



National Park Service
U.S. Department of the Interior

Hot Springs National Park

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Hot Springs National Park News Release

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For Immediate Release

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Hot Springs National Park Offers 2010 Sunday Afternoon Nature Walks

A National Park Service ranger will lead a series of eight Sunday afternoon hikes along park trails. All hikes will begin at 2 p.m., weather permitting. Each hike will leave from a different location in the park.

Hikes are expected to last between 1 and 3 hours. Participants should wear sturdy walking shoes or hiking boots. It is also recommended that participants carry a container of drinking water and consider using insect repellent. A new season brings new sights and sounds. Join us for a little exercise in the beautiful park environment. Children are invited, too, and can earn a park Junior Ranger patch for participating.

Parking is available at or near each starting point. Here is the schedule, with starting points, approximate total distances, and estimated elevation changes:

March 7: North Mountain leg of Sunset Trail, 1.5 miles. Meet at Gulpha Gorge Campground amphitheater. Difference between highest and lowest elevations on route: 60 feet.

March 14: Whittington Loop, 1.2 miles. Meet at parking area near Whittington Spring. Difference between highest and lowest elevations on route: 0 feet.


March 21: Balanced Rock, 2.8 miles. Meet at parking area where Sunset Trail crosses Cedar Glades Road. Difference between highest and lowest elevations on route: 260 feet.

March 28: Music Mountain (highest point in park), 2.4 miles. Meet at Blacksnake Road parking lot. Difference between highest and lowest elevations on route: 470 feet.

April 4: Ricks Pond, .7 mile. Meet at Stonebridge Road parking area. Difference between highest and lowest elevations on route: 20 feet.

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April 11: West Mountain Loop, 2 miles. Meet at West Mountain summit area. Difference between highest and lowest elevations on route: 300 feet.

April 18: Hot Springs Mountain, 1.6 miles. Meet at Hot Springs National Park Visitor Center front porch. Difference between highest and lowest elevations on route: 400 feet.

April 25: Goat Rock and North Mountain Overlook, 2.2 miles. Meet at trail shelter across from parking lot near beginning of North Mountain Loop. Difference between highest and lowest elevations on route: 300 feet.

Those who wish to participate should consult a park map for directions to the starting points. The park map can be found online at www.nps.gov/hosp, and are also available at the Hot Springs National Park Visitor Center in the historic Fordyce Bathhouse.

For more information, call Mark Blaeuer at 501-620-6704 or e-mail the park at hosp_interpretation@nps.gov. American Sign Language interpretation can be made available if arrangements are made two weeks in advance.

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