

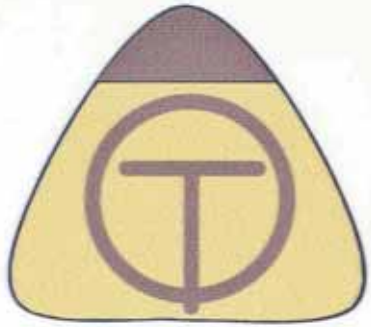


OUACHITA NATIONAL RECREATION TRAIL

OUACHITA NATIONAL FOREST

ARKANSAS-OKLAHOMA

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Help Maintain the
Ouachita Trail

The trail is maintained by volunteer members of

FoOT

Friends of the Ouachita Trail

If you would like to help, contact FoOT at:

Email: friendsOT_2003@yahoo.com

Mail: PO Box 8630

Hot Springs, AR 71910

WWW.FriendsOT.org

*FoOT is organized exclusively to provide assistance for the
maintenance, enhancement and use of the Ouachita National Recreation Trail*

Ouachita National Forest

Arkansas - Oklahoma

Ouachita National Recreation Trail (ONRT)--Overview



Hiking

Biking



U.S. Department of Agriculture
Forest Service
Southern Region

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OUACHITA NATIONAL RECREATION TRAIL

Trail Highlights: This is the longest trail in the Ouachita National Forest spanning 192 miles across its entire length.

In the west, the trail begins at Talimena State Park on Highway 271 near Talihina, Oklahoma.

The eastern boundary is south of Perryville, Arkansas on Highway 9.

An additional 32 miles of trail, located on private and other public lands, extends to Pinnacle Mountain State Park, 15 miles west of Little Rock, Arkansas.

Elevations range from 600 to 2,600 feet as the trail passes through forested mountains, across sweeping valleys and near clear-running streams.

Spur trails connect to various recreation areas and points of interest. Numerous road crossings and access points provide opportunities for point to point hikes of various distances.

For more information, you may purchase a detailed trail map at all Ouachita National Forest offices.

Other Attractions: Recreation areas adjoining the trail include:

- Horsethief Springs Picnic Area
- Winding Stair Mountain Recreation Area
- Queen Wilhelmina State Park
- Big Brushy Recreation Area
- Iron Springs Recreation Area
- Lake Sylvia Recreation Area

For more information: Contact the Ouachita National Forest Supervisor's Office at the address below.

Length: 192 miles.

Directions: There are many developed and undeveloped access points across the forest, identified on the trail map segments.

Trail Information: Unsurfaced. Water is scarce on many portions of the trail especially during dry periods. Treat all water before drinking.

Difficulty Level: Varies.

Site amenities: Recreation areas usually include campgrounds, picnic areas, swimming, drinking water, restrooms, and other trails. Trail shelters are available for overnight use along segments between Highways 27 and 9.

Requirements: Pack it in; pack it out. Trail open to foot traffic only for 55 miles. 137 miles is now open to both mountain bikes and foot traffic.

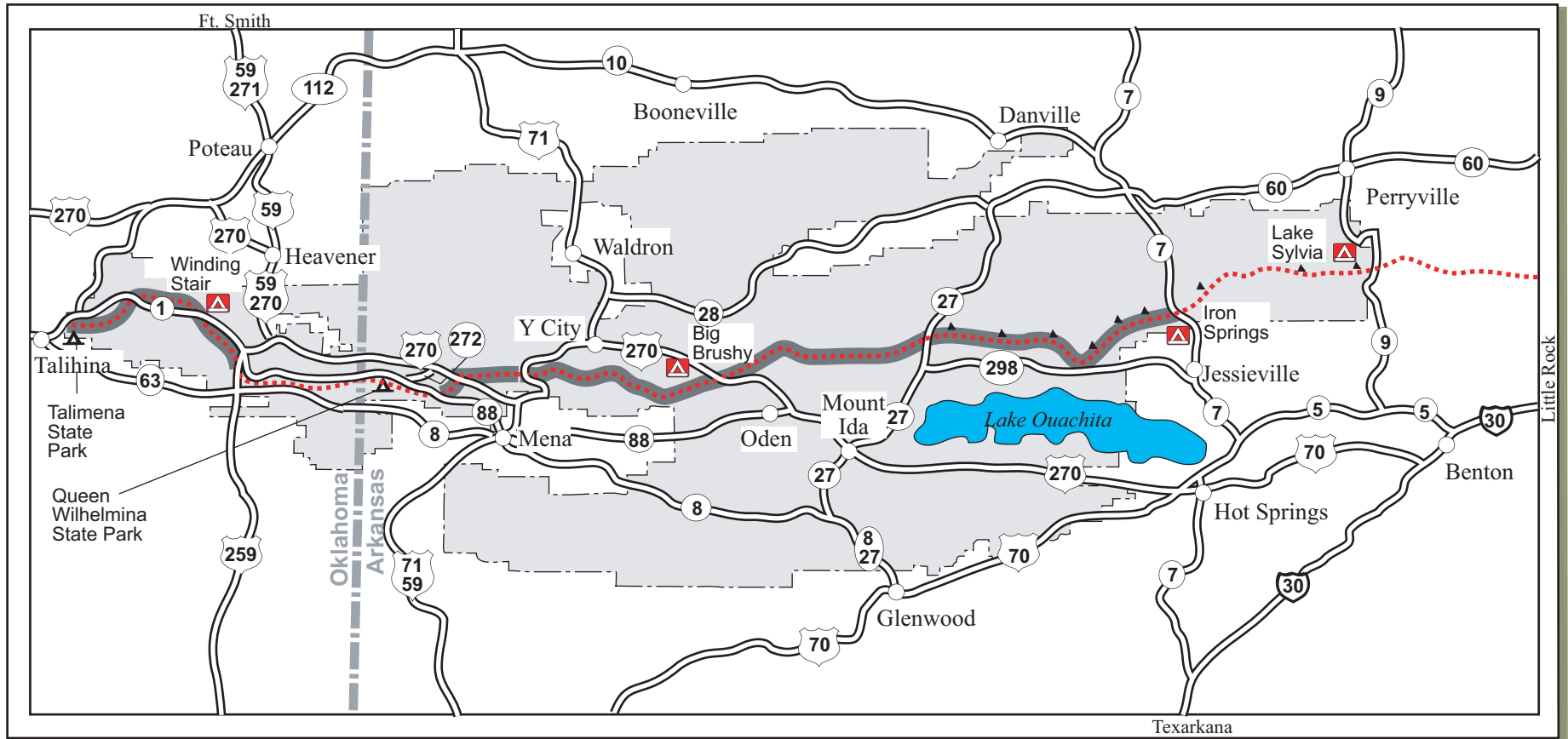
Segments opened to mountain bikes are from the western boundary of the Ouachita National Forest in Oklahoma to the Big Cedar trailhead on Highway 259, and from the Talimena Scenic Drive east of Queen Wilhelmina State Park to trailhead on Highway 7, north of Jessieville, Arkansas.

Horses, pack animals, and vehicles are prohibited. Portions of the trail cross wilderness areas. To preserve the trail's beauty, please camp at least 100 feet from the trail.

Seasons of use: Open year-round. Weather is most favorable from autumn through spring.

Ouachita National Recreation Trail (ONRT)--Overview

Ouachita National Forest



USGS Quads: Paron, Thornburg, Aplin, Paron SW, Nimrod SW, Nimrod SE, Hamilton, Avant, Fannie, Onyx, Steve, Story, Chula Mtn., Sims, Brushy Creek, Muse, Leflore SE, Blackjack Ridge

	Forest Service Recreation Area
	Non Forest Service Recreation Area
	U.S. Highway
	State Highway
	Interstate
	Trail
	Trail section open to mountain bikes.
	National Forest
	Trail Shelter

Ouachita National Forest

Arkansas - Oklahoma

Ouachita National Recreation Trail (ONRT)--Introduction



Hiking



Biking

Common Courtesies

Please protect and preserve plant and animal life so others may enjoy the beauty you have experienced. Some portions of the trail pass near private land. The responsibility of each hiker is to review the map and be alert for boundary signs to avoid trespassing.

The Ouachita Trail has been established for the hiking and mountain biking enthusiast. To maintain the natural character of the trail, no horses or motorized vehicles, including trail cycles, are allowed.

The Trail

The Ouachita National Recreation Trail spans 192 miles of the Ouachita National Forest between Talimena State Park on U.S. Hwy. 71 near Talihina, Oklahoma, to Arkansas Hwy. 9 south of Perryville, Arkansas.

An additional 30 miles of trail on private and public lands extend this route eastward from the Hwy. 9 trailhead to the Visitor's Center at Pinnacle Mountain State Park about 15 miles west of Little Rock, Arkansas.

Numerous side trails to major recreation areas, scenic overlooks and other attractions offer opportunities that vary from interpretation to photography to tests of physical stamina. Elevations range from 600 to 2,600 feet.

Offering numerous access points, the trail provides day and overnight hiking opportunities, enticing hardy backpackers to explore the rugged terrain and the less daring to enjoy quiet woodland walks and weekend excursions.

Stream crossings at one-day intervals make excellent campsites. Nonsecured parking is available at most access points where the trail crosses major roadways.

The trail traverses the pine- and oak-clad Ouachita Mountains, the highest peaks from the Rockies to the Appalachians. These are unique mountains -- running east-west rather than north-south -- with interesting geological features. The area is characterized by clear streams and wide valleys, picturesque rock outcroppings and sharp ridges with panoramic views.

Paralleling portions of the 54-mile Talimena Scenic Byway between Talihina, Oklahoma, and Mena, Arkansas, the trail crests Winding Stair and Rich Mountains, opening a showcase of forested mountains and sweeping valleys.

The history of struggling pioneers in the young state of Arkansas and the Choctaw Tribe in Indian Territory is highlighted at several vistas and historical sites along the Byway. Spur trails connect to the Robert S. Kerr Memorial Arboretum and Nature Center, an interpretive complex resting between the mountains and Cedar Lake Recreation Area. Other scenic highlights include Pipe Spring Picnic Area, Old Military Road, Emerald Vista, Winding Stair Campground, Horsethief Springs and Talimena State Park.

Attractions along the Arkansas section of the trail include Rich Mountain featuring Queen Wilhelmina State Park, Lover's Leap, the spectacular Talimena Scenic Byway, Big Brushy Recreation Area, Blowout Mountain Scenic Area, Womble Trail, Lake Ouachita, Ouachita Pinnacle, Iron Springs Recreational Area, Alum Creek Experimental Forest, Forked Mountain, Flatside Wilderness, Flatside Pinnacle, North Fork Pinnacle, and Lake Sylvia Recreation Area.



