

Explore Hot Springs

National Park Service
U.S. Department of the Interior
Hot Springs National Park Arkansas



Hiking Trails

Helen Stannard (2005) Artist-in-Residence

Bathhouse Row and the Grand Promenade

Bathhouse Row consists of eight bathhouses that were built between 1892 and 1923. This area, along with the Grand Promenade, was designated as a National Historic Landmark District in 1987. Bathhouse Row and the Grand Promenade are ideal places to stroll, enjoy the historic architecture, and see the thermal springs and thermal fountains. The Grand Promenade is fully paved, 0.5 miles long, and is one of the park's accessible trails. From the Promenade, visitors can access other hiking trails on Hot Springs Mountain.

Hot Springs and North Mountain

The Hot Springs and North Mountain trails are popular since they are easy to reach and provide scenic views. You can get to these trails via Stevens Balustrade (grand staircase) behind the Fordyce Bathhouse, Hot Springs Mountain Drive, and Gulpha Gorge Campground.

West Mountain

The West Mountain trails are less traveled, providing greater opportunities for wildlife sightings. You can get to these trails via Whittington Park and the Canyon Trailhead.

Pullman Trail

The Pullman Trail connects hikers and cyclists from downtown to the city's Northwoods Trails. Parking is available at the trailhead, located at the end of Pullman Avenue. Bicycles are allowed on the Pullman Trail. They are NOT allowed on other park trails. Horses are NOT allowed on Pullman Trail. Trail users should note that the Pullman Trail passes near a historic homesite. Objects that may appear to be trash, such as bottles, tin cans, toys, and even a car, are archeological artifacts protected by federal law.

Sunset Trail

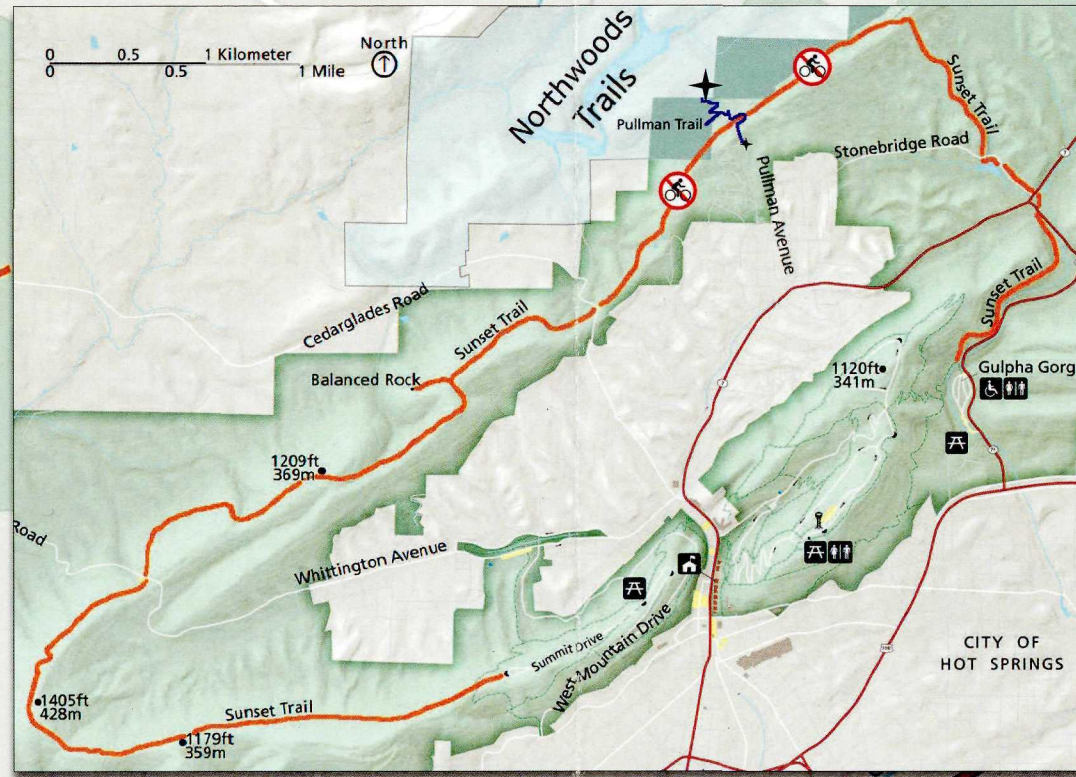
Sunset Trail is the longest trail in Hot Springs National Park, covering approximately 10 miles one-way. Crossing all types of terrain, the trail makes its way through the most remote areas of the park. This trail is broken up into three sections: West Mountain (2.8 miles), Sugarloaf Mountain (2.6 miles), and Stonebridge Road (3.8 miles). The Sunset Trail can be combined with Hot Springs and North Mountain trails and West Mountain trails to complete a strenuous 13–17-mile loop hike.

