

Marker 1 – Take a moment, slow down, listen, and look around. Isn't this a beautiful place? Take note of the different plants, animals, and transitions in the landscape as you walk along the trail.

Marker 2 – All of this grass is a form of foxtail grass. The genus *Hordeum* can be extremely problematic for dogs when the barbed seed heads get in their nostrils, ears and between their toes. They also tend to poke through socks and stick to your clothes.

Marker 3 – The large trees straight ahead are Interior Live Oak (*Quercus wislizeni*). It is one of three native oaks in this region. Their leaves are evergreen so they lose 1/4th of their oldest leaves every year.

Marker 4 – It is important for all trees to have a duff layer around them. Duff layers are formed from decomposing leaves and woody debris that have fallen to the ground creating a nutrient source for the trees which keeps them healthy and cools the soil. Arborist chips can be a beneficial artificial layer around your tree. Slow decaying (redwood/cedar bark) or non-organic materials may not be very beneficial.

Marker 5 – Here is a large Blue Oak (*Quercus douglasii*). It is the second of the 3 native oaks in this region. They are very drought tolerant and grow extremely slow. This tree here is anywhere from 120-150 years old.

Marker 6 – Here is a Willow tree (*Salix* sp.). Willows have very pliable branches that the local Maidu Indians found ideal for making baskets, shelters, and even cordage. They tend to grow on moist or wet sites near water.

Marker 7 – Here is the California Buckeye (*Aesculus californica*). While types of buckeyes occur all over the world, this one grows only in California! They tend to be multi-trunked and grow on dry slopes and down in canyons. They have beautiful white flower cones in May and usually lose their leaves by July. They also have huge poisonous seeds hanging on the tree until late fall.

Marker 8 – This Plant is Wild Plum (*Prunus americana*). They have masses of white flowers in the spring and have yellow to red fruits which are very good for making jelly, jam, wine, or just eaten right off the tree in June.

Marker 9 – This rotting stump may look useless, but as it rots it recycles essential nutrients back into the soil for other plants and organisms to utilize.

Marker 10 – This shaded area can be like stepping out of the sun and into an air conditioned room. That is why city trees are so important; they reduce the need for energy! Trees can reduce the ambient temperature from the sun to the shade by 20°F.

Marker 11 – This plant is poison oak (*Toxicodendron diversilobum*). It is diverse in that it comes in many forms. Here it grows like a vine up the tree. This plant is toxic so it should be avoided. Just remember "Leaves of three... leave them be". This is helpful as the leaves come in groups of three.

Hinkle Creek Trail Map

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For more information about trees, visit the Folsom City Arborist web page under the Community Development Department at www.Folsom.ca.us/city_hall/depts/community/arborist

A special thank you to the volunteers who installed the trail markers, the Friends of Folsom Parkways for their generous contributions, the California Department of Corrections Folsom inmates for their labor, the Sacramento Valley California Native Plant Society for their technical expertise, and REI for bridge funding!



Enjoyfolsomtrails.org

Please report suspicious activity or vandalism...call 911 immediately!

If unwanted, please return brochure back to the holder.



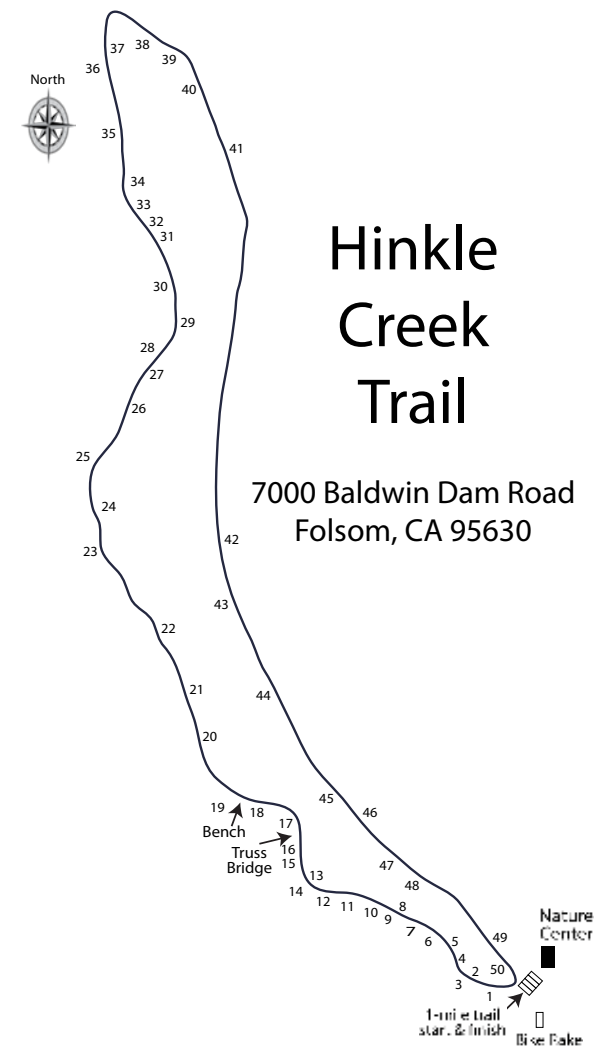
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CITY OF
FOLSOM
PARKS & RECREATION
DEPARTMENT

Hinkle Creek Trail is a one-mile interpretive walk with 50 markers along the way to help expand your mind about the natural world. Enjoy the plants and animals, listen and smell as you walk through. Be aware of poison oak, the possibility of rattlesnakes (in warm weather), and deer ticks!

