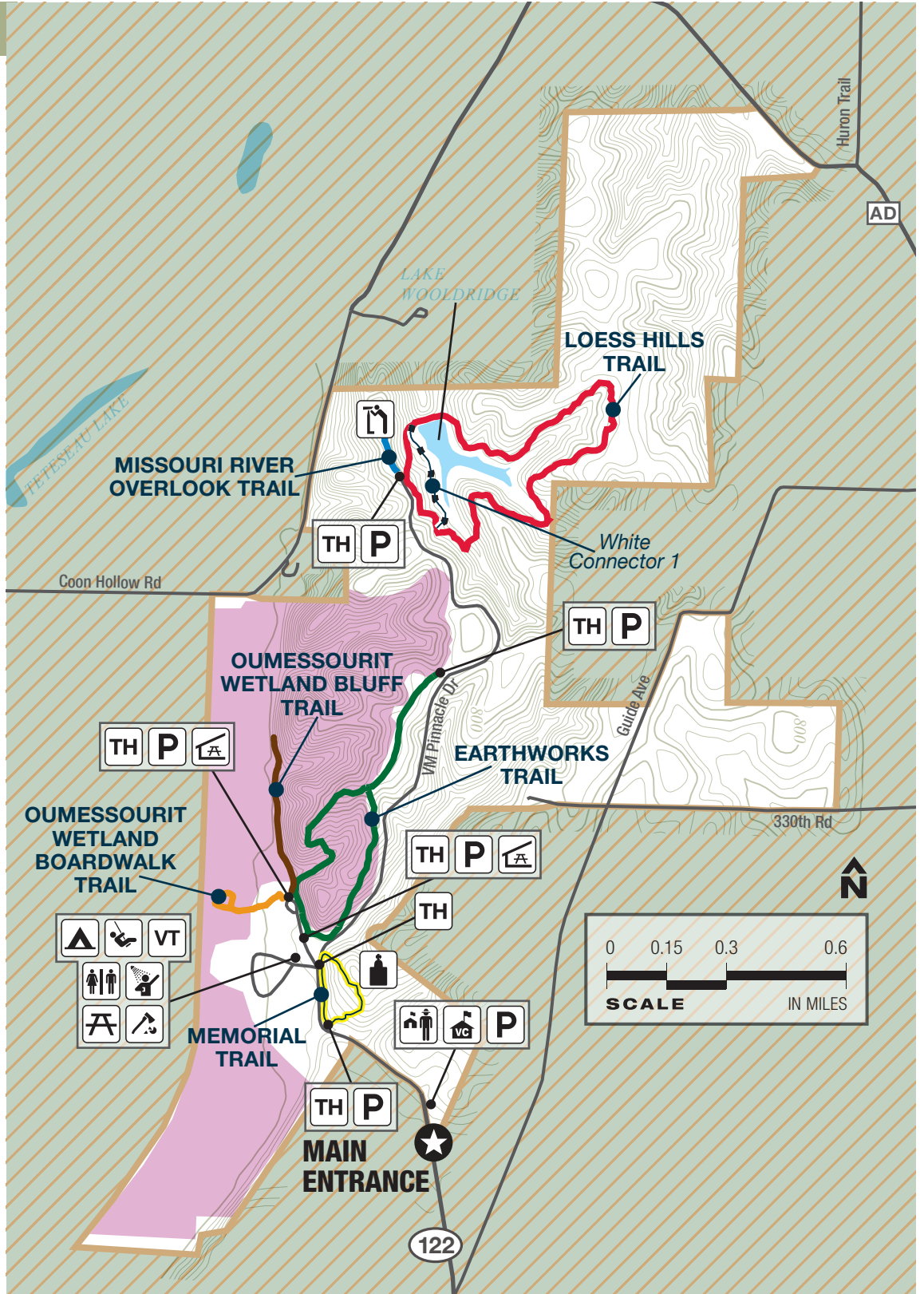


ANNIE AND ABLE VAN METER STATE PARK MAP



LEGEND

- Main entrance
- U.S. highway (*two-lane*)
- State route
- Land contour
- Natural area
- Not state park property
- Park boundary
- 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 (*connector*)
- Water
- Camping
- Cemetery
- Overlook
- Park office
- Parking
- Picnicking
- Picnic shelter
- Playground
- Restroom
- Showerhouse
- Trailhead
- Vault toilet
- Visitor center
- Woodlot









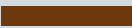





CONTACT INFORMATION

Van Meter State Park
 32146 North Highway 22
 Miami MO 65344-9613
 660-886-7537
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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.



| TRAIL NAME | MILEAGE | BLAZE COLOR | APPROVED USAGE | RATING | TRAIL EXPERIENCE * |
|--|---------|--|---|--------|--------------------|
| Earthworks Trail | 1.75 |  Green |  | Rugged | 2, 3, 9, 11 |
| Loess Hills Trail | 1.80 |  Red |  | Rugged | 2, 3, 7, 9 |
| Memorial Trail | 0.40 |  Yellow |  | Rugged | 2, 3, 7 |
| Missouri River Overlook Trail | 0.10 |  Blue |  | Easy | 2, 3 |
| Oumessourit Wetland Bluff Trail | 0.40 |  Brown |  | Rugged | 2, 3, 9, 11 |
| Oumessourit Wetland Boardwalk Trail | 0.40 |  Orange |  | Rugged | 2, 3, 9, 11 |

