



Winding Stair Mountain National Recreation Area

Your guide to the Ouachita National Forest in LeFlore County, Oklahoma * Revised 2004

Discover the Winding Stair Mountain National Recreation Area

The Winding Stair Mountain National Recreation Area (NRA) provides a source of clean water, an abundance of wood and native wildlife, and a variety of rustic settings where you can relax and enjoy the outdoors. Discover a new place to camp, hike, bicycle, fish, enjoy scenic drives, or just unwind and experience solitude.

Visitors enjoy majestic views of forested mountains, interesting geologic formations and a great variety of flora and fauna. The area is rich in historical lore, particularly of the Choctaw Native Americans. These elements provide an interesting and memorable visit to the Ouachita National Forest.

The Winding Stair Mountain National Recreation Area is located in southeast Oklahoma in the southern portion of LeFlore County. It is administered by the staffs of the Oklahoma ranger districts of the Ouachita National Forest: the Choctaw office is 9 miles south of Heavener; the Kiamichi office is 3.5 miles north of Talihina; and the Tiak office is in Idabel.

Winding Stair Mountain is within driving distance (less than 250 miles) of metropolitan areas such as Tulsa, Oklahoma City, Dallas, Fort Worth, Joplin, Springfield, Wichita, and Little Rock.

Designated by Congress

On October 18, 1988, Congress passed the Winding Stair Mountain National Recreation Area and Wilderness Act (Public Law 100-499). The law designated certain lands within the Ouachita National Forest for special management, and identified the principal purposes for which each of the designated areas would be managed.

Under the direction of PL 100-499, the Secretary of Agriculture established two advisory councils (the Winding Stair Tourism Council and the Recreation and Multiple Use Advisory Council) in 1989 to provide information and recommendations to forest managers regarding the operation of the Ouachita National Forest in LeFlore County, Oklahoma. The councils were composed of local individuals who represented conservation, timber, fish and wildlife, tourism and recreation, and economic development interests.

The councils met numerous times over a two-year period and prepared a report in 1991 that included recommendations for actions and projects to be considered by the USDA Forest Service. *(continued on page*



See the colors of the

Talimena Scenic Drive

on the
Ouachita National Forest



With over 1.7 million acres of pristine beauty, the Ouachita National Forest is the South's oldest and largest national forest. Rich in history, the rugged and scenic Ouachita Mountains were first explored in 1541 by Hernando De Soto's party of Spaniards. French explorers followed, flavoring the region with names like Fourche la Fave River. Ouachita is the French spelling of the Indian word "Washita," which means "good hunting grounds."

The Ouachita's are one of only two mountain ranges in the United States that run east and west. Stretching from near the center of Arkansas to southeast Oklahoma, the rugged mountains offer a multitude of uses, including timber, grazing, mining, recreation, and abundant wildlife. A progressive ecosystem management policy promotes the wise use of the land and provides a healthy forest for tomorrow.

In LeFlore County, Oklahoma, the national forest encompasses more than 200,000 acres of some of the state's most diverse and interesting terrain, including the Winding Stair Mountain National Recreation Area (NRA). A wide range of recreational opportunities abound here, including camping, hiking, fishing, hunting, horseback riding, and hang-gliding, which provide visitors with a myriad of opportunities for one-day trips or extended vacations filled with relaxation and enjoyment for everyone.

The NRA has more than 150 campsites; a 90-acre lake; an equestrian camp; a 45-mile stretch of the Ouachita National Recreation Trail; and many miles of equestrian, interpretive, and hiking trails. The 26,445-acre NRA lies on both sides of the Talimena Scenic Byway in Oklahoma. As you explore the NRA, you'll find that some of the most scenic places are home to rare plant and animal communities.

(continued from page 1)

What's New

Major projects completed:

- Construction of a first-class equestrian camp at Cedar Lake Recreation Area. The camp features paved roads, bathhouses, pull-through parking areas, campsites with electricity and water, accommodations for the physically challenged, horse wash racks, picket poles, and group shelter areas.
- Construction of a new visitor information center at the west end of Talimena Scenic Byway.
- Construction of a new visitor information center and administration office located south of Heavener, near the intersection of Holson Valley Road (Cedar Lake turnoff) and U.S. Highway 59.
- Rehabilitation of the 1930s-era Cedar Lake Recreation Area Campground. New bathhouses were constructed, electricity and water added in camping loops, and roads repaved. In addition, the Cedar Lake dam spillway was repaired and fisheries improvement work completed.
- Addition of 41.5 miles of hiking trails and 19 miles of equestrian trails.
- Reconstruction of 6 miles of hiking trails and 9 miles of equestrian trails.
- Installation of interpretive signs at vistas and historic areas on Talimena Scenic Drive.
- Vegetation management on the scenic drive which included cleaning up vistas to create "windows" and improve views.
- Rehabilitation of the Horsethief Spring and Old Military Road historic picnic areas on Talimena Scenic Drive. Roads were paved, new restrooms constructed, and information boards added.
- Renovation of Winding Stair Campground on Talimena Scenic Drive. Roads were asphalted, campsites improved, and restrooms added.
- New exhibit hall at the Choctaw Visitor Information Center.
- Construction of a bathhouse at the South Shore Camping Loop, upgrade of beach areas and renovation of picnic sites at Cedar Lake Recreation Area.

