

Kaintuck Hollow Trail System

Mark Twain National Forest/Houston-Rolla-Cedar Creek Ranger District\

Attractions:

The Kaintuck Hollow Trail System is south of the Mill Creek Recreation Area. Sixteen miles of trails lead you through an oak forest, interspersed with hickory, cedar, dogwood, and pine plantations. There are several trail loops offering a variety of routes to match your experience. Walk through a natural tunnel 175 feet long or enjoy wading in cool Missouri streams. You can visit Wilkins Spring Pond with its daily flow of 3 million gallons and perhaps see the otters that live there! The trail is very popular with horse riders and mountain bikers. No motorized vehicles are allowed.

Trails

- **Yellow Diamond** trail follows an old logging road west of Kaintuck for about 4 miles. West of Yellow Diamond, **Red Diamond** trail leads you down, through cedars, then over a dry streambed covered with large, mossy rocks.
- **Red Circle** trail connects the Yellow Diamond and Orange Diamond trails.
- **Orange Diamond** trail is about 3 miles long. It runs parallel to a gravel road connecting Mill Creek Recreation area with Hwy T.
- **Orange Circle** trail connects Red Circle trail to **Blue Circle** trail, not far from the Natural Bridge and tunnel.
- **White Diamond** trail passes a small lily pond & loops southwest to Wilkins Spring and back to Yellow Diamond trail.
- **Green Diamond** trail follows an old double-track on the ridge top for a half-mile, where it branches to the east before descending into Kaintuck Hollow.
- **Blue Diamond** trail runs south from Wilkins Spring intersecting the Yellow Diamond trail.

Safety:

-During temperate months, be prepared for biting insects, poison ivy and high temperatures. Avoid using the trail during excessively wet periods. - Be aware of hunting seasons and take appropriate precautions.

Emergency:

Call 911 or the Phelps County Sheriff at:
(573) 426-3860



Directions:

From Interstate 33: Take exit 179 and go south on Hwy T for 2 miles, turn right onto Hwy P for 2.8 miles and left onto FS Road 7550. Drive 2.3 miles to Mill Creek Recreation Area.

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