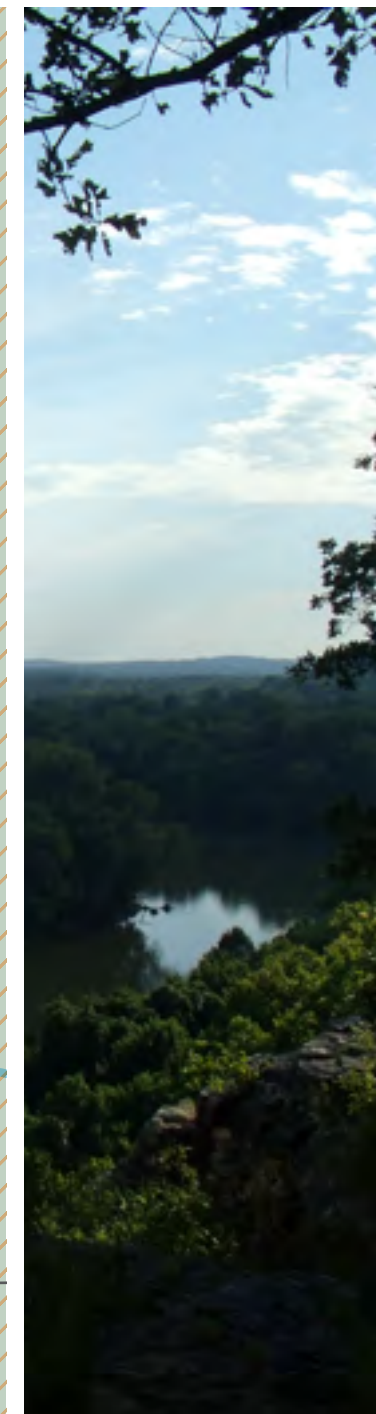
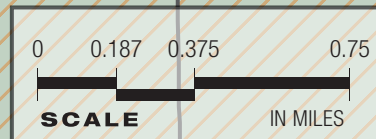
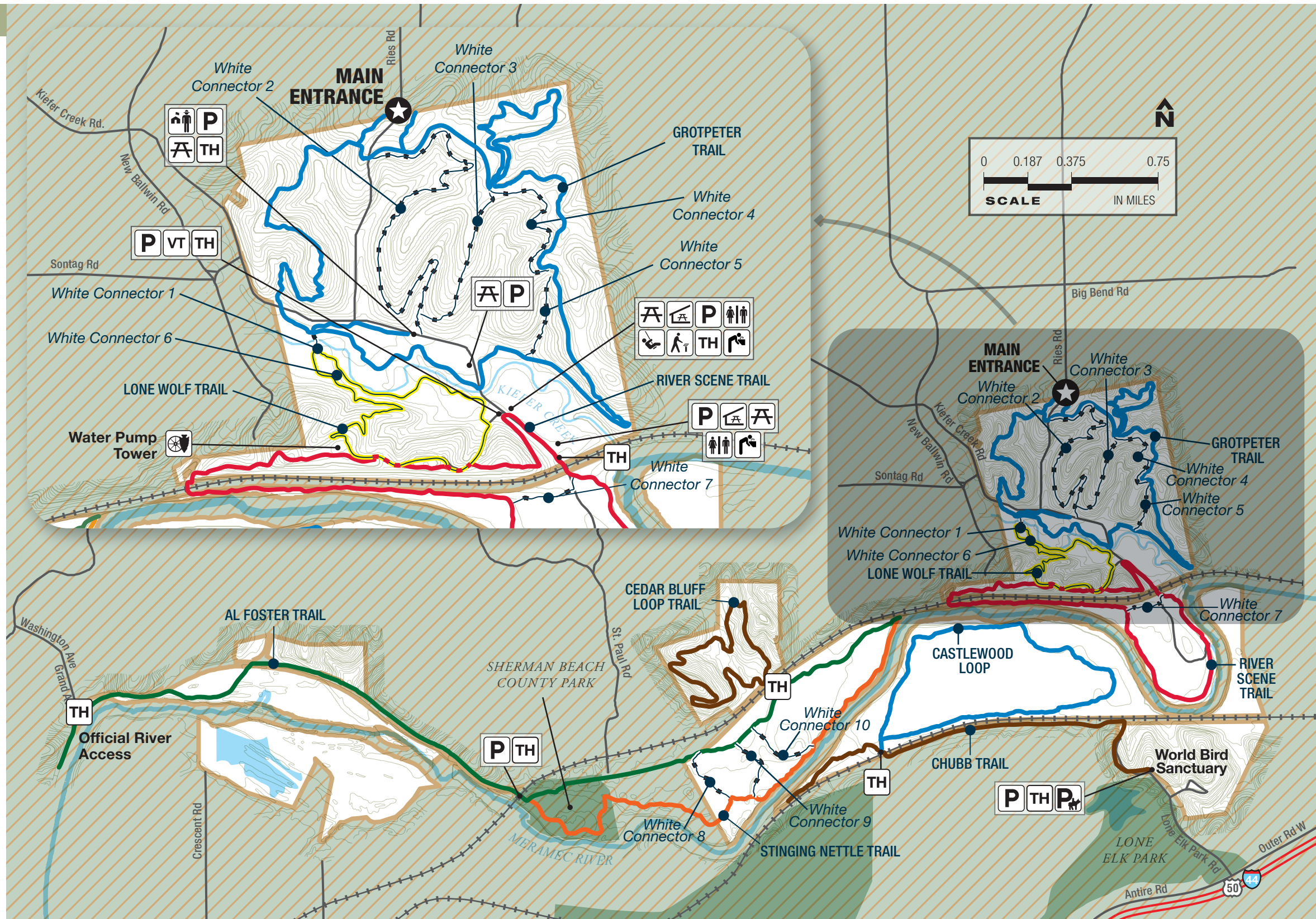