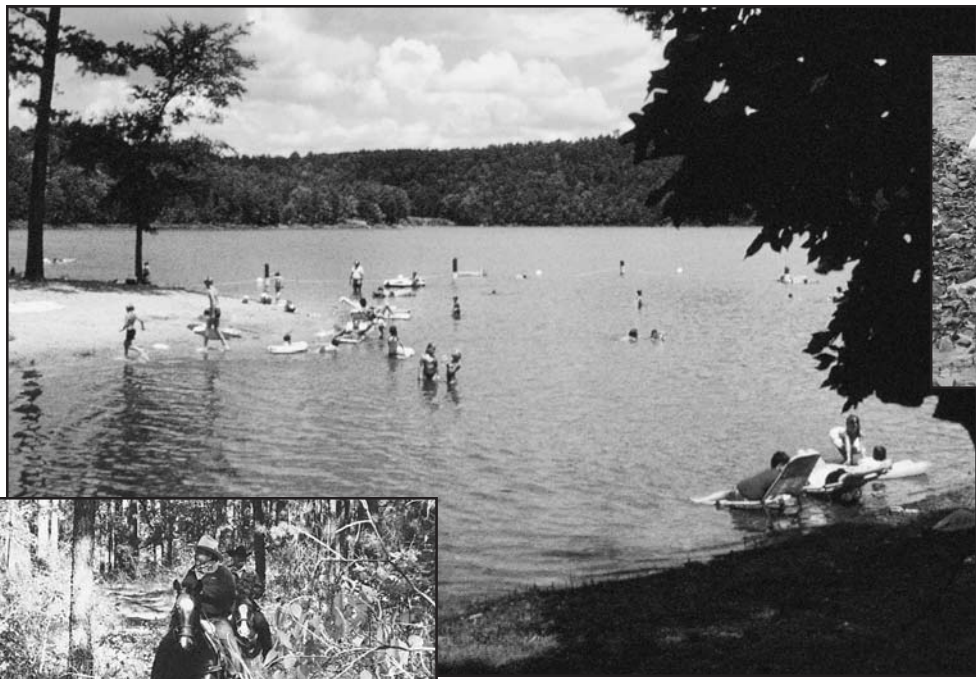
What You'll See In The Future

Following construction of the Robert S. Kerr Arboretum and Nature Center in the mid-1970s, the Kerr Foundation set aside \$95,000 to further the vision of environmental education for future generations.

Today, that vision is continuing. The newest work includes improving accessibility on trails, redesigning the orientation plaza, rehabilitating trail bridges, and establishing a native plant demonstration area.

At Cedar Lake Recreation Area, reconstruction of the South Shore Loop will include new camping spurs, tent pads, picnic table pads, parking lot and paved roads.

*The crunch of frost on a winter day . . .
leaves rustling in the wind . . .
spider webs on a dewy morning . . .
butterflies hovering above a
wildflower . . . frogs calling from a
forest pond . . . the trill of a songbird . . .
these are just a few of the unique
sensations you can experience while
visiting the National Recreation Area.*



Campers explore Cedar Creek



Horseback riders discover

Cedar Lake Recreation Area

The **Talimena Scenic Drive** is the cornerstone of Winding Stair Mountain NRA. The 54-mile road winds along the crest of Winding Stair and Rich Mountains. Nearly 37 miles of this drive is in Oklahoma and the remainder in Arkansas.

The most popular form of outdoor recreation in your national forests is driving for pleasure. Millions of visitors take advantage of this opportunity each year. The USDA Forest Service responded to the public's request for more recreational opportunities by establishing the National Forest Scenic Byway Program in 1988. One year later, the Talimena Scenic Drive became one of the nation's first roads to be designated a scenic byway. In 2002 it became Oklahoma's first All-American road.

Along the scenic drive are several historical sites and numerous turnouts with panoramic vistas. To enhance your enjoyment of this scenic byway, stop and step out of the car, breathe fresh air, scan for wildlife, slow down to read an interpretive sign, and enjoy this unique experience. Driving time, without stopping, takes about 1 hour and 10 minutes.

In the spring, the drive is a cascade of wildflowers and blossoming trees. In the summer, it seems a little cooler from the mountaintops. Fall showcases trees of brilliant colors, making this drive one of the most popular fall foliage tours in the state of Oklahoma. Snow is a rarity, but in winter, high country snowfalls turn scenic pullouts into life-sized picture postcards.

The **Ouachita National Recreation Trail** stretches 192 miles from Talihina, Oklahoma to Little Rock, Arkansas. The Oklahoma section is about 45 miles long, winding its way through the valleys and peaks of Winding Stair Mountain to Rich Mountain near the Arkansas state line. The trail provides opportunities for enjoyment by hikers in a range of physical readiness levels. Watch for a wide variety of wildlife, like the black bear or white-tailed deer, in the best classroom possible - the outdoors.

Numerous developed and undeveloped trailheads across the forest provide access to the trail systems and wilderness areas. Developed trailheads include gravel parking areas, trail registers and bulletin boards.

