Cuivre River State Park

LONE SPRING TRAIL

Lone Spring Trail consists of sections on the north and the south of Hwy KK. The trail is named for a perennially flowing spring that emerges in the valley at the base of a ridge. It loops through Northwood's Wild Area and crosses Big Sugar Creek, a designated state natural area. The southwestern part of the trail goes through a more open woodland that is being restored to its original condition by the use of prescribed burns.

This trail is marked in a clockwise direction. Trail parking is provided along Highway KK. White Connector 7 is available to shorten one's trip. A connecting spur to the north allows the option to hike to Shady 80 Lake, and White Connector 6 to the south provides access to Big Sugar Creek Trail. There is also a spur that leads to the backpack camp.

**Distance:** 5.1 Miles

**Uses:**
- Hiking
- Backpacking

**Blazes:**
- Yellow
- White 7

**Class:** Loop

**Surface Type:** Natural

**Trail Rating:** Moderate

**Estimated Hiking Time:** 3 Hours, 47 Minutes

**Trailhead & GPS Location:** 39.06570, -90.93258

**Elevation profile is not available**

**You may experience:**
1. Natural Surface-dirt/mud/gravel, shifting rock, slippery surface, etc.
2. Rocks, roots and/or downed vegetation on trail
3. Steep grades and inclines more than 10%
4. Water/stream crossings without bridges
5. Road/highway crossing

**This trail or a portion of this trail travels through:**
- Big Sugar Creek Natural Area
- Northwoods Wild Area
**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/](https://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.