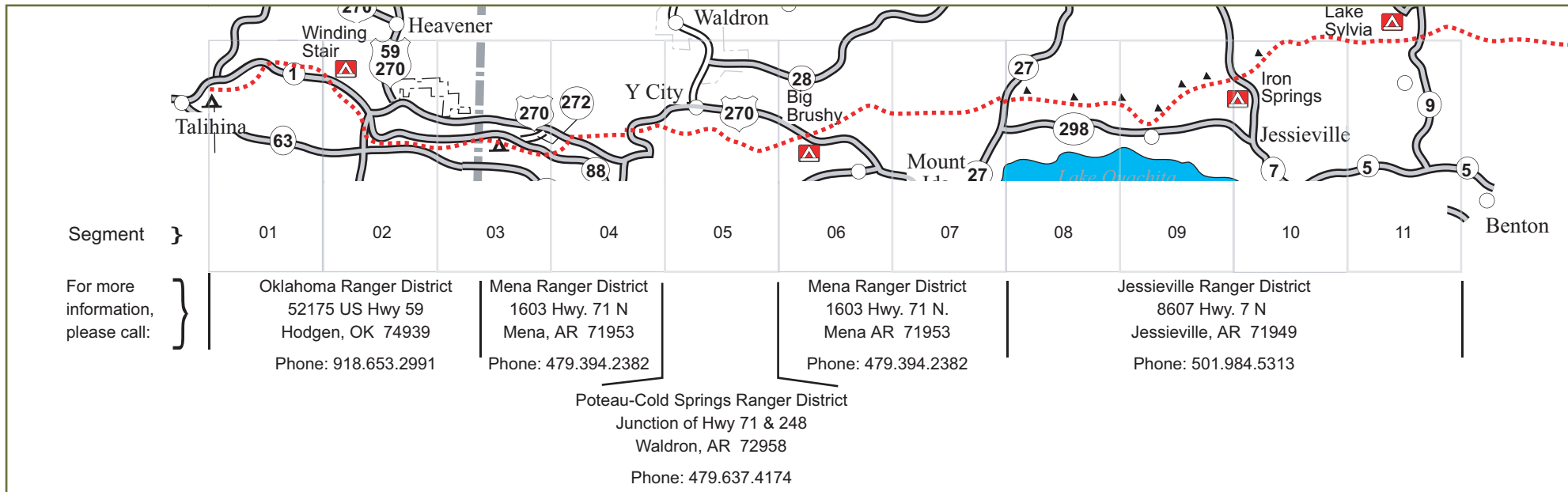
Ouachita National Recreation Trail (ONRT) Segment Overview

Ouachita National Forest



MAP SEGMENTS: The part of the Trail in the Ouachita National Forest is shown in 11 segment maps. Each is designed for viewing and printing on most home computers. Segment 01 starts at the western end of the Trail at Taliuhina State Park in Oklahoma. Segment 11 shows the eastern end at Highway 9.

The Trail continues on private and state land for another 30 miles until it ends at Pinnacle Mountain State Park. For information about this part of the Trail contact Pinnacle Mountain State Park at 501.868.5018.



Legend

- Ouachita National Recreation Trail
- Trail (other than ONRT)
- Federal Highway
- State Highway
- Forest Service Road
- Overlook
- Trail Shelter
- Parking
- Fee Station
- Picnic Area
- Amphitheater
- Restrooms
- Information
- Trailhead
- Phone
- Shooting Range
- Ranger Station
- Accessible Facility
- Dump Station
- Campground

Ouachita National Forest

Arkansas - Oklahoma

Ouachita National Recreation Trail (ONRT)--Segment 01

Segment 01

Segment 01 begins at Talimena State Park and heads east into the Winding Stair National Recreation Area.

The trail covered by the first three map segments winds up, down and through steep, rocky terrain that is the most challenging part of the entire trail.

During dry seasons, water is scarce so plan accordingly.

Mile...Watch for:

- 0.0Talimena State Park.
- 0.7Old Military Road Trail.
- 2.4Spur to Potato Hills Vista.
- 5.0Spur left to Panorama Vista.
- 5.8FR #6010. Access point.
- 7.3Bohannon Creek (rainy season water source).
- 8.0Deadman's Gap (opportunity to stash water). Access point.
- 8.7Boardstand Trail.
- 13.4 ...Cedar Branch (rainy season water source).
- 16.9 ...Spur right to Holson Valley Vista.
- 18.7 ...Horsethief Springs Trail. Cedar Lake Recreation area five miles to left; Talimena Scenic Drive spur to right.

For More Information:

Choctaw Office-Oklahoma District
52175 US Hwy 59
Hodgen, OK 74939
918.653.2991

The Forest

Welcome to the Ouachita National Forest, the South's oldest and largest national forest, established in 1907. Located in the picturesque mountain and valley region of west central Arkansas and southeast Oklahoma, this 1.8-million acre national forest is noted for its mountain scenery, clear lakes and abundant wildlife.

Almost 6,000 miles of roads and 700 miles of trails open the forest to business and pleasure. The Ouachita is primarily a pine forest and produces some of the best timber in the United States. However, the mild climate, abundant moisture, and suitable soil provide the basic support for over 2,500 native plant species. A variety of wildlife habitat--from areas recently opened up by logging to stands of mature timber--provides the different types of food and shelter required by many species of birds and animals.

The forest offers many outdoor recreation opportunities. Facilities include developed recreation areas, vistas, hiking and interpretive trails, shooting ranges, float camps, visitor information stations, the Robert S. Kerr Memorial Arboretum and Nature Center, and the Talimena Scenic Byway.

Natural resources on national forest lands are managed by the Forest Service, U.S. Department of Agriculture, for a variety of benefits including water, forage, wildlife habitat, wood, recreation, wilderness and minerals. Under this multiple-use concept, the best combination of uses benefits the American people and assures productivity of the land and quality of the environment for future generations.

Before You Go

Plan Your Trip. Carry the best map of the area you can find. We like the segment maps in this series. Visualize the terrain, study the climate and perhaps talk with someone who has hiked the trail.

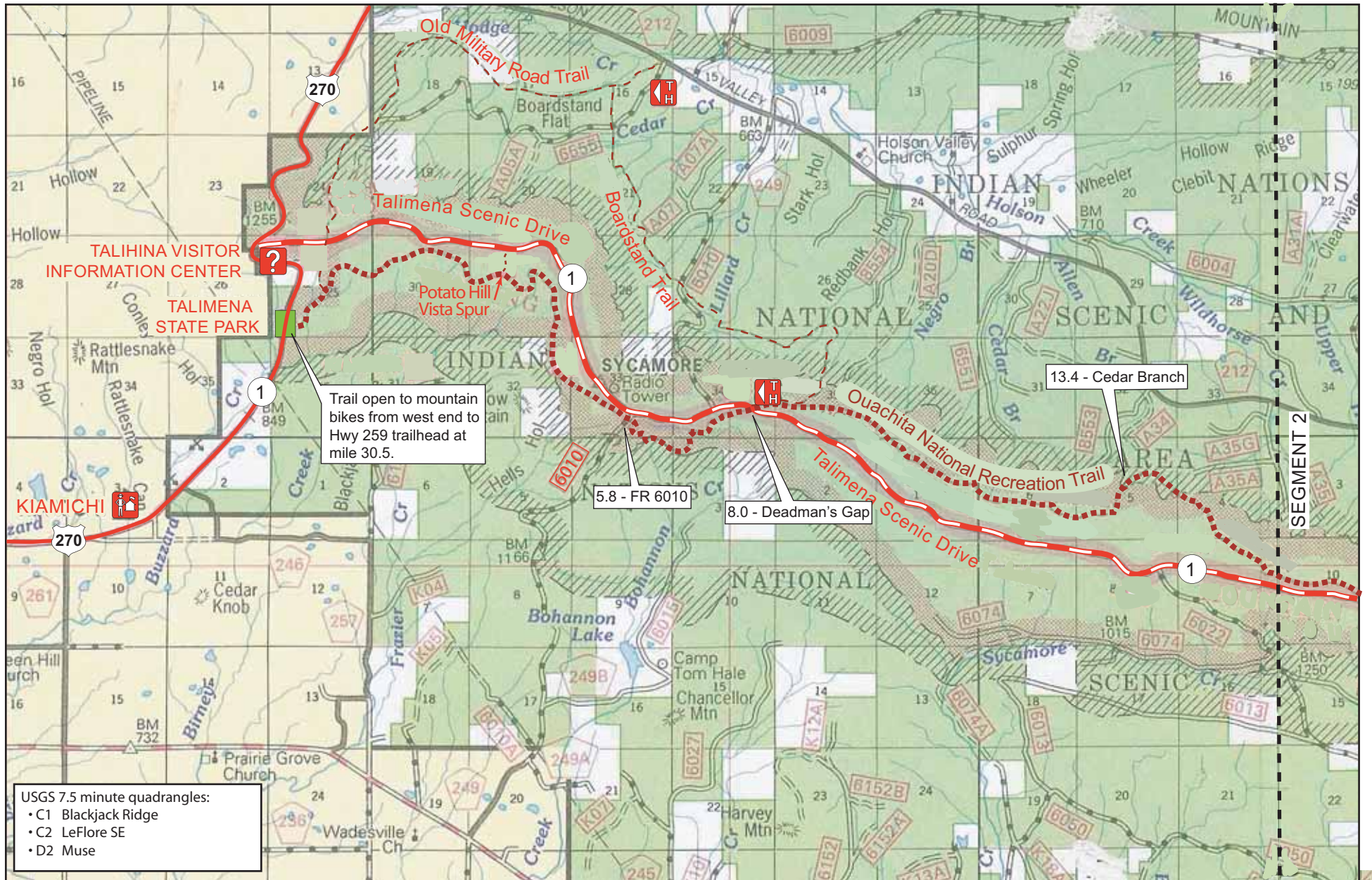
Proper equipment, good physical condition and careful planning are necessary for an enjoyable backpack trip. Unless you know you're in good condition, practice hiking some distances with a full pack before you hit the trail.

(Before You Go continued on Segment 02)



Ouachita National Recreation Trail-Segment 01

Ouachita National Forest



Ouachita National Forest

Arkansas - Oklahoma

Ouachita National Recreation Trail (ONRT)--Segment 02

Segment 02

The ONRT continues through steep, rocky terrain that will confirm the wisdom of being in good physical condition before tackling this part.

