



# Bike the Katy Trail

## Rail Trail ~ Missouri

Bicycle from Boonville to St Charles, Missouri

6 days – Inn-to-Inn

E-Bikes Available

2024 Sept 17 - 22

~ The Bike Lane EXCLUSIVE – Max 14 ~

### Why You'll ♥ This Adventure:

- ♥ Bicycle with your Guide/Historian on one of the TOP bike rail-trails in the USA – historic dedicated bike path. All flat downstream. NO up. NO cars. Incredibly scenic, with unique stops along the way.
- ♥ Katy Trail runs along the shoulder of the Missouri River, and follows Lewis and Clark's 1804 exploration of the wild west. Full of small little historic towns and rail stations and old train tunnels.
- ♥ Lots of wineries, breweries, distilleries, restaurants and antique shops along the trail
- ♥ Easy pace cycling over 4 days / 3 – 4 hours a day – around 28 – 38 miles a day. Only one long, but easy, day (SAG van available this day). Lots of stops along the way.

### Itinerary in brief

- ♥ Day 1: Arrive St Louis (fly) or St Charles (drive)
- ♥ Day 2: Shuttle from St Charles to Boonville  
Pedal Boonville to Rocheport (13 miles)
- ♥ Day 3: Pedal Rocheport to Jefferson City (38 miles)
- ♥ Day 4: Pedal Jefferson City to Herman (48 miles) \*
- ♥ Day 5: Pedal Herman to Augusta – (37 miles)
- ♥ Day 6: Pedal Augusta to St Charles – (28 miles)

>> \*Day 4 / SAG Van if you're tired, you can be transported

**\$1,475** per person dble occ

for 5-nights hotel, hybrid bike, panniers, daily luggage shuttle, transfer, Guide.

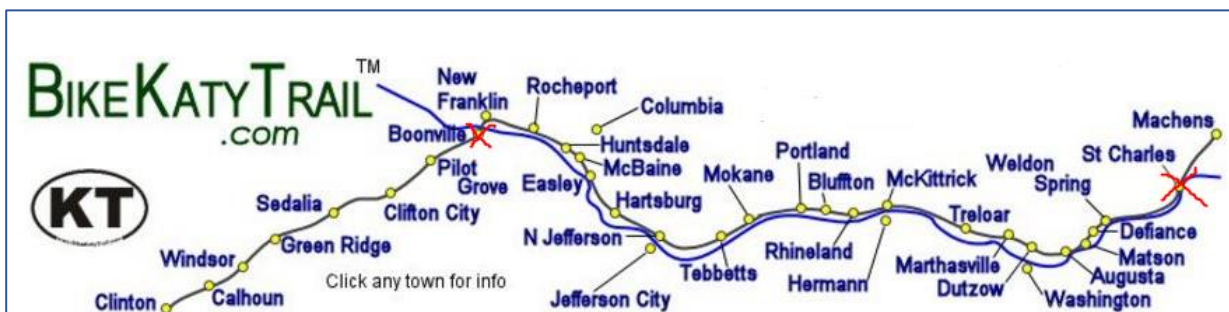
E-Bike –add \$180 extra

NO bike (bring your own) – less \$240

### Adventure Escorted by:

♥ Deborah Haling

602-909-9485 Deborah@theBikeLaneAZ.com



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**The Katy Trail is a 237 mile (386 km) trail – the longest developed rail trail in the country, stretching across most of the state of Missouri.**

**Over half the trail follows Lewis and Clark’s historic path in 1804 along the Missouri River.**

**On the small section we will ride, we’ll follow the river beneath towering river bluffs, and much of the trail is canopied in large old trees. In some parts, the trail meanders away from the river through peaceful farmland and small-town Americana.**

**The Adventure Logistics:**

- Adventure begins and ends in St Charles MO
  - Easy pedal with your Guide/Historian– all flat. No cars. No one left behind. Day 4 SAG van available for transport if you get tired
  - 5-nights Unique accommodations including breakfast - 1-night St Charles; 1-night Rocheport; 1-night Jefferson City; 1-nights Herman; 1-night in Augusta
  - Includes Hybrid bicycle for 5 days
  - E-Bikes are available for an extra charge
  - Bring your own bike for a savings
  - Includes Group private transfer from St Charles to Boonville to begin Trail ride
  - Luggage will be transferred daily to each hotel - included. You only need to travel with your pannier and day pack
  - Includes Museum entrance in St. Charles, Happy Hour Welcome Party, Wine Tasting, Ice Cream at Grandma’s
  - Extra nights at the beginning in St Charles, or at the end in St Charles can be arranged.
  - Includes all taxes, resort fees
- Not Included: flight to St Louis

**PRICING:**

**\$ 1,475** per person dble-occ

5-nights hotel, hybrid touring bike, panniers, daily luggage shuttle, transfer, Guide/Historian, SAG van, and more.

