

Table Rock State Park

WHITE RIVER VALLEY TRAIL SYSTEM

White River Valley Trail provides a challenging and enjoyable experience for hikers and mountain bikers in a rugged and scenic area of the state. The trail, built on land within Table Rock State Park and U.S. Army Corps of Engineers land, mainly covers land that was used during the construction of Table Rock Dam on the White River in the late 1950s. Some parts of the trail are built on roads that were used for the construction of the dam. Scenic areas of the trail include small waterfalls, views of Table Rock and Taneycomo lakes and an abandoned farmstead. The land is rugged with elevations ranging from 710 feet to nearly 1,200 feet above sea level. Natural communities along the trail range from moist bottomland woodland along Lake Taneycomo to dry dolomite glades on the higher areas.



This range of land, from moist to dry and low to high, allows a variety of plant and animal life to exist. River bottom areas contain huge sycamores and cottonwoods. Mid-level trees are mostly oaks and hickories with the higher areas containing shortleaf pines and the glade-dwelling Ashe's juniper. Animal diversity is great with birds, such as the great blue heron, found in the White River valley and desert-adapted species, such as roadrunners, collared lizards and tarantulas, in the glades.

The trail is divided into four loops, each with different characteristics. All include various white connector trails that shorten or lengthen the experience. Red Loop is the most technically challenging with an elevation change of about 120 feet. Blue Loop is the most diverse loop for nature with nearly 400 feet of elevation gain on climb to Baird Hill. Orange Loop is the shortest loop with an elevation difference of about 110 feet. Green Loop has the highest elevation point on the trail system at nearly 1,200 feet and offers great views.

Orange Loop can only be accessed from white connector 4 from Blue Loop and white connector 5 from Green Loop. For more details about this trail, visit <https://mostateparks.com/page/77081/white-river-valley-trail-system>.

Portions of the trail on Corps of Engineers land are closed during gun deer and turkey seasons. The entire trail system is closed following rains. Backpacking and camping on the trail are not allowed.

Distance from Trailhead 1: 11.3 Miles

Elevation profile is not available

Uses:

Hiking 

Mountain Biking 

Blazes:

Blue 

Green 

Orange 

Red 

White 1 

White 2 

White 3 

White 4 

White 5 

Class: Multi-loop

Surface Type: Natural

You may experience:

- 2) Natural Surface-dirt/mud/gravel, shifting rock, slippery surface, etc.
- 3) Rocks, roots and/or downed vegetation on trail
- 4) Low-hanging vegetation
- 5) Physically challenging obstacles
- 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
- 11) Occasional water over trail
- 12) Road/highway crossing



TRAILS OF MISSOURI STATE PARKS

Trail Rating: Rugged

Estimated Hiking Time: 11 Hours, 20 Minutes

Trailhead & GPS Location:

- 1) 36.58572, -93.31263
- 2) 36.58232, -93.29880
- 3) 36.59530, -93.29733

- RED
- ORANGE
- YELLOW
- GREEN
- BLUE
- BROWN
- WHITE CONNECTOR
- SHARED TREAD

- NATURAL
- GRAVEL
- PAVED
- WATER
- BOARDWALK

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.

- 1 Slippery conditions and/or downed vegetation
- 2 Natural surface: dirt, mud, gravel, shifting 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/elk
- 18 Rapidly changing weather conditions
- 19 Motorized boat traffic
- 20 Unexpected waves
- 21 Changing water levels
- 22 Surface or submerged objects

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.

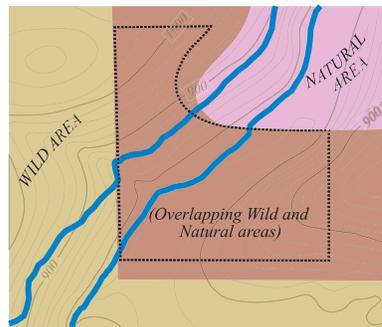
GPS COORDINATES

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.



TRAIL USE

-  Hiking Trail
-  Backpacking Trail
-  Mountain Biking Trail
-  Equestrian Trail
-  Accessible
-  Hardened-Surface Bicycling Trail
-  Paddling Trail
-  Off-Road Vehicle (ORV) Trail
-  Motorized Boating Trail
-  Wagon Suitable Trail
-  Interpretive Trail
-  Fitness Trail
-  Interpretive Water Trail
-  Wildlife Viewing Trail

POINTS OF INTEREST

-  Main Park Entrance / Park Entrance
-  Trailhead
-  Parking
-  Trail Access
-  Overlook
-  Restroom
-  Camping
-  Special-Use Camping Area
-  Check Station / Park Office / Ranger Office
-  Visitor Center / Orientation Center
-  Emergency Response / First Aid
-  Picnicking
-  Playground
-  Technical Feature
-  Natural Feature
-  Cultural Feature
-  Amphitheater
-  Backpack Camping Shelter
-  Backpack Campsite
-  Boat Ramp
-  Dining
-  Equestrian Parking
-  Interpretive Panel
-  Interpretive Shelter
-  Intersection
-  Lodging / Cabin / Camper Cabin
-  Marina / Boat Dock
-  Nature Center
-  Organized Group Camp
-  Picnic Shelter
-  Recreation Feature
-  Skills Course
-  Stables
-  Store
-  Swimming
-  Telephone
- Water Fountain
- Water Access