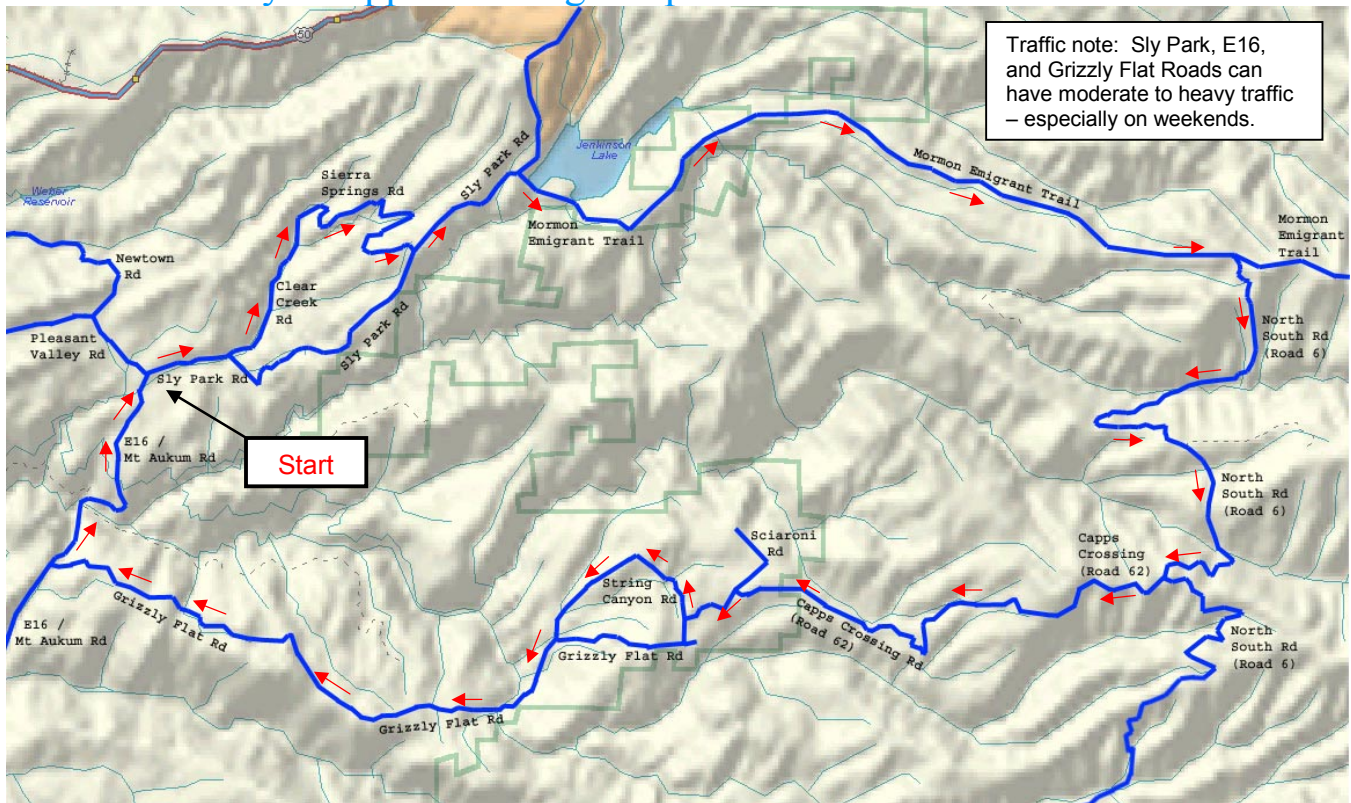


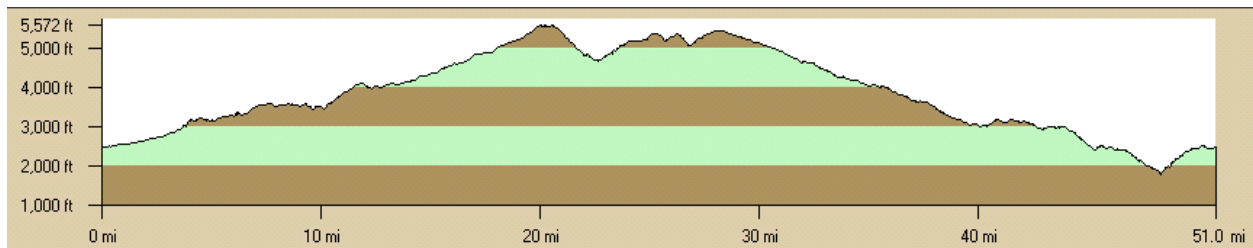
## Pleasant Valley / Capps Crossing Loop



Ride note: Very few (if any) services are available on this route. Please plan ahead accordingly. Carry plenty of food and water – and allow plenty of time to complete this ride.

Miles	Directions
0.0	Start at corner of E16 (also known as Mt. Aukum Rd) and Pleasant Valley Rd. Head East on Sly Park Rd. (If you are standing on E16 looking at Pleasant Valley Rd, you would turn Right).
1.1	Turn Left on Clear Creek (before creek bridge). Although you can continue straight on Sly Park, travelling on Clear Creek avoids going uphill on a very busy road.
3.3	Pass Five Spot Rd (continue straight). Road becomes Sierra Springs Rd. Begin climb out of canyon.
6.5	Double yellow line starts in road. This remains until you reach Sly Park Rd. Side roads don't have this marking.
7.5	Sierra Springs Rd ends. Turn Left on Sly Park Rd (traffic increases here).
9.3	Turn Right on Mormon Emigrant Trail - also known as Iron Mountain Rd. (Detour: If groceries needed, go straight on Sly Park Rd for 0.5 mile.)
9.6	First Dam crossing (swimming allowed in lake - nice in summer).
10.1	Second Dam crossing. Begin strong 1.8 mile climb.
12.8	Pass information station (unmanned - no services).
20.1	Turn Right on North South Rd. Some signs will also mark this as Road 6. Begin steep descent.
22.8	Cross creek, begin 1.2 mile climb

- 26.9 Capps Crossing campground (water available).
- 28.4 Turn Right onto Road 62 (Capps Crossing Rd). Road narrows considerably. Periodic cattle guards and potholes to watch for along this road.
- 32.6 Switchback.
- 35.5 Capps Crossing Road ends. Turn Left onto Sciaroni Rd.
- 35.8 Turn Right onto String Canyon Rd (wider road). Although String Canyon Road is slightly longer than Grizzly Flat Road, it's all downhill and not as narrow.
- 39.2 String Canyon Rd joins Grizzly Flat Rd. Keep towards right (downhill) side.
- 47.5 Grizzly Flat Rd ends. Turn Right on E16 (also known as Mt. Aukum Rd).
- 48.4 Cross North Fork Cosumnes River. Begin 2.4 mile climb (last climb!).
- 51.0 Ride ends at Pleasant Valley.



**Disclaimer:** This document is for informational purposes only. No liability is assumed – please check locally for latest riding conditions. Detours, weather conditions, traffic densities vary constantly. Please be cautious when riding, wear a bicycle helmet and obey all traffic laws.