Some of the developed trailheads also include parking areas to accommodate horse trailers for access to equestrian trails. Undeveloped trailheads consist of unsurfaced parking areas. Camping is not permitted at trailheads.

Most of the developed recreation areas on the Ouachita National Forest in Oklahoma are open from April through November. However, selected areas remain open year-round to accommodate fall and winter visitors. Contact the Choctaw or Kiamichi Forest Service offices before each season for specific information on opening dates.

Cedar Lake Recreation Area is on the shore of a 90-acre lake and is the largest developed campground on the Ouachita National Forest. Campsites range from primitive tent pads and picnic tables to full-amenity sites complete with paved recreational vehicle pads, picnic tables, and water and electricity hookups. Each camping loop has restrooms and hot showers. A

day-use area offers two covered shelters, picnic tables, playground, volleyball area, and swim beach. Small boats, canoes, and sailboats are

welcome on the lake; however, there is a restriction of 7.5 horsepower or less for boat motors. Stations at each recreation area provide fee information. A portion of fees collected is used at the site for maintenance and repairs.

Cedar Lake Equestrian Camp offers a unique experience for horseback riders and draws horse enthusiasts from a 350-mile radius. Paved roads and pull-through parking provide convenience for vehicles pulling horse trailers. The camp accommodates as many as 100 horse/camping trailers. More than 70 miles of equestrian trails can be accessed from the camp. Facilities include restrooms with hot showers and picnic shelters, as well as hitching posts, horse wash racks, and picket poles. Some sites have electricity and water hookups.

Winding Stair Campground is conveniently situated along the Talimena Scenic Drive and provides a spectacular view for mountaintop campers. This area offers 27 campsites and restrooms with showers. It is an access point for the Ouachita National Recreation Trail.

Recreation Destinations

In 1964, with the passage of the National Wilderness Preservation Act, the United States Congress officially designated portions of federally owned land as “Wilderness.”

Wilderness is a place to find solitude and a primitive, unconfined experience away from the sight and sound of other humans. As a visitor, you face the challenge of being entirely self-sufficient in a primitive environment. Transportation is by primitive means only — foot travel or horseback. No motorized equipment or wheeled vehicles (except wheelchairs) are allowed.

Orienteering skills with a topographic map and compass are often necessary.

Trails are minimally maintained with a limited number of signs, trail blazes, and foot-bridges. Groups of six or less are encouraged to ensure minimum impact.

Leave No Trace practices preserve an area’s primitive character.

These lands are affected primarily by the forces of nature, where humans are visitors and natural biological and physical processes are allowed to proceed with little or no human intervention.

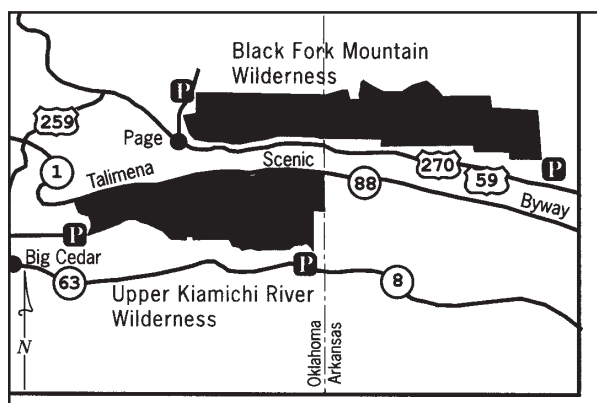
Many kinds of developed and dispersed recreation experiences are available to you in

the NRA. Before planning a trip to one of the forest wildernesses, consider whether or not the area offers the experience you want. Remember, visitors to wilderness need to be self-reliant and creative.

There are more than 65,000 acres of congressionally designated Wilderness on the Ouachita National Forest, with approximately 16,000 acres in Oklahoma.

Black Fork Mountain Wilderness in Oklahoma encompasses 5,149 acres, with an additional 8,350 acres extending into Arkansas. Bordered by the beautiful Black Fork River on the north and Big Creek on the south, it is easily one of the most primitive and scenic areas in Oklahoma. A wilderness access point, which can accommodate several horse trailers, has been constructed on the west end of the wilderness with its access point off County Road 193 near Page, OK. Established trails do not access the Oklahoma portion of the wilderness.

The Upper Kiamichi River Wilderness is 10,819 acres of diverse geological formations and vegetation. The area encompasses the headwaters of the Kiamichi and Mountain Fork Rivers as well as several mountains like Pine and Wilton. The area is accessible by several roads: Talimena Scenic Drive (Oklahoma Highway 1), U.S. Highway 259, Oklahoma Highway 63, and Forest Road 514. The Ouachita National Recreation Trail traverses the Upper Kiamichi River Wilderness, providing the forest visitor the opportunity to experience wilderness in overnight backpacking or hiking trips. Wilderness registers are located at each of the main access points and trailheads, located at the stateline, Pashubbe, Kiamichi River crossing and Horsepen. (adjacent map)



What is Wilderness?



