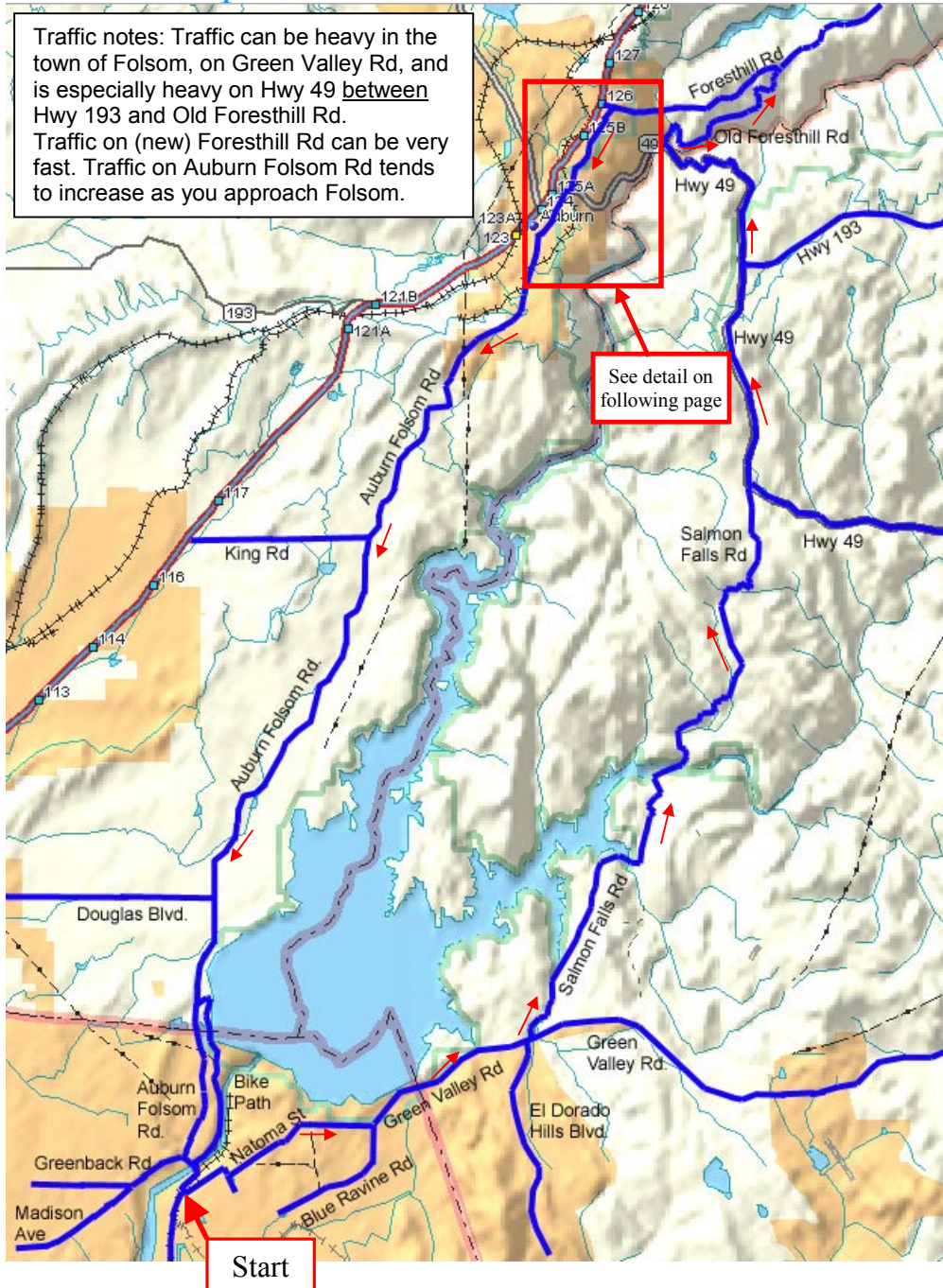
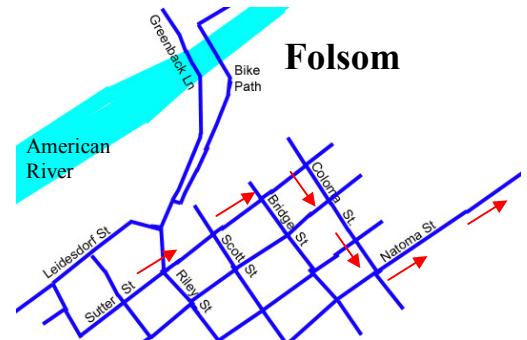


Folsom Lake Loop:

