



TRAIL WALK OR RUN

Enjoy movement and adventure with a guided trail walk through the beautiful 3 mile Painted Rock Trail Loop. The trail winds around the resort, through the woods, bridges over ravines, along the lake, across a beach and past The Cove.

Days of the Week and Times:

Depends on the season, but there is never a bad day or time!

** If you are a group of 8 or more and would like a trail guide, please check with the Information Center (minimum of 24 hours advance needed to ensure guide availability).*

Cost: Free to Acorns Resort's current lodging, camping and rental guests; as well as customers of The Cove with day of receipt. Day passes are available for the public (other than guests at the resort) for \$5.

Where to start: Options to start anywhere, but there are trailheads next to boat dock parking lot and across the road from the storage unit (these trailheads are 1.5 miles from each other).

How to stay on the trail: Follow the yellow LA Racing flags or other trail markers (some of these go missing, please help us by not moving the flags or allowing children to remove). The trail is a little challenging near the point to the beach due to recent flooding. You can use the Alltrails app (free) to track your route against the actual trail (look for Milford, KS, Painted Rock Trail) <https://www.alltrails.com/trail/us/kansas/painted-rock-trail--4?u=m> or <https://www.alltrails.com/explore/recording/painted-rock-trail-c255c05?u=m>.

What to bring: Water, bug repellent, cap, camera, comfortable shoes (uneven dirt trail surface). You may want to add a picnic to your experience. If so, bring what you need for that. You may want to stop at The Cove for drinks or food, if so bring \$ and ID.

Restrictions:

The trail is not suitable for most strollers.

Health conditions: This is an out and back trail, it is easy to start and turn around if you feel you've had enough. Those with extreme allergies to Poison Ivy (inhaling air near the plant without touching causes reaction) should not walk portions of this trail.

**Please be mindful of leave no trace and pack out what came with you.
Please do not break branches or otherwise change nature on the trail.**

Find us - 3710 Farnum Creek Rd, Milford, KS
Call us - 785-463-4000, ext 1.
Virtually tour & discover - www.acornsresortkansas.com
FB - Acorns Resort & RV Park & The Cove Bar & Grill

