

SACRAMENTO TO PLYMOUTH

40 MILES / 2,445 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'
9.0	02	L	left turn to cross Nimbus Road: remain on bike trail
9.1	03	R !	straight at Y. Do NOT veer right toward Hazel Avenue follow twists & turns, crossing several roads
9.9	04	R	remain on bike path
10.0	05	S	straight toward US-50
10.2		S	cross US-50 on bike/pedestrian overpass
10.4	06	L	Folsom Blvd
11.7	07	R	Iron Point Road
16.2	08	R	cross East Bidwell Street & turn right onto sidewalk on east side of East Bidwell Street

16.3	09	L	Placerville Road
16.4	10	R	right turn to remain on Placerville Road
18.2	11	L	White Rock Road
20.2	12	R	Latrobe Road Climbing So Far (csf) = 1,015'
27.7		!	RR tracks
28.0		!	on left: Latrobe School. Nice spot to snack/rest csf = 1,585'
34.4	13	L	Old Sacramento Road
39.2	14	!	on left: Sharkey Park (tables, toilets). Nice rest spot
39.4	15	!	END: intersection Old Sacramento Road & Hwy 49, Plymouth, CA Elev = 1,085' Total Elevation Gain = 2,445 feet

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