

Trail Regulations

- Horses are only allowed on the trails in the Lower Wilderness area.
- Pets and mountain bikes are prohibited on all trails.
- Use of all-terrain vehicles is prohibited anywhere in the park.
- Stay on the trail – shortcuts create erosion.
- Pack out all trash.
- Leave things as you find them. Law protects all plants, animals, rocks, historic features, and archeological sites.
- Mines are unstable. For your safety, **do not enter**.
- Hunting is permitted in most areas of the park. State and federal regulations apply.

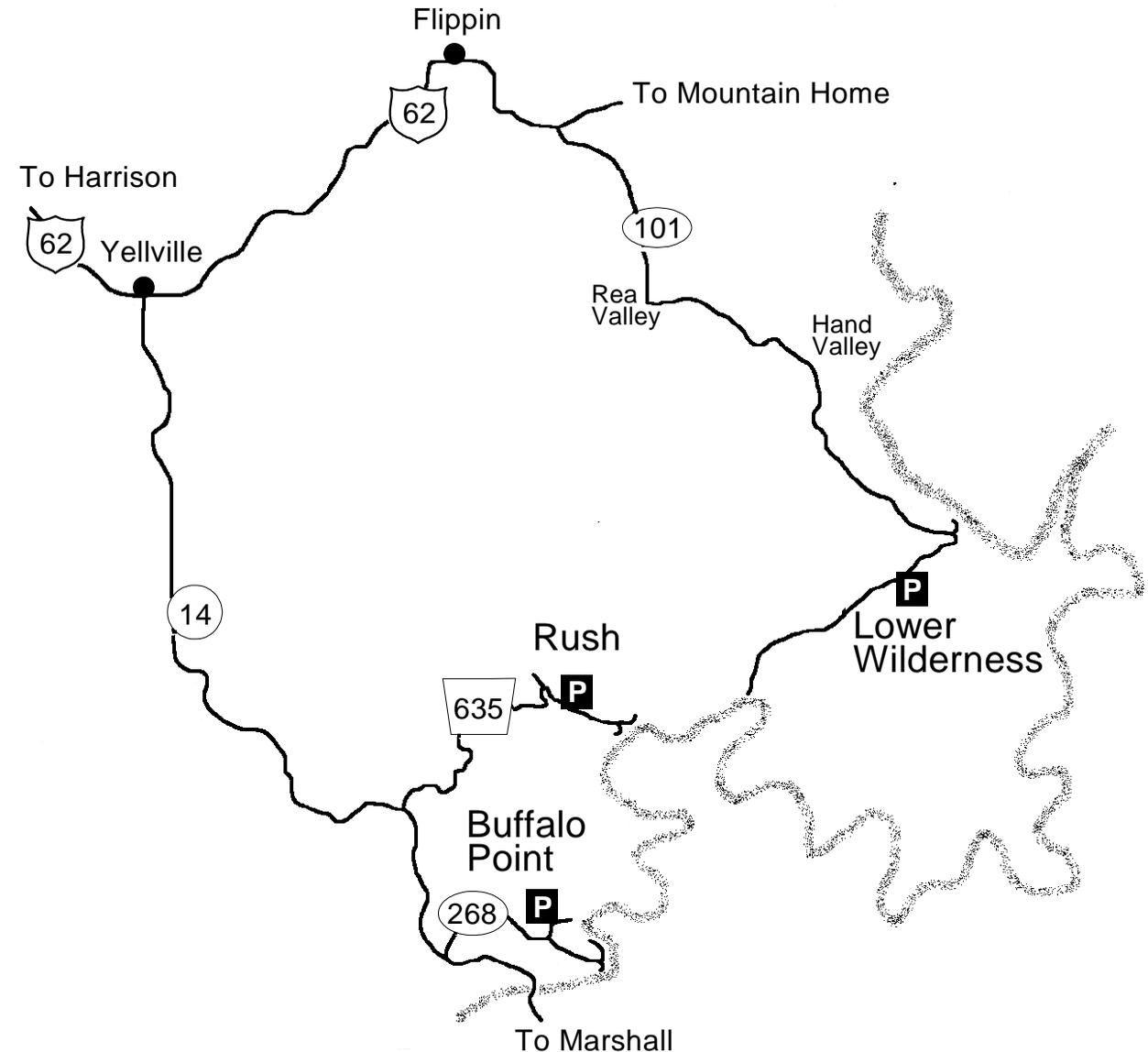
Hiking Trails Lower District BUFFALO NATIONAL RIVER



About This Brochure

This brochure includes popular hiking trails available in the lower district of Buffalo National River. Hikes lead to scenic vistas, historic places, and natural wonders. Trail difficulty varies, ranging from easy to strenuous.

More detailed trail guides for the Indian Rockhouse and Rush trails are available at the Buffalo Point Ranger Station. Topographical maps are strongly recommended for use on the Cow Creek-Cook Hollow trail. Maps are available for sale in the park contact stations and local retail stores.



For Your Protection

Each year, hundreds of hikers walk the scenic and rugged trails of Buffalo National River. Most make it back unassisted. A few, however, require a stretcher for the return trip. Use caution and common sense to stay with the majority. Consider the following when planning your trip:

- Let someone else know of your trip plans – where you are going and when you will return.
- Cliffs, unfenced overlooks, and uneven terrain exist throughout the park. Watch for loose gravel, and keep an eye on children.
- Take extra water – one gallon per person per day is recommended. Water from streams and springs is unsafe unless treated.
- Ticks can carry diseases that are preventable. Check yourself after hiking.
- Poisonous snakes and spiders are common but rarely a problem.
- Proper gear can save a life, maybe your own. Take a map, first-aid kit, matches, compass, flashlight, and extra food.
- Topographical maps, available at park contact stations and retail stores, are recommended for extended day and overnight hikes. Old roads that cross hiking trails can be confusing.

Trail Descriptions

Area	Trailhead	Distance	Hiking Time	Features
Buffalo Point				
1. Overlook Trail	Buffalo Point Trailhead	0.3 mi (o) 0.5 km	½ hour	Easy-moderate; spectacular view of river (a 0.4 mile trail connects to campground trail from the overlook)
2. Campground Trail	Buffalo Point Trailhead	1.2 mi (o) 1.9 km	½ - 1 hour	Strenuous; 360 foot elevation change; forested trail
3. Forest Trail	Group Campground	0.7 mi (o) 1.1 km	½ hour	Moderate-strenuous; forested trail, sinkhole
4. Indian Rockhouse Trail	Buffalo Point Trailhead	3.5 mi (rt) 5.6 km	3 - 4 hours	Strenuous; 380 foot elevation change; sinkhole, small waterfall, small cave, bluff shelter with spring and underground stream inside, water sculptured bedrock
Rush Area				
5. Morning Star Loop	Morning Star Parking Lot	0.3 mi (rt) 0.5 km	½ hour	Moderate; historic mining area and structures
6. Rush Mountain Trail	Morning Star Parking Lot	2.2 mi (o) 3.5 km	2 - 2½ hours	Moderate-strenuous (high, steep, narrow trail); historic mining structures and mines (entering mines prohibited)
Lower Wilderness				
7. Cow Creek-Cook Hollow Trail	Hathaway Hollow Trailhead	10.5 mi (rt) 16.9 km	12 – 14 hours	Very strenuous; 680 foot elevation change (horses are allowed on this trail); forested trail, river views, spring, historic cemetery; topographical map is strongly recommended when hiking or horseback riding in this area; wear hunter orange in hunting season

* (rt) = roundtrip (o) = one way

