

Effie Yeaw Nature Center Trails

Tuesday, September 8, 2026

GENERAL LOCATION: Near American River in Carmichael

DIFFICULTY: Easy loop trail

HIKE DISTANCE: 4.2 miles plus an extra short distance if we walk along the river.

ELEVATION: Minimum elevation gain

PACE: Relaxed

TRAIL CONDITIONS: Trail is part dirt and part black top. Rocks near the American River.

DESCRIPTION: This area is where the Maidu Nisenan people stayed in the summer to utilize the abundant wildlife and plants essential to their lifestyle. We can walk along the river for a short distance before returning to the Nature Center, which has a small museum.

Note: Each car must pay a \$7 entrance/parking fee at the entrance to the park. The pass vending machine now takes credit cards only.

FACILITIES: Toilets at the entrance, at the picnic area and Nature Center. Upon arrival use the restrooms at the gate as the Nature Center doesn't open until 9 am.

DRIVE TIME/MILES: 25 miles, 45 minutes.

DONATION: Suggested donation to drivers: \$7 which includes a portion of the \$7 per car entrance/parking fee.

HIKE LEADER/SWEEP: Cathy Hoyt, 916-521-1154, Sweep TBD

MEETUP/LEAVE TIME: 7:45 am, row 14 Orchard Creek. Leave time 8 am.

Preparation for Hike:

- Being prepared physically as well as having the right equipment makes for a better experience, not only for you, but for your fellow hikers.

- If you have any health issues, please consider your condition before hiking at high altitude or at a fast pace.

What to Bring:

- PLENTY OF WATER! Recommend 50 oz/1.5 liters minimum for 5-mile hike and more if longer. Electrolytes suggested. Higher altitudes are dehydrating even when cool.
- Hiking boots/shoes, hat, sun protection, insect repellent, small first aid kit. Wind/rain jackets are always advisable in the mountains. Trekking poles recommended.
- ID (driver's license), health insurance card, and emergency contact/phone number.
- Extra pair of shoes to change into after hike and a plastic bag for muddy/dusty hiking boots to keep your driver's car clean.

DRIVING DIRECTIONS FOR EFFIE YEAH TRAILS

Navigate to: 2850 San Lorenzo way, Carmichael, CA

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Proceed to Hwy 65 south. Merge onto Hwy 80 west bound. Take exit #98m (Elkhorn/Greenback). Go left over the freeway and make an immediate right onto Garfield. Drive 4.5 miles and then take a left turn on Marconi. Continue straight; Marconi changes into Palm. Turn right on California, then left on Tarshes. Use the restrooms at the gate as the Nature Center doesn't open until 9 am. Turn left on San Lorenzo and park in the lot.