



2026

TrailLink Unlimited 

Guides



**Rock Island
Trail State
Park**
Missouri



Rock Island Trail State Park

Missouri

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The Rock Island Trail State Park totals just over 43.8 miles through woodlands, wetlands, and bucolic fields nestled in the foothills of the Ozarks. The trail has a well-compacted, crushed limestone surface best suited for hybrid bikes, though road bikes can also navigate the pathway. The difficulty for skinny tires would come after a rain when the trail's surface becomes soft.

About the Route

From the northern end of the trail in Pleasant Hill, the trail continues southeast. This section of the trail between Pleasant Hill and Purvis Road does not allow for equestrians. Equestrians can ride the trail heading east from Purvis Rd. Pleasant Hill has a Downtown Historic District that's listed on the National Register of Historic

Places, as well as colorful murals that depict the area's history and culture. Here, trail users can find plentiful amenities for tourists, including antique shops, art and craft boutiques, and cafés. History buffs will also want to stop in the city's Missouri Pacific Depot, a one-story brick building dating back to 1903; inside you'll find information on local trails and the trains that once ran through the region. The trail south of Pleasant Hill is composed mostly of crushed stone and passes through the wide-open Missouri countryside. It passes through the small towns of Wingate, Chilowee, Leeton, and Windsor which offer modest amenities and parking options.

The trail reaches its southern end in Windsor, where it seamlessly merges with the Katy Trail State Park.

Connections

At the southern end of the trail, the Rock Island Trail State Park connects to the [Katy Trail State Park](#).

In Pleasant Hill, trail users can connect to the [Mopac Trail \(Pleasant Hill\)](#).

Trail History

The Rock Island State Park is named after the Rock Island Railway, a company incorporated as the Rock Island and LaSalle Railroad Company in 1847. Mergers in the early 1900s saw the railway spanning Missouri, connecting Kansas City and St. Louis on opposite ends of the state. As railway traffic faded away, so too did the Rock Island Railway. The last train on the tracks through Kansas City was seen in the early 1970s and, by the 1980s, the rail corridor sat empty.



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by Rails-to-Trails Conservancy

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Rock Island Trail State Park

Missouri

States: Missouri

Counties: Cass, Henry, Jackson, Johnson

Length: 43.8 miles

Trail end points: Cass County Fairgrounds,
308 W Commercial St (Pleasant Hill) to N
Windsor St. (Windsor)

Trail surfaces: Crushed Stone

Trail category: Rail-Trail

Trail activities: Bike, Horseback

Riding, Mountain Biking, Walking, Wheelchair
Accessible

Parking & Trail Access

The Rock Island Trail State Park runs between Cass County Fairgrounds, 308 W Commercial St (Pleasant Hill), where parking is available, and N Windsor St. (Windsor).

Parking is also available:

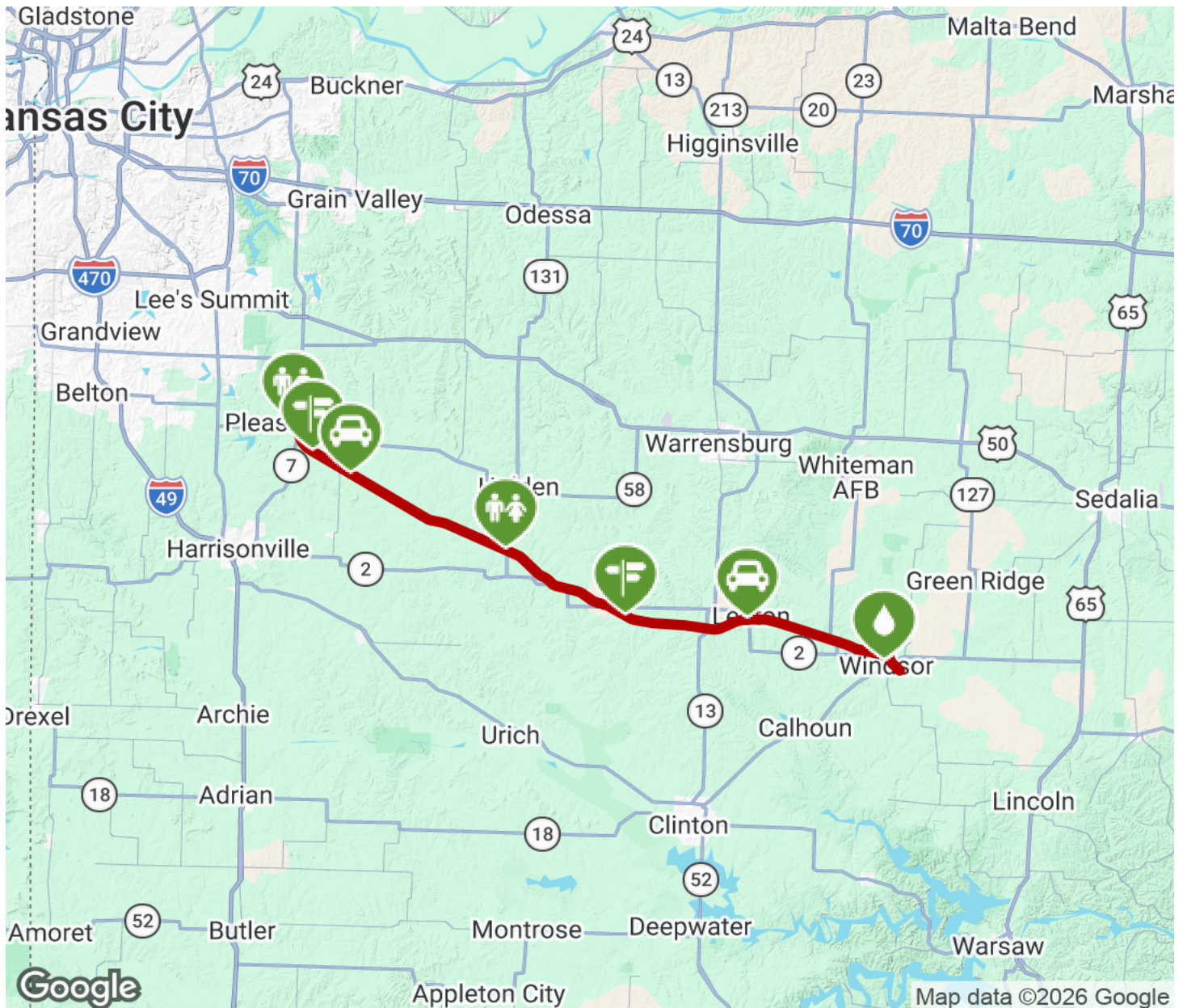
- 19917 S Purvis Rd (Pleasant Hill)
- 405 W Florence St (Windsor)

See [TrailLink Map](#) for all parking options and detailed directions.



Rock Island Trail State Park

Missouri



Trailhead



Restroom



Parking



Water Fountain



Tunnel



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