

Like to Hike?

Try the
**Ouachita
Mountain Hikers**



WHY JOIN OMH?

- **Have Fun**
 - *Camaraderie* of other 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, and Fund Raisers
 - We support:
Hot Springs National Park,
US Forest Service,
AR State Parks

Ouachita Mountain Hikers

We are an informal group with various levels of ability. We let you set your own pace.

We hike twice a week



Our Hikes

Saturday Hikes

Easier Hikes (4 - 6 Miles)

- \ Good trails in places like:
HS National Park,
Arkansas State Parks,
Hot Springs Village

Thursday Hikes

More Difficult (8 - 12 Miles)

- Forest trails in places like:
Ouachita National Forest,
Ouachita National Recreation Trail

Monthly over-night trips visit trails in the Ozarks, Buffalo River, and Albert Pike or nearby states



Inquiries? Contact:

Debbie VanVeghel, 501-463-9441

Check out our web-site:

OMHikers.net

***YES, I would like to join
the Ouachita Mountain Hikers:***

Name:

Address:

Phone:

E-Mail:

Send \$5 annual Dues to

**Ouachita Mountain Hikers
PO Box 371
Hot Springs, AR 71902**