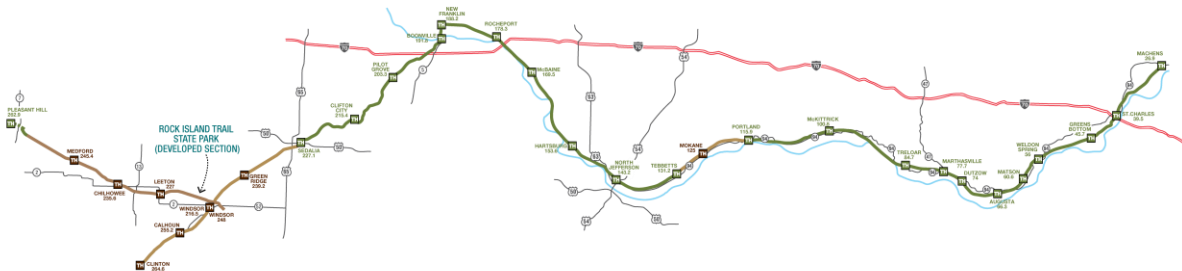


HeartCycle Bicycle Touring Club Katy Trail, Missouri

- Dates:** Orientation meeting Tuesday, May 26, 2026, 7:00PM. Riding Wednesday, May 27 through Friday, June 5, with departure on Saturday, June 6 (lodging on June 5th included).
- Leaders:** Tina Vessels and Sue French Smith; **SAGs:** Martha MacCormack and Danna Korak
- Miles:** Approximately 350 miles with 10,164 feet of elevation gain
- Rating:** Intermediate, with one long day (62+ miles)
<https://www.heartcycle.org/tour-ratings>
- Riders:** 30
- Price:** \$2,250 (double occupancy). \$550 due at registration. Balance due by February 25, 2026. Single supplement \$3,375.
- Cancellation:** [Standard cancellation policy](#)

Travel insurance is strongly recommended.



OVERVIEW

The Katy Trail returns! Join Sue and Tina for an incredible biking tour through the heart of Missouri—all aboard for adventure! The Katy Trail is a rail-trail that was originally part of the Missouri-Kansas-Texas Railroad (the MKT or “Katy”) and includes 26 trailheads, more than 30 trestle bridges, and 4 restored depots.

We'll start on the Rock Island Spur bike trail from Kansas City to Clinton for the first 90 miles over two days. Then, we will join the beginning of the Katy Trail in Clinton and ride approximately 240 miles on the Katy Trail itself. This trail travels past towering limestone bluffs, wide-open farmland, and charming river towns steeped in railroad history.

Along the way, we'll enjoy two rest days. The town of Hermann will have an optional supported ride. These whistle stops offer time to explore Boonville and Hermann—known for their local wines, cafes, museums, and small-town hospitality.

The crushed-limestone surface is ideal for gravel bikes, e-bikes, and road bikes with 28mm+ tires; tandems are also allowed. Most of all, we want this to feel like more than just a bike ride—it's a shared journey with our amazing HeartCycle community. We will get together for 1 group dinner and wrap up our daily rides with happy hours. Breakfast is included at most hotels or within walking distance of the hotel (self-pay).

Some hotels are not located directly on the Katy Trail requiring riders to deviate to our lodgings by taking a spur. These spurs typically cross the Missouri River to the towns on the other side. This will require some riding on established roads in towns. Every effort has been made to limit road riding in traffic. The towns across the river have made significant investments to make sure Katy Trail riders can switch tracks and get to towns safely. So, grab your gear, your spirit of adventure, and come aboard!

Anticipate early morning temperatures in the low 60s with afternoons reaching the low 80s. The area generally receives about 6" of rain in June. The trail has good coverage and if wet, the trail maintains its good shape even with rain. It's a beautiful time of year in Missouri! Full steam ahead!

TRAVEL INFO

ARRIVAL: Fly into Kansas City (MCI). Free shuttle to hotel (816-464-2424) or drive to hotel and park for the duration of tour.

