

## Detailed Map and Download Directions for the Sacramento River Canyon Audio Tour

You can print this map, and the detailed download directions (below), to help you enjoy the Sacramento River Canyon Audio Tour.

The Northbound Audio Tour starts at the City of Anderson, near the northern end of California's great Central Valley, and continues along Interstate 5, winding up at Mt. Shasta City, an alpine village in the shadows of Mount Shasta.

The highway follows the track of the ancient Siskiyou Trail, a network of Native American footpaths, used for thousands of years to travel between California and the Pacific Northwest. The Siskiyou Trail was used by Hudson's Bay Company trappers, horse and cattle drive pioneers, Gold Rush Forty-Niners, plus early stagecoach road and railroad builders. Today's Interstate 5 follows almost exactly along this ancient pathway.

As you travel north on Interstate 5, you will pass:

Redding – a bustling city of 50,000; stop and enjoy Turtle Bay Exploration Park

Shasta Lake – a large and beautiful lake behind massive Shasta Dam

Salt Creek – site of an important Native American village

Antlers –

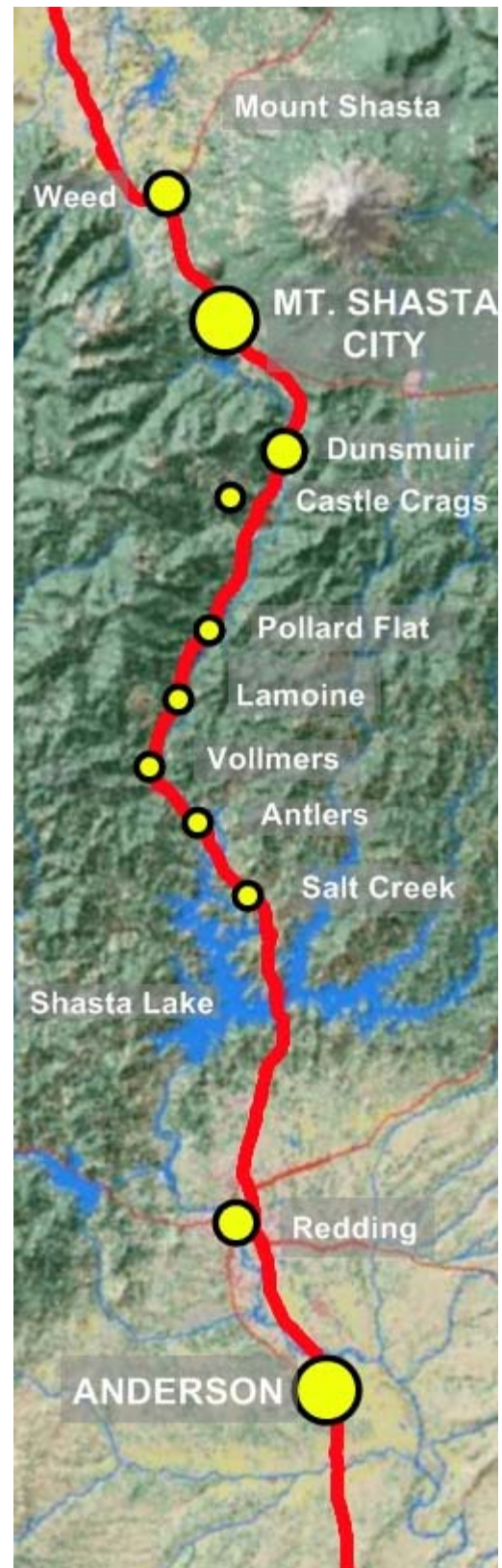
Vollmers –

Lamoine –

Pollard Flat – near the site of Portuguese Flat, a Gold Rush era Forty-Niners town

Castle Crags – dramatic granite formations tower over the highway and the Sacramento River

Dunsmuir – stagecoach and railroad town; visit the historic downtown, home of the Upper Sacramento River Exchange.

