

El Dorado County • Physical Activity Resources

PROGRAM / ORGANIZATION	DESCRIPTION	REGION	TARGET POPULATION	COST	HOURS	E-MAIL CONTACT
Adult Sports Organization						
Aerobics						
Aquatics / Aquatics Guides						
Dry Diggins Dolphins (DDD) Recreational Swim Team Placerville, CA 95667 (530) 642-5232 www.cityofplacerville.org/depts/parks/aquatics/default.asp	Recreational youth/teen swim team. Practices held at El Dorado High School Pool and Placerville Aquatic Center.	El Dorado County	Boys and girls ages 4-18 years.	Contact for pricing information.	Practices held May-Jul; swim meets on Saturdays May-Jul.	
Placerville Gold Aquatics (PGA) US Swim Team Placerville, CA 95667 (530) 642-5232 www.cityofplacerville.org/depts/parks/aquatics/default.asp	Recreational youth/teen swim team with spring and fall sessions.	El Dorado County	Boys and girls 7-18 years.	Contact for pricing information.	Spring session Mar-Apr. Fall session Aug-Nov.	
Baseball						
Batting Cages						
Bicycle Clubs						
Bicycling						
American Discovery Trail www.discoverytrail.org	6,800-mile cross-country trail; enters California on the Tahoe Rim Trail outside of Squaw Valley and continues to the Coast Trail at the Pacific Ocean. Open to bikers, hikers, and horseback riders.	Several	All	Free	Contact for hours.	info@discoverytrail.org

Cable Road Loop 1.8 miles West of Jacquier Road, South of Carson Road Placerville, CA 95667 www.beautifulvista.com/Bike_Rides/cable_road_loop.htm	19.5-mile bike trail loop with 2000' of total climbing. Considered moderate.	El Dorado County	All	Free	Season usually runs spring through summer.	
Capps Crossing Loop Mt. Aukum Road / E16 and Pleasant Valley Road Placerville, CA 95667 www.beautifulvista.com/Bike_Rides/pleasant_valley_capps_crossing_loop.htm	51.0-mile bike trail loop with 6100' of total climbing. Considered difficult to very difficult,	El Dorado County	All	Free	Season usually runs late spring through early fall.	
Coloma to Cool Loop Highway 49 near Marshall Road Lotus, CA 95651 www.beautifulvista.com/Bike_Rides/Coloma_Georgetown_Cool/coloma_georgetown_cool_loop.htm	27.8-mile bike trail loop with 2900' of total climbing. Considered difficult. Trailhead at Lotus Post Office.	El Dorado County	All	Free	Year-round trail (weather permitting).	
Coloma to Georgetown to Cool Loop Highway 49 near Marshall Road Lotus, CA 95651 www.beautifulvista.com/Bike_Rides/Coloma_Georgetown_Cool/coloma_georgetown_cool_loop.htm	31.8-mile bike trail loop with 3300' of total climbing. Considered difficult. Trailhead at Lotus Post Office.	El Dorado County	All	Free	Year-round trail (weather permitting).	
Deer Valley / Ponderosa Loop Ponderosa Road and Meder Road Shingle Springs, CA 95862 www.beautifulvista.com/Bike_Rides/deer_valley_ponderosa_loop.htm	17.1-mile bike trail loop with 1700' of total climbing. Considered moderate.	El Dorado County	All	Free	Year-round trail (weather permitting).	
El Dorado Hills to Green Valley Loop El Dorado Hills and Town Center Blvd. El Dorado Hills, CA 95762 www.beautifulvista.com/Bike_Rides/El_Dorado_Hills_Latrobe_French_Creek/latrobe_french_creek_green_valley_loop.htm	34.2-mile bike trail loop with 2400' of total climbing. Considered moderate.	El Dorado County	All	Free	Year-round trail (weather permitting).	

El Dorado Hills to Plymouth Loop Latrobe Road and Investment Blvd. El Dorado Hills, CA 95762 www.beautifulvista.com/Bike_Rides/el_dorado_hills_plymouth_ride.htm	38.6-mile bike trail loop with 3300' of total climbing. Considered moderate to difficult.	El Dorado County	All	Free	Year-round trail (weather permitting).	
El Dorado Trail Off Mosquito Road near Main Street Placerville, CA 95667 www.beautifulvista.com/Bike_Rides/Placerville_Bike_Path/El_Dorado_Trail.htm	6.3-mile trail (12.6 miles round trip) for bikers, hikers, and horseback riders with 1200' of total climbing. Considered easy to moderate.	El Dorado County	All	Free	Year-round trail (weather permitting).	
Fiddletown Loop Mt. Aukum Road / E16 and Fairplay Road Placerville, CA 95667 www.beautifulvista.com/Bike_Rides/Fairplay_Fiddletown_Loop/fairplay_fiddletown_loop.htm	20.3-mile bike trail loop with 2000' of total climbing. Considered easy to moderate.	El Dorado County	All	Free	Year-round trail (weather permitting).	
Five Spot Loop Mt. Aukum Road / E16 and Pleasant Valley Road Placerville, CA 95667 www.beautifulvista.com/Bike_Rides/clear_creek_five_spot_loop.htm	8.2-mile bike trail loop with 900' of total climbing. Considered easy to moderate.	El Dorado County	All	Free	Season usually runs late spring through fall.	
Folsom Lake Loop Sutter Street and Leidesdorf Street Folsom, CA 95630 www.beautifulvista.com/Bike_Rides/Folsom_Lake_Loop/folsom_lake_loop.htm	53-mile bike trail loop with 4440' of total climbing. Considered difficult.	El Dorado County / Placer County / Sacramento County	All	Free	Year-round trail (weather permitting).	
Fruitridge Loop 1.8 miles West of Jacquier Road, South of Carson Road Placerville, CA 95667 www.beautifulvista.com/Bike_Rides/fruitridge_loop.htm	9.9-mile bike trail loop with 1100' of total climbing. Considered moderate.	El Dorado County	All	Free	Season usually runs spring through summer.	

Ghost Mountain Loop Carson Road and Snows Road Camino, CA 95709 www.beautifulvista.com/Bike_Rides/Ghost_Mtn_Loop/ghost_mountain_loop.htm	13.9-mile bike trail loop with 1000' of total climbing. Considered moderate. Note: mountain bikes only.	El Dorado County	All	Free	Season usually runs spring through summer.
Highway 50 to Ice House Reservoir Highway 50 and Ice House Road Pollock Pines, CA 95726 www.beautifulvista.com/Bike_Rides/Hwy_50_Ice_House_Ride/hwy_50_to_ice_house_ride.htm	23.1-mile bike trail loop with 2900' of total climbing. Considered moderate to difficult.	El Dorado County	All	Free	Season usually runs summer through early fall.
Highway 88 / Shake Ridge Loop Perry Creek Road and Fairplay Road Somerset, CA 95684 www.beautifulvista.com/Bike_Rides/slug_gulch_hwy_88_shake_ridge_loop.htm	48.3-mile bike trail loop with 4700' of total climbing. Considered difficult.	El Dorado County	All	Free	Season usually runs late spring through fall.
Ice House Reservoir to Loon Lake Ice House Reservoir Boat Ramp Kyburz, CA 95720 www.beautifulvista.com/Bike_Rides/Ice_House_Loon_Lake/ice_house_to_loon_lake_loop.htm	40.5-mile bike trail loop with 3900' of total climbing. Considered moderate to difficult.	El Dorado County	All	Free	Season usually runs summer through early fall.
Iron Mountain Road Climb 3.3 miles East of junction of Iron Mountain Road / Mormon Emigrant Trail and Sly Park Road Pollock Pines, CA 95726 www.beautifulvista.com/Bike_Rides/iron_mountain_road_climb.htm	41.3-mile bike trail loop with 5200' of total climbing. Considered difficult.	El Dorado County	All	Free	Season usually runs summer through early fall.
Mace Road Loop 1.8 miles West of Jacquier Road, South of Carson Road Placerville, CA 95667 www.beautifulvista.com/Bike_Rides/mace_road_loop.htm	22.0-mile bike trail loop with 2400' of total climbing. Considered moderate to difficult.	El Dorado County	All	Free	Season usually runs spring through summer.

Mosquito Road Loop Highway 49 and Main Street Placerville, CA 95667 www.beautifulvista.com/Bike_Rides/Mosquito_Road_Loop/mosquito_road_loop.htm	23.7-mile bike trail loop with 3600' of total climbing. Considered difficult to very difficult.	El Dorado County	All	Free	Year-round trail (weather permitting).	
Newton Loop Off Mosquito Road near Main Street Placerville, CA 95667 www.beautifulvista.com/Bike_Rides/newtown_loop.htm	20.5-mile bike trail loop with 2100' of total climbing. Considered moderate.	El Dorado County	All	Free	Year-round trail (weather permitting).	
North Canyon Loop 1.8 miles West of Jacquier Road, South of Carson Road Placerville, CA 95667 www.beautifulvista.com/Bike_Rides/north_canyon_loop.htm	13.3-mile bike trail loop with 1400' of total climbing. Considered moderate.	El Dorado County	All	Free	Season usually runs spring through summer.	
Old French Town Loop Highway 50 at Greenstone Road exit Placerville, CA 95667 www.beautifulvista.com/Bike_Rides/south_singhling_old_french_town_loop.htm	21.5-mile bike trail loop with 2100' of total climbing. Considered moderate. Trailhead starts at Greenstone Park 'N' Ride on the north side of Highway 50 at the Greenstone Road exit.	El Dorado County	All	Free	Year-round trail (weather permitting).	
Olmstead Loop Trail Off Highway 49 (near firestation) Cool, CA 95614 members.psyber.com/asra/tgolm.pdf	8.6-mile trail loop offers bikers, hikers, and horseback riders views of the American River Canyon and a creek crossing.	El Dorado County	All	Free		
Perry Creek / Fairplay Road Loop Perry Creek Road and Fairplay Road Somerset, CA 95684 www.beautifulvista.com/Bike_Rides/perry_creek_fairplay_road_loop.htm	6.9-mile bike trail loop with 700' of total climbing. Considered moderate.	El Dorado County	All	Free	Year-round trail (weather permitting).	

