

KATY TRAIL

DAY ONE - CLINTON TO SEDALIA

MAY 22, 2025

In the morning, we met the Tour operator by the Katy Trail in historic downtown St. Charles. We were among ten people who were biking the Katy Trail. Four members of our group were biking a portion of the trail, while four other people were riding with us from the start in Clinton back to St. Charles. After traveling in a van for about five hours (220 miles), we arrived in Clinton around 2 pm. Soon after arriving, my friend and I began our ride on the Katy Trail, and we would run into the other four on the trail or in the towns where we were spending the night. We also met friendly people during the ride. When we ran out of food, they shared some of their food with us. It was nice to have a traveling community of cyclists on the trail throughout the ride.

MAP AND DISTANCES



Source: BikeKatyTrail.com

Mileage Chart – Clinton to Sedalia

Clinton	Calhoun	Windsor	Green Ridge	Sedalia
237.5				
0	9.4	16.6	25.4	37.5

THE ROUTE



The trail is very well maintained. In places along the trail, we rode in a very lush green canopy. We also rode by fields and dairy farms. Some of the fields contained native tallgrasses and wildflowers. These fields are part of a prairie restoration project led by

the State of Missouri and the University of Missouri. The weather was pleasant with temperatures in the 60s and a slight northerly breeze of about 5 mph.

Calhoun is the first town that we rode by that had food options. The convenience store (Bullseye) has good fried chicken. When the cashier found that I was riding the Katy Trail, he added biscuits to my meal free of charge. It kept me full for a while.



There is also a restaurant (Clint's Bar and Grill) in Calhoun, but we didn't stop there because we wanted to keep moving to arrive in Sedalia before dusk.



The trail has a gradual incline, so we had some gradual climbing. I was glad that I had done some rides with rolling hills in my preparation for the trip. Over the 39 miles we biked that day, we climbed 790 feet.

The highest point on the trail is in Greenridge, 25 miles from Clinton and 12 miles from Sedalia.

The trail is scenic, so it offered many places for us to take pictures. Here are some pictures from the trail.



Windsor, MO



Celebrating 200 years of Independence – Windsor.



Clover Dell Park, Sedalia



Sedalia Train Station

SEDALIA

We made it to Sedalia in the early evening. We stayed at *Hotel Bothwell*, a historic hotel. I was delighted to learn that Clint Eastwood and Eric Fleming visited the hotel to promote the Western television series "Rawhide" because I grew up watching the show's reruns. In addition, President Truman has ties to this hotel. We had a



pleasant evening. After dinner at *Truffle and Sorrel*, we strolled around the downtown area and did a little bit of sightseeing.

Sedalia is also the home of the Missouri State Fair, which is held every August. We didn't get a chance to visit the State fairgrounds; maybe we'll visit next time.



Bank Building – Sedalia



Sedalia is also home to various Hollywood stars.