

Tree Key

- A – Dawn Redwood** - this species of tree is more than 50 million years old!
- B – London Plane** - a Sycamore hybrid that has a “puzzle” bark
- C – Canary Island Pine** - one of the few pines that thrive in our hot, dry climate
- D – Red Maple** - an ornamental tree that has striking red color in fall
- E – Almond** - flowers in spring...the three trees in this grouping have twisted bark
- F – Olive** - brought by Spanish priests who founded the Missions
- G – Liquidambar** - also called ‘Sweet Gum’, produces prickly seed balls
- H – English Walnut** - notice the grafting--its base and canopy are different
- I – Chinese Hackberry** - an important shade tree for our region
- J – California Sycamore** - native tree provides food for the Western Tiger Swallowtail butterfly
- K – Scarlet Oak** - from the eastern U.S. and has scarlet leaves in fall
- L – Blue Oak** - A Heritage Oak whose leaves are covered with a thin wax that makes them appear blue
- M – Chinese Tree of Heaven** - resilient tree with an intriguing odor
- N – Interior Live Oak** - different from the coastal variety, its leaves are flat
- O – Holly Oak** - acorn-producing oak that comes from the Mediterranean
- P – Purple Leaf Plum** - see pink flowers in late winter followed by plums
- Q – Valley Oak** - native to Central Valley, it provides an excellent habitat for animals
- R – Citrus Tree Orchard** - these full and fragrant trees can bloom most of the year
- S – Cork Oak** - a source of commercial cork
- T – Cottonwood** – this female tree produces pods and “cotton puffs” in spring
- U – Camphor Tree** - crush the leaves to notice the ‘camphor’ smell of this tree
- V – Coastal Redwood** - here’s one of our two state trees
- W – Southern Magnolia** - its fragrant spring and summer flowers and large pods contain scarlet seeds
- X – Tulip Poplar** - observe its yellow-orange tulip shaped flowers

My Walk Notes:

Info for Walkers

This park illustration shows approximate areas. For detailed information please contact Mission Oaks Recreation and Park District, 916-488-2810. In case of park emergency call 916-875-5000.

Credits

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This park profile is part of the series by Walktopia: The Walking for Wellness Network

Contact

Produced in partnership with the nonprofit Sacramento Tree Foundation. Find more Tree Tours at www.sactree.com



A Walk in Gibbons Park



4701 Gibbons Drive • Carmichael, CA 95608
GPS Coordinates N38° 38.235 W121° 21.258
Mission Oaks Recreation and Park District

Enjoy Gibbons Park!

Gibbons Park is a play space that features something fun and interesting for youth, seniors and everyone in between. You can use the park’s paved path to bike or run and, of course, to walk 10,000 steps a day for better health.

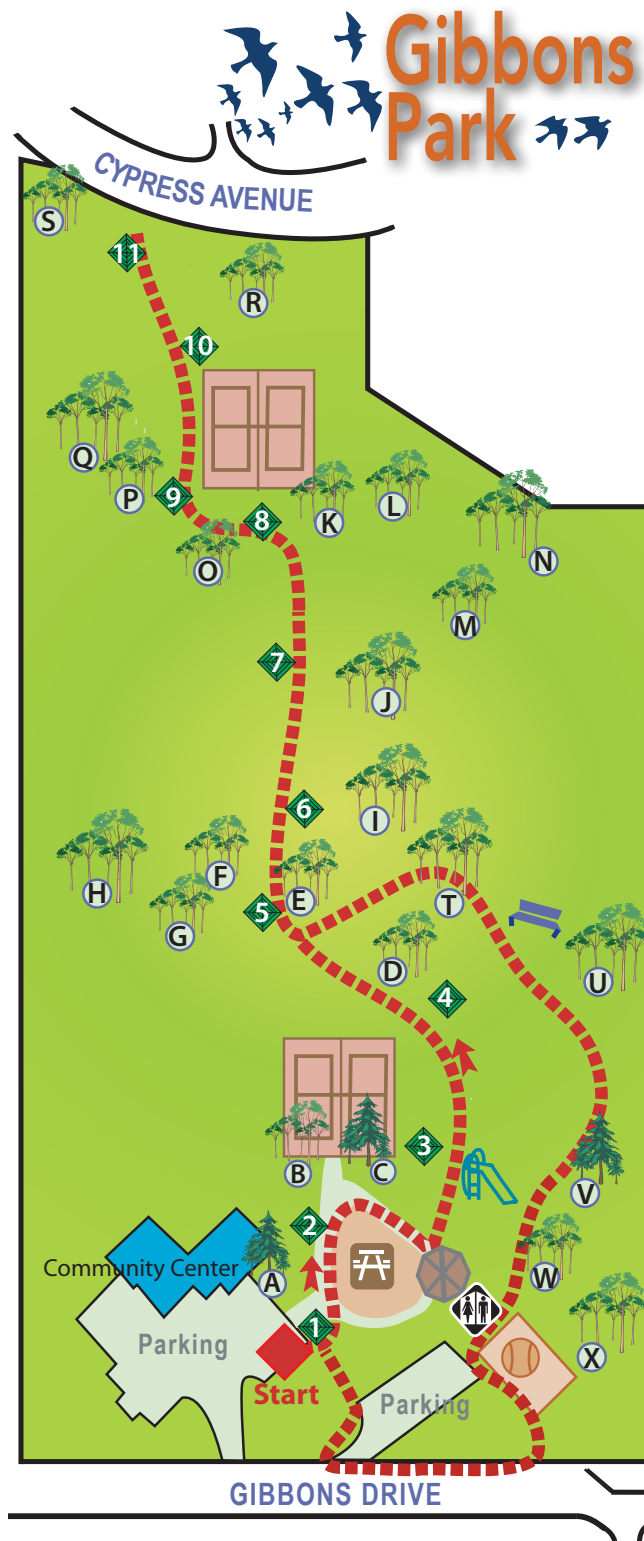
This profile of Gibbons Park describes an easy walk loop with a general estimate of steps, miles, minutes and calorie-burn. Thanks to arborists and birders, you can enjoy notes about the park’s trees and wildlife.