Mile...Watch for:

- 18.7 ...Horsethief Springs Trail. Cedar Lake Recreation area five miles to left; Talimena Scenic Drive up spur to right.
- 19.9 ...Spur to right to Horsethief Springs; west side of Billy Creek Trail to Billy Creek recreation area. Access point.
- 22.4 ...East side of Billy Creek Trail goes down to Billy Creek recreation area. Access point.
- 22.9 ...Mountain Top Trail.
- 23.7 ...Winding Stair Trailhead/Campground [closed in winter(no water); unreliable water even when open]. Access point.
- 26.3 ...Good campsite (no water).
- 28.0 ...More good campsites (no water).
- 28.3 ...FR #6023. Access point.
- 28.4 ...Spur on left to Red Spring (rainy season water source).
- 29.9 ...Big Cedar Creek (reliable water).
- 30.5 ...Big Cedar Trailhead-Highway 259. Access point.
- 31.6 ...Good campsites (reliable water).
- 34.3 ...Pashubbe Trailhead (refill water supply at Pashubbe Creek for hike up mountain). Access point.
- 36.7 ...Wilton Mountain; good campsite (no water).

For More Information:

Choctaw Office-Oklahoma District

52175 US Hwy 59
Hodgen, OK 74939
918.653.2991

(Before You Go continued from Segment 01)

Make a list and check all items and supplies you will need for your hike. Don't pack heavy items or unnecessary gadgets. The average pack shouldn't weigh more than 30 pounds for women and 40 pounds for men.

Food is the most important part of your hiking experience. Plan menus that use food that is easy to prepare, nutritious but substantial and light in weight. Basic dehydrated foods are available in many grocery stores; specialized items can be found in outdoor supply stores. You will need 1-1/2 to 2 pounds (dry weight) of food per day. Include some high-energy snacks such as nuts, dried fruit and jerky.

Leave canned and bottled foods at home. Repackage items such as sugar, cereal, coffee, dry milk powder and powdered foods into small plastic bags which fit easily into your pack.

A small lightweight backpack stove is an excellent item to pack. These stoves are easy and safe to use, and more efficient in many cases than a wood fire, particularly in inclement weather.

Don't Forget These Essentials. A whistle to signal for help, a map and compass, sunglasses, sunscreen lotion, lip moisturizer, insect repellent, small flashlight, waterproof matches and firestarter, nylon cord or wire, water canteen, extra food and clothing, coated nonstick cooking utensils, dishes, cutlery, pocket knife, first-aid kit and ace bandage, sleeping bag, air mattress, tent or tarp for shelter, rainproof poncho, biodegradable soap, towel, toilet tissue and lightweight shovel/trowel for sanitation purposes.

Avoid Trouble. Reduce opportunities for would-be thieves. Locked cars and trunks are not completely safe. Leave valuables and unnecessary items at home. Before you leave, file a trip plan with family or friends so someone will know where you are and whom to contact if you fail to arrive home as planned. Be sure to check with that person when you return.

Prescribed Fire. The Ouachita National Forest has been trying to reduce the risk of wildfires, improve wildlife habitat, and achieve other natural resource objectives through the use of prescribed fire. Contact the ranger district(s) for information about prescribed burns that may be scheduled for segments of the ONRT along your route.



Ouachita National Recreation Trail-Segment 02

Ouachita National Forest



USGS 7.5 minute quadrangles:

- D2 Muse
- D3 LeFlore SE
- D4 Page

Trail closed to mountain bikes from Hwy. 259 trailhead east to Talimena Scenic Drive crossing at mile 54.1.

Ouachita National Forest

Arkansas - Oklahoma

Ouachita National Recreation Trail (ONRT)--Segment 03

Segment 03

The ONRT actually levels out on portions of this segment, even though it includes the highest point on the trail at Rich Mountain. Camping in Queen Wilhelmina State Park is only permitted in the park campground.

Mile...Watch for:

- 36.7 ...Wilton Mountain; good campsite (no water).
- 38.3 ...Great view.
- 39.2 ...Kiamichi River (good campsites in this area; reliable water).
- 40.9 ...Kiamichi River crossing. First of several over next few miles. Trail levels out along river. Plan/use footwear accordingly. WARNING: Area may be flooded during heavy rains.
- 43.1 ...Final Kiamichi River crossing (fill up on water).
- 46.0 ...Creek (water not guaranteed, but fairly reliable).
- 46.3 ...Rich Mountain; Arkansas state line; highest point on ONRT (2,610 ft.); close to Talimena Scenic drive. Access point.
- 48.4 ...Microwave tower.
- 49.5 ...Pioneer Cemetery.
- 50.3 ...Boundary of Queen Wilhelmina State Park.
- 50.9 ...Talimena Scenic Drive crossing.
- 51.6 ...Queen Wilhelmina State Park lodge (restaurant, rooms with hot showers, etc.).
- 51.8 ...Lover's Leap Overlook.

For More Information:

Choctaw Office-Oklahoma District

52175 US Hwy 59
Hodgen, OK 74939
918.653.2991

PLEASE SIGN IN AT ALL REGISTRATION BOXES!

Pace

A common mistake made by beginning hikers is to cover too many miles in a day. Set a pace comfortable for the slowest member of the group and take short, frequent rests. Averaging two miles per hour without a pack, and less when carrying a backpack is a good goal for beginners. The experienced hiker may well be prepared to cover 16 miles a day, but 6 to 8 miles daily is a more realistic goal.

When Emergencies Arise

Mishaps are rare. If one occurs, stay calm. In case of an accident, someone should stay with the injured person to keep them warm and prevent shock. Cell phone service on the Trail is intermittent, but try 911. Notify the nearest law enforcement agency or the ranger station listed for that segment.

Those slippery rocks. Loose or slippery rocks and logs, cliffs and steep grades are perhaps the most common cause of injuries on the trail.

If you get lost. Stay calm. Try to remember how you got to your present location. Look for familiar landmarks, terrain features, trails, or streams. If it is close to sunset, you are exhausted, or are completely bewildered, the best thing is to stay where you are. (You did sign in at the last registration station, didn't you?)

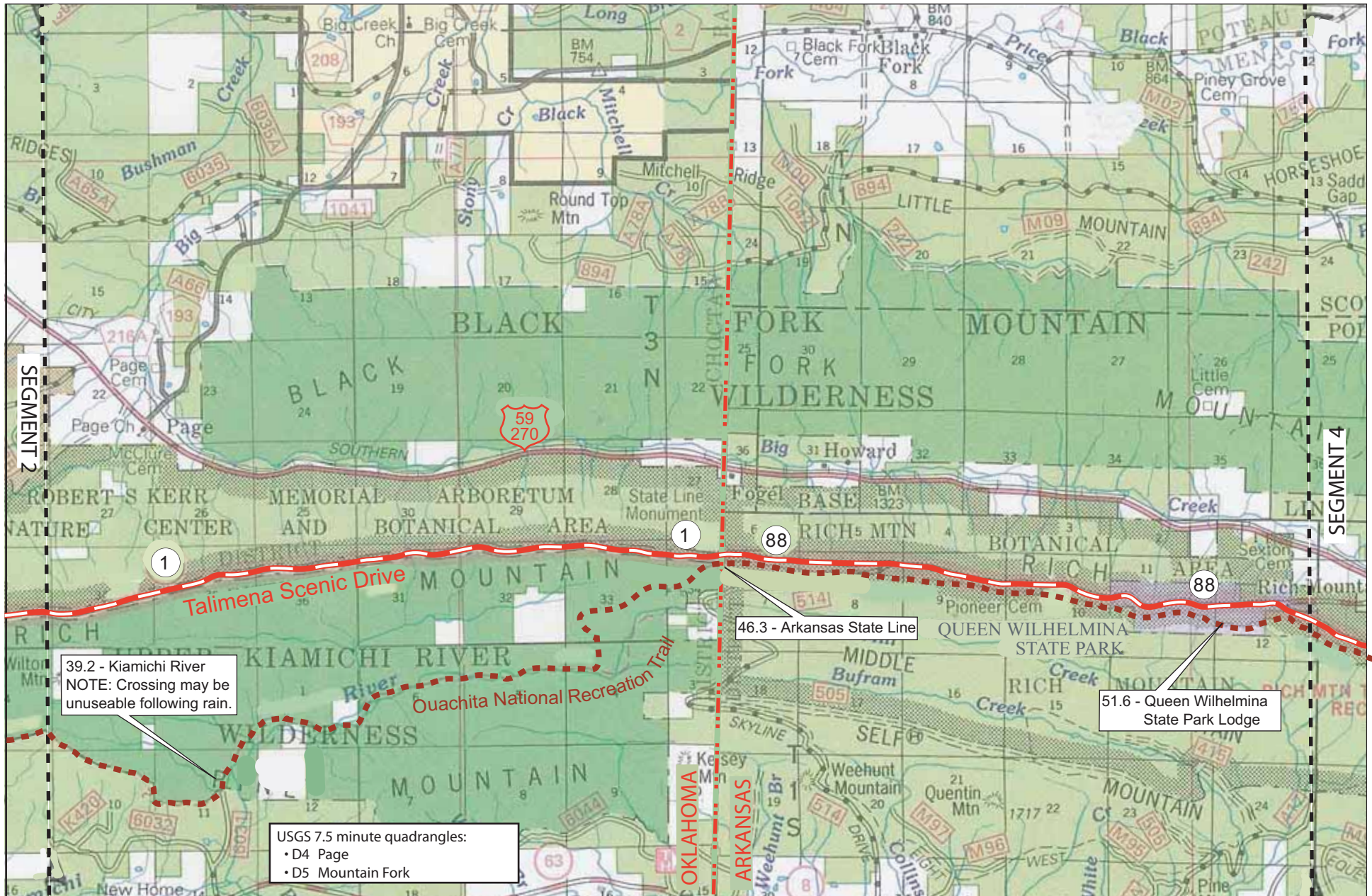
If you are expecting someone to look for you, you can try to a smoke-making fire in an opening. When you decide to move on, do it slowly. Make sure any fire is completely out. Try to find a high point with a good view of the surrounding area, and then plan your travel.

When you find a trail, stay on it. If you don't locate a trail, follow a drainage downstream. In many cases, it will bring you to a road or trail.



Ouachita National Recreation Trail-Segment 03

Ouachita National Forest



Ouachita National Forest

Arkansas - Oklahoma

Ouachita National Recreation Trail (ONRT)--Segment 04

Segment 04

After the ups and downs of the first three segments, life is about to get easier on Segment 04. Be prepared to deal with the lack of water from mile 58 to mile 68. The only dependable water on this section is what you begin with.

