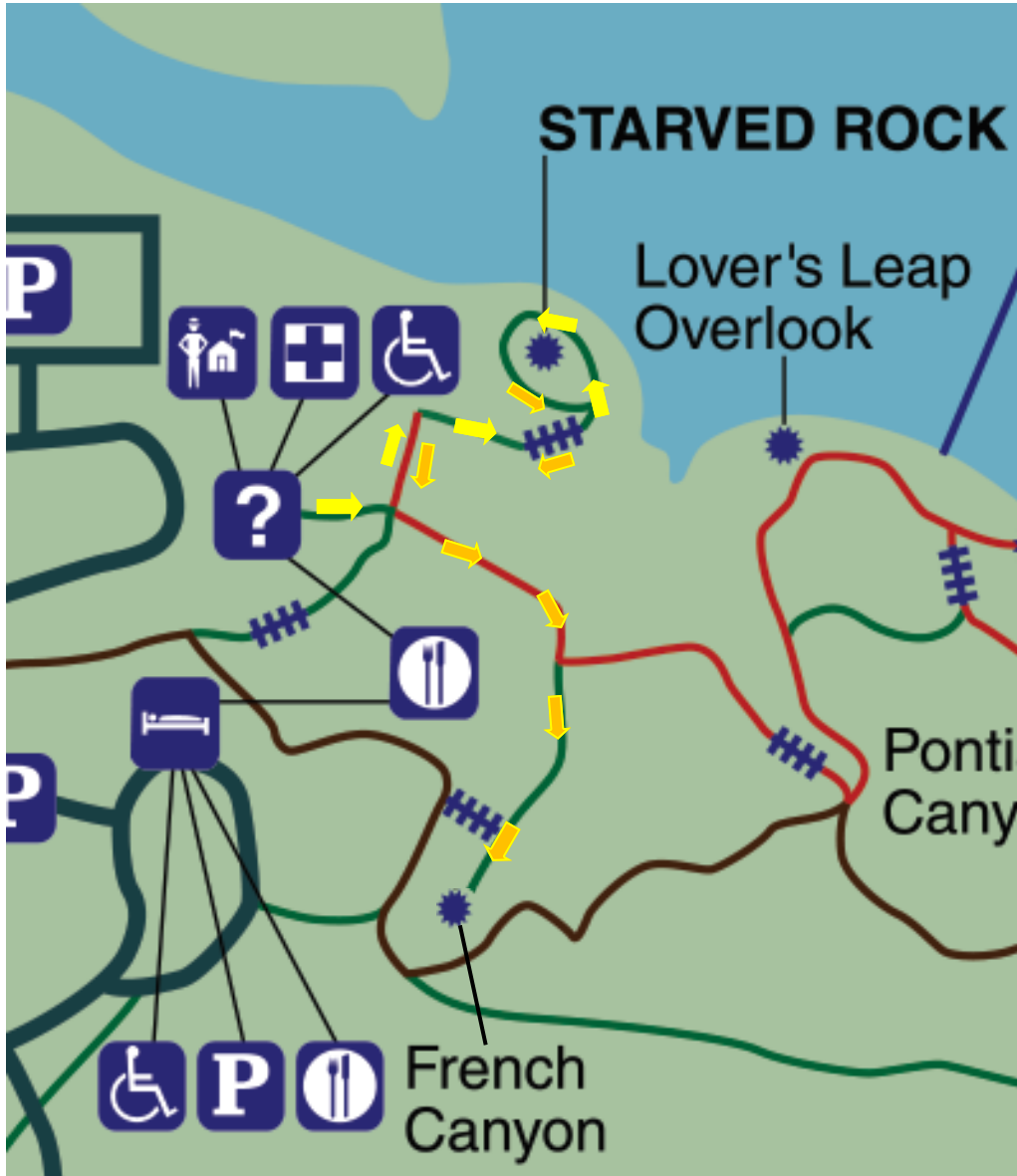


Starved Rock to French Canyon Trail



Distance from ? Visitor Center : 7/10 of a mile one way.

Difficulty: Easy to Moderate (3 staircases and natural stone foot holds to get back to canyon) Partially Paved to Starved Rock. Sand and dirt trail from bottom of Starved Rock to French Canyon.

Walking Time: 45 minutes

Trail Tidbits:

Starved Rock is a sandstone butte that sits 125 feet above the Illinois River. Once you have hiked to the top of the rock itself you will be situated at the highest point in the park. Informational interpretive panels are located at each deck on top of the sandstone formation. Visitors can discover the “Legend of Starved Rock”, construction of the Illinois Lock and Dam, Native American culture of the Illinois and Kaskaskia people, and the Civilian Conservation Corps who helped build the trails, shelters, great hall in the lodge, and cabins at the park.

French Canyon is one of the first out of the 18 canyons visitors will see while walking the eastern trails from the Visitor Center. The canyon was named after the French explorers who first visited this area in the 1600's. French Canyon is 45 feet tall yielding a waterfall after heavy rainfall and snow melt. Canyons are formed from St. Peters Sandstone which is easily erodible. Carving into the rock as well as climbing or scaling the rock walls is illegal.