

spinfolsom.com – Salmon Falls & Gold Country Prospecting

Difficulty: moderate/difficult | **Distance:** 47.65 miles | **Surface:** paved | **Attractions:** Marshall Gold Discovery State Historic Park, Historic Coloma.

Fly through the foothills

Ever since James Marshall discovered gold here in 1848, Coloma has been known as “gold central.” This rugged street ride takes you up 4,299 feet of elevation through the foothills communities of El Dorado Hills, Cameron Park, Rescue and Lotus and drops you down into the south fork of the American River and Coloma. You can ride this loop in either direction, but start early to beat the traffic along Green Valley Road. And don’t forget to conserve some energy for the return trip — it’s not all down hill.

Green Valley Road is where the ride really starts rolling. Lotus Road levels out as much as a foothill road can, but be prepared to really fly once you pass the Lotus Elementary School. Lotus Grade is about 10% and has a great shoulder to fly down.

To visit Coloma and the State Park, turn right on Highway 49. The park is just up the road about ¼ mile. Once you are ready to continue the loop, head back along 49 to Pilot Hill. Salmon Falls Road will drop you back onto Green Valley Road — an up-and-down adventure with some beautiful spots overlooking the American River.

Directions:

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

Bike up Gold Lake Dr toward Leidesdorf St 72 ft

Turn left at Leidesdorf St 0.2 mi

Turn left at Wool St 0.1 mi

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

Turn left at Natoma St and cross Riley Street 2.7 mi

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

Turn right at Green Valley Rd 11.4 mi

Turn left to stay on Green Valley Rd 0.5 mi

After the town of Rescue turn left at Lotus Rd 6.8 mi

Lotus Road levels out but be prepared to really fly once you pass the Lotus Elementary School. Lotus Grade is about 10% and has a great shoulder to fly down. Once you get to the bottom of the grade, you can see the canyon that the American River has created.

Hang a right if you would like to stop for lunch at the State Park or Coloma were James Marshall discovered gold on January 24, 1848 (see coloma.com).

Turn left on Coloma Rd (CA-49) and head west 6.7 mi

Take a left at the Fire Station Sign to Salmon Falls Rd

Turn left at Salmon Falls Rd 11.6 mi

Just because you are heading back, don’t think that it all down hill. This road will drop you back onto Green Valley Road which overlooks the South Fork of American River.

Turn right at Green Valley Rd 2.9 mi

Turn right at E Natoma St 3.2 mi

Turn right at Wool St 0.3 mi

Turn left at Leidesdorf St 472 ft

Turn right at Gold Lake Dr 72 ft

This brings you back to Karen’s Bakery for lunch.



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

© 2008 The Folsom Tourism Bureau. All rights reserved. | The Folsom Tourism Bureau is providing these rides for your enjoyment. Please bike safely by using good judgement. Wear a helmet, obey traffic signs and signals, use hand signals, don’t weave between parked cars, follow lane markings, choose the best way to turn left, watch for right-turning traffic, respect pedestrians’ rights, never ride against traffic, watch for cars pulling out, watch your speed and enjoy your trip.

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.