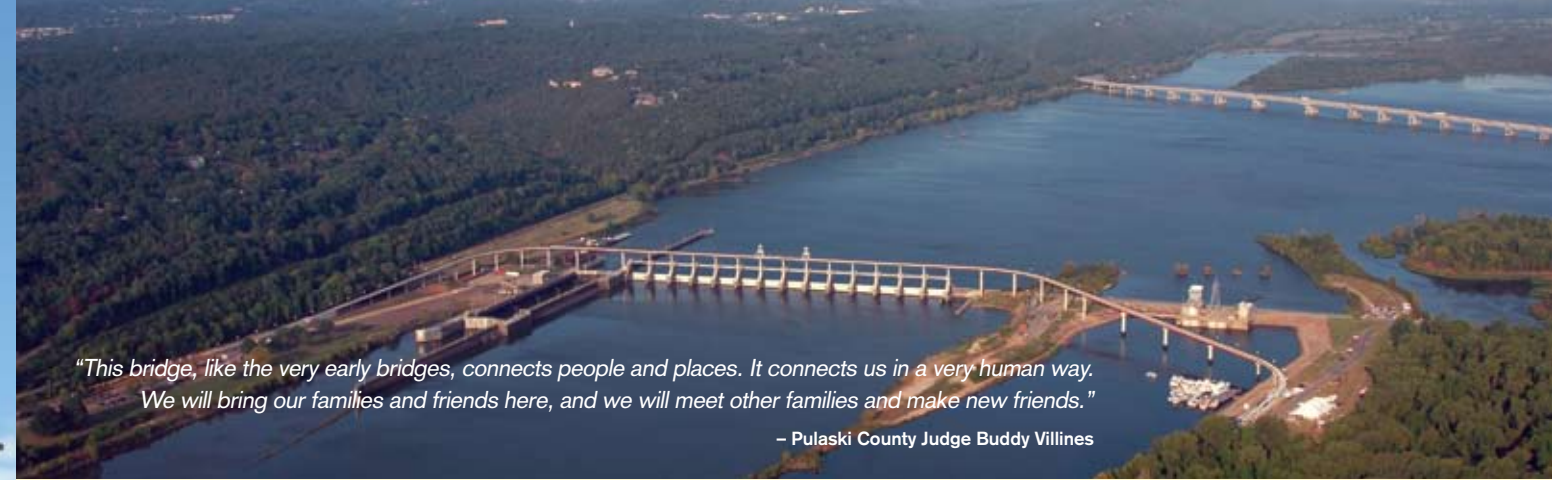




# Arkansas River Trail



*"This bridge, like the very early bridges, connects people and places. It connects us in a very human way. We will bring our families and friends here, and we will meet other families and make new friends."*

– Pulaski County Judge Buddy Villines



## Arkansas River Trail

The Arkansas River Trail is a 17-mile loop between the Big Dam Bridge and the downtowns of Little Rock and North Little Rock. Eventually, the Arkansas River Trail will extend to Pinnacle Mountain State Park in west Pulaski County. Walkers, cyclists, skaters and joggers are invited to enjoy the trail and its beautiful surroundings. The paved path is in compliance with the Americans with Disabilities Act.

Several interesting trails extending from both sides of the Arkansas River Trail make the outdoor experience even more enjoyable. For instance, Little Rock's Medical Mile is a one-of-a-kind experience. Paid for by the medical community, this section of the trail is made extra special through educational murals and signage. Visitors are encouraged to use the extensive trails system (both on and off road) in North Little Rock's 1,600-acre Burns Park, the new Historic Trail in Little Rock's MacArthur Park District and trails in Allsopp Park. For the more adventurous users, extreme biking areas offer exciting challenges around every bend. Cyclists should use caution, and protective gear is strongly encouraged. For specific information about each city's trail system, call 501-371-6839 (Little Rock) and 501-758-1424 (North Little Rock).

a raised position for uninterrupted barge traffic on the river. Visitors to the bridge may traverse the entire length of the structure by riding an elevator, which comfortably holds two cyclists and bicycles at a time. For more information, visit <http://co.pulaski.ar.us/junctionbridge.shtml>.

