



missouri biking trails



MissouriLife

Historic Downtown Sedalia



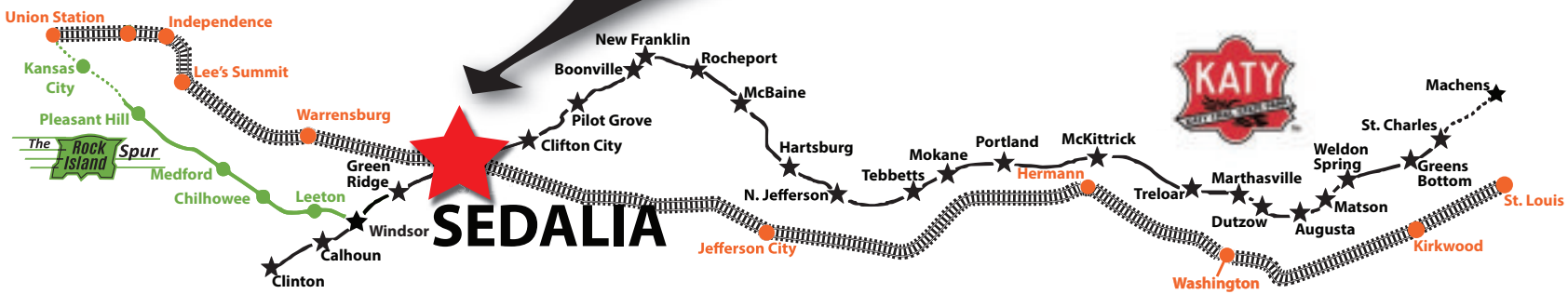
Daum Museum of Contemporary Art



Must do!

Sedalia!

Must see!



Historic Katy Depot & Katy Trail State Park Trailhead & Welcome Center



Sedalia Convention
& Visitors Bureau



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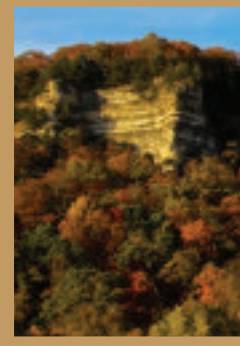
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Happy Trails!

Bicycling is a passion of mine, one that I hope you share or can appreciate, especially after delving into these different trail options for bicycling in Missouri.

The Show-Me State has some of the best biking trails around. Everyone knows about the Katy Trail, the longest rails-to-trails project in the country, but there are countless others that enthusiasts and casual riders alike will enjoy. No matter where in the state you want to bicycle, writer Doug Simmons, an expert cyclist himself, has outlined a trail for you. Some are converted rail beds, or you can pedal your way through the Ozarks, the prairie, or explore our cities. This guide offers hundreds of miles of cycling and countless experiences.

We are all about experiences here at *Missouri Life*, which is one reason *Missouri Life* started Big BAM (Bicycle Across Missouri), four years ago. This year in addition to Big BAM on Route 66 in June, we're also adding Big BAM on the Katy, which will bring the same fun, a moving bike and music festival, fully supported with luggage moving and showers, to the Katy Trail for the first time. See pages 4 and 5 in this guide. We also offer a supported inn-to-inn ride on the Katy if you prefer



Greg Wood and his wife, Danita, who is also *Missouri Life's* editor.

small group riding. See page 1 for it.

I've had the pleasure of bicycling in other states and in other parts of the world, and I can assure you: Missouri's trails are among the best. They bring amazing, unforgettable experiences, show you hidden gems, and help you discover the real heart of Missouri in a new way.

Let's ride!

— **Greg Wood, Publisher of *Missouri Life***

MissouriLife
THE SPIRIT OF DISCOVERY

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Contents & Trail Locations



MKT Trail



Katy Trail




Frisco Highline Trail


HOW TO USE THIS GUIDE

This guide features a dozen of *Missouri Life's* favorite bike trails as well as popular rides from a few Missouri communities. You will find the icons below on some of these pages, indicating whether that trail is considered a road trail or a dedicated path. You'll also find charts with details about trailheads whose numbers correspond with the maps. Some routes do not have designated trailheads, but you'll find highlighted towns that would be good places to stop and explore. We created this guide to serve you as you explore Missouri—take it with you on your next cycling trip, and you'll never be far from adventure!

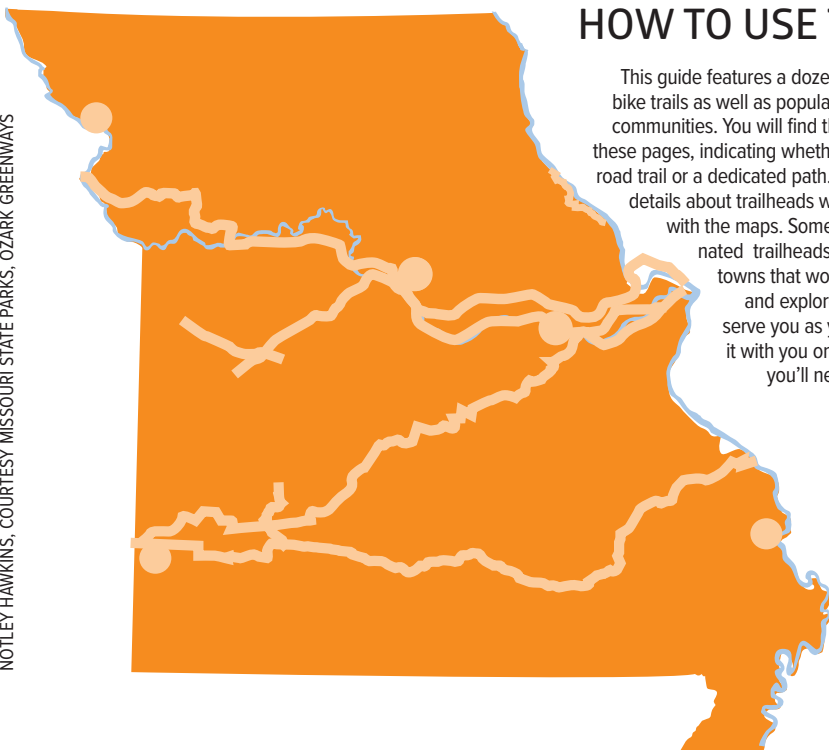
Bike Path 

Road Trail 

Trails less than 20 miles 

Trails more than 21 miles 

NOTLEY HAWKINS, COURTESY MISSOURI STATE PARKS, OZARK GREENWAYS



CONTENTS

Mississippi River Trail.....	6
The Urban Trail.....	7
Rock Island Spur Trail.....	8
Bicycle Route 66 Trail.....	9
Clinton.....	10
Katy Trail.....	11
Sedalia.....	12
Hermann Wine Trail.....	14
MKT Trail.....	15
Lewis & Clark Bicycle Trail.....	16
TransAmerica Trail.....	17
Rolla.....	18
Benton County.....	22
Frisco Highline Trail.....	24
Ruby Jack Trail.....	25
Poplar Bluff.....	26
Cape LaCroix Trail.....	27
Great Rivers Greenway.....	28
Safety Tips.....	44

BIG BAM *on the* KATY



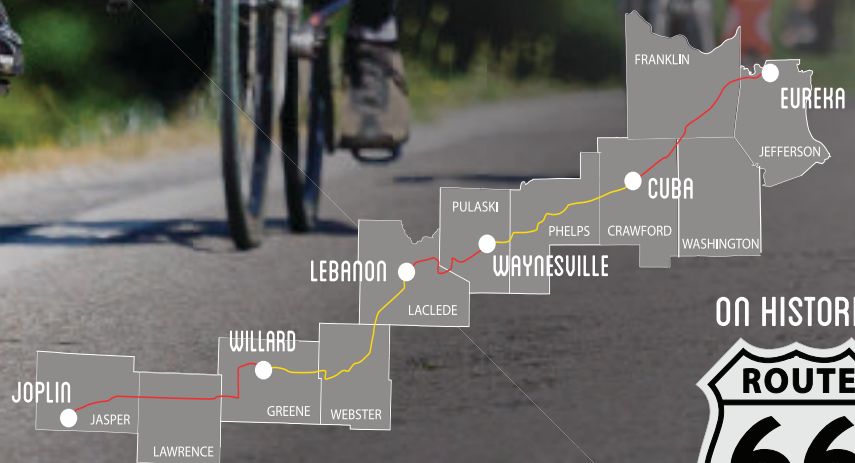
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Mississippi River Trail

42.8 miles 



Stretching more than 2,500 miles from the headwaters at Lake Itasca, Minnesota, to the Gulf of Mexico, the Mississippi River Trail passes through 10 states and hundreds of small towns. The on-street cycling route hugs the Great River Road National Scenic Byway in many spots and is marked by signs that read MRT, which makes it easy to navigate while providing stunning views of the Mississippi River.

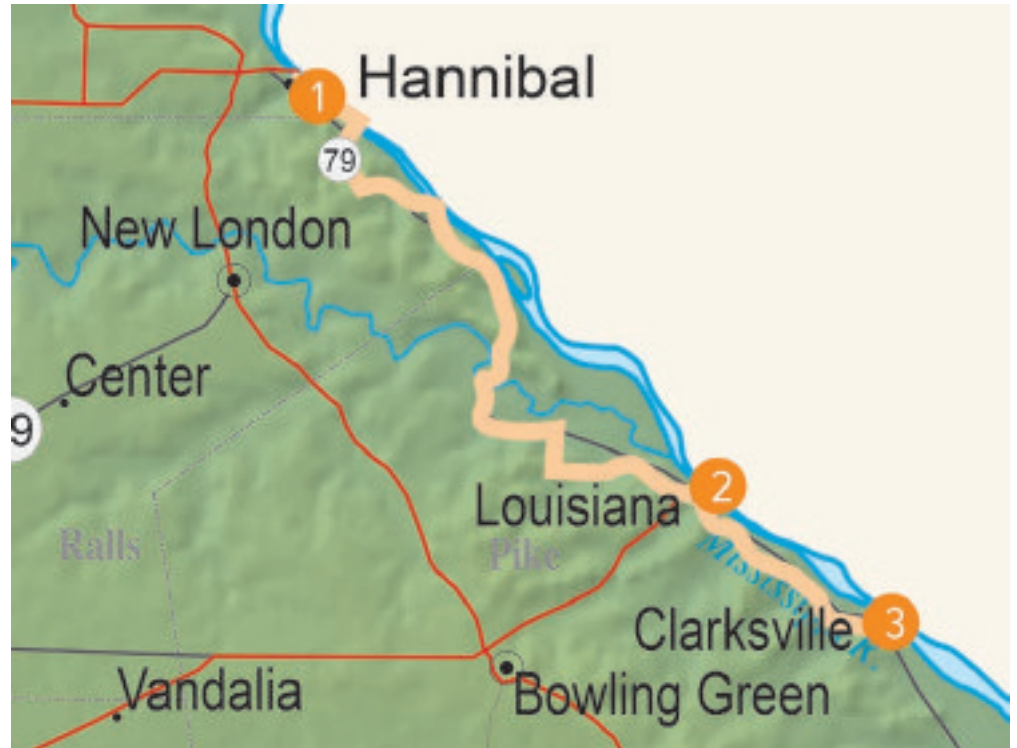
The MRT merges with Missouri Route 79 in Hannibal, a town made famous as the boyhood home of Samuel Clemens (a.k.a. Mark Twain), and travels north-south just one block west of the Mark Twain Boyhood Home & Museum and Tom Sawyer’s famous painted fence. Be sure to stop and indulge in some old-time tomfoolery. (It’s a pun!)

Continuing south, you’ll pedal past Lovers Leap overlook and roll along the river before entering hilly farm country on the outskirts of town. But that’s not the end of your journey: Hannibal is one of three communities forming the 50 Miles of Art corridor along with Louisiana and Clarksville. Linked by history, heritage, and Route 79, all are home to authentic, 19th-century architecture and a dynamic population of artists and craftspersons.

The MRT curves back east to meet the river at Louisiana, about 33 miles from Hannibal. Located within the wooded Lincoln Hills and set on bluffs above the Mississippi, it’s noted by the Missouri Department of Natural Resources as having “the most intact Victorian streetscape in the state of Missouri.” Today, specialty shops and artists’ studios peer out from the original storefronts and 24 outdoor murals decorate the town.

The revitalized business district in Clarksville, 10 miles south of Louisiana, faces the river and features shops occupied by working artisans—traditional glass blowers, furniture makers, and the like. Each winter, the town becomes a hot spot for eagle watching and hosts a two-day program with face-to-beak bird encounters and related activities.

If the 50 Miles of Art corridor isn’t enough for you, Route 79 continues south to its terminus in St. Peters for a grand total of 86 miles. Or just keep following the MRT markers all the way to the Mississippi Delta!



