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## Walk William Land Park 4000 S. Land Park Drive

Walk Route Notes: Use the crosswalk at 16<sup>th</sup> Street and Land Park Drive to begin your walk at the entrance of Sacramento Zoo (The Zoo and a few of your other favorite places are located inside Land Park!). Walk north and follow the trail--some paved, some dirt--that loops the park. Along the way you'll see a pond with fountains, Nick Culjis Sports Field and lots of open green space for a frisbee toss with your pet. When the path runs out at 11<sup>th</sup> Street, cross to sidewalk and continue around the park. Turn at Riverside and walk past poetry that is also sculpture and art. This space was created to heal the soul and promote tolerance. It may be a place you'll use to de-stress! Affirm your focus on the joy of health and nature by looking for the many food and fruit trees throughout the park. They include Black Walnut, Weeping Cherry, Carob, Strawberry and Pecan trees. Cross 15<sup>th</sup> Ave. and take the stone steps along the zoo's back fence. Finish at the intersection of 15<sup>th</sup> Avenue and Land Park Drive. Want a great cooldown? Walk a smaller loop around the pond on the east side of 15th (where there are usually a couple of people "fishing") --or-- weave through the circuitous path of the WPA Garden. After your walk, you get to decide if it's off to swim, golf, see a concert, visit Fairytale Town or ride the carousel at Funderland!

### CREDITS

#### Walktopia

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### SPECIAL THANKS

#### Sacramento Tree Foundation

- :: Joni Ramirez, Urban Forest Special Projects Coordinator
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#### Sacramento Department of Parks and Recreation

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## Land Park: *a walk in the park*

Walk Route  
Tour Map  
Estimate of steps,  
miles, minutes and  
calorie burn

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Sacramento's public parks are the "health club" in everyone's backyard!

At the parks, you can walk an easy loop, set your own pace and enjoy nature, too.

You can use this *Walk in the Park* as part of your plan to get 10,000 steps a day for wellness.

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**Land Park Family Walk**

**4000 S. Land Park Dr.**

	Start walk	
	Loop	.83 miles 1,650 steps 66-100 calories 14-20 minutes
	Jogging trail	1.89 miles 3,800 steps 150-225 calories 32-45 minutes

No amplified sound except in amphitheatre.  
 No Alcohol

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You can download the *Walk in the Park* maps at

{ [HYPERLINK](http://www.cityofsacramento.org/park/sandrecreation/ohs/50%2B.htm) "http://www.cityofsacramento.org/park/sandrecreation/ohs/50%2B.htm" }

Got a story about your 'Walk in the Park' or some interesting park walk photos? Please share them!

Send your story or photo to [walktopia@mac.com](mailto:walktopia@mac.com)

