

# SOUTHERN METROPOLITAN CIRCUMNAVIGATION 100

**100 MILES / 2,415 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'
9.8	03	L	(sharp left) toward fish hatchery
9.81		R !	cross Nimbus Road at stop sign take bike path toward Hazel Avenue
9.9	04	S !	straight at Y. Do NOT veer right toward Hazel Avenue follow twists & turns, crossing several roads
10.8		R	to remain on bike path
10.9		S	continue straight toward US-50
11.1		S	cross US-50 on bike/pedestrian overpass
11.3	05	L	Folsom Blvd
12.6	06	R	Iron Point Road
17.1	07	R	East Bidwell Street
17.4		S !	cross US-50. Becomes Scott Road <b>CAUTION:</b> huge gravel trucks (!)
18.9	08	R !	White Rock Road <b>CAUTION:</b> huge gravel trucks (!)
20.4	09	L	Scott Road
26.0		S	cross Deer Creek. Subject to flooding (!) after heavy rainfall
28.4	10	L	Latrobe Road
28.5	11	R	Stonehouse Road
30.0	12	L	Hwy 16 (Jackson Road)
30.2	13	R	Murietta Parkway "Rancho Murietta Country Store" <b>REST &amp; REGROUP #1</b> Elev = 145'
30.2	13		reverse course: proceed <i>west</i> on Hwy 16
33.8	14	L	Dillard Road
40.5	15	R	Green Road
43.1	16	R !	Wilton Road on left: "Wilton Store"
45.15	17	L !	Grant Line Road <b>CAUTION:</b> no shoulder, moderate traffic
45.2	18	R	Pleasant Grove School Road
46.5	19	L	Bader Road
47.0	20	R	Bond Road

47.5	21	L	Bradshaw Road
48.5	22	R	Elk Grove Blvd
52.0		S	cross Hwy 99
52.9		!	on right: Chevron Food Mart <b>REST &amp; REGROUP #2</b>
53.0	23	L	Bruceville Road
55.1	24	R	Bilby Road
56.65		R	Willard Pkwy (no sign)
56.7		L	Bilby Road
57.1	25	L	Franklin Blvd
57.3	26	R	Hood-Franklin Road
59.9			on right: Stonelake Wildlife Refuge
60.8	27	!	on left: Hood Community Park. Water. Nice spot to snack
61.1	28	R	Hwy 160 (River Road)
69.1	29	!	on left: "Freeport Bait Co" <b>REST &amp; REGROUP #3</b> Elev = 11'
69.1	29		reverse direction: proceed <i>south</i> on Hwy 160
69.2	30	R	Freeport Bridge cross Sacramento River
69.4	31	R	South River Road
75.7	32	R	remain on South River Road
81.3	33	R	Jefferson Blvd
81.6		!	RR tracks. Cross at right angle (watch traffic!)
82.2	34	R	15 <sup>th</sup> Street
82.4	35	L	South River Road
82.8		R	remain on South River Road
83.2	36	S	3 <sup>rd</sup> Street
83.8	37	R	C Street
83.9		S !	I Street Bridge cross Sacramento River <b>CAUTION:</b> narrow bridge!
84.2	38	L	Jibboon Street (on bridge)
84.9	39	L	remain on Jibboon Street (toward Discovery Park)
85.1		S	bridge crossing American River
85.3	40	L	at end of bridge onto "American River Bike Way"
99.0	41	L	access path at mile 13.5
99.1			jog right, then left, onto Arden Way
99.7	42	L	<b>END:</b> Five Points Shopping Center Total Elevation Gain = 2,415'

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