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Towe Auto Museum and Riverfront Walk (2.7 miles)

Just a mile south of Old Sacramento on Front Street is the world's most complete antique Ford collection. Opened to the public in 1987, this impressive collection displays the finest of Henry Ford's lifework.

Directions: From the west steps of the California State Capitol building go straight on Capitol Mall, left on Front St., proceed to the Towe Auto Museum and return to the State Capitol.

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Sutter's Fort State Historic Park Walk (3.1 miles)

Take a walk back in time to Sutter's Fort. In 1839 a Swiss immigrant named John Sutter received a 48,000-acre land grant in the Sacramento Valley from the Mexican government. He used the land to create a flourishing agricultural empire and named it New Helvetia (New Switzerland).

Directions: From the west steps of the California State Capitol building turn right on 10th St., right on L St., left on 28th St., left on K St., through the K Street Mall, left on 10th St. and return to the State Capitol.

* Distances are round trip

Reasons To Hike

- Manages weight
- Improves circulation
- Helps breathing
- Combats depression
- Lengthens life span
- Lowers stress levels
- Strengthens muscles, builds bone density, and keeps joints limber
- Improves sleep
- Kid-friendly

Safety and Comfort

Safety

Walk with a buddy and carry a cell phone for emergencies. Walking at night is not recommended.

Water

Carry water whenever you go out on a walk.

Clothing

Wear comfortable and loose-fitting clothing.

Shoes

Your shoes should fit well, but provide enough room to allow your feet to expand.

Our Mission

The mission of the California Department of Parks and Recreation is to provide for the health, inspiration and education of the people of California by helping to preserve the state's extraordinary biological diversity, protecting its most valued natural and cultural resources, and creating opportunities for high-quality outdoor recreation.



California State Parks does not discriminate against individuals with disabilities. To receive this publication in an alternate format contact the Communications Office at the following address.

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Take a Hike! is a program of California State Parks and is endorsed by the Governor's Council on Physical Fitness and Sports.

For information on specific hiking trails in California State Parks, visit www.parks.ca.gov/takeahike.

www.parks.ca.gov

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TAKE A HIKE!

City Walks

In Downtown Sacramento



Discover the many states of California.

1 California State Capitol Museum Walk (1.1 miles) This walk takes you to a very popular park surrounding the California State Capitol. You will see trees from around the world and memorials to significant state events.

Directions: From the west steps of the California State Capitol building turn left on 10th St., left on N St., left on 15th St., left on L St., left on 10th St. and return to the State Capitol.

2 Downtown Plaza Walk (1.3 miles) On this walk you can go to the mall and shop until you drop. What better way to get your walking done and do some shopping at the same time?

Directions: From the west steps of the California State Capitol building turn right on 10th St., left on K St., proceed through the Downtown Plaza and return to the State Capitol.

3 Victorian Homes Walk (1.7 miles) Along this walk you will see houses from the late 1800s. If these homes could talk, they could share some fascinating stories!

Directions: From the west steps of the California State Capitol building go straight on Capitol Mall, turn right on 7th St., right on E St., right on 10th St. and return to the State Capitol.

4 Governor's Mansion State Historic Park Walk (1.9 miles) Originally built by a hardware merchant in 1877, this house became California's Executive Mansion in 1903. The mansion is an example of Second Empire-Italianate architecture, while the interior design reflects a mixture of tastes, including those of the original Victorian builder and all the subsequent governors who lived there.

Directions: From the west steps of the California State Capitol building turn right on 10th St., right on L St., left on 15th St., right on H St., past the mansion, right on 16th St., right on N St., right on 10th St. and return to the State Capitol.

5 Fremont Park Walk (1.6 miles) This three-acre park was named after John C. Frémont, Senator from California. Senator Frémont was nicknamed "The Pathfinder" in 1847 for leading the state while it was under military occupation during the Mexican War.

Directions: From the west steps of the California State Capitol building turn left on 10th St., left on Q St., left on 16th St., left on P St., right on 10th St. and return to the State Capitol.

6 Crocker Art Museum Walk (1.7 miles) This walk will take you to the Crocker Art Museum, a 19th-century home that now serves as the primary regional resource for the study and appreciation of fine art. The collection emphasizes California art and European drawings.

