

OMH Trail Data / History

Hot Springs Mountain

Hot Springs National Park

Hot Springs Mountain is a 700' hill rising behind historic bath house row in Hot Springs. At least eight named trails criss cross the mountain, with an almost unlimited number of ways to combine them for routes of different lengths and different highlights. The mountain gives an opportunity to leave the city and feel quickly that you are in the deep forest. There are impressive views from the top of the mountain, interesting rock formations (particularly Goat Rock), birds and wildflowers. Some of the trails are quite steep, but never for more than about 1/2 mile. These trails are most often accessed from the park Visitor's Center or from Gulpha Gorge campground. Named trails include:

Planning notes: 1. These trails are most often used for Saturday hikes, however eight mile combinations are easy to create. Hiking from Gulpha Gorge to town can use different sides of the mountain and make good combinations for "food hikes", such as the "Hike to Breakfast".

Access Notes: 1. Trails are accessible from directly behind the National Park Visitor's Center (Fordyce Bath House).
2. At Gulpha Gorge, go to far end of parking lot, near amphitheater, and cross creek on stepping stones.

For additional info: Park Service has a general overview map available at the Visitor's Center. This map covers all trails in the park on one fold up sheet.

A more detailed map is available behind the counter at the Visitor's Center, with a one page coverage of just Hot Springs Mountain. It has much better detail, particularly for planning a hike. This detailed map, one in a set of five covering the entire park, is available only on request.

OMH member Jim Gifford has led many hikes on Hot Springs Mountain and can help lay out routes of almost any length.

Recent Hikes:

Mar 27, 2010

Leader: Jim Gifford

11 Hikers

OMH Saturday

Route: Arlington lawn via Tuffa Terrace Trail to Grande Promenade to Fountain St to Fountain Tr to Honeysuckle Tr to Hot Springs Mt Tr to Gulpha Gorge Tr to Goat Rock Tr to Goat Rock. Goat Rock Tr to North Mt Overlook. Upper dogwood to Hot Springs Mt Tr to Floral Tr to Fountain St to Arlington Lawn.

5.1 miles

Difficulty Rating 3

Scenic Rating 3

This hike was a club event scheduled in conjunction with HSNP "Nature Discovery Day". While we hiked, Becky and Joy set up an OMH booth on Arlington Lawn to participate in the park event. [See also a second hike this date; which Jim led for the park as part of their event.]

Beautiful spring day. Wildflowers were out, service berries were blooming, and the trees were busting their buds ready to leaf out.

sss: Spring usting out all over;
Views from mountain top

Nov 26, 2009

Leader: Jim Gifford

20 (+ 2 for

OMH Special Event

Route: "Hike to Thanksgiving Dinner". Gulpha Gorge up GG Trail to Goat Rock Trail; around North Mountain to overlook; Upper Dogwood to HS Mt Trail to Honeysuckle and Fountain Street. Streets to Velda Rose. Eat. Tuffa Terrace to Grand Promenade to Dead Chief: Short Cut Tr; HS MT Trail; Gulpha Gorge Trail and back to Gulpha Gorge.

6.6 miles

Difficulty Rating 3

Scenic Rating 3

Beautiful Day; Big crowd; Four new people.

New route; Jim found a way to combine the trails on HS Mountain in a new way (that he had not done in 31 previous hikes on HS Mt), using nine different named trails (two of them twice). Four miles to dinner; 2 miles return.

Velda Rose / Trumpets redeemed themselves from two years ago. Lots of good food; good service.

sss: North Mt overlook



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Oct 24, 2009 **Leader:** Becky Gifford **28 Hikers** **OMH Saturday**
Route: Hike to Breakfast: Gulpha Gorge > Dead Chief Trail > Grand Promenade > Tuffa Terrace > Central Ave > Arlington Hotel (7th floor) > Arlington Trail > Upper Dogwood > HS Mountain Trail > shelter > Gulpha Gorge Trail > GG
4.0 miles **Difficulty Rating 3** **Scenic Rating 3**
*Big crowd. Beautiful day; creeks runnings freely; fall color near peak.
Most had breakfast at Pancake House - went very smoothly.
Used Arlington trail, exiting by pool on 7th floor of Arlington.*
sss: Fall Color
Gulpha Gorge creek
Side creek on GG trail with small waterfalls

