

# *spinfolsom.com* – Old Sacramento for Lunch on the River

**Difficulty:** moderate due to length | **Distance:** 29 or 54 miles | **Surface:** paved bike path | **Attractions:** American River, Sacramento River, shops, restaurants, California Railroad Museum and the Discovery Museum. State Capitol and downtown Sacramento are easily accessible from Old Sacramento.

*Follow the river to Sacramento's historic district*

You are in for a treat on this ride from Folsom to Old Sacramento. There are very few spots where you won't see the American River, due only to the dense forest along the bike trail.

Riding into Old Sacramento is like riding into the 1800s, with covered wooden sidewalks, cobblestone streets and restored brick buildings. Old Sacramento offers a multitude of shopping, entertainment, dining and snack options.

Starting at Sutter Street in Historic Folsom you'll ride along the bank of Lake Natoma. Travel past the CSUS Aquatic Center (if you start early you can see the rowing teams practicing on the lake) and you will pass under Hazel Avenue.

Once you get on the American River Bike Path at Hazel, the trail is marked and you can count down the miles left to Discovery Park. Discovery Park is just north of Old Sacramento and the bike trail will take you right into Old Sacramento.

If you feel the mileage is a little too much for you, take the Light Rail back to Folsom.

## Directions:

Start at the bottom of the hill behind Karen's Bakery, 705 Gold Lake Drive.

On Gold Lake Drive ride down the hill. Take the bike path on the left before you hit Lake Natoma Inn.

Take a left on the bike trail that takes you under the American River Bridge (the new bridge).

You will be following the south side of Lake Natoma down to the CSUS Aquatic Center to the Hazel Avenue Bridge. If you start early you might get a glimpse of a rowing crew from Sacramento State.

After the second bike bridge you will hit a T. Turn right at the T.

The bike path will then come to a parking lot. Take a left and stay on the bike path. The bike path will take you through the CSUS Aquatic Center.

Follow the bike path under the bridge and up the other side. The fish hatchery will be on your right. Continue straight on the bike path.

From here the trail is marked and you can count down the miles left to Discovery Park. Discovery Park is just north of Old Sacramento.

While riding through Discovery Park you will pass under I-5 .

After going under Discovery Park Road take a right, and then a second right onto Discovery Park Road and cross the old Jibboom Bridge.

After crossing the bridge take a right on the bike path. This will take you to Old Sacramento.

Reverse bike route to get back to Karen's Bakery.

*(If you feel the mileage is too much for you take the Light Rail back).*

## TAKING THE LIGHT RAIL BACK TO FOLSOM

Find K Street in the center of Old Sacramento. Walk away from the river and through the tunnel under I-5.

Take a right on 3rd Street.

Take a left on the second Capitol Mall.

Ride down to 8th Street. The Light Rail is at 8th Street and Capitol Mall..



The Folsom Tourism Bureau | 200 Wool Street, Folsom, Ca. 95630 | 916.985.2698 | **Promotional packages available at [spinfolsom.com](http://spinfolsom.com).**

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We have done our best to give you correct directions. Please contact spinfolsom at [info@spinfolsom.com](mailto:info@spinfolsom.com) for any comments or corrections to the ride directions.