

★ March 12, 2020

## Sacramento Outdoor Adventure

Sacramento's more than 250 days of sunshine every year mean it's the perfect place to explore and have fun in the outdoors. The city sits at the confluence of the American and Sacramento rivers, and just a short drive from the Sierra Nevada – providing countless options for those seeking outdoor adventure.

### Fun on the Water

You'll find some of the top whitewater rafting conditions imaginable on the American River. Varying levels of difficulty are available, starting with the North Fork where giant boulders and a steep, narrow riverbed create four miles of intense class IV+ rapids. The Middle Fork is a deep and rugged canyon with numerous class III and some technical class IV rapids, perfect for eager first-timers and active, athletic visitors to conquer. The South Fork is the most popular introductory whitewater river in the western United States, offering a great experience for all rafters.

The conditions on the Sacramento River are glassy and safe for perfect wakeboarding or waterskiing, and the unique Delta region turns ordinary house boating into an opportunity for exploration. Fishing is a popular activity on the Sacramento and American rivers, with catches including trout, catfish, large and small-mouth bass, perch and kokanee.

If you're in the mood for a more relaxing water exploration, spend a lazy day rafting down the American River from historic Folsom to Sacramento, stopping at the riverbank beaches or islands on the way. You can also launch a boat on the Sacramento River and explore the waterway, passing under then Tower Bridge and the century-old I Street Bridge along Old Sacramento Waterfront.

### Running & Biking

Sacramento's scenic and often flat terrain makes it the ideal location for road cyclists and those training for distance-running (the Amgen Tour of California cycling race has made several stops in Sacramento over the years, and the California International Marathon runs through the Sacramento region each winter), while the surrounding foothills offer the perfect mountain biking conditions.

Joggers, cyclists, boaters, wildlife-enthusiasts and general outdoor-lovers will find their paradise along the American River Parkway, a 32-mile, 4,900-acre park that runs through the county. Visitors can explore the parkway on foot or on water, and golf and picnic sites are also available.

### Golf

Golfers know that the place to really get your heart racing is at a challenging course! The Sacramento area boasts more than 100 courses. The selection is impressive, from Golf-Digest lauded Ancil Hoffman, to local favorite Haggin Oaks that offers a 24 hr driving range in the summer. Whether you favor

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“linksstyle” courses with gently rolling, driver-friendly fairways or challenging obstacles like lakes and oak trees, you’ll find the perfect course for a fun day in Sacramento.