June 6, 2009 **Leader:** Jim Gifford **10 Hikers** **OMH Special Event**
Route: Five mile fiure eight: Fordyce > Promenade > Dead Chief > Short Cut Tr > Hot Springs Mountain Tr > Gulpha Gorge Tr > Goat Rock Tr > Upper Dogwood > Gulpha Gorge Tr > Dead Chief Tr to Fordyce
5.4 miles **Difficulty Rating 3** **Scenic Rating 3**
*National Trails Day / HSNP Sponsored event. Jim led this five mile hike; Phil Simpson led a three mile hike on West Mountain with 8 hikers.
Beautiful day.
Beer & burgers afterwards at BubbaLou's on Central across from Ozark.*
sss: Goat Rock
Views from North Mountain overlook above Goat Rock

Apr 25, 2009 **Leader:** Jeannie Eichler **23 Hikers** **OMH Saturday**
Route: From picnic area below tower via HS Mtn Trail to Gulpha Gorge Trail to Goat Roack Trail to Upper dogwood to Lower Dogwood to Floral Trail to HS Mtn Trail to Peak Trail and Tower to start
5.0 miles **Difficulty Rating 3** **Scenic Rating 3**
*Nice Saturday hike with big group. Great trail condition. New route for HS Mouintain starting just below tower.
Date was originally scheduled for Pedestal Rocks, but that was still suffering from ice storm damage.
Seventeen of 23 went to lunch at Rolando's after the hike. Met several OMH members who had attended the MS Walk same day.
Rex got lost and the hike leader was unaware of it until later. All turned out OK.*
sss: Goat Rock
North Mountain Overlook

Oct 18, 2008 **Leader:** Becky Gifford **31 Hikers** **OMH Special Event**
Route: "Hike to Breakfast": Gulpha Gorge; Dead Chief Trail; Grand Promenade; Fountain Trail; Honeysuckle Trail; stone shelter; HS Mt Trail (below tower); Gulpha Gorge Trail; side trip to Goat Rock; back to GG.
5.0 miles **Difficulty Rating 2** **Scenic Rating 3**
*Beautiful fall day; perfect hiking. Great group, with a lot of new people
Breakfast at Pancake Shoppe - about the only choice left on Central. They took us five at a time, but we all got through in an hour
Crowd started with 31; 4 dropped out when we got to town; half went looking for other places to eat; then four more dropped out after breakfast. Only 13 went to Pancake Shoppe; 21 hiked back
Jim led six people on a side trip to Goat Rock, adding 0.4 miles. (OMH mileage = 4.6)*
sss: Views from Hot Springs Mountain

June 7, 2008 **Leader:** Jim Gifford/ Glenn Wortham **27 Hikers** **OMH Special Event**
Route: National Trails Day. Two hikes: Three miler on West Mt; five-miler on HS Mt.
*** miles** **Difficulty Rating 3** **Scenic Rating 3**
*National trails Day in HSNP. OMH provided two hike leaders. Jim led the five mile hike on Hot Springs Mountain; Glenn led the three mile hike on West Mt.
Hot / muggy.*

OMH Trail Data / History

Feb 2, 2008 **Leader:** Jim & Vanessa Edgar **24 Hikers** **OMH Saturday**
Route: Gulpha Gorge via Gulpha Gorge Trail, to HS Mountain Trail, to Peak Trail, to Fordyce Bath House, to Dead Chief Trail to Gulpha Gorge.
4.0 miles **Difficulty Rating 2** **Scenic Rating 3**
*Beautiful day in 40s after week of rain and ice. Everyone glad to be out.
Went up and over Hot springs Mountain with a stop at Fordyce, then back to Gulpha Gorge.
Jim and Vanessa did great job as 'rookie' hike leaders.
Went to Mickie's BBQ after.*