Upgrade to an E-bike – plus \$180

Bring Your Own Bike – less \$240

**★ NO WORRY GUARANTEE – NO RISK DEPOSIT ★**

**Initial Deposit .....\$ 100**

2024 Feb 15.....\$ 600 & Book Flight

2024 May 1 .....Final Payment

**CANCELLATION POLICY**

- 100% Refundable if cancels by or on 2024 May 1
- NO refunds\* after 2024 May 1 – full penalty applies\*
- \*If you find a replacement for your spot – 100% refundable
- All *A Wild Adventure* Terms & Conditions apply – see website
- Policy Subject to change per tour operator’s conditions.

**WEATHER:** Usually low to high 80’s; cool nights. September is Indian Summer : )

**TRAVEL INSURANCE**

It is VERY advisable to take Travel Insurance.

Group Plan available \$124 per person - Details to be provided.



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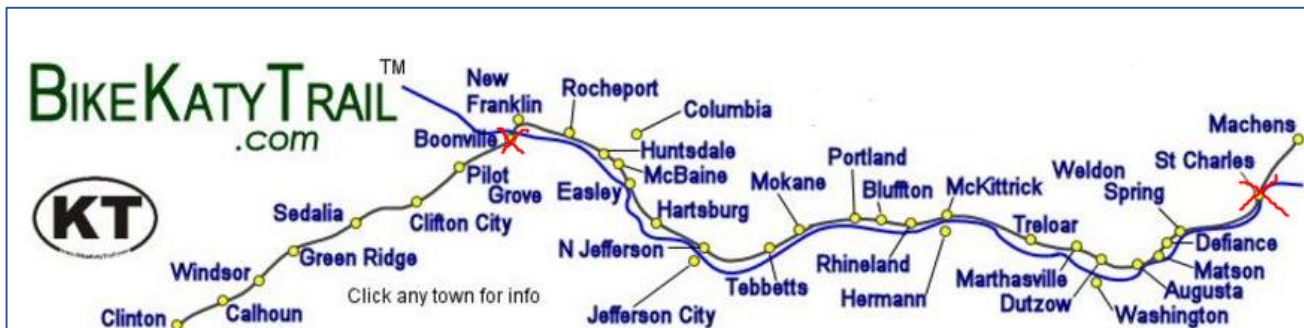
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**FLIGHT Logistics:** (not included in price)

**Fly to arrive:** RT Into St Louis MO (STL) – fly in to arrive Sept 17  
Check Southwest Airlines. They fly PHX to St Louis (STL) non-stop.

**Return home flight:** from St Charles Sept 22 after 3pm  
An extra night can be added if desired. Please refer to full Itinerary.



## Detailed Itinerary

Provided by Bill Sowle

### ♥ Day 1/ Tues: Arrive St Louis (fly) or St Charles (drive)

Arrive and meet in St Charles at the designated hotel. We will visit the Museum to become acquainted with the Lewis & Clark expedition history we will encounter along the trail, followed by a very happy group Happy Hour.

### ♥ Day 2/ Wed: Shuttle from St Charles to Rocheport. Pedal Boonville to Rocheport (13 miles)

Take the shuttle to Boonville. Good day to plan for a picnic and stock up on supplies before leaving.

This quaint town is a gem. Although the population's only 250, the village is chock-full of attractions: antique shops, art galleries, B&Bs, and the popular Meriwether Café & Bike Shop.

Among our other favorite stops: Les Bourgeois Winery's Blufftop Bistro (where the view of the river's unrivaled, especially at sunset) and the Rocheport General Store (host to live music on weekends).

As a fitting punctuation mark, you leave town through a historic arched tunnel which is more than 120 years old and has long been a favorite landmark along the trail.

Pass by towering limestone bluffs, through wetlands and forests with occasional glimpses of the Missouri River. The trail passes through several conservation areas, and the forest canopy of silver maples, green ash and slippery elm provide a home for many birds and animals. Look high and low to catch a glimpse of a bald eagle, turtle or maybe a red fox.

