

SLOUGHHOUSE LOOP 40

40 MILES / 815 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 Parkway Bike Trail Elev = 50'
3.8	02	R	Rossmore Drive
4.5	03	L	Ambassador Drive
4.6	04	R	McGregor Drive
6.0	05	L	Folsom Blvd
6.2	06	R	Kilgore Road
7.2	07	L	White Rock Road
7.4	08	R	Folsom South Canal (west side)
13.6	09	S	cross Hwy 16 (Jackson Hwy) CAUTION: heavy traffic; ! continue south on Folsom South Canal
13.7		R	angle right onto (narrower) bike path
13.8		R	angle right onto levee road
14.3	10	R	Florin Road
15.2	11	L	Eagles Nest Road
17.1	12	R	right on Grant Line Road
		L	then jog left onto Sloughhouse Road
21.4	13	L	Hwy 16 (Jackson Hwy)
22.3	14	R	Grant Line Road
27.0	15	L	Douglas Road
30.0	16	R	Sunrise Blvd CAUTION: ride on sidewalk!
31.1	17	R	Mechanical Drive
31.2	18	L	Luyung Drive
32.5	19	L	White Rock Road
33.2	20	R	Kilgore Road
34.2	21	L	Folsom Blvd
34.4	22	R	McGregor Drive
35.8	23	L	Ambassador Drive
36.0	24	R	Rossmore Drive enter Rossmore Bar Park
36.6	25	L	American River Parkway Bike Trail
40.4	26	!	END: mile 13.5, American River Pkwy Bike Trail Total Elevation Gain = 815'

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