

Hot Springs

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



West Mountain Trails

Helen Stannard (2005) Artist-in-Residence

Trail	Distance (one way)	Elevation	Typical Grade
Canyon Trail	0.7mi (1.1km)	626-993ft (191-303m)	10%
The West Mountain trails can be reached from downtown via Canyon Trail. The trailhead is behind the Mountain Valley Water building. The section between West Mountain Drive and West Mountain Trail is very steep.			
Mountain Top Trail	1.5mi (2.4km)	675-1100ft (206-335m)	5.4%
If hiking southward, the trail is strenuous, as it gains elevation quickly. If hiking northward, there is a steady rise in elevation until you cross Sunset Trail; the trail descends steeply to the trailhead at Whittington Park.			
Whittington Trail	1.2mi (1.9km)	647-685ft (197-209m)	.6%
The flat, gravel trail is popular with joggers and walkers. Whittington Trail loops around Whittington Park.			
West Mountain Trail	1.2mi (1.9km)	926-992ft (282-302m)	1.1%
Both sections of West Mountain Trail have a gradual change in elevation. Note: West Mountain Trail can be made into a loop by using Mountain Top Trail (elevation change: 400 feet in this section).			
Oak Trail	1.0mi (1.6km)	698-922ft (213-281m)	4.2%
The northeastern end of Oak Trail is mostly flat. The trail is fairly steep for a short distance between West Mountain Trail and West Mountain Drive.			

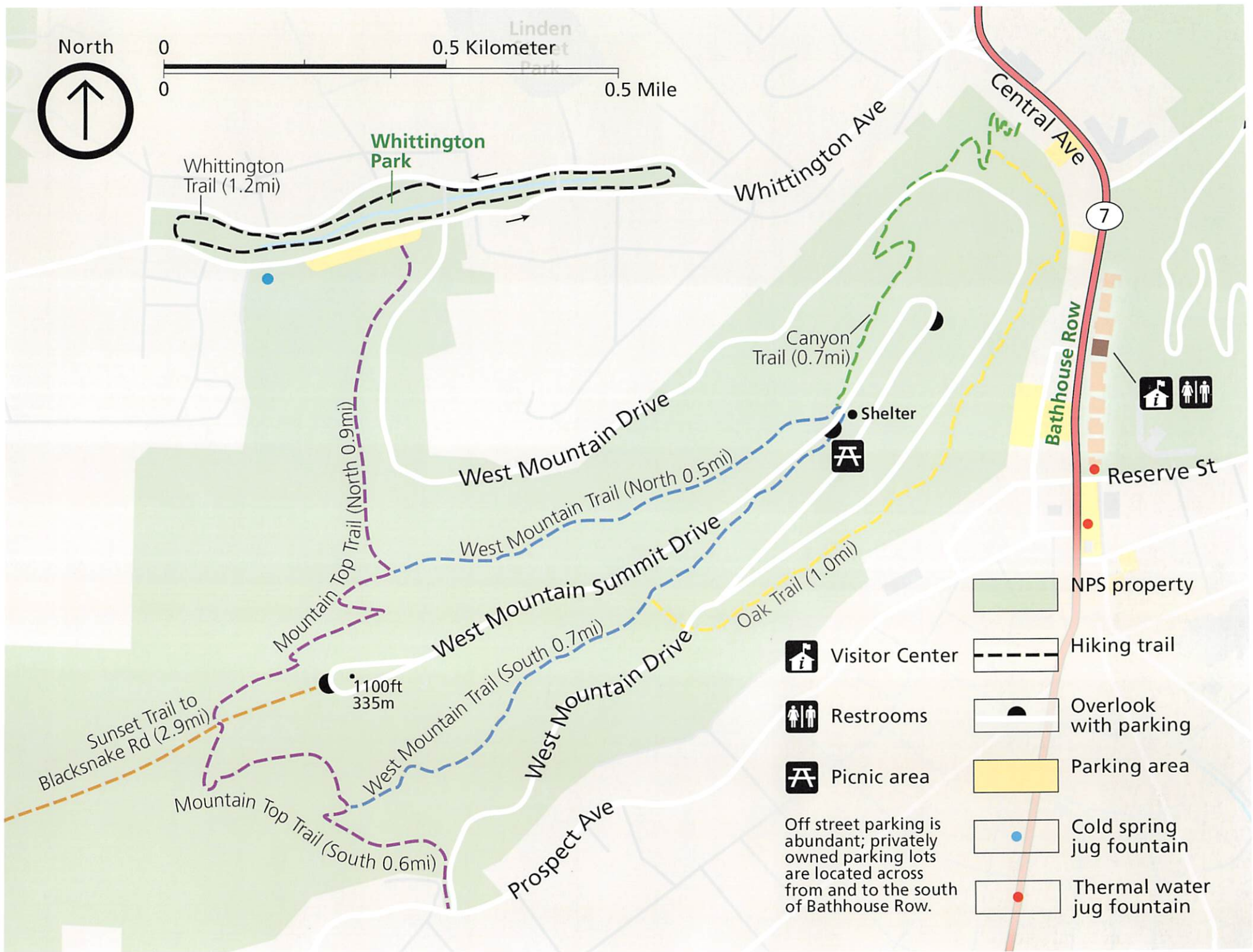
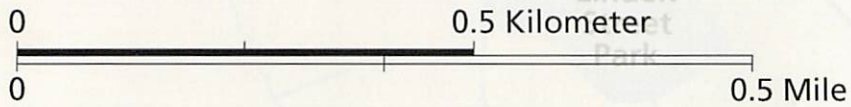
Hiking Etiquette and Safety

Take drinking water and wear appropriate clothing and shoes. Stay on established trails. Leaving the trail can be hazardous.

Respect wildlife; observe only from a distance. Horses are allowed only on non-paved trails. Keep pets on a leash at all times. Dispose of waste, including pet waste, properly. Pack it in, pack it out.

Please leave objects as you find them. Leave rocks, plants, and flowers for others to enjoy. Historic structures and artifacts help tell the story of the past.

Please report vandalism or graffiti to a law enforcement ranger. For National Park Service law enforcement dispatch call 888-692-1162. **For emergency assistance, call 911.**



Whittington Trail (1.2mi)

Whittington Park

Whittington Ave

Central Ave

7

Canyon Trail (0.7mi)

Shelter

Bathhouse Row

Reserve St

West Mountain Drive

West Mountain Trail (North 0.5mi)

West Mountain Summit Drive

Oak Trail (1.0mi)

Mountain Top Trail (North 0.9mi)

West Mountain Trail (South 0.7mi)

West Mountain Drive

Prospect Ave

Sunset Trail to Blacksnake Rd (2.9mi)

Mountain Top Trail (South 0.6mi)

1100ft
335m

NPS property

Hiking trail

Overlook with parking

Parking area

Cold spring jug fountain

Thermal water jug fountain

Visitor Center

Restrooms

Picnic area

Off street parking is abundant; privately owned parking lots are located across from and to the south of Bathhouse Row.