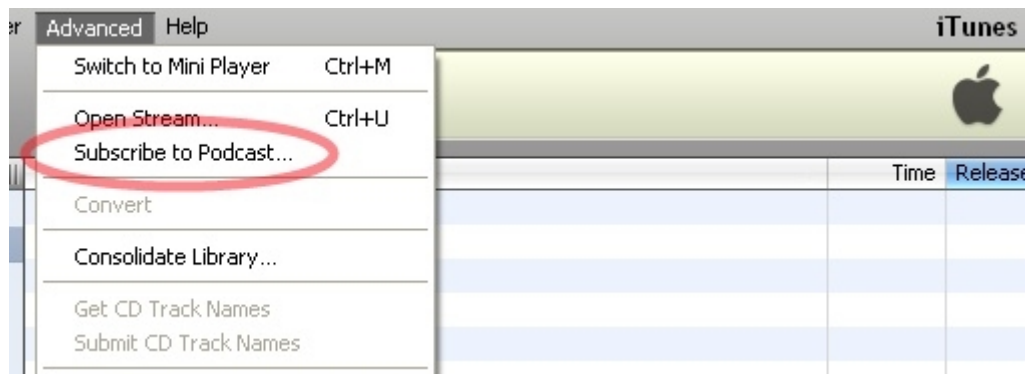


## DIRECTIONS TO DOWNLOAD AUDIO TOUR TO IPOD

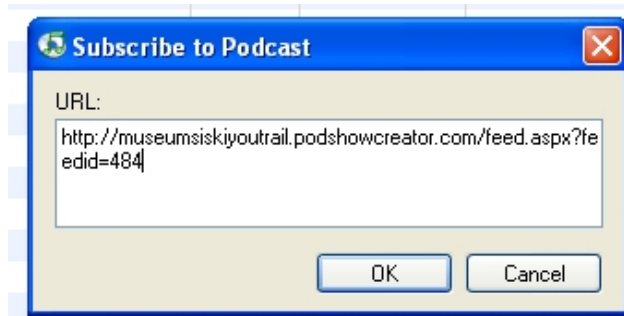
1. For the **northbound** Audio Tour, highlight and copy the following web address (URL):

<http://museumsiskiyoutrail.podshowcreator.com/feed.aspx?feedid=484>

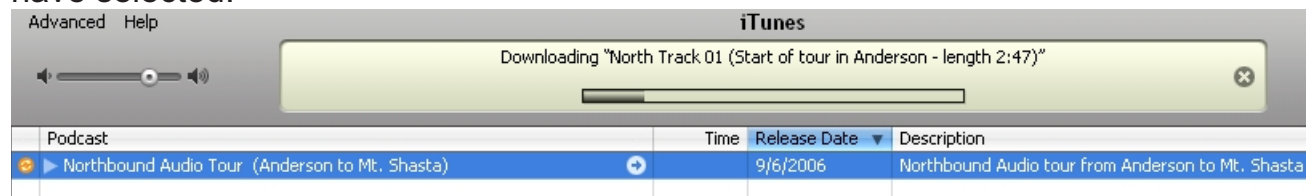
2. Open iTunes, and in the upper left portion of the screen, pull down the "Advanced" menu. Click on the "Subscribe to Podcast . . ." item.



3. Paste the web address for the audio tour that you want to download into the box that opens. Then click "OK."



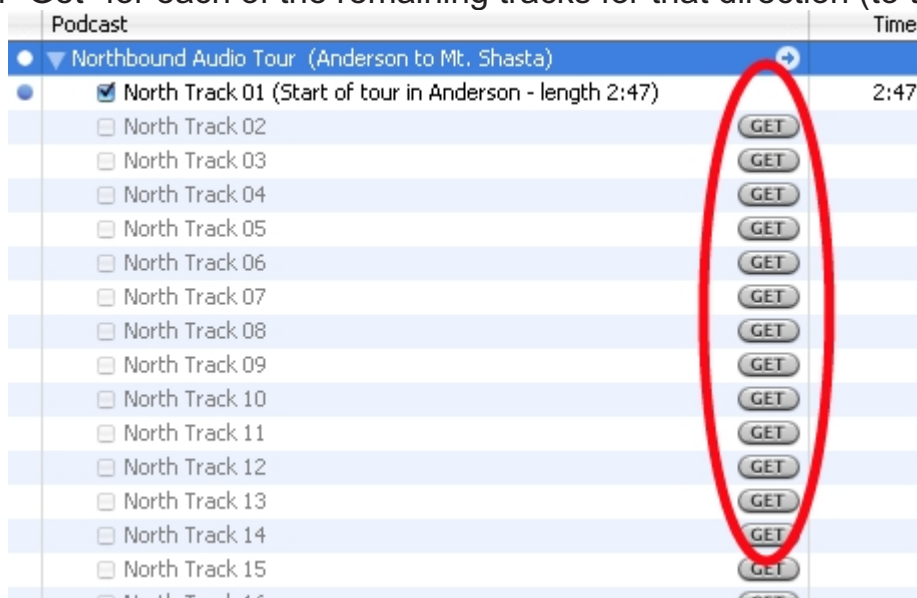
4. iTunes will start automatically downloading "Track 01" of the direction you have selected.



