

## INTERPRETIVE PROGRAMS

Welcome to Lake Catherine State Park! Come along and join our park interpreters for one or all of the many park activities available during summer season.

### nature cabin

The Nature Cabin, a log structure built during the 1930's by the Civilian Conservation Corps, is beside the swimming beach. Inside you will find exhibits depicting the park's natural and cultural heritage. Park interpreters will be present during open hours to answer your questions and to explain the exhibits in greater detail.

### guided nature walks

During the summer, visitors may join the park interpreter for guided hikes. These leisurely walks begin at the trailhead near the amphitheater and usually take place in the mornings. Check the program schedules posted on all park information boards or at the visitor center for the times, dates, and trails to be hiked.

### afternoon activities

Park interpreters offer afternoon programs outside the Nature Cabin. Topics include plant and animal life, nature crafts, aquatic life and many others.

### evening activities

A variety of programs about wildlife, nature and Arkansas are presented at the park amphitheater at dusk. Check a park information board for the program schedule or ask for your own copy at the visitor center.

## special activities & events

Throughout spring, summer and fall, special programs and events are available to all park visitors. There is always something for everyone - party barge lake tours, campfires, recreation activities and more. A few special events to note are...

Wildflower Weekend-April  
National Trails Day-June  
Mammal Mania-August

## TRAILS

Three beautiful hiking trails wander through the 2000+ acres of Lake Catherine State Park, offering breathtaking views of the mountains and lake. The trails are components of the Arkansas Trails System and are marked with the Arkansas Trails Council blaze, eye-level rectangles painted on trees. Each trail has it's own color. A double blaze in the same color indicates an intersection or sharp turn. At these places look for the next trail blaze before proceeding.

### falls branch trail

The shortest and easiest of the park's trails, Falls Branch is two miles long and takes about 1 1/2 hours to travel. This loop trail begins and ends at the trailhead near the amphitheater. The park's other two trails branch off from this trail. Many of our guided hikes follow this trail. (Trail Blaze: Red)

### horseshoe mountain trail

This trail is 3 1/2 miles long and is steep and rugged at the beginning and end. Two to four hours are required to complete this loop trail which begins a few hundred yards down the Falls Branch Trail. (Trail Blaze: Yellow)

### dam mountain trail

The longest and most rugged of the park's trails, it is 4 1/2 miles long and requires 2 to 4 hours to travel. Beginning at the waterfall on the Falls Branch Trail, the Dam Mountain Trail offers the most scenic vistas of Lake Catherine and the surrounding Ouachita mountains. (Trail Blaze: White)

## hiking suggestions

1. Wear appropriate footwear - hiking boots or sneakers.
2. Take a canteen of water with you, especially in hot weather.
3. Take a buddy and tell someone where you are going!

## TRAIL REGULATIONS

We ask that you observe these regulations and leave the trails and surrounding area undisturbed so others may enjoy it.

- Removal or destruction of plants, rocks, or wildlife is not permitted.
- Use of alcoholic beverages on the trails is not allowed.
- Littering is unlawful.
- Motorized vehicles are restricted to hard surface roads.
- Camping or campfires are not permitted on the trails.

## OFF-SEASON PROGRAMMING

Resource programs for schools and other curriculum related groups may be scheduled year-round in advance. Contact the park interpreter for available dates and further information.

*Life and adventure at Lake Catherine State Park are shaped by the unique beauty and powerful natural forces of the Ouachita Mountains.*

# LAKE CATHERINE STATE PARK



## INTERPRETIVE PROGRAM & TRAILS GUIDE



1200 Catherine Park Road  
Hot Springs, AR 71913  
(501) 844-4176



# LAKE CATHERINE STATE PARK

## TRAIL BLAZE

Look for eye-level rectangles painted on trees. Each trail has its own color key. A double blaze in the same color indicates an intersection or sharp turn. At these places look for the next trail blaze before proceeding.

**NOTICE:** To preserve scenic beauty and ecology, fences and warning signs have not been installed in some park locations. Caution and supervision of your children are required while visiting these areas.

## LEGEND

-  **DAM MOUNTAIN TRAIL**  
(white blaze) 4.5 miles
-  **FALLS BRANCH TRAIL**  
(red blaze) 2.0 miles
-  **HORSESHOE MOUNTAIN TRAIL**  
(yellow blaze) 3.5 miles

