



Regional Trails

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Discover the thrill of mountain biking in Hot Springs, Arkansas, home to three IMBA Epic trails: the Womble Trail, the Lake Ouachita Vista Trail (LOViT), and the Ouachita National Recreational Trail (ORNT).

These designated rides are renowned for being challenging, lengthy, and offering immersive backcountry singletrack adventures.

Since being named an IMBA Bronze-level Ride Center in 2015, Hot Springs has become a premier destination for mountain bikers of all skill levels. For a more accessible ride, explore the Northwoods Trails system, perfect for beginners and families.

IMBA EPIC TRAILS:

- **Womble Trail:** 33 miles of adventure, known for loose rocks, steep climbs, and exhilarating downhill.
- **LOViT:** 45 miles of scenic views along the lake, combining technical sections with stunning vistas.
- **ORNT:** The longest at 108 miles, offers rugged terrain and a true bikepacking experience for the adventurous rider.

Whether you're seeking a challenging ride or scenic views, Hot Springs offers riding experiences that will keep you coming back for more!

THE TOP HIKING TRAILS IN HOT SPRINGS INCLUDE:

1. Goat Rock Trail and the Upper Dogwood Trail
2. Grand Promenade
3. Gulpa Gorge Trail
4. Hot Springs Mountain Loop
5. Honeysuckle Trail and Peak Trail Loop
6. Oertel Trail
7. Peak Trail
8. West Mountain Trail
9. Sunset Trail: Sugarloaf Mountain Section

Balanced Rock & Music Mountain Sunset Trail

Discover the scenic beauty of this 7.3-mile out-and-back trail typically considered a moderately challenging route, it takes around 3 hours and 53 minutes to complete.

This popular trail is perfect for hiking and running, offering a great mix of challenge and serenity. You can enjoy peaceful moments and solitude during quieter times of the day.

Open year-round, it's an ideal destination to visit anytime — and dogs are welcome too, as long as they stay on a leash.

Cedar Glades Park

Discover the fun at Cedar Glades Park in Hot Springs with these fantastic amenities:

- 10 miles of scenic trails for mountain biking and hiking
- 18 holes of disc golf for all skill levels
- A 3-story treehouse that's a kids' favorite
- A spacious open area perfect for flying kites
- An amphitheater for outdoor shows and events
- A climbing wall for adventure seekers
- Pavilions available for event rental
- Playgrounds designed for kids' endless fun
- A remote control (RC) airfield for aircraft enthusiasts
- An RC car track for racing enthusiasts

Cedar Glades Park is your ultimate outdoor destination for adventure, play, and relaxation!

Creek Greenway Trail

Explore the scenic Hot Springs Creek Greenway Trail, starting at the parking lot of Veterans Memorial Park. This paved, multi-use path meanders along the creek, providing beautiful water views, outdoor exercise equipment, and a collection of local art along the way.

The trail is well-maintained and easy to navigate, making it perfect for walking, jogging, or leisurely exploring. Please be mindful of several street crossings and some slippery sections, especially after rain.

Entergy Park

Whether you're hiking, biking, or taking a leisurely walk, this scenic park offers a perfect outdoor escape.

Enjoy well-maintained trails surrounded by nature's beauty, ideal for all fitness levels. Bring your bike or lace up your walking shoes to experience the fresh air, peaceful surroundings, and a little bit of adventure in the heart of Hot Springs: 1 mile.

Falls Creek Falls Branch Trail

The Falls Branch Trail is an approximately 1.7-mile loop in Lake Catherine State Park near Hot Springs, Arkansas, leading to the seasonal Falls Creek Falls. The trail winds through pine and hardwood forests, crossing the Little Canyon Creek multiple times, and features a suspension bridge and a small waterfall that is the highlight for many visitors. The trail is considered family-friendly and provides an easy-to-moderate hike.

