

Olmstead Loop, Rim Trail and More

February 3, 2026

GENERAL LOCATION: Cool

DIFFICULTY (Rating): Moderate/Strenuous (Moderate Pace, Challenging Terrain)

HIKE DISTANCE: 9.7 miles

ELEVATION: 1083' gain

PACE: Moderate

Trail Conditions:

The trail is relatively flat with minimal elevation changes and only a few obvious but short ascents. The trail is mostly dirt but many places with embedded rocks on the trail. Many muddy spots and several creek crossings with rocks. A few times we will walk through short grasses to avoid the mud. Mostly exposed with some shade throughout the hike. Pack snacks and a lunch and something to sit on trailside as there is no obvious lunch spot.

Description:

Olmstead Loop Trail meanders through a typical foothill oak woodland ecosystem. It passes Knickerbocker Creek. The hike will also include the Rim Trail which gives glimpses of the American River. The hike starts with views of ranches and starts and ends near the highway but quickly enters and traverses the woodlands. Plan for 4.5-5 hours of hiking.

Facilities:

Pit Toilet and Porta Potty at trailhead

Drive Time/Miles:

35 minutes / 20 miles, Parking requires California State Parks Pass or \$10 per car fee.

Driver Reimbursement

Suggested reimbursement to drivers: \$4, plus contribution to parking fee if car has no pass.

Hike Leader/Sweep:

Tanya Blansett / Carolyn Warszawski

Meetup/Leave Time:

Meet 8:30 am / Leave 8:45 am

Meet at far right end of Orchard Creek Parking Lot, rows 12-14

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, and 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.

Hike Route:

<https://www.alltrails.com/explore/custom-routes/olmstead-loop-rim-trail-and-more-aa9c287>

Driving Directions:

On Google Maps Navigate to Olmstead Loop Trailhead on St. Florian Ct. in Cool, CA
On Apple Maps, Navigate to 7200 St Florian Ct Cool, CA 95614, and park in trailhead lot behind fire station.

Or

Leave Sun City and take your favorite way to I-80E towards Auburn
Take Exit 119C Hwy 49 S towards Placerville
Turn left on Elm Ave
Turn left onto CA-49 S
Follow CA-49 S into Cool
Turn R on St Florian Ct and park in trailhead lot behind fire station.