

Mark Twain National Forest

Missouri

Kaintuck Hollow Trail



Eastern Region, USDA Forest Service

December 8, 2010.

Highlights

Kaintuck Hollow Trail 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, with lengths from one to fifteen miles. The 175 foot long a natural tunnel is closed to public entry to protect bats from possible contamination with fungal spores of White Nosed Syndrome. You can visit Wilkins Spring Pond with its daily flow of 3 million gallons, or taste water from an artesian well at Mill Creek Recreation Area..

Trail

The trail has 9 sections– **Acorn Section** follows an old logging road west of Kaintuck Hollow for about 4 miles. West from Acorn, **Butterfly Section** leads you down, through cedars, then over a dry streambed covered with large, mossy rocks. The **Mushroom Section** connects the Acorn and Pine Tree sections. **Cedar Section** is about 3 miles long. It runs parallel to a gravel road connecting Mill Creek Recreation area with Hwy T. **Squirrel Section** connects to **Oak Leaf Section**, not far from the Natural Bridge and tunnel. **Deer Track Section** begins as a wide track. After passing a small lily pond, it loops southwest to Wilkins Spring and back to Acorn. **Redbird Section** follows an old double-track on the ridge top for about a half-mile, where it branches to the east before descending into Kaintuck Hollow. **Grouse Section** runs south from Wilkins Spring intersecting with the **Acorn Section**.

For More Information

Houston/Rolla/Cedar Creek Ranger District
401 Fairground Road, Rolla, MO 65401
Phone: (573) 364-4621 Fax: (573) 364-6844
TDD: (573) 364-6844
Hours: Monday-Friday, 8 am-4:30 pm

Directions: From Interstate 44, exit #179, go south on Hwy T for 2 miles, and turn right onto Hwy P. Take Hwy P for 2.8 miles, turn left onto Forest Road 7550, and go 2.3 miles farther to Mill Creek Recreation Area.

Difficulty Level: Moderate

Length: 16 miles

Best Seasons: Fall, winter, spring

Restrictions: No motorized use. No entry into the natural bridge tunnel.

Safety: During temperate months, be prepared for biting insects, poison ivy and high temperatures. Be advised of hunting seasons. Avoid using the trail during excessively wet periods.

Surface Type: Unsurfaced, native material

Travel Time: 5 hours by horseback, individual loops may be hiked in 1 to 8 hours.



“The USDA is an equal opportunity provider and employer.”

Mark Twain National Forest

401 Fairgrounds Road, Rolla, MO 65401

<http://www.fs.usda.gov/mtnf>