*There are many false trails, or trail spurs, that diverge from Sunset Trail and lead outside of the park boundary, onto private property. Stay on the maintained Sunset Trail at all times. Pay attention to signs and follow the orange blazes. Please be respectful of our neighbors and avoid trespassing on private property.

West Mountain Trails

Trail	Trail Blaze Color	Distance (one way)	Elevation	Difficulty/ Typical Grade
Canyon Trail	Green	0.65 mi (1.05 km)	636-962 ft (194-293 m)	Moderate to Strenuous/ 11.1%
Fordyce Peaks Trail	Red	1.22 mi (1.96 km)	842- 1258 ft (257-383 m)	Moderate to Strenuous/ 8.3%
Mountain Top Trail (North)	Dark Red	0.9 mi (1.44 km)	664-1095 ft (202-334 m)	Moderate to Strenuous/ 7.7%
Mountain Top Trail (South)	Dark Red	0.6 mi (0.96 km)	707-1017 ft (215-310 m)	Moderate to Strenuous/ 11.1%
Oak Trail	Yellow	0.85 mi (1.37 km)	622-903 ft (190-275 m)	Easy/ 11.03%
Sunset Trail (Summit to Blacksake Road)	Orange	2.82 mi (4.54 km)	851-1390 ft (259-424 m)	Moderate to Strenuous/ 11.15%
Sunset Trail (Blacksake Road to Cedar Glades Road)	Orange	2.58 mi (4.15 km)	780-1182 ft (238-360 m)	Moderate to Strenuous/ 11.2%
Sunset Trail (Cedar Glades Road to Stonebridge Road)	Orange	2.50 mi (4.02 km)	624-987 ft (190-301 m)	Moderate to Strenuous/ 8.25%
Sunset Trail (Stonebridge to Gulpha Gorge Campground)	Orange	1.30 mi (2.09 km)	528-683 ft (161-208 m)	Moderate to Strenuous/ 8.7%
West Mountain Trail (North Side to Overlook)	Dark Blue	0.53 mi (0.85 km)	768-969 ft (234-295 m)	Moderate/ 8.8%
West Mountain Trail (South)	Dark Blue	0.68 mi (1.09 km)	752-948 ft (229-289 m)	Moderate/ 8.9%
Whittington Trail	Black	1.16 mi (1.87 km)	647-683 ft (197-208 m)	Easy/ 2%

Sunset and Pullman Trail



Trail	Trail Blaze Color	Distance (one way)	Elevation	Difficulty/ Typical Grade
Pullman Trail	Dark Blue	0.9 mi (1.45 km)	690-840 ft (210-256 m)	Moderate to Strenuous/ 4.4%

