

Salmon and Steelhead

Each fall, Chinook salmon return from the Pacific Ocean to the American River to spawn, typically from September through November. Steelhead trout make a similar journey during winter months.



Female salmon create shallow nests in the gravel called redds, where they deposit their eggs. Walking on or near redds can destroy an entire generation of fish. Please avoid these areas and help protect this remarkable natural cycle.

Visit Safely and Responsibly

Sailor Bar is a natural environment, and wildlife encounters are part of the experience.

Watch for rattlesnakes, especially in warm weather

Stay on designated trails

Be alert for ticks in tall grass and brush

Give wildlife plenty of space

Pack out everything you bring in

During the summer, consider bringing an umbrella with you for shade

Protecting a Special Place

The Friends of Sailor Bar works to preserve and enhance the natural beauty, wildlife habitat, and historical resources of this unique park for future generations. Thanks to the Friends of Sailor Bar and the Sacramento County Region Parks, there are 13 benches to rest on and enjoy the scenic views.

We hope the rocks at Sailor Bar will remind you that this is a place where history, nature, and recreation come together.

A Much Older History

Long before the Gold Rush, this land has been home to the Nisenan people. For at least 1,500 years, the Nisenan built villages along nearby waterways and relied on the rich natural resources of the area for food, tools, and shelter. Along the shoreline, visitors can still see bedrock mortars—smooth holes worn into stone where acorns, seeds and berries were ground into meal. These cultural features are protected archaeological sites. Please look, but do not disturb.



Sailor Bar is a Haven for Wildlife

Today, Sailor Bar supports an impressive diversity of wildlife and native plants. Visitors frequently encounter mule deer, coyotes, foxes, skunks, wild turkeys, river otters, beavers, turtles, and numerous reptiles. Birdwatchers will find exceptional opportunities here, with more than 200 species recorded, including waterbirds, Bald Eagles, hawks, woodpeckers, songbirds, and seasonal migrants. Several heron rookeries are located at Sailor Bar.



Welcome to Sailor Bar

Located along the scenic American River Parkway and operated by Sacramento County Regional Parks, Sailor Bar offers miles of trails winding through oak woodlands, meadows, and river bluffs. It is a favorite destination for hikers, wildlife watchers, and families seeking a peaceful escape. At first glance you might think it is just a pile of rocks – but Sailor Bar is made up of some pretty special rocks.

Gold Rush Legacy

According to local legend, Sailor Bar was named for sailors who abandoned their ship during the Gold Rush to seek fortune along the river. Early prospectors panned for gold by hand and later used cradles, rockers and long-toms. Remnants of what have historically been called “Chinese Diggings” can still be seen today cut into the bluffs across the river at Sailor Bar. They appear as narrow trenches where during the 1890s and early 1900s water was used to hydraulically separate gold from the sand and gravel. Later large bucket-line dredges would be used along the river’s flood plain to mine for gold. These massive machines would dig deep into the floodplain of the river, churning up river sediments, and leaving behind the distinctive piles of rounded rock tailings still visible throughout the park today. It is estimated that at least \$125 million in gold (up to \$15 billion in today’s dollars) was recovered by the gold dredges operating in the Folsom area.



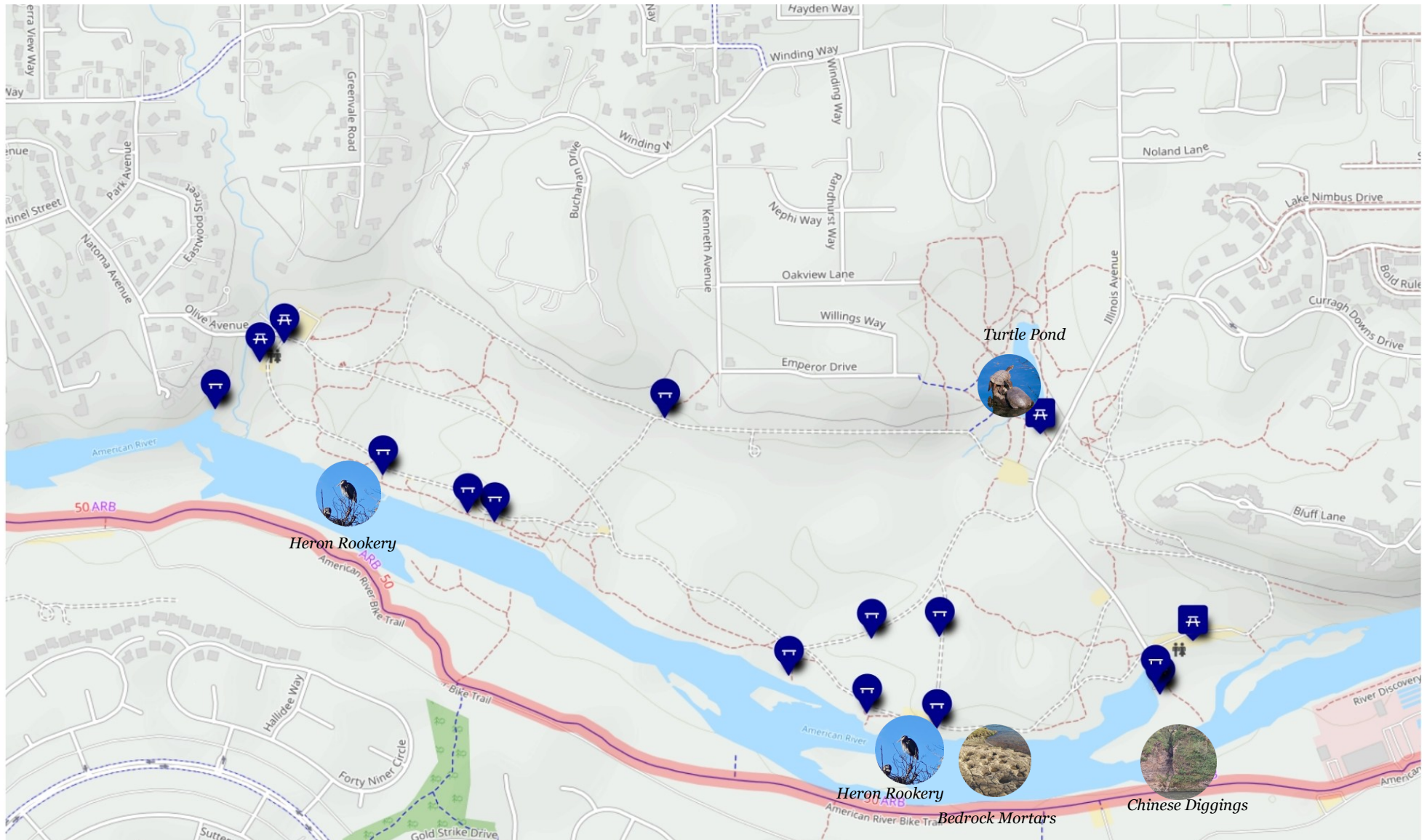
Olive Avenue Access:

8266 Olive Ave, Fair Oaks, CA 95628

Illinois Avenue Access:

4253 Illinois Ave, Fair Oaks, CA 95628

Map of Sailor Bar Benches and Tables



FOSB is looking for volunteers. Email:
protectsailorbar@yahoo.com

One River. One Habitat. One Voice.

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