Connector Trail ( White) *Connector trails are available on some trails, are numbered and will modify your hike. See map for more information.*

*** 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

EARTHWORKS TRAIL

 **1.75-mile loop** TRAIL RATING: Rugged
ESTIMATED HIKING TIME: 1 hour 45 minutes

Earthworks Trail leads to American Indian sites known as the Old Fort (Earthworks) and the Mound Field. The Old Fort, an irregular, doubleditched earthwork, was built by the ancestral Missouri Indians (Oneota). The Mound Field is made up of three burial mounds that belonged to the Woodland Indians. This trail winds through an area of ravines known as the Pinnacles and the wooded part of the Oumessourit Natural Area. The trail route was used by archaeologists before the 19th century to inspect the hand-dug ditches. The current trail was built by the Civilian Conservation Corps in the 1930s.

LOESS HILLS TRAIL

 **1.80-mile loop** TRAIL RATING: Rugged
ESTIMATED HIKING TIME: 1 hour 50 minutes

Loess Hills Trail circles Lake Wooldridge, an 18-acre fishing lake. The trail passes through prairielike areas and across bridges that span ravines of loess soil on an area known as the Pinnacles. White connector 1 follows along the west shore of the lake from the dam embankment past the fishing platform. (The road to the trailhead is closed to traffic from November to March. However, it is open to pedestrians but adds approximately 1.4 miles to your hike.)

MEMORIAL TRAIL

 **0.40-mile loop** TRAIL RATING: Rugged
ESTIMATED HIKING TIME: 25 minutes

The Vanmeter (historical spelling) family cemetery sits on top a hill beside ancient American Indian burial mounds. At the base of the hill is a memorial garden dedicated to the American Indian tribes of Missouri. From Memorial Trail, hikers can view native plantings, flowers and limestone pillars denoting the four directions. The trail was originally constructed by the Civilian Conservation Corps in the 1930s and the Memorial Garden was installed in 2006.

MISSOURI RIVER OVERLOOK TRAIL

 **0.10 mile one way** TRAIL RATING: Easy
ESTIMATED HIKING TIME: 5 minutes

Missouri River Overlook Trail follows the ridge of a pinnacle and ends with a vista of the Missouri River bottoms, the river's wooded edge, crop fields and oxbow lakes. The trail was constructed during the bicentennial of the Lewis and Clark Expedition of 1804-06 on the Missouri River. It features two interpretive panels describing the area during the 1800s with diary quotes and maps from the expedition. (The road to the trailhead is closed to traffic from November to March. However, it is open to pedestrians but adds approximately 1.4 miles to your hike.)

OUMESSOURIT WETLAND BLUFF TRAIL

 **0.40 mile one way** TRAIL RATING: Rugged
ESTIMATED HIKING TIME: 25 minutes

Oumessourit Wetland Bluff Trail allows visitors to experience the wetland and bottomland wooded areas of the Oumessourit Natural Area. The wetland is a natural remnant of the dynamic Missouri River floodplain. The trail features interpretive panels describing features along the way. Elevated metal walkway spurs allow views into the marsh. Oumessourit (pronounced 'Oo-mah-soo-ree') was the name given to the Missouri Indians by the Illinois Indians, as translated by French explorers Father Jacques Marquette and Louis Jolliet. White connector 2 provides connection to Oumessourit Wetland Boardwalk Trail.

OUMESSOURIT WETLAND BOARDWALK TRAIL

 **0.40-mile loop** TRAIL RATING: Rugged
ESTIMATED HIKING TIME: 25 minutes

Oumessourit Wetland Boardwalk Trail features the wetland and bottomland wooded areas of the Oumessourit Natural Area. The wetland is a natural remnant of the dynamic Missouri River floodplain. The trail features interpretive panels describing features along the way. An elevated metal walkway loop allows a view into the marsh. Oumessourit (pronounced 'Oo-mah-soo-ree') was the name given to the Missouri Indians by the Illinois Indians, as translated by French explorers Father Jacques Marquette and Louis Jolliet.

The Ethics of Good Trail Use

- Carry out what you carry in. If the trail users before you have not done this, you can help by removing their trash too.
- Keep your group small. This is less likely to harm the native landscape.
- Stay on the trail. Do not take shortcuts. The trail has been laid out to minimize destruction of vegetation and prevent erosion.

Rules of the Trail

- Only hikers are permitted on the park trails.
- All pets must be leashed for their protection and that of visitors and wildlife.
- Removal of plants, animals, rocks, downed timber, artifacts or relics is prohibited.
- Cutting implements (saws, hatchets, etc.) are not allowed.
- No hunting or discharging of firearms is permitted.
- All other rules and regulations pertaining to park use are applicable.

NOTE: Ticks and chiggers are abundant May through mid-October. Be prepared with insect repellent.