

Cedar Bluff Trail - 2 miles

Stinging Nettle Trail - 3 miles

Al Foster Trail

Meramec River

- ① After passing a small tunnel under the railroad tracks to the right, continue straight. There is a narrow section of trail squeezed between the river and railroad tracks. (Currently Off-Limits.)
- ② Entrance to Cedar Bluff Trail. To reach the trail, go through the tunnel under railroad tracks.
- ③ At the top of the triple switchback, there is a wooden bench. Bear right, and continue down the trail.
- ④ Junction with Al Foster Trail, a wide crushed limestone surface trail. If riding counter-clockwise, turn left to continue on Stinging Nettle.

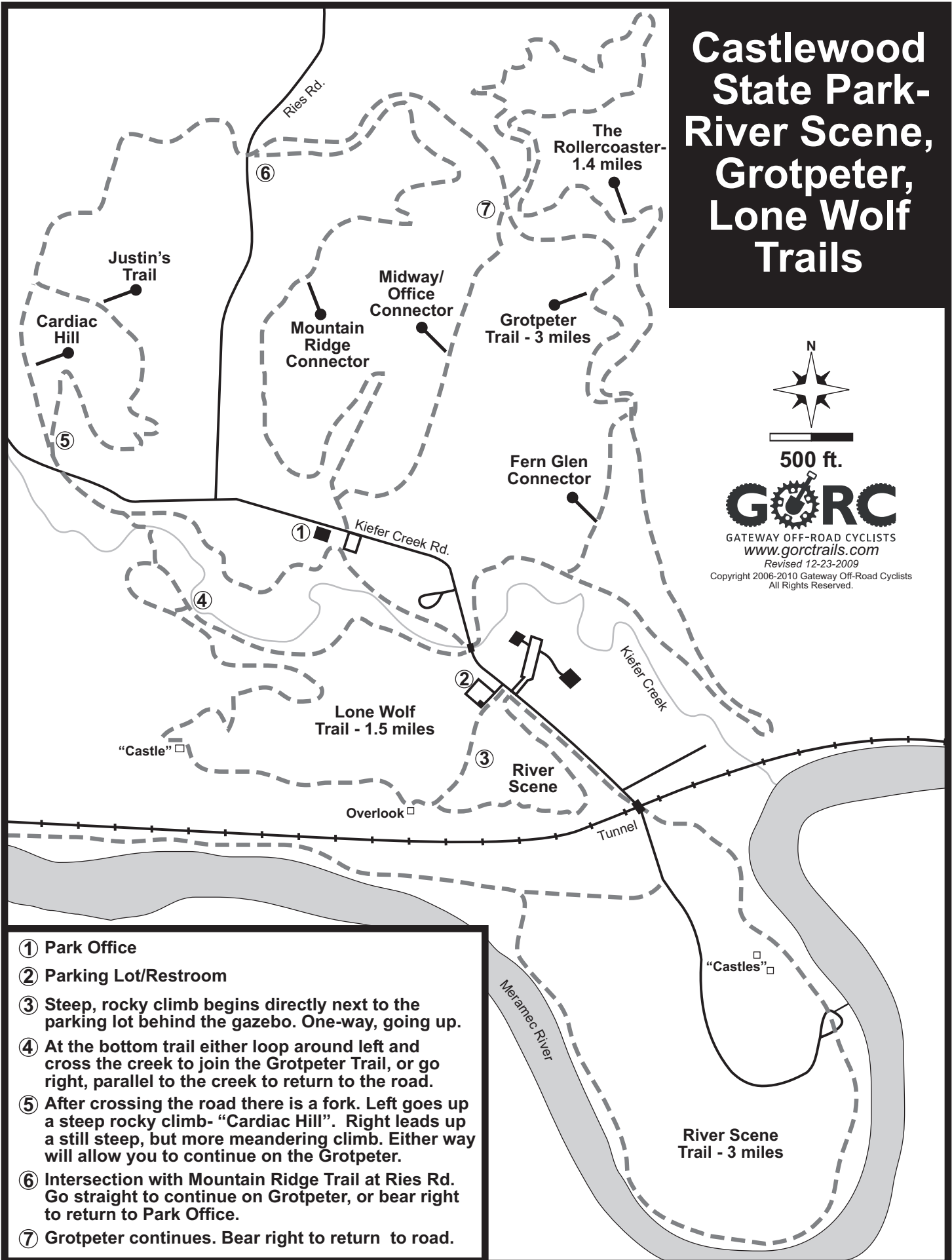


500 ft.

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**Castlewood State Park-  
 Stinging Nettle,  
 Cedar Bluff Trails**

# Castlewood State Park- River Scene, Grotpeter, Lone Wolf Trails



500 ft.



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- ① Park Office
- ② Parking Lot/Restroom
- ③ Steep, rocky climb begins directly next to the parking lot behind the gazebo. One-way, going up.
- ④ At the bottom trail either loop around left and cross the creek to join the Grotpeter Trail, or go right, parallel to the creek to return to the road.
- ⑤ After crossing the road there is a fork. Left goes up a steep rocky climb- "Cardiac Hill". Right leads up a still steep, but more meandering climb. Either way will allow you to continue on the Grotpeter.
- ⑥ Intersection with Mountain Ridge Trail at Ries Rd. Go straight to continue on Grotpeter, or bear right to return to Park Office.
- ⑦ Grotpeter continues. Bear right to return to road.

# Castlewood State Park- Overview

In addition to mountain bikers, this park is heavily used by hikers and equestrians. Always yield to them. It is very busy on weekends, so be alert.

The lower trails along the river frequently flood when the river is high. These trails also become very muddy after rain. The higher ones- Grotspeter and Lone Wolf are rockier, and dry more quickly.

The Cedar Bluff and Mountain Ridge Trails have several problem spots when wet, so it's probably best to give them some additional time to dry out.

The trails indicated here are the only ones open to bikes.

Please use your judgment about riding these trails when they are wet.