Trail Highlights:

- **Scenic Waterfall:** The main attraction is Falls Creek Falls, a picturesque, seasonal waterfall that cascades into a cerulean pool.
- **Creek Crossings:** The trail crosses Little Canyon Creek several times, which can be a fun and adventurous part of the hike.
- **Forest Scenery:** You'll walk through beautiful pine and hardwood forests.
- **Suspension Bridge:** A suspension bridge is a notable feature on the trail.





Fisher Memorial

The Horace Hunter Fisher Memorial Nature Trail in Lake Catherine State Park near Hot Springs, AR, is a tranquil and well-maintained trail perfect for connecting with nature.

This serene path winds through peaceful woods, offering a quiet escape from the hustle and bustle. Some sections provide lovely views of Lake Catherine, making it a favorite for hikers, birdwatchers, and nature enthusiasts alike.

Friendship Loop Trail

Explore the scenic Friendship Loop Trail—a 0.8-mile adventure suitable for all skill levels: beginner, intermediate, and advanced.

This peaceful trail offers a perfect escape to enjoy nature, spot local wildlife, and unwind in the fresh air. The gentle terrain, lush surroundings, and beautifully constructed bridges make for a relaxing hike or leisurely walk.

Additionally, a fishing pond is located along the way, and informative interpretive signs are placed at the trail's edge, adding an educational touch to your outdoor experience.

Goat Rock Trail

Take a short and scenic hike below North Mountain's overlook. Along the trail, you'll find stone barriers protecting against erosion, guiding you safely through the route.

The lower section opens up to flowery glades below the third switchback, offering stunning views of Indian Mountain and east Hot Springs. The trail becomes rocky and uneven here, passing beneath massive novaculite boulders. Look up to see Goat Rock Overlook, towering 40 feet above, with a sign marking the stairway to the summit.

Climb the 240 stone steps to reach the overlook, where a spectacular panoramic view of Indian Mountain awaits, making this a memorable outdoor adventure.

Goat Rock Trail and Upper Dogwood Trail Combined

This route combines two of the most popular trails at Hot Springs National Park, providing an extended and scenic adventure. Enjoy breathtaking vistas along the Upper Dogwood Trail and take in a great viewpoint of Goat Rock—both highlights along the way. The trail is well-maintained and clearly marked, ensuring a smooth and enjoyable hike for outdoor enthusiasts of all levels: 2.5 miles.

Gulpha Gorge Trail

To access this scenic trail, park at the amphitheater parking area in Gulpha Gorge Campground. Cross Gulpha Creek via the stepping stones, then take the left trail.

The first half is quite steep, so come prepared for a challenging climb! On your right, you'll find the

Gulpha Gorge Trail that leads up the mountain to connect with the Hot Springs Mountain Trail and the Goat Rock Trail. Expect gravel terrain and stunning views of the surrounding scenery along this rewarding, scenic hike.

Honeysuckle Trail and Peack Trail Loop

Start your adventure on the trail from Fountain Street, ascending a steep path to the top of Hot Springs Mountain Tower. The journey is well-shaded and mostly gravel, making it a comfortable hike for all skill levels.

Once you reach the peak, you're rewarded with sweeping, gratifying views of the surrounding landscape—perfect for photos and soaking in the scenery. Bathrooms and extra parking are available at the tower, making your visit convenient and enjoyable.

Iron Mountain

Discover the scenic beauty of the Iron Mountain Trail in Hot Springs. This popular trail offers a peaceful outdoor escape with lush, forested paths and gentle terrain, perfect for biking, hiking, trail running, or a relaxing nature walk.

Enjoy the fresh air, towering trees, and abundant wildlife viewing opportunities as you explore this refreshing connection to nature.

For mountain biking enthusiasts, some of Arkansas's best-groomed trails are located on the south shore of DeGray Lake near Arkadelphia. The over 24 miles of flowy, well-

maintained trails include wide-open orange and blue loops along DeGray Lake's hillsides, offering stunning lake views. The green and yellow routes

on Skyline Drive provide exhilarating descents with manageable climbs, making it some of the best riding in the state.

