

American River Parkway Sailor Bar All-Persons Trail Vision Plan

Presenters:

Bruce Forman - Retired Department Fish and Wildlife

Paul Miller - Sacramento Audubon Society, President

Bruce Forman Background

Retired Department of Fish and Wildlife with 30 years experience in statewide environmental education and recreational services, including planning and design of accessible trails.

Paul Miller Background

Retired transportation planning consultant with extensive traffic engineering experience, including:

- Pedestrian and bicycle master plans
- Traffic accident and safety studies
- ADA planning
- General plan circulation elements

Paul Miller Current Affiliations

- Sacramento Audubon Society
 - President
 - Founder and Chair, Accessibility Committee
- Birability
 - Captain for Sacramento Region
- Access Birding
 - Certified Outing Leader (Nov. 2024)



Paul lives with a slowly progressive form of neuromuscular disease called FSHD, and has been using a power wheelchair for the last few years



He leads monthly accessible and mindful birding trips for Sacramento Audubon in his all-terrain wheelchair with custom camera support

Sailor Bar Is A Wonderful Place to Enjoy Wild Birds

The Sailor Bar area of the American River is home to over 200 species of wild birds. It provides critical habitat for both resident and migratory birds. It is the #2 eBird Hotspot (218) along the lower American River. Only three bird species behind William B. Pond (221).

Social birding activities
can help protect our
wild birds through
citizen science, and can
also be therapeutic

Mindful Birding

Mindful Birding combines observing birds with mindfulness techniques. It serves to create a heightened awareness of the natural surroundings, and promotes health and well-being.

Forest Bathing

Forest bathing, also known as shinrin-yoku in Japanese, is a scientifically proven therapeutic practice that involves being in a forest (or natural environment) and connecting with nature through our senses. It's a low-impact activity that can help improve your health and well-being.

The American River has been a sacred healing place for the indigenous peoples for over 20,000 years.

All of us need this healing connection with nature and our wild birds along the American River. Unfortunately those of us with mobility or other life challenges have very limited opportunities.

Here are a few of the
local birds at Sailor Bar



California Quail



Great Egret



Great Blue Heron



Osprey



Western Bluebird



Wilson's Warbler



Ruby-crowned Kinglet



Swainson's Hawk

Here are a few
photos showing
why Sailor Bar is
so special



Views of the majestic American River



Smiles and Warm Hearts at River Overlook



Beautiful tree lined trails

What
Obstacles!!





Oak woodlands



Tranquil Turtle Pond



Smiles and Warm Hearts at Turtle Pond

An All Persons Trail system at Sailor Bar would allow those within our community who face daily mobility and other life challenges an opportunity to access a natural environment, and observe the diverse variety of wild birds and other animals and plants at Sailor Bar

All Persons Trail Features

- Firm stable surfaces
- Cross slope and grades within guidelines
- Inclusive signing and navigation tools
- Benches and other places to stop and rest
- Tactile elements and sensory areas
- Electronic aids such as Navi Lens and RightHear
- Maintenance plan to keep surfaces free of loose materials

All Persons Trail Standards

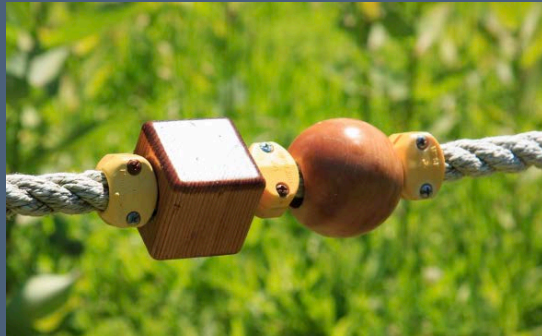
- Architecture Barriers Act (ABA)
- US Forest Service Trail Accessibility Guidelines (FSTAG)
- California State Parks Trails Handbook
- USDA Accessibility Guidebook for Outdoor Recreation and Trails