ENJOY Hinkle Creek
as this trail and map is for YOU!



Reminder

Please do not drop cigarette butts or leave trash on the trail. We ask that you clean up after your pets. Don't use fireworks due to fire hazards. So let others enjoy the trail as much as you.

Marker 12 – There are 40-ish species of Ceanothus in California. A Ceanothus is a type of shrub like the one in front of you. There are many different Ceanothus cultivars that are very common in residential landscaping. This one is Holly leaf Redberry (Ceanothus illicifolia).

Marker 13 – Look at the roots of the Interior Live Oak growing on and in between the rocks! Trees have incredible strength, and adapt to very harsh conditions to grow.

Marker 14 – Look at the large patch of Himalayan Blackberries (Rubus armeniacus) in front of you. Blackberries are a non-native invasive species and out-compete native plants by growing faster and blocking out the sun. Would you want to walk through those canes with nasty sharp thorns?

Marker 15 – The grayish green material on the rocks & tree bark are called Lichens. There are countless different types of lichens. All Lichens are a composite organism that is one part fungus and one part algae.

Marker 16 – There could be a very small sized danger: TICKS. These 8-legged Arachnids (NOT spiders) are specifically Western Blacklegged Deer Ticks (Ixodes scapularis) and cause Lyme disease (Borrelia burgdorferi), which is usually treatable if discovered early, big problem later. Look carefully for a very small critter, the size of a pencil point "!" to the size of a sesame seed "0" on your skin. Practice TICK PREVENTION.

Marker 17 – Stay on the trails away from tall grasses & weeds to protect yourself, dogs, & cats from ticks & Lyme disease!!!

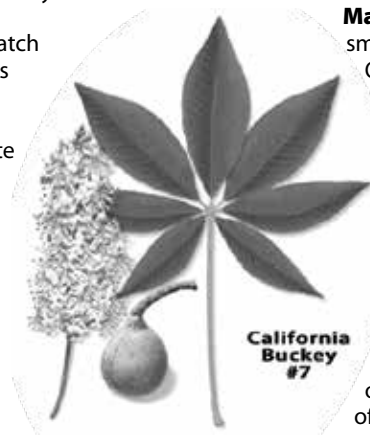
Marker 18 – Can you smell the difference in the air when you're by the water? Take note of how lush the vegetation is here compared to other places. Water loving plants flourish here because of the abundance of moisture in the soil.

Marker 19 – Can you see the bluish tint on the leaves of this Blue Oak? The leaves have a thin waxy layer to prevent the loss of water through transpiration. If you rub a leaf the wax will disappear and you will see the leaf's green color.

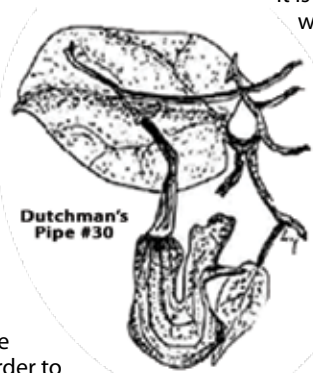
Marker 20 – Check your clothes. Do you have any burs or stickers yet? Some plants have adapted seeds that stick to clothing or fur in order to spread the seeds to new locations.

Marker 21 – Notice the small valley you're standing in. This was carved out by the water when this creek would flood. It creates a floodplain that many plants and animals are adapted.

Marker 22 – Down by the water you will see a group of very large water loving White Alders (Alnus rhombifolia).



California Buckeye #7



Dutchman's Pipe #30

If you were to walk toward the alders you may step on a plant that lets out a distinct lemon scent. This plant is an herb called Lemon Balm (Melissa officianalis).

Marker 23 – Notice how low the Blue Oak branches hang to the ground. Blue Oaks do this to shade the ground around the root system, making the soil cooler, and slowing the rate of water loss.

Marker 24 – Look behind you at the small Blue Oak growing in the grass.

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Marker 25 – A large dead tree like this one makes an excellent habitat for a variety of wildlife. For example woodpeckers use them as a granary jamming acorns into holes in the side. Care needs to be taken to leave habitats like these, so our native animals and plants can continue to flourish & survive.

Marker 26 – Here you will find what are called the 3 brothers of the foothills. The California Buckeye, Interior Live Oak, and Gray Pine (Pinus sabiniana). It seems that when you see one, the other isn't far away.

