

Hidden Falls Walk
Placer Pacers
March 9 & 10, 2013

10K (rated 2C)

1. From the start table, go to the **LEFT** to the Sky Ridge Loop.
2. Turn **LEFT** on the Sky Ridge Loop, following it around back to the start table.
3. Follow the trail keeping the restrooms on the right to the steps going down to Poppy Loop Trail.
4. Follow the Poppy Loop Trail to the bridge (**CHECK POINT #1**).
5. Cross the bridge to the Blue Oak Loop. Go **RIGHT** on the Blue Oak Loop.
6. Follow Blue Oak Loop until it meets with Seven Pools Vista Trail. Go **STRAIGHT** onto Seven Pools Vista trail. (#10)
7. Don't miss the view when you reach the creek
8. Turn **RIGHT** onto Seven Pools Loop (#11).
9. (**OPTIONAL**)When you reach post 13 where Turtle Pond Trail comes in, if go to the right, you can visit Turtle Pond. Retrace steps and go to the right on Seven Pools Loop.
10. Stay on Seven Pools Loop until it meets Quail Run Trail. (#14)
11. Turn **RIGHT** onto the Quail Run Trail.
12. When Quail Run Trail meets Blue Oak Loop, go **RIGHT** on Blue Oak Loop. **NOTE:** There is a Porta Potty on the gravel road here.
13. When Blue Oak Loop meets the Hidden Falls Access Trail, turn **RIGHT** on the Hidden Falls Access Trail.

14. Follow the Hidden Falls Access Trail out and back to Pond Turtle Trail.
15. Turn **RIGHT** on Pond Turtle Trail back to the bridge. (**CHECKPOINT #2**)
16. After crossing the bridge, turn **LEFT** back up the lower Poppy Loop Trail to the start/finish. **NOTE:** You can return on either side of the Poppy Loop Trail. The other side of the Poppy Loop Trail is the gravel road. It is shorter, but steeper and offers no shade to the walker.

5K (rated 2C)

1. Go to the **RIGHT** of the start/finish keeping the restrooms to the right to steps going down to the lower part of the Poppy Loop Trail.
2. Follow the Poppy Loop Trail to the bridge (**CHECK POINT**).
3. Cross the bridge to the Hidden Falls Access Trail. Turn **LEFT** on the Hidden Falls Access Trail.
4. Follow the Hidden Falls Access Trail out and back to Pond Turtle Trail.
5. Turn **RIGHT** on Pond Turtle Trail back to the bridge.
6. After crossing the bridge, turn **LEFT** back up the lower Poppy Loop Trail to the start/finish. **NOTE:** You can return on either side of the Poppy Loop Trail. The other side of the Poppy Loop Trail is the gravel road. It is shorter, but steeper and offers no shade to the walker.