BARR TRAIL: Barr Trail is a 23-mile heavily trafficked out and back trail located near Manitou Springs, CO that features a river and is only recommended for very experienced adventurers. From Hwy 24, take the exit for Manitou Ave and go toward the mountains. At the traffic circle near the center of town, take a 3/4 turn onto Ruxton Ave. to head southwest. Just past the Cog Railway, turn right after the red Manitou power station, up a steep hill to the parking lot. There is a \$5.00 fee payable by credit card only.