

# FOLSOM LAKE LOOP 81

81 MILES / 4,550 FEET

START: Mile 13.5 American River Parkway Bike Trail, Carmichael, CA

MILE	WP	R/L	ROAD
0.0	01		proceed east on American River Pkwy Bike Trail Elev = 50'
9.1	02	L	(sharp left) toward fish hatchery
9.12	03	R	cross Nimbus Road at stop sign & follow bike path toward Hazel Avenue
9.2	04	R	veer right at Y to cross American River on Hazel Avenue bridge bike/pedestrian path
9.4	05	L !	bike trail <b>CAUTION:</b> steep downhill curving left under Hazel Avenue bridge
14.8	06	R	Folsom truss bridge
15.0	07	L	bike path. No sign
15.2	08	L	Leidesdorf Street. No sign
15.34	09	R	bike path
15.5		S !	exit bike bath, continuing straight into parking lot climb short hill: becomes Stafford Street (no sign)
15.8	10	L	Natoma Street
18.5	11	L	Green Valley Road
21.1	12	!	on left: Safeway Grocery Store (last food before Pilot Hill) Climbing So Far (csf) = 885'
21.3	13	L	Salmon Falls Road
27.2		!	on right, just after Folsom Lake bridge: public toilets (at end of parking lot)
33.4	14	R L	Pilot Hill Market csf = 2,390' <b>REST &amp; REGROUP #1</b> exit left onto Hwy 49
40.4	15	L	left turn to remain on Hwy 49 start climb
42.7	16	L	Borland Avenue
43.1	17	R	Lubeck Road
43.11	18	L	Finley Street
43.5	!	L	Orange Street
43.6	!	R	Agard Street

43.7	19	L	High Street
44.0	20	L	Auburn-Folsom Road
45.6	21	R	Indian Hill Road
48.0	22	L L	Flyers Food Market csf = 3,725' <b>REST &amp; REGROUP #2</b> exit left onto Newcastle Road
49.5	23	R	Brennans Road
50.5		L	left turn to remain on Brennans Road (Rock Springs Road to right)
51.8	24	R	King Road
53.9	25	L	Val Verde Road
56.7	26	R	Wells Avenue
58.2	27	L	Barton Road
60.4		L	left turn to remain on Barton Road (Olive Ranch Road to right)
63.3	28	R	Santa Juanita Avenue (no road sign)
64.5	29	L	Oak Avenue Pkwy
65.8	30	R	Auburn-Folsom Road
66.3	31	L ! !	Greenback Lane <b>CAUTION:</b> cross Auburn-Folsom Road <u>very</u> carefully! Very heavy traffic! <b>ATTENTION:</b> ride on <u>sidewalk</u> on <u>north</u> side of Greenback Lane, toward oncoming traffic
66.4	32	L	bike trail access path
66.5	33	R	American River Pkwy Bike Trail
71.9	34	R	Hazel Avenue bridge bike/pedestrian path: cross American River
72.0	35	R	veer right onto downhill path toward fish hatchery
72.18	36	L	cross Nimbus Road at stop sign, then left onto access path
72.2	37	R	American River Pkwy Bike Trail
81.2	38	!	<b>END:</b> Mile 13.5 American River Parkway Bike Trail Total Elevation Gain = 4,550'

