

# EXPLORE HA HA TONKA



## GUIDED TOUR

- Take in the expansive views from the top of the park at Castle ruins.
- Explore the natural bridge and the magical green forest of the collapsed cave.
- Relax to the calming sounds of the cool springs and tumbling rapids.

Beautiful trails for all level of hikers. Hikes can be customized to your physical level and needs.

Stay on paved paths and manmade steps or venture over rocks and ravines to get a true hiking experience.

A full tour last approximately 2 hours.

The fee is \$10 per person or

Ask for a group rate (6 or more)

## YOUR GUIDE

**PAM FAULKNER** Certified Health Coach



Pam is a retired health and nutrition coach.

She has been hiking the Ha Ha Tonka trails on a regular basis for over a year. However, this is not her only hiking experience. Pam has hiked the Sedona area which includes the Devils Bridge and the saddle at Cathedral Rock. Her favorite hiking is in the Smokies and Blue Ridge Mountain area where she has hiked 10 different waterfalls.