Mile...Watch for:

- 51.8 ...Lover's Leap Overlook.
- 54.1 ...Talimena Scenic Byway crossing.
- 56.7 ...Highway 270. Access point.
- 57.8 ...Black Fork Mountain Wilderness Trail intersection.
- 58.5 ...Eagle Gap (FR 516), Clear Fork (reliable water). Fill up now. Access point.
- 62.3 ...Good campsite. No water.
- 67.2 ...Waterfall up to right.
- 67.7 ...Stream with waterfalls; rainy season water source; no reliable water from here to a spring at mile 74.2.
- 68.1 ...Foran Gap (Highway 71). Registration box. Access point.

For More Information:

Mena-Oden Ranger District
1603 Highway 71 N.
Mena, AR 71953
479.394.2382

Distress signals. If you need help, use the international distress signal--a repeated series of three (of anything) that can be seen or heard. Three whistle blasts, shots, shouts, flashes of light, puffs of smoke, or whatever might attract attention is recognized as a signal for help. Experienced hikers carry a whistle for this purpose.

Fire safety

The potential of wildfire exists during dry periods of every season. You do not need a permit for a campfire; however, open fires may be prohibited during periods of high fire danger. Check with the nearest Forest Service office.

Instead of building a fire, many backpackers use sterno cans or small one-burner camp stoves as a more efficient and less time-consuming method of heating food. Exercise extreme caution when using any type of flame for heating or cooking. You are responsible for the damage if your campfire turns into a wildfire.

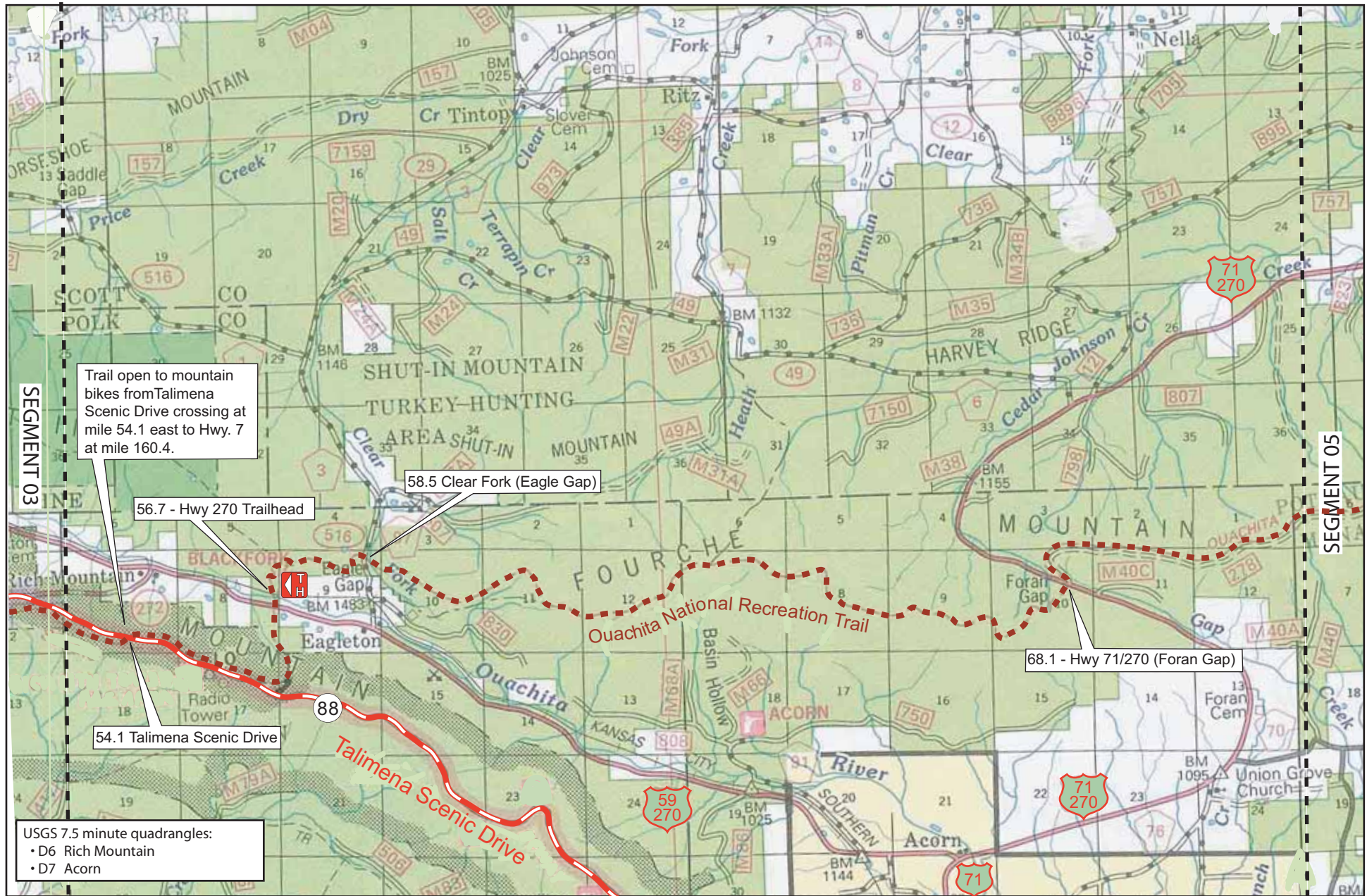
Open Fires

- In place of a rock ring, use a camp grill or two steel rods to support cooking utensils. Keep your fire small, and clear debris down to mineral soil around it.
- Build fire on level ground away from steep slopes, rotten logs, stumps, dense dry grass or litter. Dig a hole for the fire and place the soil to one side so you can replace it when you leave.
- Do not build any fire on a windy day. Do not leave fire unattended at any time; to do so violates Federal and State laws.
- Put your fire out--**OUT COLD**-- before you leave. Let the fire burn down, separate the embers, mix and stir the coals with soil and water; make certain the fire is out by feeling it with your hand.
- **NEVER** bury a live fire. It can escape from under the soil. Keep mixing and stirring the ashes until you **know** the fire is out. Cover the cold embers with moist earth to conceal traces of your visit and to preserve the natural look of your campsite.



Ouachita National Recreation Trail-Segment 04

Ouachita National Forest



Trail open to mountain bikes from Talimena Scenic Drive crossing at mile 54.1 east to Hwy. 7 at mile 160.4.

SEGMENT 03

56.7 - Hwy 270 Trailhead

58.5 Clear Fork (Eagle Gap)

54.1 Talimena Scenic Drive

68.1 - Hwy 71/270 (Foran Gap)

SEGMENT 05

USGS 7.5 minute quadrangles:
 • D6 Rich Mountain
 • D7 Acorn

Ouachita National Forest

Arkansas - Oklahoma

Ouachita National Recreation Trail (ONRT)--Segment 05

Segment 05

The good news about this segment? It's mostly easy hiking with one tough climb. The bad news? Water, or the lack of it. There is only one possible source of water along Segment 05 at mile 74.2.

Mile...Watch for:

- 68.1 ...Foran Gap (Highway 71). Registration box. Access point.
- 72.1 ...Trail leaves old forest road you have been on to right.
- 72.8 ...Return to old forest road.
- 73.0 ...Good campsites along here (but still no water)..
- 74.2 ...Trail leaves old road to right. For water, stay on road for about one-quarter mile, look for spring on right. After watering up, return to where trail leaves old road.
- 78.0 ...Possible water following rain just past mile 78.
- 79.5 ...Good campsites (sorry, still no water).
- 81.4 ...More good campsites (but still no water).
- 82.0 ...Trail starts crossing and recrossing ridge.
- 85.0 ...Forest road #76. Access point.

For More Information:

Poteau/Cold Spring Ranger District

P.O. Box 2255
Jct. of Hwy 71 & 248
Waldron, AR 72958
479.637.4174

Weather

The trail offers year-round hiking, but the most comfortable hiking seasons are fall and spring. The region is seasonally mild, with mean average temperature of 62.2° F. Spring and fall temperatures range from 35 to 80° F. with occasional rains. The summer season is marked by prolonged periods of warm and humid weather. June, July and August are the hottest months, with average daily minimum/maximum temperatures of about 68 and 92.5° F. Winters are mild, but polar and arctic outbreaks are not uncommon. The coldest months are December, January and February, with average daily minimum/maximum temperatures of about 34 and 52° F.; however, temperatures often drop well below the average and occasionally to the 0° range.

Average annual rainfall is 47 inches. Although precipitation is fairly well distributed throughout the year, the driest period occurs in late summer and early fall. Precipitation drops to the lowest monthly average of 2.91 inches in October, the summer-to-fall transition month. Wet months are April and May when 5 inches of rain per month usually occur. Frost becomes common in November, changing to harsh cold. During the winter months, ice storms and freezing rain, although infrequent, are at times severe. January is the heaviest snowfall month.

