

5K Cliff Cave Park Walk

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This map and directions may only be used in conjunction with a signed American Volkssport Association (AVA) Athletic Waiver. All other uses are prohibited

Starting Point: Cliff Cave Park – 806 Cliff Cave Rd. (lower parking lot – 2nd lot by river), South County, MO
Gateway Milers (www.gatewaymilers.org)

Driving directions to starting point at Park: From I-255 (East or West), exit at Telegraph Rd (exit 2). Go South on Telegraph to Cliff Cave Rd (1.7 miles). Turn left, follow road to park entrance, go down the hill to parking lot by the river, (1.65 miles).

****Be careful crossing streets and walking on uneven sidewalks****

1. Exit Riverside Shelter toward path by river and go left.
2. Turn right at “.5 mile Loop Trail” sign. Follow loop along river and when you get to the “Y”
3. Turn right at “Y”.
4. Continue on path as it crosses the road (By railroad tracks) and as it crosses the bridge (stop and look at Cliff Cave).
5. When you reach next bridge, at Upper Trailhead sign, turn right, go across the bridge and uphill.
6. At “Y” (top of hill) continue right to overlook. Enjoy the view. Then turn around retracing your steps to “Y”.
7. At “Y” continue straight following “Upper Trailhead” to parking lot. (Restrooms at parking lot)
8. Turn left in parking lot and continue so parking lot entrance. Cross Cliff Cave Rd. and go straight onto England Town Rd.
9. Turn right onto Muir Castle Ln. Continue to end of street.
10. Turn left onto Chatport Rd.
11. Turn left onto Pierwood Drive
12. Turn left onto Olde Winery Rd.
13. Turn left onto Muir Castle Ln.
14. Turn right onto New England Town Rd. and enter Cliff Cave Park (crossing Cliff Cave Rd.)
15. Turn right in parking lot to trailhead (Mississippi Greenway by restroom). Take the paved path back down.
16. At “Y” turn right at sign onto “Lower Trailhead”
17. Continue following “Lower Trailhead” signs back to the shelter finish point. (will cross two bridges then at bottom of hill will have to cross the road to continue on the trail. Go to shelter – do not take “Loop Trail”.)

Emergency Numbers:

In case of Emergency: **Dial 911**

Event related assistance:

Tom Stucky: 636-208-3410

8K Cliff Cave Flat Walk

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Driving directions to starting point at Park: From I-255 (East or West), exit at Telegraph Rd (exit 2). Go South on Telegraph to Cliff Cave Rd (1.7 miles). Turn left, follow road to park entrance, go down the hill to parking lot by the river, (1.65 miles).

1. Exit Riverside shelter toward path by river and go right.
2. Follow path, at end of parking lot take a left. Take path to "T" and go straight. Take this 4.1 mile loop.
3. When you get back to the "T" turn right. Take path back to shelter but keep going past shelter.
4. Turn right at ".5 mile Loop Trail" sign. Follow loop along river and when you get to the 'Y'
5. Turn left at "Y" and go to parking lot and finish.

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Cliff Cave Park Flat Walk 8K YRE

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Emergency Numbers:

In case of Emergency: **Dial 911**

Event related assistance:

Tom Stucky: 636-208-3410

Start/Finish Point:

Shelter: 806 Cliff Cave Rd, St Louis, MO

10K Cliff Cave Park Walk

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Starting Point: Cliff Cave Park – 806 Cliff Cave Rd. (lower parking lot – 2nd lot by river), South County, MO
Gateway Milers (www.gatewaymilers.org)

Driving directions to starting point at Park: From I-255 (East or West), exit at Telegraph Rd (exit 2). Go South on Telegraph to Cliff Cave Rd (1.7 miles). Turn left, follow road to park entrance, go down the hill to parking lot by the river, (1.65 miles).

****Be careful crossing streets and walking on uneven sidewalks****

1. Exit shelter toward path by river and go left.
2. Turn right at “.5 mile Loop Trail” sign. Follow loop along river and when you get to the “Y”
3. Turn right at “Y”.
4. Continue-on path as it crosses the road (By railroad tracks) continue uphill and as it crosses the bridge (stop and look at Cliff Cave).
5. When you reach next bridge, at Upper Trailhead sign, go straight to “Telegraph Rd.”
6. At Telegraph Rd. turn around and retrace path back to the bridge.
7. **OPTIONAL* (a little longer and could be muddy):* At first circle trail crossing take the natural trail path on left and follow the trailhead signs. The trail leads back to the two other circle trail crossings on paved path (doesn’t matter which one you get off at) At circle trail crossing go left down to bridge.
8. At bridge, turn left go across the bridge and go uphill (Upper Trailhead sign).
9. At “Y” (top of hill) continue right to overlook. Enjoy the view. Then turn around retracing your steps to “Y”.
10. At “Y” continue straight following “Upper Trailhead” to parking lot. (Restrooms at parking lot)
11. Turn left in parking lot and continue so parking lot entrance. Cross Cliff Cave Rd. and go straight onto England Town Rd.
12. Turn right onto Muir Castle Ln. Continue to end of street.
13. Turn left onto Chatport Rd.
14. Left on Huntsport Rd.
15. Right on England Town Rd.
16. Left on Hempline Rd.
17. Left on Broken Horse Ln.
18. Left on Pierwood Dr
19. Right on Olde Winery Rd.
20. Left on Muir Castle Ln.
21. Turn right onto New England Town Rd. and enter Cliff Cave Park (crossing Cliff Cave Rd.)
22. Turn right in parking lot to trailhead (Mississippi Greenway by restroom). Take the paved path back down to ‘Y’.
23. At “Y” turn right at sign onto “Lower Trailhead”
24. Continue following “Lower Trailhead” signs back to the shelter finish point (you will cross two bridges then at bottom of hill will have to cross the road to continue-on the trail. Go to shelter – do not take “Loop Trail”.)