Post-and-Rope Guiding System



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Tactile Elements



Trail Entrance Sign Panel



Seating and Resting Areas



All Person Trail Examples



All Person Trail Examples

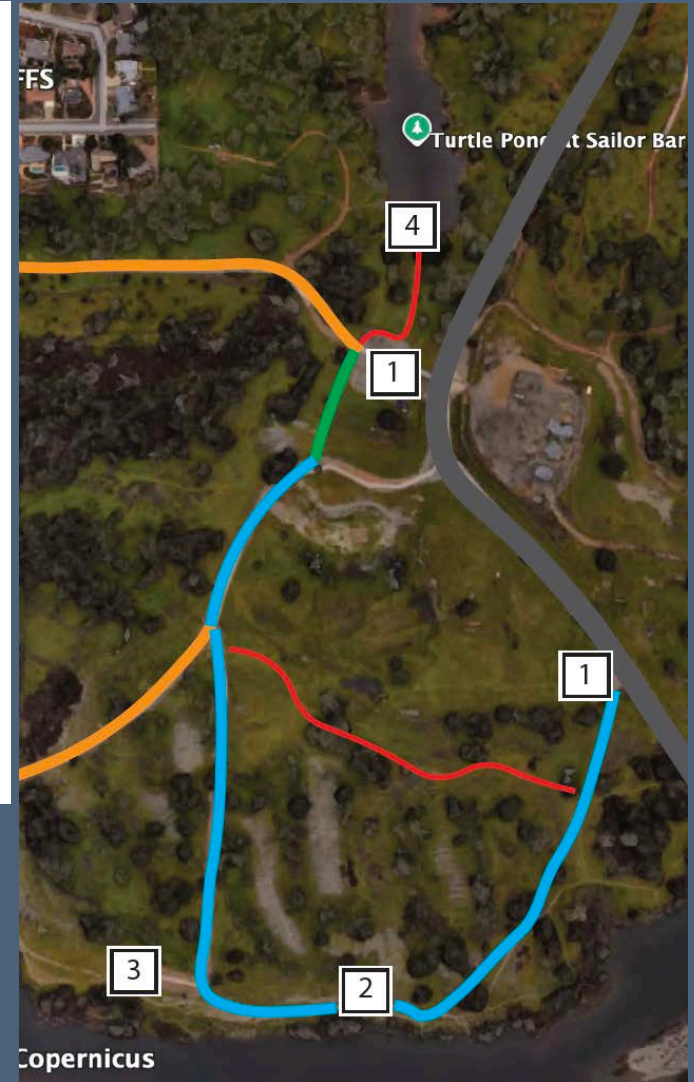
The Vision

- A comprehensive All Persons Trail system
- Parking lot with van accessible stalls
- Accessible restrooms
- Access to a river overlook area with benches, safety rail with interpretive signs with braille
- Access to existing pond viewing area with exiting bench
- Meeting area with accessible picnic tables

