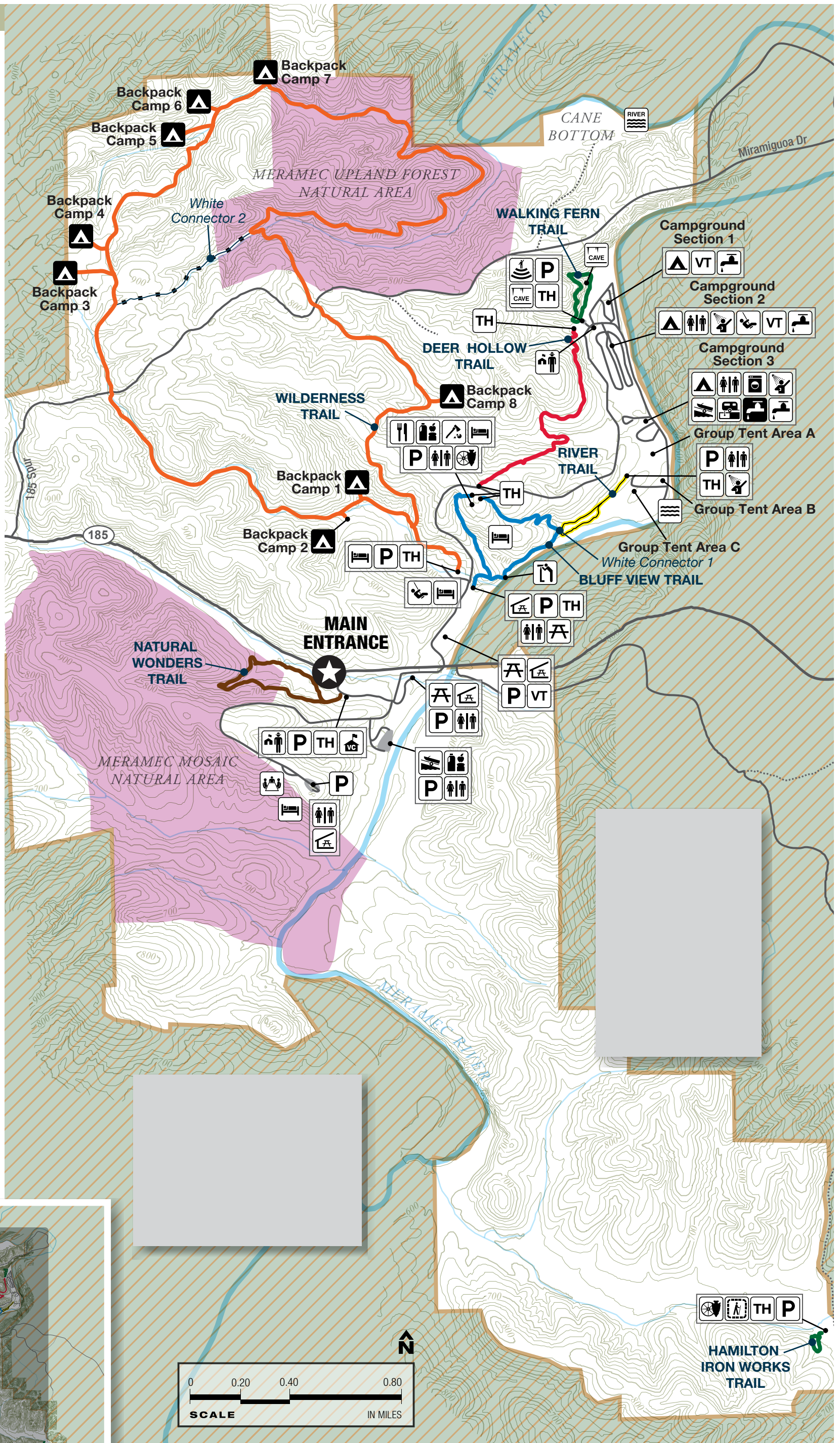


	Main entrance
	Interstate highway (<i>multi-lane</i>)
	U.S. highway (<i>two-lane</i>)
	State route
	Gravel road
	Land contour
	Natural area
	Not state park property
	Park boundary
	Stream or creek
	Trail blazed in red
	Trail blazed in orange
	Trail blazed in yellow
	Trail blazed in green
	Trail blazed in blue
	Trail blazed in brown
	Trail (<i>connector</i>)
	Water
	Camping
	Backpack camp
	Lodging
	Park store
	Hiking trail
	Backpacking trail
	Interpretive trail
	Picnicking
	Visitor center
	Amphitheater
	Boat ramp
	Cave
	Conference room
	Cultural feature
	Dump station
	Frost free water
	Overlook
	Parking
	Park office
	Picnic shelter
	Playground
	Restaurant
	Restroom
	River access
	Showerhouse
	Trailhead
	Vault toilet
	Water
	Water access
	Woodlot



Meramec State Park
115 Meramec Park Drive
Sullivan MO 63080-4271
573-468-6072
mostateparks.com



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Trail Name	Mileage	Blaze Color	Approved Usage	Rating	Trail Experience *
Bluff View Trail	1.50	Blue		Moderate	2, 3, 7, 8, 9
Deer Hollow Trail	1.25	Red		Moderate	2, 3
Hamilton Iron Works Trail	0.20	Green		Rugged	2, 3
Natural Wonders Trail	1.20	Brown		Moderate	2, 3, 6, 9
River Trail	0.75	Yellow		Moderate	2, 3, 9
Walking Fern Trail	0.50	Green		Rugged	2, 3, 6, 7, 8, 9
Wilderness Trail	8.25	Orange		Rugged	2, 3, 4, 7, 10, 12
Connector Trail ()		White	Connector trails are available on some trails, are numbered and will modify your hike. See map for more information.		
* YOU MAY EXPERIENCE: 1 Slippery conditions and/or downed vegetation 2 Natural surface: dirt, mud, gravel, loose 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 18 Rapidly changing weather conditions 19 Motorized boat traffic 20 Unexpected waves 21 Changing water levels 22 Surface or submerged objects					

BLUFF VIEW TRAIL

1.5-mile loop TRAIL RATING: Moderate
ESTIMATED HIKING TIME: 1 hour

Bluff View Trail is very popular for its superb views from the edge of two bluffs along the Meramec River. Between the bluffs, the trail descends to the bank of the river. An octagonal stone trail shelter built by the Civilian Conservation Corps is located on the southern bluff where the picnic area trailhead joins the main trail. White Connector 1 allows access to River Trail.

