Welcome

The Department of Parks & Recreation is committed to improving our community’s health, stability, beauty, and quality of life by providing outstanding parks, trails, recreational facilities, and leisure opportunities for all Columbia citizens.

Parks and Recreation operates and maintains over 3,000 acres of park land, 80 parks and recreation facilities, and over 50 miles of trails to serve the community. The Park Sales Tax is the main funding source for acquiring and developing new park land, as well as renovating and enhancing existing facilities.

You are invited to visit and enjoy the many diverse parks, trails, and recreation facilities offered in Columbia, Missouri!

Contact Us

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#1 South 7th St.
Columbia, MO 65201
573-874-7460
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Follow us at
CoMoParksandRec

Columbia
Parks and Recreation
Creating Community

This program receives Federal funds from the National Park Service. Regulations of the United States Department of the Interior (address, below) strictly prohibit unlawful discrimination in departmental federally assisted programs on the basis of race, color, national origin, age, and handicap.

Director, Equal Opportunity Programs,
U.S. Department of the Interior
National Park Service
P.O. Box 37127
Washington, D.C. 20013-7127

Creating Community through
People, Parks & Programs!
Features

**Columbia Cosmopolitan Recreation Area**, also known as Cosmo Park, is Columbia's largest park at 533 acres. Cosmo Park is renowned for its quality athletic facilities, including Antimi Sports Complex; Rainbow Softball Center; 8-court lighted tennis complex; and lacrosse, football and soccer fields. The park's athletic complexes bring many visitors to Columbia as they are hosts to the Show Me State Games, as well as state and regional tournaments. The park also is home to Columbia Skate Park – a 28,000-square-foot free skateboarding facility, reservable picnic shelters, Rhett's Run Mountain Bike Trail, and the largest playground in Columbia's park system.

The **Activity & Recreation Center**, known as the ARC, is Columbia's popular fitness center and place to exercise and have fun. This 73,000 square-foot facility located in Clary-Shy Park has an indoor leisure pool, gymnasium, strength training equipment and weights, cardio equipment, indoor track, group exercise class, and much more!

**Stephens Lake Park** is one of Columbia's most scenic parks with its 11-acre fishing and swimming lake, island and boardwalk, waterfalls, and mature trees. Its reservable outdoor amphitheater is a community gathering place for concerts, shows, and events. This centrally-located park also offers reservable picnic shelters and indoor pavilion, trails, playgrounds, climbing wall, and even an art sculpture. The free swimming beach and spraygrounds are open from May 1 to September 30.

**Flat Branch Park** features areas of beautiful greenspace spread across two blocks in downtown Columbia. The park is the home of many community events and festivals and features spraygrounds, gazebo, playground, art sculpture, and is the trailhead of the MKT Trail.

Trails

Columbia has a vast trail system with more than 50 miles of trails to encourage active, healthy lifestyles by walking, jogging, and biking. Trails are located in neighborhood and community parks, along greenbelts, and in nature and wetland areas. Columbia's destination trails are:

- Bear Creek Trail
- County House Trail
- Grindstone Creek Trail
- Hinkson Creek Trail*
- Hominy Creek Trail
- MKT Trail
- Scott's Branch Trail
- South Providence Trail

Nature Areas

**Grindstone Nature Area, Capen Park, Forum Nature Area, BonnieView Nature Sanctuary, and Earth Nature Area** are beautiful places for nature lovers to enjoy the outdoors with trails and natural, preserved greenspaces.

Outdoor Aquatic Facilities

A variety of aquatic facilities are available to serve Columbia citizens. General operating season is between Memorial Day and Labor Day.

- Albert-Oakland Family Aquatic Center
- Douglass Family Aquatic Center and Spraygrounds
- Little Mates Cove at Twin Lakes Recreation Area
- Lake of the Woods Pool
- Stephens Lake Swimming Beach and Spraygrounds
- Flat Branch Spraygrounds

Golf Courses

**Lake of the Woods and L.A. Nickell Golf Courses** are 18-hole public courses that offer challenging golf to all skill levels at a great price. With three sets of tees, sand traps, mature trees, large zoysia fairways, bentgrass greens, lakes, golf cart paths, and tee to green watering systems, these attractive courses are open year-round, weather permitting. Nickell also features a driving range. To schedule a tee time, log on to GoGolfFLAN.com or GoGolfLOW.com. Free mobile applications in Android and Apple formats are available for both golf courses.