For Your Safety

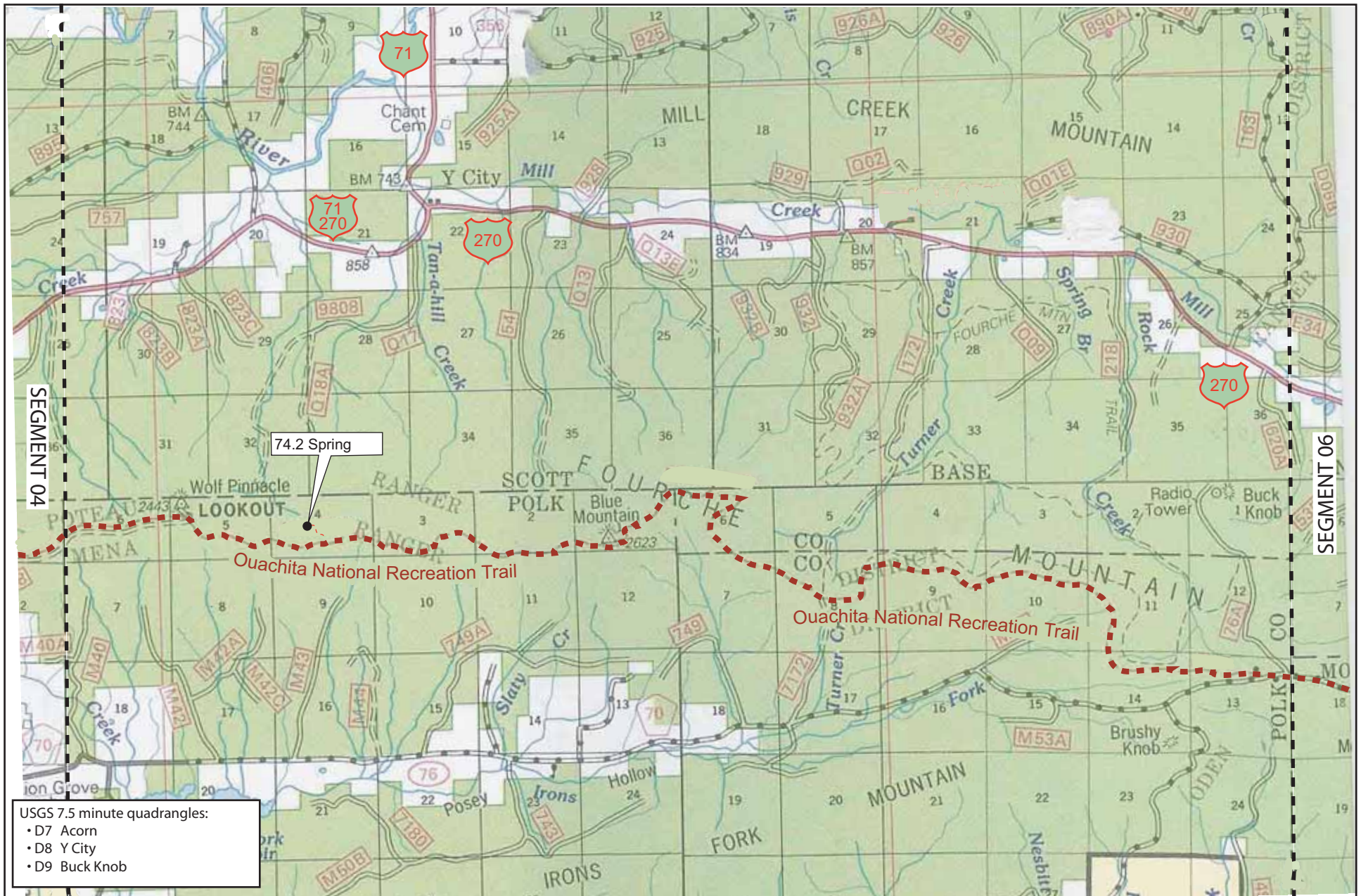
Go prepared. The trail traverses rugged mountains where harsh conditions of wind, cold, wet or whiteout can turn a trip into a tragedy. Knowledge of the area, weather, route and limitations of your body and equipment, plus a little common sense, can ensure a safe and comfortable trip.

- Do not underestimate the ruggedness of the terrain and the physical exertion it will require.
- It's best to always hike with someone. If you were to become hurt, sick, or lost the other person could save your life.



Ouachita National Recreation Trail-Segment 05

Ouachita National Forest



Ouachita National Forest

Arkansas - Oklahoma

Ouachita National Recreation Trail (ONRT)--Segment 06

Segment 06

The water situation improves with a water stash point and reliable water sources.

Mile.... Watch for:

85.0 FR #76. Access point.

85.5 FR #76A.

87.7 Trail exits right from road you have been walking on.

88.2 Intersection of ONRT, FR #48 and FR #76 (possible water stash point). Access point.

90.2 Rockhouse Trail (part of Brushy Creek Trail Complex).

90.2 FR #813.

91.4 Mountain Top Trail (goes right) and Brushy Creek Trail (goes left). ONRT straight ahead.

92.5 Intersection with Brushy Mountain Trail (part of Brushy Creek trail complex). Access point.

94.3 FR #6. Access point.

94.5 Big Brushy Campground, Highway 270, Brushy Creek (dependable water), Big Brushy Trail Complex.

96.0 FR #33. Access point.

101.0 .. FR #274. Access point.

101.1 .. Fiddler's Creek (reliable water).

For More Information:

Mena-Oden Ranger District

1603 Hwy 71 N
Mena, AR 71953
479.394.2382

Go Prepared continued from Segment 05)

- Carry sufficient water for your needs. Sources of water along the ridges are limited and often during dry periods
- Boil or treat all water before drinking.
- Insects (chiggers, ticks, brown recluse spiders) and poison ivy are prevalent during summer months. Take precautions.
- Be aware that the forest has a venomous snake population.
- Take special care with campfires and smoking materials to reduce the ever-present danger of wildfires.
- If you hike during hunting season, wear bright-colored outer clothing (preferably hunter orange) and proceed cautiously.
- Be alert to the conditions that cause hypothermia and heat exhaustion.
- And last but not least, get a good weather report.

Should you drink the water? Those cold, clear, sparkling waters of woodland streams and lakes may tempt you to take a drink, but they can make you very sick. Even the prettiest, purest-looking water may harbor a parasite that can cause extreme illness.

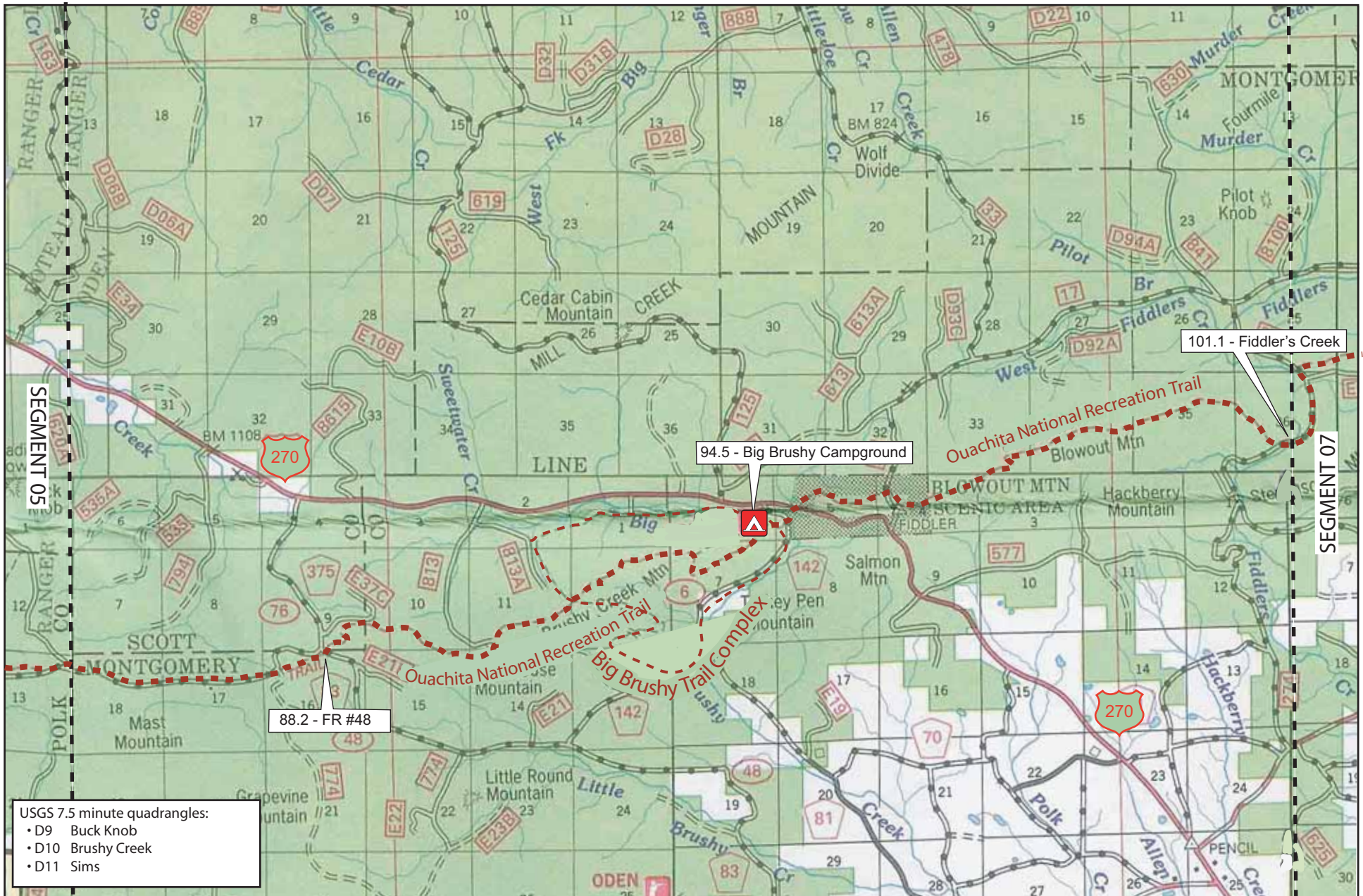
The parasite called Giardiasis (gee-ar-dye-a-sis) can give you diarrhea, cramps, nausea and other distressing symptoms. These afflictions may not appear until a few days to a few weeks after infection--perhaps after the victim has returned home. If not treated, the symptoms may disappear only to recur intermittently over a period of many months.

The simplest safeguard against Giardiasis is to NEVER DRINK UNTREATED WATER FROM STREAMS OR LAKES. The best water treatment is to boil the water for 3 to 5 minutes or use a high-quality water filter. Iodine or chlorine tablets are not considered reliable treatments for this particular organism.



Ouachita National Recreation Trail-Segment 06

Ouachita National Forest



SEGMENT 05

SEGMENT 07

94.5 - Big Brushy Campground

101.1 - Fiddler's Creek

88.2 - FR #48

- USGS 7.5 minute quadrangles:
- D9 Buck Knob
 - D10 Brushy Creek
 - D11 Sims

Ouachita National Forest

Arkansas - Oklahoma

Ouachita National Recreation Trail (ONRT)--Segment 07

Segment 07

Lots of mountains along this segment. (So what else is new?) Expect some steep climbs.

Mile.... Watch for:

- 101.1 .. Fiddler's Creek (reliable water).
- 101.8 .. Stream crossing.
- 102.0 .. FR #274 (second crossing)
- 103.2 .. Good campsites.
- 105.5 .. FR #149. Access point.
- 105.6 .. Rainy Creek (reliable water--fill up before going on)
- 108.7 .. Suck Mountain.
- 114.1... Round Top Trail.
- 116.7... Story Creek (reliable water).
- 117.2... Womble Trail.
- 118.7... FR #149; Muddy Creek (next reliable water-Muddy Creek 10 miles ahead). Access point.
- 119.9... Curtis Mountain.
- 121.1 .. Smith Creek (rainy season water source).
- 121.7 .. Highway 27. Access point.

For More Information:

Mena-Oden Ranger District

1603 Hwy 71 N
Mena, AR 71953
479.394.2382

Dehydration. This stems from water loss. Adults require 2 quarts of water daily and up to 4 quarts for strenuous activity at high elevations. A 25 percent loss of stamina occurs. To avoid dehydration drink as often as possible and be prepared to meet your water needs along the trail.

Hyperventilation. Excessive, rapid breathing may cause a drop in the carbon dioxide level in the blood, resulting in a light-headed feeling and chilling. The remedy: calm down, relax and breathe into a glove, bag, or hat until breathing returns to normal.