Perry Creek Loop (via Dorado Canyon Road) Perry Creek Road and Fairplay Road Somerset, CA 95684 www.beautifulvista.com/Bike_Rides/perry_creek_dorado_canyon_loop.htm	11.9-mile bike trail loop with 1200' of total climbing. Considered moderate.	El Dorado County	All	Free	Year-round trail (weather permitting).	
Perry Creek Loop (via Mt. Aukum Road / E16) Perry Creek Road and Fairplay Road Somerset, CA 95684 www.beautifulvista.com/Bike_Rides/perry_creek_dorado_canyon_loop.htm	13.8-mile bike trail loop with 1400' of total climbing. Considered moderate.	El Dorado County	All	Free	Year-round trail (weather permitting).	
Placerville to Sly Park Loop Off Mosquito Road near Main Street Placerville, CA 95667 www.beautifulvista.com/Bike_Rides/placerville_pollock_pines_loop.htm	37.2-mile bike trail loop with 4200' of total climbing. Considered difficult.	El Dorado County	All	Free	Season usually runs late spring through summer.	
Pleasant Valley Loop Mt. Aukum Road / E16 and Pleasant Valley Road Placerville, CA 95667 www.beautifulvista.com/Bike_Rides/pleasant_valley_fairplay_loop.htm	20.5-mile bike trail loop with 2200' of total climbing. Considered moderate to difficult.	El Dorado County	All	Free	Season usually runs late spring through summer.	
Prospectors Grade Loop (also known as Chili Bar Loop) Highway 49 and Main Street Placerville, CA 95667 www.beautifulvista.com/Bike_Rides/placerville_prospectors_grade_chili_bar_loop.htm	29.2-mile bike trail loop with 3500' of total climbing. Considered difficult.	El Dorado County	All	Free	Season usually runs spring through fall.	
Rock Creek Trail Highway 193 and Rock Creek Road Placerville, CA 95667 www.beautifulvista.com/Bike_Rides/rock_creek_finnon_ride.htm	17.2-mile bike trail (34.4 miles round trip) with 1800' of total climbing. Considered moderate to difficult.	El Dorado County	All	Free	Year-round trail (weather permitting).	

Salmon Falls Loop (via Deer Valley Road) El Dorado Hills Blvd. and Serrano Parkway El Dorado Hills, CA 95762 www.beautifulvista.com/Bike_Rides/Salmon_Falls_Lotus_Loop/salmon_falls_lotus_loop.htm	44.6-mile bike trail loop with 3900' of total climbing. Considered difficult.	El Dorado County	All	Free	Year-round trail (weather permitting).	
Salmon Falls Loop (via Green Valley Road) El Dorado Hills Blvd. and Serrano Parkway El Dorado Hills, CA 95762 www.beautifulvista.com/Bike_Rides/Salmon_Falls_Lotus_Loop/salmon_falls_lotus_loop.htm	42.3-mile bike trail loop with 3500' of total climbing. Considered difficult.	El Dorado County	All	Free	Year-round trail (weather permitting).	
Shooting Star Loop Mt. Aukum Road / E16 and Pleasant Valley Road Placerville, CA 95667 www.beautifulvista.com/Bike_Rides/clear_creek_shooting_star_loop.htm	9.5-mile bike trail loop with 900' of total climbing. Considered easy to moderate.	El Dorado County	All	Free	Season usually runs late spring through fall.	
Sierra Springs Loop Mt. Aukum Road / E16 and Pleasant Valley Road Placerville, CA 95667 www.beautifulvista.com/Bike_Rides/clear_creek_sierra_springs_loop.htm	12.2-mile bike trail loop with 1500' of total climbing. Considered moderate to difficult.	El Dorado County	All	Free	Season usually runs late spring through fall.	
Slug Gulch / Fairplay Road Loop Perry Creek Road and Fairplay Road Somerset, CA 95684 www.beautifulvista.com/Bike_Rides/slug_gulch_fairplay_rd_loop.htm	18.2-mile bike trail loop with 2200' of total climbing. Considered difficult.	El Dorado County	All	Free	Season usually runs late spring through early fall.	
Slug Gulch Loop (via Dorado Canyon Road) Perry Creek Road and Fairplay Road Somerset, CA 95684 www.beautifulvista.com/Bike_Rides/slug_gulch_dorado_canyon_loop.htm	20.4-mile bike trail loop with 2400' of total climbing. Considered difficult.	El Dorado County	All	Free	Season usually runs late spring through fall.	

Slug Gulch Loop (via Mt. Aukum Road / E16) Perry Creek Road and Fairplay Road Somerset, CA 95684 www.beautifulvista.com/Bike_Rides/slug_gulch_dorado_canyon_loop.htm	22.2-mile bike trail loop with 2600' of total climbing. Considered difficult.	El Dorado County	All	Free	Season usually runs late spring through fall.	
Snow Mill / Consumnes Mine Loop 3.3 miles East of junction of Iron Mountain Road / Mormon Emigrant Trail and Sly Park Road Pollock Pines, CA 95726 www.beautifulvista.com/Bike_Rides/snow_mill_cosumnes_mine_loop.htm	20.0-mile bike trail loop with 2500' of total climbing. Considered moderate to difficult. Note: mountain bikes only.	El Dorado County	All	Free	Season usually runs late spring through early fall.	
Starks Grade Loop Mt. Aukum Road / E16 and Pleasant Valley Road Placerville, CA 95667 www.beautifulvista.com/Bike_Rides/starks_grade_loop.htm	16.3-mile bike trail loop with 2000' of total climbing. Considered moderate to difficult.	El Dorado County	All	Free	Season usually runs late spring through fall.	
Tahoe Rim Trail Tahoe Rim Trail Association 948 Incline Way Incline Village, NV 89451 (775) 298-0012 www.tahoerimtrail.org	165-mile trail covers 6 counties, 3 national forests, and 2 states. Open to bikers (in most areas), hikers, and horseback riders.	El Dorado County / Placer County Washoe County / Carson City Co. / Douglas County / Alpine County	All	Free	Season usually runs May-Nov.	info@tahoerimtrail.org
Thompson Hill Loop Highway 49 and Lotus Road Coloma, CA 95613 www.beautifulvista.com/Bike_Rides/coloma_thompson_hill_loop.htm	13.1-mile bike trail loop with 1700' of total climbing. Considered moderate to difficult.	El Dorado County	All	Free	Season usually runs late spring through summer.	
Boating						

Bowling						
Knotty Pine Lanes 2667 Sanders Drive Pollock Pines, CA 95726 (530) 644-5414	Bowling alley with 12 lanes, arcade, pool room, and snack bar.	El Dorado County	All	Shoe rental is \$2.25; games \$3 during day, \$3.50 after 5pm; seniors bowl for \$2.	Open M-Th 10am-10pm; open F-Sat 10am-1am; open Sun 9am-10pm.	
Tahoe Bowl 1030 Fremont Avenue South Lake Tahoe, CA 96150 (530) 544-3700	Bowling alley with 16 lanes, small arcade, and pizza restaurant.	El Dorado County	All	Sun-M shoe rental is \$2; games are \$2 each; T-Sat shoe rental is \$3, games start at \$3.50 and go up to \$5. Contact for specific pricing.	Open Sun-Th 2-11pm; open F-Sat 2pm-12am.	
Boxing / Kickboxing						
New Man's Karate 4568 Missouri Flat Road Placerville, CA 95667-6830 (530) 622-2330 www.newmankarate.com	Center offers cardio kickboxing, as well as Kodan Kan martial arts and self-defense training for women and children.	El Dorado County	Ages 3 and up.	Contact for pricing information.	Typically open M-F 2-9pm and Sat by appt. only. Contact for class schedule.	newmankarate@juno.com
Camping						
Campground by the Lake 1150 Rufus Allen Blvd. South Lake Tahoe, CA 96150 (530) 542-6096 www.recreationintahoe.com/campground.htm	173-site campground with tent and RV camping, as well as cabins. Restrooms and showers onsite; laundr facilities located across the street. Also offers camp store, picnic area, horseshoe pits, and bike path.	El Dorado County	All	\$23 / night for site with no electricity; \$31 / night for site with electricity; \$43 / night for cabins. Refer to website to further pricing information.	Season runs from Apr - Oct. Quiet hours for campground are 8pm - 8am.	skezich@cityofslt.us (Susan Kezich, Campground Information)
South Lake Tahoe KOA 760 North Highway 50 South Lake Tahoe, CA 96150 (530) 577-3693 www.laketahoekoa.com	48-site campground with tent and RV camping, as well as 2 cabins. Hook-ups, restrooms, showers, laundry facilities, and pool onsite.	El Dorado County	All	\$36-41 / night for tents; price increases with electricity, water, and sewer hook-ups. Refer to website to further pricing information. For reservations, call (800) 562-3477.	Season runs from Apr - Oct. Contact for quiet hours for campground.	info@laketahoekoa.com

