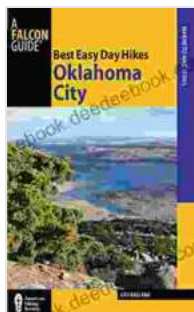


# Best Easy Day Hikes Oklahoma City

Oklahoma City is a great place to get some fresh air and exercise, and there are many easy day hikes that are perfect for hikers of all ages and fitness levels. These trails are mostly flat and wide, and they offer beautiful scenery and opportunities to see wildlife.



## Best Easy Day Hikes Oklahoma City (Best Easy Day Hikes Series) by Pamela Olson

★★★★☆ 4.5 out of 5

Language : English  
File size : 5858 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 112 pages



Here are some of the best easy day hikes in Oklahoma City:

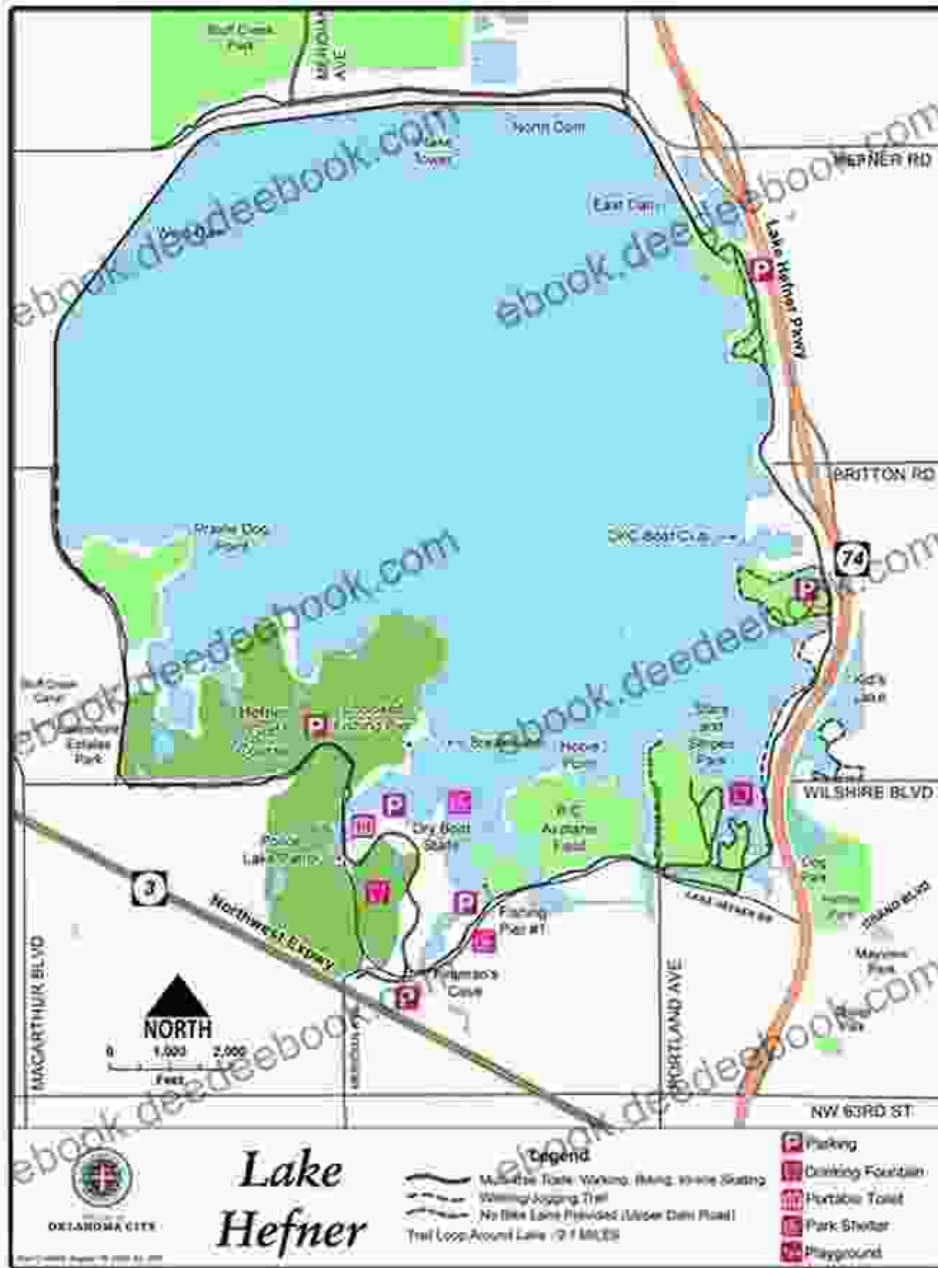
### 1. **Myriad Botanical Gardens Trail**

The Myriad Botanical Gardens Trail is a 1.2-mile loop trail that winds through the beautiful Myriad Botanical Gardens. The trail is mostly flat and easy to walk, and it offers stunning views of the gardens' flowers, plants, and trees.



## 2. **Lake Hefner Trail**

The Lake Hefner Trail is a 9.2-mile loop trail that circles Lake Hefner. The trail is mostly flat and easy to walk, and it offers beautiful views of the lake and the surrounding parkland.



The Lake Hefner Trail is a popular hiking and biking trail that offers beautiful views of the lake and the surrounding parkland.

### 3. Oklahoma River Trail

The Oklahoma River Trail is a 10.5-mile paved trail that follows the Oklahoma River. The trail is mostly flat and easy to walk, and it offers

beautiful views of the river and the surrounding parkland.



#### 4. **Arcadia Lake Trail**

The Arcadia Lake Trail is a 5.7-mile loop trail that circles Arcadia Lake. The trail is mostly flat and easy to walk, and it offers beautiful views of the lake and the surrounding forest.

