

Rancho Murieta Roller

The Rancho Murieta Roller follows the American River upstream, along the north shore of Lake Natoma to Folsom Dam. The route then turns south via Auburn-Folsom Road, Prairie City Road, and Scott Road to the half-way point at Rancho Murieta. The route pretty much returns via the same route, except for a brief section along the south shore of Lake Natoma. Some of this ride occurs in the American River Parkway on the Jedediah Smith Memorial Trail, also known as the American River Bike Trail. Bathrooms, water, and shade are available at various points along the trail.

This route passes through riparian forest, oak woodland, grassland and oak savanna. Riding among the large piles of cobbles, dredger tailings, one is constantly reminded of the gold mining activities from the early 20th century. While riding along the American River, riders must keep an eye out for turkeys, ground squirrels, and other wildlife darting across the trail. The bike trail has mile markers in half-mile increments painted on the asphalt which count up as you ride east toward Folsom Lake.

Total mileage for the Auburn Express is 63.3, with a total elevation gain of about 2,364 feet. The route is available year round but is subject to occasional detours along the bike trail due to flooding in high water years. NOTE: Scott Road, just south of Boys Ranch Road, is subject to flooding. There is no alternative route at this location.

CONTROLS:

OPEN IN CARMICHAEL:

Bella Bru Café
Five Points Shopping Center
5038 Fair Oaks Blvd. (at Arden Way)
Carmichael, CA 95608
Open: MON-FRI 5:30AM-9PM
SAT & SUN 6:30AM-9PM

Luna Lounge (adjacent to Bella Bru)
Five Points Shopping Center
5038 Fair Oaks Blvd. (at Arden Way)
Carmichael, CA 95608
Open: SUN-WED 2PM-Midnight
THURS-SAT 2PM-2AM

OPEN ON BLUE RAVINE ROAD, MANY OPTIONS:

Starbucks Café
195 Blue Ravine Road
Folsom, CA 95630
(916)985-2683

AT FOLSOM-AUBURN RD. & FOLSOM LAKE CROSSING

Folsom Bike (Bike Shop & Café)
7610 Folsom-Auburn Road
Folsom, CA 95630
(916) 844-1000
Open: MON –FRI 10AM-6PM
SAT 9AM-6PM
SUN 10AM-5PM

Pacific Convenience & Fuel
7620 Folsom-Auburn Road
Folsom, CA 95630
(916)989-3904

OPEN AT RANCHO MURIETA

Burger King
14813 Jackson Road
Sloughouse, CA 95683
(916)354-9806

Rancho Murieta Country Store
7175 Murieta Drive
Rancho Murieta, CA 95683