Placerville KOA 4655 Rock Barn Road Shingle Springs, CA 95682 (530) 676-2267 www.koa-placerville.com	112-site campground with tent and RV camping, as well as cabins. Restrooms, showers, and laundry facilities onsite. Also offers playground, pool, spa, and mini-golf.	El Dorado County	All	\$30-32 / night for tents; \$60-70 / night for cabins. Contact for further pricing information. For reservations, call (800) 562-4197.	Quiet hours for campground are 10pm - 8am.	koa@koa-placerville.com
Collaborative						
Community Centers / Memorial Halls						
Community Activities Building 1021 Harvard Way El Dorado Hills, CA 95762 (916) 933-6624 www.edhcsd.org/parks_and_amenities.html#	Community center within Community Park with classroom, dance room, gymnasium, and senior lounge. Full service kitchen onsite.	El Dorado County	All	Contact for rental fees and deposits.	Contact for hours of operation.	mail@edhcsd.org
Jackson Elementary 2561 Francisco Drive El Dorado Hills, CA 95762 (916) 933-6624 (EDHCSD) (916) 933-1828 (school) www.edhcsd.org/	Joint-use facility with multi-use building for recreational programs through EDH Community Services Dept. and private rentals through school.	El Dorado County	All	Contact EDH Community Services Dept. for recreation program information. Contact school for private rental information.	Contact for hours of operation.	mail@edhcsd.org
Pioneer Park Community Center 6740 Fair Play Road Somerset, CA 95684 (530) 621-5864 www.co.el-dorado.ca.us/parks/pioneer.html	Community center within Pioneer Park with main hall (accommodates 80 people) and conference room (accommodates 30 people) available for private rental. Kitchen / snack bar onsite.	El Dorado County	All	Refer to website for rental fees and deposits.	Open daily 8am-10pm.	Airports, Grounds, and Parks Manager: jordan.postlewait@edcgo.v.us Parks Project Coordinator: daniel.bolster@co.el-dorado.ca.us
Pollock Pines - Camino Community Center 2675 Sanders Drive Pollock Pines, CA 95726 (530) 647-8005 www.pollockpinesca.org	Community center with 2 banquet rooms, meeting room, theatre/ training room, stage, dance floor, and bar area. Full service kitchen onsite.	El Dorado County	All	Refer to website for rental fees and deposits.	Contact for hours of operation.	info@pollockpinesca.org

Scout Hall 3071 Benham Street Placerville, CA 95667 (530) 642-5232 www.cityofplacerville.org/depts/parks/parks/city_park.asp	Meeting hall within City Park. Contact for capacity, amenities, etc.	El Dorado County	All	Contact for rental fees and deposits.	Contact for hours of operation.	recstaff@ci.placerville.ca.us (Placerville Recreation and Parks Dept.)
Town Hall 549 Main Street Placerville, CA 95667 (530) 642-5232 www.cityofplacerville.org/depts/parks/rentals/default.asp	Town hall located in historic downtown Placerville. Contact for capacity, amenities, etc.	El Dorado County	All	Contact for rental fees and deposits.	Contact for hours of operation.	recstaff@ci.placerville.ca.us (Placerville Recreation and Parks Dept.)
William Brooks Elementary (Brooks Gym) 3610 Park Drive El Dorado Hills, CA 95762 (916) 933-6624 (EDHCSD) (916) 933-6618 (school) www.edhcsd.org/	Joint-use facility with multi-use building for recreational programs through EDH Community Services Dept. and private rentals through school.	El Dorado County	All	Contact EDH Community Services Dept. for recreation program information. Contact school for private rental information.	Contact for hours of operation.	mail@edhcsd.org
Community Classes						
Community Health Service Classes						
Dance/Ballet/Arts						
Disc Golf Courses						
Bijou Park Disc Golf Course Al Tahoe Blvd. and Johnson Blvd. South Lake Tahoe, CA 96150 (530) 542-6056 www.aboutlaketahoe.com/childs_play/bijou.htm	27-hole champion disc golf course located within Bijou Park. Park also includes basketball court, volleyball court, children's playground, BBQs, covered picnic area, and skate/BMX park.	El Dorado County	All	Free	Open daily from dawn to dusk.	

Lions Park Disc Golf Course 3633 Cedar Ravine Road Placerville, CA 95667 (530) 642-5232 ci.placerville.ca.us/depts/parks/parks/lions_park.asp	14-hole disc golf course located within Lions Park. Park also includes 2 softball fields, 2 tennis courts, tot lot, grass play area, horseshoe pits, walking trails, and picnic area.	El Dorado County	All	Free	Open daily from dawn to dusk.	recstaff@ci.placerville.ca.us (Placerville Recreation and Parks Dept.)
Pioneer Park Disc Golf Course 6740 Fair Play Road Somerset, CA 95684 (530) 621-5864 www.co.el-dorado.ca.us/parks/pioneer.html	14-hole disc golf course located within Pioneer Park. Park also includes full size equestrian arena, community center, baseball/ soccer field, children's play equipment, and picnic tables.	El Dorado County	All	Free	Open daily 8a-dusk.	jordan.postlewait@edcgov.us (Airports, Grounds, and Parks Manager); daniel.bolster@co.el-dorado.ca.us (Parks Project Coordinator)
Dog Parks						
There are currently no off-leash dog parks in El Dorado County.						
Equestrian / Horseback Riding						
American Discovery Trail www.discoverytrail.org	6,800-mile cross-country trail; enters California on the Tahoe Rim Trail outside of Squaw Valley and continues to the Coast Trail at the Pacific Ocean. Open to horseback riders, hikers, and bikers.	Several	All	Free	Contact for hours.	info@discoverytrail.org.
El Dorado Trail Off Mosquito Road near Main Street Placerville, CA 95667 www.beautifulvista.com/Bike_Rides/Placerville_Bike_Path/El_Dorado_Trail.htm	6.3-mile trail (12.6 miles round trip) for hikers, bikers, and horseback riders with 1200' of total climbing. Considered easy to moderate.	El Dorado County	All	Free	Year-round trail (weather permitting).	
Olmstead Loop Off Highway 49 (near firestation) Cool, CA 95614 members.psyber.com/asra/tgolm.pdf	8.6-mile trail loop offers horseback riders, hikers, and bikers views of the American River Canyon and a creek crossing.	El Dorado County	All	Free		

Pacific Crest Trail Pacific Crest Trail Association 5325 Elkhorn Blvd. PMB# 256 Sacramento, CA 95842-2526 (800) PC-TRAIL (916) 349-2109 www.pcta.org	2,650-mile national scenic trail that runs from Mexico to Canada through California, Oregon, and Washington. Open to horseback riding and hiking; no biking allowed.	Several	All	\$5 donation suggested for permit.	Season usually runs July-Sept.	info@pcta.org
Pioneer Park 6740 Fair Play Road Somerset, CA 95684 (530) 621-5864 www.co.el-dorado.ca.us/parks/pioneer.html	Full size equestrian arena within Pioneer Park that is host to horseshows, livestock events, and more.	El Dorado County	All		Open daily 8am-dusk.	jordan.postlewait@edcgo v.us (Airports, Grounds, and Parks Manager); daniel.bolster@co.el-dorado.ca.us (Parks Project Coordinator)
Tahoe Rim Trail Tahoe Rim Trail Association 948 Incline Way Incline Village, NV 89451 (775) 298-0012 www.tahoerimtrail.org	165-mile trail covers 6 counties, 3 national forests, and 2 states. Open to horseback riders, hikers, and bikers (in most areas.)	El Dorado County / Placer County Washoe County / Carson City Co. / Douglas County / Alpine County	All	Free	Season usually runs May-Nov.	info@tahoerimtrail.org
Farming						
Football						
Golf						
Apple Mountain Golf Resort 3455 Carson Road Camino, CA 95709 (530) 647-7400 www.applemountaingolfresort.net	Public golf club with 71/72 par 18-hole course and 15-station driving range as well as chipping, pitching, and putting practice greens.	El Dorado County	All	Driving range is \$3 for 25 balls, \$5 for 45 balls, and \$8 for 80 balls. Refer to website for pricing on golf. Discounts for active military, firefighters, and law enforcement.	Open daily. First tee time is 7am. "Twilight" golf starts at 2pm.	sara@applemountaingolfresort.net

