



2026

TrailLink Unlimited 

Guides



**Flint Hills
Trail State
Park**
Kansas



Flint Hills Trail State Park

Kansas

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In 2018, this 118-mile rail trail across northeast Kansas officially became a state park. Formally known as the Flint Hills Nature Trail, the trail's new name is Flint Hills Trail State Park. It links five counties and more than a dozen towns between Osawatomie and Herington. It's the longest rail trail in Kansas and one of the longest rail trails in the United States. In 2025, The Flint Hills Trail was added to Rails to Trails Conservancy's Hall of Fame.

About the Route

The trail is traversable with a crushed-limestone surface for 96 miles, from Osawatomie to Council Grove. The majority of the pedestrian bridges along the trail are concrete covered in limestone for a smooth transition on and off the bridges. Trail users can enjoy walking, riding

with a mountain or hybrid bike, and horseback riding on the trail.

The western tip of the trail, which extends westward 21 miles between Council Grove and Herington, remains rough railroad ballast that will be developed in the future. Note that some sections of the trail have gates, which trail users can either go through or, in one case, climb over. Trail users are advised to close any gates they may open along their journey.

The trail traces a course through the Flint Hills, one of the last remaining tall-grass prairie ecosystems in the world. Along the route, trail users will encounter prairie flora and fauna, historic areas, and unmatched views of the surrounding prairie and countryside. Wildlife includes bobwhite quail, wild turkeys, prairie chickens, and bobcats.

From Herington, at the western end, through Allen and Admire, trail users will encounter the tall-grass prairie; heading towards the eastern end in Osawatomie, the Flint Hills Trail is more wooded. For much of this stretch through Ottawa and on to Osage City, the trail follows the Marais des Cygnes River with the waterway just north of the pathway and river bluffs to the south.

Note that there are no public restrooms or drinking fountains provided along the trail. However, restrooms at Pomona, Miller, Admire, and Bushong trailheads are in the process of being installed. In addition, towns are spaced roughly 10–15 miles apart along the route for pit stops and refreshments. There are also numerous campgrounds located along the trail, including the Osawatomie City Lake Campground and Pomona Lake State Park.

Connections

In Ottawa, the Flint Hills Trail connects to the [Prairie Spirit Trail State Park](#).



Flint Hills Trail State Park

Kansas

States: Kansas

Counties: Franklin, Lyon, Miami, Morris, Osage

Length: 118 miles

Trail end points: S 5th St. (Herington) to 1400 South St (Osawatomie)

Trail surfaces: Ballast, Crushed Stone

Trail category: Rail-Trail

Trail activities: Fishing, Horseback Riding, Mountain Biking, Walking, Cross Country Skiing

Parking & Trail Access

The Flint Hills Trail runs between S 5th St. (Herington) and 1400 South St (Osawatomie) with parking at the eastern end.

Parking is also available at:

- Orlis Cox Sports Complex, 901 W 2nd St (Ottawa)
- 3012 Colorado Rd (Pomona)
- Pomona State Park, 22900 KS-368 (Vassar)

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



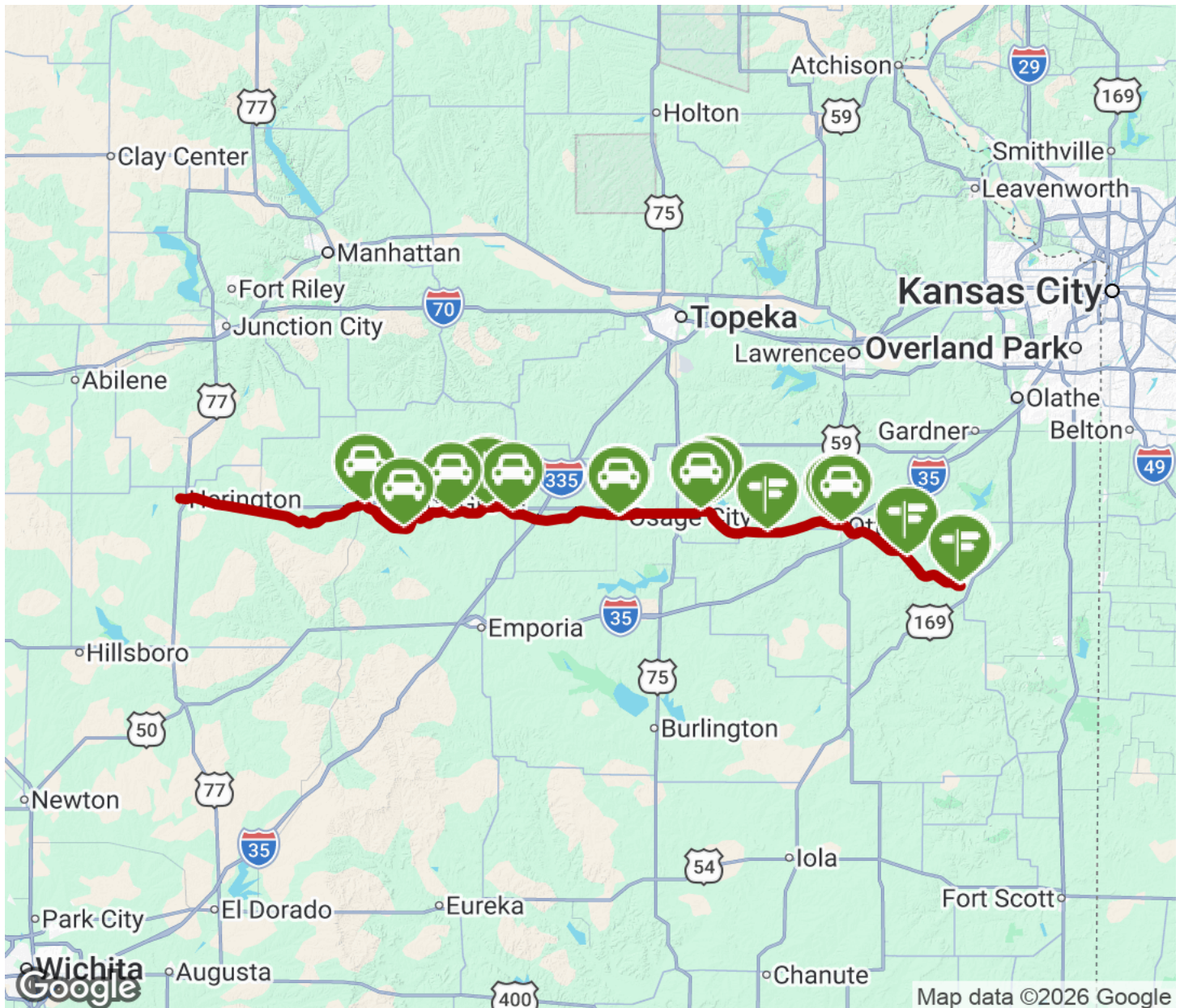
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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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