Big Creek in the Black Fork Mountain Wilderness

“A wilderness, in contrast with those areas where man and his own works dominate the landscape, is . . . an area where the earth and its community of life are untrammelled by man, where man himself is a visitor who does not remain.”
from the Wilderness Act, 1964

Planning A Trip?

Primitive camping is allowed any where in the Winding Stair NRA unless posted otherwise. You are responsible for your fire and any wildfire that results from a spreading campfire. Remember to leave your campfire “dead out.”

If you’re seeking a developed recreational experience, several camping areas are equipped with electric hookups and may be reserved at Cedar Lake equestrian camp or the recreation area by calling 1.877.444.6777. Pavilions and group camping areas can be reserved for \$25 per day by calling the Choctaw District Office at 1.918.653.2991. Available on a first come - first served basis is the picturesque Winding Stair Mountain campground.

Travel Tips!

To make the most of your forest adventure, keep these safety tips in mind:

- Plan your route, check the weather, and be reasonable about driving and trail distances.
- Remember to tell someone your plans.
- Dress appropriately for the season. Take a light jacket and rain gear even during warm months.
- Wear sturdy, comfortable shoes suitable for the activity you have selected.
- Bring drinking water and high-energy snacks. In remote areas these are not readily available. Don’t drink from streams or springs unless you first properly filter and treat the water.
- You may be traveling along rural back roads. Make sure you have plenty of gasoline. Bring a flashlight for those unexpected emergencies.
- Store food in proper containers. Pack out all trash and don’t feed bears or other wildlife.
- If you leave your vehicle unattended, store valuables out of sight and lock the doors.
- Cell phone reception is very spotty.

Leave No Trace



Enjoy your visit to the great outdoors. Travel and camp with care. Practice these *Leave No Trace* ethics:

- Plan ahead and prepare.
- Travel and camp on durable surfaces.
- Dispose of waste properly.
- Leave what you find.
- Minimize campfire impacts.
- Respect wildlife.
- Be considerate of other visitors.

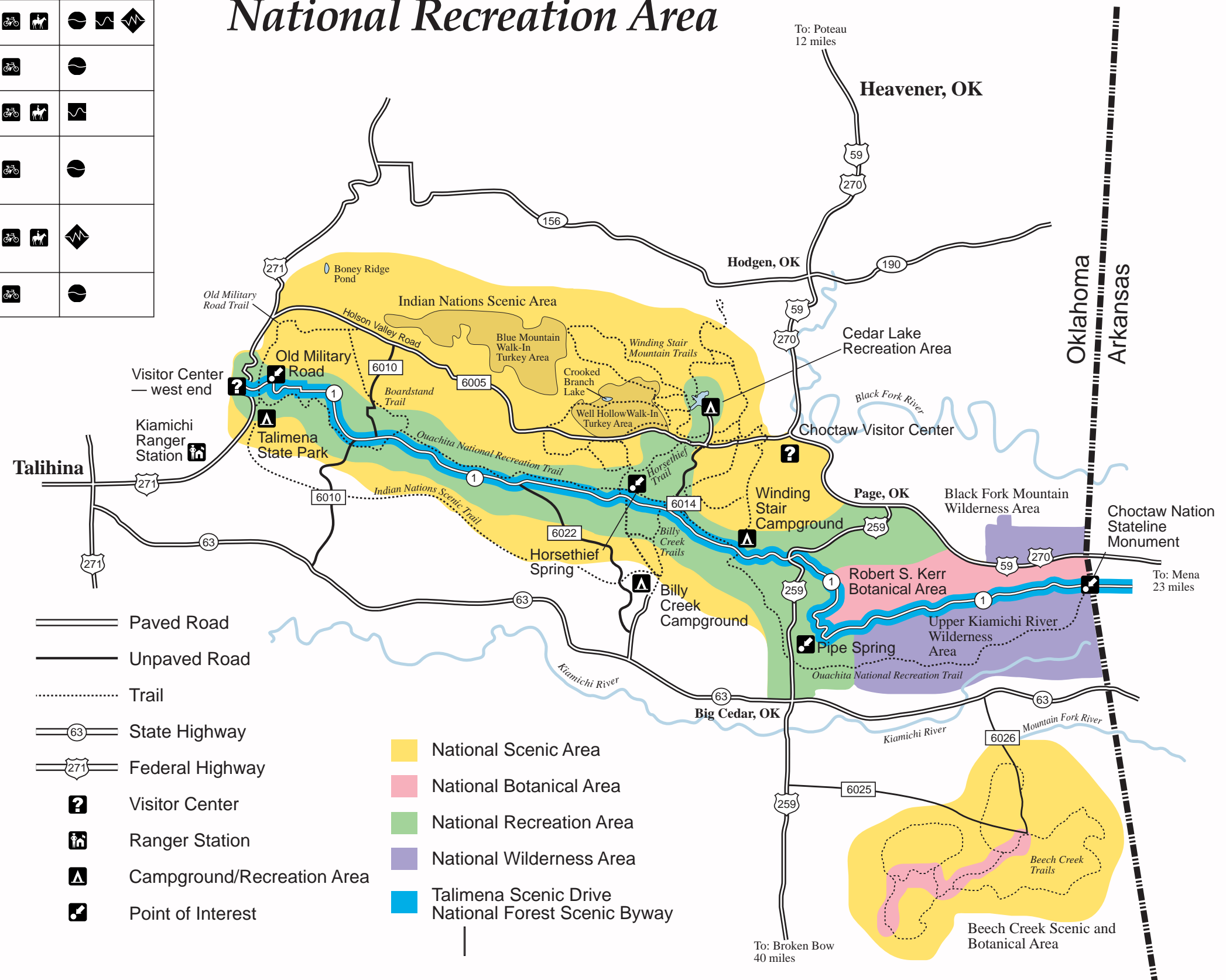
For more information on *Leave No Trace* (LNT), call 1.800.332.4100 or visit the LNT website at www.lnt.org/

