

American River Rim and Olmstead Loop

Tue Jan 7, 2025

DIFFICULTY (Rating): Moderate/Strenuous

HIKE DISTANCE: Approximately 8 miles, partial loop (Rim) and part in and out

ELEVATION/GAIN: The trail is relatively flat with a small elevation change of 500 feet

PACE: Fast except when going through mud or crossing creeks

TRAIL CONDITIONS: The trail is likely to be muddy, with several creek crossings, so poles and water proofing on shoes are highly recommended. The trail is relatively flat with some ups and downs. The Rim Trail is not muddy. and gives partial views of the river as we walk through a wooded area.

DESCRIPTION: This is a great hike close by to stretch your legs, be a little challenged on creek crossings and get great partial views of the river as we walk through the wooded area of the Rim Trail. We will have lunch midway above the river. We are still considering a passable return trail but if not possible we will come back as we went in.

FACILITIES: Public restrooms (very clean) in the parking lot.

DRIVE TIME/MILES: 40 minutes and 22 miles

DONATION: \$5 + share of \$10 parking fee or bring State Parks Pass

LEADER/SWEEP: Maureen Bauman / Sweep TBD

MEET/LEAVE TIME: Meet 8:45 / Leave 9:00

PREPARATION FOR HIKE:

- Being prepared physically as well as having the right equipment makes for a better experience, not only for you, but for your fellow hikers.
- **If you have any health issues, please consider your condition before hiking at high altitude or at a fast pace. What to Bring:**
- **PLENTY OF WATER!** Recommend 50 oz. /1.5 liters minimum for 5-mile hike – more if longer. Electrolytes suggested. Higher altitudes are dehydrating even when cool.
- Hiking boots/shoes, hat, sun protection, insect repellent, small first aid kit. Wind/rain jacket always advisable in the mountains. Trekking poles recommended.
- ID (driver's license), health insurance card, emergency contact / phone number.
- Extra pair of shoes to change into after hike and a plastic bag for muddy/dusty hiking boots to keep your driver's car clean.

Driving Directions: Take I-80 East to Elm Street Exit (turn right), Follow Hwy 49 South to Cool. Turn right on St Florian Ct (just before Fire Station and blinking red light) Trailhead is on south end of parking lot.