Community	Visitor Center
1 Hannibal	505 N. 3rd St., Hannibal
2 Louisiana	221 Mansion St., Louisiana
3 Clarksville	25 Jefferson St., Suite 300



Top Left: Stop in the Henry Lay Sculpture Park a few miles outside of Louisiana for a look at the Three Sisters sculpture, which represents the Miao ethnic group in China. • Bottom Left: Mark Twain’s boyhood home in Hannibal is always a draw for passersby. • Right: Lovers Leap, a five-acre park on a bluff on the southern edge of Hannibal, overlooks the Mississippi River. *Courtesy Missouri Division of Tourism*

The Urban Trail

15.8 miles 

northwest 

Access Site	Parking	Restrooms	Water
1 Krug Park	Yes	Yes	Yes
2 Noyes Field Recreation Complex	Yes	Yes	Yes
3 Bartlett Park	Yes	Yes	Yes
4 Hyde Park	Yes	Yes	Yes



Don't let the name fool you. Yes, this biking and walking trail bisects downtown St. Joseph, but lush greenery along the former railroad line imparts a scenic corridor feel. The main route reaches from Hyde Park on the south to where it intersects with Ferndale Avenue on the north and connects some of the city's major parks and recreation facilities. In addition, three branches extending from the root trail provide the opportunity for extra mileage and exploration.

Starting from 93-acre Hyde Park, the 10-foot-wide concrete path ambles alongside tree-lined Southwest Parkway. The steep hills in this section may take some flatlanders by surprise and give their legs a wake-up call. But the climbs are never long, and the descents on the other side make the effort worthwhile.

A roundabout of red brick not far beyond the Bode Sports Complex allows riders to head east for a jaunt through pleasant suburban St. Joseph to South Riverside Road or to continue north to Fairview Golf Course and several great parks and playgrounds.

Going north at the next split in the trail will take pedalers to the main terminus at Ferndale Avenue—not far from 163-acre Krug Park and its Italian Renaissance structures and landscaping—or you can head east or west for more discovery. A network of smaller mountain-bike trails near Corby Pond on Corby Parkway will call to those with an off-road affinity.

As the day comes to a close, everyone in your crew will appreciate the outstanding architecture of historic downtown St. Joseph, where you can take in lovely views of the Missouri River and refuel with excellent food and drinks at a bevy of cafes, restaurants, and pubs. Be sure to tour the famous Pony Express National Museum before you leave. It just might inspire you to set a new speed record on your next ride.

Top: Historic St. Joseph is home to 13 museums but is best known as the home of the Pony Express. *Courtesy Visit St. Joseph*
 Bottom: Stop at the Pony Express National Museum and learn about the creation, operation, and termination of the historic western mail service. *Courtesy Missouri Division of Tourism*

Rock Island Spur Trail

46.6 miles 🌲



Access Site	Marker	Parking	Restrooms	Water
1 Windsor	216.2	Yes	Yes	Yes
2 Leeton	226.8	Yes	Yes	No
3 Chilhowee	235.3	Yes	Yes	No
4 Medford	245.2	No	Yes	No
5 Pleasant Hill	262.8	Yes	Yes	No

If the Katy Trail is the champion of Missouri bicycling routes, then the Rock Island Trail is the up-and-coming contender. More than 46 miles connecting Windsor to Pleasant Hill are now open, dubbed the Rock Island Spur of the Katy Trail State Park. The vision is for another 144 miles of former railroad corridor to stretch east from Windsor to Beaufort. This would create a more than 200-mile trail that, when paired with the Katy, which it crosses in Windsor, would make a 459-mile loop covering nearly all of middle Missouri.

The process of rail banking, removal of old track, and trail building will take time and support. The good news, however, is that Pleasant Hill and Windsor have already witnessed the positive impact of the Rock Island Trail.

In Pleasant Hill, the trailhead lies near the historic downtown, which features the New Town Bicycle and Coffee Shop and other nearby cafes and stores. The city lake north of town has camping, and the city plans to add another campground near the trailhead soon. City Administrator Shawn Hennessee expects more lodging development in addition to new restaurants and nightlife activities to entertain two-wheeled tourists.

The Katy Trail has been good for Windsor the past 26 years, and adding the Rock Island Spur has generated a flood of folks who want a new riding venue. The beautiful Farrington City Park has campsites with fishing and boat rentals offered on the lake that once supplied water to steam locomotives. Indoor accommodations include the Windsor Crossroads Motel, Kim's Cabins, and Fitzgerald's Nightly Rentals. New eateries and shops are opening, as well as unique businesses such as the Katy Rock Escape Rooms.

Perhaps most attractive to veteran Katy users is that "the Rock provides a new trail experience," says Bill Bryan, the former director of Missouri State Parks who helped create the Rock Island Spur during his tenure. "Far from the Missouri River, the Rock's identity, unlike the Katy, is not tied to the muddy waters. Instead, the Rock is a throwback to simpler times and pastoral scenes."

Although the basic trail specs of the Rock and the Katy are similar—namely, the 8-foot-wide, mostly flat, crushed limestone surface—the landscape is distinct, featuring native grasses, farms, wetlands, streams, and forests. Get out and enjoy a change in direction now, and while you're there, just imagine what the completed 200-mile trail could bring. That's a win-win.










Left: These riders parked and started biking the trail at the Windsor trailhead, Mile Marker 216.2. • Above: Whether you're biking or running, the Rock Island Spur Trail is a beautiful place to spend the afternoon. Courtesy Missouri Division of Tourism

Bicycle Route 66 Trail

304 miles 



Community	Visitor Center
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-  St. Louis I-270 at Riverview Dr., St. Louis
-  Cuba 71 Route P, Cuba
-  Rolla 1311 Kingshighway, Rolla
-  St. Robert 137 St. Robert Blvd., Suite A, St. Robert
-  Conway 110619 Interstate 44, Conway
-  Springfield 815 E. St. Louis St., Suite 100, Springfield
-  Joplin I-44 Mile Marker 2 Rest Area, Joplin

Route 66 is the most storied highway in the United States, and you can cruise its entire length from Chicago to Santa Monica through the states of Illinois, Missouri, Kansas, Oklahoma, Texas, New Mexico, Arizona, and California. Be aware, however, that Bicycle Route 66 doesn't follow the exact path of the original "Mother Road" and, at 2,493 miles, is actually 50 miles longer. You can purchase a detailed map at AdventureCycling.org.

Bicycle Route 66 crosses into Missouri via the historic Chain of Rocks Bridge, an iconic structure in its own right. It merges onto the paved Mississippi Greenway and shadows the mighty river to the foot of the Gateway Arch in downtown St. Louis. Various city and county roads carry riders southwest into the suburbs (don't miss a stop at famed Ted Drewes Frozen Custard en route) and then parallel to Interstate 44, the highway that has replaced the old road across the state.

Not far out of St. Louis, cyclists will encounter the undulating turns and dynamic vistas of the Ozark Mountains. In Stanton, Meramec Caverns offers a must-see network of limestone caves that you can tour on foot. Bonus: The caves are a pleasant 56 degrees year-round. Stop at the Circle Inn Malt Shop in Bourbon for a frosty one in a 1950s diner setting. Cuba offers the restored Wagon Wheel Motel, and just down the road in Fanning, you can snap a selfie in front of the World's Second-Largest Rocking Chair.

Springfield has the architectural lures of the Rock Fountain Court cabins and the Gillioz Theatre. West of town, the bike path leaves the original Route 66 in favor of quieter county roads and state highways, then rejoins it east of Joplin. Here, you'll find vintage service stations, burger drive-ins, and even Bonnie and Clyde's hideout.

People from around the world still travel Historic Route 66 to honor its legacy and experience its pop-cultural charm. And sure, you can drive the 304 miles between Illinois and Kansas, but in this case we think two wheels are better than four.



Start your ride at the Chain of Rocks Bridge at the Illinois-Missouri border near St. Louis. Cross Missouri parallel to I-44 all the way west to Joplin. *Notley Hawkins*

Visit Missouri's Golden Valley

WE ARE CLINTON, MISSOURI, where small-town life is still alive and well. We invite you to cruise the shoreline of Truman Lake or pedal your way down the Katy Trail. This Golden Valley in which we live offers a multitude of opportunities to shop, bike, hike, hunt, fish, or just relax. We invite you to come share all the things we love: our events, our square, our museum, our nature, and our people.

The Katy Trail State Park is the longest developed rails-to-trails in the country, and it all starts in Clinton. Whether you are a cyclist, walker, horse rider, nature lover, or history buff, the trail offers something for you. The park, built on the former corridor of the Missouri-Kansas-Texas Railroad (MKT or "Katy"), is nearly 240 miles long and runs from Clinton to Machens.

Clinton offers a variety of annual events throughout the year such as Cruise Nights (2nd Saturday, May thru October), Olde Glory Days (4th of July Celebration), and our Wine Stroll (October).

Download our Visit Clinton, MO app to use as a guide while you are here and to help keep you up to date on what's going on.

App Store: appstore.com/VisitClintonMissouri
Google Play Store: goo.gl/UDuiob



For More Information:
660-885-8166
ClintonMo.com

Katy Trail

237.7 miles 



Where should you go on your weeklong cycling vacation? We're glad you asked. At 8 feet wide and about 240 miles long, Katy Trail State Park is the one route that should be on everyone's biking bucket list. Built on the former corridor of the Missouri-Kansas-Texas (MKT) Railroad, the crushed limestone path is the longest rails-to-trails project in the United States and draws outdoor recreationists, nature lovers, and history buffs from across the country.

It won't take you an entire week to travel the mostly flat passage from Machens on the east to Clinton on the west—some pedal-mashers do it in just two days—but with more than 30 trailheads and four fully restored railroad depots along the way, you'll want to take your time and enjoy the experience. Signs at the trailheads typically indicate the nearby services, such as grocery and snack stores, restaurants, bike shops or rental facilities, camping or lodging, and restrooms.

If you don't have the time or interest to conquer the entire trail in one trip, hop on the path anywhere for a shorter cruise. The trail is open from sunrise to sunset, 365 days a year; a signpost marks every mile corresponding to the original railroad mileage system, which makes it relatively easy to keep track of your location and progress.

The cross-state trail displays a travelogue-worthy array of wonders as it meanders along rugged

river bluffs and through bucolic countryside, open farmland, and quaint towns. The wildlife is abundant—birds, deer, raccoons, beaver, minks. Since the trains stopped running, the forests along the Katy have grown thicker and provide cover for these and other critters as well as welcome shade for cyclists.

"The trail is pretty in spring when the redbuds and dogwoods bloom, busy in summer, and gorgeous in fall when the green canopy turns red and gold," says Tom Uhlenbrock of the Missouri Department of Natural Resources. "A balmy winter day has great views of the river. From Machens to Boonville on the eastern half, much of the trail follows the Missouri River. In some spots, the Katy has the muddy river on one side and wooded bluffs on the other."

This section also affords easy access to Missouri wine country, with several award-winning vineyards in Defiance, Augusta, and Dutzow. You'll encounter iconic paintings on the grain elevator in Treloar and concrete silo in McKittrick, illustrating the area's rich heartland heritage, as well as German-inspired communities in Hermann and Rhineland. Rocheport is "a quintessential railroad-town-turned-tourist destination," Tom says. Boonville showcases the only surviving Spanish mission-style train depot on the line.

No matter the length or logistics of your trip along hard-packed trail, there is seemingly no end to the natural and cultural discoveries. And the best part is you can return again and again—the Katy is always an adventure.

Access Site	Marker	Parking	Restrooms	Water
1 Machens	26.9	No	Yes	No
2 Marthasville	77.7	Yes	Yes	Yes
3 Jefferson City	143.2	Yes	Yes	Yes
4 Boonville	191.8	Yes	Yes	Yes
5 Sedalia	229	Yes	Yes	Yes
6 Clinton	264.6	Yes	Yes	Yes



Almost any outing allows cyclists to cross several of the Katy Trail's 472 bridges—count them! *Scott Myers*

Sedalians are Eager to Welcome You...

TRY A HOME-COOKED MEAL at the Ivory Grille, Malone's Irish Pub, Fitters on Fifth Bar & Grille, or take a trip to the Craft Beer Cellar, all located in Sedalia's Historic District. Step back in time at Nostalgia Vintage Apparel Clothing Museum in the historic downtown.

Don't leave the downtown area before you visit the first library to receive an Andrew Carnegie Grant in the state of Missouri; the structure was dedicated in 1901. Boasting marble floors, open fireplaces, and white oak woodwork, it was constructed from terra cotta and Carthage stone. Check out Hayden Liberty Center Association for the Arts, a renovated 1920s theater and art gallery. For a taste of our railroad history, spend some time at Katy Depot, built in 1896 as a fully functional railroad station. Today, the Katy Depot serves as Sedalia's official welcome center and is occupied by the Sedalia Area Chamber, Sedalia Convention and Visitors Bureau, the railroad heritage exhibits, and the Depot Store. It also serves as a trailhead to the Katy Trail State Park. The Katy Trail spans 240 miles across Missouri and is the longest rails-to-trails system in America. The Rock Island Spur ex-

tends another 47 miles.

There are a multitude of good restaurants on Broadway and South Limit with great stories. One is Kehde's BBQ, now in the fourth generation. While in the area, take a leisurely tour of our nationally recognized Daum Museum of Contemporary Art. Stop at the historic tribute to our cattle drive heritage, Starline Brass Trail's End, and listen to the guided tour. Tour the historic fairgrounds, which has 66 buildings on the National Register of Historic Places.

Travel seven miles north on US 65 to Bothwell Lodge State Historic Site, and find an architectural treasure built strategically into a bluff over caves for the natural cooling effect. Tours provide a glimpse into the life of one of Sedalia's greatest benefactor, John Homer Bothwell. The area offers great opportunities for picnicking, hiking, and mountain biking.

