



### HEMMED-IN HOLLOW FALLS – ARKANSAS

I visited this waterfall in May 2021 after a good rain of several days in the Ponca Wilderness Area of northwestern Arkansas. It was the most exhausting hike I had ever done to date spanning a trek of all downhill (which means an uphill return) trail with slippery rocks due to the rain. The normal hiking time for the 5.7 miles round-trip hike is 3-5 hours, but it took me nearly 2 hours to get down to the falls, about 20-30 minutes of resting and taking video/photos and nearly another 5 hours to get back up the steep trail. I had to stop several times on the way up to rest and drink water. However, given the difficulty level (strenuous) of the hike, the scenery was absolutely beautiful and there was a clearing on the trail which allowed for one to view the gorgeous Buffalo National River valley. The falls itself never has much of a water flow, but the drop is over 200 feet and majestic. It is worth the long, strenuous hike.