<p>Bass Lake Golf Course (formerly Green Valley Oaks Golf Course) 3000 Alexandrite Drive Rescue, CA 95762 (530) 677-4653 www.basslakegolfcourse.com</p>	<p>Public golf club with 72 par 18-hole course and 30-station driving range.</p>	<p>El Dorado County</p>	<p>All</p>	<p>Driving range is \$5 for 50 balls and \$8 for 100 balls. Weekday golf rates are \$18 (17 years and under), \$26 (adults), and \$20 (seniors 60+ years).</p>	<p>Open daily. First tee time is 6am. "Twilight" golf starts 4 hours before sunset. "Super Twilight" golf starts 2 hours before sunset.</p>	
<p>Bijou Municipal Golf Course 2464 Fairway Avenue South Lake Tahoe, CA 96150 (530) 542-6097 www.recreationintahoe.com/thebijou.htm</p>	<p>Public golf club with 9-hole course.</p>	<p>El Dorado County</p>	<p>All</p>	<p>Golf rates are \$15 for residents of El Dorado County and \$20 for non-residents. Refer to website for further pricing information.</p>	<p>Season usually runs from May-Oct. Contact for hours of operation.</p>	<p>sbobman@cityofslt.us (Stan Bobman, Bijou Golf Course Information)</p>
<p>Camino Heights Golf Club 3020 Vista Tierra Drive Camino, CA 95709 (530) 644-0190</p>	<p>Public golf club with 31 par 9-hole course and driving net.</p>	<p>El Dorado County</p>	<p>All</p>	<p>Weekday golf rates are \$12 for 9 holes and \$20 for 18 holes. Contact for further pricing information.</p>	<p>Open daily. First tee time is 7am. "Twilight" golf starts at 4pm in summer, 3pm in winter.</p>	
<p>Lake Tahoe Golf Course 2500 Highway 50 (a.k.a. Emerald Bay Road) South Lake Tahoe, CA 96150 (530) 577-0788 / (530) 577-0802 www.laketahoegc.com</p>	<p>Public golf club with 71 par 18-hole course and 30-station driving range.</p>	<p>El Dorado County</p>	<p>All</p>	<p>Driving range is \$6 for 35-40 balls and \$10 for 70-80 balls. \$55 for 18 holes, \$25 for 9 holes, \$45 for "Twilight" golf, \$25 for "Super Twilight." Refer to website for further pricing information.</p>	<p>Open Tu-Sat 7am-7pm, Sun 7am-6pm, M 9am-7pm.</p>	

<p>Tahoe Paradise Golf Course 3021 Highway 50 South Lake Tahoe, CA 96150 (530) 577-2121 www.tahoeparadisegc.com</p>	<p>Public golf club with 66 par 18-hole course and driving net.</p>	<p>El Dorado County</p>	<p>All</p>	<p>Warm-up at driving net is free. \$40 for 18 holes, \$30 for 9 holes, \$28 for "Twilight" golf, \$19 for "Super Twilight." Discounts for juniors (16 years and under) and seniors (55 years and over). Refer to website for further pricing information.</p>	<p>Open daily 6:30am-8pm. "Twilight" golf starts at 3pm. "Super Twilight" golf starts at 5pm.</p>	
<p>Gymnastics</p>						
<p>Gyms / Fitness Centers</p>						
<p>Body Concepts 4919 Windplay Drive #4 El Dorado Hills, CA 95762 (916) 939-6800 www.bodyconceptsinc.com</p>	<p>5,000+ sq. ft. fitness center offers personal training, pilates, cycling clinics and coaching, and physical therapy as well as massage therapy and nutrition consulting.</p>	<p>El Dorado County</p>	<p>All</p>	<p>Contact for pricing information.</p>	<p>Open M-F 7am-7pm by appt.</p>	<p>info@bodyconceptsinc.com</p>
<p>Curves 4100 Cameron Park Drive #102 Cameron Park, CA 95682 (530) 676-9222 www.curves.com</p>	<p>Fitness center with focus on 30-minute circuit program of aerobic workout and strength training.</p>	<p>El Dorado County</p>	<p>Women</p>	<p>Contact for pricing information.</p>	<p>Open M-Th 6:30am-7:30pm, F 6:30am-6:30pm, and Sat 8am-12pm. Closed Sundays.</p>	
<p>Curves 3919 Park Drive #70 El Dorado Hills, CA 95762 (916) 933-8338 www.curves.com</p>	<p>Fitness center with focus on 30-minute circuit program of aerobic workout and strength training.</p>	<p>El Dorado County</p>	<p>Women</p>	<p>Contact for pricing information.</p>	<p>Open M-Th 6:30am-7:30pm, F 6:30am-6:30pm, and Sat 8am-12pm. Closed Sundays.</p>	

Curves 6029 Front Street Georgetown, CA 95634 (530) 333-4215 www.curves.com	Fitness center with focus on 30-minute circuit program of aerobic workout and strength training.	El Dorado County	Women	Contact for pricing information.	Open M-Th 6:30am-7pm, F 6:30am-6:30pm, and Sat 8am-12pm. Closed Sundays.	
Curves 81 Fair Lane #J Placerville, CA 95667 (530) 295-9020 www.curves.com	Fitness center with focus on 30-minute circuit program of aerobic workout and strength training.	El Dorado County	Women	Contact for pricing information.	Open M-Th 6:30am-7:30pm, F 6:30am-6:30pm, and Sat 8am-12pm. Closed Sundays.	
Curves 2482 Lake Tahoe Blvd. South Lake Tahoe, CA 96150 (530) 543-3350 www.curves.com	Fitness center with focus on 30-minute circuit program of aerobic workout and strength training.	El Dorado County	Women	Contact for pricing information.	Open M-Th 6am-7pm, F 6am-6:30pm, and Sat 8-11am. Closed Sundays.	
El Dorado Hills Sports Club 530 Post Court El Dorado Hills, CA 95762 (530) 933-4929 www.eldoradohillssc.com	Fitness center offers cardio center, free weights, 6-lane 25-yard and 4-lane 25-yard heated lap pools, sauna and steam room, pilates, yoga, water aerobics, basketball and volleyball courts, play center for children 6 wks. - 6 yrs, kids club for youth 7 -17 yrs, and much more.	El Dorado County	All	Contact for pricing information.	Open M-F 5am-11pm, Sat-Sun 7am-10pm.	info@eldoradohillssc.com

Hiking						
East Peak Lake Trail Heavenly Mountain Resort Heavenly Village Road and Lake Tahoe Blvd. South Lake Tahoe, CA 96150 (775) 586-7000 www.skiheavenly.com/lake_tahoe/things_to_do/hiking/around_tahoe/	1.9-mile trail (3.8 miles round trip) starts at the top of the gondola (9,136') and goes to East Peak Lake. Trail has an elevation change of 436' and usually takes 2 1/2-3 hours.	El Dorado County	All	Cost of gondola ride. Kids 4 and under: Free; 5-12 years: \$18; 13-18 years: \$24; 19-64 years: \$28; 65+ years: \$24.	Summer season only. Contact for dates of operation.	
East Peak Trail Heavenly Mountain Resort Heavenly Village Road and Lake Tahoe Blvd. South Lake Tahoe, CA 96150 (775) 586-7000 www.skiheavenly.com/lake_tahoe/things_to_do/hiking/around_tahoe/	0.8-mile trail (1.6 miles round trip) starts at the top of the gondola (9,136') and goes to East Peak. Trail has an elevation change of roughly 400' and usually takes 1 hour.	El Dorado County	All	Cost of gondola ride. Kids 4 and under: Free; 5-12 years: \$18; 13-18 years: \$24; 19-64 years: \$28; 65+ years: \$24.	Summer season only. Contact for dates of operation.	
El Dorado Trail Off Mosquito Road near Main Street Placerville, CA 95667 www.beautifulvista.com/Bike_Rides/Placerville_Bike_Path/El_Dorado_Trail.htm	6.3-mile trail (12.6 miles round trip) for hikers, bikers, and horseback riders with 1200' of total climbing. Considered easy to moderate.	El Dorado County	All	Free	Year-round trail (weather permitting).	
New York Creek Nature Trail El Dorado Hills, CA 95762 (916) 933-6624 www.edhcsd.org/parks_and_amenities.html#	1.5-mile trail within 23-acre New York Creek Nature Area. North trailhead is in Art Weisberg Park; south trailhead is in Community Park.	El Dorado County	All	Free	Year-round trail (weather permitting).	
Olmstead Loop Off Highway 49 (near firestation) Cool, CA 95614 members.psyber.com/asra/tgolm.pdf	8.6-mile trail loop offers hikers, bikers, and horseback riders views of the American River Canyon and a creek crossing.	El Dorado County	All	Free		

