

Table Rock State Park

White River Valley Trail System 11.75 Miles

Uses: Hiking, Bicycling – Mountain Biking suitable  

Type: Loop

Trailheads: ❶ At the red loop, 400 feet west of the park office on the north side of Highway 165; 36.58571072, -93.31264326

❷ At the blue loop, Lake Taneycomo parking area down the hill from the dam's scenic overlook; 36.5953328, -93.29735434;

❸ At the green loop, off Trophy Run Road; 36.58231149, -93.29880226

Red Loop: 2.90 Miles

Blazes:  Red

Estimated Hiking Time: 2 hours, 30 minutes

Blue Loop: 3.50 Miles

Blazes:  Blue

Estimated Hiking Time: 3 hours

Orange Loop: .70 Mile

Blazes:  Orange

Estimated Hiking Time: 35 minutes

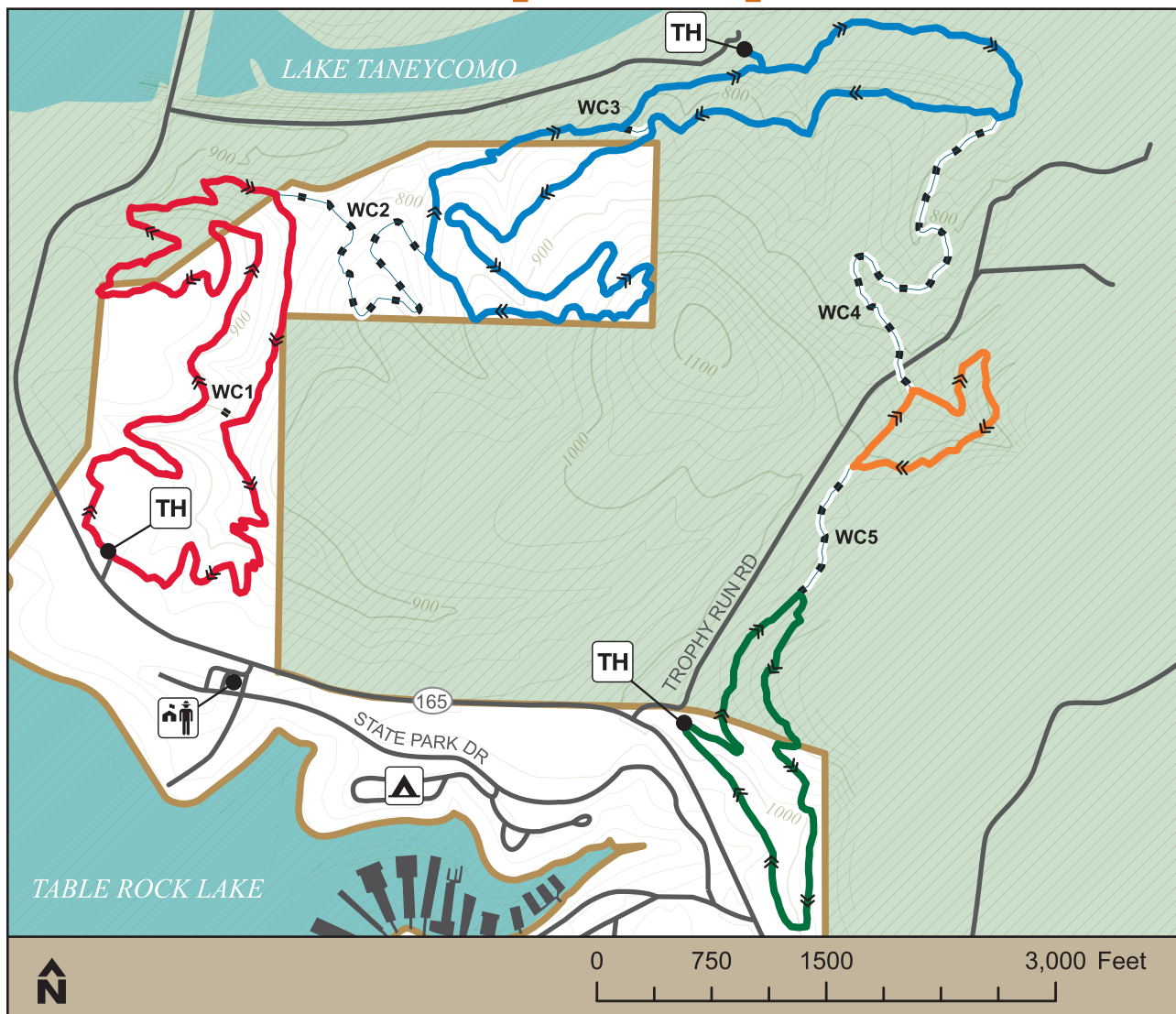
Green Loop: 1.35 Miles

Blazes:  Green

Estimated Hiking Time: 1 hour, 15 minutes

Table Rock State Park

White River Valley Trail System












mostateparks.com

Missouri State Parks' Trails Legend

Trail Blaze Colors

The maps in this book indicate the blaze colors for each trail. If more than one trail shares tread, that portion of the trail is identified by more than one color. Yellow trails are shown with a navy stripe on the maps in this book; trails blazed in yellow do not have a navy stripe.

