

NORTHERN METROPOLITAN CIRCUMNAVIGATION 79

79 MILES / 3,115 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	proceed east on American River Parkway Bike Trail Elev = 50'
9.9	03	L	(sharp left) toward fish hatchery
9.91		R	cross Nimbus Road at stop sign take bike path toward Hazel Avenue
10.0	04	R	veer right at Y to cross American River on Hazel Avenue Bridge bike/pedestrian path
10.2	05	L	Bike Trail ! CAUTION: steep downhill curving left under Hazel Avenue bridge
15.3		!	on right: parkway toilets
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
20.4		S	cross Eureka Road Elev = 345' Climbing So Far (csf) = 650'
21.7	11	R	remain on Barton Road
23.9	12	R	Wells Avenue
25.4		L	becomes Val Verde Road
28.2	13	R	King Road
30.2	14	L	Brennans Road
31.5	15	R	remain on Brennans Road
32.7	16	L	Newcastle Road
34.0	17	!	on right: "Flyers Mini-Mart" REST & REGROUP #1 csf = 1,570' Elev = 890'
34.0		S	cross Indian Hill Road

34.05		S	cross I-80
34.2	18	R	Old State Hwy
34.3		S	one lane subway (under RR tracks)
34.4	19	R	Hwy 193
34.5	20	R	Taylor Road/Hwy 193
34.9	21	L	Ridge Road
38.4	22	R	Gold Hill Road
39.1	23	L	Virginiatown Road
41.2	24	L	Fowler Road
42.1	25	R	Hwy 193
43.3	26	L	Sierra College Blvd
45.6	27	L	English Colony Way
48.3	28	R	Swetzer Road
50.6	29	L	King Road
50.65	30	R	Taylor Road
50.9	31	L	Horseshoe Bar Road
51.9	32	R	Laird Road (no road sign)
51.95	33	R	Brace Road
52.0	34	L	Barton Road
56.2	35	L	remain on Barton Road
57.5	36	L	Eureka Road
58.5	37	R	Auburn-Folsom Road
59.7	38	L	Beales Point Road
60.0	39	!	Beales Point. Water. Rest rooms. REST & REGROUP #2 csf = 2,800' Elev = 475'
60.0	39	R	proceed south on American River Parkway Bike Trail
68.3	40	R	Hazel Avenue Bridge bike/pedestrian path: cross American River
68.4	41	R	veer right onto downhill path toward fish hatchery
68.6	42	L	cross Nimbus Road at stop sign, then left onto access path
68.61	43	R	American River Pkwy Bike Trail
78.6	44	R	access path @ mile 13.5
78.7		!	veer right, then left, toward Arden

		Way
78.8	S	Arden Way
79.4	45	L END: Five Points Shopping Center

		Total Elevation Gain = 3,115'
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