

Name:	Cosumnes River Preserve			
Description:	The Lost Slough Wetlands Walk is a 1-mile universally-accessible trail offering an up-close view of lush marshes, wetland plants, water-birds, insects and amphibians. There is also a wooden boardwalk meandering into the Lost Slough. The River Walk Trail is on raised levees through a variety of habitats, including buttonbush thickets, native grasslands, valley oak riparian forest, cottonwood-willow riparian forest, tule marsh, valley oak savannah and several restoration projects. During the winter months, the natural flood cycle often results in complete inundation of this trail by floodwaters. Boardwalk is open from 10am-4pm and trail is open from sunrise to sunset. Contact the Cosumnes River Preserve for trail conditions, (916) 684-2816, www.Cosumnes.org/			
Distance:	5K,10K	Difficulty Rating:	2A 2A	County: Sacramento
Hours:	Boardwalk is open from 10am-4pm and trail is open from sunrise to sunset.			
Annual AVA ID:	2018-108521	YRE ID:	Y1314	
Start Point Information				
Where:	Address	City	State	Zip
McDonald's Restaurant	2733 Elk Grove Blvd (@ Harbour Point)	Elk Grove	CA	95758
GPS: 38.408777, -121.476234				
Via I-5, the Cosumnes River Preserve is about 26 miles south of Downtown Sacramento and about 27 miles north of Downtown Stockton. From I-5 (north or south): Take Twin Cities Road Exit #498; Go East 1.2 miles to Franklin Blvd.; Go South 1.8 miles to Cosumnes River Preserve (Visitor's Center on your left); From CA-99 (north or south): Take Twin Cities Road Exit #277; Go West 6.9 miles to Franklin Blvd.; Go South 1.8 miles to Cosumnes River Preserve (Visitor's Center on your left)				
Accessibility				
Water	Strollers	Wheelchairs	Pets	
Yes	Medium	Medium	No	
Comments				
Once you've signed in at McDonald's you will have a short drive to reach the Preserve. For more information on the Cosumnes River Preserve (13501 Franklin Blvd, Galt CA 95632, 916.684.2816), check their website at www.Cosumnes.org/ check FAQs under Visitor Resources for Visitor Center hours. CA Counties: Sacramento, (5k = 3.1 miles, 10k = 6.2 miles)				
POC Information				
Name	Phone	Email		
Brenda Dougherty	(925) 864-4733	BDougherty@Clarkpacific.com		

