



Like to hike?
try the
Ouachita Mountain Hikers

An informal group of various ability levels

Why we hike.....

- Have fun** - Camaraderie with hikers
- Stay healthy** - Hiking is great exercise
- Enjoy the "Natural State"** - Arkansas' most beautiful places are on the trails
 - Learn your way around
- Serve the trails** - Help with trail maintenance, litter patrols, fund raisers
 - We support Hot Springs National Park, National Forest Service, State Parks

We hike twice a week!

- Saturday hikes** - easier hikes (4-6 miles) in places like:
 - Hot Springs National Park
 - Arkansas State Parks
 - Hot Springs Village
- Thursday hikes** - more difficult hikes (8-12 miles) on forest trails in places like:
 - Ouachita National Recreation Trail
 - Ouachita National Forest

Check out our website at www.omhikers.net



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