Annie and Abel Van Meter State Park

**MO RIVER OVERLOOK TRAIL**

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.)

**Distance:** 0.1 Mile  
**Uses:** Hiking  
**Blazes:** Blue  
**Class:** Linear  
**Surface Type:** Gravel  
**Trail Rating:** Moderate  
**Estimated Hiking Time:** 5 Minutes  
**Trailhead & GPS Location:** 39.28108, -93.26380

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
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/ 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.