

Epic Mountain Bike Trails of Greater Sacramento

Introduction

Greater Sacramento is a mountain biker's paradise, with over 500 miles of trails to explore. From beginner-friendly paths to adrenaline-pumping singletrack, there's something for every rider.

In this book, Pasquale De Marco takes you on a journey through the region's best trails, from the iconic Foresthill Divide to the hidden gems of Auburn and Rocklin. You'll find detailed descriptions of each trail, including difficulty level, elevation gain, and technical features.

Whether you're a local looking to explore your backyard or a visitor planning a mountain biking adventure, this book is your essential guide. Epic

Mountain Bike Trails of Greater Sacramento is packed with insider tips, helpful advice, and stunning photography.

So grab your bike and get ready to discover the epic mountain biking trails of Greater Sacramento!

With its diverse landscape and abundance of trails, Greater Sacramento is a mountain biker's paradise. From the rolling hills of Folsom Lake to the rugged terrain of the El Dorado Hills, there's something for every rider.

This book is your essential guide to the region's best trails. Inside, you'll find:

- Detailed descriptions of over 50 trails, including difficulty level, elevation gain, and technical features
- Insider tips from local riders
- Stunning photography that captures the beauty of Greater Sacramento's trails

- Helpful advice on everything from gear to etiquette

Whether you're a local looking to explore your backyard or a visitor planning a mountain biking adventure, this book is your essential guide. Epic Mountain Bike Trails of Greater Sacramento is packed with everything you need to know to have an amazing time on the trails of Greater Sacramento.

Book Description

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In *Epic Mountain Bike Trails of Greater Sacramento*, Pasquale De Marco takes you on a journey through the region's best trails, from the iconic Foresthill Divide to the hidden gems of Auburn and Rocklin. You'll find detailed descriptions of each trail, including difficulty level, elevation gain, and technical features.

Whether you're a local looking to explore your backyard or a visitor planning a mountain biking adventure, this book is your essential guide. *Epic Mountain Bike Trails of Greater Sacramento* is packed with insider tips, helpful advice, and stunning photography.

Inside, you'll find:

- Detailed descriptions of over 50 trails, including difficulty level, elevation gain, and technical features
- Insider tips from local riders
- Stunning photography that captures the beauty of Greater Sacramento's trails
- Helpful advice on everything from gear to etiquette

Here's a sneak peek at some of the trails you'll find in Epic Mountain Bike Trails of Greater Sacramento:

- **Folsom Lake:** The crown jewel of Greater Sacramento's mountain biking scene, Folsom Lake offers over 100 miles of trails for all skill levels. From the beginner-friendly Granite Bay Trail to the challenging Widowmaker Trail, there's something for everyone.
- **Auburn:** Home to the famous Foresthill Divide Trail, Auburn is a mountain biking mecca. With

over 50 miles of singletrack, there are trails for every rider.

- **Rocklin:** Rocklin is a great place to find family-friendly mountain biking trails. The Quarry Park Trail is a paved trail that's perfect for beginners, while the more challenging Penryn Trail offers stunning views of the American River canyon.
- **El Dorado Hills:** El Dorado Hills is home to some of the most challenging mountain biking trails in Greater Sacramento. The legendary Stevens Trail is a must-ride for experienced riders, while the more beginner-friendly Wineries Trail offers stunning views of the vineyards.
- **Placerville:** Placerville is a great place to find historic mountain biking trails. The American River Canyon Trail follows the historic Pony Express Trail, while the Sly Park Recreation Area offers over 50 miles of singletrack.

Don't miss out on the ultimate guide to Greater Sacramento's mountain biking trails. Order your copy of Epic Mountain Bike Trails of Greater Sacramento today!

Chapter 1: Welcome to Greater Sacramento's Mountain Biking Paradise

Top Trails for Beginners

If you're new to mountain biking, or if you're just looking for some easy trails to get started, Greater Sacramento has plenty of options for you. Here are a few of the best beginner-friendly trails in the region:

American River Parkway Trail

The American River Parkway Trail is a paved trail that follows the American River for 32 miles. The trail is mostly flat and easy to ride, making it a great option for beginners. You can start the trail at any of the access points along the river, and ride as far as you like.