Winding Stair Mountain

National Recreation Area

Trail No.	Name	Length	User	Rating
TR-1	Ouachita National Recreation Area	192		
TR-2	Boardstand Old Military Road	up to 23.1		
TR-3	Winding Stair Equestrian	up to 77		
TR-4	Cedar Lake Old Pine Trail	2.9 0.4		
TR-5	Horsethief Spring	11.2		
TR-6	Kerr Arboretum (3)	0.7 0.8 0.6		
TR-7	Billy Creek (3)	8.0 10.0 7.0		
TR-9	Mountain Top Trail	0.9 to 1.7		

- Easy**
Less than 8% grade/fairly smooth surface
- Moderate**
Less than 20% grade; rocky, uneven footing; may include stream crossings.
- Difficult**
Mostly 20% grade or steeper; rocky; may include stream crossings.



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Many years ago, one of the Ouachita National Forest's goals was to provide habitat for black bears. Today, the forest and the Winding Stair NRA are home to a growing population of black

bears. Over this same period, the number of human visitors has increased dramatically. The result? More close encounters between humans and bears.

Bears have a keen sense of smell and are attracted by odors. Once they taste human foods, they begin to lose their wild instincts. They

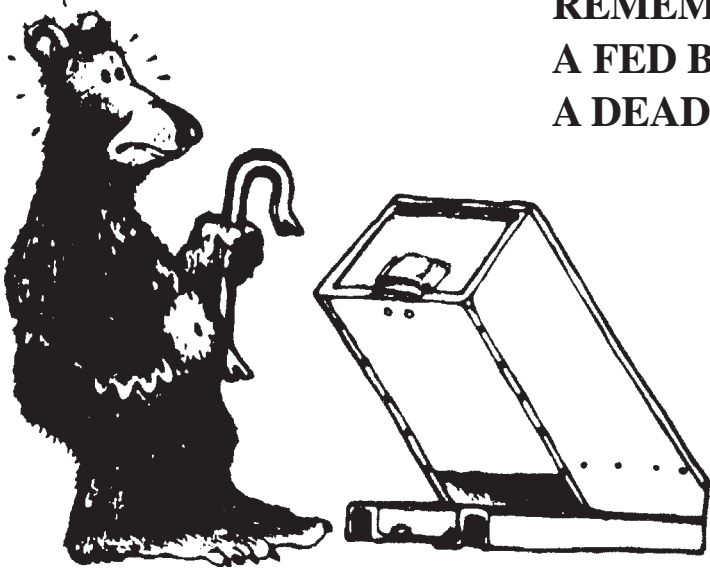
stop searching for healthy wild foods and lose their natural fear of humans. Bears may even become aggressive. If that happens, they may have to be removed from their home.

Never Feed the Bears!

Keeping wild bears wild depends on YOU! By following these precautions, you can help keep the forest safe for both your family and the bears:

- Secure all food, toothpaste, soap, and trash when not in use: hang them by a cord 10 feet above ground and 4 feet from the nearest tree trunk or limb; store them in odor-proof containers inside a vehicle; store them in bear-proof food storage bins.
- Do not cook or store food in or near your tent.
- Do not pour cooking grease or throw food scraps on the ground or in fire rings.
- Pack out all trash or dispose of it in a bear-proof trash can. Do not bury or try to burn it.
- If a bear approaches you, frighten it by yelling, banging pans together, or throwing rocks.

**REMEMBER —
A FED BEAR IS
A DEAD BEAR!!**



The Ouachita Mountains provide diverse habitat for a variety of wildlife. In the Winding Stair NRA, there are a variety of species of birds, fish, and mammals.

Wildlife is managed by the USDA Forest Service and the Oklahoma Department of Wildlife Conservation (ODWC). Hunting and fishing regulations are set by the ODWC.

White-tailed deer and Eastern wild turkey are the most popular hunting species. Squirrel and rabbit are also hunted in the appropriate season. Hunting is permitted anywhere in the national forest except within developed recreation sites or otherwise posted areas.

Hunting & Fishing

The southeastern area of Oklahoma is known for its catfish, bass, and crappie fishing. These species, as well as a variety of perch, can be found in the many local rivers and lakes. Some of these are stocked by ODWC while others thrive in their natural state.

The most popular fishing areas in and near the NRA include Sardis Lake, Wister Lake, Cedar Lake, Bony Ridge Lake, and Crooked Branch Lake.

