Castlewood State Park

AL FOSTER TRAIL

Al Foster Trail is a gravel-based trail with little or no gradient converted from an abandoned railroad bed. The trail follows the river from the town of Glencoe west to Sherman Beach parking area then turns to the north then west again through Sherman Beach County Park to a native soil surface that dead ends at the Meramec River in Castlewood State Park.

The first 3.5 miles of trail from Glencoe to Sherman, is constructed of compacted rock, eight feet wide. The trail follows the original route of the Pacific Railroad, constructed in 1854. The trail passes through the remains of an old gravel plant complete with sunken barge in the river before skirting the bottom of the Palisade Bluffs. As Al Foster Trail enters the state park, the trail surface goes from gravel to dirt and the width narrows significantly, allowing for a wilder, more natural experience. Here, the trail goes through forested bottomland until reaching the Meramec River and a junction with Stinging Nettle Trail.

Return to the trailhead by retracing steps back along Al Foster Trail or return via Stinging Nettle Trail. To shorten or enhance one's hike, white connectors 8, 9 and 10 are available. These are marked with white blazes.

The trail is a joint project of Missouri State Parks, the City of Wildwood, St. Louis County Parks and Recreation and The Great Rivers Greenway. Trailheads are located at Glencoe (managed by the City of Wildwood) and Sherman Beach County Park (managed by St. Louis County Parks and Recreation). The trail is maintained by Missouri State Parks.

Distance: 4.7 Miles

Uses:

Hiking 🚶

Hardened Surface Biking 🚴

Mountain Biking 🚵

Blazes:

Green ▬▬

Class: Linear

Surface Type: Natural

Trail Rating: Moderate

Estimated Hiking Time: 3 Hours, 29 Minutes

Trailhead & GPS Location:
38.53565, -90.58845

Elevation profile is not available

You may experience:

2) Natural Surface-dirt/mud/gravel, shifting rock, slippery surface, etc.

3) Rocks, roots and/or downed vegetation on trail

10) Water/stream crossings without bridges

13) Emergency response signs

MISSOURI STATE PARKS

Legend

▬	RED
▬	ORANGE
▬	YELLOW
▬	GREEN
▬	BLUE
▬	BROWN
▭	WHITE CONNECTOR
▬	SHARED TREAD

——	NATURAL
═══	GRAVEL
○○○	PAVED
~~	WATER
‖‖‖	BOARDWALK

❶ Slippery conditions and/or downed vegetation

❷ Natural surface: dirt, mud, gravel, shifting rocks, slippery surface, etc.

❸ Rocks, roots and/or downed vegetation on trail

❹ Low-hanging vegetation

❺ Physically challenging obstacles

❻ Wood or stone steps

❼ Steep grades and inclines over 10%

❽ Bluffs or drop-offs next to trail

❾ Bridges and/or structural crossings

❿ Water/stream crossings without bridges

⓫ Occasional water over trail

⓬ Road/Highway crossing

⓭ Emergency response signs

⓮ Narrow passages

⓯ Raised or protruding obstacles

⓰ Electric fence crossings

⓱ Bison/elk

⓲ Rapidly changing weather conditions

⓳ Motorized boat traffic

⓴ Unexpected waves

㉑ Changing water levels

㉒ Surface or submerged objects

TRAIL BLAZE COLORS & SURFACE TYPES

The maps on this website indicate the blaze colors for each trail. If more than one trail shares tread, that portion of the trail is identified by more than one color. The surface type of a trail is indicated on the maps generated by this website by a pattern overlapping the blaze color of the trail.

TRAIL TYPE – Loop, Multi-loop, One Way, System or Multi-section

A **loop** trail is one that will return you to the trailhead. **Multi-loop** trails offer two or more separate loops, ex. a trail having a north and south loop. A **one-way** trail takes you from the trailhead to the farthest point on the trail and you will have to retrace your steps to return to the trailhead. If you plan to return to your starting point on a one-way trail, you will have to double the distance to calculate your estimated mileage and/or hiking time.

A **trail system** is a series of interconnected trails that allow you to chose your own route.

A **Multi-section** trail offers two or more separate sections, ex. Katy Trail State Park, and distances are shown both for the entire trail and the sections.

YOU MAY EXPERIENCE

These conditions are all things you may encounter while on a Missouri state parks trail. Trailhead signs at the start of each trail also indicate which conditions exist on that trail.

ESTIMATED HIKING TIME

The estimated hiking time was determined by considering the average user's speed and the conditions that might be experienced on a specific trail. Your speed may be slower or faster than the time listed.

GPS COORDINATES

There are several methods of communicating GPS coordinates. Most GPS units will convert from one coordinate system to another. If you require a different coordinate system for your unit, visit **dnr.mo.gov/gisutils/** to convert the coordinates shown on this map to another version.

NATURAL AREAS / WILD AREAS

Natural areas are identified in pink. Natural areas are recognized as the best remaining examples known of Missouri's original natural environments. These natural areas are managed and protected for their scientific, educational and historical values. Missouri state parks have 38 designated natural areas, encompassing almost 22,000 acres.

Wild areas are identified in brown. The Missouri Wild Area System is made up of large tracts of land set aside as wilderness, which make the perfect setting for hiking and

(Overlapping Wild and Natural areas)

backpacking. A wild area must be 1,000 or more acres in size, show little impact from humans, and possess outstanding opportunities for solitude. They are strictly protected for their wilderness benefits as well as for their use for environmental education and scientific study.
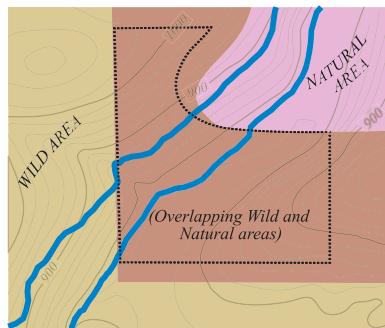
TRAIL USE

🚶	Hiking Trail
🥾	Backpacking Trail
🚵	Mountain Biking Trail
🐎	Equestrian Trail
♿	Accessible
🚴	Hardened-Surface Bicycling Trail
🛶	Paddling Trail
🏍	Off-Road Vehicle (ORV) Trail
🚤	Motorized Boating Trail
🛒	Wagon Suitable Trail
📖	Interpretive Trail
🏋	Fitness Trail
📖	Interpretive Water Trail
🔭	Wildlife Viewing Trail

POINTS OF INTEREST

★	Main Park Entrance / Park Entrance
TH	Trailhead
P	Parking
⊶	Trail Access
👁	Overlook
🚻	Restroom
▲	Camping
🅲	Special-Use Camping Area
👥	Check Station / Park Office / Ranger Office
🏠	Visitor Center / Orientation Center
911	Emergency Response / First Aid
🎋	Picnicking
🛝	Playground
🪨	Technical Feature
🌿	Natural Feature
🏛	Cultural Feature
🎭	Amphitheater
🏕	Backpack Camping Shelter
▲	Backpack Campsite
🛥	Boat Ramp
🍴	Dining
P🐎	Equestrian Parking
🧍	Interpretive Panel
📷	Interpretive Shelter
✚	Intersection
🛏	Lodging / Cabin / Camper Cabin
⚓	Marina / Boat Dock
🏞	Nature Center
OGC	Organized Group Camp
🏕	Picnic Shelter
🎯	Recreation Feature
🚴	Skills Course
🐴	Stables
🏪	Store
🏊	Swimming
📞	Telephone
⛲	Water Fountain
≡	Water Access