Check www.VisitSedaliaMo.com/events for upcoming fairs and festivals.



For More Information:
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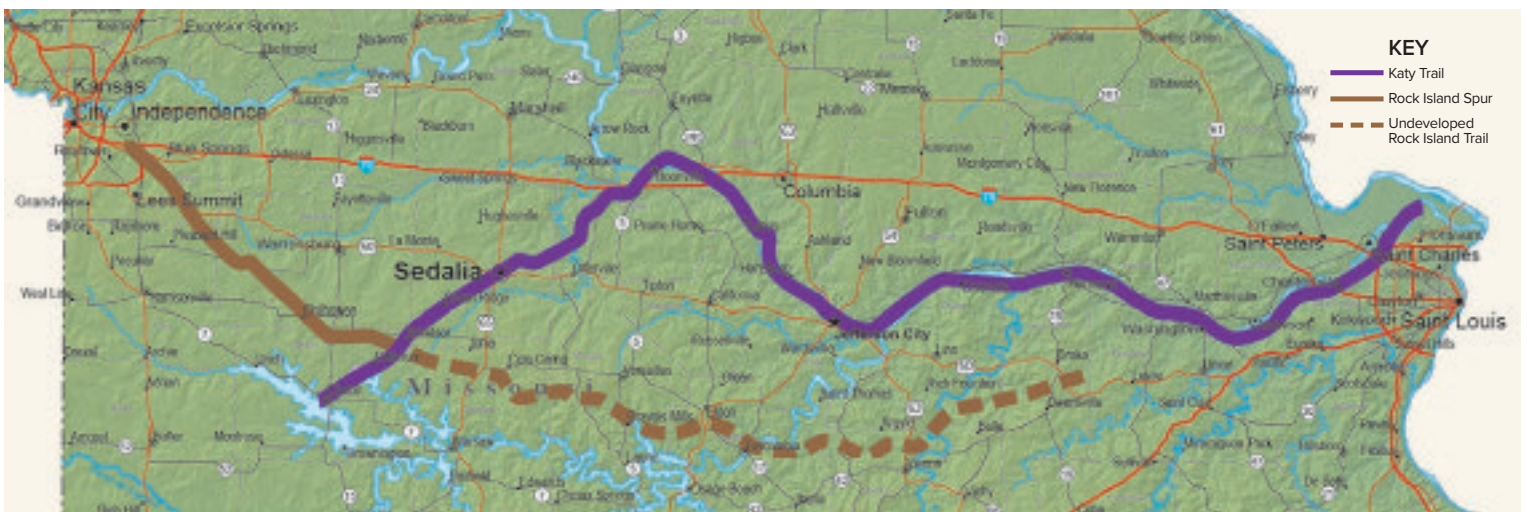


Daum Museum of Contemporary Art



Katy Trail Depot

Sedalia, the Katy Trail, and the Rock Island Spur





Trail's End Statue

Sunset View from the Katy Trail



Bothwell Lodge

Hermann Wine Trail

20 miles 



A charming German village located midway between St. Louis and Columbia on the Missouri River, Hermann exists apart from time in a picture-book valley. The Katy Trail's McKittrick trailhead lies 2 miles north, and cyclists can access town via a protected bike lane on the Christopher S. Bond Bridge, which crosses the Big Muddy 80 feet above the water.

In Hermann, 19th-century red brick buildings hug the sidewalks, with inviting bed-and-breakfasts, restaurants, country shops, antique and art galleries, and cultural activities all within walking distance. And then, of course, there's the wine.

Hermann was founded by German immigrants who discovered wild grapevines growing in the "howling wilderness," which inspired them to plant vineyards on the rocky hillsides. Today, wineries are the main tourist attraction, and you can tour seven of them along the Hermann Wine Trail; it meanders for some 20 miles along the Missouri River between Hermann and New Haven.

Two of the family-owned businesses, Dierberg-Star Lane-Three Saints and Hermannhof, inhabit the historic cooperage building in downtown Hermann, which makes them fine places to begin or end your ride. Stone Hill, Missouri's most awarded winery, is perched on a hill overlooking Hermann about 6 miles to the southwest. Reach it using the city streets.

From there, the trail departs town on Route 100. Cyclists will thrill at a scenic roller-coaster ride winding through wooded hills, down into beautiful valleys, and up bluffs rimming the south bank of the Missouri River. Adam Puchta, the Show-Me State's oldest family farm winery, rests along a creek in the beautiful Frene Valley, only 2 miles southwest of Hermann. To the east and southeast, the OakGlenn and Bias wineries lie tucked away in the hills and backroads off the highway. Röbller, the farthest-removed vineyard at 17 miles from Hermann, is located in the picturesque countryside just east of New Haven.

The Hermann Wine Trail vineyards are open year-round, or time your trip right and you can participate in five special trail events featuring wine and food pairings, from chocolate to cheese to bacon (yes, bacon). Just remember to quaff with care lest the bike ride home be a risky one.



Points of Interest	Address
1 Dierberg Star Lane	338 E. First St., Hermann
2 Hermannhof Winery	237 E. First St., Hermann
3 Stone Hill Winery	1110 Stone Hill Hwy., Hermann
4 Adam Puchta Winery	1947 Frene Creek Rd., Hermann
5 OakGlenn Winery	1104 Oak Glenn Pl., Hermann
6 Bias Vineyards & Winery	3166 Hwy. B, Berger
7 Röbller Vineyard & Winery	275 Röbller Vineyard Rd., New Haven



Top: Stone Hill Winery, the third stop on this trail, is on the National Register of Historic Places. *Courtesy Stone Hill Winery* • Right: Start your ride in downtown Hermann and take in the historic German essence of the town before heading down Route 100. *Courtesy Flickr user "Kaydabe"*

MKT Trail

8.9 miles 



Access Site	Marker	Parking	Restrooms	Water
1 Flat Branch Park	8.97	Yes	Yes	Yes
2 MKT Plaza	8.4	No	No	No
3 M L King Memorial	7.4	Yes	Yes	Yes
4 Hinkson Creek	6.9	No	No	No
5 Forum Nature Area	6.15	Yes	Yes	Yes
6 Jay Dix Station Park	4.1	Yes	No	No

Befitting its large, active student population, the city of Columbia features a superb network of “destination” trails—about 27.5 miles in all—that snake around town to connect people to where they work, shop, go to school, and play. These pathways run through recreation areas and along creek corridors where possible, which makes the journey scenic and tranquil.

The backbone of the ever-expanding system is the popular MKT Trail, a 10-foot-wide, crushed limestone path built on the old rail bed of the Missouri-Kansas-Texas (MKT) Railroad. Originally a branch off the main railroad line, the route begins in downtown Columbia and connects with the 240-mile Katy Trail State Park in McBaine. Three trailheads offer parking and restrooms.

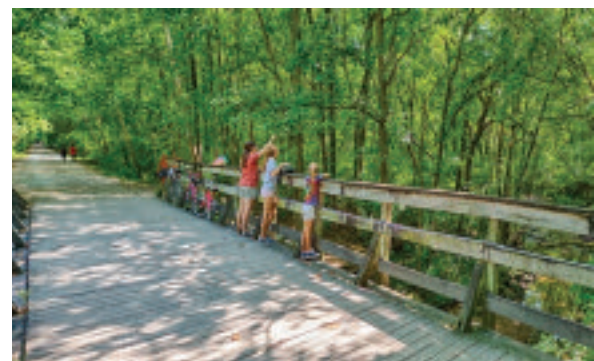
The first trailhead in Flat Branch Park provides access to a 2.5-acre green space edging the University of Missouri campus that has picnic areas, a playground, spraygrounds, a rain garden, an amphitheater, and art sculptures—plus a rippling stream running through it all. About a mile to the southwest, the

trail connects with the 4.5-acre Martin Luther King Jr. Memorial at Battle Garden, which features a commemorative earth mound with semicircular granite steps and a radial design. It’s complemented by beautiful landscaping and flowers.

The 3M Flat Branch-Hinkson Creek Wetlands half a mile further down the path provides a habitat for wildlife in the marshes and surrounding forest and includes 24 interpretive signs. The MKT bisects both the Forum Nature Area and Twin Lakes Recreation Area next. The former offers its own 1.8-mile spur trail through the woodlands and wetlands; the latter has the Little Mates Cove swim area and a dog park.

The trail exits the city of Columbia and continues into Boone County at its junction with Jay Dix Station. This 30-acre park has a mountain-bike skills course as well as fitness stations, a basketball court, and playground. The MKT continues through wooded hillsides and attractive rock formations until it eventually joins with the Katy Trail 4.2 miles later.

Take a ride on the MKT Trail and see for yourself why it was ranked second in the nation for “Best Urban Trail” in *USA Today’s* 2016 Readers’ Choice Awards.



The MKT Trail is perfect for riders of all ages and experience. *Courtesy Columbia Parks and Recreation.*

Lewis & Clark Bicycle Trail

332.3 miles 



Community	Visitor Center
1 Washington	323 W. Main St., Washington
2 Hermann	150 Market St., Hermann
3 Jefferson City	700 E. Capitol Ave., Jefferson City
4 Boonville	100 Spring St., Boonville
5 Lexington	1110 Main St., Lexington
6 Excelsior Springs	201 E. Broadway, Excelsior Springs

Another of the long-distance routes created by the Adventure Cycling Association—this one celebrating the bicentennial of Lewis and Clark’s Corps of Discovery expedition from 1804 to 1806—the Lewis & Clark Bicycle Trail roams for 3,562 miles from Hartford, Illinois, to Seaside, Oregon. In Missouri, the route extends from St. Charles, a close neighbor of St. Louis, to the Kansas border 332 miles to the west.

The main portion of the LCBT consists of paved roads, bike paths, and rail trails, with occasional short sections of gravel roads. Settings vary from rural to urban. Once it lands in St. Charles, the route merges with the Katy Trail and runs beside the Missouri River all the way to Boonville. Read about the small towns and scenic attractions along this section of the Katy Trail on page 11.

Before embarking, however, make sure you visit

the Lewis & Clark Boat House and Museum in St. Charles to see full-size replicas of the boats used during the explorers’ pioneering journey. Tavern Cave, an archaeological site located just off the LCBT 28 miles away in St. Albans, was visited by the expedition on May 23, 1804, and includes a petroglyph of a boat as well as several inscriptions.

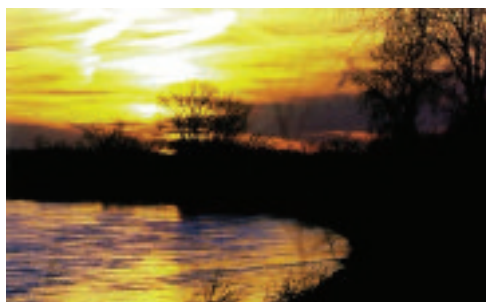
On the Missouri River about 20 miles from where this route splits from the Katy Trail in Boonville lies Arrow Rock Bluff, mentioned in Clark’s journal on June 9, 1804. Today, the location is no longer on the river but it is home to Arrow Rock State Historic Site, featuring historic residences and buildings including the Old Courthouse and the J. Huston Tavern, still open for dining after 180 years.

The LCBT veers away from the river at Arrow Rock, following Route 41 then Route 20 to Higginsville. The trail then heads north to Lexington, settled in the 1820s as “civilization” sprang up in the wake of the Corps of Discovery expedition. The remainder of the trail connects by road to Missouri towns Excelsior Springs, Lawson, Holt, and Weston, and then to Atchison, Kansas.

Why retrace the Lewis and Clark’s route on a bicycle when they traveled mainly on boats, you ask?

“The bicycle is perfectly suited to exploring the landscapes and mindscapes of the Lewis and Clark expedition,” says Michael McCoy, LCBT national coordinator. “A bicycle covers ground relatively quickly yet forces modern-day explorers to slow down and be exposed to the elements.”

In other words, on the Lewis & Clark Bicycle Trail, you’ll see the sights, hear the sounds, and smell the smells that the famous voyagers experienced more than 200 years ago.



Top: In good weather, cyclists will see beautiful vistas of the Missouri River along the trail. *John Seals* • Above: The Weldon Spring Conservation Area is near the start of the LCBT. *Creative Commons* Right: Riders can stop and admire the Missouri River from cliffs in the Weldon Spring Conservation Area. *Courtesy AllTrails.com*

TransAmerica Trail

350 miles 



Buying a map of the 4,228-mile TransAmerica Trail, our country's longest and most popular cross-country cycling route, could be the first step in an epic excursion from sea to shining sea. But if you lack the time or endurance to make such an ambitious journey, the 350-mile segment from the Kansas state line on the west to the Mississippi River on the east can facilitate a spectacular (and still very significant) biking trip.

A rich history abounds on this stretch of the trail. According to the Adventure Cycling Association, which created the route to commemorate the United States' bicentennial in 1976, Missouri holds the distinction of designating and marking the TransAmerica Trail within its borders in record time—less than a year. Look for the US Bicycle Route 76 signs along the span.

During a bicycle trip on this network of state roads through the southern third of the state, you will traverse the rolling hills of the Ozark Mountains and pedal deep into dense forests and farmland. You'll encounter Civil War battlefields and historic pioneer towns as well as a heaping helping of Americana.

