

SACRAMENTO TO SONORA

108 MILES / 5,190 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'
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	L	Hwy 16 (Jackson Road)
21.8		!	on right: "Rancho Murietta Country Store" + fast food
25.2	10	R	Ione Road
34.3	11	L	Hwy 104
37.6	12	!	on left: Shell Station Food Mart REST & REGROUP #1 Climbing So Far (csf) = 755'
37.9	13	L	W Main Street (Hwy 104-124)
38.0	14	R	Hwy 124
38.5		!	on left: Howard Park (public toilets)
39.5	15	L	Ione-Buena Vista Road
48.6		S	becomes S Camanche Pkwy
50.4	16	R	Camanche Pkwy
51.2	17	L	N Burson Road (no road sign)
52.3	18	S	cross Hwy 12 csf = 1,575' becomes S Burson Road REST & REGROUP #2 on left: Burson Market (last food for 33 miles!)

55.1	19	L	remain on S Burson Road
56.4	20	L	remain on S Burson Road
58.0	21	R	Hwy 26
58.5	22	S	Milton Road - toward Jenny Lind (no road sign)
60.8	23	R	remain on Milton Road
66.4	24	R	Milton Road (Hunt Road to left)
72.8	25	L	Hwy 4 ! CAUTION: absent or narrow shoulder first ~3 miles; then ok
84.3		!	do NOT turn right on Little John Road
85.1	26	R	O'Byrnes Ferry Road (Main Street, Copperopolis)
85.7	27	!	on right: "McCarty's Copper Inn" REST & REGROUP #3 csf = 3,560'
89.3		!	on left: Lake Tulloch Plaza - "Payless Market"
98.1	28	L	Hwy 108 (at stop light) csf = 4,440'
98.8	29	S	Yosemite Junction (Hwy 120 goes right)
106.3	30	R	Hwy 49 (toward Sonora)
108.0		!	on left: "Save Mart" grocery store
108.2	31	!	END: Hwy 49, intersection S Washington & Stockton Streets, Sonora Total Elevation Gain = 5,190'

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