Whether you're hiking or biking, Iron Mountain and DeGray Lake trails offer outdoor adventures that can't be missed!

North Mountain Trail

The Hot Springs and North Mountain Trails are popular for their accessibility and stunning scenic views. You can easily reach these beautiful trails via Stephen's Balustrade—also known as the grand staircase—located behind the Fordyce Bathhouse. Other access points include Hot Springs Mountain Drive and the Gulpha Gorge Campground.

Northwoods Trail

The Northwoods Trail is perfect for an adventurous hike or a fun family outing: 4.1 miles. Whether you're planning a leisurely walk or an exciting bike ride, the trails here range from 498 feet in elevation gain, offering something for every skill level.

Oertel Trail

Begin your adventure behind the Fordyce Bathhouse Visitor Center at the Grand Promenade. The Oertel Trail intersects with the Short Cut Trail, which leads to the summit of Hot





Springs Mountain, and with the Gulpha Gorge Trail, taking you to the scenic Gulpha Gorge Campground: 3.3 miles.

Along the way, enjoy easy access to restrooms, water, and picnic areas at the campground and the mountain summit, making it a comfortable and scenic hike.

Pinnacle Mountain

Pinnacle Mountain in Little Rock is an iconic outdoor destination perfect for both hiking and biking. With its stunning views, rugged trails, and scenic overlooks, Pinnacle Mountain offers

an invigorating outdoor experience for every adventure lover.

Whether you prefer a scenic hike to the summit or challenging mountain biking trails, this national landmark provides the perfect balance of adventure and natural beauty. Pack your gear and get ready to explore one of Arkansas's most beloved outdoor spots!

Pullman Trailhead

The Pullman Trail is the only trail in Hot Springs National Park that allows bikes and serves as a connection to the Northwoods Trails, located just





a mile from downtown Hot Springs. It crosses 0.65 miles of Hot Springs National Park property and intersects with the Sunset Trail, though bikes are not allowed on the latter. Along the trail, you may encounter historic artifacts near an old homesite protected by federal law and should not be disturbed: 1.7 miles.

Sunset Trail

The Sunset Trail is the longest in Hot Springs National Park, stretching approximately 10 miles one way, or you can complete the full 15–17-mile loop. It traces the park’s inner boundary, crossing diverse terrain and navigating some of the most remote areas of the park.

Because of its length, the Sunset Trail is often divided into three sections:

- West Mountain (2.8 miles)
- Sugarloaf Mountain (2.6 miles)
- Stonebridge Road (3.8 miles)

For a challenging day outdoors, you can combine the Sunset Trail with the Hot Springs Mountain, North Mountain, and West Mountain trails to create a strenuous hike. Prepare for stunning views, diverse landscapes, and an escape into nature’s most peaceful corners.

The Grand Promenade

The Grand Promenade is a picturesque National Recreation Trail located behind the bathhouses

along Bathhouse Row. Stretching approximately half a mile, this charming brick-lined walkway was inspired by the Prado in Havana, Cuba. It serves as a lovely place for walking and features numerous benches, tables, and a dedicated chess table, making it a perfect spot for relaxation and socializing.

Tufa Terrance Trail

Discover the scenic Tufa Terrace Trail, a paved pathway accessible from the Grand Promenade or Arlington Lawn. The lower section of the trail runs near the famous Hot Water Cascade, offering beautiful views and a relaxing outdoor experience.

Perfect for a leisurely walk or gentle hike, this trail allows you to enjoy the natural beauty and historic geothermal features of Hot Springs.

West Mountain Trail

Explore the lesser-traveled West Mountain Trails, where you’ll find prime opportunities for wildlife sightings and peaceful solitude. To access these scenic trails, head to Whittington Park or the Canyon Trailhead — perfect for those seeking a more secluded outdoor experience.

Whether you’re birdwatching, hiking, or just enjoying nature, the West Mountain Trails offer a tranquil escape into the beauty of Hot Springs.