

NORTHERN METROPOLITAN CIRCUMNAVIGATION 116

116 MILES / 3,185 FEET

START: Five Points Shopping Center, Arden Way & Fair Oaks Blvd, Carmichael, CA

MILE	WP	R/L	ROAD
0.0	01	R	exit parking lot onto Arden Way Elev = 75'
0.65		S	enter William Pond Recreation Area
0.7		L	just before toll booth
0.8	02	L	American River Pkwy Bike Trail
9.8	03	L	(sharp left) toward fish hatchery
9.81		R	cross Nimbus Road at stop sign take bike path toward Hazel Ave
9.9	04	R	right at Y toward Hazel Avenue bridge. Cross American River on bike/pedestrian pathway
10.2	05	L !	Bike Trail CAUTION: steep downhill curves left under Hazel Avenue Bridge
15.5	06	L	access path, just after Rainbow Bridge
15.6	07	R	Greenback Lane
15.8	08	R	Auburn-Folsom Road
16.3	09	L	Oak Avenue Parkway
17.6	10	R	Santa Juanita Avenue
18.6		R	becomes Barton Road
21.7		R	remain on Barton Road
23.9	11	R	Wells Avenue
25.4		L	becomes Val Verde Road
28.2	12	R	King Road
30.2	13	L	Brennans Road
31.5		R	remain on Brennans Road
32.7	14	L	Newcastle Road
34.0	15	R !	on right: Flyer's Food Mart REST & REGROUP #1 Climbing So Far (csf) = 1,570' Elev = 900'
34.0	15	S	cross Indian Hill Road
34.05		S	cross I-80
34.2	16	R	Old State Hwy
34.3		S	one lane subway (under RR tracks)
34.4	17	R	Hwy 193
34.5	18	R	Taylor Road/Hwy 193
34.9	19	L	Ridge Road
38.4	20	R	Gold Hill Road
39.1	21	L	Virginiatown Road
41.2	22	R	Fowler Road csf = 2,080' Elev = 300'
42.1	23	L	Fruitvale Road
42.4	24	R	Garden Bar Road
44.6	25	L	Mt Pleasant Road
45.7	26	R	Big Ben Road
47.7	27	R	McCourtney Road
50.3	28	L	Riosa Road
55.4	29	R !	on right: "Sheridan Market" REST & REGROUP #2 csf = 2,655' Elev = 110'
55.4		R !	Hwy 65 CAUTION: Heavy traffic! RR tracks!
55.5	30	L	Riosa Road
55.6	31	R	Riosa Road
57.7	32	R	@ Sutter County Line
57.9	33	L	Bear River Drive
61.9	34	L	Pleasant Grove Road
71.1	35	R	E Catlett Road
74.1	36	L	E Striplin Frontage Road
74.6	37	R	W Catlett Road
74.7		S !	cross Hwy 99 CAUTION: Heavy traffic!
78.6	38	L	Vernon Road
82.1	39	L	Garden Hwy
83.1	40	R !	on right: "Verona Village Store" REST & REGROUP #3 csf = 2,920' Elev = 23'
83.2		!	very rough road next 3.2 miles
101.2	41		veer right onto bike trail at Gateway Oaks Drive
101.9	42	R	Natomas Park Drive
102.1		L	onto path just after Discovery Park toll booth
102.12		L	@ yield sign
102.3	43	L	American River Pkwy Bike Trail
115.6	44	L	access path @ mile 13.5
115.7			jog right, then left, onto Arden Way
116.4	45	L	END: Five Points Shopping Ctr Total Elevation Gain = 3,185'