## Scenic Surroundings

The Arkansas River Trail offers great opportunities for viewing breathtaking scenery and observing wildlife in their natural habitats. Great blue herons, quail, Mallard ducks, Scissortail Flycatchers, groundhogs and cardinals have been spotted along the riverside trail. There are scenic walking areas throughout the trail system. Use the map to locate these areas.

## Local Attractions

Both Little Rock and North Little Rock have thriving arts, cultural and social scenes. Residents and visitors can enjoy great music venues, restaurants, shopping, museums, golf courses, parks and more. Little Rock is home to the William J. Clinton Presidential Center and Park, the State Capitol (replica of the nation's capitol) and the booming River Market area. The *USS Razorback* submarine, Dickey-Stephens Park (home to the Arkansas Travelers) and Alltel Arena are located in North Little Rock. For a complete list of what to see and do in Central Arkansas, visit each of the bureaus listed on the back of this brochure.

To plan a biking or hiking adventure on the Arkansas River Trail, visit [www.rivertrail.org](http://www.rivertrail.org), [www.bigdambridge.com](http://www.bigdambridge.com), [www.bacar.org](http://www.bacar.org) or [www.arkansasbicycleclub.org](http://www.arkansasbicycleclub.org).

## Big Dam Bridge

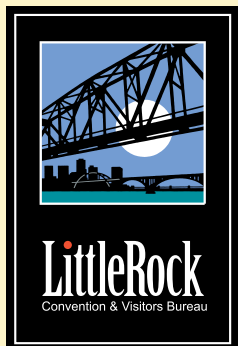
The Pulaski County Pedestrian and Bicycle Bridge is known simply as the "Big Dam Bridge." Spanning 4,226 feet over the Murray Lock and Dam, the Big Dam Bridge is the longest bridge in the country built specifically for walkers and cyclists. The \$12.5 million project took eight years to complete and required cooperation from federal, state and local agencies to produce one of the state's finest attractions. The Big Dam Bridge unites the cities of Little Rock and North Little Rock, while improving the health and fitness of residents and guests. Reach the Big Dam Bridge from the Murray Lock and Dam site in Little Rock or Cook's Landing in North Little Rock. Visit [www.bigdambridge.org](http://www.bigdambridge.org) for more information.