Park Past

Gibbons Park was named in honor of Robert Linus Gibbons who graduated from the University Farm School (now UC Davis) in 1913, moved to Carmichael in 1921, and later owned Gibbons Dairy on Walnut Avenue.

Walk Loop

- ☞ Start at LifeTrail station #1– a three-sided, green-roofed kiosk you'll find near the front entrance to Gibbons Park Community Center. Information panels at this and 10 other LifeTrail stations in the park provide hands-on exercise equipment and wellness ideas for both beginning and experienced walkers of all ages. Tree Watch: A
- ☞ Continue on the paved path as it curves around the picnic area, past LifeTrail station #2 and a tennis court. Tree Watch: B, C
- ☞ Turn left. Pass a play area on your right and LifeTrail station #3 on the left.
- ☞ Continue past LifeTrail station #4 on your right. Tree Watch: D
- ☞ At the "Y" intersection (a large, circular, paved area that is the center of Gibbons Park), stay left. Pass LifeTrail station #5 on your left. Tree Watch: G, E, F, H
- ☞ Pass LifeTrail station #6 on the right and, further down, station #7 on your left. Tree Watch: I, J
- ☞ Pass a Heritage Oak on your right (look along fenceline) and LifeTrail Station #8 on the right. Tree Watch: M, N, K, L, O
- ☞ Follow the path as it curves left at the tennis court, past another Heritage Oak and LifeTrail station #9 on your left. Tree Watch: P, Q
- ☞ Pass LifeTrail station #10 on the right. End at Cypress Avenue. You'll see LifeTrail station #11 and the Gibbons Park Welcome & Announcements sign. Tree Watch: R, S
- ☞ Retrace your steps back to the center of the park (the "Y" intersection).
- ☞ : Stay left and walk across the small wooden bridge. Tree Watch: T, U.
- ☞ Bird Watch: You can use this park bench (see illustration) as your own "perch" to see many different types of birds at Gibbons Park. Birders have spotted: Scrub Jay, Yellow-billed Magpie, Crow, House Sparrow, House Finch, Mourning Dove, and Northern Mockingbird. Remember, morning and late afternoon are best for bird watching.
- ☞ Continue past the play areas. Tree Watch: V, W.
- ☞ Stay left to walk around the basketball court edge and out onto Gibbons Drive. Tree Watch: X
- ☞ Turn right. Walk along Gibbons Drive about 200 feet to the paved path (don't walk into the parking lot!)
- ☞ Turn right and return to the point where you started – the first LifeTrail station.



Start



Loop



LifeTrail station



Tree watch



Picnic area



Play areas



Bird watch bench



Shade shelter



Basketball



Restrooms

Walk Loop

.7 miles
1,400 steps
56-84 calories
12-17 minutes

LifeTrail Station Key

- 1 - Introduction: Take Care, Exercise Benefits and Tips
- 2 - Osteoporosis: Lower body Warmup
- 3 - Bench Stepper: Tai Chi
- 4 - Arthritis: Balance Seat, Back Strengthening
- 5 - Upper Body Warmup: Yoga
- 6 - Standing Push-Up: Exercise Your Mind
- 7 - Posture: Body Mechanics, Forearm Rolls
- 8 - Fall Prevention: Upper Body Stretch and Strengthen (Advanced User/Standard User)
- 9 - Healthy Eating: Hamstring Stretch, Calf Stretch
- 10 - Stress and Pain Management: Partial Lunge, Single Leg Balance
- 11 - Introduction: Take Care, Exercise Benefits and Tips