Cooky's Cafe in Golden City has long been favored as a "fuel stop" near the trail's western end. (We hear one slice of Cooky's pie can net you an extra 5 miles.) Walnut Grove, first settled in the 1830s, offers camping and amenities for cyclists at 7C's Winery. There's terrific canoeing in Eminence and perhaps the state's best swimming hole at Johnson's Shut-Ins State Park near Lesterville. Al's Place, an old jailhouse converted into a bike hostel in Farmington, offers quirky overnight accommodations for two-wheeled tourists.

If you've ever dreamed of riding across the country, the Missouri segment of the TransAmerica Trail offers a gateway into a larger world of travel bicycling—or stands as a classic Midwest route all on its own.



Community	Visitor Center
-----------	----------------

- | | |
|------------------|--|
| 1 Joplin | I-44 Mile Marker 2 Rest Area, Joplin |
| 2 Springfield | 815 E. St. Louis St., Suite 100, Springfield |
| 3 Marshfield | 1469 Spur Dr., Marshfield |
| 4 Farmington | 110 W. Columbia St., Farmington |
| 5 Ste. Genevieve | 66 S. Main St., Ste. Genevieve |

Left: US Bicycle Route 76 signs point the way for cyclists on the TransAmerica Trail in Missouri. *Courtesy Missouri Bicycle and Pedestrian Federation* • Below: Rustic scenes along peaceful country roads are a hallmark of Missouri's TransAmerica Trail. *Courtesy Missouri Bicycle and Pedestrian Federation*



Rock and Ride in Rolla

NESTLED IN THE FOOTHILLS of the Ozarks, our wonderful city awaits you. Rolla will surprise and delight you with its colorful history lessons and vivid reminder of “how things were.” Take a step back in time and experience Rolla’s fascinating railroad history or “Get Your Kicks on Route 66” as you catch a glimpse of a younger America along the historic highway once known as the “Mother Road.”

Broadway talent can be found right here in Rolla. Ozark Actor’s Theatre, one of only two professional theatres in rural Missouri, and Missouri S&T’s Leach Theatre are wonderful venues to explore the performing arts. From orchestras to comedians, illusionists to acrobats, the options are endless.

Rolla offers a wonderful variety of recreational opportunities, such as SplashZone, Fugitive Beach, The Centre, golf courses, go-karts, parks with lakes for fishing, and more! Some of the most beautiful trails and waterways are just outside the Rolla area. They are perfect for enjoying the pristine beauty of the Ozarks.

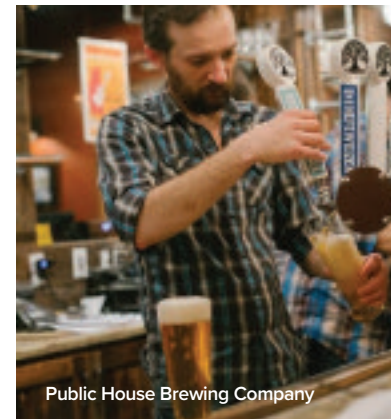
Additional highlights of Rolla include its beautiful downtown, which is a burgeoning venue of shopping and history that is home to many unique gift shops and restaurants. One such shop is Route 66 Bicycles, which was founded in 1996 and is dedicated to serving the needs of area cyclists. Shoppers will find everything from high-end road bikes to affordable comfort bikes, as well as parts and accessories. You can also visit the award-winning Public House Brewing Company, and Benton Square, a renovated century-old schoolhouse that has been transformed into a restaurant, salon, and spa.



Fugitive Beach



Route 66 Bicycles



Public House Brewing Company



The Centre



Historic Downtown Rolla

Events

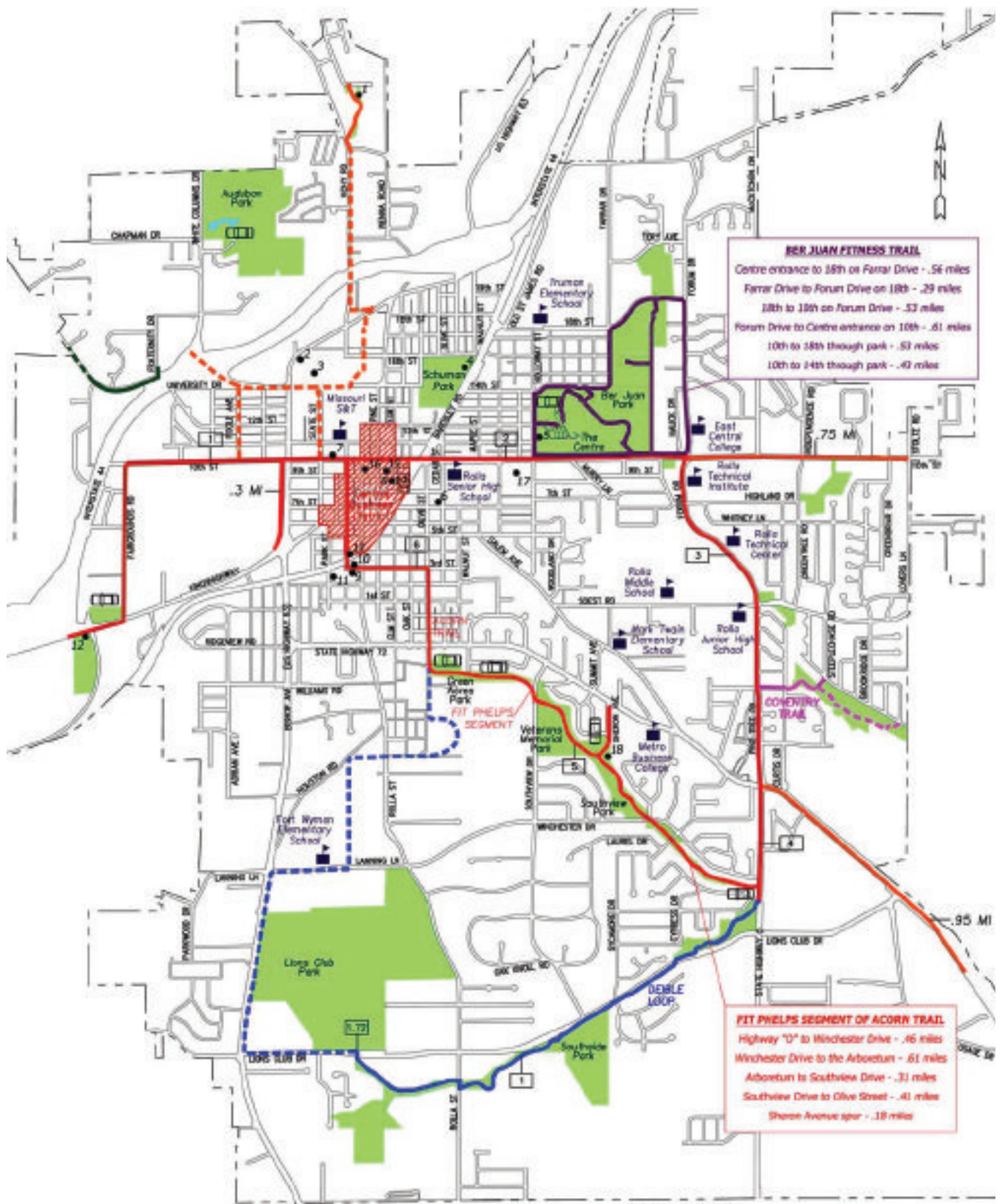
June 1 & 2: Route 66 Summerfest

July 4-7: Lions Club Carnival

August 1-4: Phelps County Fair

October 13: Fall Arts & Crafts Festival





BER JUAN FITNESS TRAIL
 Centre entrance to 18th on Farrar Drive - .56 miles
 Farrar Drive to Forum Drive on 18th - .29 miles
 18th to 19th on Forum Drive - .53 miles
 Forum Drive to Centre entrance on 10th - .61 miles
 10th to 18th through park - .53 miles
 10th to 14th through park - .43 miles

FIT PHELPS SEGMENT OF ACORN TRAIL
 Highway "D" to Winchester Drive - .46 miles
 Winchester Drive to the Arboretum - .61 miles
 Arboretum to Southview Drive - .33 miles
 Southview Drive to Olive Street - .41 miles
 Sharon Avenue spur - .18 miles

POINTS OF INTEREST	
1 Northside Park	10 Dillon Log Cabin Museum
2 Stonehenge Replica	11 Original Phelps County Jail
3 Mineral Museum	12 Rolla Chamber of Commerce and Visitors Center
4 Engine 1501 and Passenger Car	13 Historic Rolla Tour Route I *
5 Hollywood House	14 Historic Rolla Tour Route II *
6 Clark Actors Theater	15 Rolla Municipal Building
7 Castlemae Hall	16 Rolla Public Library
8 Frisco Caboose	17 Briays Sports Complex
9 Old Phelps County Courthouse	18 ACDRM Arboretum

- 4 - Mile Marker
- - Point of Interest
- [P] - Public Parking
- [G] - Park
- [S] - School
- Acorn Trail Pedestrian Bikeway (7.10 miles)
- Deble Loop Pedestrian Bikeway (1.72 miles)
- Deble Loop Pedestrian Bikeway Future Phases (2.22 miles)
- Coventry Trail Pedestrian Bikeway (0.25 miles)
- Coventry Trail Pedestrian Bikeway Future Phase (0.33 miles)
- Ber Juan Park Fitness Trail (3.28 miles)
- Unnamed Pedestrian Bikeways (1.97 miles total)
- Audubon Society Tanager Trail (0.36 miles)
- Highway E Trail (0.27 miles)
- Highway E Trail Future Phase (0.34 miles)
- University Loop Future Phase (2.02 miles)

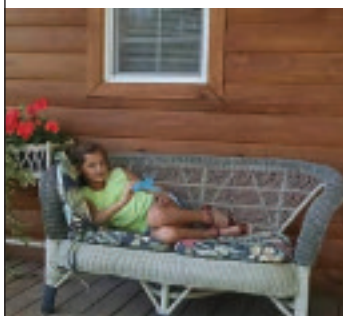
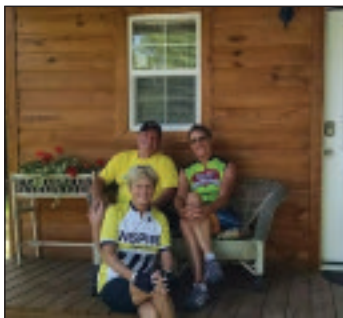


Welcome to Windsor!

Welcome to Windsor, Missouri, the crossroads where the Katy Trail and the Rock Island Spur intersect, and the Northern Gateway to Truman Lake. Our area is home to great restaurants, inviting places to stay, a large Amish community with bulk stores, greenhouses, and other services open to the public. The Windsor Area Chamber of Commerce is here to serve you and the truly remarkable businesses it represents.

102 North Main, Windsor | Office Hours: Mon-Wed-Fri, 10 AM to 2 PM | (660) 647-2318 | contact@windsorcommerce.org

Visit WindsorMo.org



COMFORT AT THE CROSSROADS OF THE KATY AND ROCK ISLAND TRAILS IN WINDSOR

Kim's Cabins
403 Cherry St., Windsor
660-351-0905
kimh_316@yahoo.com
Find us on Facebook

Reserve Your Cabin Today!



Stay the Night in Windsor

Welcome to newly remodeled rooms in our 1870s home. Located close to the trail and downtown Windsor.

Fitzgerel's Nightly Rentals
301 West Benton, Windsor
660-525-2059
Fitzgerelsnr@gmail.com



Windsor Crossroads Motel

Come stay in this small family-run motel with cozy, comfortable, and well-appointed rooms. Amenities include a microwave, mini fridge, Dish TV, and LCD TVs in every room.

606 N. Main, Windsor, MO
660-647-2151

Check availability and
make reservations on our Facebook page

There's a New Campsite in Town

Katy-Rock Junction in Windsor, Missouri

Conveniently located just west of the intersection of the Katy and Rock Island trails, right next to the trailhead parking lot. Stay at one of our primitive camping sites or sleeping cabins, and enjoy amenities such as a convenience store, bike storage, and bathrooms with showers. For updates, check us out on Facebook.



Katy-Rock Junction, LLC

506 W. Florence St., Windsor
660-525-2032

katyrockjunction@yahoo.com

Look for us on Facebook!

WELCOME TO CINCO DE MAYO



Family-owned restaurant serving authentic Mexican food and delicious margaritas. Come in to unwind from a long ride!



Open 11 AM to 9 PM Mon-Sat
109 E. Benton St., Windsor
660-647-0280
WindsorMo.org/Cinco-De-Mayo



Windsor Quarter House

Opening May 2018!