The majority of small villages on route provide water and restroom amenities, but restaurants are somewhat sparse.

### ♥ Day 3/ Thur: Pedal Rocheport to Jefferson City (38 miles)

**Hartsburg** - Dotty's Café (35 E. Main) offers a good breakfast and lunch menu. The area's rich river bottomland proved fertile for agriculture over the years, in particular for pumpkins. If traveling through Hartsburg in the fall, stop to enjoy festivities of the annual pumpkin festival.

**Huntsdale** - Native American Petroglyphs. They are faint, but two small red figures can be seen a MM 174.4, about 40-50 feet above a cave entrance just to the left.

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**McBaine** - Missouri's largest oak stands majestically at MM 170. Quarter mile off the trail, 90-foot tall and circumference of 287 inches. The 400-year-old tree is tied for the largest burr oak in the country. Past the town of **McBaine** is Cooper's Landing. This stalwart in Missouri River lore offers live music, a roaring campfire, cold beer, and newly upgraded campgrounds. Book ahead, and pack a tent. *Columbia, 573-657-1299.*

**Providence** - MM 166.9 look for the "Pierced Rock" natural arch above the trail that was observed and noted by the Lewis & Clark Expedition.

**North Jefferson**, MM 143.2, across the river from **Jefferson City**. Jefferson City has so much to offer that we propose you bike the extra mile into town for the night. Use the Katy Trail Spur to reach the Jefferson City Bridge's bike/pedestrian lane (go left on Katy Rd. for 187 feet to the trail). Pull over at the two lookout points on the bridge for a view of the Missouri State Capitol & Museum.

**Jefferson City** was the first city in the country named in honor of President Thomas Jefferson. Though the town was unremarkable in 1826 when the legislature first met, it would become a bustling town with stagecoach, riverboat and rail traffic. The railroad completed its line to Jefferson City in 1855, though the first train to head toward the capital from St. Louis met with tragedy—it plunged into the Gasconade River when a trestle collapsed.

The state's capitol building overlooks the Missouri River and is worth the visit.

Take an impressive 'corkscrew' bike ramp to ride past the state capitol, notable for many architectural features, as well as for a Thomas Hart Benton mural that covers the walls of the House Lounge. It also houses the Missouri State Museum, and free guided tours are offered year-round.

At the museum is the Jefferson Landing State Historic Site, and a Lewis & Clark Monument is nearby.

The Missouri State Penitentiary opened in 1836 and was decommissioned in 2004. Nowadays, guides lead tours through the rooms of the prison, detailing chilling stories of former inmates and the happenings inside the prison walls.

Check out Cliff Manor B&B for the night and put your feet up for a brief repose. This local historical landmark is right around the corner from the bridge and within walking distance to much of downtown's attractions.

Be warned, Jefferson City is another place that has much to offer history enthusiasts.

You might want to consider allowing an extra day to explore its streets and sites.

Need energy for adventuring? Ice cream lovers will want to head to Central Dairy, a well-loved and long-established ice cream shop. Vitality Café is a popular vegetarian restaurant that even wins over meat lovers with its inventive and tasty dishes. Arris' Pizza offers pizza and salads with a Greek flare, and its sister bistro continues the Greek tradition but takes the gourmet level up a notch or so. If pub fare is more to your liking, consider Prison Brew or Paddy Malone's Irish Pub.

Cross the bridge to the trailhead at N. Jefferson. Between here and **Portland** the trail gently wanders through rural landscapes and several small towns of some historic note as early railroad towns. They are not particularly noted for their range of service offerings for trail users.

Grain elevators will herald your arrival to **Tebbetts**, a railroad town that sprang up in the 1890s. It was named after a St. Louis investor, one of nine towns to carry the name of railroad investors. There is a restroom at the trailhead.

Near **Tibbets** is Turner Katy Trail Shelter, a two-story mansion-turned-cyclists' hostel. This cozy shelter offers showers, bunk beds, a small kitchen, heat and air conditioning. Be sure to book ahead. *573-496-3986.*

#### ♥ Day 4/ Fri: Pedal Jefferson City to Herman (48 miles)

**Mokane**, 6.2 miles farther, was established in 1818, though it wasn't given today's name until the railroad came through in 1893 and a contest was held to select the new name: MissOuri, KANSas and Eastern railroad (the railroad later became the Missouri, Kansas and Texas).