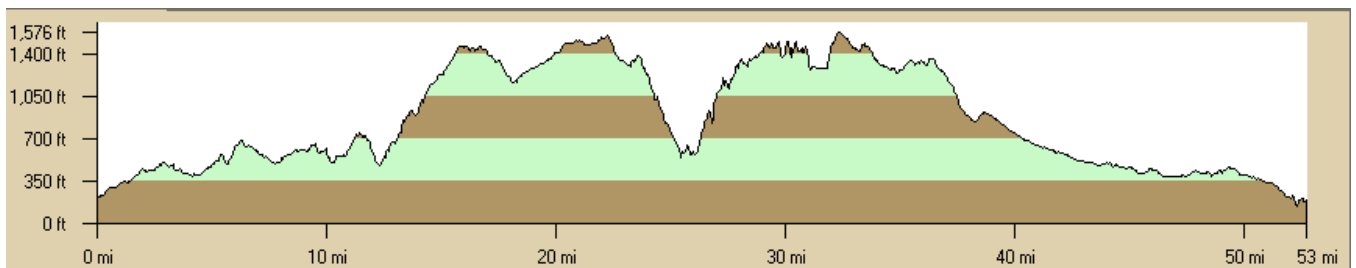
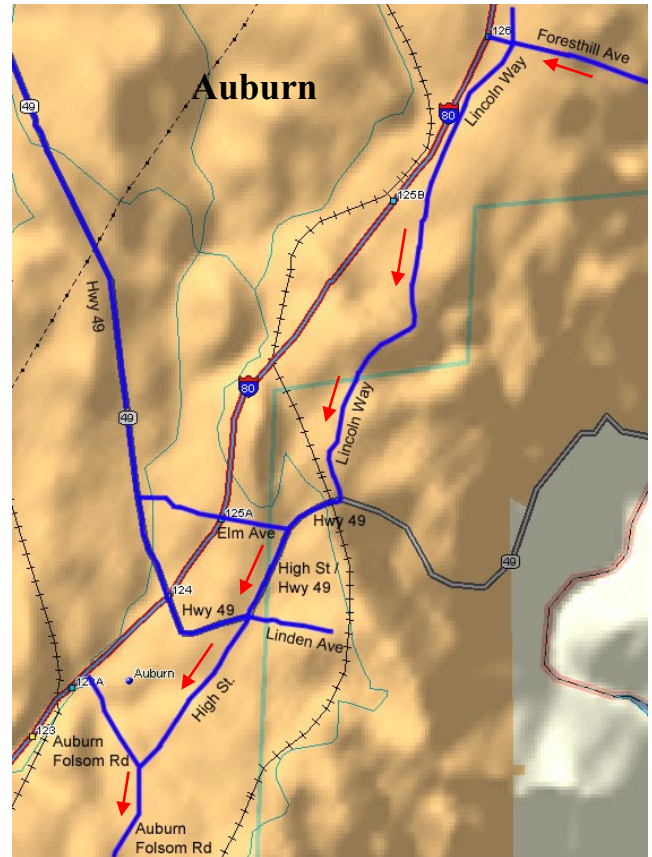


Miles Directions

- 0.0 Start in Old Town Folsom in parking lot between Sutter St and Leidesdorf St (near the new bridge). Head East (uphill) on Sutter St.
- 0.5 Turn Right on Coloma St.
- 0.7 Turn Left on Natoma St.
- 3.6 Natoma St ends. Turn Left on Green Valley Rd.
- 6.5 Turn Left on Salmon Falls Rd.



- 12.2 Salmon Falls Bridge (crosses American River / Folsom Lake). Bathrooms available in parking lot on north side of bridge. From here begin 3.7 mile climb to Pilot Hill.
- 15.9 Top of climb. Rolling hills after here to Cool.
- 18.2 Turn Right on Salmon Falls Cutoff Rd (watch for sign pointing to Hwy 49)
- 18.3 Turn Left on Highway 49.
- 18.5 Grocery Store in Pilot Hill
- 21.9 Intersection with Hwy 193 – Continue Straight on Hwy 49. Town of Cool on left side (groceries, restaurants). Traffic increases here.
- 23.2 Pass Quarry on right side. Quick steep uphill on narrow road – use caution.
- 23.6 Begin descent to North Fork of American River.
- 25.4 After crossing North Fork of American River, turn Right on Old Foresthill Rd.
- 29.1 Old Foresthill Rd ends. Turn Left on Foresthill Rd (no stoplight or stop sign). Traffic here can be high-speed so cross carefully (wait for lull in traffic – preferably no vehicles in sight).
- 31.0 Cross Foresthill Bridge. Final climb into Auburn starts just after bridge.
- 32.4 Turn Left at top of hill onto Lincoln Way (just before Highway 80). Traffic increases here.
- 34.0 At stoplight at bottom of hill, turn Right on Highway 49 (becomes High St.). Enter downtown Auburn (food, restaurants, most other services).
- 34.4 At stoplight Hwy 49 veers towards right. Continue straight on High Street.
- 35.1 High St ends. Turn Left on Auburn Folsom Rd. Traffic is moderate to heavy, but good shoulder.
- 49.4 At stoplight, turn Left on Beals Pt Rd – go into park (bicyclist don't pay toll). Continue to top of hill and turn Right on bike path. Follow dotted yellow line (main bike path) down to Folsom.
- 52.6 Turn Left and cross bike path Bridge (across American River / Lake Natomas) into Folsom.
- 52.8 At stoplight walk bikes across Scott St, then turn Right and walk bikes across Riley St. Turn Left and ride to next stoplight (100 yards). Turn Right on Leidesdorf St.
- 53.0 Ride ends at parking lot on left side.



Disclaimer: This map is for informational purposes only. No liability is assumed – please check locally for latest riding conditions. Detours, weather conditions, traffic densities vary constantly. Please be cautious when riding, wear a bicycle helmet and obey all traffic laws.