

Trail Markings:

General Forest Trails marked by white diamonds with trail numbers written onto them.

River to River Trail (R2R) features white diamonds with a blue “i”, except in wilderness where it is a natural wood diamond with the “i” routed.

Safety: Personal safety-Make sure someone knows your route and establish a check in time. Wear appropriate clothing and footwear depending on the weather and terrain. Carry plenty of water, food, compass and a first aid kit.

Environmental safety-Be aware of poison ivy and stinging nettle. Various insects including ticks and mosquitoes are present here during spring, summer and fall. Venomous snakes are also present here including timber rattlesnakes and copperheads.

At all times, this hike is remote and the closest vehicle accessible areas is the trailhead if troubles occur. Precautions should be taken for long hikes (water, food, first-aid kit, etc.).

Emergencies: The nearest hospital is Saint Francis Medical Center in Cape Girardeau, MO or

SIH Memorial Hospital of Carbondale depending where you are at. Cell phone service along the trail can be spotty so be prepared and know where your closest outlet is when dialing 911.

Camping: There are no designated camping areas along the trail but numerous ideal trailside camping areas. Note camping is prohibited within Natural Areas. Use existing campsites, don’t create new ones. Use portable camp stove for cooking. If a campfire is needed, keep it small and use existing fire rings. Protect water quality by washing and camping 200 feet from any water sources. Leave the campsite cleaner than you found it.

Facilities: There are no facilities along this entire trail. Bury human waste and toilet tissue in a 6 inch deep “cat hole” at least 200 feet from water.

Surface Type: Dirt and rock

Travel Time: This depends entirely on how fast you hike and how much exploring you do but it is suggested that most should be able to do these hikes in 3-4 hours.

High Knob Loop

Description: The High Knob loops start from the parking lot / picnic area at the end of Knob Hill Lane. Knob Hill Lane turns east off of High Knob Rd and goes through High Knob horse Camp before heading up to the top of the hill.

Please observe the 10mph speed limit when driving through the horse camp.

Once at the parking lot, be sure to enjoy the views from the overlook looking north. It is also noted that if you explore the grass mound west of the parking lot you may find foundations for the fire tower that once stood there.

The highlight of the Yellow Loop is probably the slot cave that goes deep into the bluff. Please exercise caution just west of the cave because the decent down is extremely steep. The stairs at the east end of the trail are needed to climb up the 7 foot tall bluff.

The highlight of the Blue loop is

exploring all the bluffs. Note, a historic picnic built by the Civilian Conservation Corp (CCC) once below the bluff. The picnic table was on location until around 2015 when it was moved to the front porch of the Vienna FS office. The trails up and down on the blue trail are made up of historic stone steps that can be slippery if covered with leaves.

For additional hiking, download the High Knob and Pounds Hollow Loop map that includes trails 146, 164, 164A and 165 around High Knob.

Trail Ethics: “Please practice Leave No Trace principles” Pack It In, Pack It Out. Some rare and endangered species of plants are located in the area so please stay on the designated trails and leave the rocks and plants for others to enjoy. This is a hiker-only trail, but equestrians frequent the surrounding trails: hikers should yield to horses.



Elevation profiles are based on counter clockwise hiking

Trail Elevation Profiles

<https://maps.app.goo.gl/Q936trdgbxbeh9Mq6P6>

The following dropped pin is a link to the trailhead so Google can give you the best directions depending on where you are coming from.

Directions to the Trailhead

This brochure will still be a handy reference to know what the points of interest might be. Hikes”

Once the app is downloaded access the map store and search for the following map: “Shawnee NF Day

this:

Avenza Map Store for downloading to your smart phone. The Avenza App can be downloaded by searching the app store on your phone for Avenza: The map included with this brochure is available in the

View from Overlook Picnic Area

Picnic Table



Typical Bluffs that the trails go around. These are at the historical picnic table location



Shawnee National Forest One Day Hike
High Knob Trail



The Map Creators uses the most current and complete data available. GIS data and product accuracy may vary. They may be: developed from sources of differing accuracy, accurate only at certain scales, based on modeling or interpretation, incomplete while being created or revised, etc. Using GIS products for purposes other than those for which they were created, may yield inaccurate or misleading results. The Map Creators reserves the right to correct, update, modify, or replace GIS products without notification. The Map Creators will not be liable for any activity involving this information.

USDA is an equal opportunity provider and employer.



Legend

- Road
- Road (Closed to Motorized Use)
- Forest Service River to River Trail
- Non-Forest Service River to River Trail
- Hiker/Equestrian Forest Service Trail
- Hiker Only Forest Service Trail
- High Knob East Loop (0.54 Miles)
- High Knob Outer Loop (0.75 Miles)
- High Knob West Loop (0.56 Miles)
- Stream
- Waterbody
- National Forest Land
- Non-National Forest Land