Hypothermia. Hypothermia, the extreme lowering of internal body temperature, is dangerous. A drop of only five degrees is serious. Few people survive when their body temperature drops more than 10 degrees. Hypothermia can occur in air temperatures as high as 41° F (5° C).

How does it happen? Cold temperature, wetness and exhaustion team up to overwhelm the body's ability to produce enough heat to sustain normal functions. Many people have died of hypothermia because they thought they could keep warm by moving and not stopping to take the necessary precautions such as adding a sweater or putting on rain gear.

What are the symptoms? Uncontrollable shivering; vague, slow, slurred speech; memory lapses, incoherence; immobile, fumbling hands; frequent stumbling, lurching gait; drowsiness; inability to get up after a rest and eventually, unconsciousness.

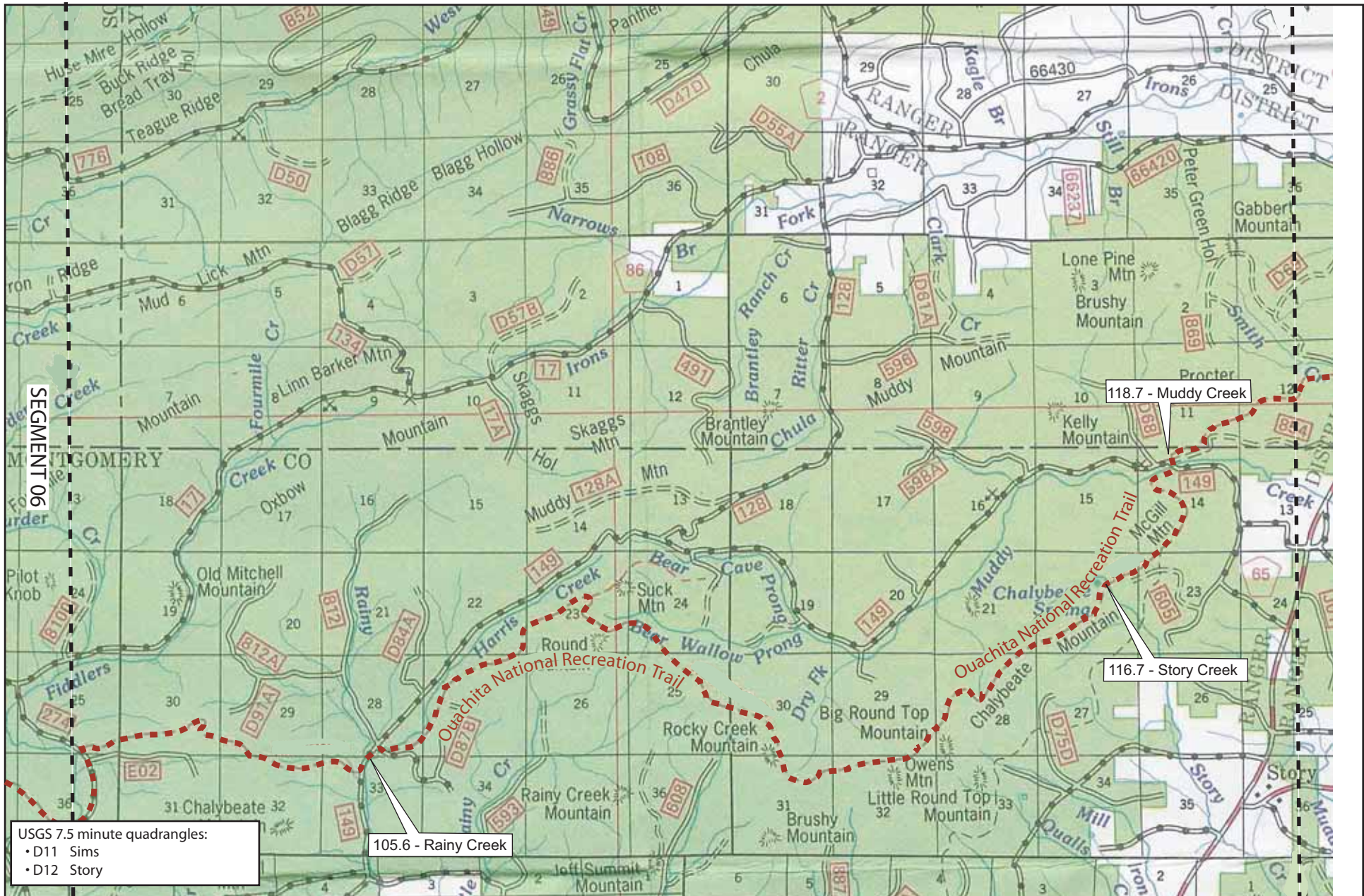
What can you do? Even mild symptoms demand immediate treatment. Get the victim into warm dry clothes. If the victim is only mildly impaired, give warm drinks. If the victim is badly impaired, attempt to keep him or her awake. Put the victim in a sleeping bag with another person. Build a fire. Well-wrapped warm rocks or canteens will help. Get the victim to the hospital for further treatment. Never think you can continue your trip after one of your party has had hypothermia. Go home; return another time.

Wet clothing speeds the heat loss that leads to hypothermia. Remember, wool retains its insulating qualities even when wet while down and cotton do not.



Ouachita National Recreation Trail-Segment 07

Ouachita National Forest



Ouachita National Forest

Arkansas - Oklahoma

Ouachita National Recreation Trail (ONRT)--Segment 08

Segment 08

A good segment. Fairly gentle terrain (mostly). Great views at the vistas. Trail shelters. Not-so-good? Same one--long way between water during dry periods.

Mile.... Watch for:

- 121.7 .. Highway 27. Trailhead with parking.
- 122.6 .. Spur (left) to John Archer Trail Shelter.
- 124.2 .. FR #148.
- 125.8 .. FR #148A.
- 127.5... Spur down to Bill Potter Trail Shelter (steep climb coming back).
- 128.8 . Irons Fork Creek (water refill time).
- 128.9 .. Ariel Falls (small; may not be flowing in dry season).
- 130.4 .. Spur to left to scenic vista.
- 133.6 .. FR #78 (first crossing--second crossing at mile 136.1). Access points.
- 134.0 .. Spur down to Big Branch Trail Shelter (steep climb coming back). (Reliable water.)
- 136.9 .. County Road 119. Access point.
- 138.8 .. Highway 298. Trailhead with parking.
- 139.7 .. FR #J29B.
- 142.6 .. Spur to right to scenic vista.
- 143.2 .. Spur to left to Blue Mountain Shelter.

For More Information:

Jessieville-Winona-Fourche Ranger District

P.O. Box 189
8607 Hwy. 7 N
Jessieville, AR 71949
501.984.5313

Heat Exhaustion. High temperatures can also be a source of danger. Heat exhaustion occurs when heat, fatigue and weakness accompany inadequate intake of water. Some of the symptoms of dehydration include loss of stamina, headache and dizziness. To give aid, give victim sips of salt water. Have victim lie down with feet raised. Loosen victim's clothing, apply cool, wet clothes.

Heat cramps are muscular pain due to salt loss from the body or inadequate intake of salt. To ease the pain, gently massage the cramped muscles and take sips of salt water.

Heat stroke is a life-threatening emergency. Body temperature increases rapidly; skin is hot, red and dry; pulse is rapid; and unconsciousness may occur. Remove victim's clothing. The body must be cooled immediately by using cold packs, spraying repeatedly with cool water or rubbing alcohol, or immersing in a stream until temperature has been reduced.

Harmful Plants. Poison ivy is the most commonly encountered harmful plant in southern woodlands. Become familiar with this three leaved vine or shrub, and avoid touching it. Rash can sometimes be avoided by washing exposed skin with strong soap within 10 or 15 minutes after contact.

Poison sumac, nettles and thorns of various plants may present problems in some areas. Here again, know them and avoid them.

Snakes. There are four species of poisonous snakes in the South: rattlesnakes, cottonmouth (moccasin), copperhead and coral. Snakes strike or bite to defend themselves.

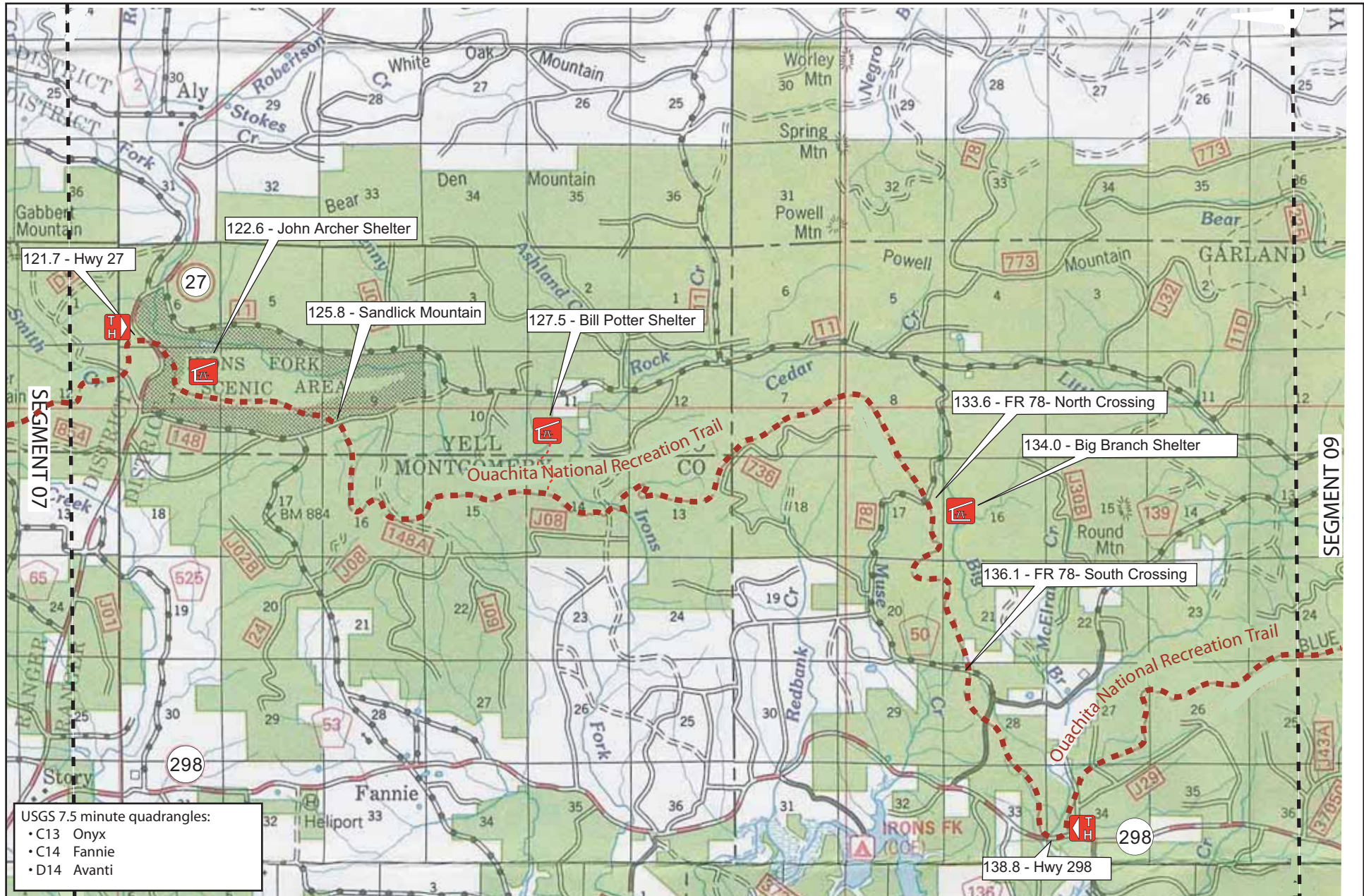
If given a chance, they will flee rather than attack.