CASTLEWOOD STATE PARK MAP



LEGEND

- Main entrance
- Interstate highway (multi-lane)
- U.S. highway (multi-lane)
- U.S. highway (two-lane)
- State route
- Railroad
- Land contour
- Not state park property
- Park boundary
- Stream or creek
- Trail blazed in red
- Trail blazed in orange
- Trail blazed in yellow
- Trail blazed in green
- Trail blazed in blue
- Trail blazed in brown
- Trail (overlapping)
- Trail (connector)
- Water
- Hiking trail
- Equestrian trail
- Bicycling trail
- Mountain biking trail
- Picnicking
- Cultural Feature
- Equestrian parking
- Interpretive exhibits
- Overlook
- Parking
- Park office
- Picnic shelter
- Playground
- Restroom
- Trailhead
- Vault toilet
- Water fountain



CONTACT INFORMATION
 Castlewood State Park
 1401 Kiefer Creek Road
 Ballwin MO 63021-7338
 Park Office:
 636-227-4433
mostateparks.com

DISCLAIMER: This map is not a legal survey. The Missouri Department of Natural Resources makes no warranty, expressed or implied, as to the accuracy of the data or related materials and is not responsible for any damage or loss resulting from its use.

AL FOSTER TRAIL

4.70 miles one way TRAIL RATING: Moderate
ESTIMATED HIKING TIME: 3 hours, 30 minutes

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 connects to the end of the Stinging Nettle Trail.

The first 3.5 miles of trail from Glencoe to Sherman, is constructed of compacted rock, approximately 8 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. Hikers and bikers will encounter four crossings of the WF&P Mini Railroad and are advised to be cautious while crossing the tracks. Not far to the east of Sherman Beach County Park the surface changes 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 the 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.