If you need to stop for food, Mokane Bar & Grill and Mokane Market are both off the trail on Fulton St. From here you will pass quickly through Steedman and arrive in Portland, most noted for its fish. The largest fish ever recorded on the Missouri River was taken near here: a 315-pound blue channel catfish. The smaller fried variety can be found at the Riverfront Bar & Grill (head north on Market Street).

The trail snuggles up to the Missouri River a bit more on this next 5-mile stretch to Bluffton. A mile east of town, you skirt by the Grand Bluffs Conservation Area, a bluff-top glade with a view across the river bottom that includes two Lewis and Clark camp sites.

In 5.9 miles, the Trailside Bar and Grill in Rhineland (Bluff St.) is another option for food.

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The nearby Doll House B&B, built on a 5-foot-high stone foundation, is the only house to remain standing after a 1993 flood swept away or damaged the rest of the town (30 or so houses have since moved up the hill to the new Rhineland).

You will definitely want to spend time across the river in **Hermann**, a beautiful German-flavor town founded by the German Settlement Society of Philadelphia in 1836. There are many wonderful old-world options for lodging in Hermann as well, and biking the extra 3 miles is easily done because the bridge over the river has a bike/pedestrian friendly lane and most of the side trail to Hermann is on a dedicated trail (though a section is along a wide shoulder of the highway).

If you prefer not to bike, some Hermann B&Bs will pick up their guests at the McKittrick trailhead.

The site for Hermann was originally chosen because of its resemblance to Rhineland in Germany. Wild grapevines grew in abundance, and early settlers became avid viticulturists. Within 10 years of Hermann's founding, there were more than 60 family wineries in the community. Though not that many today, there are still plenty to enjoy (see The Hermann Wine Trail).

On the south side of town, Stone Hill Winery is an award-winning venue offering tastings and guided tours.

If you are interested in exploring more of the town's cultural heritage, the Deutschheim State Historic Site (open year-round) and the Historic Hermann German School Museum (open April-October, Thurs.-Tues.) provide a further glimpse into German-American life of 150 years ago.

Throughout the town, as you wander, look for the more than 110 buildings that are listed on the National Register of Historic Places.

With all there is to enjoy, don't forget to eat! Looking for good German bratwurst? Hermann Wurst Haus is the place (they also offer sausage-making classes). For a quieter dinner ambience and hand-made pasta dishes paired with local wines, eat at the Black Walnut Bistro.

#### ♥ Day 5/ Sat: Pedal Herman to Augusta – (37 miles)

**McKittrick** - Still in the heart of wine country, continue to be immersed in the peaceful landscape of farms, vineyards and German sensibilities. If you can imagine sipping wine and eating a picnic lunch with bucolic views of rolling hills around you, you will enjoy the day. There are a couple of opportunities for this before reaching Augusta.

In **Gore** (MM 93.8), the Lost Creek Vineyard welcomes picnic baskets and has some snacks and beverages available for purchase (hours of operation vary with the season so check website in advance). Keep in mind that service amenities are not abundant on route, and the first trailhead water isn't until MM 77.7 at **Marthasville**, best bet for grabbing lunch at an established eatery, where pioneer Daniel Boone and his wife were buried, though their remains were supposedly removed and taken to Kentucky in the 1940s. One of the oldest towns in Missouri.

After all that pedaling, reward yourself at nearby **Philly's Pizza**, lauded for its authentic Italian.

Cap it off with a trip to one of the town's lush vineyards and, if needed, a stay at one of the nearby B&Bs.

**Dutzow**, another town settled by German immigrants, is 3.7 miles farther, and the Dutzow Deli and Blumenhof Winery both are conveniently located close off the trail (head northeast on MO 94 E. toward Bluff Rd. and take the 1st right to stay on MO 94 E.).

Nearby is **Klondike Park** and ride around the onetime quarry.

You reach the quaint village of **Augusta** in another 7.6 miles. Situated on the hills overlooking the Missouri River valley, **Augusta** was founded in 1836 by one of the settlers that followed Daniel Boone to Saint Charles County. The fertile river bottom supported a booming agricultural economy, and today many farms and wineries still flourish, including popular Mount Pleasant & Sugar Creek. The annual Harvest Festival is a fun way to celebrate the farming heritage of the region. Many of the farms in the area also host special events as well as u-pick opportunities. Spending time knee deep in blackberries or pumpkin patches is a particularly gratifying way to savor and experience the harvest season.

