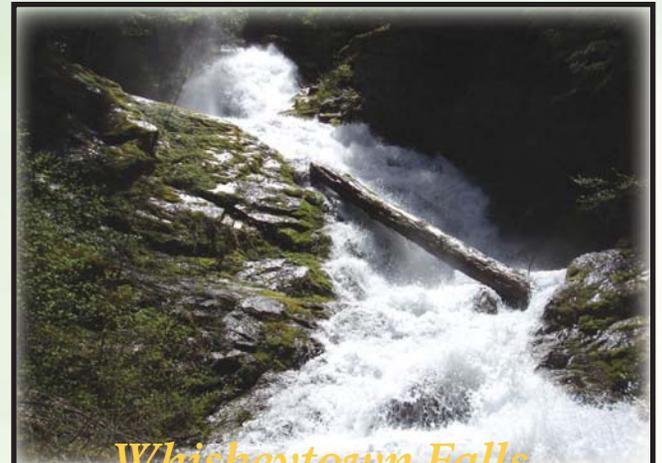
Boulder Creek Falls

Height of falls: 137 feet
Elevation: 1,300 to 2,200 feet
Trail Name: Boulder Creek Falls Trail
Trail Length: 5.5 miles round trip
Difficulty Level: Moderate



Brandy Creek Falls

Height of falls: 20 feet
Elevation: 2,000 to 2,500 feet
Trail Name: Brandy Creek Falls Trail
Trail Length: 3 miles round trip
Difficulty Level: Moderate



Whiskeytown Falls

Height of falls: 220 feet
Elevation: 2,200 to 2,900 feet
Trail Name: James K. Carr Trail
Trail Length: 3.4 miles round trip
Difficulty Level: Moderate to difficult

Other Sound Activities

Sound Tally

How many different sounds did you hear? Keep a tally of every kind of sound you hear on your walk.

Sound Size

Listen around you. Do you hear movement in a bush or tree?

Sound Identity

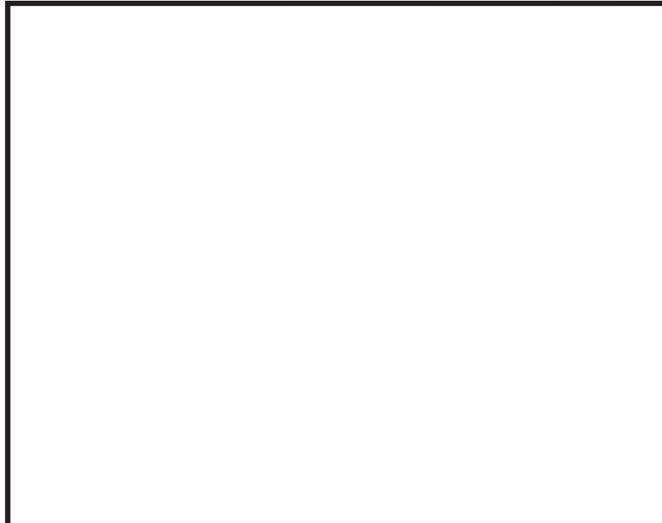
Which sounds had you never heard before?

Prove you hiked to the falls by making a rubbing impression in the squares below. For best results rub across from left to right. The rubbing plates are located on the trail register boxes at the base of each waterfall. Bring completed card to the Visitor Center for validation and a free day pass to the Redding Aquatic Center.

Boulder Creek Falls



Brandy Creek Falls



Whiskeytown Falls