 Red	 Brown
 Orange	 Black
 Yellow	 White connector
 Green	 Shared tread (colors will vary)
 Blue	

You May Experience

The following conditions are all things you may encounter while on a Missouri state parks trail. Conditions for each trail are listed on the introductory page for each state park and historic site:

YOU MAY EXPERIENCE: ❶ Slippery conditions and/or downed vegetation ❷ Natural surface: dirt, mud, gravel, shifting rocks, slippery surface, etc. ❸ Rocks, roots and/or downed vegetation on trail ❹ Low-hanging vegetation ❺ Physically challenging obstacles ❻ Wood or stone steps ❼ Steep grades and inclines over 10% ❽ Bluffs or drop-offs next to trail ❾ Bridges and/or structural crossings ❿ Water/stream crossings without bridges ⓫ Occasional water over trail ⓬ Road/Highway crossing ⓭ Emergency response signs ⓮ Narrow passages ⓯ Raised or protruding objects ⓰ Electric fence crossings ⓱ Bison/elk

Trail Type:

Loop, One way or System

A loop trail is one that will return you to the trailhead. A one-way trail takes you from the trailhead to the farthest point on the trail and you will have to retrace your steps to return to the trailhead. If you plan to return to your starting point on a one-way trail, you will have to double the distance to calculate your estimated mileage and/or hiking time. A trail system is a series of interconnected trails that allow you to choose your own route.

Estimated Hiking Time

The estimated hiking time was determined by considering the average user's speed and the conditions that might be experienced on a specific trail. Your speed may be slower or faster than the time listed.

GPS Coordinates

There are several methods of communicating GPS coordinates. This book uses the decimal degree method. Most GPS units will convert from one coordinate system to another. If you require a different coordinate system for your unit, visit dnr.mo.gov/gisutils/ to convert the coordinates listed in this book to another version.

Natural Areas

Natural areas are recognized as the best remaining examples known of Missouri's original natural environments. These natural areas are managed and protected for their scientific, educational and historical values. Missouri state parks have 38 designated natural areas, encompassing almost 22,000 acres.

The smallest designated natural area is the seven acres that encompass the pink granite formations at Elephant Rocks State Park.

The largest natural area is 7,028-acre St. Francois Mountains Natural Area with the majority of it in Taum Sauk Mountain and Johnson's Shut-Ins state parks.

On the maps, natural areas are identified in pink.

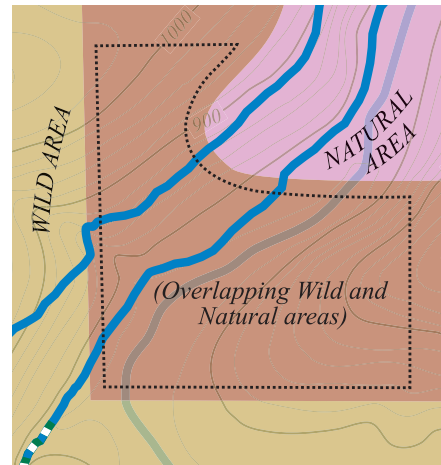
Wild Areas

The Missouri Wild Area System is made up of large tracts of land set

aside as wilderness, which make the perfect setting for hiking and backpacking. A wild area must be 1,000 or more acres in size, show little impact from humans, and possess outstanding opportunities for solitude. They are strictly protected for their wilderness benefits as well as for their use for environmental education and scientific study.

Missouri has nearly 23,000 acres of wild areas in nine state parks: Cuivre River, St. Francois, Johnson's Shut-Ins, Rock Bridge Memorial, Trail of Tears, Sam A. Baker, Lake of the Ozarks, Roaring River and Hawn state parks.

On the maps, wild areas are identified in brown.



Trail Legend

The following symbols will help you identify key features and landmarks on the trail maps. Also, these symbols are used on signage in the park.

	Interstate highway		Amphitheater		Playground
	U.S. highway (2-lane)		Boat dock/marina		Restroom*
	State route		Boat ramp		Special-use area
	Railroad tracks		Cabins		Spring
	Road lines		Camping		Stables
	Land contour		Castle		Trail shelter
	Natural area		Cave		Tunnel
	Not state park property		Cemetery		Visitor center
	Stream or creek		Dining		
	Water		Hatchery		
	Wild area		Interpretive exhibits		
	Park boundary		Interpretive pavilion		
	Non-park property		Lodging		
	Main entrance		Mill		
	Trailhead		Monument		
	Hiking trail		Motorcycle riding		
	Backpacking trail		Museum		
	Equestrian trail		Natural bridge		
	Bicycling trail		Nature center		
	Accessible		Organized group camp		
	ATV/ORV trail		Park office		
	Overlook		Park store		
	Parking		Picnicking		
	Equestrian parking		Picnic shelter		

* This symbol is used to indicate either flush restrooms and/or vault toilets. Also, please note that flush restrooms are available during the on-season, usually April 1 through Oct. 31.