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FOR IMMEDIATE RELEASE  
May 4, 2007

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## **National Trails Day Celebrates Ouachita National Forest Centennial**

HOT SPRINGS, AR-- 2007 promises to be an exciting year for the south's oldest and largest National Forest. On December 18<sup>th</sup>, the Ouachita National Forest, which covers 1.8 million acres in central Arkansas and southeastern Oklahoma, turns 100 years old.

"We invite and encourage everyone to be a part of this historic year," said Forest Supervisor Norman Wagoner. "Several events are planned throughout 2007 to commemorate the Centennial. The 2007 National Trails Day, scheduled for June 2 at Albert Pike Recreation Area provides one opportunity to celebrate our Centennial and to thank the volunteers, partnering land managing agencies, and volunteer groups, including Friends of the Ouachita Trail (FoOT) for their support of the Forest in developing and maintaining trails," continued Wagoner.

National Trails Day Opening Ceremonies begin at 7:30 a.m. (registration begins at 6:30 a.m.) at Albert Pike, which is located 6 miles north of Langley, Arkansas. Several options are available for hikers and runners.

### **Running**

- **20 Miles** - From pavilion through campground on Roads 43 & 106 to "Winding Stairs" trailhead then through "Winding Stairs" on Little Missouri Trail then up Viles Branch Trail to Athens-Big Fork Trail over Big Tom Mountain to turnaround on Road B23F and return on same route (four river crossings, 30 creek crossings and over four mountains).
- **11 Miles** - Same course as above but turnaround at intersection of Little Missouri Trail and Viles Branch Trail.

## Hiking

- **12 Miles** – Begin at the pavilion upstream along Little Missouri River on Little Missouri Trail to "Little Missouri Falls" and return on same route. (All trail)
- **6 Miles** - From Road 106 trailhead through "Winding Stairs" on Little Missouri Trail to Viles Branch Trail and return on same route. (All trail)

## Biking

- **26.8 Miles** - Eagle Rock Loop. From Pavilion on Little Missouri Trail through "Winding Stairs" to Viles Branch Trail then west to Athens-Big Fork Trail then north to Little Missouri Trail then back to pavilion. (All trail)
- **12 Miles** – Begin at the pavilion on Little Missouri Trail to "Little Missouri Falls" and return on same route.

For more information on National Trails Day activities, contact David Samuel at 501-296-1872 or Tim Oosterhous at 501-321-5253. More information on Ouachita National Forest Centennial events can be found at [www.aokforests.com](http://www.aokforests.com) or by calling 501-321-5202.