Welcome

Columbia Parks and Recreation invites you to explore and enjoy the Columbia Trail System! With more than 50 miles of trails, Columbia has plenty to offer trail users of all types and abilities. The trail system connects to the state-wide Katy Trail, the longest developed rail-trail in the nation.

The Columbia Trail System features a variety of trails in different settings -parks, nature sanctuaries, along creeks and through wooded areas - with a variety of trail surfaces for runners, walkers and bicyclists. Amenities along the trails, such as water fountains, restrooms, and bike repair stations, are provided to make your journey easier. You can find the location of these amenities on the trails map.

Trails have long been important to the quality of life for Columbians. In a city-wide citizen survey, it was found that 70 percent of Columbia households use the trail system! In fact, this love of trails extends outside Columbia's borders—the State of Missouri in 2013 was named the "Best Trails State" by American Trails, a national, nonprofit organization working on behalf of the nation's hiking, biking and riding trails. Columbia Parks and Recreation is proud to contribute to this designation.

Contact Us

Columbia Parks and Recreation
#1 South 7th St.
Columbia, MO 65201
573-874-7460
www.GoColumbiaMo.com

Follow us at
CoMoParksandRec

Hosting a Trail Event

Groups interested in holding a special event on the City's trails, such as a bike ride or 5k run, are required to complete a Park Special Use Application, which can be found on the department's web site. Groups are strongly encouraged to submit their application in a timely manner to secure their event.

As a recipient of federal funds from the U.S. Department of Interior, Columbia Parks and Recreation operates programs subject to the nondiscrimination requirements of Title VI of the 1964 Civil Rights Act under Title VI; the U.S. Department of Interior strictly prohibits discrimination because of race, color, or national origin in its federally assisted programs. This Department is also committed in both policy and practice to enforce and implement all required provisions of the Americans with Disabilities Act.

pr 4/15

Trail Guide & Map

Columbia, Missouri

COLUMBIA TRAIL SYSTEM

Connecting Community

Destination Trails

Destination trails are designed to connect people to where they work, shop, go to school, and play, as well as for fitness and recreation. These trails generally run along creek corridors where possible, making the journey close to nature and scenic. Various trailheads provide parking and restrooms.

MKT Trail — 8.9 miles
The backbone of Columbia's ever-expanding trail system is the popular 8.9-mile MKT Trail. This 10-foot-wide, crushed limestone surface trail built on the old railbed of the MKT railroad begins in downtown Columbia in Flat Branch Park and connects with the 240-mile cross-state Katy Trail. The MKT Trail routes through beautiful landscapes, including wooded hillsides and attractive rock formations, with various trailside attractions along the way. Three trailheads offer parking, restrooms and picnic areas.

MKT Trail History

The Missouri-Kansas-Texas Railway (also known as "Katy") added a branch line in 1901 from the main line at McBaine to the prosperous college town of Columbia, County seat of Boone County. In 1977 the Katy Railway abandoned the rail right-of-way. Columbia Parks and Recreation applied for and received a $240,000 grant from the Railroad Revitalization and Regulatory Reform Act, U.S. Dept. of Interior in 1978. The MKT Trail was one of the first ten rails-to-trails pilot projects in the U.S.

The City of Columbia purchased the quit-claim deed from the railroad, which only owned about 25% of the right-of-way needed for the trail development. The rest was acquired from individual landowners. The City developed the trail from the intersection of Fourth and Cherry Streets to Scott Boulevard in three phases, opening the first phase in 1982 and completing the third phase in 1991. The County of Boone developed the section of trail between Scott Boulevard and Hindman Junction.

Hinkson Creek Trail/MU Recreation Trail — 4.25 miles
Hinkson Creek Trail is a scenic limestone trail that connects Grindstone Nature Area to the MKT Trail. Columbia Parks and Recreation manages 2.0 miles of the trail beginning at Grindstone Nature Area, through Capen Park, and connecting to the Hinkson Creek Recreation Area on the University of Missouri Campus. The University of Missouri manages 2.25 miles of the trail extending west from the City's portion of the Hinkson Creek Trail to the MKT Trail.

County House Trail — 2.0 miles
County House Trail extends from Stadium Blvd. at College Park Drive to the MKT Trail at Twin Lakes Recreation Area. The 8-foot-wide concrete trail winds through a number of neighborhoods, recreation areas and under two major roadways. The trail enables a large residential population north of Chapel Hill Road and north of Stadium Blvd. to enjoy a recreational commute to the MKT Trail or to the dog park, aquatic facility, fishing lake, picnic shelter, and playground at Twin Lakes Recreation Area.