Pacific Crest Trail Pacific Crest Trail Association 5325 Elkhorn Blvd. PMB# 256 Sacramento, CA 95842-2526 (800) PC-TRAIL (916) 349-2109 www.pcta.org	2,650-mile national scenic trail that runs from Mexico to Canada through California, Oregon, and Washington. Open to hiking and horseback riding; no biking allowed.	Several	All	\$5 donation suggested for permit.	Season usually runs July-Sept.	info@pcta.org
Sky Meadows Trail Heavenly Mountain Resort Heavenly Village Road and Lake Tahoe Blvd. South Lake Tahoe, CA 96150 (775) 586-7000 www.skiheavenly.com/lake_tahoe/things_to_ do/hiking/around_tahoe/	1.1-mile trail (2.2 miles round trip) starts at the top of the gondola (9,136') and goes to Sky Meadows. Trail has an elevation change of 511' and usually takes 1 1/2 hours.	El Dorado County	All	Cost of gondola ride. Kids 4 and under: Free; 5-12 years: \$18; 13-18 years: \$24; 19-64 years: \$28; 65+ years: \$24.	Summer season only. Contact for dates of operation.	
Tahoe Rim Trail Tahoe Rim Trail Association 948 Incline Way Incline Village, NV 89451 (775) 298-0012 www.tahoerimtrail.org	165-mile trail covers 6 counties, 3 national forests, and 2 states. Open to hikers, bikers (in most areas), and horseback riders.	El Dorado County / Placer County Washoe County / Carson City Co. / Douglas County / Alpine County	All	Free	Season usually runs May-Nov.	info@tahoerimtrail.org
Ice Skating						
South Tahoe Ice Arena 1176 Rufus Allen Blvd. South Lake Tahoe, CA 96150 (530) 542-6262 www.recreationintahoe.com/icearena.htm	NHL-sized rink offers public use for all ages, ice hockey and ice skating leagues and lessons for youth and adults, and pick-up hockey for adults. Arcade, snack bar, retail store, party rooms, and locker rooms onsite.	El Dorado County	All	\$3 skate rental plus \$9 for general admission, \$7 for youth and seniors, and \$7 for kids (<5 years - includes skate rental). Get 12-skate pass for the price of 10. \$1.50 discount off admission for El Dorado County residents.	Open daily. Public skate times vary by scheduled activities. Refer to website for availability.	bswain@cityofslt.us (Bob Swain, Ice Arena General Information); bpekola@cityofslt.us (Bob Pelkola, Ice Arena Hockey Information)

Laser Tag						
Laser Quasars 5037 Robert J. Mathews Parkway El Dorado Hills, CA 95762 (916) 358-3445 www.laserquasars.com	Fun center offers laser tag as well as miniature golf. Arcade, party rooms, and vending machines onsite.	El Dorado County	Ages 6 and up. Must be at least 45" tall.	\$7.50 / game. 2 games: \$7 / game. 3 games: \$6.50 / game.	Open Th 4:30-9pm, F 4:30-11pm, Sat 11am-11pm, and Sun 12-6pm. Open M, Tu, and W by appt. only for events and parties.	
Little League						
Challenger Division	Little League affiliated recreational baseball league for youth with physical or mental disabilities and handicaps.	El Dorado County	All	Free		
Divide Little League (North League) Mailing address: P.O. Box 72 Cool, CA 95614-0072 www.dividebaseball.org	Little League affiliated recreational baseball league. Serves Cool, Garden Valley, Georgetown, Greenwood, Kelsey, Pilot Hill, and Volcanoville.	El Dorado County	Boys and girls ages 5-17 years.	Refer to website for pricing information.	Practice usually begins in March and season concludes in mid-Jun; "Fall Ball" season as well.	sun9312@aol.com (League President, Dave Frey)
El Dorado Hills Little League (North League) Mailing address: 2222 Francisco Drive #510 El Dorado Hills, CA 95762-3766 www.edhll.org	Little League affiliated recreational baseball league with 8 divisions of play. Serves north region of El Dorado Hills.	El Dorado County	Boys and girls ages 5-17 years.	Contact for pricing information.	Season usually runs from late Mar. to mid-May or late Jun., depending on division; "Fall Ball" season as well.	meinhoferll@comcast.net (League President, Karen Meinhofer)

<p>El Dorado Hills Little League (South League) Mailing address: 3941 Park Drive #20-196 El Dorado Hills, CA 95762 www.edhll.org</p>	<p>Little League affiliated recreational baseball league with 8 divisions of play. Serves south region of El Dorado Hills.</p>	<p>El Dorado County</p>	<p>Boys and girls ages 5-17 years.</p>	<p>Contact for pricing information.</p>	<p>Season usually runs from late Mar. to mid-May or late Jun., depending on division; "Fall Ball" season as well.</p>	<p>dckoch@sbcglobal.net (League President, David Koch)</p>
<p>Hangtown Little League Mailing address: P.O. Box 1963 Placerville, CA 95667-1963 (530) 295-9311 www.hangtownlittleleague.com</p>	<p>Little League affiliated recreational baseball league. Serves Gold Hill, Lotus, and nearby surrounding areas.</p>	<p>El Dorado County</p>	<p>Boys and girls ages 5-17 years.</p>	<p>Contact for pricing information.</p>	<p>Season runs spring to summer. "Winter Ball" season as well. Contact for specific dates.</p>	<p>hangtownll@jps.net (League President, Ken Smith)</p>
<p>Ponderosa Little League Mailing address: P.O. Box 245 Shingle Springs, CA 95682-0245 (530) 677-5555 eteamz.active.com/PonderosaLittleLeague/</p>	<p>Little League affiliated recreational baseball league. Serves Shingle Springs and nearby surrounding areas.</p>	<p>El Dorado County</p>	<p>Boys and girls ages 5-17 years.</p>	<p>Contact for pricing information.</p>	<p>Season usually runs from late Mar. to Jun., depending on division; "Winter Ball" season as well (ages 9-14).</p>	<p>anthonyjgould@hotmail.com (League President, Anthony Gould)</p>
<p>Pony Express Little League Mailing address: P.O. Box 184 Shingle Springs, CA 95682-0184 (530) 677-6670 www.ponyexpress54.org</p>	<p>Little League affiliated recreational baseball league. Serves Rescue, parts of Cameron Park, and nearby surrounding areas.</p>	<p>El Dorado County</p>	<p>Boys and girls ages 5-18 years.</p>	<p>Contact for pricing information.</p>	<p>Practice usually begins in Feb. and season concludes in mid-Jun; "Fall Ball" season as well.</p>	<p>gallcom1@directcon.net (League President, Gordon Gallant)</p>
<p>Sierra View Little League (530) 626-3387 www.sierraviewll.org</p>		<p>El Dorado County</p>		<p>Contact for pricing information.</p>	<p>Season runs spring to summer. "Fall Ball" season as well. Contact for specific dates.</p>	<p>president@sierraviewll.org (League President, Mark Bernert)</p>

Snowline Little League Mailing address: P.O. Box 1713 Pollock Pines, CA 95726-1713 (530) 644-5590 www.eteamz.com/snowline		El Dorado County		Contact for pricing information.		heather@snowlinelittleleague.org (League President, Heather Ahlstrom)
Timber Little League eteamz.active.com/timberlittleleague		El Dorado County		Contact for pricing information.	Season runs spring to summer. "Fall Ball" season (mid-Sept. to mid-Nov.) as well.	
Mall Walking						
Martial Arts / Self Defense						
Blue Lake Aikido 2660 Lake Tahoe Blvd. #A4 South Lake Tahoe, CA 96150 (530) 544-0202 bluelakeaikido.org	Center offers Aikido training for children and adults.	El Dorado County	Ages 5 and up.	\$10 drop-in rate (call before to confirm space). Monthly rates for ages 6-14 years: \$75/ mo.; 15 years and older: \$100/ mo. Family rates available.	Open M-Th. Adult classes held M-Th 6:30-7:30am and 6:30-8pm; children's classes held M-Th 5-5:50pm.	bluelakeaikido@sbcglobal.net
Cameron Park Tae Kwon Do 3293 Saratoga Lane #C Cameron Park, CA 95862 (530) 676-0366 www.cameronparktkd.com	Center offers Tae Kwon Do training for children and adults as well as weapons classes.	El Dorado County	Ages 4 and up. "KinderKicks" class for children 4-6 years.	Contact for pricing information.	Open M-Sat with varying times based on classes. Closed Sundays. Refer to website for class schedule.	b.c.westpha@comcast.net (Owners, Bob and Connie Westphal)

Foothill Tae Kwon Do 617 Main Street #B Placerville, CA 95667 (530) 344-8400 www.foothilltkd.com	Center offers Tae Kwon Do training for children and adults as well as weapons classes.	El Dorado County	Ages 4 and up. "KinderKicks" class for children 4-6 years.	Contact for pricing information.	Open M-Sat with varying times based on classes. Closed Sundays. Refer to website for class schedule.	b.c.westpha@comcast.net (Owners, Bob and Connie Westphal)
Koryo Family Tae Kwon Do 4131 S. Shingle Road Shingle Springs, CA 95682-9341 (530) 676-3455	Center offers Tae Kwon Do training for children and adults.	El Dorado County	Ages 4 and up. "Tiny Tigers" class for children 4-5 years.	Contact for pricing information.	Open M-F with varying times based on classes. Contact for class schedule.	
New Man's Karate 4568 Missouri Flat Road Placerville, CA 95667-6830 (530) 622-2330 www.newmanskarate.com	Center offers Kodan Kan martial arts, self-defense training for women and children, as well as cardio kickboxing.	El Dorado County	Ages 3 and up. "Tiny Tots" class for children 3-5 years.	Contact for pricing information.	Typically open M-F 2-9pm and Sat by appt. only. Contact for class schedule.	newmanskarate@juno.com
Rankin's Tae Kwon Do / Robinson's Tae Kwon Do 4100 Cameron Park Drive #123 Cameron Park, CA 95862 (530) 676-7475 www.rankinstkd.com	Center offers Tae Kwon Do training and stretching classes for children and adults. Private and group lessons available.	El Dorado County	Ages 3 and up. "Tiny Kicks Dragons" class for children 3-5 years.	Contact for pricing information.	Open M-Sat with varying times based on classes. Closed Sundays. Refer to website for class schedule.	masterrankins@rankinstkd.com
Tuggle's Tae Kwon Do 6051 Enterprise Drive Diamond Springs, CA 95619 (530) 621-4994						
Wado Chen Kai Karate 4862 Black Oak Mine Road Garden Valley, CA 95633-9470 (530) 333-2575						

