



To The Falls!

The National Park Service welcomes you to Whiskeytown National Recreation Area. The beautiful and diverse backcountry beckons your exploration and discovery, including the park's four waterfalls. In the interest of promoting exercise and healthy lifestyles, I invite you to take the "Whiskeytown Waterfall Challenge" and hike, bike, or ride to all four of the falls. Take your



Waterfall Passport with you as you visit each waterfall and make a rubbing impression in the square provided. The rubbing plates are unique to the individual falls and are located on the trail register boxes near the base of the falls. For the best results, rub across the plate from left to right.

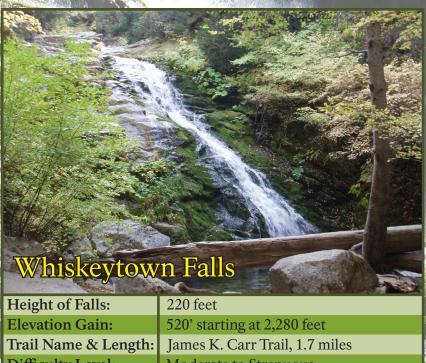
Please bring your completed Waterfall Passport to the visitor center for validation and to receive your special Waterfall Passport stamp for completing the challenge. During the annual Waterfall Week event, which runs concurrently with National Parks Week, visitors will receive a special prize for completing the challenge while supplies last.

Completing the Whiskeytown Waterfall Challenge provides not only a sense of accomplishment, but also benefits your health. The journey, however, does not need to be a race to the finish. Although the falls lie at the end of the trails, there are natural wonders that you can see, hear, taste, smell, touch, and perhaps most importantly, be touched by, as you make your way deep into the forest.

To inspire your odyssey into nature, I leave you with a passage from Wendell Berry's <u>The Unforeseen Wilderness</u> wherein he reminds us "... the world cannot be discovered by a journey of miles, no matter how long, but only by a spiritual journey, a journey of one inch, very arduous and humbling and joyful, by which we arrive at the ground at our feet, and learn to be at home." May the discoveries be plentiful and joyous on your journey. Happy Trails!

Jim 7. Milistène

Jim F. Milestone Superintendent



Difficulty Level: Moderate to Strenuous

> "Here is calm so deep, grasses cease waving... wonderful how everything in wild nature fits into us, as if truly part and parent of us. The sun shines not on us, but in us. The river flows not past, but through us, thrilling, tingling, vibrating every fiber and cell of the substance of our bodies, making them glide and sing."

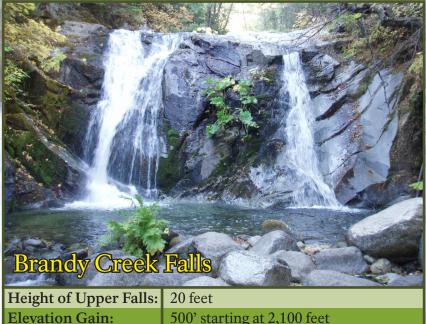
—John Muir

Whenever I have found myself stuck in the ways I relate to things, I return to nature. It is my principal teacher, and I try to open my whole being to what it has to say.

—Wynn Bullock



three creek crossings without bridges. There is a moderate one-mile route from Mill Creek Rd.



500' starting at 2,100 feet

Trail Name & Length: Brandy Creek Falls Trail, 1.5 miles

Difficulty Level: Moderate

> There is something of the marvelous in all things of nature.

-Aristotle



Trail Name & Length: Crystal Creek Falls Trail, .25 miles

Difficulty Level: Easy

> The care of rivers is not a question of rivers, but a question of the human heart.

—Tanaka Shozo



An important part of the National Park Service mission is to preserve 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 rejuvenating 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. To enhance your experience of the park's soundscapes, try an activity from renowned naturalist and environmental educator Joseph Cornell.

Often our minds are like the switch on a short-wave radio: when the switch is set to "broadcast," all we can hear is our own voice talking. We can't really hear until the switch is turned to "receive."

Similarly, a busy, chattering mind is always in "sending mode."

The noise of our own minds prevents us from deeply experiencing and learning from the world around us.

When you are out in nature, be sure to take time to let your mind stop describing, analyzing, evaluating. Simply let it witness and appreciate what your senses bring to its attention.

