

TruOutdoors Backpacking Trip: Arkansas, Fall Break 2019

Pre-Trip Notes:

- TruOutdoors liability
 - THIS IS *NOT* A RISK-FREE TRIP.
 - This is NOT a school-sponsored event
 - There are NO drugs/alcohol allowed
 - We are NOT professional guides
 - We are a group of friends who are passionate about backpacking, and simply want to share our love of it with others!
- As always, this schedule is somewhat tentative! TruOutdoors trips always seem to have lots of plot twists. Our crew leaders will notify you if anything changes.
- Click [here](#) for a packing list
- This is a relatively short trip, designed for beginner backpackers. We will be camping overnight with our backpacks, but it isn't a single long backpacking trail; we will be backpacking through several Out-And-Back trails.
 - For Out-And-Back trails, we recommend for one car to be parked at the end of the trail to bring drivers back to the other cars.
- At least one person per car should have the maps downloaded, and have a portable phone charger. One person should also have this Info/Maps Packet printed
- Below, we've attached maps that have some of the general roads in the area, as well as the [coordinates](#)/address (but the [map codes](#) are usually more accurate).
- There are no showers in the woods! Be prepared to experience some stinky camaraderie with your friends...I *always* recommend bringing plenty of wet wipes
- Going potty in the woods: Everybody poops, there's no avoiding it; we're all friends here! Bring your own toilet paper, and we will all share a small trowel to bury poo. We will occasionally come across a bathroom on Out-And-Back trails. Bring a baggie or some sort of container for used menstruation items
- A good mantra to keep in mind while hiking: GET THERE SAFE, NOT FAST!

~ National Forest Office Number: (479) 964 - 7200 ~

Itinerary:

Day 1) Cave Mountain

- If the dirt road up to the trailhead looks muddy, TURN AROUND! A park ranger last year made it very clear that that road is not safe when muddy.
- Cave Mountain to Hawksbill Crag: **Co Rd 5, Kingston, AR 72742**
 - 35.960387, -93.406509
 - 8 miles, One-Way
 - End with Whitaker Point Overlook
 - Car-shuttle everyone
 - Set up camp near Whitaker Point for stargazing
 - If the Point is wet, it may be slippery; be VERY careful if you go at night

Day 2) Waterfalls!

- Lost Valley Trail (Day-Hike): **Co Rd 100, Kingston, AR 72742**
 - 36.009998, -93.374048
 - Underground waterfall & caves to explore!
 - 1.9 miles total, Out-And-Back
 - Heavily-trafficked
- Triple Falls Trail
- Hemmed Hollow Trail: **Hemmed in Hollow Rd, Compton, AR 72624**
 - 36.081190, -93.303350
 - 6 miles total, Out-And-Back
 - Huge waterfall, great views

Day 3) Centerpoint Bluffs

- Villines Homestead Trail
 - 36.020901, -93.355311
 - Cool historic cabins
 - 0.5 mile
- Centerpoint to Goat trail: **Co Rd 133, Compton, AR 72624**
 - 36.064010, -93.360400
 - Easiest option:
 - Pack with all gear until you reach a well-established campsite on your left (i.e., with a firepit).
 - Set up camp first
 - *Then* hike over to the bluffs. If you run out of time, do this in the morning.
 - Amazing views!
 - 6 miles total, Out-And-Back

Optional Side-Trails:

- **Buffalo River Trail - Boxley to Ponca**
 - 35.945771, -93.398610
 - 10.8 miles
- **Ponca Wilderness and Buffalo National River Loop Trail**
 - 36.038231, -93.353600
 - 20.2 Miles
- **Hideout Hollow Trail**
 - 36.112183, -93.145840
 - 2 miles