You must have a valid Oklahoma license and appropriate permits to hunt or fish in the Ouachita National Forest in Oklahoma, and you are responsible for knowing the hunting and fishing regulations and seasons. For a copy of Oklahoma fishing and hunting regulations, contact your nearest ODWC or Forest Service office.

Visit a Lake

Do you like to fish for bass, sunfish, or catfish in a warm-water pond in a wooded setting? Or do

you just like to relax near water and watch dragonflies and other aquatic life? Join us at one of these forest ponds or lakes:

Crooked Branch Pond - This 17-acre pond is a great place to wet your hook for bass, sunfish, or catfish. The pond is stocked each year with catfish. Fish often hide around the standing dead timber, large brushpiles, and earthen jetties created for fish habitat. Nestled inside the Well Hollow Walk-In Turkey Hunting Area, the lake is a haven for many species of wildlife.

Bony Ridge Pond - At 2-acres, this pond is small in size but big in fishing opportunity. It is a great area to fish (plan to catch native fish such as catfish, a variety of sunfish, and bass), or just spread out a picnic and relax in a peaceful forest setting. Brushy areas near the dam offer the best potential for large catches.

Cedar Lake - This lake is one of the crown jewels of the Winding Stair Mountain National Recreation Area. With an amethyst lake in an emerald forest, those in search of a scenic and unique experience find it at Cedar Lake. Plan to catch enough fish for an evening fish fry, or as you hike the Old Pine Trail around the lake, look for wildlife such as white-tailed deer, raccoons, rabbits, squirrels, otters, and maybe even a bear.

Nature Watch Tips

Let Animals Be Themselves

- Resist the temptation to "save" baby animals. The parents are usually watching from a safe distance.
- Let animals eat their natural foods. You'll learn a lot about an animal by watching what it eats.
- Savor the experience of being in an animal's home.

Stick to the Sidelines

- Use binoculars or zoom lenses to get that close-up view.
- Give nests a wide berth. Your visit could lead a predator to the nest or cause the parents to leave, exposing eggs or young to the elements.

Come to Your Senses

- Make "mule" ears by cupping your hands around the back of your ears to amplify natural sounds.
- Look for out-of-place motions and shapes. The flight of a bird stands out against a backdrop of summer leaves. The horizontal shape of a deer stands out in the mostly vertical forest.
- Look above and below you. Animals occupy niches in all the layers of a habitat.

Be Easy to Be With

- Make yourself as small and unassuming as possible.
- Move like molasses -- slow, steady, and smooth.
- Avert your gaze. Animals may interpret a direct stare as a threat.

Think Like An Animal

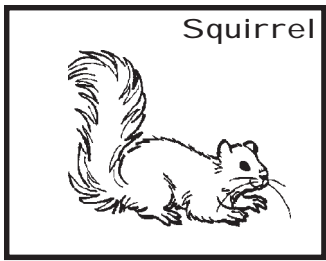
- Figure out the best time of day for viewing by imagining an animal's daily schedule. When does it feed, nap, bathe, drink? Dusk and dawn are usually good bets.
- Take note of the season and decide whether the animal will be looking for a mate, feathering its nest, fattening for the winter, or preparing to migrate.

Fade Into the Woodwork

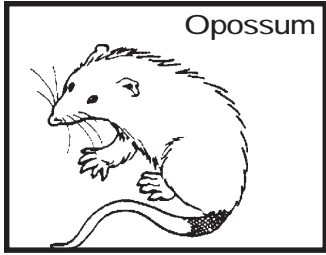
- Walk softly. Try not to snap twigs.
- Wear natural colors and unscented lotions.
- Try not to cast a shadow.



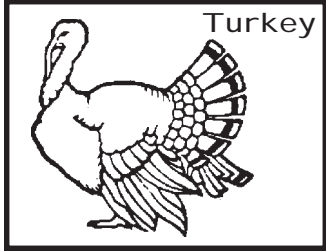
JUST FOR KIDS!



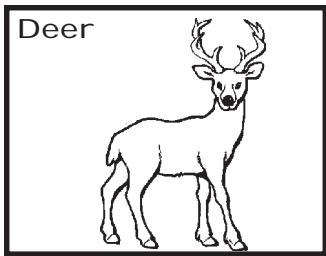
Squirrel



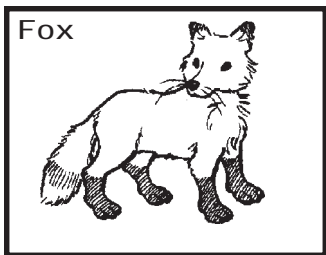
Opossum



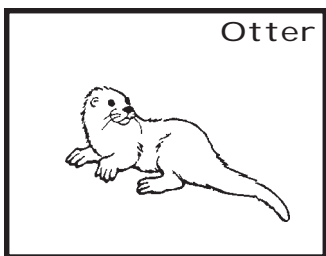
Turkey



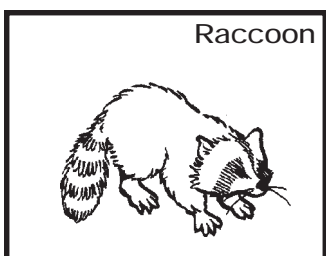
Deer



Fox



Otter



Raccoon



Skunk

Footprint Fun!