Miniature Golf						
Laser Quasars 5037 Robert J. Mathews Parkway El Dorado Hills, CA 95762 (916) 358-3445 www.laserquasars.com	Fun center offers miniature golf as well as laser tag. Arcade, party rooms, and vending machines onsite.	El Dorado County	All	\$7.50 / game. 2 games: \$7 / game. 3 games: \$6.50 / game.	Open Th 4:30-9pm, F 4:30-11pm, Sat 11am-11pm, and Sun 12-6pm. Open M, Tu, and W by appt. only for events and parties.	
Placerville KOA Mini-Golf Course 4655 Rock Barn Road Shingle Springs, CA 95682 (530) 676-2267 www.koa-placerville.com	19-hole mini-golf course available only to those staying at the KOA campground.	El Dorado County	All	\$2 / game.	Mini-golf course is open daily from 9am-dusk.	koa@koa-placerville.com
Nature Area / Nature Center						
New York Creek Nature Trail El Dorado Hills, CA 95762 (916) 933-6624 www.edhcsd.org/parks_and_amenities.html#	23-acre nature area includes 1.5-mile New York Creek Nature Trail North trailhead is in Art Weisberg Park; south trailhead is in Community Park.	El Dorado County	All	Free	Contact for hours.	
Village Green Park Silva Valley Parkway and Village Green Parkway El Dorado Hills, CA 95762 (916) 933-6624 www.edhcsd.org/parks_and_amenities.html#	Nature area within 10-acre park. Park also includes with children's playground, large grass play area, BBQs, picnic tables, and large pond with waterfall.	El Dorado County	All	Free	Contact for hours.	mail@edhcsd.org; jmcgrath@edhcsd.org (Parks)

Parks						
Alan Lindsay Park Silva Valley Parkway El Dorado Hills, CA 95762 (916) 933-6624 www.edhcsd.org/parks_and_amenities.html#	Park with soccer field, baseball fields, and covered picnic area.	El Dorado County	All	Free	Open daily from dawn to dusk.	mail@edhcsd.org; jmcgrath@edhcsd.org (Parks)
Art Weisberg Park Francisco Drive and Pendleton Drive El Dorado Hills, CA 95762 (916) 933-6624 www.edhcsd.org/parks_and_amenities.html#	Park with grass play area, horseshoe pits, BBQs, picnic tables, and northern trailhead of New York Creek Nature Trail.	El Dorado County	All	Free	Open daily from dawn to dusk.	mail@edhcsd.org; jmcgrath@edhcsd.org (Parks)
Bertelsen Park Arrowhead Drive and Redwood Lane El Dorado Hills, CA 95762 (916) 933-6624 www.edhcsd.org/parks_and_amenities.html#	Park with "sprayground" water feature, children's playground, large grass play area, BBQs, and picnic tables.	El Dorado County	All	Free	Open daily from dawn to dusk.	mail@edhcsd.org; jmcgrath@edhcsd.org (Parks)
Bijou Community Park Al Tahoe Blvd. and Johnson Blvd. South Lake Tahoe, CA 96150 (530) 542-6056 www.aboutlaketahoe.com/childs_play/bijou.htm	Park with basketball court, volleyball court, children's playground, BBQs, covered picnic area, skate/BMX park, and disc golf course.	El Dorado County	All	Free	Contact for hours.	wross@cityofslt.us
Bradford Park 4224 Motherlode Drive Shingle Springs, CA 95862 (530) 621-5864 www.co.el-dorado.ca.us/parks/bradford.html	5-acre park with small sports field, children's playground, and covered picnic area.	El Dorado County	All	Free	Open daily 8am-10pm.	jordan.postlewait@edcgo.v.us (Airports, Grounds, and Parks Manager); daniel.bolster@co.el-dorado.ca.us (Parks Project Coordinator)

Cameron Park Lake 2989 Cambridge Road Cameron Park, CA 95682 (530) 677-2231 www.cameronpark.org/cameronpark.html	Lake offers boat rentals, fishing, and swimming as well as 4 tennis courts, volleyball court, children's playground, walking/jogging path, BBQs, picnic tables, concession stand, and a gazebo available for rental.	El Dorado County	All	Fees charged for entry to lake from Apr.1 - Sept. 30. Kids 4 and under: Free; residents: \$2; non-residents: \$4; 62+ years: \$1 (resident or non-resident).	Open daily from 7am to dusk.	tmefford@cameronpark.org
Christa McAuliffe Park 2400 Merrychase Drive Cameron Park, CA 95682 (530) 677-2231 www.cameronpark.org/christa.html	Park with soccer field, children's playground, picnic area, and skate park.	El Dorado County	All	Free	Open daily 8am to dusk.	tmefford@cameronpark.org
City Park 3071 Benham Street Placerville, CA 95667 (530) 642-5232 www.cityofplacerville.org/depts/parks/parks/city_park.asp	Park with basketball courts, children's playground, tot lot, grass play area, picnic area, meeting hall, and aquatic center.	El Dorado County	All	Free	Open daily from dawn to dusk. Contact for hours for aquatic center.	recstaff@ci.placerville.ca.us (Placerville Recreation and Parks Dept.)
Community Park 1021 Harvard Way El Dorado Hills, CA 95762-4353 (916) 933-6624 www.edhcsd.org/parks_and_amenities.html#	40-acre park with 3 multi-use fields, basketball court, horseshoe pit, children's playground, Pavilion (available to rent), BBQs, picnic tables, nature area, and southern trailhead of New York Creek Nature Trail.	El Dorado County	All	Costs vary according to activity. General public areas and playgrounds are free.	Open daily from dawn to dusk.	mail@edhcsd.org; jmcgrath@edhcsd.org (Parks)
Creekside Greens Park Concordia Drive El Dorado Hills, CA 95762 (916) 933-6624 www.edhcsd.org/parks_and_amenities.html#	Park with children's playground, large grass play area, and picnic tables.	El Dorado County	All	Free	Open daily from dawn to dusk.	mail@edhcsd.org; jmcgrath@edhcsd.org (Parks)

Dave West Park Crazy Horse Road near Cambridge Road Cameron Park, CA 95682 (530) 677-2231 www.cameronpark.org/dave.html	Park with Little League ball field, soccer field, and picnic area. No restrooms.	El Dorado County	All	Free	Open daily from dawn to dusk.	tmefford@cameronpark.org
Fairchild Park Brakenwood Place El Dorado Hills, CA 95762 (916) 933-6624 www.edhcsd.org/parks_and_amenities.html#	1-acre park with large grass play area, children's playground, walking/jogging path, picnic tables, and Native American Archeological site.	El Dorado County	All	Free	Open daily from dawn to dusk.	mail@edhcsd.org; jmcgrath@edhcsd.org (Parks)
Gateway Park Gateway Drive off Cambridge Drive Cameron Park, CA 95682 (530) 677-2231 www.cameronpark.org/gateway.html	Park with informal youth ballfield, walking/jogging trails, and picnic area. No restrooms. Pets OK.	El Dorado County	All	Free	Open daily from dawn to dusk.	tmefford@cameronpark.org
Gold Bug Park and Mine 2635 Gold Bug Lane Placerville, CA 95667 (530) 642-5207 www.goldbugpark.org	61.5-acre park includes walking/hiking trails and covered picnic area as well as museum, gold mine, stamp mill, and gift shop.	El Dorado County	All	No charge for entrance to park, parking, or use of picnic areas and trails. Mine tour is free for kids 6 and under; \$2 for youth (7-16 years); \$4 for adults (17+ years). Gold panning is \$2 / hr.	Park is open daily from 8:30am-5pm. Mine is open daily from 10am-4pm Apr-Oct and open weekends from 12-4pm Nov-Mar.	fjacobi@cityofplacerville.org (Park Director)
Governor's Park / Reid White Memorial Ponds (formerly Duck Ponds Park) Governor Drive and Merriam Lane El Dorado Hills, CA 95762 (916) 933-6624 www.edhcsd.org/parks_and_amenities.html#	Park with grass play area, picnic tables, and duck ponds.	El Dorado County	All	Free	Open daily from dawn to dusk.	mail@edhcsd.org; jmcgrath@edhcsd.org (Parks)