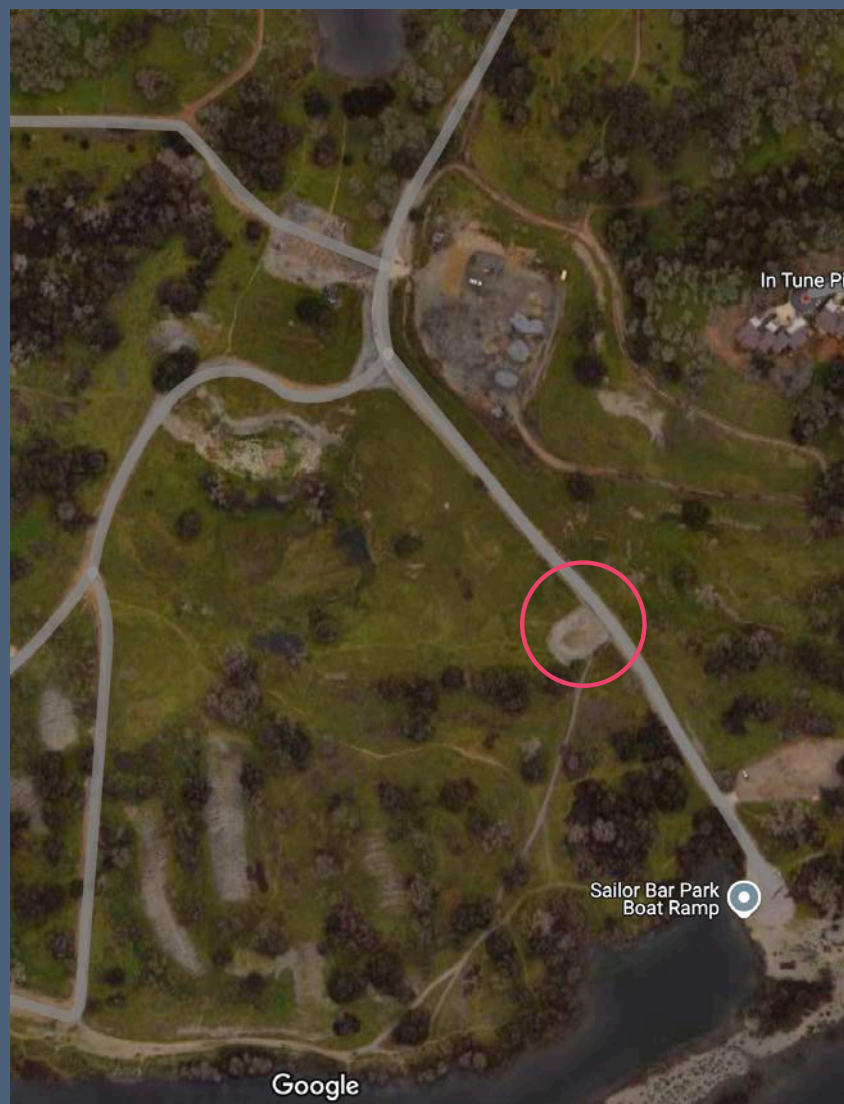
Phase I All Persons Trail System

Legend

- Existing Asphalt Road or Park Lot
- Phase 1**
- Existing Gravel Road Modified to Multi-Use All Persons Trail
- New Multi-Use All Persons Trail
- New All Persons Trail
- 1 Asphalt parking lot with orientation map and accessible restroom
- 2 River overlook area with safety railing with interpretive panels
- 3 Gathering area with handicapped picnic tables and accessible restroom
- 4 Picnic area with handicapped picnic table



Existing Gravel Parking Lot on Illinois Avenue



Long Term Vision

Extend the Phase I trail system to include an accessible trail surface on existing gravel roads to create a Multi-Use All-Persons Trail system, including additional river overlook areas and meeting places.

Multi-Use All Persons Trail Wheelchair and Walking



Multi-Use All Persons Trail Equestrian and Walking



Multi-Use All Persons Trail Strollers and Walking



<----- 5 feet ----->

<----- 12 feet ----->

Meeting Places with Accessible Picnic Tables



Wheelchair
Accessible
Picnic Table



Legend

Phase 1

- Existing Asphalt Road or Park Lot
- Existing Gravel Road Modified to Multi-Use All Persons Trail
- New Multi-Use All Persons Trail
- New All Persons Trail

Callouts

- 1** Asphalt parking lot with orientation map and accessible restroom
- 2** River overlook area with safety railing with interpretive panels
- 3** Gathering area with handicapped picnic tables and accessible restroom
- 4** Picnic area with handicapped picnic table

Potential Future Phases

- Existing Gravel Road with Potential for Multi-Use All Persons Trail
- 5** Potential for River overlook area with bench
- 6** Potential for gathering area with handicapped picnic tables and accessible restroom

Sailor Bar All Persons Trail Vision Map

This vision map has been created by the Sacramento Audubon Society and is solely intended as a tool to obtain input from Sacramento County and local communities regarding possible future trail features with the park. The plan is not endorsed by the County, but will hopefully help direct future improvement concepts.



We recommend that the Sacramento County Regional Parks Department conduct a comprehensive planning process, including community input, and develop a plan to construct a comprehensive All-Persons Trail system within Sailor Bar.

Comprehensive Planning Process

- Choose study area
- Survey of existing conditions
- Develop goals and objectives
- Obtain community input
- Develop alternative concepts
- Obtain community input on alternatives
- Score alternatives based on multiple factors including community input and select preferred alternative

Finally, vehicular traffic is not compatible with All-Persons Trails, and their users, including wheelchair users, equestrian riders, and hikers. Vehicle traffic will also impact wildlife.