Use caution sitting, placing your hands and feet, and while moving through areas of dense vegetation. This will reduce the chance of being bitten. If bitten, stay calm and seek medical help.



Ouachita National Recreation Trail-Segment 08

Ouachita National Forest



Ouachita National Forest

Arkansas - Oklahoma

Ouachita National Recreation Trail (ONRT)--Segment 09

Segment 09

This is another good segment. More fairly gentle terrain. More great views at the vistas. More trail shelters. And--unfortunately--more long stretches without water during dry periods.

Mile.... Watch for:

- 143.2 .. Spur to left to Blue Mountain Shelter.
- 147.0 .. Ouachita Pinnacle.
- 147.8 .. FR #107 (first crossing). Access point.
- 148.0 .. Blocker Creek.
- 150.8 .. Big Bear Trail Shelter (stream-fairly reliable water).
- 152.6 .. Pipeline right-of-way.
- 153.0 .. FR #107 (second crossing). Access point.
- 156.9 .. FR #122.
- 157.0 .. Blakely Creek (rainy season water source). Access point.
- 158.4 .. Road trace left to Moonshine Shelter.
- 159.4 .. Hunt's Loop Trail.
- 160.4 .. Highway 7. Trailhead with parking. (Middle Fork of Saline River).

For More Information:

Jessieville-Winona-Fourche Ranger District

P.O. Box 189
8607 Hwy. 7 N
Jessieville, AR 71949
501.984.5313

Insects. Chiggers (redbugs) and ticks can be irritating. Insect repellents or powdered sulphur applied to trousers, socks and boots help discourage these pests. Check your body several times a day for ticks since some carry Rocky Mountain Spotted Fever.

Mosquitoes and yellow flies are two other pests that can be curbed by repellents, and by avoiding fragrant lotions and skin cream. Insure uninterrupted sleep with a mosquito net or zipped tent.

Yellowjackets attack in great numbers when their nests (usually in the ground) are disturbed. So do fire ants. Avoid areas where you notice these activities.

Brown recluse spiders have a deadly bite. Take special care to avoid them. If bitten, seek medical care as soon as possible

Rabies. Stay away from any wild animal that acts friendly or peculiar in any way. If an animal bites you, get to a doctor as soon as possible.

Lightning. When lightning is near, travelers should seek shelter in dense woods or in a deep valley. Avoid large or lone trees, tops of ridges, rock outcrops and metal objects. Be alert for flash floods

Additional Safety Tips

Visitors to forest areas can help keep themselves safe by following these tips:

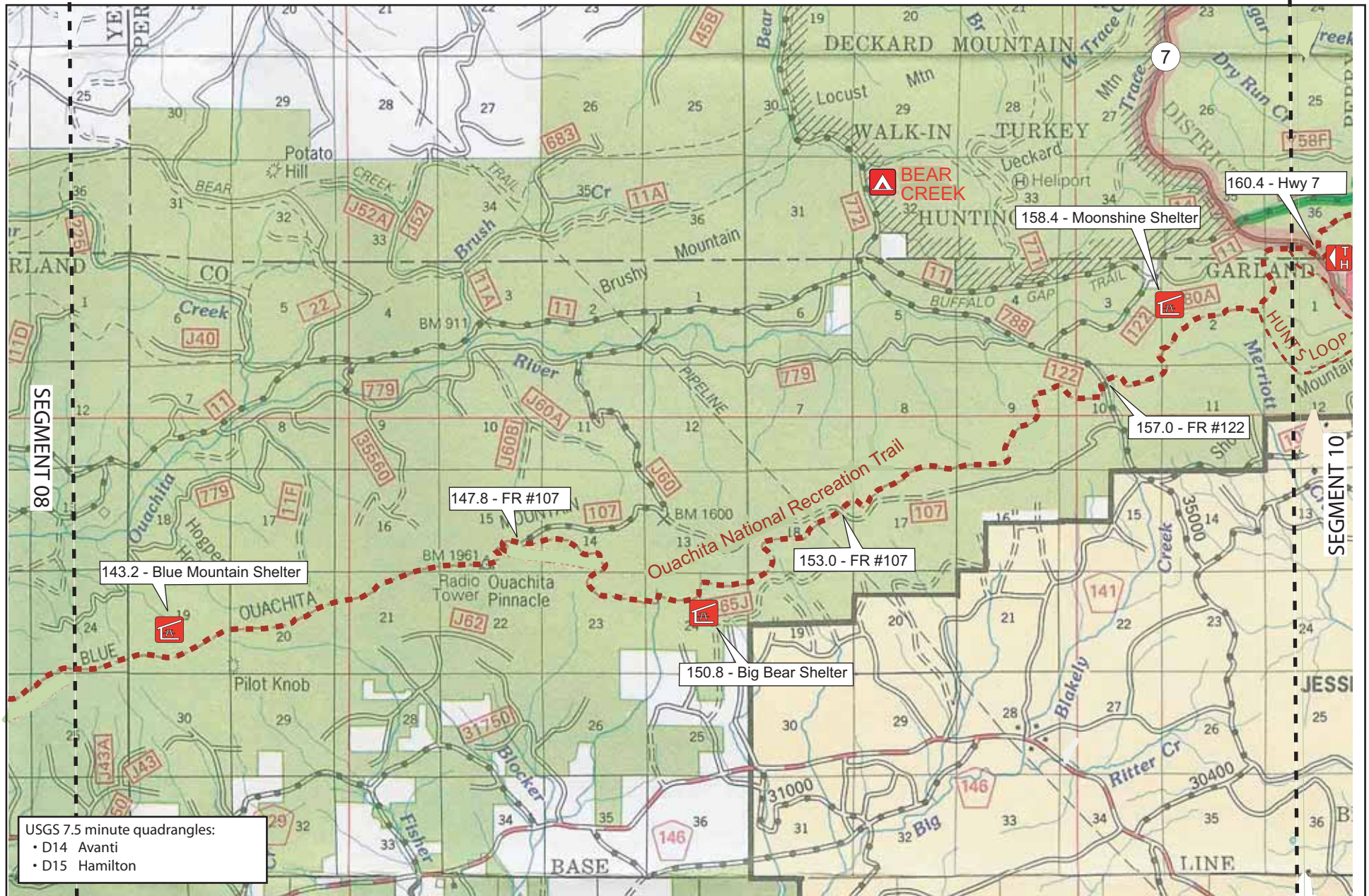
- Be alert and aware of your surroundings and other people in the area.
- Stand tall and walk confidently. Don't show fear.
- Trust your instincts. If you feel uncomfortable in a place or situation, leave right away and get help if necessary.
- Be observant of others and use discretion in acknowledging strangers.
- Avoid confrontations.

(Safety in the Forest continued on Segment 10)



Ouachita National Recreation Trail-Segment 09

Ouachita National Forest



Ouachita National Forest

Arkansas - Oklahoma

Ouachita National Recreation Trail (ONRT)--Segment 10

Segment 10

Segments 10 and 11 are the most popular because they're close to Little Rock, feature great scenery, pass through the Flatside Wilderness, are easily accessible, offer trail shelters, and have plenty of campsites and streams.

Mile.... Watch for:

- 160.4... Highway 7 Trailhead (Middle Fork Saline River). Access point.
- 162.3 .. FR #132. Access point.
- 163.9 .. Sugar Creek (rainy season water source).
- 165.4 .. FR #153. Access point.
- 167.4 .. Spur to left to Oak Mountain Trail Shelter.
- 168.8 .. FR #124 (edge of Flatside Wilderness). Trailhead with parking.
- 169.4 .. First view of Forked Mountain.
- 170.6 .. Green Thumb Spring. Reliable water. Access point with parking.
- 172.4 .. FR #132. Access point with parking.
- 173.5 .. Spur to Grindstone Gap on FR #132.
- 175.0 .. Stream.
- 177.2 .. Crystal Prong Creek.
- 179.2 .. FR #94. Access point.
- 179.4 .. Spur to right to Flatside Pinnacle.
- 182.5 .. Spur to the right to Brown Creek Trail Shelter.

For More Information:

Jessieville-Winona-Fourche Ranger District

P.O. Box 189
8607 Hwy. 7 N
Jessieville, AR 71949
501.984.5313

Safety in the Forest (continued from Segment 09)

- Be respectful of your fellow outdoor enthusiasts. Always use good manners when interacting with others.
- Carry a cellphone if coverage is available.
- Know how to contact law enforcement or other assistance.
- Carry a noisemaker, such as a whistle or other protective device that you have been trained to use.
- Do not pick up hitchhikers.
- Never go anywhere alone. It is safer to be in pairs or a group.

