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## Walk Southside Park 2115 6<sup>th</sup> Street

Walk Route Notes: Begin walking at the entrance to Universal Universe (the space age playground complete with Buck Rogers-style spaceship sculpture), just north of the intersection at 6<sup>th</sup> and V streets. Walk the loop around the park on the paved path or the dirt path. Your walk travels past the Aquatic Center, a performing arts outdoor stage and tennis courts. Did you know that before construction of the freeway, the pond was twice the size it is now? Note the trees in Southside Park...they include Magnolia and two varieties of Elm. Finish your walk loop at 7<sup>th</sup> and T streets then use the FitCore exercise station to have a healthy stretch. Or, do a quick cooldown by walking the inner loop around the pond. Interpretive signs will tell you about the pond ecosystem and how you make a difference in the life of this unique park.

From bocce ball to swimming to the playground that features design for people with disabilities. There is a friendly staff to guide your activities and the neighborhood is culturally diverse.

### CREDITS

#### Walktopia

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### SPECIAL THANKS

#### Sacramento Tree Foundation

- :: Joni Ramirez, Urban Forest Special Projects Coordinator
- :: Fran Clarke, UC Master Gardener

#### Callander Associates

- :: Sasha Friesen, Client Services Manager

#### Sacramento Department of Parks and Recreation

- :: Jackie Iris, Coordinator, Neighborhood WALK
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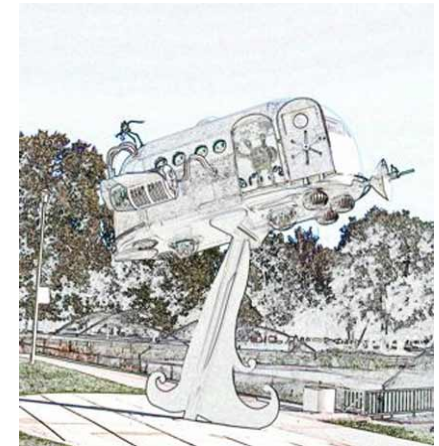
A Walk in the Park  
PO Box 1552  
Rancho Cordova CA 95741



## Southside 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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# Southside Park Family Walk

2115 6th Street  
Sacramento

No Alcohol No Amplified Sound

Start walk

Loop

.82 miles  
1,600 steps  
65-98 calories  
14-20 minutes

Map not to scale ©2007 a walk in the park

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)