Bear Creek Trail — 4.8 miles
The Bear Creek Trail is located in northern Columbia and links two of the city's most popular parks, the Columbia Cosmopolitan Recreation Area (Cosmo Park) on Columbia's west side and the Albert-Oakland Park to the east. This wide, limestone trail follows the natural drainage system of Bear Creek and includes a 450-foot boardwalk built on the face of a steep hillside overlooking the Bear Creek.

Scott's Branch Trail — 1.3 miles
Located in west-central Columbia, the Scott's Branch Trail is a multi-use trail that travels through the heart of Bonnie View Nature Sanctuary. The 1.3-mile paved trail winds through rolling farmland, with a wooded view of Scott's Branch Creek from the boardwalk. Dogs are not allowed on the portion of the trail that goes through the Audubon Nature Sanctuary. The trailhead at Bonnie View Nature Sanctuary provides a reservable pavilion, parking, restrooms and easy access to the 0.3 mile Prairie Education Trail. The Scott Boulevard pedway provides off-road access to the 8.9-mile MKT Trail.

South Providence Trail — 1.7 miles
This concrete trail runs along Providence Road from Old Plank Road to Green Meadows Road. By use of the crosswalk at Providence and Old Plank Road, trail users can commute from Rock Bridge Elementary School to Green Meadows Road.

Grindstone Creek Trail* — 1.75 miles
True to its name, this concrete trail will follow Grindstone Creek as it travels from Grindstone Nature Area to Maguire Blvd., connecting southeast residents to the Columbia Trail System. This trail goes through the wooded, 116-acre Waters-Moss Memorial Wildlife Area and meets Hinkson Creek Trail on the east side of Grindstone Nature Area.

** Under construction in 2015*

Hominy Creek Trail — 2.3 miles
Phase I of the Hominy Creek Trail is a 1.2 mile section that begins at Green Valley Drive (near Stephens Lake Park) and runs along the Hominy Creek to near Lansing Avenue (near Woodridge Park). This trail section passes under Highway 63, and East Broadway/Route WW, and provides access to WW, St. Charles/ Richland Roads and Lansing Avenue. Phase II of the trail is 1.1 miles and continues from the terminus near Lansing, following Hominy Branch where it passes under I-70 to Ballenger Lane.

**Phase II construction in 2015*

Park Trails

Trails are a prominent feature in many of Columbia's parks, providing a great venue for exercise. Columbia's park system provides a variety of trail surfaces, distances, landscapes, and attractions.

Community and Regional Park Trails

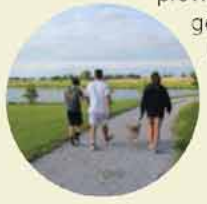
Listed below are the trails at community and regional parks, which are typically 15 acres or more and provide parking and restrooms.

