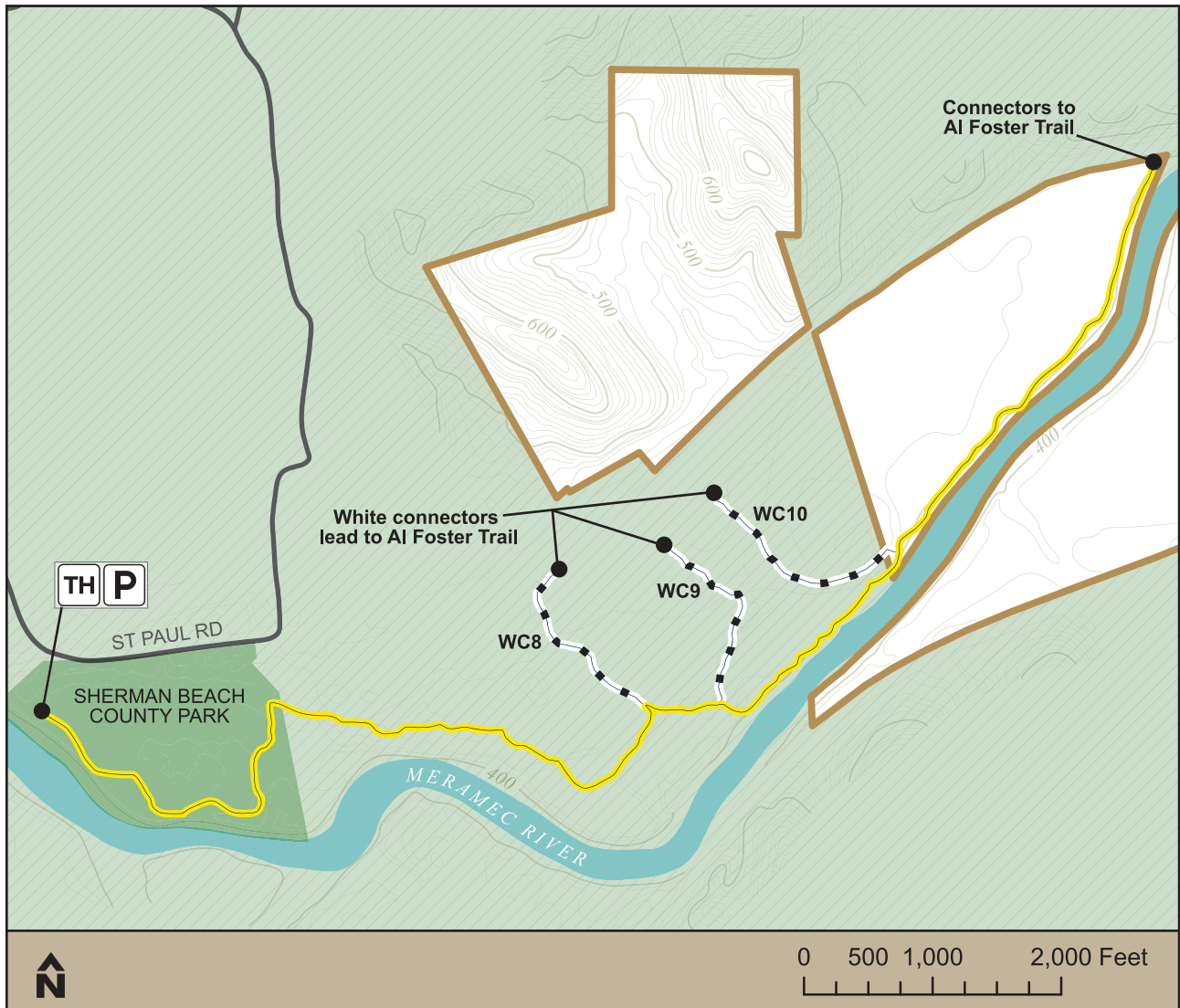



Castlewood State Park

Stinging Nettle Trail 2.50 Miles



Uses: Hiking, Bicycling – Mountain Biking suitable  

Blazes:  Yellow

Type: One way










Trailhead: Sherman Beach County Park, in Sherman, off St. Paul Road; 38.53561967, -90.58845424

Estimated Hiking Time: 1 hours, 50 minutes, one way

Missouri State Parks' Trails Legend

Trail Blaze Colors

The maps in this book 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. Yellow trails are shown with a navy stripe on the maps in this book; trails blazed in yellow do not have a navy stripe.

 Red	 Brown
 Orange	 Black
 Yellow	 White connector
 Green	 Shared tread (colors will vary)
 Blue	

You May Experience

The following conditions are all things you may encounter while on a Missouri state parks trail. Conditions for each trail are listed on the introductory page for each state park and historic site:

YOU MAY EXPERIENCE: ❶ Slippery conditions and/or downed vegetation ❷ Natural surface: dirt, mud, gravel, shifting rocks, slippery surface, etc. ❸ Rocks, roots and/or downed vegetation on trail ❹ Low-hanging vegetation ❺ Physically challenging obstacles ❻ Wood or stone steps ❼ Steep grades and inclines over 10% ❽ Bluffs or drop-offs next to trail ❾ Bridges and/or structural crossings ❿ Water/stream crossings without bridges ⓫ Occasional water over trail ⓬ Road/Highway crossing ⓭ Emergency response signs ⓮ Narrow passages ⓯ Raised or protruding objects ⓰ Electric fence crossings ⓱ Bison/elk

Trail Type:

Loop, One way or System

A loop trail is one that will return you to the trailhead. 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.

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. This book uses the decimal degree method. 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 listed in this book to another version.

Natural Areas

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.

The smallest designated natural area is the seven acres that encompass the pink granite formations at Elephant Rocks State Park.

The largest natural area is 7,028-acre St. Francois Mountains Natural Area with the majority of it in Taum Sauk Mountain and Johnson's Shut-Ins state parks.

On the maps, natural areas are identified in pink.

Wild Areas

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.

Missouri has nearly 23,000 acres of wild areas in nine state parks: Cuivre River, St. Francois, Johnson's Shut-Ins, Rock Bridge Memorial, Trail of Tears, Sam A. Baker, Lake of the Ozarks, Roaring River and Hawn state parks.

On the maps, wild areas are identified in brown.



Trail Legend

The following symbols will help you identify key features and landmarks on the trail maps. Also, these symbols are used on signage in the park.

 Interstate highway	 Amphitheater	 Playground
 U.S. highway (2-lane)	 Boat dock/marina	 Restroom*
 State route	 Boat ramp	 Special-use area
 Railroad tracks	 Cabins	 Spring
 Road lines	 Camping	 Stables
 Land contour	 Castle	 Trail shelter
 Natural area	 Cave	 Tunnel
 Not state park property	 Cemetery	 Visitor center
 Stream or creek	 Dining	
 Water	 Hatchery	
 Wild area	 Interpretive exhibits	
 Park boundary	 Interpretive pavilion	
 Non-park property	 Lodging	
 Main entrance	 Mill	
 Trailhead	 Monument	
 Hiking trail	 Motorcycle riding	
 Backpacking trail	 Museum	
 Equestrian trail	 Natural bridge	
 Bicycling trail	 Nature center	
 Accessible	 Organized group camp	
 ATV/ORV trail	 Park office	
 Overlook	 Park store	
 Parking	 Picnicking	
 Equestrian parking	 Picnic shelter	

* This symbol is used to indicate either flush restrooms and/or vault toilets. Also, please note that flush restrooms are available during the on-season, usually April 1 through Oct. 31.