Deer Run Trail is a hilly, natural trail with steps and bluff heights of 100-plus feet along the Meramec River. It passes through dolomite woodland and a south-facing glade that is under restoration to eliminate invasive red cedar trees. At one point, the trail passes a concrete building that is the man-made entrance of Cathedral Cave, another significant cave in the park. The .80-mile white connector 1 provides access to Oak Ridge Trail for a longer hike.

Distance: 2.5 Miles
Uses: Hiking
Blazes: Green, White 1
Class: Loop
Surface Type: Gravel, Natural
Trail Rating: Moderate
Estimated Hiking Time: 1 Hour, 53 Minutes
Trailhead & GPS Location: 38.05631, -91.23429

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
6) Wood or stone steps
7) Steep grades and inclines more than 10%
8) Bluffs or drop-offs next to trail
9) Bridges and/or structural crossings
10) Water/stream crossings without bridges
12) Road/highway crossing
**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 choose 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](http://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 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.