5. When "Track 01" has finished downloading, click on the small blue triangle next to the title of the podcast.



6. Click on "Get" for each of the remaining tracks for that direction (to the end).



# DIRECTIONS TO DOWNLOAD AUDIO TOUR TO CD

(for PC users)

1. For the **northbound** Audio Tour, go to the following website:

<http://museumsiskiyoutrail.podshowcreator.com/>

2. Click on the green tab, entitled "Podcasts."



3. Beneath the words "Play/Save," click on the first small green circle with the two small squares, just to the left of the words:  
"File: North Track 01.mpg"

## Northbound Audio Tour (Anderson to Mt. Shasta)

Last Updated: Fri, 08 Sep 2006 09:46:42 -0700

This is the northbound audio tour, starting at Anderson, California, and taking you up the Sacramento River Canyon towards Mt. Shasta.

**TO HEAR A SAMPLE, CLICK "Play Latest Episode" BELOW.**  
(This will take a moment to download)



For directions to download entire tour, click green "About" tab above.

[▶ Play Latest Episode](#) | [View All Shows](#)

### Link to Subscribe:

<http://museumsiskiyoutrail.podshowcreator.com/feed.aspx?feedid=484>

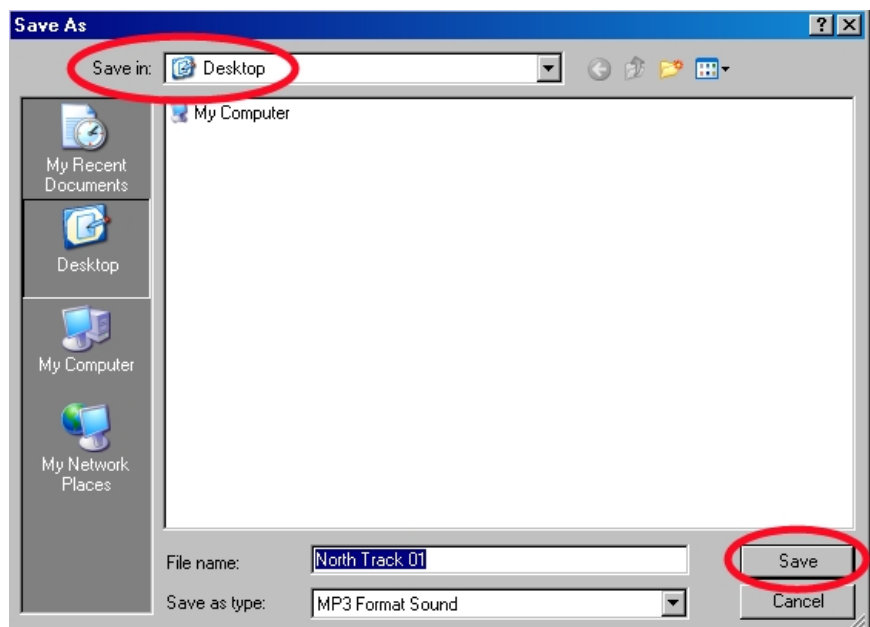
View Episodes From:   **Apply**

Play / Save	Episode Description
	<b>North Track 01 (Start of tour in Anderson - length 2:47)</b> Wed, 06 Sep 2006 17:58:00 -0700 File: North Track 01.mpg Size: 6.38 MB
Play / Save	Episode Description
	<b>North Track 02</b> Wed, 06 Sep 2006 17:55:00 -0700 File: North Track 02.mpg Size: 1.7 MB

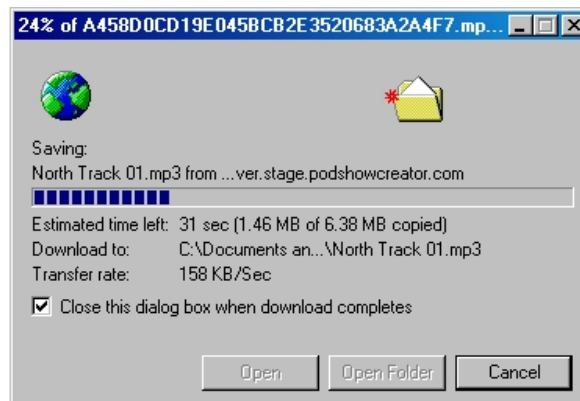
4. When a “dialog box” opens, click on the word “Save.”



5. When the next “dialog box” opens, double check where the files are being saved (next to the words “Save in:” at top left); this is where to find these files after you have finished downloading them. Then click “Save” in the lower right corner.



6. A box will open letting you the download has started.



7. When the download has completed, repeat steps 3 through 5 for each track. When all the tracks have been downloaded, burn the tracks to a CD in the normal manner.