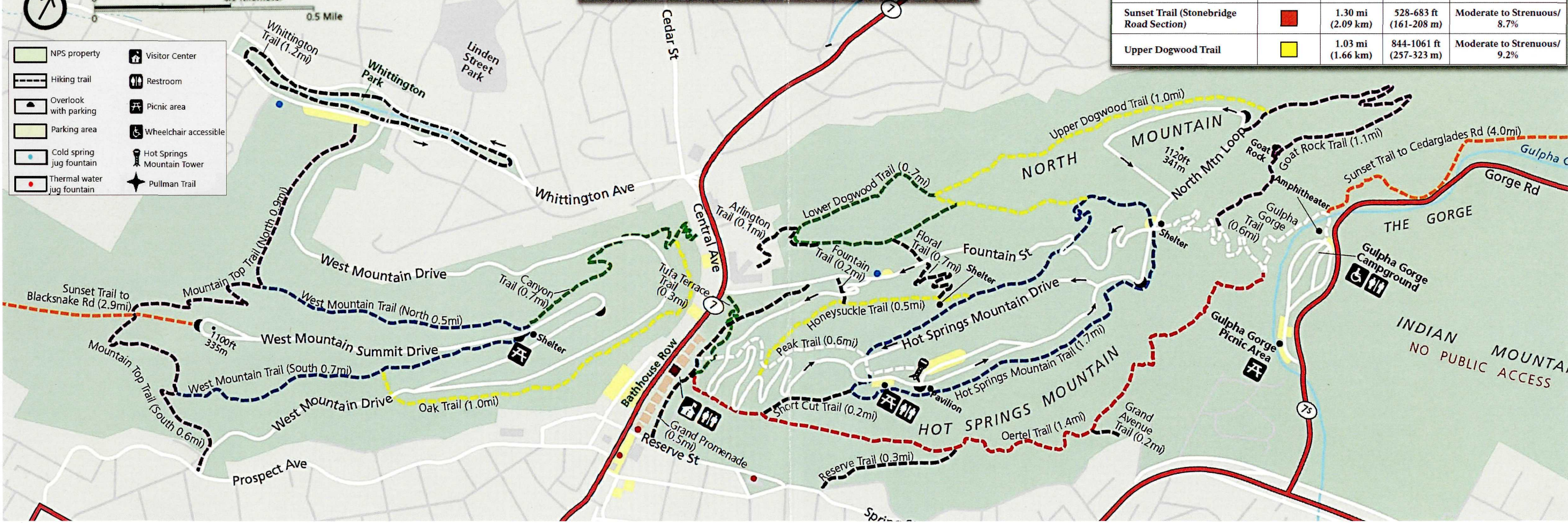
Hot Springs and North Mountain Trails

Trail	Trail Blaze Color	Distance (one way)	Elevation	Difficulty/ Typical Grade
Arlington Trail	Black	0.25 mi (0.4 km)	640-726 ft (195-221 m)	Easy/ 14.9%
Floral Trail	Black	0.43 mi (0.69 km)	696-843 ft (212-257 m)	Moderate to Strenuous/ 13.15%
Fountain Street Trail	Black	0.06 mi (0.10 km)	661-736 ft (201-224 m)	Easy/ 23%
Goat Rock Trail	Dark Red	0.99 mi (1.59 km)	805-1055 ft (245-322 m)	Easy to Moderate/ 9.45%
Grand Avenue Trail	Black	0.06 mi (0.10 km)	591-624ft (180-190 m)	Easy/ 10.1%
Gulpha Gorge Trail	White	0.82 mi (1.32 km)	529-940 ft (161-287 m)	Moderate to Strenuous/ 15.75%
Honeysuckle Trail	Yellow	0.47 mi (0.76 km)	726-815 ft (221-248 m)	Moderate to Strenuous/ 15.8%
Hot Springs Mountain Trail	Blue	1.74 mi (2.80 km)	797-996 ft (243-304 m)	Easy to Moderate/ 9.2%
Lower Dogwood Trail	Green	0.70 mi (1.13 km)	682-943 ft (208-287 m)	Moderate to Strenuous/ 14.5%
Oertel Trail	Red	1.46 mi (2.35 km)	620-805 ft (189-245 m)	Moderate to Strenuous/ 12.3%
Peak Trail - To Observation Tower	White	0.54 mi (0.87 km)	669-1036 ft (204-316 m)	Moderate to Strenuous/ 10.15%
Reserve Trail	Black	0.30 mi (0.48 km)	617-723 ft (188-220 m)	Moderate/ 7.5%
Short Cut Trail	Black	0.20 mi (0.32 km)	804-951 ft (245-290 m)	Moderate/ 8.65%
Sunset Trail (Stonebridge Road Section)	Orange	1.30 mi (2.09 km)	528-683 ft (161-208 m)	Moderate to Strenuous/ 8.7%
Upper Dogwood Trail	Yellow	1.03 mi (1.66 km)	844-1061 ft (257-323 m)	Moderate to Strenuous/ 9.2%

North

0 0.5 Kilometer 0.5 Mile

- NPS property
- Hiking trail
- Overlook with parking
- Parking area
- Cold spring jug fountain
- Thermal water jug fountain
- Visitor Center
- Restroom
- Picnic area
- Wheelchair accessible
- Hot Springs Mountain Tower
- Pullman Trail



Hiking Etiquette and Safety

Take drinking water and wear appropriate clothing and shoes. Stay on established trails.

Leaving the trail can be hazardous.

Always keep pets on a leash and clean up after your pet. Dispose of waste, including pet waste, properly; pack it in, pack it out. Horses are allowed on all unpaved park trails, with the exception of the Pullman Trail.

Please leave objects as you find them. Leave rocks, plants, and flowers for others to enjoy. Artifacts in the park are protected under multiple federal laws and statutes. You can be prosecuted for disturbing or removing them. Please take only photos and leave these items for others to see.

Report vandalism, graffiti, or suspicious activity to a law enforcement ranger. For emergencies, call 911.