Folsom Lake Trail

The Folsom Lake Trail is a 12-mile loop trail that circles Folsom Lake. The trail is mostly flat and easy to ride, with a few short climbs. The trail offers beautiful views of the lake and the surrounding hills.

Granite Chief Trail

The Granite Chief Trail is a 5-mile loop trail located in the Auburn State Recreation Area. The trail is mostly flat and easy to ride, with a few short climbs. The trail offers beautiful views of the surrounding hills and wildflowers.

Maidu Regional Park Trails

Maidu Regional Park has a variety of trails that are suitable for beginners. The Maidu Loop Trail is a 2.5-mile loop trail that is mostly flat and easy to ride. The Quarry Trail is a 1-mile loop trail that is also flat and easy to ride.

Auburn State Recreation Area Trails

The Auburn State Recreation Area has a variety of trails that are suitable for beginners. The Foresthill Divide Trail is a 10-mile out-and-back trail that is mostly flat and easy to ride. The Rattlesnake Bar Trail is a 2.5-mile loop trail that is also flat and easy to ride.

Chapter 1: Welcome to Greater Sacramento's Mountain Biking Paradise

Must-Ride Trails for Intermediate Riders

Greater Sacramento is a mountain biker's paradise, with over 500 miles of trails to explore. From beginner-friendly paths to adrenaline-pumping singletrack, there's something for every rider.

If you're an intermediate rider looking for a challenge, here are a few of the must-ride trails in the region:

- **Foresthill Divide Trail:** This classic trail is a great introduction to the more challenging trails in the Auburn State Recreation Area. It's a 10-mile loop with about 1,500 feet of climbing, and it offers stunning views of the American River Canyon.

- **Stevens Trail:** This 6-mile trail is a local favorite in the Cool's Property. It's a flowy singletrack trail with a few technical challenges, and it's a great place to work on your skills.
- **Cronan Ranch Trail:** This 8-mile trail is a great choice for riders looking for a good workout. It's a challenging climb to the top, but the views from the top are worth it.
- **Wineries Trail:** This 5-mile trail is a great option for riders looking for a more relaxed ride. It's a flowy singletrack trail that winds through the vineyards of El Dorado Hills.
- **Pacific Creek Trail:** This 7-mile trail is a good choice for riders looking for a challenging ride. It's a steep climb to the top, but the singletrack descent is worth it.

These are just a few of the many great trails for intermediate riders in Greater Sacramento. With so

many options to choose from, you're sure to find the perfect trail for your next ride.

Chapter 1: Welcome to Greater Sacramento's Mountain Biking Paradise

Advanced Trails for the Adrenaline Junkies

Welcome to mountain biking heaven. Greater Sacramento is home to some of the most challenging and adrenaline-pumping trails in the country. If you're looking for a thrill, you'll find it here.

Here are a few of our favorite advanced trails for adrenaline junkies:

- **The Foresthill Divide Trail:** This legendary trail is a must-ride for any mountain biker. It's a challenging climb to the top, but the views and the downhill are worth it.
- **The Stevens Trail:** This trail is known for its technical challenges and steep drop-offs. It's not

for the faint of heart, but it's an unforgettable experience.

- **The Wineries Trail:** This trail is located in the heart of El Dorado County's wine country. It's a beautiful ride with stunning views of the vineyards.
- **The Cronan Ranch Trail:** This trail is a local favorite. It's a challenging climb to the top, but the downhill is fast and flowy.
- **The Latrobe Recreation Area Trail:** This trail is perfect for riders of all levels. It has a variety of terrain, from beginner-friendly to advanced.

If you're looking for a challenge, Greater Sacramento's advanced mountain biking trails are sure to deliver. Just be sure to come prepared with the right gear and plenty of water.

And remember, safety first! Always wear a helmet and ride within your limits.

This extract presents the opening three sections of the first chapter.

Discover the complete 10 chapters and 50 sections by purchasing the book, now available in various formats.

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