

Hot Springs National Park

one day, family-friendly itinerary

Park at the free parking garage - 128 Exchange Street

Walk toward Bathhouse Row and begin exploring!

- Become a Junior Ranger at Fordyce Bathhouse (the main visitor center)
- Tour Fordyce - watch the video on the first floor and check out all the historic exhibits within the building
- Participate in a [ranger-led program](#), available May-October, staff depending
- Visit the gift shop housed in the [Lamar Bathhouse](#), great photo op in the historical tub here
- Walk the Promenade

Touch the thermal springs

- The Display Springs, behind Maurice Bathhouse
- Hot Water Cascade, on Arlington Lawn
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Enjoy lunch at [Superior Bathhouse Brewery](#) - the only brewery inside a national park!

Hike the Tufa Terrace Trail for a short, wooded experience. If you feel up to an incline, take the connection to the Peak Trail. It is all well-marked but I do like to track our treks with the free AllTrails app just to make sure I stay on course.

Visit Hot Springs Mountain Tower - they have a great gift shop and for a fee you can take an elevator to the top for a wonderful view

Dine at [Grateful Head Pizza](#)

Lodge at [The Waters](#)

Before leaving in the morning, be sure to fill up some jugs of crystal clear, delicious thermal water at one of the [nine spigot locations](#)

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If you have more time, consider some of the following:

- An appointment at [Quapaw Baths and Spa](#)
- An appointment at [Buckstaff Bathhouse](#)
- [Mid-America Science Museum](#), reciprocal with many science museum memberships
- Take a [scenic drive](#)
- Hike more ... here are the [trail maps](#) so you can consider the right one for you and your family
- Shop along Central Avenue - there are so many darling businesses right across the street from Bathhouse Row