Amenities:

- 4 well-appointed rooms with king-sized beds
- Full-service kitchen with continental breakfast
- Secure bike storage

WINDSOR QUARTER HOUSE

"Pedaled" by Sur le vélo LLC
500 E. Benton, Windsor | 816-799-1579 | Surlevelo.com

Bike Benton County

Explore Two Great Trail Systems



For More Information:
660-438-2090
VisitBentonCoMo.com

Truman Lake Mountain Bike Park



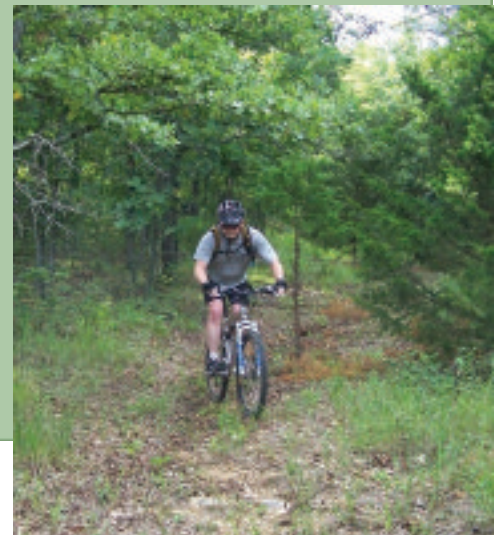
THREE MILES from downtown Warsaw, Truman Lake Mountain Bike Park is designed for riders of all ages and skills. The park offers scenic downhills, challenging climbs, and a sweet single track. The park is located at 28565 Benton House Avenue, just two miles west of Highway 65 and North Dam Access Road. Truman Lake Mountain Bike Park has been built on US Army Corps of Engineers land that borders beautiful Truman Lake.

Larry's Groove Train (1.3 miles): This is a beginner loop that starts off with a fun downhill and works its way around, mostly on single track. A couple of small climbs are spread throughout the ride. It's great for families and first time off-road riders.

Just a Taste (3.1 miles): This loop is a bit more challenging than Larry's Groove Train. You will have scenic views of Truman Lake along the way. The trail offers more winding single track, several great climbs, and fun downhills.

Sterrett Creek Loop (5 miles): This is a great beginner loop. Start off riding the scenic Truman Lake dike, which includes wide open views of the reservoir. Then head into the trees onto a loop that brings you back to the dike. This trail has access to the Yellow Loop.

Come & Get Some (14 miles): This loop has it all: demanding climbs, impressive downhills, and first-rate single track. It travels from the Benton House Avenue trailhead to the Sterrett Creek trailhead. It is by far the most intense trail.





For More Information:

660-438-5522 • WelcomeToWarsaw.com

Warsaw Riverfront Trail System



THE WARSAW RIVERFRONT and trail system has continued to grow by leaps and bounds the last several years. The unique trail system runs along the Osage River and the Lake of the Ozarks and links three major parks, creating a linear route along this scenic waterfront area with beautiful views of the Ozark hills, bluffs, lakes, and greenways.

Six miles of waterfront trails that are great for walking, running, and bicycling await you. Along these trails you will find many species of waterfowl, bald eagles, deer, turkey, and more. There are areas to picnic, bird-watch, or work on your nature photography. The unique trail system has a nine-hole disc golf course, horse-shoe pits, numerous picnic and play areas, an amphitheater, festival areas, a gazebo, boat-launch areas, boat slips, a sports complex, and Truman Lake Dam. There are also many peaceful areas to simply relax and enjoy the flora and fauna. If you prefer to bicycle but want to travel light, there are also places to rent bikes for the day at a reasonable cost.

Additionally, the historic Joe Dice Swinging Bridge is an added historical and cultural feature. The swinging bridge was a transportation route for horses and automobiles (single lane) at one point, but today is used for bicyclists and pedestrians and serves as a major link for the trail system. It is the only link from one side of the waterfront to the other. The bridge is on the National Historic Registry.

Bledsoe Ferry Trail (2 miles): Paved with lights and starts at the Swinging Bridge and ends at Truman Dam.

Kickapoo Island Trail (4 miles): Hard-packed gravel trail that starts and finishes at the Swinging Bridge.

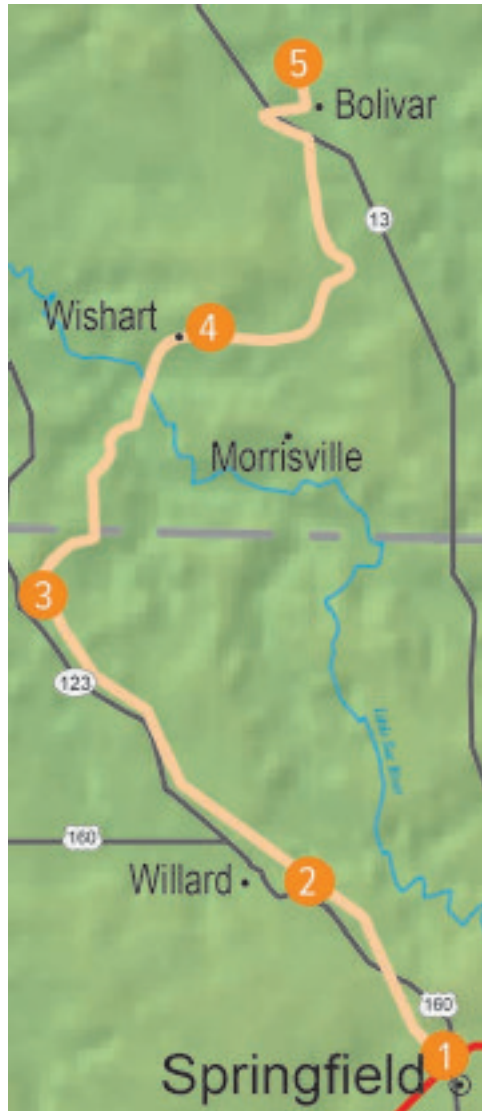
Drake Harbor (0.25 miles): Paved harbor route.

Osage Trail (3 miles): Hard-packed gravel starting and finishing at Steamboat Landing.

Frisco Highline Trail

35 miles 

southwest 



Access Site	Marker	Parking	Restrooms	Water
1 Springfield	0	Yes	Yes	Yes
2 Willard	6	Yes	Yes	Yes
3 Walnut Grove	16	Yes	Yes	Yes
4 Wishart	24	Yes	No	No
5 Bolivar	35	Yes	Yes	Yes



Above: The Frisco Highline Trail traces the same route President Harry S. Truman rode in his private railroad car in July 1948 in preparation for his famed Whistle Stop Tour. • Below: Stop and enjoy the beauty of the La Petite Gemme Prairie Conservation Area at Mile Marker 32. *Courtesy Ozark Greenways*



Wheels still turn on this former railroad corridor, but nowadays they belong to bicycles rather than locomotives. The Frisco Highline Trail is named for the old St. Louis-San Francisco Railway, commonly known as The Frisco, a branch of which ran between Kansas City and Springfield. This 35-mile section, a secondary line from Springfield to Bolivar, was designated a National Recreation Trail in 2004 and remained Missouri's second-longest rail trail until the Rock Island Spur opened last year (see page 8).

The FHT angles slightly downhill from south to north, and for this reason, Springfield is a wise starting point for one-way riders. You can park right at the trailhead; it's located roughly 5 miles from the city's old downtown district (an on-street bike route with signage connects them). Check out the History Museum on the Square or the Battle of Springfield walking tour before putting the pedal down.

The first 8 miles of the FHT, heading northwest, are paved and slice through a landscape of industrial buildings, suburban neighborhoods, and agricultural land. Water is available at mile 5, and the Willard trailhead at mile 6 offers a bike emergency station.

The path transitions to crushed stone and dirt as it continues to the next trailhead, Walnut Grove, at mile 16. You can find water, restrooms, and a small grocery store here by detouring a mile west on Route BB to where it meets Route 123. This town is a crossroads for both the FHT and the TransAmerica Trail (see page 17) and warmly welcomes cycling tourists.

Beyond Walnut Grove, the trail crosses the first of 16 bridges, bypasses Graydon Springs, and spans the Little Sac River. There's another trailhead at Wishart, at mile 24.5, but it offers no services other than parking and a portable restroom.

The FHT returns to pavement at mile 31 and shortly thereafter cuts through 37-acre La Petite Gemme Prairie Conservation Area, a remnant of the native savannas that once covered much of Missouri. The beautiful grassland is home to colorful wildflowers as well as deer, foxes, skunks, rabbits, opossums, and other creatures.

Be aware that at mile 33 the trail stops at Route 13, and you ride on-road for 2.5 miles. From there, you have another mile to the Bolivar trailhead and the end of the path one mile west of downtown Bolivar Square. In Bolivar, you can spend the night, enjoy the restaurants and stores, and rest up for your return trip to Springfield the next day.

Ruby Jack Trail

16 miles 

southwest 



This trail is for riders who don't mind a few bumps in the road. Although the entire length of the 16-mile Ruby Jack Trail in southwest Missouri is open to the public, parts of the former railway corridor are still in the process of being converted to sustainable trail and are therefore more suited for mountain bikes.

The predominantly east-west route uses the old Burlington Northern rail bed and crosses farmland, wetland, and woodland en route from Carthage to the Kansas state line—cutting through the towns of Oronogo and Carl Junction on its way.

The main trailhead, adjacent to Carthage Municipal Park, is located less than a mile from downtown and Historic Route 66 and Bicycle Route 66 (see page 9), close to tourist attractions such as Boots Court Motel and Whisler's Drive-Up burger joint. Or, for history buffs, a visit to the Carthage Civil War Museum can be an informative and solemn experience.

The first 8 miles of the Ruby Jack, stretching from Carthage to Oronogo, are covered with crushed limestone and offer riders an 8-foot-wide swath through mostly open countryside. There are no trailhead facilities where the path enters town, but if you need to take a break or resupply, there are convenience stores within a few blocks. While in Oronogo, an old zinc-mining settlement, check out the historic Oronogo Street Car Depot.

Carl Junction lies about 6 miles further west, and while the trail is not overgrown, riders may need to traverse uneven, rocky portions of old rail bed to get there. This small, close-knit town has six public parks and an annual Bluegrass Festival every September that draws regional attention.

Construction is ongoing to convert the entire former railway surface to accommodate hybrid and gravel bikes, with only 4.5 miles to go. In the meantime, don't be afraid to give the Ruby Jack a spin. You might find that you enjoy a slightly more challenging ride.



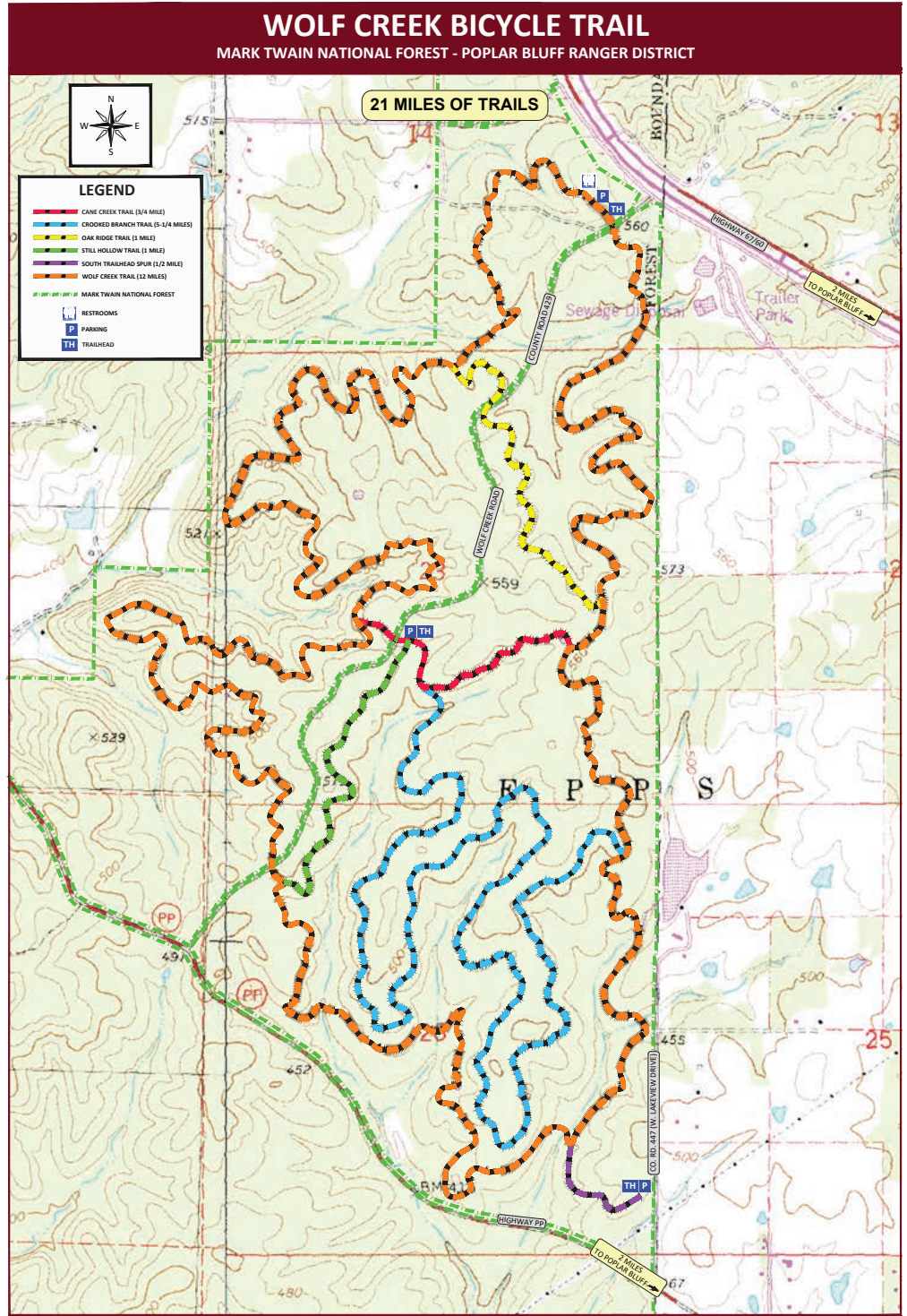
Community	Visitor Center
1 Carthage	402 S. Garrison Ave., Carthage
2 Carl Junction	303 N. Main St., Carl Junction



The Joplin Trails Coalition, in partnership with community support, has helped construct many trails, including the Ruby Jack Trail. Bicyclists enjoy a ride through a canopy of trees on a once-thriving railway now turned trail. *Courtesy Joplin Trails Coalition and Braden Horst*

Wolf Creek Bicycle Trail

21 Miles Perfect for Mountain Biking in Poplar Bluff



For More Information:
Visit ButlerCountyMo.com



Cape LaCroix Trail

4.4 miles 

southeast 



Access Site	Parking	Restrooms	Water
1 Shawnee Park	Yes	Yes	Yes
2 Arena Park	Yes	Yes	Yes
3 Osage Park	Yes	Yes	Yes
4 Cape County North Park	Yes	Yes	Yes

You've heard the saying about clouds and silver linings. When the city of Cape Girardeau decided it needed to control the episodic flooding of Cape LaCroix Creek, a side benefit of the construction project was the creation of an 8-foot-wide, paved recreational path along its length.

