

spinfolsom.com – Salmon Falls & Darrington Trail Mountain Bike Ride

Difficulty: moderate | **Distance:** 16 miles | **Surface:** unpaved | **Attractions:** Auburn State Recreation Area, Pilot Hill Campground.

This trail wanders along the north bank of the river

Bicycling Magazine's (mountain biking)

Best Ride: "There's a good reason everyone heads for the Salmon Falls/Darrington Trail in the Auburn State Recreation Area: It's a sweet 16 to 20 mile ride with great views of the American River and some tough singletrack."

This is a great ride without a lot of intense inclines. Remember, however, that you're riding along a hillside that slopes down to the river. Depending on the season, water levels can vary from 50 to 200 feet below the trail. Stop at Peninsula Campground for picnic tables and restrooms for your convenience.

Beginners should ride carefully, expecting to walk through some of the more technical sections (mostly during the first mile). The first part of the ride is short, steep, loose climb, followed by a twisty, steep, loose decent. At the bottom of the decent it becomes tight, twisty, cliff-side single track that overlooks the South Fork of the American River.

Be careful, it's about 50 feet down!

The ride meanders along the river, crossing several streams.

Directions:

The ride begins at Karen's Bakery, 705 Gold Lake Drive.

Bike up Gold Lake Dr toward Leidesdorf St

Turn left at Leidesdorf St

Turn left at Wool St

(Stop at the Folsom Chamber on Wool for additional information)

Turn left at Natoma St and cross Riley Street

Just past the City Hall, you will pass the famous Folsom Prison.

Turn right at Green Valley Rd

Turn left to stay on Green Valley Rd

Turn left on Salmon Falls Rd

Continue for approximately 6 miles and cross the Salmon Falls Bridge. You'll find the trail-head, out of the upper parking lot, on the left.

Turn right, climb and descend up the first hill to get to ledge trail above the river.

Continue on this trail to reach the first water crossing.

Stay left at the first crossing, it is straight-down and straight-back-up the other side into a clearing.

You have two choices from here:

THE SHORTER RIDE BACK TO FOLSOM

Turn left will eventually turn into fire roads and onto the Peninsula Campground.

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

CLIMB UP TO FLAGSTAFF MOUNTAIN

To climb up Flagstaff Mountain ride on the paved road out of Peninsula Campground up the road past the pay station. Continue riding up the road and on the right you will pass through a white gate, to access the top of Flagstaff Mountain. Stay to the left to take the trail down the mountain and back to the original stream crossing and eventually to the start.

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

NOTES

You will encounter several cattle gates, along the trail. Please close them, after you pass through.

If you park in the paved lots, pay the \$2.00 parking fee, as you can expect to get an expensive ticket if you don't.



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

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