CASTLEWOOD LOOP TRAIL

2.80-mile loop TRAIL RATING: Moderate
ESTIMATED HIKING TIME: 2 hours, 10 minutes

Castlewood Loop can be accessed via Chubb Trail. The trail passes through old farmland that is now in various states of succession. The trail also skirts along the edge of Lincoln Beach, a popular swimming hole and gathering place from 1915 to 1940. The entire length of the trail is in the floodplain, so some sandy areas will be encountered near the river. The trail passes through field and forest, and its seclusion from developed areas makes it an excellent place for birdwatching and wildlife viewing. Please note that swimming or wading in the Meramec River is prohibited at Castlewood State Park.

CEDAR BLUFF LOOP

2.30-mile loop TRAIL RATING: Rugged
ESTIMATED HIKING TIME: 2 hours, 20 minutes

Cedar Bluff Loop is isolated from any vehicular access and can only be reached from Al Foster Trail through two early 20th century tunnels under the Union Pacific Railroad. Just on the other side of the tracks, the trail splits, either direction may be taken. Contrary to its name, the trail does not actually go along Cedar Bluff. On a clockwise path around, the trail passes through forest and meadows before climbing to the knob of a large hill, which happens to be the highest point in the entire park. The trail then plunges back into the valley, crosses a creek and then weaves up a ridge on the opposite side of the valley. It then follows the ridge back down to the start of the loop.

CHUBB TRAIL

2 miles one way TRAIL RATING: Easy
ESTIMATED HIKING TIME: 1 hour

Chubb Trail is a multiuse trail that starts at Lone Elk County Park, goes through Castlewood State Park and ends up at West Tyson County Park on the south side of the Meramec River. The trail can be accessed at either county park. It is hilly at each end, especially on the West Tyson side. Through the middle, the trail passes through flat, forested bottomland and a couple of restored prairie fields.

GROTPETER TRAIL

4.4-mile loop TRAIL RATING: Moderate
ESTIMATED HIKING TIME: 3 hour, 20 minutes

Varied routes and the challenging terrain with numerous elevation changes make this a popular trail with all users. In addition to the main trail, four white connector trails, totaling 2.6 miles, are available to enhance, shorten or lengthen the user's experience. From the trailhead, east of the park office, the trail crosses Kiefer Creek Road before climbing up and over a hillside. The trail then winds up another hill to the top of a long ridge. White connector trails 2, 3, 4 and 5 can be used to bypass steep sections of the trail. After reaching the pinnacle, the trail follows the crest of the ridge before starting a long downhill back into the Kiefer Creek valley and back to the trailhead.

There are several road crossings; always stop and check for oncoming traffic before continuing. In case of emergency, look for 'Emergency Response Signs' located at various points along this trail system.

LONE WOLF TRAIL

1.70-mile loop TRAIL RATING: Rugged
ESTIMATED HIKING TIME: 1 hour, 40 minutes

Trail users can take in a view of the river valley before breaking away from the bluffs as the trail separates from River Scene Trail.











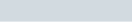

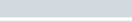

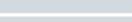



Lone Wolf Trail descends through shaded, fern-covered hillsides into the Kiefer Creek valley below. Trail users can access the stream crossing in the valley that connects to Grotpeter Trail for an extended trek or keep following Lone Wolf Trail as it follows Kiefer Creek until returning to the trailhead. Lone Wolf Trail was named in honor of Castlewood's notorious roadhouse tavern/speakeasy of the resort era: Lone Wolf Club. Unfortunately, all that remains of the club today are a stone fireplace and memories.

RIVER SCENE TRAIL

3.40-mile loop TRAIL RATING: Moderate
ESTIMATED HIKING TIME: 2 hour, 35 minutes

River Scene Trail features the park's most spectacular views of the Meramec River valley. From the main trailhead, the first quarter mile wraps around a forested hillside and then turns sharply uphill towards the top of the bluffs. The trail follows the edge of the bluffs for about a mile past scenic overlooks that provide stunning panoramic views of the Meramec River valley more than 200 feet below.