Parking and Restrooms

Parking is available at the City's parking garage located at 128 Exchange Street. Metered parking can be found along Central Ave., Fountain St., and Reserve St. RV Parking downtown is limited to the City's Visitor Center at 329 Central Ave. There is limited parking at the top of Hot Springs Mountain, West Mountain and at the Gulpha Gorge Day Use Area.

Restrooms are located on either side of the Quapaw Bathhouse on Bathhouse Row; inside the Fordyce Bathhouse; on Hot Springs Mountain; at Gulpha Gorge Campground and at the City's Parking Garage on the first floor.

For More Information

Visit the park's website:

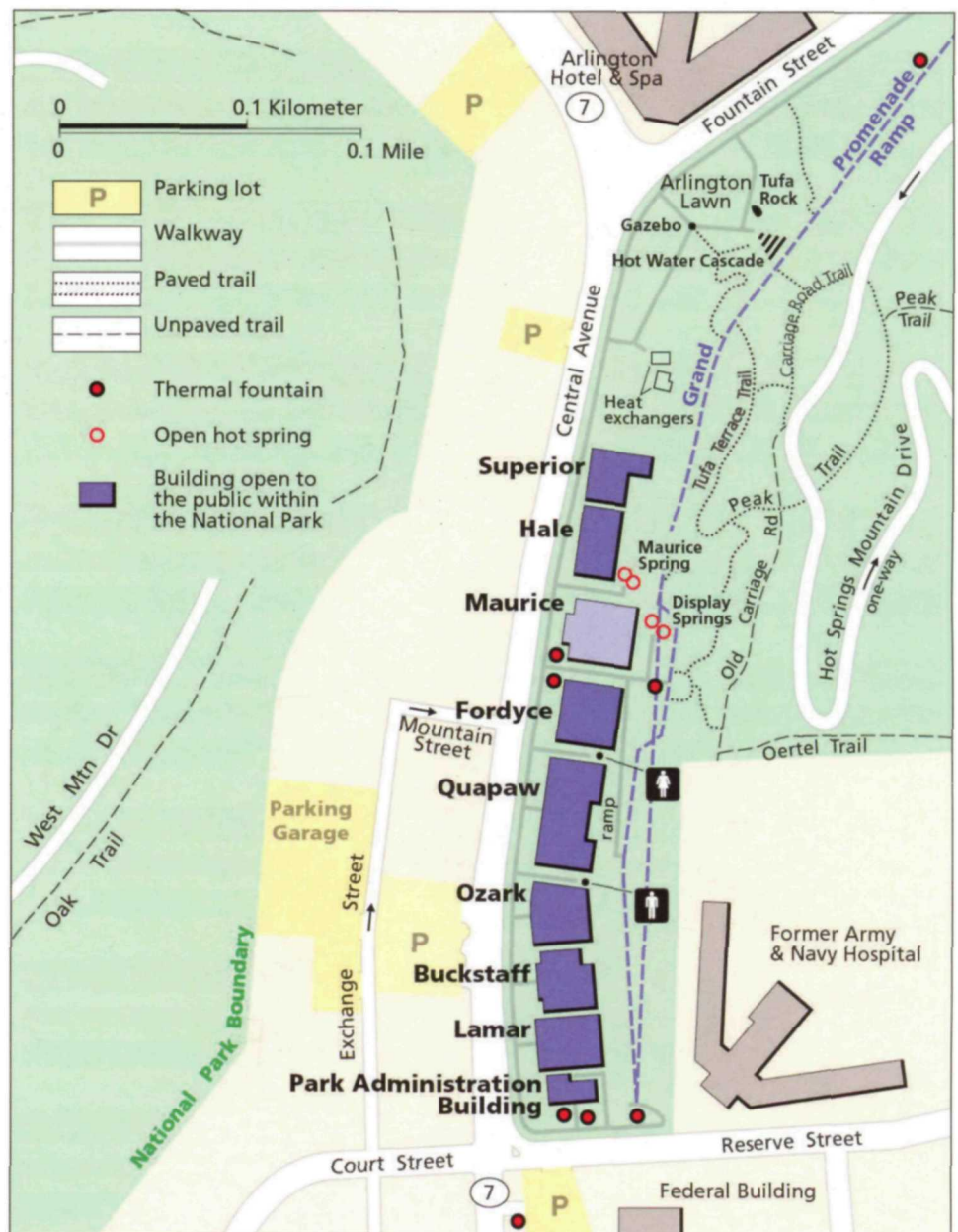
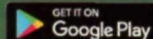
www.nps.gov/hosp

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Search "National Park Service" in the app stores or use the QR code.



Map of Bathhouse Row