Nov 22, 2007 **Leader:** Rod/Sandy Hurlbert **7 (+ 3 for** **OMH Special Event**
Route: "Hike to Thanksgiving Dinner". Gulpha Gorge up Goat Rock Trail; around North Mountain; down Dogwood to Floral and Spring Street. Streets to Trumpets. Eat. Grand Promenade to Dead Chief and back to Gulpha Gorge.
5.0 miles **Difficulty Rating 3** **Scenic Rating 3**
*Small crowd; nice day; a good time was had by all. Left GG at 12:30; dinner at 2 pm.
Kay and Jim came over from N Little Rock (saw the note in AR Dem-Gaz).
Marv fell in parking lot; hurt hand and knee.
Trumpets did not do their part; were out of turkey, dressing; and desserts when we got there (and scheduled to go to 4). Service poor.
sss: North Mt overlook*

Sept 22, 2007 **Leader:** Becky Gifford **27 Hikers** **OMH Special Event**
Route: "Hike to Breakfast": Gulpha Gorge; Dead Chief Trail; Grand Promenade; Fountain Trail; Honeysuckle Trail; stone shelter; HS Mt Trail (below tower); Gulpha Gorge Trail
4.6 miles **Difficulty Rating 2** **Scenic Rating 3**
*Great group; beautiful, but still warm day. Becky again set a blistering pace, beating her scouting times on Wednesday by ten minutes each way.
Breakfast at Copper Ceiling, in hotel that took over Downtowner. (Jernigan's isn't there any more)
Pete/Marti dropped out early; Kathy/Joe and their friends dropped out in town to make a tee time. Several others took their own way back.
Jim led six people on a side trip to Goat Rock, adding 0.4 miles.
sss: Views from Hot Springs Mountain*

Nov 23, 2006 **Leader:** Rod/Sandy Hurlbert **17 (+ 3 for** **OMH Special Event**
Route: "Hike to Thanksgiving Dinner". Gulpha Gorge up past Goat Rock; around North Mountain; down Dogwood to Floral and Spring Street. Streets to Trumpets. Eat. Grand Promenade to Dead Chief and back to Gulpha Gorge.
5.0 miles **Difficulty Rating 3** **Scenic Rating 3**
*Lively crowd; nice day; a good time was had by all.
Big crowd at Trumpets; buffet was very good.
sss: North Mt overlook*

Nov 4, 2006 **Leader:** Becky Gifford **39 Hikers** **OMH Special Event**
Route: Gulpha Gorge; Dead Chief Trail; Grand Promenade; Lower Dogwood, Upper Dogwood; stone shelter; HS Mt Trail; Gulpha Gorge Trail
3.7 miles **Difficulty Rating 2** **Scenic Rating 4**
*"Hike to Breakfast" draws full crowd on a beautiful morning with colors out full.
Breakfast buffet at Jernigan's for most of crowd; a few went to Pancake House; a few returned early.
Jim led side trip to Goat Rock (first trip for many).*

OMH Trail Data / History

Oct 7, 2006 Leader: Jim Gifford/ Dan Wingard/ Ken Schultz **about 20 Hikers** *OMH Special Event*

Route: HSNP Volksmarch

6.9 miles **Difficulty Rating 3** **Scenic Rating 3**

OMH provided hike leaders for annual HSNP event. Ken led long (10k) hike; Dan the short (5k) hike in morning; Jim led afternoon short hike.

Good turn out for morning events. No one showed up for afternoon event.

Dec 24, 2005 Leader: Kris & Billy McMillen **19 Hikers** *OMH Saturday*

Route: Started at Gulpha Gorge, up to North Mountain lookout; back around and down and up short cut trail to tower, then back to GG. (details unclear)

6 miles **Difficulty Rating 3** **Scenic Rating 4**

Christmas eve hike

Nov 24, 2005 Leader: Rod & Sandy Hurlbert **16 Hikers** *OMH Special Event*

Route: "Hike to Thanksgiving Dinner". Gulpha Gorge up Goat Rock Trail around North Mountain, down Upper Dogwood to Floral, and Spring St. Walked two blocks to Trumpet's Restaurant. Eat. Two Blocks to Grand Promenade; Peak Trail to Honeysuckle to HS Mt Trail to Gulpha Gorge Trail.