When animals walk they leave footprints, just like you do! Since many animals are secretive and some are active only at night, you are more likely to see their footprints, or tracks, than the animals themselves. See if you can match the drawings of the animals on the right with their tracks on the left. (Tracks are not to scale).

Just list your answers below!

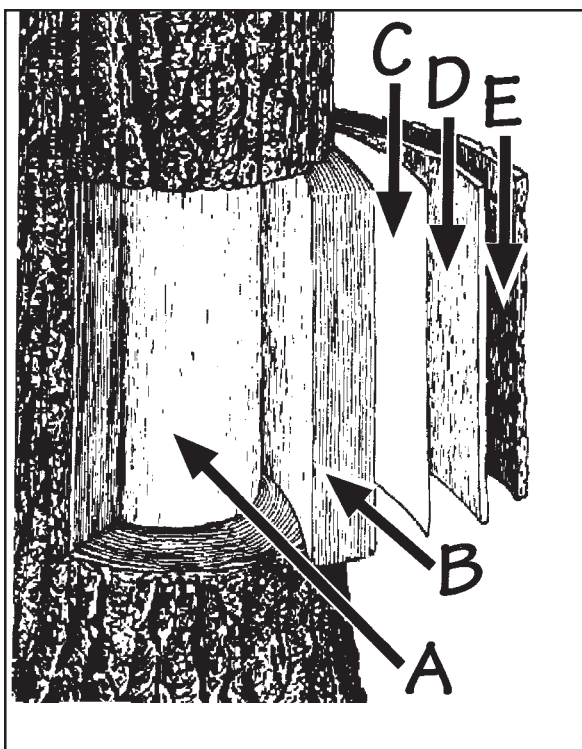
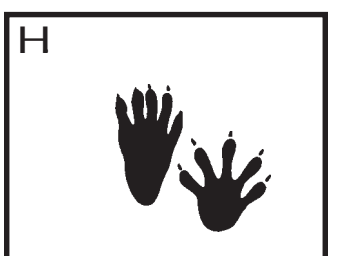
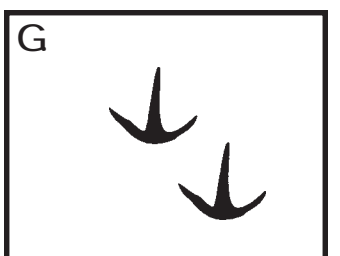
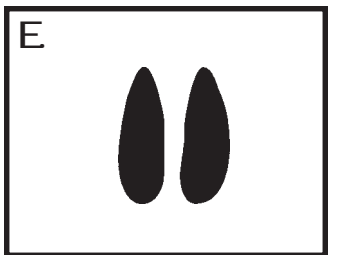
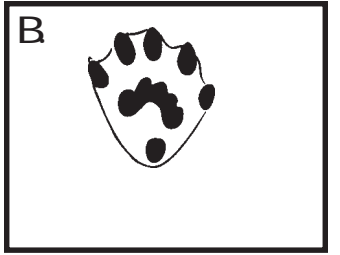
A _____ E _____
 B _____ F _____
 C _____ G _____
 D _____ H _____

A.Opossum, B.Otter, C.Squirrel, D.Skunk, E.Deer, F.Fox, G.Turkey, H.Raccoon

Nature's Nook - Find the hidden words

O	M	O	O	S	E	B	E	R	N	O	W	L	X	Z	A
C	O	R	M	O	S	Q	U	I	T	O	O	B	R	Y	N
H	U	A	X	F	C	F	A	V	L	R	O	E	A	C	I
I	N	C	P	O	J	D	E	E	R	K	D	A	N	J	M
P	T	C	T	R	O	U	T	R	A	L	P	V	G	I	A
M	A	O	B	E	P	I	N	E	T	R	E	E	E	Q	L
U	I	O	O	S	D	B	E	A	R	P	C	R	R	O	I
N	N	N	G	T	T	K	R	H	A	W	K	F	D	E	N
K	F	E	R	N	R	E	C	Y	C	L	E	L	T	R	N
B	L	A	C	K	B	E	R	R	Y	N	R	U	S	M	G

- | | | | | | |
|------------|----------|--------|-----------|---------|------------|
| ANIMAL INN | BOG | FERN | MOSQUITO | RACCOON | TROUT |
| BEAR | CHIPMUNK | FOREST | MOUNTAIN | RANGER | WOODPECKER |
| BEAVER | DEER | HAWK | OWL | RECYCLE | |
| BLACKBERRY | DEN | MOOSE | PINE TREE | RIVER | |



This is how a tree dresses.
Name the layers of the tree trunk.

- Phloem A. _____
- Heartwood B. _____
- Bark C. _____
- Cambium D. _____
- Sapwood E. _____

A. Heartwood, B. Sapwood, C. Cambium, D. Phloem, E. Bark

Nature's Calendar

January

- ◆ The familiar courtship “coo” of mourning doves can be heard on warm days.
- ◆ White-tailed deer shed their antlers.
- ◆ Black bear cubs are born.
- ◆ Owls begin nesting.

