Sacramento, the capital of California, is located on the shore of the American River near its confluence with the Sacramento River. John Sutter established Sutter’s Fort in 1839, and a commercial center developed along the river. The ensuing 1848 Gold Rush caused this trading center to grow rapidly as the miners outfitted themselves for the gold fields, and thus the City of Sacramento was founded. Sacramento became California’s capital in 1854.

Old Sacramento, which is a National Historic Landmark and State Historic Park, includes 53 historic commercial structures situated on 28 acres. In addition, living history characters provide a glimpse into 19th-century life.

Sacramento is home to many history museums and landmarks, including the California State Indian Museum, Sacramento Historic City Cemetery, California State Railroad Museum, Sacramento History Museum, Folsom History Museum, Sojourner Truth Multicultural Art Museum, and Heidrick Ag History Center. Sacramento also has many specialty museums and landmarks, including the Aerospace Museum of California, California State Railroad Museum, California Automobile Museum, Croker Art Museum, California Foundry History Museum, Don and June Salvatori California Pharmacy Museum, Museum of Medical History of the Sierra Sacramento Valley Medical Society, SMUD Museum of Science and Technology, Sacramento River Schoolhouse Museum.

Opportunities to enjoy performing arts are available at the B Street Theatre, Wells Fargo Pavilion, Sacramento Theatre Company, Benvenuti Performing Arts Center, Broadway Sacramento, City theatre at Sacramento City College, Sierra 2 Center for the Arts and Community, Arden Playhouse, and Studio Theatre. Sacramento also offers a variety of clubs and live music venues.

### Neighborhoods

The neighborhoods in Downtown/Midtown/Old Sacramento include Alkali Flat/La Valenta, Boulevard Park, Capitol Area, and Lavender Heights. Composed of residential and retail areas within a 13- × 22-block area near the California State Capitol, Midtown is a mix of apartment buildings, condominiums, townhomes, and old Victorians, with construction dating from 1910 to the present. Old Sacramento is a 12-block, restored neighborhood and is a state historic district lined with Victorian homes and old stone-and-brick buildings. New luxury high-rise dwellings are being constructed, which are transforming the Downtown area. Boulevard Park is an exclusively residential neighborhood in Midtown and is made up of well-preserved older homes.

Other neighborhoods include Del Paso Heights and Robla, which have housing dating back to the 1920s and are located in northern Sacramento. East Sacramento has a mix of multimillion-dollar mansions, 1920s bungalows, Tudor-style homes, Mediterranean villas, single-family homes from the 1940s and 1950s, and various rental properties. Natomas, just minutes from Downtown, has single-family homes, condominiums, apartments, senior living, and multimillion-dollar riverfront homes along the Garden Highway.

### Parks and Recreation

Sacramento boasts more than 200 parks, with amenities that include 8 off-leash dog parks, 15 community gardens, and 11 skate parks. Universal Universe, an accessible playground at Southside Park, features play equipment with access ramps and handrails, tot lot play equipment with access ramps and handrails, a merry-go-round, swings, spring riders, group rocking units, self-propelled spin play units, independent climbing apparatuses, and play units with sound features. Other amenities at this 19.5-acre park include an amphitheater, a lake with fishing piers, 2 lighted tennis courts, lighted basketball courts, a parcours with 4 fitness stations, swimming and wading pools, a walkway, and a jogging trail.

Other parks include McClatchy Park, which has picnic areas, an adventure play area, 2 lighted ball fields, 2 basketball courts, 2 tennis courts, a swimming pool, and an amphitheater. Cesar Chavez Park hosts the Sacramento Farmer’s Market. The American River Parkway and Discovery Park both run along the American River and through Sacramento city and offer miles of trails, fishing, and picnic areas by the water. Folsom State Park is a man-made lake with beaches and water-based activities. Croker Park is directly across from the Croker Art Museum. William Land Park, home of the Sacramento Zoo.

### Education

The Sacramento City Unified School District is Sacramento’s primary school district and is among the largest in the state, with approximately 47,900 students in 53 elementary and kindergarten-through-grade-8 schools, 8 middle schools, and 14 high schools. Five of the high schools are designated as small high schools with such specialties as new technology, engineering and sciences, and various health professions.

### Health Care

Sacramento is served by the following health care facilities:

- Heritage Oaks Hospital: 125 licensed psychiatric beds
- Kaiser Foundation Hospital–Sacramento: 287 licensed acute care beds
- Kaiser Foundation Hospital–South Sacramento: 241 licensed acute care beds
- Mercy General Hospital: 419 licensed acute care beds
- Mercy Hospital of Folsom: 106 licensed acute care beds
- Mercy San Juan Medical Center: 384 licensed acute care beds
- Methodist Hospital of Sacramento: 158 licensed acute care beds
- Shriners Hospitals for Children Northern California: 80 licensed acute care beds
- Sierra Vista Hospital: 171 licensed psychiatric beds
- Sutter Center for Psychiatry: 73 licensed psychiatric beds
- Sutter Medical Center, Sacramento: 523 licensed acute care beds
- University of California Davis Medical Center: 646 licensed acute care beds
- Vibra Hospital of Sacramento: 58 licensed acute care beds

### City Stats

<table>
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<tr>
<th>Year</th>
<th>City Population</th>
<th>Metropolitan Statistical Area Population</th>
<th>Per Capita Personal Income, Sacramento–Arden–Arcade–Roseville, CA, MSA</th>
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<tr>
<td>2019</td>
<td>513,624</td>
<td>2,363,730</td>
<td>$58,843</td>
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Please note that some museums and performing arts venues are temporarily closed due to COVID-19.