

Top Trails Sacramento Must Do Hikes For Everyone



In Sacramento, California, there are countless opportunities to explore the great outdoors and immerse yourself in the beauty of nature. Whether you are an experienced hiker or just starting out, the top trails in Sacramento offer something for everyone. From scenic waterfalls to panoramic views, these hikes will leave you in awe of the stunning landscapes that surround the city.

1. American River Parkway Trail



Top Trails: Sacramento: Must-Do Hikes for Everyone by Romeu Friedlaender Jr(Kindle Edition)

★★★★★ 5 out of 5

Language	: English
File size	: 9134 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 431 pages



The American River Parkway Trail, also known as the Jedediah Smith Memorial Trail, is a 32-mile multi-use trail that follows the course of the American River. This trail is perfect for both hiking and biking, offering breathtaking views of the river and connecting several parks along the way. With its flat terrain and accessible trailheads, it is an ideal choice for all fitness levels.

2. Hidden Falls Regional Park



Hidden Falls Regional Park is a hidden gem located in the Sierra Nevada foothills, just outside of Sacramento. This park features a variety of trails ranging from easy to moderate, and the highlight is undoubtedly the stunning 30-foot Hidden Falls. As you hike through the park, you will be surrounded by lush greenery and beautiful rock formations, making it a great escape from the bustling city.

3. Cosumnes River Preserve



The Cosumnes River Preserve is a nature reserve located south of Sacramento and is home to a diverse range of wildlife and plant species. The preserve offers several hiking trails that wind through wetlands, riparian forests, and grasslands. As you explore the trails, keep an eye out for migratory birds, otters, and turtles that call this preserve their home.

4. Auburn State Recreation Area



If you're seeking a more adrenaline-pumping hiking experience, head to the Auburn State Recreation Area. This park is known for its challenging trails that traverse steep canyons and offer stunning views of the North and Middle Forks of the American River. With over 100 miles of trails available, hikers can enjoy everything from leisurely strolls to rigorous hikes that will put their endurance to the test.

5. Effie Yeaw Nature Center



The Effie Yeaw Nature Center, located within the borders of the Ancil Hoffman County Park, is a haven for nature enthusiasts. The center offers several interpretive trails that guide visitors through oak woodlands, meadows, and along the serene American River. The trails are well-maintained and suitable for all ages, making it a popular choice for families.

Sacramento is not only a bustling city but also a gateway to stunning hiking trails that allow you to escape and reconnect with nature. Whether you prefer gentle walks or challenging hikes, the top trails in Sacramento offer something for everyone. From the picturesque American River Parkway Trail to the hidden beauty of Hidden Falls Regional Park, these trails are waiting to be explored. So

put on your hiking boots, grab a water bottle, and embark on an adventure to discover the captivating landscapes that surround Sacramento.



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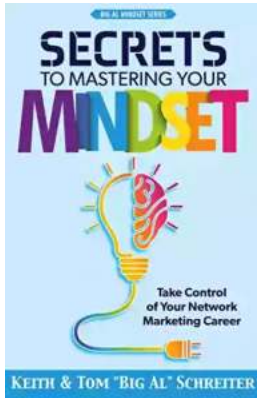
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Near Sacramento, numerous trails access the Central Valley's wildlife-filled wetlands and traverse riverside forests and grasslands. In the Coast Range and Sierra foothills, trails lead to scenic waterfalls, wildflower-studded meadows, and high mountain lakes. Longtime Sacramento resident and intrepid hiker Steve Evans has selected the 43 "must-do" hikes, the majority of which are within two hours of the city. Whether you're looking for a scenic stroll, a full-day adventure, or even a spectacular alpine peak-bagging trip, you'll find it here.

Trails range from 1 to 10 miles and sea level to 9000 feet, and each trip includes elevation profiles, detailed maps, driving directions, and "don't get lost" trail milestones.



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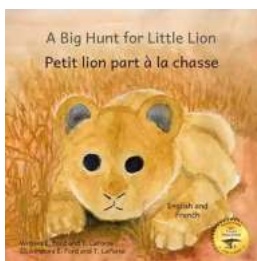
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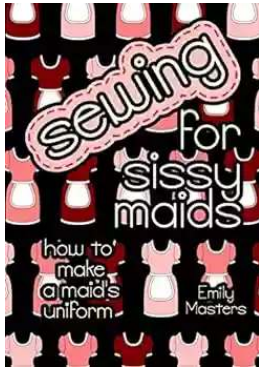
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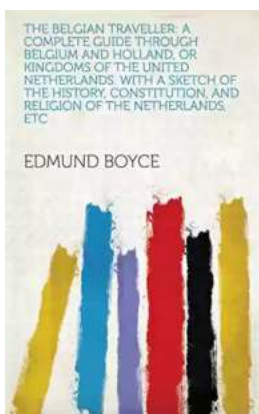
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