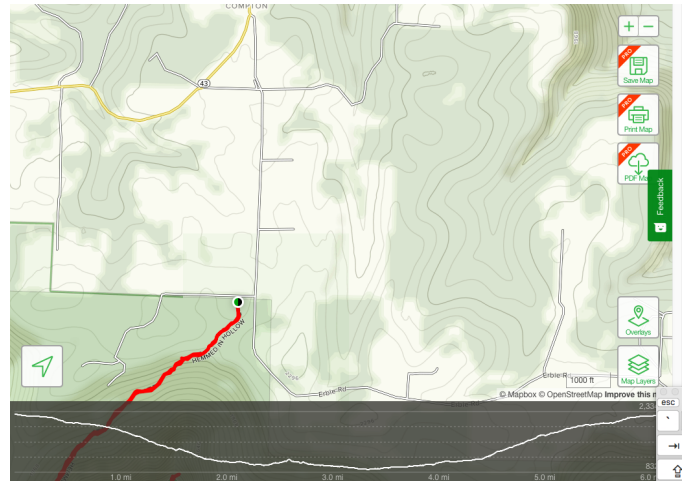
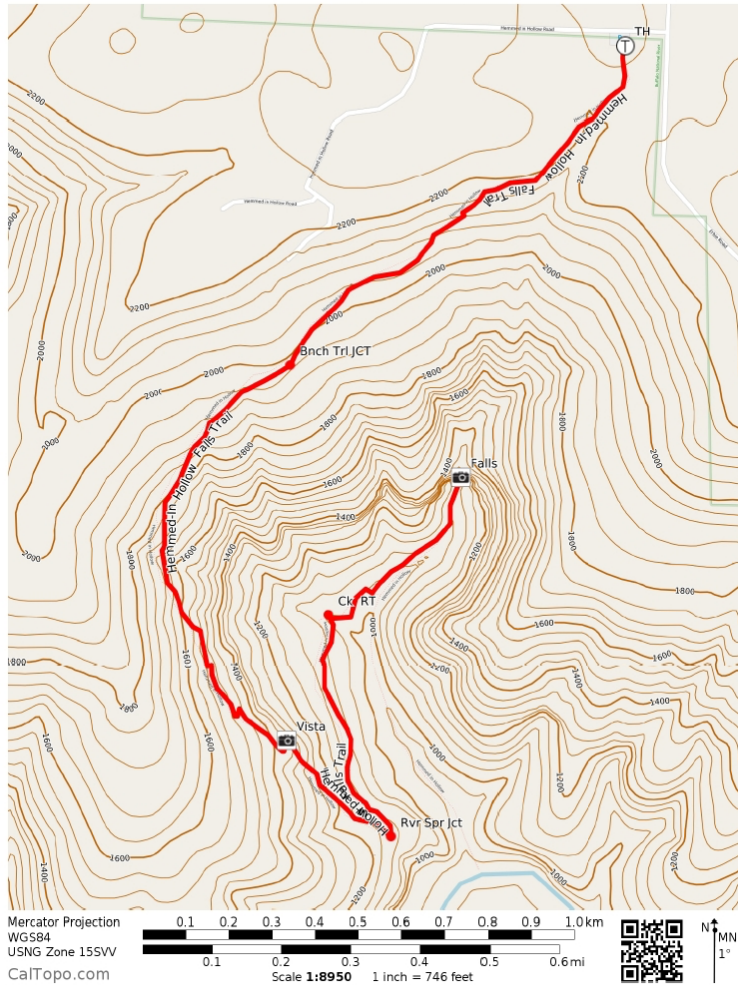
Map Packet:

Day 3) Centerpoint to Goat Trail

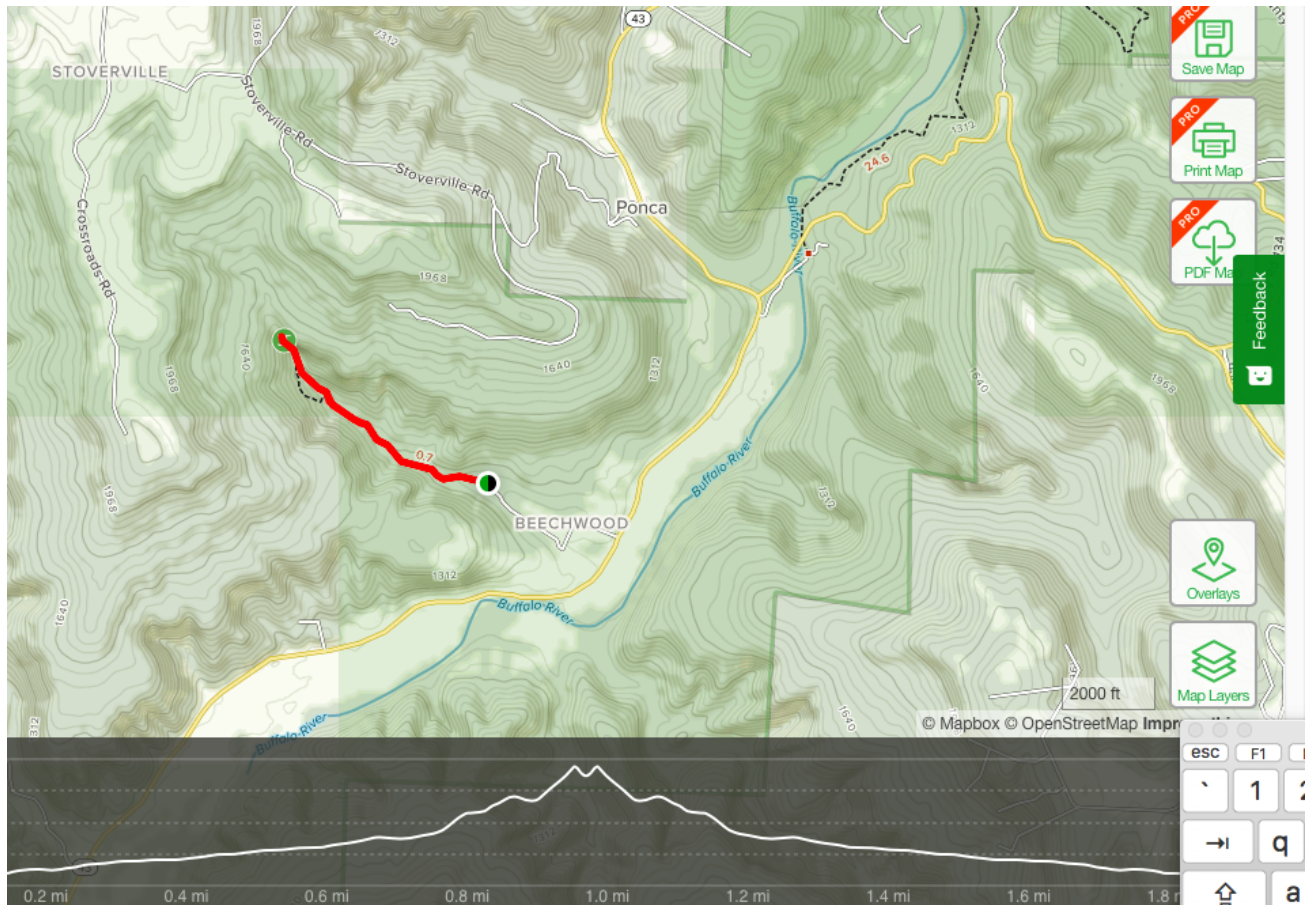


Day 2) Hemmed In Hollow Trail

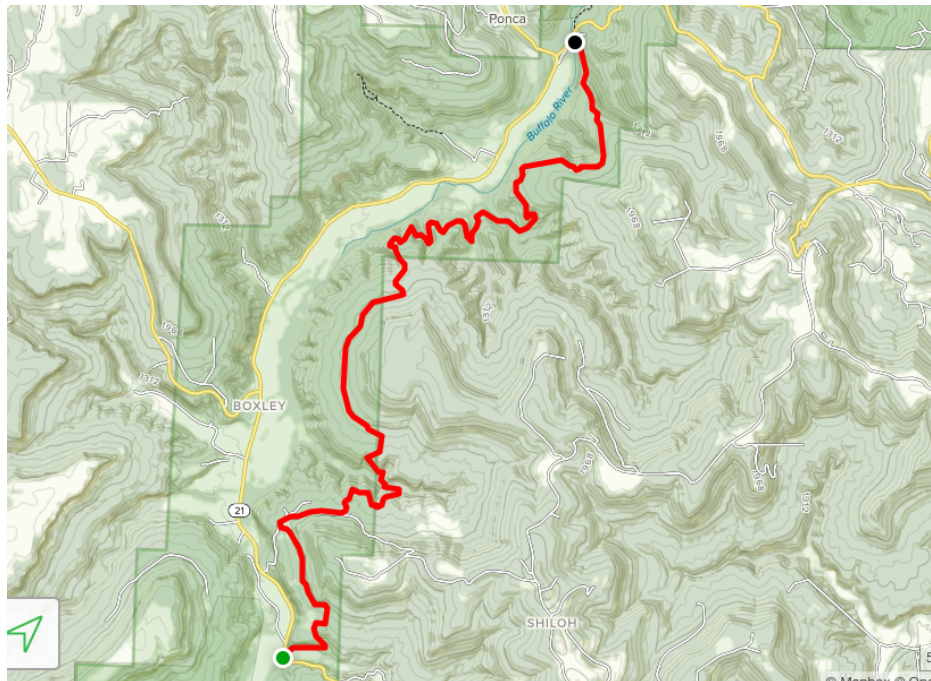
Hemmed-in Hollow Falls Trail (via Compton) - ArklaHoma Hiker



