

“COOL HIKE” - Hike from the Confluence in Auburn to Cool

Friday, April 4, 2025

PACE: Moderate

TRAIL CONDITIONS: Generally a back-and-forth uphill going to Cool. The trail is nicely sloped so that there are no long steep stretches. Not really difficult, but there are a few washouts and rocks to step over. Mostly downhill coming back.

ELEVATION GAIN: 1000 feet.

HIKE DISTANCE (Total): 7 miles

GENERAL LOCATION: Trailhead near the confluence of the Middle and South Forks of the American River at “No Hands Bridge”

DESCRIPTION: The trail goes through many different vegetation types. We’ll see two beautiful little waterfalls that are easy to cross. (Unfortunately, dry this time of year.) The trail ends in a broad meadow at the historic town of Cool, where we will have lunch. The return will be on the same trail with a different perspective of the terrain. There is one major overlook of the Middle Fork of the American River along the way. This is considered a fun hike, a beautiful trail, good conversations, and a great lunch!

LUNCH: You can either bring a lunch (picnic tables available) or there are choices for Mexican food, burgers, salads, sandwiches, etc. The Mexican has generally been a hit!

TRAVEL TIME/DISTANCE: Travel time to the trailhead is approximately 35 minutes. Return to Lincoln Hills around 2 PM. A contribution of \$5.00 to the driver is recommended.

HIKE LEADER/SWEEP: Bruce Quick/ Tom Denzler

MEETING TIME: 8:45; leave at 9:00

SPECIAL NOTES:

FACILITIES AVAILABLE: There are porta-potties at the trailhead.

PREPARATION FOR HIKE: Old hiking boots because of mud, **poles**, and layered clothing. Wear long pants and shirt sleeves not only because it may be cold but also because of poison oak along the trail.

RISKS: Possible mud and poison oak.

QUESTIONS: Call Bruce Quick at 916-224-5010 or email: brucewquick@gmail.com

AllTrails Map: <https://www.alltrails.com/explore/map/no-hands-bridge-to-cool-7e0a020>

DRIVING DIRECTIONS TO CONFLUENCE TRAILHEAD FOR COOL HIKE East on Hwy 80. Exit at Elm Street in Auburn. Turn left at the light, then turn left again at the next light (High Street). Follow Hwy 49 signs down into the canyon. (Caution: Presently construction in this area for a new roundabout) At the bottom of the canyon turn right and cross over the middle fork of the river. Parallel park on the right about 1/3 mile after crossing the bridge.