5.5 miles **Difficulty Rating 3** **Scenic Rating 4**

First ever Hike to Thanksgiving dinner a big success. Beautiful fall color; Good buffet dinner at Trumpet's.

sss: Goat Rock; North Mt overlook
Fall colors from all overlooks and open views.

Oct 22, 2005 Leader: Becky Gifford **38 Hikers** *OMH Saturday*

Route: "Hike to Breakfast": Gulpha Gorge; Dead Chief Trail; Grand Promenade; Lower Dogwood, Upper Dogwood; stone shelter; HS Mt Trail; Gulpha Gorge Trail

3.7 miles **Difficulty Rating 2** **Scenic Rating 3**

*Good turn out; clear (cool) morning; Becky set a blistering pace.
Breakfast at Jernigans*

Oct 1, 2005 Leader: Jim Gifford/ John Cramm/ Don Baggett **many Hikers** *OMH Special Event*

Route: HSNP Volksmarch

6.9 miles **Difficulty Rating 3** **Scenic Rating 3**

OMH provided hike leaders ofr annual HSNP event. Jim led long hike; Don and John led short hikes

New format for event; all hikes started in Gulpha Gorge. New route for long hike did a big figure eight over the mountain and back, climbing it twice

Good turn out for all three events.

April 2, 2005 Leader: Renate Springsted **21 Hikers** *OMH Saturday*

Route: Gulpha Gorge to Goat Rock; then around mountain on Dogwood trail; and back to GG

4.0 miles **Difficulty Rating 3** **Scenic Rating 4**

Moderate hike; first half steep uphill, then moderate. First signs of spring with some wildflowers and dogwood in bloom. Adequate stops and water breaks.

After the last switchback before the stretch to upper dogwood trail there were some blooming Fire Pink (Renate adds from a brochure: "These bright red flowers scattered throughout the wooded slopes are sometimes called 'catchfly' because the stem below each pair of leaves is sticky and tends to catch insects.

OMH Trail Data / History

Access Notes: 1. HSNP trail guides

Nov 20, 2004 **Leader:** Jim Gifford **40 Hikers** **OMH Special Event**

Route: "Hike-to-Breakfast"; Gulpha Gorge to Central via Dead Chief Trail; Upper Dogwood to Goat Rock Trail to Goat Rock and back to gorge

4.5 miles **Difficulty Rating 3** **Scenic Rating 4**

Good Hiking day (overcast; 50's); good breakfast at Jernigan's

sss: Views from on top and Goat Rock

Planning notes: 1. Do NOT do the "Hike to Breakfast" event during racing season. All breakfast places were too crowded.

Mar 13, 2004 **Leader:** Renate Springsted **23 Hikers** **OMH Saturday**

Route: Hike to Breakfast: Gulpha Gorge to Goat Rock to Upper Dogwood to Lower dogwood to Central Ave. Return via Grand Promenade to Dogwood to Gulpha Gorge

4.0 miles **Difficulty Rating 3** **Scenic Rating 3**

Split up for breakfast; people ate at Pancake House, Granny's, Jernigans. Several return routes.

Beginning of wildflower season; service berry trees were blooming.

Nov 22, 2003 **Leader:** Jim Gifford **Hikers** **OMH schedule**

Route: Goat Rock followed by lunch at Mickie's BBQ. Desoto Park via Sunset Tr to Gulpha Gorge; GG Tr to stone house; Upper Dogwood Tr clockwise to Goat Rock to GG back to Desoto Park

4.7 miles **Difficulty Rating 3** **Scenic Rating 4**

Biggest crowd of year - 33 hikers; three new members.

