



2026

TrailLink Unlimited



Guides



**Lake Natoma
Trail**
California



Lake Natoma Trail

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Many consider the Lake Natoma Trail to be a part of the [American River Bike Trail](#), but it is a distinct trail that connects with the parkway as part of a larger trail system in Folsom.

The trail spans 5.5 miles of mostly flat, paved terrain that closely hugs Lake Natoma between Nimbus Dam and the Folsom Historic District, offering visitors the chance to take a scenic journey with many benches and picnic tables along the way for stopping to enjoy the views. The route is partially shaded by trees, and as trail users make their way from south to north, they will pass vast grassy plains to the right and have magnificent waterside views of Lake Natoma to the left.

At its southern end, the Lake Natoma Trail intersects with

the American River Parkway near the Nimbus Fish Ladder. The trailhead here has a parking area overlooking the Nimbus Dam, where the American River meets Lake Natoma, and is a short distance from Nimbus Flat State Recreation Area, a small park with a lakefront beach and a boat ramp.

The only surface change of the route occurs 1.4 miles into your journey when you reach a wooden bridge that is somewhat bumpy. In another 1.4 miles, you will arrive at the Willow Creek Recreation Area, where there are wheelchair-accessible restrooms, a parking area, picnic tables, beach access to the lake, and a boat ramp. In 0.1 mile, the Lake Natoma Trail intersects with the [Humbug-Willow Creek Trail](#), then continues 2.4 miles to trail's end and downtown Folsom's historic district.

In the Folsom Historic District, visitors will find shops, restaurants, museums, an amphitheater, and a light-rail station. If you want to keep the adventure going, the Folsom Powerhouse State Historic Park, Folsom Parkway Rail Trail, and Johnny Cash Trail are only a short distance away.



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States: California

Counties: Sacramento

Length: 5.5miles

Trail end points: Gold Lake Dr, 0.1 mile north of Leidesdorff St (Folsom) to American River Parkway, 500 feet north of Gold Country Blvd & Nimbus Rd (Gold River)

Trail surfaces: Asphalt

Trail category: Greenway/Non-RT

Trail activities: Bike, Inline Skating, Walking, Wheelchair Accessible

Parking & Trail Access

You can park at several small parking lots along Leidesdorff Street, as well as in the parking garage at the corner of Leidesdorff and Reading Streets. It is a short walk down Gold Lake Drive to the beginning of the trail below Lake Natoma Inn, although many prefer to meet the trail from a feeder path starting at the east edge of the north park-and-ride lot on Leidesdorff Street.

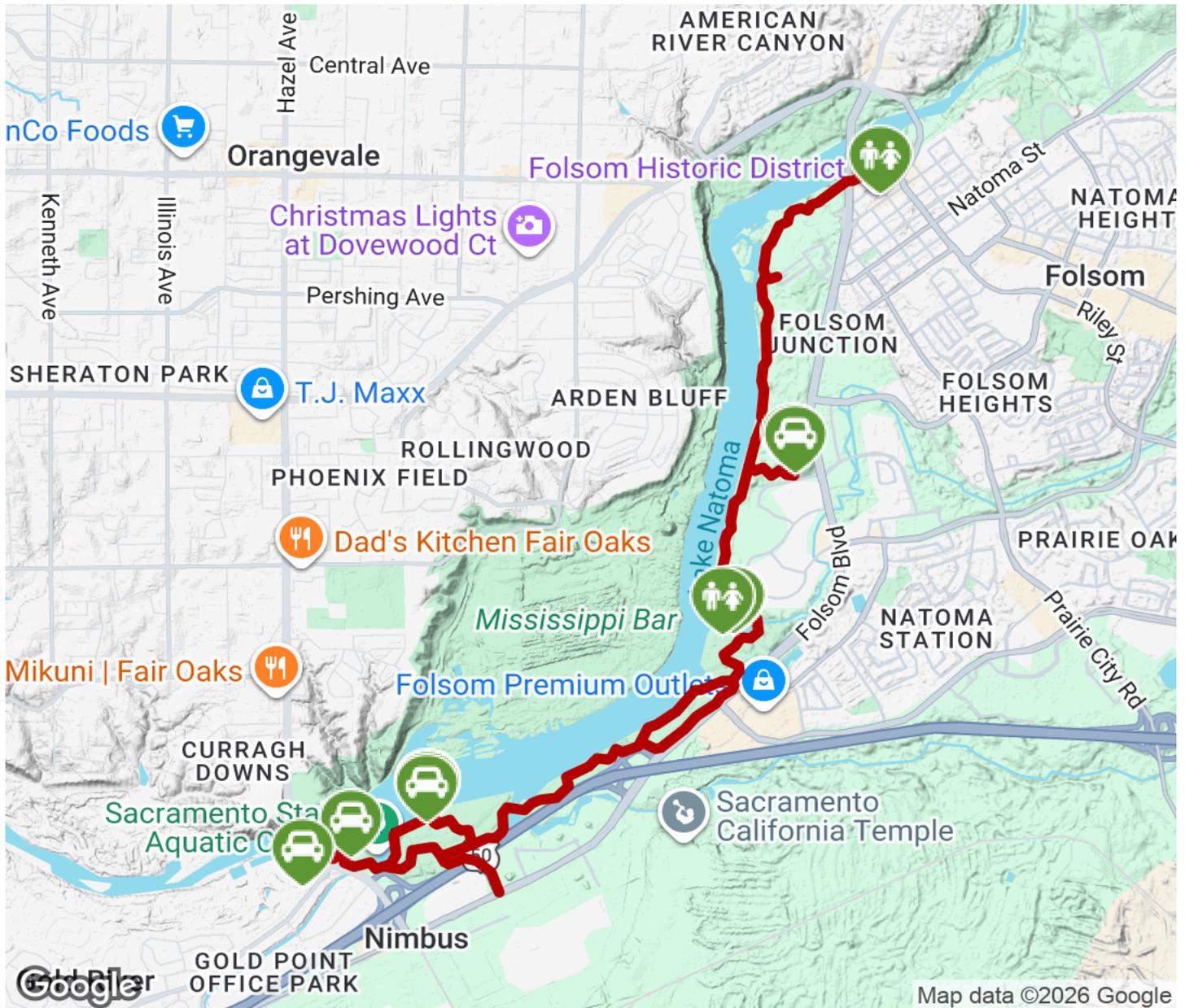
You can also join the trail at Willow Creek (vehicle fee to enter) or Nimbus Flats (vehicle fee) or from the Iron Point light rail station (cross Folsom Boulevard to the feeder path and travel either northeast or southwest to join the trail proper).

Visit the [TrailLink map](#) for additional options and detailed directions.



Lake Natoma Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

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