

Cedar Bluff Trail - 2 miles

Stinging Nettle Trail - 3 miles

Al Foster Trail

Gravel Plant Connector

Meramec River



500 ft.



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- 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.

Castlewood State Park- Stinging Nettle, Cedar Bluff Trails



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



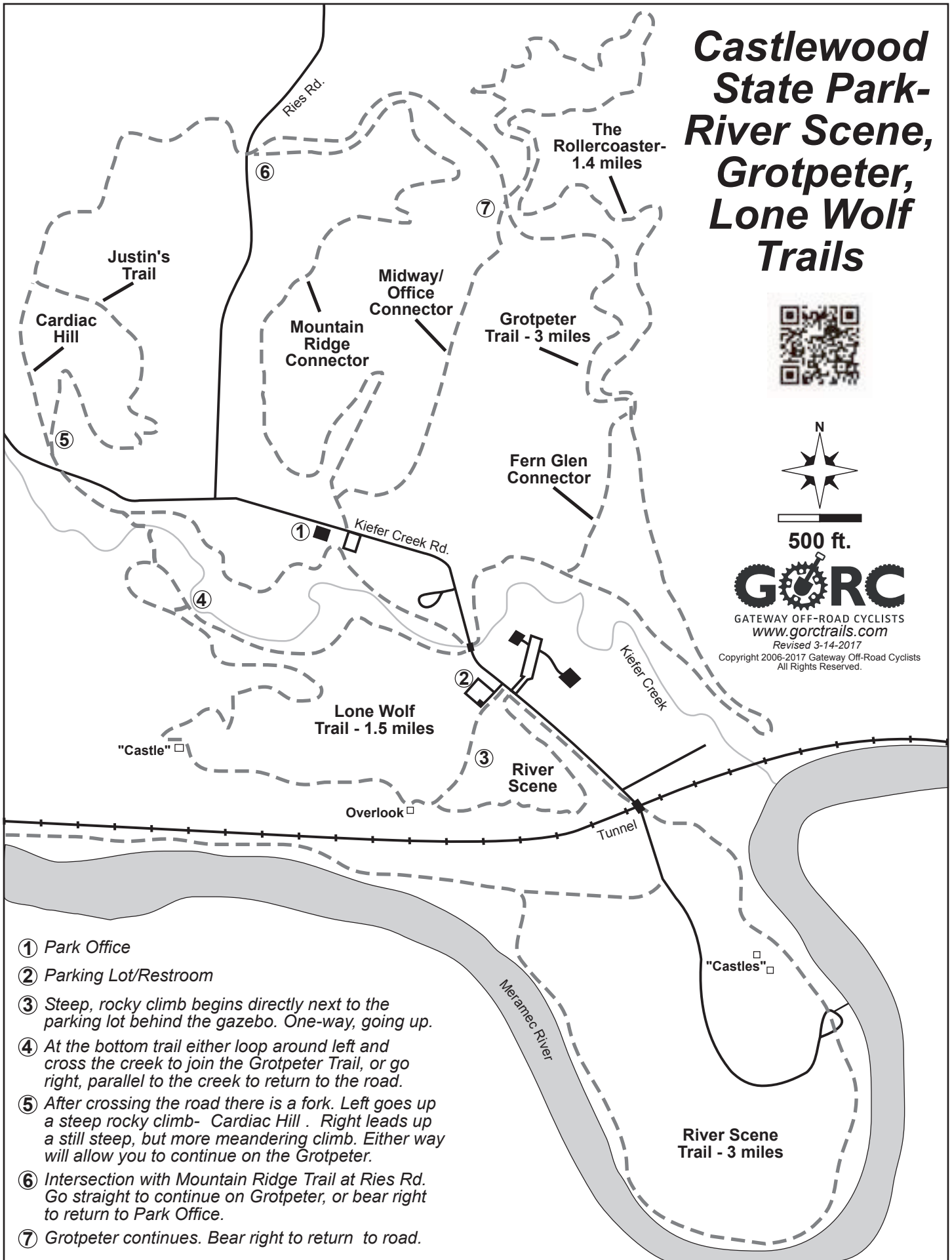
500 ft.



