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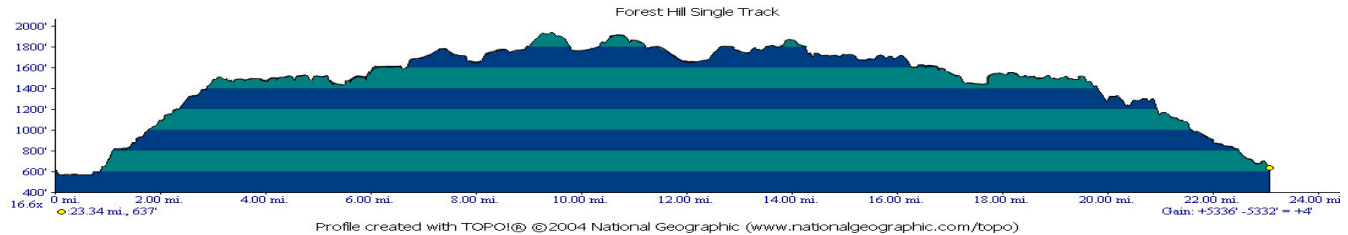


Auburn California / Forest Hill Single Track Loop (Intermediate – Advanced)

This Ride is intermediate in technical ability, but also falls into the advanced category because of the distance. For the intermediate rider, most of the single track is rideable. I only remember one rocky section of about 10 yards that an intermediate rider might walk. The beauty of this ride is that it can have multiple starting locations, and for the intermediate rider, you can always turn around and head back when you have had enough. From Reno, take I-80 west towards Sacramento, California. When you hit Auburn, take the Forrest Hill exit, and take a left at the end of the exit. Follow Forrest Hill road to the left over a huge bridge that crosses over the American River. Once over the bridge, continue for 2.25 miles, and take a right on Old Forrest Hill Road. Follow this road down to the river, and find a place to park where the North Fork of the American River and the Middle Fork of the American River meet. If you look up the North Fork, you will see the bridge you crossed over. This is the main start of the ride. The ride starts on the west side of the North Fork of the American River for the whole ride, or just for the Lower Loop. The **Lower Loop** is **6 miles with 1200 ft total elevation gain**. You can also do just the **Upper Loop** by taking Forrest Hill road north until you get to Drivers Flat parking area which is 5.3 miles past Old Forrest Hill Road. Park in the parking area on the left side of the road to start the **Upper Loop**. The **Upper Loop** is **9.3 miles long with 1200 ft. total elevation gain**.



Auburn California Forrest Hill Single Track Loop (Blue Trail) 23.5 miles 4500 ft. total elevation gain (Intermediate / Advanced)



This is one of these rides where the GPS loses satellite communication because of heavy timber, and deep canyons. For this reason, the GPS will lose communication, and then regain communication later. When this happens, the GPS unit will draw in a straight line from its last known location, and the next known location. This straight line does not follow the elevation contours of the mountain like the single track does. So the GPS unit will add in extra elevation that was not really there. So, I am approximating about 4500 feet total. I also double check mileage with a bike computer. From the bottom of Old Forrest Hill Road, head to the west side of the North Fork of the American River, and head up river under the bridge you crossed over before. This is a pretty good climb that lasts for 3.3 miles, and about 1200 feet of climbing. Here you will hit pavement, and see a single track on your right that you will take for your return to the vehicle. Continue left up the pavement for 1.2 miles (4.5 miles from the start) where you will see a paved road for the boat ramp drop down to your left. Here you will see your dirt single track on your right. Take the single track for 2.8 miles (7.3 miles) where you will see another single track on your right. Here you are going to make a loop, and come down the single track on your right for the return of the loop. Stay left for 1.2 miles (8.5 miles) where you will cross directly over a dirt road. Cross the road and follow the single track for 3.3 (11.8 miles) where you will drop out onto Forrest Hill Road. This also makes a good starting point for the upper loop only. Take a right on Forrest Hill Road and in about 50 yards you have to cross over the road onto the single track. At this point, the single track looks more like a double track. Follow the trail down into the meadow, then take a hard left and the trail will continue as a double track for a ways, then again turn into a single track. From Forrest Hill Road, you will parallel the road mainly down hill for 4.7 miles (16.5 miles) where you will see a single track on your left. This single track goes down to another parking area on Forrest Hill Road. This is also a good spot to park and do the upper loop. Continue straight for .5 miles (17 miles) where you will again cross over Forrest Hill Road. This single track picks up directly across the road. Follow this single track for .3 miles (17.3 miles) where you will rejoin your old single track. This ends the upper loop. From here retrace the single track on the left and follow it for 3.6 miles (20.9 miles) where you will end up on the pavement where you were before. Here you are going to take the single track on your left. Follow this single track for .3 miles (21.2 miles) where you will again cross over Forrest Hill Road. Cross the road and the single track will pick up directly on the other side of the guard rail. Drop down the short single track and you will end up on more of a small road than a single track. Now, here is the tricky part. As you travel down this road, you will see a single track trail on your left. DO NOT TAKE THIS ONE. It goes down Murderers Gulch. The name should be enough for you. This trail drops 700 feet in $\frac{3}{4}$ of a mile. It is extremely rocky with some good ruts and big drops. It is best suited for a down hill bike. There is also a trail sign that calls the trail "Murderers" which is listed as a black diamond. Believe the name and continue straight on the road. Follow the road for .6 miles (21.8 miles) and

you will cross a paved road. The single track picks up directly across the road. From here the single track will take you back 3.1 miles (23.5 miles) to the confluence where you parked.

