The Rigid Pony Express Schedule Required 150+ Stations. Each station was located between 15 to 20 miles apart. The terrain determined the number and the distance between home stations and relay stations. Locations were governed by necessity, not convenience. At each relay station, riders would exchange their tired horse for a fresh one. View a map of places to visit along the historic trail. Home Station Keepers and Stock Tenders. We often hear about the bravery and admiration of the Pony Express riders. View a list of each state’s Pony Express Stations: California, Nevada, Utah, Wyoming, Nebraska, Colorado, Kansas, and Missouri. CALIFORNIA. Water Route: San Francisco to Sacramento via American River or Overland from San Francisco. The Oregon Trail in Sweetwater County (and much of Wyoming) is actually four National Historic Trails in one corridor—Oregon, Mormon Pioneer, California and Pony Express. Find this Pin and more on Sweetwater History by Sweetwater County. Article from tourwyoming.com. History & Museums, Attractions | Sweetwater County, Wyoming. The California Trail carried over 250,000 gold-seekers and farmers to the goldfields and rich farmlands of the Golden State during the 1840s and 1850s, the greatest mass migration in American history. The general route began at various jumping off points along the Missouri River and stretched to various points in California, Oregon, and the Sierra Nevada. The trail passes through the states of Missouri, Kansas Nebraska, Colorado, Wyoming, Idaho, Utah, Nevada, Oregon, and California. Before the trail was blazed, the Great Basin region had only been partially explored during the days of Spanish and Mexican rule. However, that changed in 1832 when Benjamin Bonneville, a United States Army officer, requested a leave of absence to pursue an expedition to the west.