Along the way, hikers will pass some old foundations that serve as a reminder of the resort era during the 1920s and 1930s. At the end of the bluff, a wooden boardwalk descends into the river valley past the crumbling remains of the 'Grand Staircase' to a tunnel under the Union Pacific Railroad. This area was the site of the Castlewood Railroad Depot

TRAIL NAME	MILEAGE	BLAZE COLOR	APPROVED USAGE	RATING	TRAIL EXPERIENCE *
Al Foster Trail	4.70	 Green		Moderate	2, 3, 10, 13
Castlewood Loop Trail	2.80	 Blue		Moderate	2, 3, 4, 11
Cedar Bluff Loop	2.30	 Brown		Rugged	2, 3, 5, 7, 9, 10, 13
Chubb Trail	2	 Brown		Easy	2, 3, 4, 9, 11
Grotpeter Trail	4.40	 Blue		Moderate	2, 3, 6, 9, 10, 12, 13
Lone Wolf Trail	1.70	 Yellow		Rugged	2, 3, 7, 8, 9, 13
River Scene Trail	3.40	 Red		Moderate	2, 3, 6, 7, 8, 9, 10, 11, 12, 13
Stinging Nettle Trail	2.50	 Orange		Moderate	2, 3, 10, 13
Connector Trail ()		 White			<i>Connector trails are available on some trails, are numbered and will modify your hike. See map for more information.</i>

*** YOU MAY EXPERIENCE:** ① Slippery conditions and/or downed vegetation ② Natural surface: dirt, mud, gravel, loose rocks, slippery surface, etc. ③ Rocks, roots and/or downed vegetation on trail ④ Low-hanging vegetation ⑤ Physically challenging obstacles ⑥ Wood or stone steps ⑦ Steep grades and inclines over 10% ⑧ Bluffs or drop-offs next to trail ⑨ Bridges and/or structural crossings ⑩ Water/stream crossings without bridges ⑪ Occasional water over trail ⑫ Road/highway crossing ⑬ Emergency response signs ⑭ Narrow passages ⑮ Raised or protruding obstacles ⑯ Electric fence crossings ⑰ Bison ⑱ Rapidly changing weather conditions ⑲ Motorized boat traffic ⑳ Unexpected waves ㉑ Changing water levels ㉒ Surface or submerged objects

and the steps provided access to Castlewood Hotel and resort cabins on the bluffs. The trail passes through the tunnel and then turns left as it meets the Meramec River. The trail remains level as it follows the river over the next two miles, traveling through seasonally flooded woodlands and a large open field that was the past site of the hotel known as Lincoln Lodge. The lodge was across the river from Lincoln Beach, which was the prime gathering spot of fun-seekers during the resort era.

After going back under the railroad tracks at the Kiefer Creek Road underpass, the trail follows Kiefer Creek Road back to the trailhead. Hiking only is allowed on the bluff portion. In addition, White Connector 7 is available to shorten or enhance one's hike.

STINGING NETTLE TRAIL

2.50 miles one way TRAIL RATING: Moderate
ESTIMATED HIKING TIME: 1 hour, 50 minutes

Stinging Nettle Trail follows the Meramec River from Sherman Beach County Park to a junction with Al Foster Trail in the Cedar Bluff Unit of Castlewood State Park. The trail's up-and-down terrain is the result of gravel dredging on the site prior to state acquisition of the land. This is a great trail for getting away and communicating with nature.

Ending at benches, the trail offers up-close-and-personal views of the river that hikers and mountain bikers will appreciate. A return trip west is possible via the white connector trails 8, 9 and 10, which allow access to the Al Foster Trail to create a loop of variable distance. During warm weather, mosquitoes are plentiful, so the use of insect repellent is recommended.

Stinging Nettle Trail is a cooperative project of Missouri State Parks and St. Louis County Parks and Recreation. It is maintained by Missouri State Parks.

