The Sequoyah State Park Trail System consists of ten hiking trails for beginners to intermediate level hikers. Three of our trails are paved for multipurpose use. A few of our trails are outlined below.

Located in the Paradise Cove area, Eagles Roost Interpretive Trail is a .68 mile loop that takes guests through a wooded area dotted with oak and hickory trees. This beautiful area has been a popular roosting area for bald eagles during the winter months.

The Fossil Trail, located south of the nature center, is 1.16 miles long but has shorter options along the way (1/4 along the lake), and showcases fossils formed between 280 million and 345 million years ago; including crinoid stems from marine animals, bivalve molluscs and shark teeth.

The Sequoyah Paved Trail includes one trailhead at the entrance of Cherokee Campground and one located near the nature center parking lot. This trail is fully paved for easy walking and riding.

The Fitness Trail is paved and .64 miles long. It begins at the lodge and winds along the shore of Fort Gibson Lake. In addition to special areas designated for exercise, the trail also includes stations for designated yoga poses.

The Whispering Pines Mountain Bike Trail system is by far the longest trail in the park. Open from beginner to intermediate-level mountain bikers and hikers, this trail offers many entry points. Roughly three quarters of the trail is off road, while the rest is paved.

The Deer Run Trail has a trailhead by the park office and across from the Eagle roost trail. This trail is great for mountain biking and catching a glimpse of our deer herd. Total distance, 1.29 miles. Trail type: down and back.

The Scissortail Paved Trail is our shortest trail. This loop trail is great for younger children and leisurely walks.

**PLEASE FOLLOW THESE GUIDELINES**

**KNOW YOUR ABILITIES:**
- Use the trail map to plan the distance and route of your ride or hike.

**WEAR PROTECTIVE CLOTHING**
- Wearing a helmet, knee and elbow pads, and long pants are recommended.

**BE KIND TO THE TRAIL & YOURSELF**
- **ALWAYS** stay on the trail or designated park road.
- Do not litter—carry out what you carry in!
- If riding the entire trail, **TAKE WATER**.
- Apply insect repellent before starting