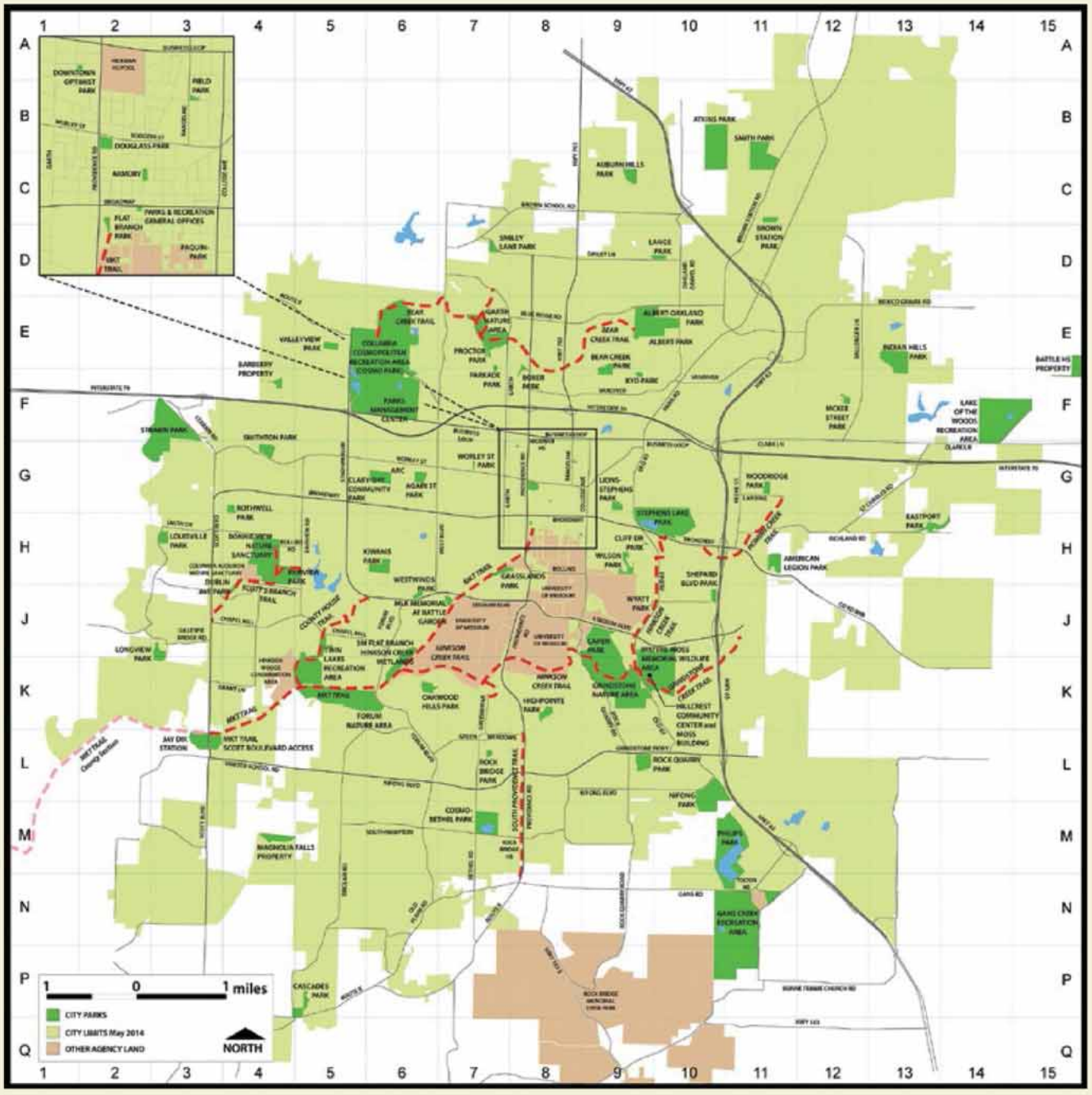
- **Albert-Oakland Trail & Fitness Circuit** – 1 mile, concrete, E-9
- **Cosmo Fitness Trail** – 1.25 miles, asphalt, E-6
- **Cosmo Nature Trail** – 1.3 miles, dirt, E-6
- **Cosmo-Bethel Lake Trail** – 0.46 mile, limestone, M-7
- **Fairview Nature Trail** – 0.50 mile, dirt, H-4
- **Gans Trail*** – 2.0 miles, gravel, N-10
- **Indian Hills Trail** – 1.0 mile, limestone, E-13
- **Kiwanis Nature Trail** – 0.86 mile, dirt, H-6
- **Philips Lake Trail** – 1.44 miles, limestone, M-10
- **Rock Quarry Trail** – 0.6 mile, limestone, L-9
- **Stephens Lake Trail** – 0.6 mile, concrete, H-10
- **Stephens Perimeter Trail** – 1.7 miles, concrete, H-10

**Under construction in 2015*

Neighborhood Park Trails

Neighborhood parks are typically 5-10 acres and are designed to be within walking distance of surrounding neighborhoods, providing a convenient way for park users to get exercise on a trail near their home. Information about Columbia's many neighborhood park trails can be found on-line at ***www.GoColumbiaMO.com***.





Nature Area Trails

Columbia Parks and Recreation has preserved hundreds of acres of natural areas. Park users can enjoy viewing flora and fauna as they traverse these nature area trails. In fact, the 3M Wetlands is listed as one of the "hotspots" in Missouri for bird sightings, with over 140 species documented there!

- **3M Wetland Trails** — 1.25 miles, gravel, J-6
  Features: wetlands , educational signage, bird watching hot spot
- **Bonnie View Prairie Trail** — 0.3 mile, concrete H-4
  Features: prairie, woodland, and creek
- **Bonnie View Nature Trail** — 0.9 mile, H-4
  Features: big bur oak trees, paw paw groves, and creek
- **Capen Nature Trail** — 0.2 mile, dirt, J-9
  Features: bluffs, glades, prairie, woodland and creek
- **Forum Wetland Trails** — 1.8 miles, limestone, K-5
  Features: wetlands and woodland
- **Garth Wetland Trails** — 1.6 miles, limestone, E-7
  Features: wetlands and creek
- **Grindstone Nature Trails** — 5.2 miles, dirt, K-9
  Features: upland woods, prairie, and creeks

Mountain Bike Trails

Rhett's Run

Rhett's Run is a 4.1-mile trail network is comprised of tight, twisty turns, technical rocky sections, "quad-melting" hills and narrow gaps between trees. Two miles of this challenging mountain bike course were designed by the 1996 Olympics key course designers and are considered Columbia's crown jewel of mountain biking. According to Bicycling magazine, "Rhett's Run will test the most fit cross country riders."

Location: Cosmo Park, 1615 Business Loop 70 West (three miles north of downtown Columbia)

Jay Dix Station Mountain Bike Skills Course

Jay Dix mountain bike skills course is a short, beginner to intermediate level modular loop course adjacent to the MKT Trail. The prefabricated course provides a variety of low-lying features designed to teach slow-riding technical and balance skills.

