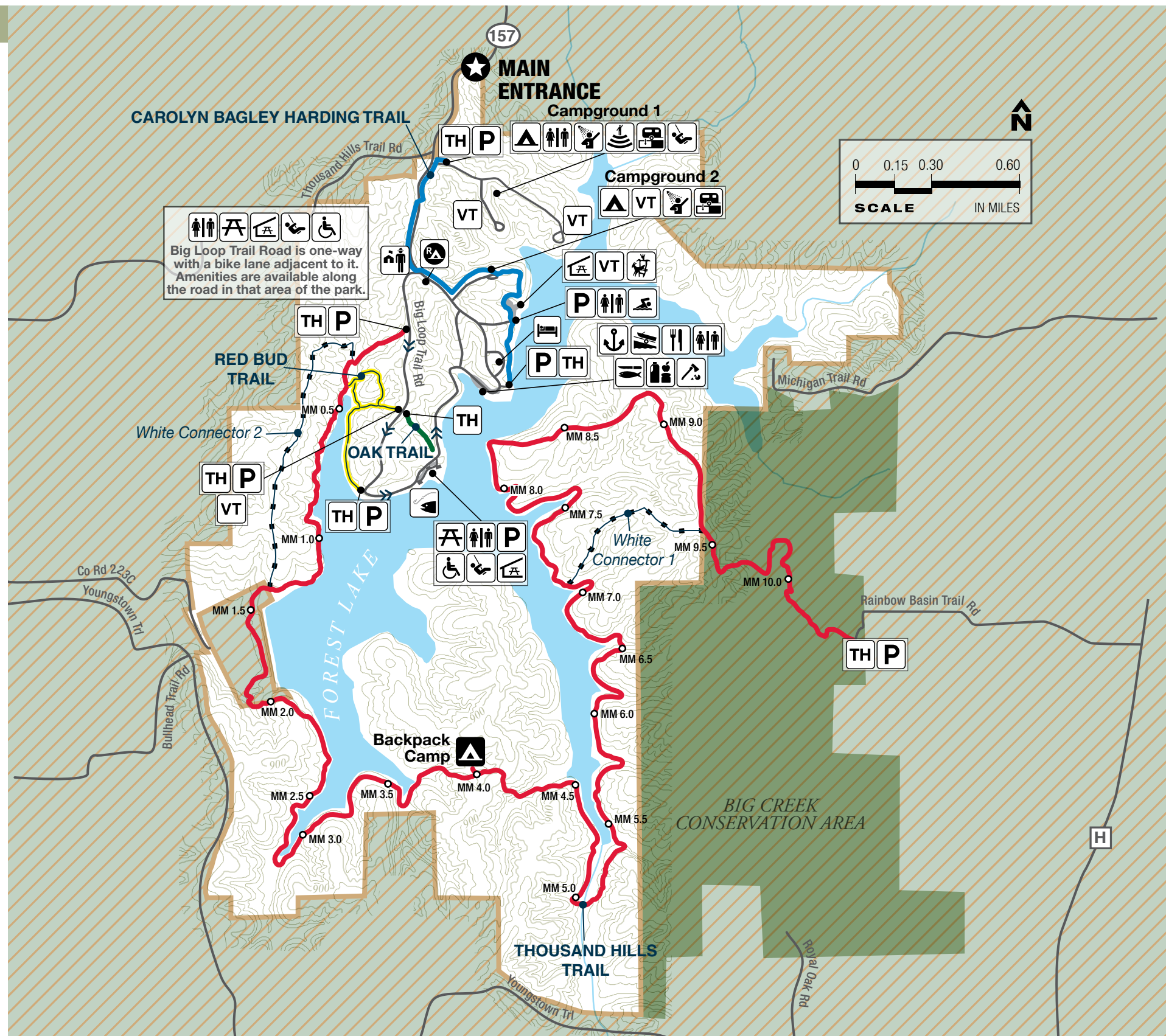


THOUSAND HILLS STATE PARK MAP

LEGEND

- Main entrance
- State route
- Direction of travel
- Land contour
- Mile marker (MM)
- Missouri Department of Conservation
- 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 (connector)
- Water
- 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 area
- Swim beach
- Trailhead
- Vault toilet



CONTACT INFORMATION

Thousand Hills State Park
 20431 State Highway 157
 Kirksville MO 63501-7069
 660-665-6995
 Lodging/Dining/Marina/Store: 660-202-8257
mostateparks.com

DISCLAIMER: This map is not a legal survey. The Missouri Department of Natural Resources makes no warranty, expressed or implied, as to the accuracy of the data or related materials and is not responsible for any damage or loss resulting from its use.

CAROLYN BAGLEY HARDING TRAIL

1.40 miles one way TRAIL RATING: Easy
ESTIMATED HIKING TIME: 45 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 the entire route.

Carolyn Bagley Harding Trail encompasses phase 1 & 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. The two agencies are developing plans to connect this trail to Campground 1 and to the city of Kirksville.

OAK TRAIL

0.20 miles 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 miles)
From Trailhead 2) 40 minutes (0.60 miles)

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

10.50 miles one way TRAIL RATING: Rugged
ESTIMATED HIKING TIME: 10 hours, 30 minutes, one way

Thousand Hills Trail's natural surface and route through hilly, rugged wooded terrain make it popular with mountain bikers. The trail passes through and along savanna restoration units and at times along Forest Lake. The trip can be shortened or lengthened by accessing White Connector 1 (0.70 mile) and White Connector 2 (1 mile).

NOTE: *Thousand Hills Trail is a 10.50-mile one-way trail around Forest Lake. The trailheads are on opposite sides of the lake so you will end your trip on the other side of the lake from where you began. Make appropriate plans if you plan to hike this trail.*



Rules of the Trail

- All pets must be leashed for their protection and that of visitors and wildlife.
- All other rules and regulations pertaining to park use are applicable to trail users.

Mountain Biking














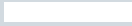
Ride only on designated trails when trail conditions allow them to be open to bicycling.

- 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.*

TRAIL NAME	MILEAGE	BLAZE COLOR	APPROVED USAGE	RATING	TRAIL EXPERIENCE *
Carolyn Bagley Harding Trail	1.40	 Blue	  	Easy	1, 4, 11, 12
Oak Trail	0.20	 Green		Moderate	2, 3, 7
Red Bud Trail	1.25	 Yellow		Rugged	2, 3, 6, 7, 10
Thousand Hills Trail	10.50	 Red	  	Rugged	1, 2, 3, 4, 5, 6, 7, 9
Connector Trail ()		 White	<i>Connector trails are available on some trails, are numbered and will modify your hike. See map for more information.</i>		

*** 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