## Junction Bridge

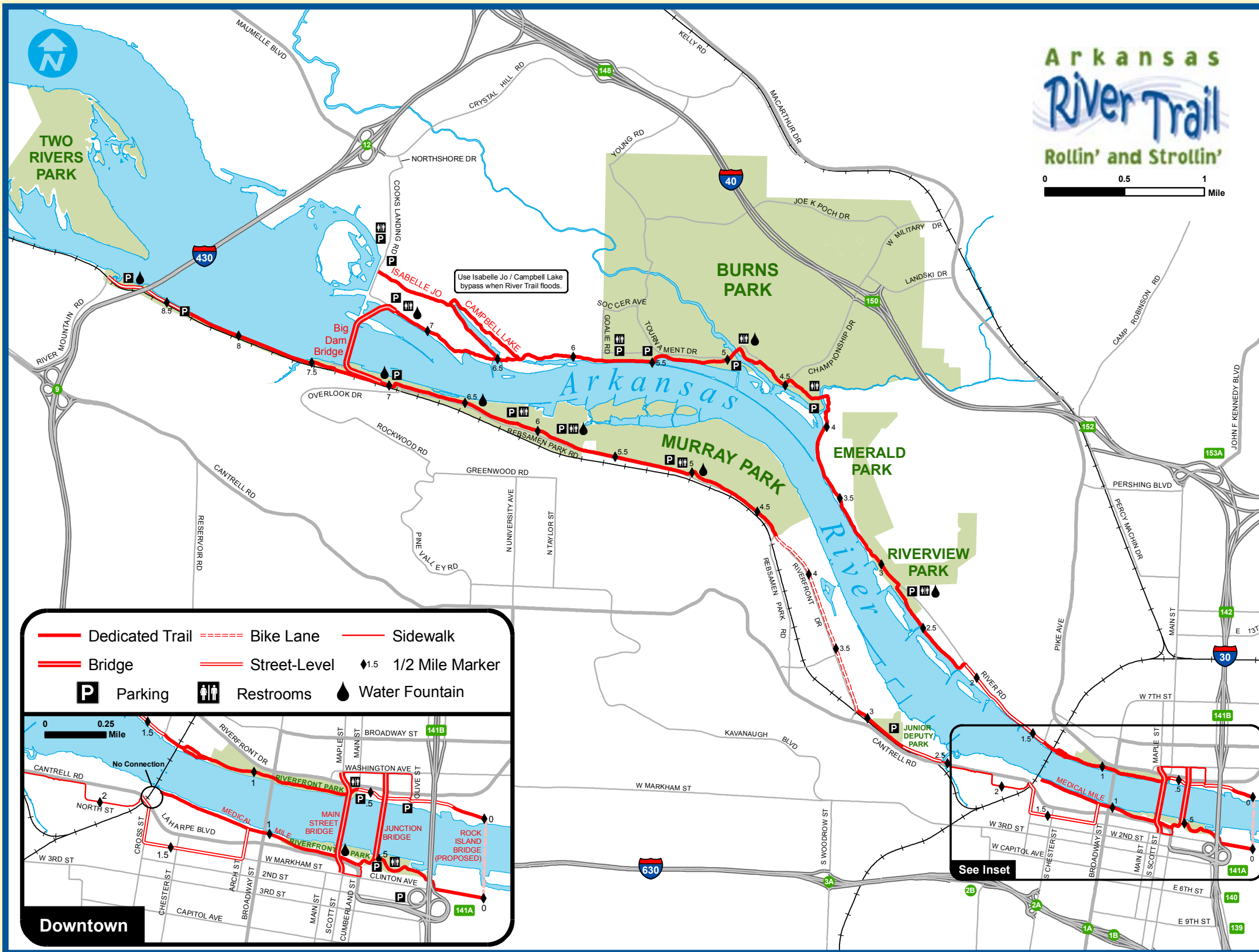
Originally constructed in 1884 as a railroad bridge, the Junction Bridge spans the Arkansas River from Riverfest Amphitheater in downtown Little Rock's River Market District to Alltel Arena in downtown North Little Rock. It is the nation's only pedestrian and bicycle bridge with a lift span. The lift span is locked into place in



501-758-1424  
[www.northlittlerock.travel](http://www.northlittlerock.travel)



501-376-4781  
[www.littlerock.com](http://www.littlerock.com)



## Parking

Please use the parking areas designated on the map. Be aware that restrictions (parking meters or reserved areas) may exist in other parking areas.

## Bike Rentals and Shops

Bicycles are available for rental at mile marker .5 in North Little Rock. Several quality bike shops are located in central Arkansas. For more information, visit Bicycle Advocacy of Central Arkansas (BACA) at [www.bacar.org](http://www.bacar.org).

## Trail Etiquette

- Bridges and trails are open 24 hours a day, 7 days a week, year-round.
- Paved trails are for cyclists, skaters, runners and walkers.
- Motorized vehicles (except wheelchairs) are not permitted.
- Helmets are encouraged for cyclists and skaters.
- Night cycling is permitted. A personal lighting system is encouraged.
- Keep pets on a short leash and under control at all times.
- Children should be monitored by parents at all times.
- Trail users should keep to the right side of the trail, except when passing.
- Give an audible warning when preparing to pass. Always pass on the left side leaving at least two feet of clearance.
- Pedestrians have the right-of-way on trails. Groups should move into a single-file line to allow for cyclists to pass.
- Move off of the trail pavement when stopping.
- Travel at safe and appropriate speeds when cycling and skating.
- Pay attention to trail markings and safety signs.
- Clean up after your pets.