Beautiful fall day? Good lunch at Mickie's

Jun 7, 2003 **Leader:** Jim Gifford **Hikers** **OMH Special Event**

Route: National Trails Day. Promenade to Lower Floral to Upper Floral to Goat Rock to Dead Chief to Fordyce

4.5 miles **Difficulty Rating 2** **Scenic Rating 3**

Beautiful day for National Trails Day. Jim led this "late hike" (11am); Mike Z and Rex led early hikes. Almost forty participants overall.

May 17, 2003 **Leader:** Jim Gifford **15 Hikers** **OMH Saturday**

Route: "Hike to Breakfast". Gulpha Gorge to Dead Chief Trail to Promenade - Tuffa Terrace - Floral - Dogwood - Hot Springs Mountain - Gulpha Gorge

4.0 miles **Difficulty Rating 3** **Scenic Rating 4**

For second time, Jim filled in for Marilou Haines to lead this "Hike to Breakfast". 15 hikers braved the weather to stop at Jernigan's for buffet breakfast. Usual good spread; good service from Montrel

Severe thunderstorms predicted, but did not happen (until after hike). Pleasant trip to town; light rain on way back to gorge.

Crossing the creek at the gorge was toughest challenge; running 2 -3 " deep over low water bridge. Several in group went around and over the road bridge.

Access Notes: 1. Started at Gulpha Gorge campground

Dec 21, 2002 **Leader:** Jim Gifford **Hikers** **OMH Saturday**

Route: Dead Chief, Lower Dogwood, and Goat Rock Trails

4.5 miles **Difficulty Rating 3** **Scenic Rating 4**

Jim leads another hike by default of scheduled leader (Barry Richardson got sick)

Nice day; repeat of hike last month (without the breakfast)

Two new hikers: Glen and Nancy McFarlane

OMH Trail Data / History

Planning notes: 1. One of our most popular Saturday events - 35 people once

Access Notes: 1. HSNP trail guides

Nov 30, 2002 **Leader:** Jim Gifford **Hikers** **OMH Special Event**
Route: "Hike-to-Breakfast"; Gulpha Gorge to Central via Dead Chief Trail; Upper Dogwood to Goat Rock Trail to Goat Rock and back to gorge
4.5 miles **Difficulty Rating 3** **Scenic Rating 4**
Beautiful day; good breakfast at Jernigan's

Jan 26, 2002 **Leader:** Marilou Haines **Hikers** **OMH Special Event**
Route: From Gupha Gorge to town via Dead Chief Trail; continue around mountain to Goat Rock and back
4.0 miles **Difficulty Rating 3** **Scenic Rating 4**
"Hike to Breakfast" drew a huge crowd. 35 people hiked to town for Breakfast at Jernigan's Restaurant (in Downtowner Inn) and back to Gulpha Gorge.

Dec 15, 2001 **Leader:** ? **Hikers** **OMH Saturday**
Route: Hike around Hot Springs Mountain; Dead Chief Trail to Dogwood to Goat Rock and back
4.0 miles **Difficulty Rating 3** **Scenic Rating 4**
No record of this hike, other than doing it. I seem to remember Jim filling in for a cancelled hike, by offering this on a Saturday morning(?)

Oct 27, 2001 **Leader:** **Hikers** **OMH Special Event**
Route: HSNP Volksmarch. From Gulpha Gorge via Dead Chief to Visitors Center and back across top of Hot Sprigs Mt
3.0 miles **Difficulty Rating 3** **Scenic Rating 3**
OMH provided hike leaders and inspiration fo rthis annual HSNP event. Followed hike with a 'weenie roast' at picnic area near top of HS Mt.

Planning notes: 1. This can be one of the prettiest Saturday hikes, particulalry in the spring

Access Notes: 1. Start at Bath House row or Gulpha Gorge

For additional info: Hiking trail maps avaiabale at HSNP Visitor's center (Fordyce bath house)

Nov 11, 2000 **Leader:** Barry Richardson (?) **Hikers** **OMH Saturday**
Route: Gulpha Gorge to Bathouse row via Dead Chief Trail; back around to Goat rock
4.5 miles **Difficulty Rating 3** **Scenic Rating 4**
The first of many trips to this wonderful hike