Directions: From the west steps of the California State Capitol building turn left on 10th St., right on N St., left on 2nd St. past the museum, left on P St., left on 10th St. and return to the State Capitol.

7 Southside Park Walk (2.2 miles) This walk takes you to beautiful Southside Park, with shade trees and a pond, it is perfect for picnicking.

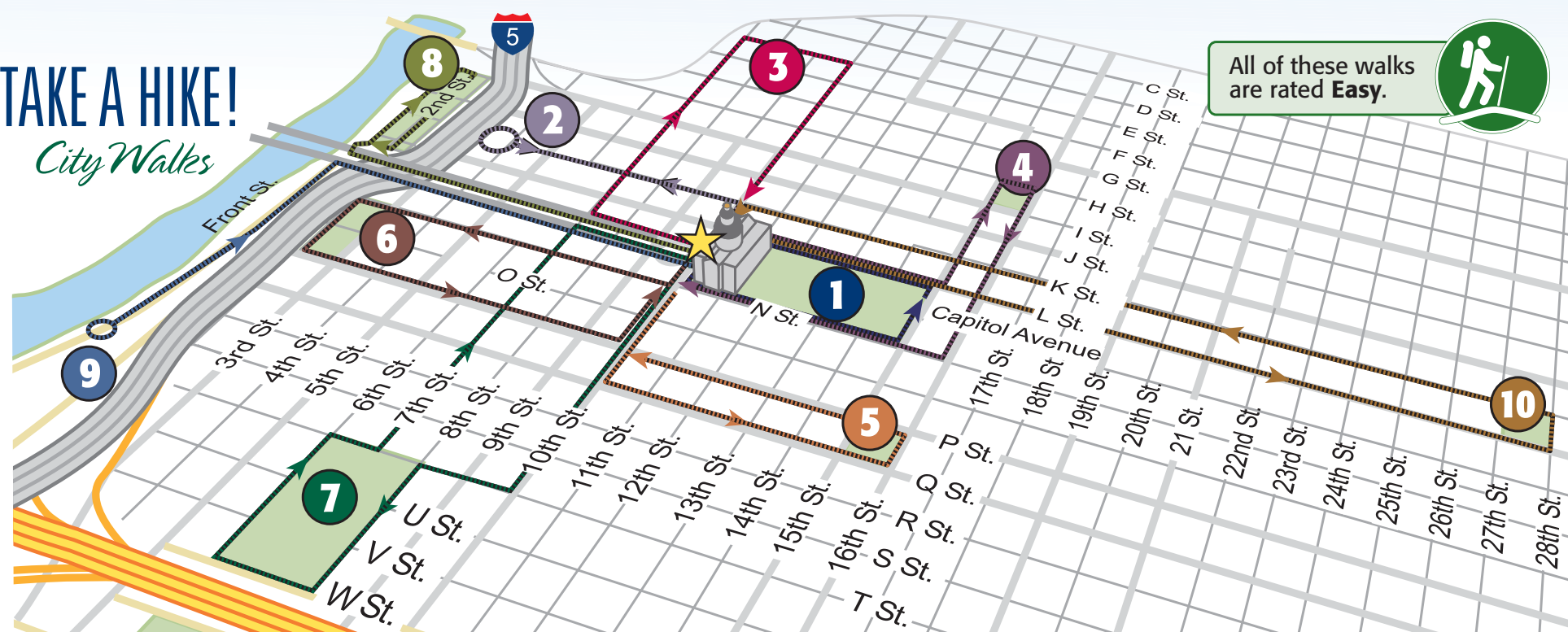
Directions: From the west steps of the California State Capitol building turn left on 10th St., right on T St., left on

8th St., right on W St., right on 6th St., right on T St., left on 7th St., right at Capitol Mall and return to the State Capitol.

8 Old Sacramento State Historic Park Walk (2.2 miles) Walk to the largest railroad museum in North America! First opened to the public in 1976, the California State Railroad Museum complex is one of Sacramento's largest and most popular visitor destinations.

Directions: From the west steps of the California State Capitol building go straight on Capitol Mall, before the Tower Bridge make a right on Neesham Circle, then left on Front St., right on I St., right on 2nd St., right on Neesham Circle; left at Capitol Mall and return to the State Capitol.

TAKE A HIKE! City Walks



All of these walks are rated Easy.

