



Excursion Train Ride with the California State Railroad Museum

A Social Narrative

Today I am going to the Central Pacific Passenger Station at the California State Railroad Museum. I will ride on a historic train.



If I see this icon, it may be a good time for me to wear headphones if I want.

When I get to the Passenger Station, the trains may be noisy outside and it may be crowded.



I can go inside the ticketing office and there may be a line. But that is okay because this is a Sensory Inclusive™ location.

I may need to pick up or purchase tickets. The staff and volunteers can help answer any questions about the train ride.



It is important to remember that I cannot eat or drink on board the train, except for water.

I can borrow a KultureCity® Sensory Bag from the staff in the ticketing office. I can also request a weighted lap blanket to borrow.



There are items in the sensory bag that will help me feel calm.



I can use the noise-cancelling headphones and the fidget tools in my KultureCity® Sensory Bag to help me stay calm and enjoy the experience of riding a train with my group or family.

If I need to, I will make sure to use the restroom before I board the train.
There is no restroom on board and the train ride will take about 45 minutes.



The restrooms are located next to the ticketing office doors.

I can explore the passenger station's covered platform. All of the locomotives and train cars here are from real historic railroads.



Near the tracks is a Headphone Zone. You may also want to wear headphones onboard the train



The locomotive and train cars may be moving around and clanking.
The staff and volunteers help make sure everything is safe.



I can help too by staying away from the tracks when a train is moving.

If I start to feel overwhelmed while outside, I can take a break by returning to the ticketing office.



If there is a loud group getting tickets, I can wait a short moment for them to leave. Once I feel ready, I can return to the excitement of the trains.

On the platform for boarding, staff and volunteers will help direct me when it is safe and ready to climb up the steps onto the train car.
I may have to wait in line.



Volunteers will be dressed as railroad staff with name badges on their white shirts or jackets.

I can choose which train car to ride in.

The outdoor gondola cars are fun because I get to feel the air on my face as the train moves and see more outside the train.



They are noisier and the horn's honking is louder.

The indoor coach cars each look a little different, but they all have cushioned seats and windows that open. If there is a narrator, I can them narrator more in these cars.



If I got a first-class ticket, I will be in a different type of indoor car.

While on the train, I will be going along the Sacramento River. I will see various sites including nature on the river and city environments.



The volunteers will share information about the railroad and history.
A conductor will come by and punch my ticket.



If I need anything during the ride, the volunteers can help me.
They wear a uniform of white shirts and black pants with a name badge.

On one way of the train ride, the locomotive will detach from the rest of the cars and move to the other side of the train. This process is called the runaround.



I will have to wait a few minutes, but it is fun to see the locomotive drive by.



When it reattaches, there may be a clanging sound or I might feel the train bump a little.

When I return to the Passenger Station, volunteers will help me
deboard the train when it is safe to do so.



I had a great day taking a train ride at the California State Railroad Museum.
Knowing what to expect made it fun and easy. I can't wait to go back!

