

# Inspiration Point Trail



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Nestled within LaRue-Pine Hills Research Natural Area is Inspiration Point, a National Recreation Trail because of its outstanding scenic qualities and beauty. Its point juts out from the main bluffs, offering a magnificent view of the Mississippi River Valley.

## Trail Highlights

Inspiration Point Trail is not a loop trail. Instead, it has two trailheads, both accessible along Pine Hills Road. The shorter, easier walk to the overlook is from the upper trailhead. From the lower trailhead, you wind past trees and wildflowers and climb bluffs.

## Nature Viewing

The ecological diversity of the LaRue-Pine Hills makes it superb for nature viewing. It contains the highest population of plant and animal species in the state. More than half of Illinois' reptile and amphibian species occur here. With more than 170 bird species, it is a birders' paradise. Birds frequently spotted

include the red-headed woodpecker, red-eyed vireo, scarlet tanager and several thrushes. Great blue heron, bald eagle, Mississippi kite, great egret and a variety of waterfowl are found in the floodplain. Rare mammals such as the bobcat, eastern woodrat and golden mouse live here too. In the spring, the trail is bordered with wildflowers — blazing star, bellwort, bluets and spiderwort.

**Trail Designation:** Hiker use only

**Length:** ¾ mile

**Travel Time:** 45 minutes

**Trail Difficulty:** Moderate

**Trail Surface:** Dirt/Natural

**Open:** Daily from 6 a.m. to 10 p.m.

No overnight parking allowed.

**Parking:** Small parking lots are located at upper and lower trailheads.

### Directions:

**From Jonesboro:** Take Highway 146 west 8 miles to Highway 3; then north 8 miles on Highway 3 to Muddy Levee Road. Then west 3 miles to LaRue Rd. to the 'T' and turn left.\* Proceed 0.4 mile on LaRue Rd. then turn right onto Pine Hills Rd. On the right is the lower trailhead. Continue on Pine Hills Rd. 0.6 miles to the upper trailhead.

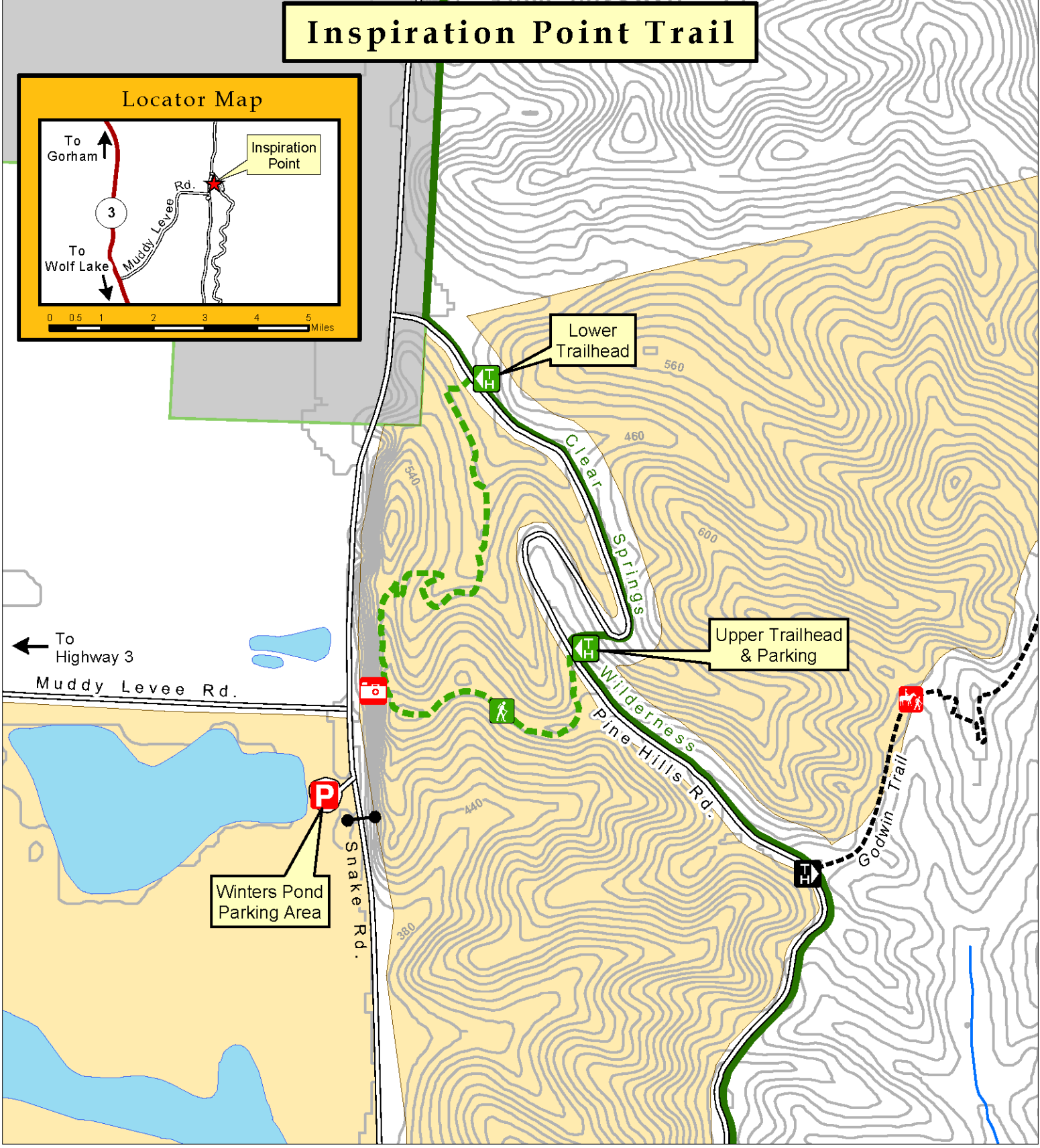
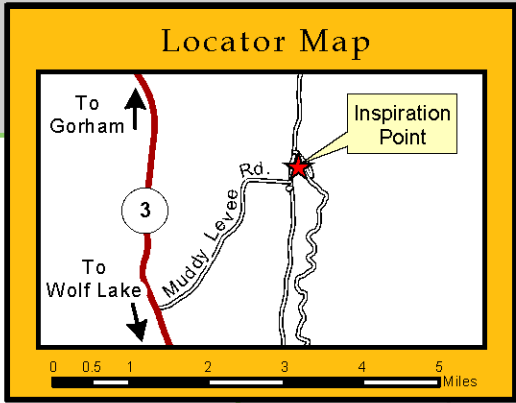
**From Murphysboro:** Take Highway 149 west 7 miles to Highway 3; then south 14 miles on Highway 3 to Muddy Levee Road. Then west 3 miles to LaRue Rd. to the 'T' and turn left. Continue at \* in directions above.

**Safety:** Extra caution should be used where the trail is near the bluffs and when traveling on wet slippery rocks. Poison ivy and venomous snakes are present in the area.

**In the event of an emergency, call 911.**



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		Hiker/Equestrian Trailhead		Inspiration Point		Hiker Only Trail		Natural Area
		Hiker Only Trailhead		State Highway		Hiker/Equestrian Trail		Wilderness Boundary
		Parking Area		Road		Stream		National Forest Land
								Non-National Forest Land

Contour interval = 20 feet

0      0.2      0.4      0.8 Miles