The aptly named Cape LaCroix Trail stretches 4.4 miles north-south through the heart of town and allows cyclists—as well as runners, walkers, and skaters—a protected and user-friendly way to get around. Although the mileage isn't considerable, the shaded path has become a pleasant link to four area parks without the need to hop in a car.

On the south end, the route starts at 131-acre Shawnee Park and winds north for a mile to the Brink Street Trailhead and Comfort Station. Another mile on the predominantly flat trail leads to Arena Park, which

includes a free FitZone with eight pieces of outdoor fitness equipment.

Cape Woods Conservation Area, a bit more than a mile away, is a small bottomland forest popular with birders. It has a trailhead, restrooms, and two bridges crossing the creek. The conservation area borders Osage Park and the Cape Splash Family Aquatic Center with towering water slides, a lazy river, and a pirate ship.

Cape LaCroix Trail ends about a mile to the north at Cape County North Park. This public green space is home to Melaina's Magical Playland, featuring brightly colored, whimsical structures that are inclusive for kids of all abilities. The Cape Girardeau Conservation Nature Center is also located in this park. Cape County South Park, just across the road, offers another large play area.

When your ride is over, Cape Girardeau has a wide range of dining and lodging options along with a variety of museums and other attractions to satisfy everyone in your crew—from the Fort D Historic Site to the Missouri Wall of Fame mural to the Isle Casino. Stick around and let the good times roll.



Left: Cape LaCroix Trail's paved path curves through the woods. *Courtesy VisitCape* • Top Right: Add some simple exercises to your ride at the FitZone in Arena Park. *Courtesy City of Cape Girardeau Parks and Recreation* • Bottom Right: The Cape LaCroix Trail is a great ride for cyclists of all ages. *Courtesy VisitCape*

Great Fun on the Greenways

Exploring the St. Louis Region with Great Rivers Greenway



St. Louis is known for the Gateway Arch, Forest Park and the Mighty Mississippi River. But did you also know it's home to a growing network of greenways connecting the region's parks, rivers, cultural landmarks and communities?

In 2000, voters in St. Louis City, St. Louis County and St. Charles County dreamed big by voting for and investing in a dynamic network of greenways. This vote created Great Rivers Greenway, a public agency tasked with building, bringing to life and caring for this planned 600-mile network.

What is a greenway? More than just a trail, greenways are outdoor spaces that connect people and places. No two greenways are alike; some travel through quiet wooded areas, others offer a more urban experience connecting to shopping districts, transit, parks and schools. They meander along rivers, climb bluffs and wind behind neighborhoods and businesses to provide direct connections to the places you want to explore and enjoy. They also reveal hidden views and panoramic vistas you'll never see from behind the wheel of a car.

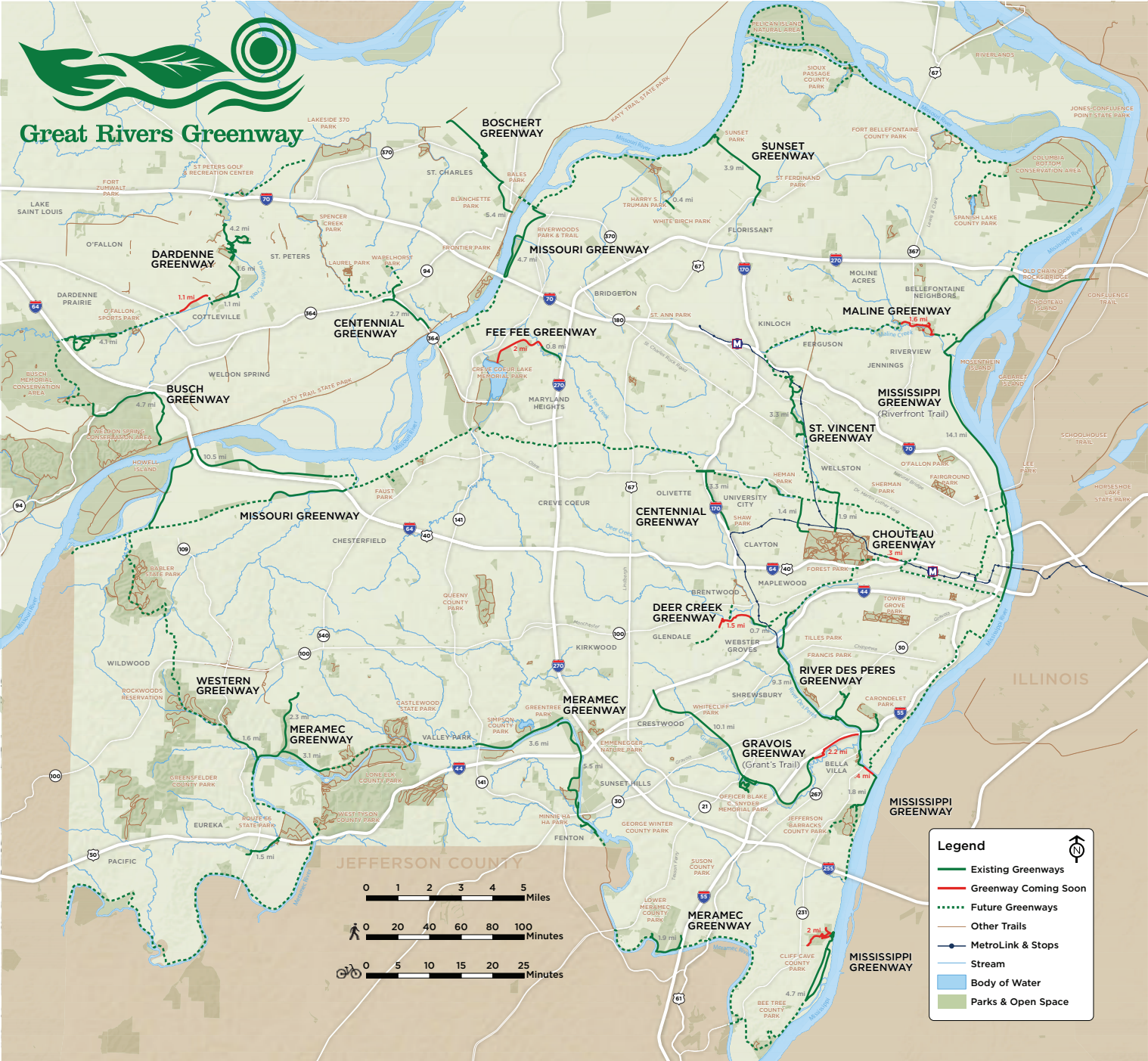
Thanks to the voters' vision and foresight, there are now more than 115 miles of greenways ready for you to visit and experience by bike or on foot. The next time you want to explore the St. Louis region, take a greenway! The journey will be as much fun as the destination.



Come Explore St. Louis City, St. Louis County and St. Charles County Via the Greenways!

It's easy to plan your trip by visiting www.GreatRiversGreenway.org. There are three ways to find greenways; a list, a map and an interactive search feature. You can search by keyword, location, or by selecting detailed search criteria. Some of the options include what you want to see or do (explore history, grill, play); favorite type of trail (paved, hilly or flat) or distance. You can also identify your ideal greenway experience with choices such as shady or sunny, urban or rural or those that offer river views. The website also offers detailed information about upcoming special events, project updates and much more.

Check out a few of the great greenway getaways that await you in St. Louis City, St. Louis County and St. Charles County in the following pages!



Great Fun on the Greenways

Explore the City of St. Louis on the Mississippi Greenway

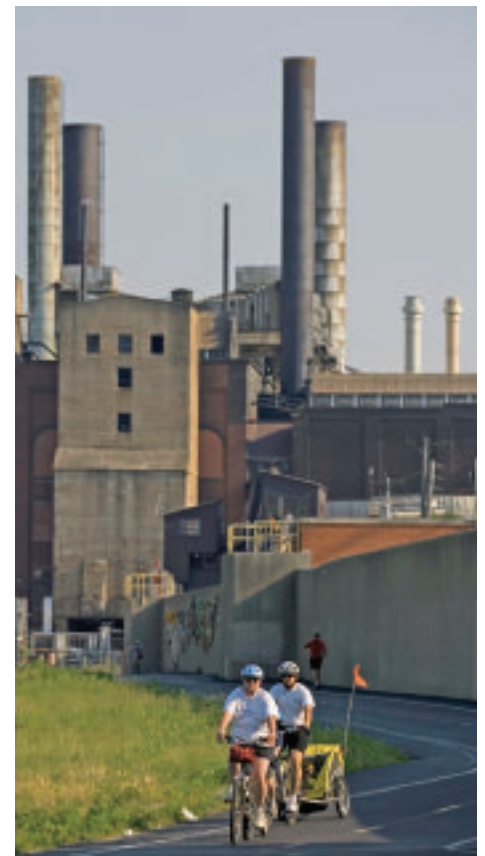
The City of St. Louis stretches westward from the banks of the Mighty Mississippi River. From the iconic Gateway Arch to points north and south, the city is rich with historic sites, entertainment districts, cultural institutions, parks and more. You can take the greenways to explore many of St. Louis' most popular attractions as well as to discover hidden gems sprinkled throughout the city.

If you want to see views of the working riverfront and Mississippi River that even many native St. Louisans have never seen before, a trip along the 12.5-mile **Mississippi Greenway** – commonly known as the Riverfront Trail – from downtown St. Louis to the Old Chain of Rocks Bridge should be part of your travel plans.

At the southern end of the greenway, you'll see the mile-long "Paint St. Louis" Graffiti Wall and its ever-changing, colorful artwork. Start pedaling north and you will quickly find yourself at the foot of St. Louis' most famous landmark – the Gateway Arch. Two sloping pathways link the greenway to this newly renovated and expanded urban national park. Thanks to a \$380 million investment that has transformed the Arch grounds and museum, there are now more than five miles of bicycle and pedestrian paths that make it easier to enjoy this national monument and connect to downtown St. Louis. Spend a few minutes taking in the views of the Arch reflected in the ponds or be sure to visit the new North Gateway and Lewis and Clark Explorer's Garden for Children.

As the greenway continues north, it passes under the Eads Bridge near Laclede's Landing. You'll pass through tiny Rootwad Park, adjacent to the Laclede Power Building. This "pocket park" features the last commissioned set of sculptures by the late Bob Cassilly, a famous St. Louis artist and founder of the beloved City Museum. There's a serpent, a giant turtle and a whimsical bridge adorned with repurposed and upcycled objects.

The Mississippi Greenway offers a front-row seat to the bustling industrial riverfront. As you ride, you'll enjoy close-up views of barge terminals, conveyor belts and rail lines servicing the industry along the river. Further north, the vista widens and you'll be surprised when you suddenly feel like you are in the countryside with the river rolling quietly alongside.





Missouri's first nationally designated Underground Railroad historic site – the Mary Meachum Freedom Crossing – is also along the greenway. Stop to learn more about the bravery of Mary Meachum and the nine slaves who attempted to escape across the river at this location in 1855 to gain their freedom in Illinois. If you are looking for a particularly enjoyable treat, be sure to plan your trip to coincide with the annual Mary Meachum Freedom Crossing Celebration, held each year in early May.

At the end of the greenway, you'll be rewarded by the sight of the historic Old Chain of Rocks Bridge – once part of the "Mother Road" Route 66. Ride your bike across the mile-long bridge rising 60 feet above the Mississippi with its unique 30-degree turn halfway across. Once in Illinois, you can head north and explore the Great River Road toward Alton and beyond. Or, you can turn south on Madison County Transit's Confluence Trail and make your way back toward downtown St. Louis. To complete your loop, you can cross back into Missouri by taking the McKinley Bridge Bikeway – also part of famed Route 66 – across the river to reconnect with the greenway north of the Gateway Arch.



While in the City, be sure to also check out these greenways...