DEPARTURE: Ride ends in St. Louis with options to fly out of STL or return to starting hotel via Katy Shuttle (reserve and self-pay).
More at <https://www.katy-shuttle.com/>

ITINERARY

Day 0: Tuesday, May 26, 2026

*Orientation meeting at 7 pm in the second lobby between the two buildings:
Fairfield by Marriott Inn & Suites Kansas City Airport, 11820 NW Plaza Circle,
Kansas City, MO 54153.*

Day 1: Wednesday, May 27

Kansas City to Lee's Summit

42 miles and 1806 feet of elevation gain

Through a series of bike paths, today's ride travels through Kansas City and southeast to connect to the Rock Island Spur Bike trail and on to Lee's Summit where we spend the evening.

Day 2: Thursday, May 28

Lee's Summit to Clinton

62 miles and 2021 feet of elevation gain

We continue to travel southeast on the Rock Island Spur. We'll ride on streets in small towns between uncompleted sections of the Rock Island Spur trail. This is a longer day over rolling farmland and small towns leading to Clinton, the official start of the Katy Trail. Don't miss the restored depot museum.



Day 3: Friday, May 29

Clinton to Sedalia (start the Katy Trail)

40 miles and 1088 feet of elevation gain

Slip into the peaceful Katy Trail with gentle hills, prairies, and a slower pace as we ride among the trees and tracks. Much of the route from Clinton to Sedalia traverses land once dominated by prairie. Although most of the land has been converted to farmland, prairie plants such as big bluestem or compass plant can still be seen along the trail. Bicyclists are likely to see or hear birds associated with open areas, such as bobwhite, killdeer, mourning doves, and meadowlarks. Horses are permitted on the stretch of trail between Clinton and the Missouri State Fairgrounds Katy Trail parking area in Sedalia. This is a multiple-use section of the trail, and bicyclists should yield to both equestrians and pedestrians. Pedestrians should also yield to horses. Look for eagles, wildflowers, and limestone bluffs along the way. Visit the historic Sedalia MKT depot and gift shop.



Day 4: Saturday, May 30

Sedalia to Boonville

37 miles and 1071 feet of elevation gain

Between Sedalia and Boonville, the trail passes through several small communities that were influenced by the railroad, such as Clifton City and Pilot Grove. In this section, the terrain is more rolling, providing a variety of landscapes from pasture and row crops to deep woods and river bottoms.

This is the transition from the Osage Plains into the Ozark borderlands, and bikers can expect to pedal more strenuously here because of the terrain. Ride through open farmland, wooded stretches, and arrive at the Missouri River. Lunch will be at one of the many rest stops celebrating the railroad history. Boonville features a scenic overlook and historic bridge restoration site. We will visit the highly rated antique motor car museum. At the visitors' center, read about the rails-to-trails progression and buy your Katy Trail memorabilia including bike shirts.



Day 5: Sunday, May 31

Boonville Rest Day

Tour Boonville's 1800s downtown, museums, antique shops, auto museum, and farther out of town, Warm Springs Ranch, where the Clydesdales reside. On your own shuttle services are available to the farm.



Day 6: Monday, June 1

Boonville to Jefferson City

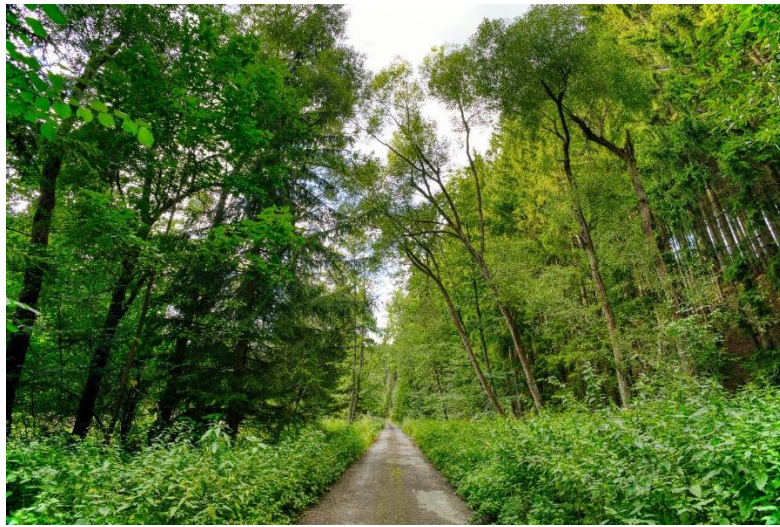
49 miles and 1142 feet of elevation gain