Source: U.S. Department of Agriculture and the National Sheriffs' Association

No-Trace Ethic

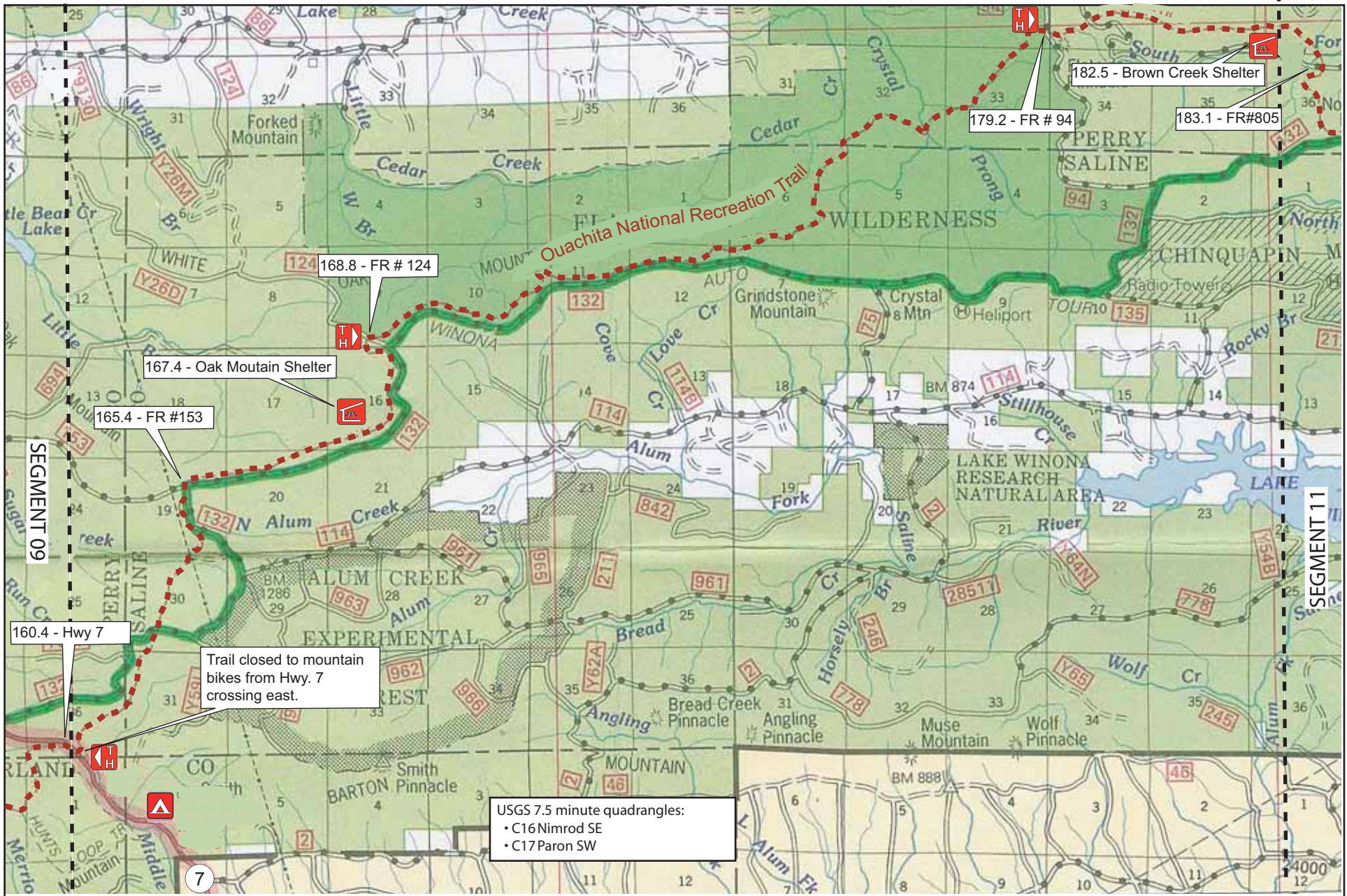
We challenge you to minimize your impact on the forest environment by practicing the no-trace ethic so nature can endure and flourish.

- Select a suitable campsite invisible from the trail and at least 100 feet from natural water sources. Remove all temporary facilities when breaking camp. Try to leave the site in as good or better shape than you found it.
- Avoid cutting across switchbacks, trampling meadows, and getting off the main trail if wet. These practices destroy plant life and cause soil erosion.
- Walk single file in the center of the trail.
- Pack it in--pack it out. Do not bury trash; animals will dig it up. Any containers carried in full can be packed out empty.
- Use only dead-and-down wood for camp and cooking fires. Do not cut limbs from trees or damage trees in any other way. Leave dead snags; they are part of the natural setting and provide homes for wildlife.



Ouachita National Recreation Trail-Segment 10

Ouachita National Forest



Ouachita National Forest

Arkansas - Oklahoma

Ouachita National Recreation Trail (ONRT)--Segment 11

Segment 11

End of the Ouachita National Forest part of the ONRT. The Trail continues past the forest boundary to Pinnacle Mountain State Park near Little Rock. Forest maps stop at the highway.

Mile.... Watch for:

182.5 .. Spur to the right to Brown Creek Trail Shelter.

183.1 .. Brown Creek; FR #805. Access point.

184.8 .. Spur to right to North Fork Pinnacle.

187.3 .. Spur to Lake Sylvia and Lake Sylvia Campground.

..... Trailhead with parking at Lake Sylvia Campground.

187.4 .. FR #152. Access point.

188.7 .. Chinquapin Gap; trail to Lake Sylvia.

189.5 .. Spur to Nancy Mountain Trail Shelter.

191.8 .. Highway 9. Access point.

192.5 .. Ouachita National Forest boundary.

The Trail continues past the forest boundary for another 30 miles to Pinnacle Mountain State Park near Little Rock. Forest maps stop at the boundary.

For More Information:

Jessieville-Winona-Fourche Ranger District

P.O. Box 189

8607 Hwy. 7 N

Jessieville, AR 71949

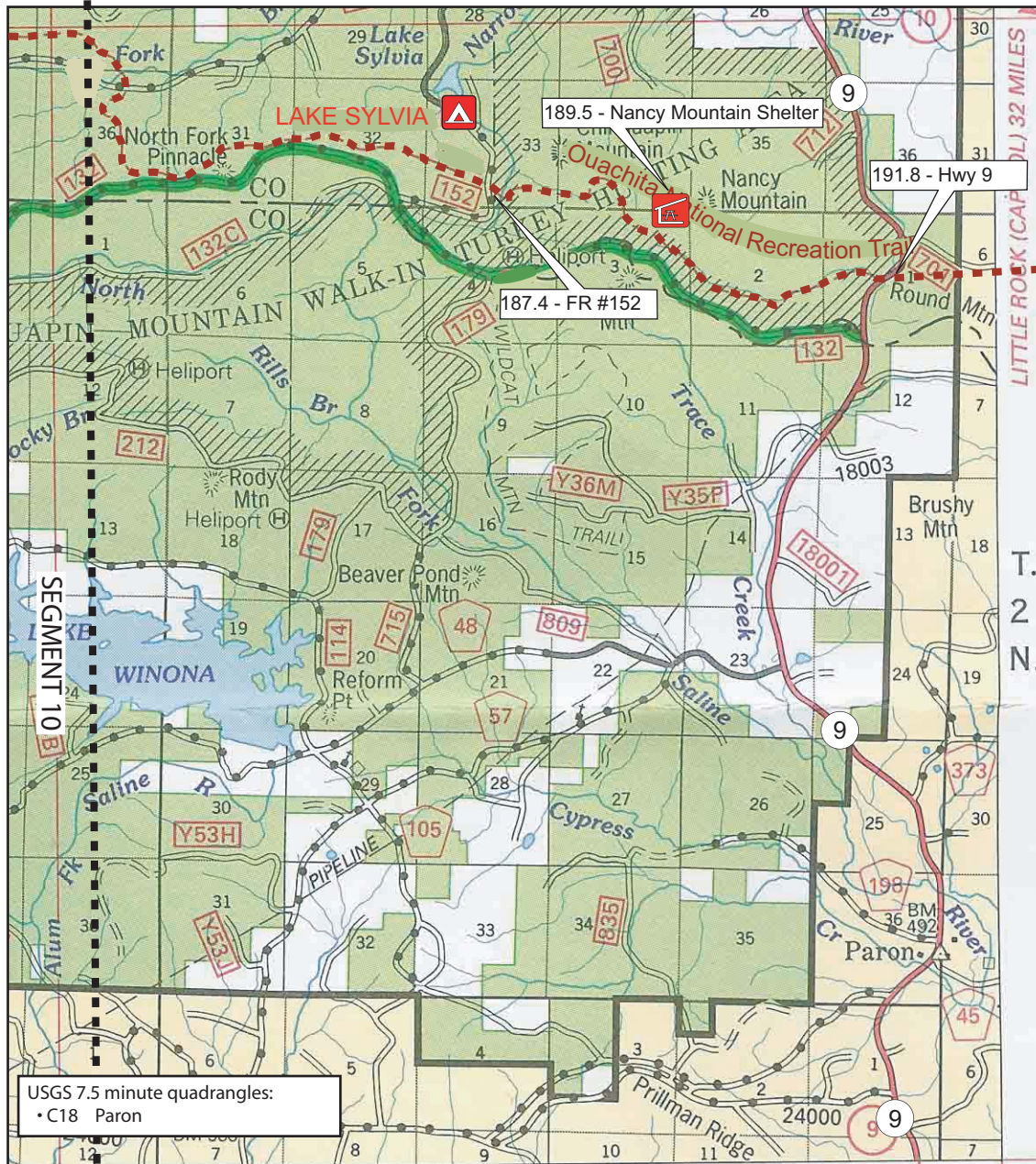
501.984.5313

- Keep dogs under control at all times; they disturb wildlife, hikers, and campers. You leave venomous snakes alone; your dog won't.
- Use a campfire only when there is abundant supply of dead wood on the ground. In many areas, wood is being used faster than it falls. Use a gas stove, if possible.
- Avoid trenching around your tent or clearing plants or forest litter from the tent site. If you do remove twigs, cones and branches for comfort, replace them after you pack your tent.
- Don't make a rock fire ring; the blackened rocks destroy the natural look for others. If someone else has left a ring, scatter the rocks.
- Do not dig up plants, pick wild flowers or damage vegetation in any way. Portions of the forest can be denuded very quickly, especially in heavily visited areas.
- Wash clothes, dishes or equipment at least 100 feet away from streams or lake shores to protect the delicate balance in the water system. Food scraps, fish entrails, toothpaste and even biodegradable soaps are pollutants.
- Do not disturb any objects of antiquity; they are protected by Federal law. Look and enjoy, but don't dig up, damage or remove.
- Dispose of human waste by the "cat method." Select a screened spot at least 100 feet from any water or campsite. Dig a hole 6 to 8 inches deep. Try to remove sod (if any) in one piece. After use, fill with the loose soil and replace sod. Nature will do the rest.
- When bathing, lather up and rise 100 feet away from lake or stream so that soap does not pollute the water.



Ouachita National Recreation Trail-Segment 11

Ouachita National Forest



To eastern end of trail
at Pinnacle Mountain
State Park (approx. 30
miles)

USGS 7.5 minute quadrangles:
• C18 Paron