

Hike Flash – December 28, 2014

Welcome to new OMH members Buddy Dillman and Terry Felker-Dillman.

Attached to this email is the new hike schedule for Winter/Spring, 2015. The planning committee tried to select some new hikes, some old favorites, and some that are unique in some way. We hope that you find many that appeal to you. See you on the trail.

Anita Moore
OMH Club Hike Chairman

OMH Roster Notice:

The OMH roster is always up to date and can be accessed from our website: www.omhikers.net under "About Us". The password is OT (think Ouachita Trail). Please take a moment to check your listing and let Jeanie know at jeannie.eichler@gmail.com if you have any changes.

Thursday, January 1, 2015 New Year's Day "First Day Hike" at Lake Ouachita State Park

*Start 2015 by putting your best foot forward and join us at Lake Ouachita State Park on New Year's Day. The "First Day Hike" is a program sponsored nationally by American Hiking Society and state parks across the nation. Ouachita Mountain Hikers has teamed with **LOSP** and **Hot Springs Village Base Camp** for "First Day" activity on **Caddo Bend Trail**. Not only will you be welcoming a new year in a healthy way, but you will also be celebrating the kickoff to Lake Ouachita State Park's 60th anniversary, with events held throughout 2015.*

Several hike options are available, including one for any OMH member. OMH is providing all the Hike Leaders. Completing any First Day Hike at Lake Ouachita State Park will earn you an event button -- plus a chance to win a prize. After your hike, be sure to join us for some hot beverages and healthy treats at our campfire. Here you can ceremoniously burn your burdens away while reconnecting with nature and recharging your body, mind, and spirit. *This is a great way to demonstrate your New Year's resolution for getting outdoors and living healthier in 2015.*

First Day Hike Campfire

First Day Hike: Caddo Bend Trail - 4 miles

First Day Hike: Caddo Bend Trail - 4 miles (*leisurely*)

First Day Hike: Caddo Bend Trail - 2 miles

First Day Hike: Caddo Bend Trail - 1 mile

9 a.m. - 12 p.m.

9 a.m. Led by: Tom Calhoun

9:15 a.m. Led by: Sofia Harrell

9:30 a.m. Led by: Jim Gifford

9:45 a.m. Led by: Jeanie Calhoun

Important Notes:

Hikers do not have to sign up for this event -- just show up to hike.

This is a public event. Most of our regular hikers should be able to do the full pace four mile hike. If you have not hiked in a while, you can try the "leisurely pace" or one of the shorter hikes.

Arrange your own carpools.

Park in the large lot behind the Visitor's Center. At the stop sign across from Visitor's Center, turn left, then take first right into parking. Gather at the large tent / bonfire area between VC and trailhead.

Saturday, January 3, 2015 Hot Springs Greenway Trail (4 miles / Easy)

Hike Leader: Ben Glazer **525-9725 (No email)**

Meet At: 9:00am - The train station in Hot Springs. If you wish to visit the Farmer's Market either before or after, the hours are 7:00am – 1:00pm.

Bring: Water and a snack. Poles not necessary.

Details:

This hike along Hot Springs Creek is an easy stroll along a paved trail. It starts at the Train Station and goes out-and-back. You can choose to turn around at any point on the trail. Greenway Trail is a newer trail that is being lengthened as time goes by. This is a good opportunity to get out after the holidays and get some fresh air and exercise. There is a restroom at Hollywood Park (1.5 miles).

Should be back by: 11:00am

See You on the Trails,
Ouachita Mountain Hikers