



2026

TrailLink Unlimited



Guides



Folsom South Canal Recreation Trail

California



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protection.

The Folsom South Canal Recreation Trail provides a useful connection from southeast Sacramento County to the [American River Bike Trail](#). The canal was constructed in the 1970s as part of the Central Valley Project and is operated by the federal Bureau of Reclamation. The trail includes 14 miles of the adjacent paved access road from Nimbus Dam to Sloughhouse Road.

Trail users should be aware that the trail entrances are unmarked as such; trust the open gates as the only indication of the trail's path. Use caution at the street crossings, many of which are unimproved and carry high-volume and high-speed traffic. A pedestrian signal has been installed at Sunrise Boulevard to improve crossing there. The trail is exposed and will be hot much of the summer, so be prepared with plenty of water and sun



Folsom South Canal Recreation Trail

California

States: California

Counties: Sacramento

Length: 15.5miles

Trail end points: American River Bike Trail at Gold Country Blvd. and Nimbus Rd. (Gold River) to Cosumnes River southeast of Sloughouse Rd.

Trail surfaces: Asphalt

Trail category: Canal

Trail activities: Bike, Inline Skating, Walking

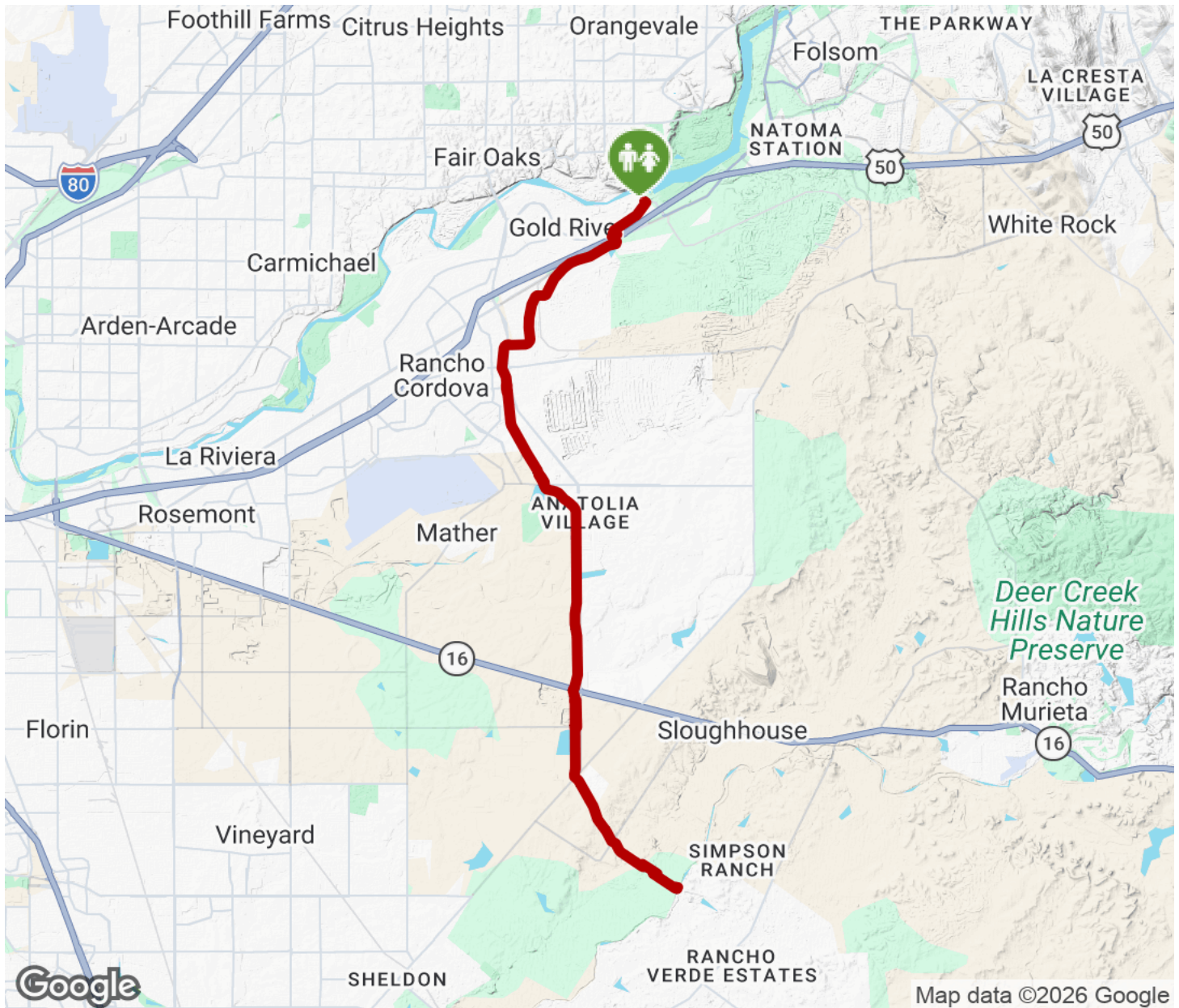
Parking & Trail Access

Parking for the Folsom South Canal Recreation Trail is available in the north at the Fish Hatchery on Nimbus Road and farther south at a large park and ride lot on Jackson Road (State Route 16) just west of Sunrise Boulevard.



Folsom South Canal Recreation Trail

California



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

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