

MIZZOU

The magazine of
the Mizzou Alumni Association

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Nature and wellness

Need some fresh air? Columbia's parks and recreational activities will get you up, moving and in the great outdoors. Check out our nature and wellness picks below, organized by [landmarks](#), [organizations](#), and [outdoor adventures](#). Did we miss something? Let us know: [facebook Join MIZZOU magazine on Facebook](#).



Landmarks

Mighty Missouri meanders nearby

The Missouri River and its surrounding areas are beloved by many — farmers, outdoor enthusiasts and wine-lovers alike. In 1993, the river reminded Missourians of its power when its banks and tributaries swelled to new heights, flooding trails, fields, Missouri wineries and Interstate 70.

National co-champion bur oak

If you haven't yet seen *the* bur oak tree, a pilgrimage is in order. Just north of McBaine, Mo., and right off the Katy Trail, the 350-year-old, 24-foot-circumference tree is a sight to see, and has welcomed generations of MU students at its base.

Organizations

Columbia Farmers Market

Business is booming at the Columbia Farmers Market. During Corn Fest July 18, 2009, the market served a record-breaking 6,700 customers in just four hours. March 20, 2010, marks the start of its 30th year providing fresh, local foods to the Columbia community.

Open Saturdays (March–November) and Mondays and Wednesdays (May–October) on the corner of Clinkscapes and Ash streets, the market’s more than 80 vendors supply between 3,000 and 5,000 visitors with fruits, vegetables, meats, flowers, eggs, baked goods and prepared foods. To ensure that goods are available to the entire community, the market accepts food stamps.

GetAbout Columbia

The city of Columbia was one of four pilot cities nationwide to receive a four-year, \$22 million federal grant to encourage residents to walk or bike. Now in its third year, the resulting GetAbout Columbia project has made bike- and pedestrian-friendly improvements to the city.

PedNet Coalition | 573-239-7916

PedNet is a coalition of more than 6,000 local children, adults, businesses, schools, universities and other organizations who have pledged their support for better walking, biking and wheeling programs in Columbia for healthier people and a healthier environment.

Outdoor adventures

Mizzou Botanic Garden

Haven’t yet visited this living attraction? Chances are you have — you just didn’t know it. With no fences, no fees and no fuss, the Mizzou Botanic Garden, now in its 10th year, is far from a garden-variety plant show. Eleven thematic gardens, three tree trails and seven special plant collections display thousands of plants all over the MU campus. Next time you’re in Columbia for a visit, stop by the Reynolds Alumni Center and pick up a brochure for a self-guided tour. All gardens are open year-round and are accessible via sidewalks, drives and buildings.

MKT Nature and Fitness Trail | gocolumbiamo.com

The MKT Trail meanders south through Columbia for more than eight miles, starting at Flat Branch Park at Fourth and Cherry streets and eventually intersecting with the east-west oriented Katy Trail. Once an old railroad bed, the flat, tree-lined, 10-foot-wide gravel path is now a road-free retreat for walkers, runners and bicyclists alike. Looking for alternatives to the ever-popular MKT? Columbia boasts more than 34 miles of additional limestone or

Major Columbia parks | gocolumbiamo.com

Albert-Oakland Park: 81.5 acres, 1900 Blue Ridge Road

Capen Park: 32.4 acres, 1600 Capen Park Drive

Columbia Cosmopolitan Recreation Area: 533 acres, 1615 Business Loop 70 W.

Cosmo-Bethel Park: 40 acres, 4500 Bethel St.

Forum Nature Area: 108 acres, 2701 Forum Blvd.

Garth Nature Area: 52 acres, 2799 N. Garth Ave.

Grindstone Nature Area: 199 acres, 2011 Old Highway 63 S.

Indian Hills Park: 40 acres, 5009 Aztec Blvd.

Lake of the Woods Recreation Area: 145 acres, 6700 St. Charles Road

dirt trails.

**Off-leash dog parks |
gocolumbiamo.com**

For dog owners whose pups need a little more room to play, Columbia's five off-leash areas truly are man's best friends. Check out the Bear Creek, Garth and Grindstone nature areas, Hinkson Woods Conservation Area and Twin Lakes Recreational Area.

**Shelter Gardens | 1817 W. Broadway |
573-445-8441**

Shelter Gardens are part of Shelter Insurance's corporate office, but access isn't limited to the company's employees. Visitors are welcome to stroll through one or all 14 gardens including the rose, waterfall, rock and shade gardens.

Share your comments with Mizzou magazine at Mizzou@missouri.edu.

Note: If published, feedback may be edited for length, style and clarity.

Nifong Park: 58 acres, 2900 E. Nifong Blvd.

Rock Bridge Memorial State Park: 2,272 acres, 5901 S. Hwy 163

Stephens Lake Park: 116 acres, 2001 E. Broadway

Twin Lakes Recreation Area: 64 acres, 2500 Chapel Hill Road



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