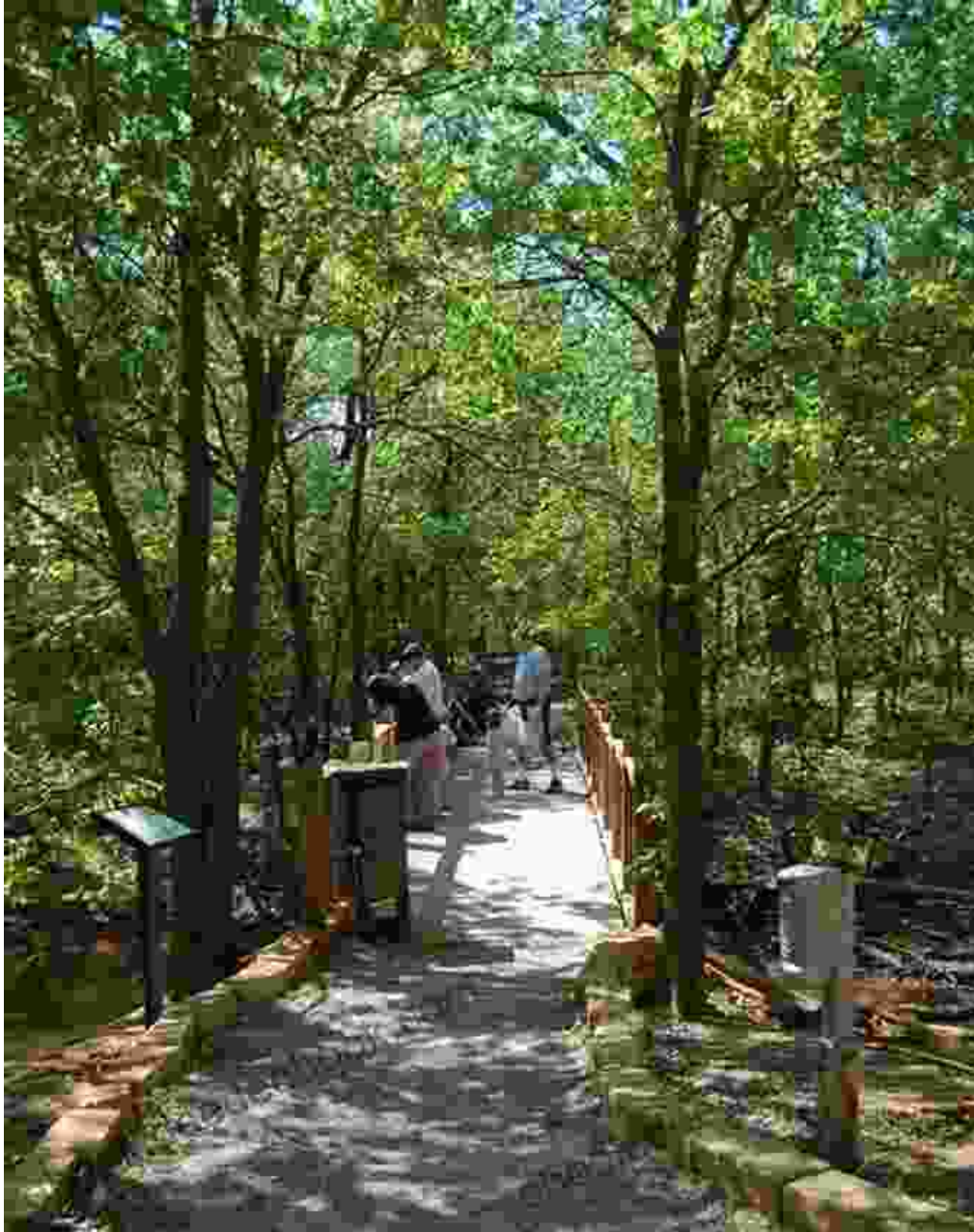


The Arcadia Lake Trail is a beautiful and easy hike that is perfect for all ages and fitness levels.

## 5. **Martin Park Nature Trail**

The Martin Park Nature Trail is a 1.5-mile loop trail that winds through Martin Park. The trail is mostly flat and easy to walk, and it offers beautiful views of the park's trees, flowers, and wildlife.





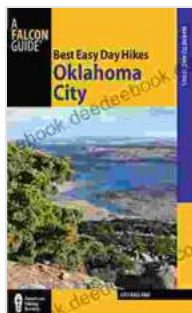
These are just a few of the many easy day hikes that Oklahoma City has to offer. With its beautiful scenery and abundance of trails, Oklahoma City is a great place to get some fresh air and exercise.

### **Tips for Hiking in Oklahoma City**

Here are a few tips for hiking in Oklahoma City:

- Be sure to wear comfortable shoes and clothing.
- Bring plenty of water and snacks.
- Be aware of the weather conditions and dress accordingly.
- Let someone know where you are going and when you expect to return.
- Stay on the marked trails.
- Be respectful of wildlife.
- Pack out what you pack in.

By following these tips, you can have a safe and enjoyable hiking experience in Oklahoma City.



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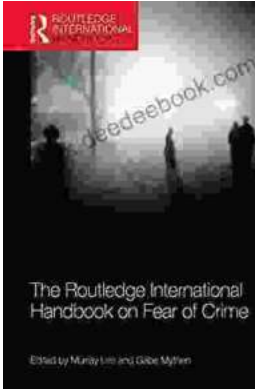
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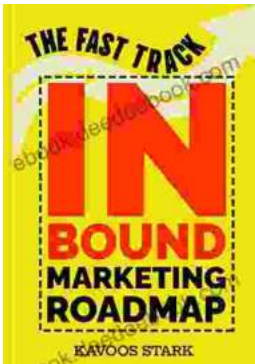
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