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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

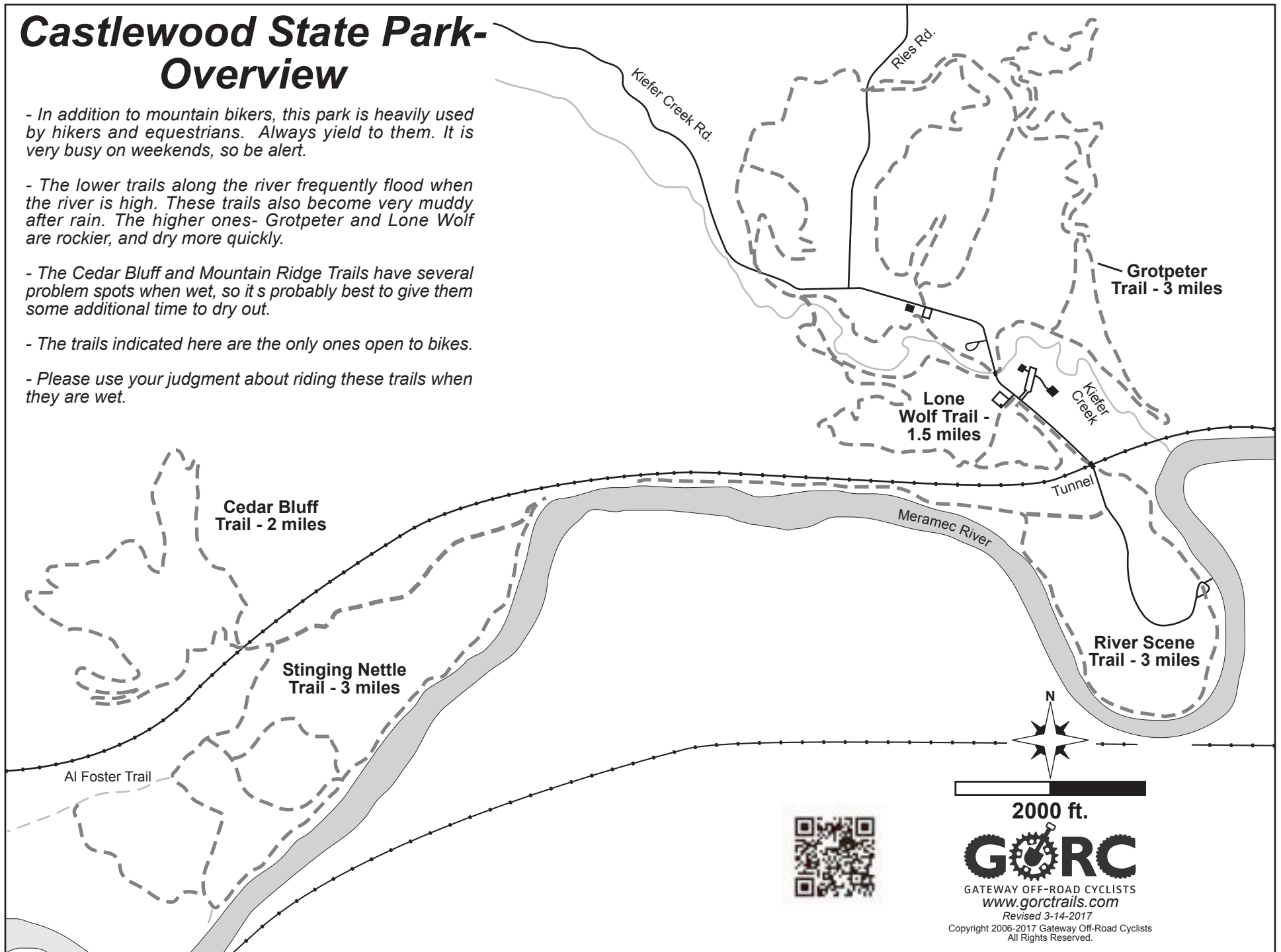
- In addition to mountain bikers, this park is heavily used by hikers and equestrians. Always yield to them. It is very busy on weekends, so be alert.

- 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.



2000 ft.

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