Location: Jay Dix Station, 3775 S. Scott Blvd.

Safety Guidelines & Trail Etiquette

Help make trails safe and enjoyable for everyone by following these guidelines:

- Keep right, pass on the left, move off the trail when stopping.
- Be courteous, yield appropriately, announce your approach. Bicyclists traveling downhill should yield to uphill traffic.
- Be predictable, use hand signals, equip bikes with a white front light and red taillight for travel before dawn and after dusk.
- Be respectful of private property.
- Bike helmets are required for persons fifteen (15) years of age and younger. *(City Ord. 14-509)*
- Dogs must be on a leash and reined in to within four (4) feet. Dog handlers must clean up after their dogs and dispose of dog waste in a sanitary manner. *(City Ord. 17-143)*
- Trail hours: 6am-11pm.

Prohibited Activities

- Motorized equipment is prohibited, except: official and emergency vehicles, powered mobility devices for persons with disabilities, and pedal-assisted bicycles.
- Trail users may not disturb or remove any plants, animals or other property. *(City Ord. 17-52)*
- Other prohibited activities include: camping, trapping, horseback riding, hunting, and advertising.

Emergency Numbers

- For trail emergencies, dial 911.
- Park Rangers can be contacted via the non-emergency police number at (573) 442-6131.
- Report trail maintenance items on line at ***www.GoColumbiaMo.com*** (search: "report problems") or call (573) 874-7201.

COLUMBIA TRAIL SYSTEM

Connecting Community

BEAR CREEK TRAIL

BEAR CREEK TRAIL

HOMINY CREEK TRAIL
Phase II - Under Const. 2015

HOMINY CREEK TRAIL

SCOTT'S BRANCH TRAIL

COUNTY HOUSE TRAIL

MKT TRAIL

MKT TRAIL

MKT TRAIL

MU REC TRAIL

HINKSON CREEK TR.

GRINDSTONE CREEK TRAIL
Under Construction 2015

S. PROVIDENCE TRAIL

SMILEY LANE PARK
LANGE PARK
BROWN STATION PARK
GARTH NATURE AREA
ALBERT-OAKLAND PARK
ALBERT PARK
VALLEYVIEW PARK
RHETT'S RUN MOUNTAIN BIKE TRAIL
PROCTOR PARK
COLUMBIA COSMOPOLITAN RECREATION AREA (COSMO PARK)
BARBERRY PARK
PARKADE PARK
BOXER PARK
BEAR CREEK PARK
KYD PARK
INDIAN HILLS PARK
MCKEE STREET PARK
LAKE OF THE WOODS RECREATION AREA
STRAWN PARK
SMITHTON PARK
MU NORTH CAMPUS
WORLEY ST PARK
DOUGLASS PARK
COLUMBIA COLLEGE
ARC
CLARY-SHY COMMUNITY PARK
AGAIN ST PARK
LIONS-STEPHENS PARK
WOODRIDGE PARK
THE DISTRICT
STEPHENS COLLEGE
STEPHENS LAKE PARK
FLAT BRANCH PARK
CLIFF DRIVE PARK
EASTPORT PARK
ROTHWELL PARK
BONNIE VIEW NATURE SANCTUARY
LOUISVILLE PARK
FAIRVIEW PARK
KIWANIS PARK
DUBLIN PARK
WESTWINDS PARK
GRASSLANDS PARK
WILSON PARK
AMERICAN LEGION PARK
WYATT PARK
SHEPARD BOULEVARD PARK
MLK MEMORIAL AT BATTLE GARDEN
LONGVIEW PARK
TWIN LAKES RECREATION AREA
3M FLAT BRANCH HINKSON CREEK WETLANDS
HINKSON WOODS CONSERVATION AREA
CAPEN PARK
WATERS-MOSS MEMORIAL WILDLIFE AREA
HILLCREST COMMUNITY CENTER AND MOSS BUILDING
OAKWOOD HILLS PARK
FORUM NATURE AREA
GRINDSTONE NATURE AREA
HIGHPOINTE PARK
ROCK BRIDGE NEIGHBORHOOD PARK
ROCK QUARRY PARK
NIFONG PARK
PHILIPS PARK
COSMO-BETHEL PARK
MAGNOLIA FALLS PROPERTY
JAY DIX STATION

to Katy Trail State Park
240-mile Cross-State Trail

DESTINATION TRAIL LEGEND

- Under Construction 2015
- Hard Surface Trail
- Gravel Surface Trail
- Pedways
- P Parking/Trailhead
- Bike Repair Station
- U Underpass
- Restroom
- Parks & Rec. Facility

Download the Go CoMo Trails mobile app! Available on iTunes and Google Play.

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