The River des Peres Greenway

The River des Peres Greenway is a wide-open green space that wraps around the River des Peres as it winds its way to the Mississippi River. The greenway has direct connections to the Shrewsbury MetroLink Station, the historic Holly Hills neighborhood and several major intersections that connect to surrounding neighborhoods and shopping districts. It also weaves together multiple parks and green spaces including Fultz Field and Old St. Marcus Cemetery. There is a direct connection to the historic Carondelet Park that boasts a beautiful lake, boathouse, horseshoe pits, walking paths, a recreation center, pool and much more.

St. Vincent Greenway

The St. Vincent Greenway connects the number one city park in America – Forest Park – to one of the top ten streets in America – the Delmar Loop. It parallels the Loop Trolley from the Missouri History Museum in Forest Park to where the paved path turns into Ruth Porter Mall Park. Be sure to allow plenty of time to explore all of the restaurants, cultural institutions, shops and music venues found near this greenway!



Great Fun on the Greenways

Enjoy the Gravois Greenway in St. Louis County



St. Louis County stretches between three rivers; the Mississippi, the Missouri and the Meramec. Greenways make it easier for people to connect to these great rivers, not to mention all the historic sites, parks and other attractions dotting St. Louis County.

As more people use the greenways to exercise or get around town, demand for more mileage is growing. One eagerly anticipated project will connect the Gravois, River des Peres and Mississippi Greenways – creating a 20+ mile route that will link St. Louis City and County in 2019!

There are many reasons why the **Gravois Greenway** – commonly known as Grant's Trail – is the most well-traveled greenway in the region. This former rail line meanders through a densely populated part of the county and connects multiple parks, historic sites, neighborhoods and attractions. You can see everything from a team of Clydesdale horses grazing in their paddock to the home of Civil War General and 18th president of the United States Ulysses S. Grant. Runners, walkers and cyclists of all ages can be found year-round enjoying this ribbon of green space.

The Gravois Greenway is mostly flat and sunny, currently stretching eight miles between the City of Kirkwood and South St. Louis County. Traveling south from the Kirkwood trailhead, you'll quickly find yourself in the middle of two historic sites. The Sappington House Museum is a National Historic Landmark and rarely found example of Federal architecture in Missouri. The house and gardens appear as they did nearly 200 years ago and the house is thought to be the oldest brick home in St. Louis County. Meticulously restored and renovated, you can look back in time to see how the Sappington family lived in the early 1800s. You can also stop and enjoy breakfast or lunch at the Barn Restaurant.



Directly across the greenway is Fr. Dickson Cemetery. It was one of the first public cemeteries available to African Americans in the area and is the final resting place of historical figures and veterans from the Civil War to the Korean War. Brochures are available on site to take a quick walking tour of the cemetery.

Just to the south and on the other side of a white fence parallel to the greenway is another treat waiting to greet visitors – the world famous Anheuser-Busch Clydesdales. Greenway visitors can catch a glimpse of these larger-than-life horses as they frolic in the fields leading to Grant's

Farm, a property once owned by Ulysses S. Grant. The 281-acre property has also served as the ancestral home of the Busch family, former owners of the Anheuser-Busch Brewing Company, and currently exists as a publicly accessible animal reserve. In addition to the iconic Clydesdales, the farm is home to animals from around the world, including buffalo, elephants, camels and kangaroos.

Open April through October, you can take a tram through the park, see animal shows, feed baby goats and enjoy an ice cold beer. Directly across the greenway is The Ulysses S. Grant National Historic Site and historic home "White Haven."

As the route continues, it closely parallels Gravois Creek and passes several parks and wooded areas. You can connect to Blake C. Snyder Memorial Park as well as Union Road County Park. Near the current endpoint of the greenway, you will see a small BMX park that attracts riders of all ages. With so much to see and do along this greenway, you may want to take two days to see it all! Make a reservation at Grant's Cabin Bed & Breakfast on the south end of the greenway near the new trailhead under construction by Orlando's.



Here's another great greenway destination in St. Louis County...

The Sunset Greenway

The Sunset Greenway meanders through North St. Louis County from Historic Old Town Florissant all the way down the bluff to the Missouri River in Sunset Park. Along the way you'll connect to neighborhoods, parks and historic sites such as the Old St. Ferdinand Shrine. In addition to beautiful views of the river, you can walk or ride your bike to enjoy shopping, dining and other businesses housed in charming historic buildings.



Great Fun on the Greenways

Greenway Adventures Await Along the Katy Trail in St. Charles County

St. Charles County has a wealth of conservation areas, trails and parks. It's also home to a long stretch of one of Missouri's most treasured state parks – the Katy Trail. Thanks to the people's investment in greenways, it's easy to get to the Katy Trail and many of these green spaces on foot or bike.

A great way to see St. Charles County's natural beauty is to combine greenways with existing trails for a build-your-own-bike-route adventure. You can cover a lot of miles while enjoying breathtaking river views and wooded areas.

The Busch Greenway

The four-mile **Busch Greenway** links the Katy Trail to the Missouri Department of Conservation's Weldon Spring and Busch Conservation areas. It also connects to the six-mile Hamburg Trail. Altogether, the Busch Greenway and Hamburg and Katy Trails create a 13.1 mile loop. While the Busch Greenway is paved, the Hamburg Trail has a gravel surface and is best explored on a mountain bike.

If you take this route, you'll enjoy gently rolling hills and quiet wooded areas. As you pedal through the Weldon Spring Conservation Area, you'll see heavily forested areas along with wide-open pastures, wetlands, lakes and glades.

It's hard to miss the seven-story Weldon Spring Interpretive Center along the Hamburg Trail. You can take the stairway to the top and enjoy the highest accessible vista in St. Charles County, providing a 360-degree view of the surrounding Howell Prairie that's alive with native plants and pollinators. While there, you can learn more about the fascinating history of the site and its role in World War II and the Cold War.

A quick side-trip will connect you to the August A. Busch Memorial Conservation Area. The route within the conservation area is not paved, but it leads to the Visitor Center, where you can check out all of the recreational opportunities such as fishing, boat rentals, hiking, archery and more.

The Missouri Greenway

The Busch Greenway's connection to the Katy Trail at mile marker 52.1 is a gateway to greenway adventures! Pedal one mile east where you will see a paved cloverleaf that leads up and over the Boone Bridge to St. Louis County. There, you can connect to the **Missouri Greenway: Monarch Chesterfield Levee** and enjoy a sunny, 10.5-mile ride atop the levee. The



greenway connects to two outlet malls in Chesterfield Valley where you are welcome to stop, take a break or grab a bite to eat. It's worth a trip across the bridge just to see the views of the Missouri River.

The Centennial Greenway

If you stay on the Katy Trail and pedal east about nine miles past the Boone Bridge, you'll be able to connect with the **Centennial Greenway** near the Page Avenue Extension Bridge. You can take the path up to the greenway and ride to the St. Charles County Heritage Museum or head over to St. Louis County on a separated bike path on the bridge. There's a bump out in the middle with sweeping views of the river and downtown St. Charles. Jump on the Creve Coeur Connector trail in St. Louis County that will take you to all the trails and attractions in Creve Coeur Lake Memorial Park.



Katy Trail to Historic Old Town St. Charles

Stay on the Katy Trail and keep riding for another 3.5 miles to Main Street in St. Charles – a Nationally Registered Historic District. Walk through the same brick-lined streets where early explorers, pioneers, statesmen and steamboat captains walked 200 years ago. Take your pick of more than 25 restaurants for a quick snack or leisurely meal. Or maybe you just want to grab a carryout and have a picnic in Frontier Park. You can also spend some time exploring the one-of-a-kind shops lining Main Street!

The Boschert Greenway

You can connect to the **Boschert Greenway** from the Katy Trail just past downtown St. Charles where it intersects with Olive Street. Ride on Olive Street for one quarter mile until you reach the entrance to the greenway between 4th and 5th Streets. The four mile Boschert Greenway parallels Mel Wetter Parkway to Fox Hill Park and on to the planned community of New Town. Along the way, you can see a “living wall” of native grasses and the popular bicycle art sculpture called “Blomstre.” Created by Maplewood, Missouri, artist Andrew Andrasko, the 30-foot tall “flower” is made of bike wheels with bike-frame petals.

While in St. Charles County, be sure to also visit...

hundreds of acres of parks as well as neighborhoods, communities, businesses and schools. You can connect to trails in Vantage and Legacy Parks that will take you around two lakes. Along the way you’ll see athletic fields, a dog park and some quiet wooded areas. Be sure to look for the “botanical vignettes” of native species as the greenway crosses the St. Charles Community College campus.



Great Fun on the Greenways

Limestone Bluffs, Amazing River Views and Miniature Train Rides Along the Meramec Greenway



From soaring limestone bluffs, wildflowers in the springtime, and ever-changing views of the Meramec River, the Glencoe to Sherman Beach Park segment of the Meramec Greenway has something for everyone.

This greenway stretches along the Meramec River. At its western end, the trail connects with the Western Greenway that leads to Rockwoods Reservation and more than 12 miles of hiking trails. To its east is Castlewood State Park, chock full of opportunities to connect with the great outdoors. And spurring from the middle of the greenway is the Rock Hollow Trail and nine miles of mountain biking trails that crisscross the bluffs above the river.

There's so much to see and do, we've compiled a list of options so you can build your own adventure in the Meramec Greenway.

Meramec Greenway: Glencoe to Sherman Beach

Also known as the Al Foster Trail, this greenway offers three miles of amazing views of the Meramec River, soaring bluffs and a peaceful journey through a bottomland forest. In the fall, you might find yourself in one of the patches of Paw Paw Trees scattered along the route.

Be sure to stop every so often and listen to the birds sing. The land surrounding this trail has been designated an Important Bird Area by the National Audubon Society. Many songbird and woodland warbler species are drawn to nest and feed in the secluded forest habitat. Look closely and you might see a Pileated Woodpecker, Eastern Phoebe or Belted Kingfisher.

The surface of the trail is made of compacted rock and is easily navigated on a road bike. However, as it nears Castlewood State Park, it transitions from rock to dirt and narrows significantly. Choose your shoes and bike tires accordingly!

Rock Hollow Spur

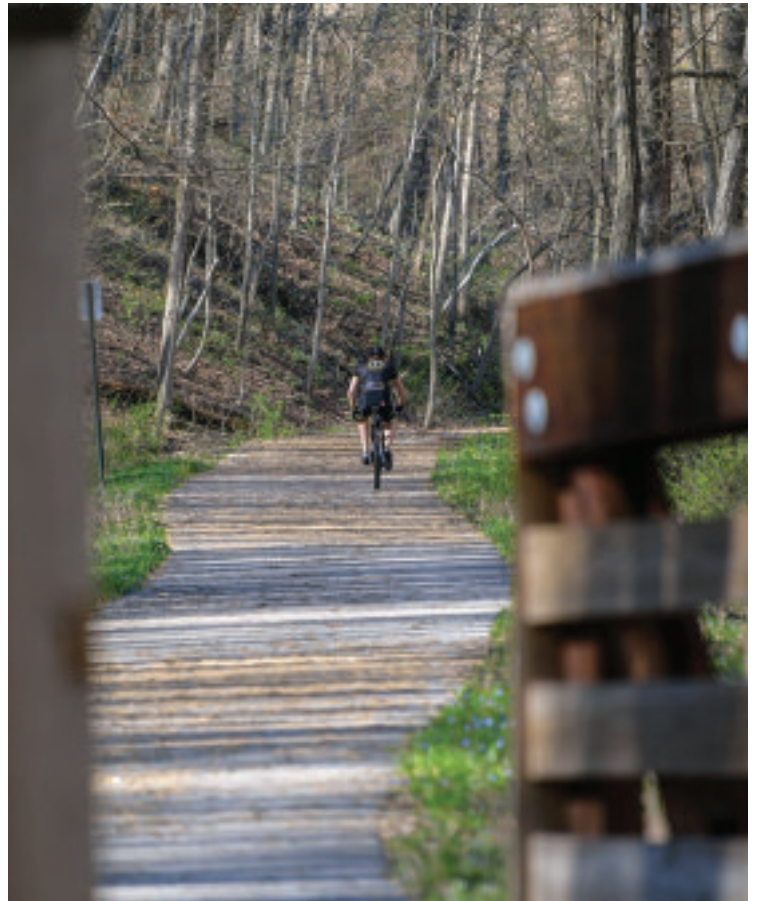
This 2.2-mile paved trail stretches from the peak of a bluff down to the Meramec Greenway along the river. On the way, you'll travel through Rock Hollow – a narrow valley that gradually widens as it approaches the bottomland. In the spring, this part of the greenway is known for colorful wildflowers that appear almost overnight. If you're lucky to visit during the season of spring ephemerals, you'll see thousands of Bluebells, Buttercups, Blue-eyed Mary, and Dutchman's Breeches covering the valley floor.

You may also be greeted by the unexpected sight of a miniature train chugging through the valley – the Wabash, Frisco and Pacific Railroad. This 12-inch gauge, steam railroad is open every Sunday May through October. Climb aboard for a ride that guarantees gorgeous scenery, billowing clouds of steam, and a whistle that will make you feel like a kid again.

