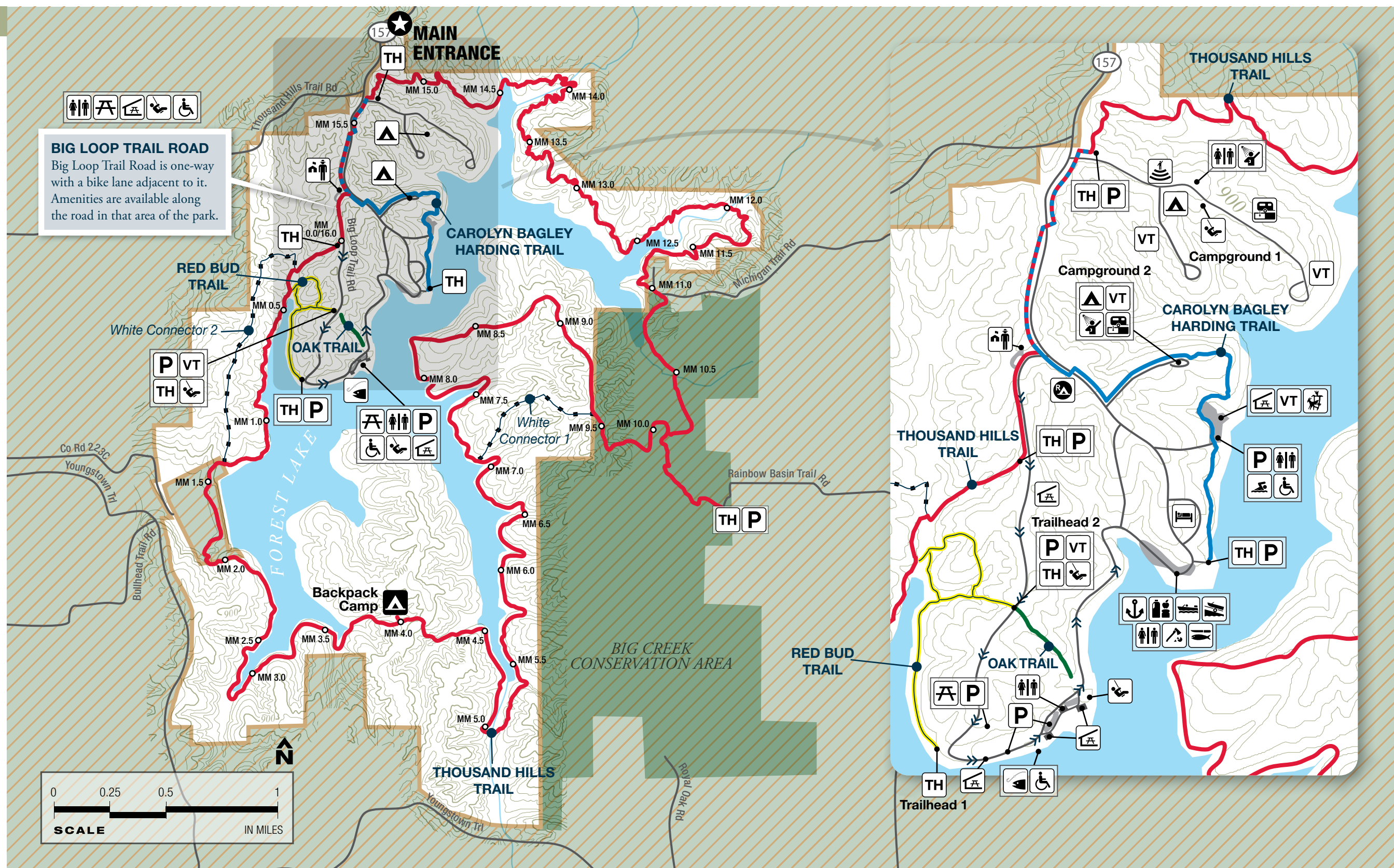


THOUSAND HILLS STATE PARK MAP



LEGEND

- ★ Main entrance
- Road lines
- » Direction of travel
- Land contour
- Mile marker (MM)
- Not state park property
- Park boundary
- Stream or creek
- Trail blazed in red
- Trail blazed in yellow
- Trail blazed in green
- Trail blazed in blue
- Trail (overlapping)
- Trail (connector)
- Water
- Other public lands
- Camping
- Backpack camp
- Lodging
- Park store
- Hiking trail
- Backpacking trail
- Bicycling trail
- Mountain biking trail
- Picnicking
- Accessible
- Amphitheater
- Boat ramp
- Dump station
- Firewood
- Fishing
- Fish cleaning station
- Marina
- Parking
- Park office
- Petroglyphs
- Picnic shelter
- Playground
- Restaurant
- Restroom
- Showerhouse
- Special-use camping area
- Swim beach
- TH Trailhead
- VT Vault toilet



CAROLYN BAGLEY HARDING TRAIL

2.8-mile out-and-back TRAIL RATING: Easy
ESTIMATED HIKING TIME: 1 hour, 30 minutes

Carolyn Bagley Harding Trail runs through the heart of Thousand Hills State Park connecting campground 1 and 2 to the park office, marina, dining lodge, cabins, swimming beach and petroglyph site. This concrete hiking and bicycling trail is accessible to wheelchairs and strollers and features views of Forest Lake along roughly half of the trail length.

