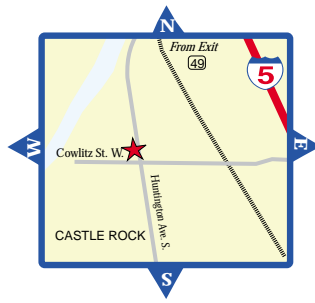


Trail maps

Castle Rock



Seaquest State Park

Length: 5.5 miles Hiking Trails, 5 miles Bike Trails

Location: Located six miles E of Castle Rock across from Silver Lake visitor's center. From I-5 N or S:

Take the Castle Rock exit (exit #49), onto Hwy. 504 E. Seaquest is located six miles E of the freeway on Hwy. 504.

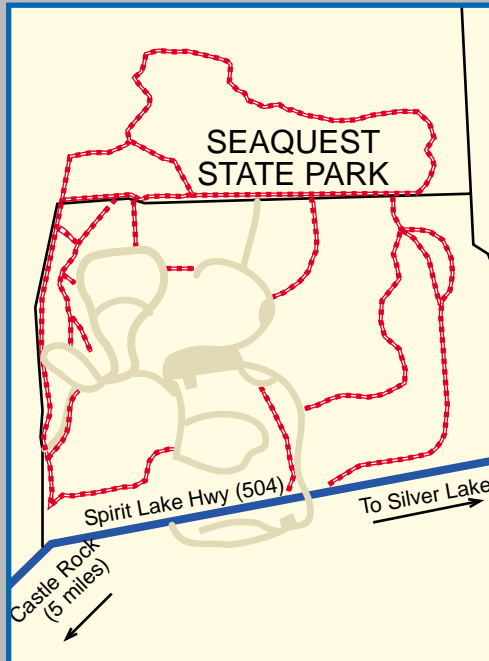
Description: The beautifully forested park claims over a mile of Silver Lake shoreline, eight miles of woodland trails for hiking and bicycling, and spectacular views of Silver Lake and the surrounding area. There are children's play areas, playing fields for team sports and great seasonal fishing.

Park hours:

Summer: 8 a.m. to 8 p.m.

Winter: 8 a.m. to 5 p.m.

Fee: \$5 for using parking area



Castle Rock Trail

Length: 1.45 miles

Location: Starts at Lion Pride Park, Huntington Ave. S.

Description/Access: Paved trail heads N toward the "Rock". Past the rock, there is a play area and skateboarding ramps. The trail continues along the river with access to downtown and a viewing pad for sightseeing and fishing at A St. Pavement ends at Shintaffer St. and Learning Ave. An ADA spec ramp to downtown area is available. Compacted gravel continues to Huntington Ave. N or to State Route 4-11. A paved trail W side of the river starts at Castle Rock High School sports complex, runs S about 1200 feet. By Sept. 2004 the trail will be complete to the A St. bridge with a viewing pad.



Legends

- Wheelchair Accessible
- Paved path
- Gravel path
- Restrooms in vicinity
- Pet Friendly (on-leash)

Safety Tips

Be visible

At dusk, dawn and/or night, wear reflectorized clothing for visibility. During the day, wear bright, light clothing.

Be careful

Always look both ways before crossing the street. When crossing, wait for a safe gap in traffic and make eye contact with the driver of any approaching vehicle.

Make sure drivers see you

Don't dart out or suddenly enter the street. If you are emerging from behind a parked car or other obstacle, slowly step out and make sure you are visible. If there are no sidewalks, walk facing traffic.

Be alert

Be aware of all traffic, particularly vehicles making a "right on red".

Walk with a friend

Walking with someone is safer than walking on your own. Encourage a friend or family member to join you.

Pets and Exercise

Walking with your dog is a healthy thing to do. Both people and dogs benefit from exercise. Here are some important tips:

- Walk your dog on a secure leash
- Be sure to pick up after your pet
- During warm weather, carry water for your pet
- Identification is a must. Every pet should wear their license tag for identification and safety



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