

DAY TWO

SEDALIA TO BOONVILLE

MAY 23, 2025

MAP AND MILAGE



Source: BikeKatyTrail.com

Mileage Chart – Sedalia to Boonville

Sedalia	Clifton City	Pilot Grove	Boonville
37.5	49.2	61.3	72.8

THE ROUTE

We started Day 2 around 10 am. The weather was good, with temperatures in the 60s and winds were 5 mph from the east north east.

The trail has elevations changes coming out of Sedalia. For the day, we climbed 736 feet. The high point was 929 feet, and the low point was 558 feet. I emphasize these statistics because it was starting to be challenging to bike the climbs, even though a lot of them were

gradual. I wasn't expecting to climb for two days; I had expected minimal climbs. I made a mental note that I need to increase my training in the hills.

The trail is in good condition. The scenery started to change after Sedalia. There are more creeks and more limestones around the trail. The trail went through where limestone had been cut to make way for the railway tracks. The picture above is in Smithton and shows the cut limestones.



Here are some pictures from our day 2 ride.





Otterville



Old rail signal, Otterville



Pilot Grove, MO



Our cheerleader for our ride, Pilot Grove



I-70 crossing outside Boonville, MO



BOONVILLE



We made it to Boonville around 3:30 pm after biking 37 miles from Sedalia. Boonville is named after two of Daniel Boone's sons who owned a salt lick business producing salt and delivering it to St. Louis. Finally, after two days of biking, the Katy Trail met the

Missouri River and the Lewis and Clark trail. We had enough time to walk around Boonville and see the downtown. I observed that Boonville has embraced the Katy Trail and its users. I saw cyclists milling around downtown. We ate dinner at [Frederick Hotel "Fred"](#) , which offers good food with a relaxed atmosphere. We spent the night at [Isle Capri Casino and Hotel](#). I was ready to get a good night sleep, as the next day was going to be a big day for me: I was going to bike 52 miles. I had only done one ride that was that long.



Plaque on Katy Trail marking the 25th anniversary of Katy Trail

Much to our surprise we found a Bull Durham wall mural. Boonville is a long way from Durham, North Carolina!





Old Train Station