February

- ◆ Salamanders migrate to ponds to mate and lay eggs.
- ◆ Red maple trees and spicebushes bloom.
- ◆ Wood ducks begin nesting.

March

- ◆ Redbud, serviceberry, and wild plum begin to bloom, along with spring beauty, bloodroot, and several species of violets.
- ◆ Spring peepers (tree frogs) begin calling to harbor in springtime.
- ◆ Turkeys begin to gobble and whippoorwills begin to call.
- ◆ Snakes begin to emerge from winter dens.

April

- ◆ We celebrate Earth Day on April 22.
- ◆ Winter birds begin migrating south; transient birds that are passing through include Tennessee black-throated green and yellow warblers.
- ◆ Flowering dogwood trees, redbud trees, and woodland wildflowers begin to bloom. Look for fire pink, Indian pink, trout lily, penstemon, trillium, crested iris, wood sorrell, and lady slipper.
- ◆ Wasps and hornets begin nesting.
- ◆ Monarch butterflies migrate north to breeding grounds.
- ◆ Blackberries will be blooming by late April. They grow almost everywhere it is sunny.

May

- ◆ The mountains sing with warblers and other migratory birds that arrive to spend the summer and raise their young. They include the yellow-throated warbler, black and white warbler, northern parula warbler, Kentucky warbler, hooded warbler, wood thrush, ovenbird, red-eyed vireo, yellow-throated vireo, indigo bunting, scarlet tanager, and Louisiana waterthrush.
- ◆ Blooming wildflowers include penstemon, Venus' looking glass, skullcap, phlox, and larkspur.
- ◆ Young opossums leave their mother's pouch and ride on her back.
- ◆ Silverbell, fringe tree, mulberry, and mountain azalea are flowering.
- ◆ Tortoises cross the road during these wetter months.

June

- ◆ Kid's Fishing Day is held on the first or second Saturday in Talihina or at Wister State Park.
- ◆ Young turkeys learn to fly.
- ◆ Chiggers are out!
- ◆ Blackberries and blueberries are ripening.
- ◆ The intermittent glowing of lightning bugs can be seen at dusk.

July

- ◆ Wildflowers in bloom include butterfly weed, black-eyed Susan, and purple coneflower.
- ◆ Hummingbirds feed on jewelweed, bee-balm, and trumpet creeper.
- ◆ Mating season peaks for black bears.
- ◆ At dusk, bats feed on insects.

August

- ◆ The forest floor is covered with blooming lady's tresses, jo-pye weed, sunflowers, asters, and white crownbeard.
- ◆ Cicadas serenade at night.
- ◆ Celebrate Smokey Bear's birthday on the 9th.

September

- ◆ Kettles or spiraling flocks of migrating hawks, vultures, and other raptors riding the thermals can be seen from mountain peaks.
- ◆ Wildflowers in bloom include golden rod, cardinal flower, and blazing star.
- ◆ White-tailed bucks lose velvet on their antlers.
- ◆ Sumac changes to scarlet red and burnt orange.

October

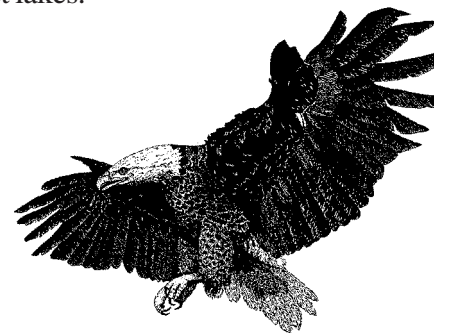
- ◆ Blackgum, maple, and sweetgum trees show early color.
- ◆ Crickets chirp their last song of the season.
- ◆ Acorns mature. Animals such as squirrels, chipmunks, and bear are storing food for the winter.
- ◆ Lakes and ponds are stocked with catfish.
- ◆ Monarch butterflies migrate south to Mexico and the Caribbean Islands.
- ◆ A mountain's elevation affects fall foliage. Can you see a line between the summer and fall colors on Winding Stair Mountain?

November

- ◆ Fall asters and goldenrods continue to bloom.
- ◆ Autumn leaves often reach peak color within the first two weeks of November.

December

- ◆ Winter birds present include dark-eyed juncos, white-throated sparrows, northern harriers, yellow-rumped warblers, and golden crowned kinglets.
- ◆ Eagles soar over forest lakes.



United States
Department of
Agriculture
Forest Service

For More Information, Contact:

Choctaw Ranger Office
52175 U.S. Hwy 59, Hodgen, OK 74939
Phone: 918-653-2991
(located 9 miles south of Heavener
on Hwy. 59 near Holson Valley Road)

Kiamichi Ranger Office
P.O. Box 577, Talihina, OK 74571
Phone: 918-567-2326
(located 3 miles north of Talihina
on State Hwy. 271)

For more information on nearby attractions,
restaurants, and lodging; communities of
Heavener, Talihina, and Poteau; or Queen
Wilhelmina State Park on Talimena Scenic Drive,
contact area chambers of commerce.

Heavener Chamber of Commerce
501 W. First Street
Heavener, OK 74937
918-653-4303
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201 S. Broadway
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