Carolyn Bagley Harding Trail encompasses phase 1 and 2 of the Forest Lake Area Trail System. This trail is a cooperative effort of the Missouri Department of Natural Resources and the Forest Lake Area Trail System, a community-wide volunteer group supporting trails in Adair County.

OAK TRAIL

0.3-mile one way TRAIL RATING: Moderate
ESTIMATED HIKING TIME: 20 minutes

The natural surface Oak Trail follows a ridge top through wooded terrain. At the end of the trail is an overlook of the Point Shelter on the shore of Forest Lake. This trail is popular for interpretive and educational hikes.



RED BUD TRAIL

1.25-mile loop TRAIL RATING: Rugged
ESTIMATED HIKING TIME: From Trailhead 1) 1 hour, 15 minutes (1.25-mile)
From Trailhead 2) 40 minutes (0.6-mile)

The natural surface Red Bud Trail goes through hilly wooded terrain and along the edge of Forest Lake in Craig’s Cove. This trail is popular for interpretive and educational hikes. It provides connection to Thousand Hills Trail via an access spur.

THOUSAND HILLS TRAIL

16-mile loop TRAIL RATING: Rugged
ESTIMATED HIKING TIME: 16 hours

Thousand Hills Trail’s natural surface and route through hilly, rugged wooded terrain make it popular with mountain bikers and backpackers. The trail passes through and along savanna restoration units and at times along Forest Lake, the Carolyn Bagley Harding Trail and Big Loop Road. The trip can be shortened or lengthened by accessing White Connector 1 (0.7-mile) and White Connector 2 (1 mile).

Note: Between miles 10 and 14.5 there are water crossings without bridges that may be impassable during times of high water.



TRAIL NAME	MILEAGE	BLAZE COLOR	APPROVED USAGE	RATING	TRAIL EXPERIENCE *
Carolyn Bagley Harding Trail	2.80	Blue		Easy	1, 4, 11, 12
Oak Trail	0.30	Green		Moderate	2, 3, 7
Red Bud Trail	1.25	Yellow		Rugged	2, 3, 6, 7, 10
Thousand Hills Trail	16.00	Red		Rugged	1, 2, 3, 4, 5, 6, 7, 9, 10
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: Slippery conditions and/or downed vegetation Natural surface: dirt, mud, gravel, loose rocks, slippery surface, etc. Rocks, roots and/or downed vegetation on trail Low-hanging vegetation Physically challenging obstacles Wood or stone steps Steep grades and inclines over 10% Bluffs or drop-offs next to trail Bridges and/or structural crossings Water/stream crossings without bridges Occasional water over trail Road/highway crossing Emergency response signs Narrow passages Raised or protruding obstacles Electric fence crossings Bison Rapidly changing weather conditions Motorized boat traffic Unexpected waves Changing water levels Surface or submerged objects					

Rules of the Trail

- All pets must be leashed for their protection and that of visitors and wildlife.
- Backpackers must register before starting their trip, registraion can be done online at mostateparks.com.
- All other rules and regulations pertaining to park use are applicable to trail users.

Mountain Biking

- Ride only on designated trails when trail conditions allow them to be open to bicycling.
- Helmets are recommended.
 - Yield to other trail users and ring a bell or give a verbal warning when approaching other trail users.
 - Ride safely and in control.

The Ethics of Good Trail Use

- Plan ahead. Bring enough water. Be sure you can get back to your vehicle before it gets dark.
- Carry out what you carry in. If the trail users before you have not done this, you can help by removing their trash.
- Keep your group small. Small groups are less likely to harm the environment.
- Dispose of human waste properly. 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.
- Please do not create new trails. Trails are designed to prevent soil erosion and damage to surrounding vegetation.

NOTE: Mosquitoes, ticks and chiggers are abundant May through mid-October. Be prepared with insect repellent.

For more information about the amenities available at Thousand Hills SP, scan the QR Code below to visit: www.thousandhillsskirksville.com or call: **660-202-8257**



CONTACT INFORMATION

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