Marker 27 – The Blue Oak (Quercus douglasii) is especially suited to our climate. It is extremely drought tolerant and requires very little water to grow. For this reason, Blue Oaks dominate almost half of the oak covered lands in California. It is also very s-l-o-w to grow & it is quite sensitive to changes in its environment, which is why we protect these fragile giants, especially during construction projects.

Marker 28 – Here is another form of Poison Oak. This one takes the form of a bush. It is always important to know what it looks like because it doesn't always look the same.

Marker 29 – Large rocks like these provide shelter and hiding places for animals such as spiders and rattlesnakes! Be aware of these when you are walking about them.

Marker 30 – This vining plant goes by the name California Dutchman's Pipe (Aristolochia californica) because of its flower that resembles a smoking pipe. It is a host plant for the Pipevine Swallowtail (Battus philenor hirsuta), which is a predominately black butterfly with yellow spots. Dutchman's Pipe also lures in gnats with a distinct smell, tricking them into flying down into the plant, which in turn pollinates it.

Marker 31 – Keep an eye out for tracks along the trails. Trails make traveling from one place to the next more

efficient for animals too. Deer, kit fox, raccoons, coyote, skunks, and many others will use this trail.

Marker 32 – Behind you is yet another form of Poison Oak. This one takes the form of a low growing plant.

Marker 33 – These mortars or "Grinding rocks" were used by the Nisenan Maidu Indians who lived in this area along the Yuba and American River for thousands of years. The rocks were used for preparing food, grinding acorns and pine nuts on a daily basis.

Marker 34 – Many people mistake turkeys as being native to California. In fact turkeys are non-native birds here that were introduced in the late 1800's. Their populations increased dramatically because of the oaks that provided food in the form of acorns and roosting habitats in the trees.

Marker 35 – Look at how lush and green

plants are down in the floodplain compared to the sparse and brown plants on the hillside. Water accumulates in lower areas and quickly runs off of slopes like the one you're standing on.

Marker 36 – California's aquifers are decreasing year after year. Many cities and agricultural areas depend on this groundwater on a daily basis. Roofs and impervious paving cause rainwater to run off into storm water systems making less water available to be absorbed back into the ground. That is why water conservation and protection are vital.

Marker 37 – Blackberries by the road may be loaded with all kinds of unhealthy pollutants. For decades cars have been traveling this road spewing their exhaust, and many municipalities may spray herbicides along the side of roads.

Marker 38 – Listen to the sound of the traffic. Isn't it loud? Many birds have difficulties hearing the mating calls of their partners in urban areas. This can decrease populations of birds that depend on specific calls for mating.

Marker 39 – Do you see leaves that are shaped like arrows by the water? If you do, you are looking at a plant whose common name is "Arrowhead" or "Wapato" (Sagittaria trifolia). It produces an edible potato-like starchy tuber that grows in the mud.

Marker 40 – This Valley Oak (Quercus lobata) is the third of the three native oaks in this region. Valley Oaks can get up to 150 feet tall and just as wide, giving it the reputation of being one of the largest oak species in North America.



California Arrowhead #39

Marker 41 – This Coast Live Oak (Quercus agrifolia) predominantly grows along the California coast. It appears very similar to the Interior Live Oak with its prickly leaves. They are closely related, but the Coast Live Oak can be distinguished by its convex leaves and tufted hairs that can be seen on the undersides of the leaves. This tree is not-native and not a protected species in Folsom.

Marker 42 – Erosion can create huge changes on the landscape. Over time the face of this cliff has been eroding as gravity and the elements have worn at it. Eventually trees will fall due to lack of support from the soil in the root systems.

Marker 43 – Competition among plants can be fierce. This Blue Oak and this Grey Pine are both competing for sunlight. Grey Pines grow much faster than oaks, but tend to have weaker wood and break apart failing more frequently.

Marker 44 – Notice the path you are walking on. Half of it is a bike trail and half of it is old ground up asphalt. This used to be the main road going into Folsom, which has been re-purposed for this trail.

Marker 45 – On your way out check out the Hinkle Creek Nature Center. This building used to be an old fire station until the City of Folsom received a grant to transform the building into the new nature center.

Marker 46 – This area is home to a variety of hawks. These hawks love to have a high vantage point as they look for prey. Up this hill is a man-made perch to provide such a lookout and nesting spot for local hawks.

Marker 47 – This bush is a California Honeysuckle (Lonicera hispidula). It is important that different plants flower and produce fruit at different times of the year. This diversity provides important food for bees and hummingbirds throughout the year.

Marker 48 – The Nisenan Maidu Indians created these holes in the rock over generations by repeatedly crushing acorns using a pestle (long narrow rock) to make acorn meal, then leaching out the acidic taste with water.

Marker 49 – On top of this hill is a thick mat of highly invasive non-native Star Thistle. While bees can make some delicious honey from their association with star thistle, it out competes native plants and takes over the landscape. The small spines make it difficult to walk through this ruined meadow.



Marker 50 – Did you enjoy the walk? If you would like to make a donation, have suggestions or comments, or would like to volunteer, please contact the Friends of Folsom Parkway at Enjoyfolsomtrails.org.