Continue on the Katy pedaling past river views, forested trails, and limestone bluffs. This section includes the town of Rocheport, which has many houses that date from before the Civil War. The only tunnel on the MKT line was built at Rocheport around 1893, and trail users

today can pass through this 243-foot-long, stone-arched tunnel. Near Rocheport, the spectacular bluffs and the rock drawings, or pictographs, left by Native Americans were mentioned in the journals of Lewis and Clark as they traveled up the Missouri River.

A rare surviving pictograph

can be seen above Lewis and Clark Cave on the trail. Take pause as you leave the trail for an iconic picture of the state capital.



Portland, Rhineland, McKittrick, and Treloar. These towns were established as river towns or sprang up because of the railroad. The bluffs range from limestone to sandstone and are spectacular west of Treloar and Bluffton, where they tower

Day 7: Tuesday, June 2
Jefferson City to Hermann
43 miles and 1128 feet of elevation gain

Cross back over the Missouri River and rejoin the Katy. From Jefferson City eastward, the trail continues to follow the river as it passes through a series of small towns, such as Tebbetts, Mokane,



above you more than 250 feet. Birds and wildflowers are abundant along this section of the trail. Another spur takes us across the Missouri to Hermann, a German-flavored town with numerous wineries, B&Bs, antique shops, and other attractions.

Day 8: Wednesday, June 3

Rest day in Hermann (optional supported riding)

25-30 miles and 1128 feet of elevation gain

You may want to ride an optional 25–30 miles on quiet backroads passing local agritourism spots, including wineries, orchards, and farmstands. For riders taking a rest day, tour vineyards, German architecture, or visit the Crane Brewery and local distilleries.



Day 9: Thursday, June 4

Hermann to Washington

32 miles and 970 feet of elevation gain

We rejoin the Katy by crossing back over the Missouri on the spur. The trail travels through Marthasville where we will have our lunch stop. Marthasville has wineries, orchards, and a quaint true Missouri feel. After lunch, the ride continues to Dutzow, where we

leave the trail again crossing the Missouri, to the town of Washington for the evening.

Day 10: Friday, June 5

Washington to St. Charles, STL airport

42 miles and 938 feet of elevation gain

After crossing back over the Missouri, we rejoin the Katy in Dutzow and continue for our last day of riding to St. Charles, near the STL airport. This is a very scenic area with limestone bluffs bordering the trail through Weldon Spring Conservation Area. As riders approach Augusta from the east, more bluffs appear, this time composed of dolomite and sandstone. The Klondike Quarry area east of Augusta exhibits a particularly fine exposure of St. Peter

Sandstone. This white quartz sandstone was ground up at this site for use in manufacturing glass. St. Charles, our lunch stop, is one of the most historic towns along the route. An early town of French settlement dating back to the mid-1700s, the town was also the state's first capital before it was moved to Jefferson City. One final crossing over the Missouri to our last hotel, which is included in the cost of the tour.

Day 11: Saturday, June 6 – Depart

Say goodbye to your new friends, treasure your memories of riding on the historic Katy Trail, and travel home safely.

SPECIAL NOTES:

- 28-mm tires (or wider) are highly recommended.
- If you ship your bike, bike boxes will travel along in the Penske.
- The Sprinter will be available to transport bicycles to and from Denver. A lottery may be needed if demand exceeds available space.
- Electric bicycles, please read the e-bike restrictions and guidelines on the HeartCycle website → Selecting a Tour and E-bike guidelines: <https://www.heartcycle.org/selecting-a-tour>.
- Let's make this trip unforgettable and right on track. We will stay in mostly mid-range hotels and a couple of historic railway houses.
- More at <https://www.katy-shuttle.com/> for Katy shuttle service if you need to return to your vehicle parked at the Kansas City hotel. Tour leaders will help coordinate a shuttle if registrants need one.

For more information contact:

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