DEER HOLLOW TRAIL

1.25 miles one way TRAIL RATING: Moderate
ESTIMATED HIKING TIME: 1 hour

Deer Hollow Trail was one of the first trails to be built in the park by the Civilian Conservation Corps in the early 1930s. It leads from the Fireside Store to Fisher Cave. True to its name, this trail passes through an area of the park where deer are commonly seen. The entire trail is surrounded by mature woodland. Dogwood trees bloom in abundance along this trail in late April, and fall color is ablaze by early October.

HAMILTON IRON WORKS TRAIL

0.20-mile loop TRAIL RATING: Rugged
ESTIMATED HIKING TIME: 10 minutes

Interpretative stations along Hamilton Iron Works Trail explain the historic remains of a once-bustling blast furnace that operated around the clock, seven days a week. Wildflowers adorn the woodland floor in the spring, but the best time to see the ruins is in the late fall and winter, after the leaves have fallen.

NATURAL WONDERS TRAIL

1.20-mile loop TRAIL RATING: Moderate
ESTIMATED HIKING TIME: 1 hour

Caves, glades, mature woodland, a spring-fed creek and beaver meadows that may show old and recent tree gnawing are a few examples of the exciting things to discover along Natural Wonders Trail. The trail winds through part of the Meramec Mosaic Natural Area, and few trails this length are home to such great biodiversity. Birds like the ovenbird and wood thrush can be seen along the trail from mid-spring through late summer. A cool, refreshing step into Elm Spring Creek may cause flashes of color by many fish. In late fall, deer rubs can be seen on small saplings, while frost flowers burst from stalks in an old beaver meadow.

RIVER TRAIL

0.75-mile loop TRAIL RATING: Moderate
ESTIMATED HIKING TIME: 35 minutes

River Trail is a natural surface trail. Part of the trail winds along a slough of the Meramec River, where herons frequently feed and kingfishers often nest. In late April, bluebells bloom in profusion along much of the trail. At its mid-point, the trail passes through a Civilian Conservation Corps-built trail shelter, where hikers can gain access to the scenic Bluff View Trail via white connector 1.

WALKING FERN TRAIL

0.50-mile loop TRAIL RATING: Rugged
ESTIMATED HIKING TIME: 30 minutes

Walking Fern Trail is a natural surface trail that begins and ends at the entrance to Fisher Cave, which is a nice cool place to visit after a summer hike. The trail’s namesake is a large boulder located near the midpoint that is covered with walking ferns. Although the trail is one of the shortest in the park, it is also one of the most interesting. The lower part of the trail clings to the base of several bluffs, one of which contains the intriguing entrance to Indian Cave. The woodland along this portion of the trail is very lush. The upper part contains a diversity of plants adapted to dry rocky soils, largely due to the trail’s sharp change in elevation. In this area, the trail may have steep slopes along its side.

WILDERNESS TRAIL

8.25-mile loop TRAIL RATING: Rugged
ESTIMATED HIKING TIME: 8 hours, 15 minutes

Wilderness Trail, the park’s longest trail, includes several great geological and natural features. It has a rich history of construction, starting with sections built by the Civilian Conservation Corps for horse trails in the early 1930s.

The northern section meanders through the heart of Meramec Upland Forest Natural Area, the most rugged and remote area of the park. The forests are rich and majestic, with tall, dense and diverse communities in some areas and cherty woodlands in others. The Meramec River can be seen from a high vantage point. Woodlands with rocky glades will appear on sun-drenched slopes.

The trail is natural surface and is considered moderately difficult. However, due to its length, it should not be attempted by beginning hikers unless accompanied by someone more experienced. A 0.70-mile White Connector 2 provides a shorter hike. Eight backpack camps are provided along the way; register at the registration box just beyond the trailhead.

Things to Know Before You Go

- Carry out what you carry in. If the trail users before you have not done this, you can help by removing their trash too.
- Keep your group small. This is less likely to harm the native landscape.
- Dispose of human waste properly. The top six or eight inches of soil provide a system of biologic disposers that decompose organic material. Hikers should select a spot at least 100 feet from any open water; dig a small hole no deeper than six or eight inches; after use, fill the hole with loose soil and tramp in the sod. Nature will do the rest.
- Stay on the trail. Do not take shortcuts. The trail has been laid out to minimize destruction of vegetation and prevent erosion.

Rules of the Trail

- Only hikers and backpackers are permitted on the park trails.
- All trail users must register at the trailhead or park office before starting their trip.
- Groups of seven or more persons are permitted to camp only in designated areas. They must camp at least 100 feet from the trail, 200 feet from any major public-use area, and at least one-fourth mile from the trail entry/ exit point.
- Campfires are prohibited. Bring your own stove if necessary.
- Cutting implements (saws, hatchets, etc.) are not allowed.
- All other rules and regulations pertaining to park use are applicable.

NOTE: *Ticks and chiggers are abundant. May through mid-October. Be prepared with insect repellent.*