

# Lake Meredith

National Park Service  
U.S. Department of the Interior

Lake Meredith National Recreation Area



## Harbor Bay Hiking and Mountain Biking Trail



The Harbor Bay Trail System covers a total distance of 5.23 miles (one way) from Harbor Bay to Meredith Way, including the 2 loops. It is a moderate to hard hike that travels through canyons and over mesas. The terrain consists of a variety of gently rolling hills, steep slopes with steps, and switchbacks. The Hiker or Mountain Biker is rewarded with views of picturesque mesas, local foliage, and Lake Meredith below.

### Trail Distances:

- Harbor Bay around the top of Mesa above trailhead and back - 2.28 miles
- Harbor Bay to Meredith Way (One way without loops) - 3.13 miles
- Out and back without loops (Harbor Bay to Meredith Way) - 6.26 miles
- Meredith Way around the top of Mesa above the trailhead and back - 2.58 miles
- Harbor Bay around the top of Mesa near Meredith Way and back - 5.88 miles
- Meredith Way around the top of Mesa above Harbor Bay and back - 5.98 miles
- Harbor Bay to Meredith Way and back (including both mesa top loops) - 8.36 miles

### Changing Landscape

The Harbor Bay landscape has seen a great deal of change. From mesas overlooking the Canadian River and Lake Meredith, you can get a sense of the once quiet river valley. Much of the lower reaches were recently flooded with completion of the Sanford Dam in 1965. After years of drought, the lake diminished in size and the Park began developing more terrestrial activities. In 2014, a fire burned through parts of Harbor Bay. Charred tree trunks are still visible in several places, however, ecosystems like these are adapted to

fire and quickly recover. Fire is the ecosystem's recycler; reducing the dead/dried plant material, returning nutrients to the soil, and providing a new opportunity for grasses and wildflowers to grow.

