

spinfolson.com – “Ride for a Reason” Charity Ride Loop

Difficulty: easy | **Distance:** 11.5 miles | **Surface:** paved bike path | **Attractions:** CSUS Aquatic Center, full loop around Lake Natoma.

Annual fundraiser to help in Parkinson’s Disease and Cancer Research. RFAR.org

Meandering through the oak trees surrounding Lake Natoma, this paved path is perfect for a couple’s or family ride through the natural scenery. With no cross streets and few parking lots, the only worry you will have is an occasional squirrel or gaggle of turkeys blocking your path. It’s a beautiful ride all the way around the lake, but the last few miles of the ride are the best. Sweeping down to nearly lake level, you’ll have the lake on your right and the cliffs rising up to nearly 50 feet on your left.

The ride follows the south side of the lake to the Aquatic Center. If you start early you might get a glimpse of a college rowing crew. When you see the fish hatchery, look for the first left and follow it up to the Hazel Avenue Bridge. Be careful once you get to the top to go back around and under the bridge again. It’s steep and has quite a turn in it, so be careful.

A good place to start is Karen’s Bakery (karensbakery.com), 705 Gold Lake Drive in Folsom. On the way back stop for one of the best breakfasts in town.

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.

When you see the fish hatchery on your right, look for the first left and follow it up to the bridge. Continue on the bike path over the bridge.

After crossing the bridge, take a left on the bike path to go under the bridge again. Be careful it’s steep and has quite a turn in it.

Follow the bike path back along Lake Natoma to Old Historic Folsom.

After going under the American River Bridge (the new bridge) there are a couple ways to get back to Karen’s Bakery. The easy way is to take a left at the restroom and a quick left and then a quick right to reach the American River Bridge (the new bridge). Do not cross the street. Stay to the left and cross over the bridge. The bike path will drop you off on Gold Lake Drive right in front of Karen’s Bakery.

The other option is to continue on the bike path and until you reach the Folsom’s Historic Truss Bridge. There isn’t an easy way to get back to Karen’s Bakery or your car from here without dealing with the streets, but it is well worth stopping on the truss bridge for a final look over the river. After crossing the bridge continue on the bike path that is parallel to Riley Street. At the second light, cross over Riley Street to Leidesdorf Street. You may have to walk your bikes part of the way. Turn right on Gold Lake Drive and you will be back to Karen’s Bakery.



The Folsom Tourism Bureau | 200 Wool Street, Folsom, Ca. 95630 | 916.985.2698 | **Promotional packages available at spinfolson.com.**

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We have done our best to give you correct directions. Please contact spinfolson at info@spinfolson.com for any comments or corrections to the ride directions.