Should your hands be itching to get in the dirt (which is decidedly different than the trail grime), visit Aholt Farms or Centennial Farms and Orchard. Artist Sam Stang operates a world-class glass-blowing workshop. Call ahead to ensure that his shop is open. 5508 Locust, 636-228-4732. Stay the night at H.S. Clay House B&B and Guest Cottage you can soak in a pool or hot tub. Not to mention the full gourmet breakfast, you can look forward to happy hour appetizers, and the beautiful perennial garden. You may not want to leave.

But if you do, you will be close by Augusta's other charms, such as the antiques stores and artisan shops. There are several restaurants to choose from and, yes, there are more wineries in town to visit.

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At the heart of wine country, on the northeast edge of **Augusta**, is Oaks Crossing, owners Randal and Marjorie Oaks' quaint destination spans Kate's Coffee in a vintage 1905 house, the Conservatory B&B with charming architectural details, a conference center, a kitchen and backyard design studio. *Augusta, 314-308-5904.*

#### ♥ Day 6/ Sun: Pedal Augusta to St Charles – (28 miles)

**Defiance** offers the best eatery options, and you may want to take in some calories before the last stretch of 19.6 miles to **St Charles**.

If you weren't able to stop yesterday to enjoy a picnic, the Yellow Farmhouse Winery offers another chance.

**Defiance** was the final home of Daniel Boone. His house, now the Historic Daniel Boone and Heritage Center, is open to visitors, though it is about 6 miles out of town.

Grab a bite at the **Defiance Roadhouse**, a pint at **Good News Brewery**, or a quick tune-up at **Katy Bike Rental**.

On your way to **St. Charles**, you sidle alongside the Weldon Spring Conservation Area (hike up) for a while & see Daniel Boone Bridge with great views. This is perhaps your last chance to see large numbers of birds and wildlife, so get the cameras and binoculars ready and simply enjoy the final gentle descent into **St. Charles**.

Once you arrive in **Weldon Springs**, where you'll find restrooms, water, and a bike-tuning stand, **St. Charles** is another 16.5 miles and Join the ranks of pioneers, explorers, statesmen and steamboat captains who have also wandered down brick-lined Main St. to the rhythmic clip clop of horses' hooves and horse-drawn carriages.

Founded in 1769 as Les Petites Cotes ("The Little Hills") by a French-Canadian fur trader, **St. Charles** would become Missouri's first state capitol from 1821-1826. That is a long time to be welcoming visitors, and they know how to do it right! But first, let's get into town.

The **St. Charles** trailhead (MM39.5) is at the St. Charles Depot in Frontier Park, on the edge of the river. at the Bike Stop Café, on the west side of the trail, you pass historic downtown St. Charles.

Having traveled the path of Lewis and Clark for several days, take one last moment to appreciate them at the nearby monument created in their honor. Also close at hand is the First Missouri State Capitol State Historic Site. Find your car or bike the 2 miles to Lococo Guest House (continue down the trail to Olive St.; take a left then a right on N. 5th St.).

Or, if you would prefer to stay smack dab in the center of the historical downtown area, go to Boone's Colonial Inn on Stone Row, Main St. and roam the ten-block National Register Historic District.

Shop, dine, stroll under the antique gaslights or sit by the river for another Missouri sunset. The Municipal Band often plays along the riverfront, or you might time it right for one of St. Charles' Music on the Main concert series generally once a month May-Sept.

"If you want to learn about what Middle America is, riding the Katy Trail is a good way to see it," says Jodi Devonshire. She should know. Devonshire and her husband, Tony Caruso, run **The Bike Shop Café** in St. Charles. Besides serving up cyclist-friendly food, such as the legendary peanut butter balls, the café offers shuttles and group rides, as well as a full bike shop. After a decade in business, there aren't many Katy questions they can't answer. "We keep our ear to the ground," Devonshire says.

If you are able to spend more time in **St. Charles**, there is plenty to do. For even more history on Lewis and Clark, but this time with a neat trading post to boot, visit the The Lewis & Clark Boat House and Nature Center.

There are many festivals held here throughout the year, including The Festival of the Little Hills, the Missouri River Irish Fest, and Oktoberfest. The Foundry Art Centre holds performances, classes and art exhibitions.

And if you are in town on a Saturday morning anytime between May and October, enjoy the delights of the farmers market.

Don't forget to get a hold of the self-guided walking tour brochure, taking you through the historic downtown available from the Visitors Bureau. Choose from the old-fashioned map version or an iPod/audio option.

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