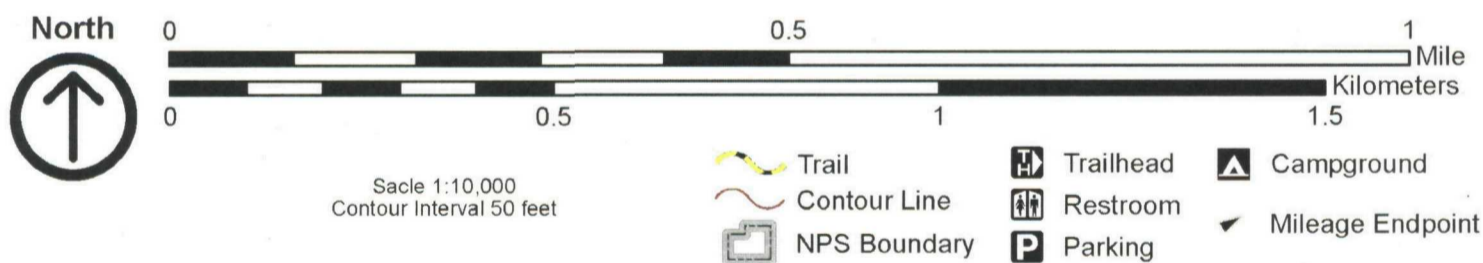
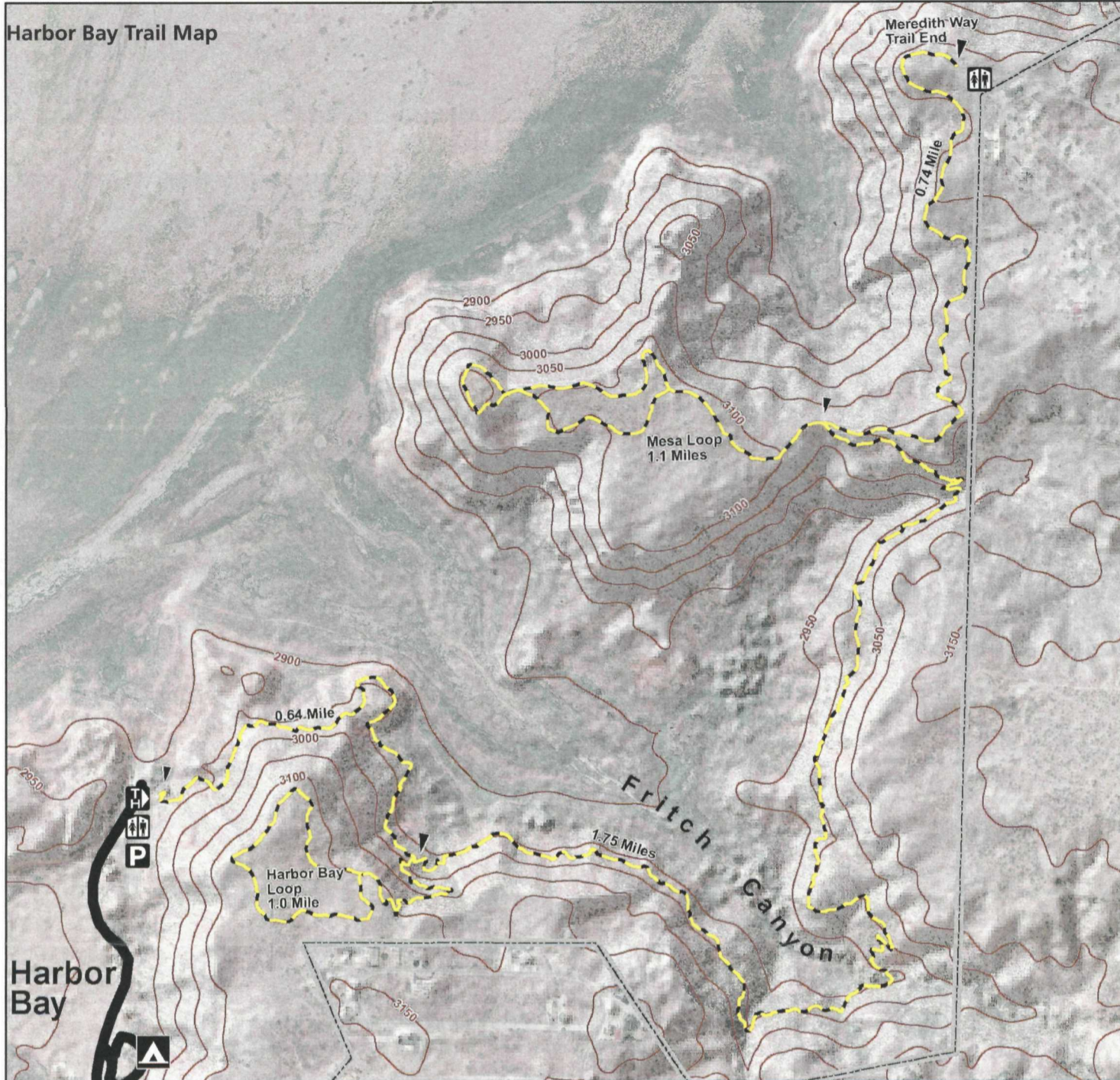
Cottonwoods and tall grasses provide habitat for birds and amphibians along creeks and riparian zones, and the rocky slopes provide micro habitats that support the greatest plant diversity in the area.



Look for interesting flowers along the trail in April-July. Prickly pear (above left) and Mexican Hat (above



right) offer bright splashes of color guaranteed to catch your eye.



### Cautions

**Wildlife:** Although the chance of an encounter is low, remember to give wild animals their space. Remember, this is their home and we are the visitors.

**Weather:** Be prepared for sudden changes in weather. Especially be cautious during storms that produce lightening. Avoid exposed places and isolated trees.

**Heat:** Texas summers can be hot, so make sure you drink plenty of water while you hike. Dehydration can occur quickly.



### The 10 Essentials

*Don't hit the trail without them!*

1. Have a Plan - tell someone where you will be and when you are returning
2. Water & Food
3. Sunglasses & sunscreen
5. Map
6. Hat
7. Waterproof matches or fire starter
8. Pocketknife
9. First Aid kit & insect repellent
10. Flashlight
11. Rain gear