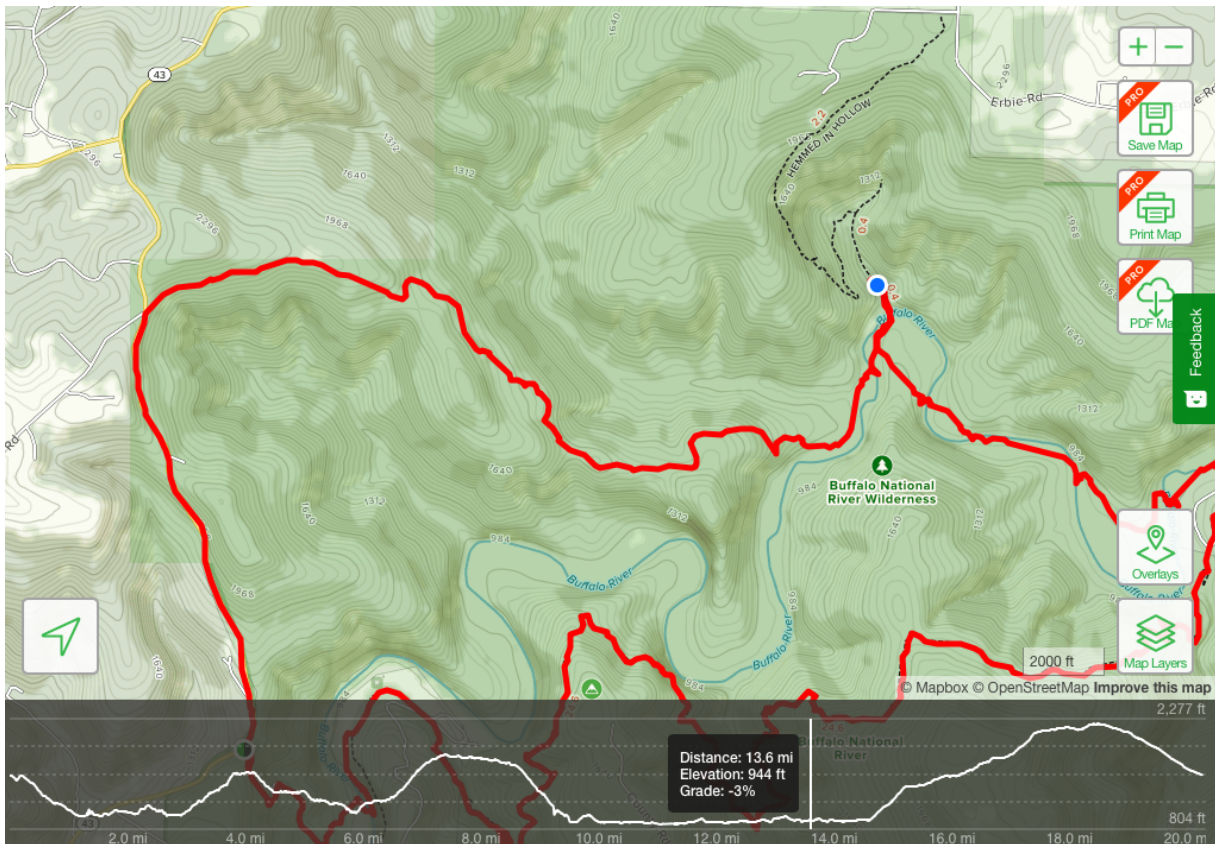
Day 2) Lost Valley Trail



Optional) Buffalo River Trail - Boxley to Ponca



Optional) Ponca Wilderness & Buffalo National River Loop Trail



Trip Info:

- This location (Arkansas) is highly underrated; we always have a lot of success when we travel here, and the views are truly incredible. Lots of great forest scenery, waterfalls, rivers, caves, cliffs, etc.!
- The days shouldn't be too cold, but be prepared for potential freezing temps at night. Be prepared and pack warm clothes and an appropriate sleeping bag!
- Be sure to follow/respect the rules of a National Forest. We are privileged to be able to explore this area without having to pay to camp overnight
- Although it's a relatively easy trip, designed for beginners, it's important to still take it seriously. Respect your Crew Leader(s), your crew members, and Mother Nature.
- Timeframe breakdown:
 - Leave Thursday at 7am
 - Sleep on the trail Thursday, Friday, and Saturday nights
 - Will spend 1 night on each trail, then drive to another location
 - Hike out of last trail and drive home on Sunday
- Fitness reminder
 - Although we designed this trip for backpacking beginners, it is still going to be physically demanding
 - We HIGHLY recommend maintaining a regular exercise schedule leading up to the trip! Running, hiking, and using a StairMaster are some great ways to do so. Try and work on your core, legs, and upper body (but cardio is the most important)
- Break in your hiking boots before the trip!
 - Break them in by hiking with your backpack on