Hacienda Park Hacienda Road off Cameron Park Drive Cameron Park, CA 95682 (530) 677-2231 www.cameronpark.org/hacienda.html	Park with walking/jogging trails and picnic area. No restrooms. Pets OK.	El Dorado County	All	Free	Open daily from dawn to dusk.	tmefford@cameronpark.org
Henningsen Lotus Park 950 Lotus Road Lotus, CA 95651 (530) 621-5864 www.co.el-dorado.ca.us/parks/henningsen.html	51-acre park with 2 soccer fields, lighted Little League / softball field, covered Pavilion (available to rent, accomodates 50 people) beach area for swimming, boating (with boat launch), and kayaking.	El Dorado County	All	Costs vary according to activity. General public areas and playgrounds are free.	Open daily 8am-10pm.	jordan.postlewait@edcgo.v.us (Airports, Grounds, and Parks Manager); daniel.bolster@co.el-dorado.ca.us (Parks Project Coordinator)
Kalitheia Park Gillette Drive and Powers Drive El Dorado Hills, CA 95762 (916) 933-6624 www.edhcsd.org/parks_and_amenities.html#	4-acre park with soccer field, baseball field, children's playground, large grass play area, BBQs, covered picnic area, and nature area.	El Dorado County	All	Free	Open daily from dawn to dusk.	mail@edhcsd.org; jmcgrath@edhcsd.org (Parks)
Laurel Oaks Park Hollow Oak Drive off Stone Hill Road El Dorado Hills, CA 95762 (916) 933-6624 www.edhcsd.org/parks_and_amenities.html#	1.7-acre park with multi-purpose field, half basketball court, children's playground, grass play area, paved walking path, BBQs, and picnic tables.	El Dorado County	All	Free	Open daily from dawn to dusk.	mail@edhcsd.org; jmcgrath@edhcsd.org (Parks)
Lions Park 3633 Cedar Ravine Road Placerville, CA 95667 (530) 642-5232 ci.placerville.ca.us/depts/parks/parks/lions_park.asp	24-acre park with 2 softball fields, 2 tennis courts, tot lot, grass play area, horseshoe pits, walking trails, picnic area, and Frisbee disc golf course.	El Dorado County	All	Free	Open daily from dawn to dusk.	recstaff@ci.placerville.ca.us (Placerville Recreation and Parks Dept.)
Lumsden Park 3144 Wiltse Road Placerville, CA 95667 (530) 642-5232 ci.placerville.ca.us/depts/parks/parks/lumsden_park.asp	4-acre park with tot lot, grass play area, horseshoe pits, picnic area, and small fishing pond,	El Dorado County	All	Free	Open daily from dawn to dusk.	recstaff@ci.placerville.ca.us (Placerville Recreation and Parks Dept.)

Murray Homestead Park Amer Way and Highland View El Dorado Hills, CA 95762 (916) 933-6624 www.edhcsd.org/parks_and_amenities.html#	Park with children's playground, large grass play area, and walking/jogging path.	El Dorado County	All	Free	Open daily from dawn to dusk.	mail@edhcsd.org; jmcgrath@edhcsd.org (Parks)
Oak Knoll Park Alyssum Circle and Watsonia Glen Drive El Dorado Hills, CA 95762 (916) 933-6624 www.edhcsd.org/parks_and_amenities.html#	Park with children's playground, grass play area, picnic tables, clubhouse, and pool.	El Dorado County	All	Free	Open daily from dawn to dusk.	mail@edhcsd.org; jmcgrath@edhcsd.org (Parks)
Overlook Park Kensington Drive and Sebastian Court El Dorado Hills, CA 95762 (916) 933-6624 www.edhcsd.org/parks_and_amenities.html#	Park with children's playground, grass play area, BBQs, and picnic tables.	El Dorado County	All	Free	Open daily from dawn to dusk.	mail@edhcsd.org; jmcgrath@edhcsd.org (Parks)
Parkview Heights Park Governor Drive and Ridgeview Drive El Dorado Hills, CA 95762 (916) 933-6624 www.edhcsd.org/parks_and_amenities.html#	Park with basketball hoop, children's playground, horseshoe pit, BBQs, and picnic tables.	El Dorado County	All	Free	Open daily from dawn to dusk.	mail@edhcsd.org; jmcgrath@edhcsd.org (Parks)
Pioneer Park 6740 Fairplay Road Somerset, CA 95684 (530) 621-5864 www.co.el-dorado.ca.us/parks/pioneer.html	21-acre park with full size equestrian arena, community center, baseball/ soccer field, children's play equipment, picnic tables, and Frisbee disc golf course.	El Dorado County	All	Costs vary according to activity. General public areas and playgrounds are free.	Open daily 8a-dusk.	jordan.postlewait@edcgo.v.us (Airports, Grounds, and Parks Manager); daniel.bolster@co.el-dorado.ca.us (Parks Project Coordinator)
Promontory Community Park Alexandra Way off Sophia Parkway El Dorado Hills, CA 95762 (916) 933-6624 www.edhcsd.org/parks_and_amenities.html#	Park with sports fields, tennis courts, basketball hoops, bocce ball, children's playground, and picnic tables.	El Dorado County	All	Free	Open daily from dawn to dusk.	mail@edhcsd.org; jmcgrath@edhcsd.org (Parks)

Rasmussen Community Park Mira Loma Drive and Catawba Drive Cameron Park, CA 95682 (530) 677-2231 www.cameronpark.org/rasmussen.html	Park with 2 soccer fields, 2 softball fields, children's playground, and picnic area.	El Dorado County	All	Free	Open daily from 7:30am to dusk.	tmefford@cameronpark.org
Ridgeview Park Ridgeview Drive near Glen Ridge Way El Dorado Hills, CA 95762 (916) 933-6624 www.edhcsd.org/parks_and_amenities.html#	Park with large grass play area, BBQs, and picnic tables.	El Dorado County	All	Free	Open daily from dawn to dusk.	mail@edhcsd.org; jmcgrath@edhcsd.org (Parks)
Ridgeview Unit 7 Park Powers Drive and Julie Ann Way El Dorado Hills, CA 95762 (916) 933-6624 www.edhcsd.org/parks_and_amenities.html#	Park with children's playground, grass play area, and picnic tables.	El Dorado County	All	Free	Open daily from dawn to dusk.	mail@edhcsd.org; jmcgrath@edhcsd.org (Parks)
Rotary Park 3155 Clark Road Placerville, CA 95667 (530) 642-5232 ci.placerville.ca.us/depts/parks/parks/rotary_park.asp	4-acre park with Little League ball field, tot lot, grass play area, BBQs, and picnic area.	El Dorado County	All	Free	Open daily from dawn to dusk.	recstaff@ci.placerville.ca.us (Placerville Recreation and Parks Dept.)
St. Andrews Park El Dorado Hills Blvd. and Francisco Drive El Dorado Hills, CA 95762 (916) 933-6624 www.edhcsd.org/parks_and_amenities.html#	Park with children's playground, large grass play area, BBQs, and picnic tables.	El Dorado County	All	Free	Open daily from dawn to dusk.	mail@edhcsd.org; jmcgrath@edhcsd.org (Parks)

<p>Stephen Harris Memorial Park (formerly Tennis Court Park) Tam O'Shanter Drive, South of Willowdale Drive El Dorado Hills, CA 95762 (916) 933-6624 www.edhcsd.org/parks_and_amenities.html#</p>	<p>Park with 4 tennis courts, tennis practice wall, basketball court, soccer field, exercise track/course, children's play equipment, large grass play area, BBQs, and picnic tables.</p>	<p>El Dorado County</p>	<p>All</p>	<p>Free</p>	<p>Open daily from dawn to dusk.</p>	<p>mail@edhcsd.org; jmcgrath@edhcsd.org (Parks)</p>
<p>Village Green Park Silva Valley Parkway and Village Green Parkway El Dorado Hills, CA 95762 (916) 933-6624 www.edhcsd.org/parks_and_amenities.html#</p>	<p>10-acre park with children's playground, large grass play area, BBQs, picnic tables, large pond with waterfall, and nature area.</p>	<p>El Dorado County</p>	<p>All</p>	<p>Free</p>	<p>Open daily from dawn to dusk.</p>	<p>mail@edhcsd.org; jmcgrath@edhcsd.org (Parks)</p>
<p>Waterford Park Carnelian Circle and Bairdsley Place El Dorado Hills, CA 95762 (916) 933-6624 www.edhcsd.org/parks_and_amenities.html#</p>	<p>Park with children's playground, large grass play area, and picnic tables.</p>	<p>El Dorado County</p>	<p>All</p>	<p>Free</p>	<p>Open daily from dawn to dusk.</p>	<p>mail@edhcsd.org; jmcgrath@edhcsd.org (Parks)</p>
<p>Wild Oaks Park El Dorado Hills Blvd. and Francisco Dr., across from St. Andrews Park El Dorado Hills, CA 95762 (916) 933-6624 www.edhcsd.org/parks_and_amenities.html#</p>	<p>Nature park with walking trails and benches.</p>	<p>El Dorado County</p>	<p>All</p>	<p>Free</p>	<p>Open daily from dawn to dusk.</p>	<p>mail@edhcsd.org; jmcgrath@edhcsd.org (Parks)</p>
<p>Pilates</p>						
<p>Body Concepts 4919 Windplay Drive #4 El Dorado Hills, CA 95762 (916) 939-6800 www.bodyconceptsinc.com</p>	<p>Fitness center offers pilates classes to club members only. No drop-in privileges.</p>	<p>El Dorado County</p>	<p>All</p>	<p>Contact for pricing information.</p>	<p>Open M-F 7am-7pm by appt.</p>	<p>info@bodyconceptsinc.com</p>