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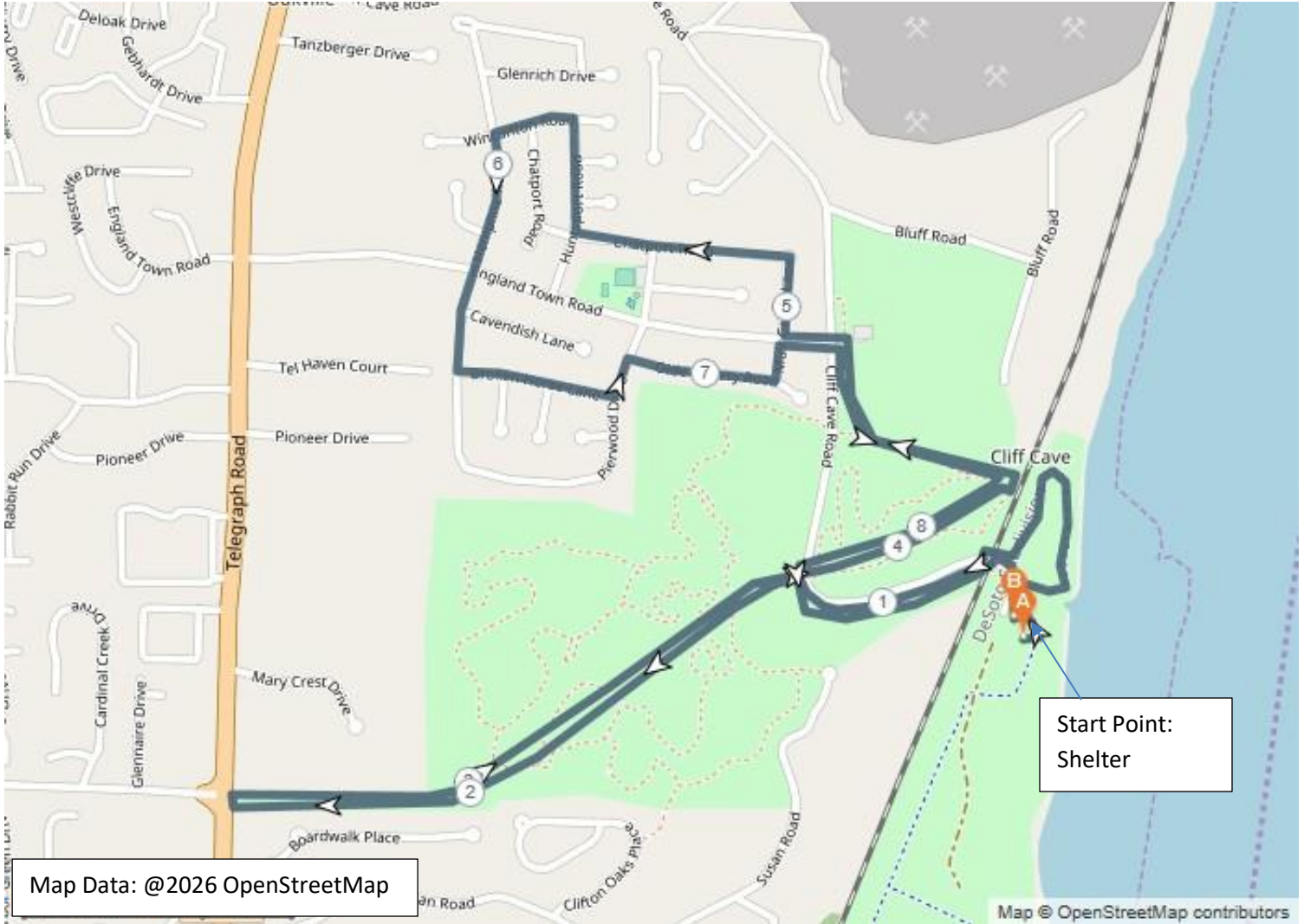
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Cliff Cave Park 10K YRE

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EMERGENCY NUMBERS:

In case of Emergency: Dial **911**

Event related assistance:

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Start/Finish Point:

Shelter: 806 Cliff Cave Rd, St Louis, MO