Western Greenway: Rockwoods Reservation to Meramec Greenway

The paved Western Greenway extends from Glencoe City Park to Rockwoods Reservation. Along the way, you'll pass by the Historic La Salle Retreat Center sitting high up on a hill. Also known as the Hamilton Carr Trail, the greenway features two underpasses for safer highway crossings: one beneath Old State Road and the other under Highway 109 where it connects to Glencoe Road.

Follow Glencoe Road to the Lime Kiln Trailhead in Rockwoods Reservation. Don't blink or you'll miss the llamas and alpacas that live along this road! Park your bike and take a hike along the trails in Rockwoods Reservation where you will enjoy a wide diversity of plant and animal life as well as springs, caves and unique rock formations.



Great Fun on the Greenways

So Much to See, Try and Learn at the Life Outside Free Festival of the Outdoors

The outdoors...what a great place to be. The sights. The sounds. The smells. The activities.

Whether it is in a park, your yard or even on a greenway, there is no shortage of great ways to enjoy more of your life outside. From biking to hiking, paddling to climbing, stargazing to birding and everything in between, there is an activity for everyone.

And when it comes to outdoor activities, the state of Missouri is quite the paradise. With all of its trails, rivers, parks and green space, there is a wealth of opportunities waiting for anyone who wants to set off on an adventure or new pastime of their own.

But every adventure, no matter how big or small, starts in exactly the same way – *with a first step.*

But that first step can be a very intimidating one filled with many questions. Where do you go? How do you start? Do you need to join a club? What gear do you need? How do you get all that stuff into your car? *Do you really need to wear that?*

Questions like these, especially when combined with the startup costs for getting into any activity, can result in quite a bit of anxiety. Internet sites and YouTube videos can only do so much, and the information overload that they provide is often more of a hindrance than a help.

To make things a bit easier, Great Rivers Greenway created the **Life Outside** free festival of the outdoors.

Held each year in June, the one-day festival provides an opportunity for people to see, try and learn about a wide variety of outdoor activities – free of charge.



With the help of partners from throughout the St. Louis region, Life Outside provides a chance to connect with the outdoor community. You can meet with representatives from outdoor organizations, vendors and clubs and learn directly from the experts. Questions can be answered. Information can be exchanged. Friendships can be forged. Plans can be made.





You can also try out many activities while at Life Outside to see first-hand if it is something you might want to pursue further on your own. Want to give stand-up paddleboarding a try? You can do that. Interested in climbing a tree? Check! Thinking birdwatching might be fun? Got you covered. Want to give yoga a go? You are covered!

The list doesn't end there! Other activities include kayaking, nature hikes, mountain biking, camping, outdoor classes, gardening, rock climbing, wildlife education, astronomy, canoeing and hammock demos. Plus, there will be live music and food trucks on site for your further enjoyment. There is something at Life Outside for everyone!

Held at Creve Coeur Lake Memorial Park, the event is easily accessible by bike from the Katy Trail. Just take the Creve Coeur Park Connector Trail that crosses the Missouri River along the Pave Avenue Bridge. Bike valet services are available at the event, so come out, park your bike and enjoy a day of seeing, trying and learning everything Life Outside has to offer!

JOIN US AT LIFE OUTSIDE!

Saturday, June 9, 2018 | 10am-4pm

Creve Coeur Lake Memorial Park

Learn more at:

www.LiveLifeOutside.org



Great Fun on the Greenways

Creating Healthy Habitats Along the Greenways

In addition to working to provide new transportation and recreation opportunities, Great Rivers Greenway also strives to protect and enhance native habitats and watersheds throughout the St. Louis region. When watersheds are healthy and functioning well, they recycle nutrients, absorb and filter rain water, recharge rivers and streams, provide clean air, water, food and habitat for animals and people and much more.

Since the organization's founding, conservation has been fundamental to Great Rivers Greenway's mission and work – including the construction of the greenways themselves.

Most of the greenways in the St. Louis region are constructed along waterways, setting aside the corridors nearest to rivers, creeks and streams for open space. Great Rivers Greenway sees this as the best use of this land, as it reduces the risks and costs – both in financial and environmental terms – of flood damage to other development.

To lessen the impact of the greenways themselves, Great Rivers Greenway implements a variety of management practices during trail construction, including the installation of rain gardens along new greenways. These gardens feature layers of specially chosen soils, sand and gravel, combined with hearty native plants. Together, these resources create beautiful spaces that are specially engineered to slow water runoff

during heavy rains while also filtering out harmful pollutants.

As an added benefit, the plants chosen for these kinds of gardens are typically native to Missouri, and are well acclimated to the region's various temperature conditions. In 2017, Great Rivers Greenway – with the help of volunteers and partner organizations – planted 1,087 native plants and shrubs along greenways throughout the region. These native plants provide incredible benefits to the wildlife in the region as they provide a valuable resource to the region's native pollinators. Bees, butterflies and birds love these native plants, bringing additional life to the greenways, further strengthening surrounding ecosystems.

In addition to the various plantings along the greenways, Great Rivers Greenway has also been working to convert a 34-acre site along the Dardenne Greenway into a wildflower prairie. This former sod farm, which provided minimal benefit to the area's native ecology, is being replaced with a field of native Missouri plants. While it will take a few years to fully establish, this prairie will provide great benefits to the region as it will provide valuable resources to wildlife. Plants chosen for this prairie also have deep root systems, require minimal care and are well acclimated to the extremes of the region's weather – which can range from extreme drought

to flooding often within a single year.

Beyond planting new plants, Great Rivers Greenway also works with partners to remove invasive plant species – like Bush Honeysuckle – that do far more harm than good to the region's ecology. Not to be confused with Missouri's native twining honeysuckle vines, the invasive East Asian species was originally introduced for landscaping and erosion control. Unfortunately, this non-native plant not only enables erosion, but also leaves a wake of ecological destruction in its path.

To that end, Great Rivers Greenway works with a variety of partners and volunteers to remove Bush Honeysuckle from the stream banks along the greenways, replacing it with native trees and plants, adding healthy green space to watersheds.

Great Rivers Greenway also works with partners to clean the region's waterways. Last year, volunteers removed over 2,700 tires from rivers and creeks throughout the St. Louis region and hauled out 106 tons of trash – that's about the weight of an average blue whale!

While that is quite an accomplishment, there is always more work to be done to help make the St. Louis region a more vibrant place to live, work and play. Great Rivers Greenway will continue to do its part to improve the quality of life for all by creating and restoring healthy habitats.



Support the Work of Great Rivers Greenway by Becoming a Greenway Friend!

Great Rivers Greenway makes the St. Louis region a more vibrant place to live, work and play by developing a network of greenways to connect people to their rivers, parks and communities. You can help us achieve this mission by becoming a Greenway Friend!

As a Greenway Friend, you will be part of a community that champions the work of Great Rivers Greenway. Your membership will help build new greenways, providing more access for people to connect with nature and each other, explore the region and live life outside.

You will also be supporting events and programs, like the Life Outside free festival of the outdoors, that bring the greenways to life.

Your membership will also provide for conservation projects that improve the quality of life for all by creating and restoring healthy habitats and engaging people to take care of our region's watersheds.

Become a Greenway Friend today and leave a legacy for tomorrow!

Greenway FRIENDS

TO LEARN MORE, VISIT:

www.GreenwayFriends.org

We look forward to seeing you out on the greenways!

To plan your trip – and to also learn about our projects, programs and conservation activities – go to: www.GreatRiversGreenway.org



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So what are you waiting for? We want to see your special moments! Tag us on social media by using the hashtag #MissouriLifeMoment, and/or email your photo to photos@missourilife.com for consideration.

Submission Requirements: Up to 10 photos per person allowed. Must include caption with names, if applicable. Contest ends October 1, 2018.



NATURE

FOOD & DRINK

LIFESTYLE

FUN

CONTEST RULES Photos must be original, taken by the person who submits it, and taken in Missouri. Photos may be edited but not substantially altered. Readers may submit up to 10 photos, but each must be sent in a separate email or in a separate social media post. Any subjects identifiable in the photos must have given permission for the photo to be submitted to the contest. *Missouri Life* staff reserves the right to exclude any photo from the contest. Submitting a photo to the contest grants Missouri Life Media, Inc., a royalty-free, nonexclusive, noncancelable copyright license to print, publish, display, perform, reproduce, and use all forms, works and derivative works of their work assigned by *Missouri Life*, which the licensor warrants is original and which *Missouri Life* will have the right to publish first.

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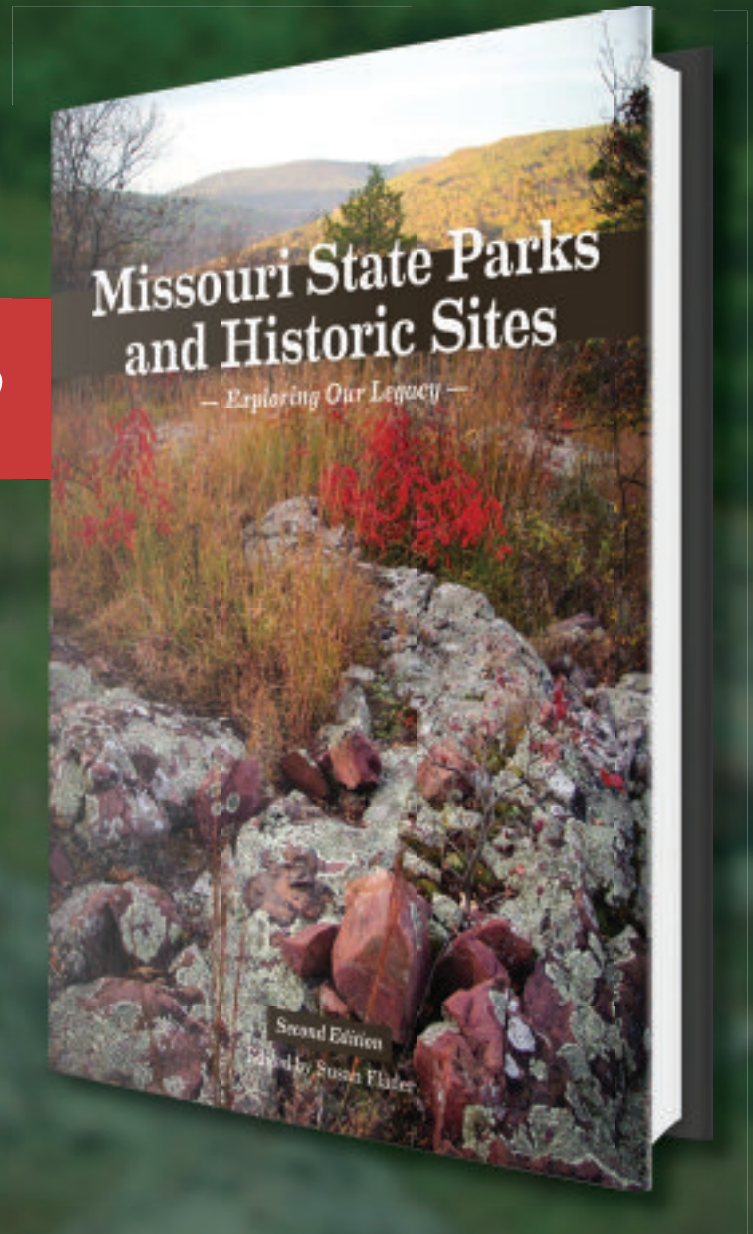
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Biking Safety

Tips on Good Practices and Bad Weather

Follow Missouri laws while on public roads



When making a left turn, watch not only for oncoming traffic but also for traffic from behind that might be attempting to pass you. Use all proper hand signals when turning right or left or slowing or stopping.

Make sure you carry water and have the right equipment and gear for a long, summertime ride.



Be mindful of traffic coming from adjacent roads because drivers may have difficulty seeing you. Even when you have the right-of-way, be aware that you might not be seen.

Law enforcement may write tickets if you ride illegally, and your bike may be impounded. If your bike is impounded, you may need proof of ownership to recover it.

Don't count on cell service all along the routes. There may be gaps in coverage.



Always carry an ID and insurance information.



Ride to the right side of your lane.



Use reflective tape or lights on your bike and on bags that might cover up any attached bike reflectors.

Use a flashing rear light in rainy or dark conditions.

What to Do if You Are Caught in the Open During a **Tornado**



1. Find shelter in the nearest sturdy building.
2. Do not try to outrun a tornado.
3. Avoid areas with a lot of trees.
4. Stay away from overpasses or bridges.
5. Lie down in the lowest place you can find—typically a ditch is the best option. Lie flat on your front, with your face toward the ground and cover your head with your arms.
6. Avoid power lines and puddles with power lines nearby, or downed power lines.
7. Keep your group together and wait for emergency personnel to arrive if needed.
8. Remain calm and listen for instructions from emergency personnel if they are on the scene.

What to Do if You Are Caught Outside in a **Thunderstorm**



1. If you hear thunder, find the closest shelter. If none is in sight, get to the lowest elevation available.
2. Avoid puddles and areas close to water.
3. Stay away from isolated structures such as trees, fences, and telephone poles.
4. Put distance between your metal bike and yourself.
5. If you are with many people, spread out! Keep a distance of at least 50 to 100 feet between each person.
6. Get in the "lightning crouch" position. Assume a squatting position, with your head tucked toward your chest or in between your knees. Do not lie down on the ground as this is more surface area for lightning to strike.
7. Close your eyes and cover your ears.

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