El Dorado Hills Sports Club 530 Post Court El Dorado Hills, CA 95762 (530) 933-4929 www.eldoradohillssc.com	Fitness center offers pilates classes to club members only. No drop-in priviledges.	El Dorado County	All	Contact for pricing information.	Open M-F 5am-11pm, Sat-Sun 7am-10pm.	info@eldoradohillssc.com
Recreation Guides						
City of Placerville Activity Guide (Fall 2007) www.cityofplacerville.org/civica/filebank/blobdload.asp?BlobID=3652	Includes wide range of activities for the city of Placerville.	Placer County	All	Costs vary according to activity.	Refer to online recreation guide for complete schedule.	
Rock Climbing / Rock Walls						
Heavenly Mountain Resort Heavenly Village Road and Lake Tahoe Blvd. South Lake Tahoe (775) 586-7000 www.skiheavenly.com	40' outdoor wall with 4 paths. Must be at least 45 lbs. Maximum weight 200 lbs.	El Dorado County	All	Cost of gondola ride + \$10. Kids 4 and under: Free; 5-12 years: \$18; 13-18 years: \$24; 19-64 years: \$28; 65+ years: \$24.	Rock wall operates 11am-4pm from mid-Jun. through mid. Oct.	
Running Clubs						
Tahoe Mountain Milers Running Club P.O. Box 14456 South Lake Tahoe, CA 96151 (530) 542-3424 www.tahoemtnmilers.org		El Dorado County	All			tmmrc@sbcglobal.net
Skating						
Cameron Park Skate Park 2400 Merrychase Drive Cameron Park, CA 95682 (530) 677-2231 www.cameronpark.org/skate.html	Skateboard park located within Christa McAuliffe Park. Helmets required.	El Dorado County	All	Free	Open daily from dawn to dusk.	tmefford@cameronpark.org
El Dorado Hills Skate Park 1021 Harvard Way El Dorado Hills, CA 95762-4353 (916) 933-6624 www.edhcsd.org/parks_and_amenities.html#	Skateboard park located within EDH Community Park. Protective equipment required.	El Dorado County	All	Free	Open M-F 2-8pm; Sat 10am-8pm; Sun 12-8pm.	mail@edhcsd.org

Joe's Skate Park 100 Placerville Road Placerville, CA 95667 (530) 621-5864	Skateboard park located on El Dorado County Fairgrounds (behind Raley's Supermarket). Protective equipment required.	El Dorado County	All	Admission is currently free. \$2 fee has been proposed.	Hours currently not posted.	jordan.postlewait@edcgo v.us (Airports, Grounds, and Parks Manager)
South Lake Tahoe Public Skate Park Al Tahoe Blvd. and Johnson Blvd. South Lake Tahoe, CA 96150 (530) 542-6056 www.aboutlaketahoe.com/childs_play/bijou.htm	Skateboard / BMX park located within Bijou Community Park. Helmets required.	El Dorado County	All	Free		
Softball						
Foothill Girls Softball League Buckeye School (Home of FGSL) 4561 Buckeye Road Shingle Springs, CA 95682-9503 (530) 676-9548 www.fgsl.org	Nor-Cal affiliated Fastpitch recreational softball league open to varied levels of abilities and experience.	El Dorado County	Girls aged 5-18 years	Contact for pricing information.	Practices usually begin in March and season concludes in June. Winterball season is from mid-Sept. to mid-Nov.	
Snowskiing / Snowboarding						
Heavenly Mountain Resort Heavenly Village and Lake Tahoe Blvd., South Lake Tahoe (775) 586-7000 www.skiheavenly.com	29 ski lifts with over 4,800 acres of rideable terrain, the largest resort in California. Base elevation 6,000', summit elevation 10,067'. No lodging accommodations onsite.	El Dorado County	All			

<p>Sierra-at-Tahoe 1111 Sierra-at-Tahoe Road Twin Bridges, CA 95735-9505 (530) 659-7453 sierraattahoe.com</p>	<p>11 ski lifts and 1 tubing tow with 2,000 acres of rideable terrain and 3 miles of snowshoe trails. Base elevation 6,640', summit elevation 8,852'. No lodging accommodations onsite.</p>	<p>El Dorado County</p>	<p>All</p>	<p>Kids 4 and under: Free; 5-12 years: \$15; 13-22 years: \$54, 23-64 years: \$64; 65-69 years: \$36; 70+ years: \$17. Discounts for half-day and multiple day tickets. Refer to website for further pricing.</p>	<p>Snow season usually runs from mid-Nov. to mid-Apr., conditions permitting.</p>	
Swimming Pools						
<p>City of South Lake Tahoe Recreation and Swim Complex 1180 Rufus Allen Blvd. South Lake Tahoe, CA 96150 (530) 542-6056 www.recreationintahoe.com/aquatics.htm</p>	<p>25-yard indoor/outdoor year-round pool located at recreation complex. Rec center also offers outdoor basketball and volleyball courts, picnic area, crafts room, weight room, gymnasium, and kitchen. Ice skating rink onsite.</p>	<p>El Dorado County</p>	<p>All</p>	<p>Youth: \$2.75; adults: \$4.25; seniors/ disabled: \$3.25. \$1.50 discount off admission for El Dorado County residents.</p>	<p>Recreational swim times vary by scheduled activities. Refer to website for availability.</p>	<p>cbeberg@cityofslt.us (Cindy Beberg, Aquatics); rhollis@cityofslt.us (Recreation Dept. General Information)</p>
<p>Community Park Pool 1021 Harvard Way El Dorado Hills, CA 95762 (916) 933-6624 www.edhcsd.org/parks_and_amenities.html#</p>	<p>Pool located within Community Park. Park also includes 3 multi-use fields, basketball court, horseshoe pit, children's playground, Pavilion (available to rent), BBQs, picnic tables, nature area, and southern trailhead of New York Creek Nature Trail.</p>	<p>El Dorado County</p>	<p>All</p>	<p>Contact for pricing information.</p>	<p>Contact for hours.</p>	<p>mail@edhcsd.org; jmcgrath@edhcsd.org (Parks)</p>
<p>El Dorado High School Pool 561 Canal Street Placerville, CA 95667 (530) 622-3634 www.cityofplacerville.org/depts/parks/aquatics/default.asp</p>	<p>Pool located on El Dorado Hills High School grounds.</p>	<p>El Dorado County</p>	<p>All</p>	<p>15-54 years: \$5; 55+ years: \$4. Discounts available with 10-swim card. Refer to website for more information.</p>	<p>Open M-Th 5:15-7:15pm from late Aug through early Nov. Contact for hours.</p>	<p>recstaff@ci.placerville.ca.us (Placerville Recreation and Parks Dept.)</p>

Oak Knoll Park Pool Alyssum Circle and Watsonia Glen Drive El Dorado Hills, CA 95762 (916) 933-6624 www.edhcsd.org/parks_and_amenities.html#	Pool located within Oak Knoll Park. Park also includes children's playground, grass play area, picnic tables, and clubhouse.	El Dorado County	All	Contact for pricing information.	Contact for hours.	mail@edhcsd.org; jmcgrath@edhcsd.org (Parks)
Placerville Aquatic Center 3071 Benham Street Placerville, CA 95667 (530) 642-5232 www.cityofplacerville.org/depts/parks/aquatics/default.asp	Aquatic center within City Park offers 6-lane competition pool, diving board, water slide, shallow teaching pool, and activity pool with water play feature.	El Dorado County	All	Contact for pricing information.	Hours vary by season. Usually open 4:30-8:30pm in spring and 6am-9pm in summer.	recstaff@ci.placerville.ca.us (Placerville Recreation and Parks Dept.)
Tennis						
Refer to Parks section and Recreation Guides section						
Therapy						
Triathlon Clubs						
Team in Faith www.teaminfaith.org	Online-organized non-denominational Christian-based team for triathlon training individuals.	El Dorado County / Placer County / Sacramento Co. / Yuba County /	Individuals training for triathlons.	Free. Donations accepted.	Refer to website for event schedule.	
Walking						
Walking Clubs / Volksmarching						
Weights, Aerobics & Exercise						
Yoga						
El Dorado Hills Sports Club 530 Post Court El Dorado Hills, CA 95762 (530) 933-4929 www.eldoradohillssc.com	Fitness center offers yoga classes to club members only. No drop-in privileges.	El Dorado County	All	Contact for pricing.	Open M-F 5am-11pm, Sat-Sun 7am-10pm.	info@eldoradohillssc.com
Youth/Adult Sports Organization						

Youth Camps

Youth Centers

El Dorado Hills Teen Center 1021 Harvard Way El Dorado Hills, CA 95762-4353 (916) 933-6624 www.edhcsd.org/parks_and_amenities.html#	Teen center located within EDH Community Park. Offers pool table, ping pong, foos ball, 2 big screen TVs, video games, computer lab, and snack bar.	El Dorado County	All	Free	Open M-F 2:15-6:30pm. Closed weekends.	mail@edhcsd.org
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Zoo

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