



2026

TrailLink Unlimited 

Guides



**Old Frisco  
Trail**  
*Oklahoma*



## Old Frisco Trail

Oklahoma

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The Old Frisco Trail begins on the south end of Poteau, the county seat of eastern Oklahoma's Le Flore County, not far from the state's border with Arkansas. Most of the trail has a crushed stone surface and you'll cross occasional wooden trestles along the route. The pathway is relatively flat and parallels Old Wister Highway through a forested area.

On the way to Wister, you'll pass the scenic Cavanal Lake and end your journey just north of Lake Wister State Park, a beautiful 33,000-acre area offering additional hiking and biking opportunities.

Note that the trail is prone to flooding in rainy weather, so use caution.



# Old Frisco Trail

Oklahoma

**States:** Oklahoma

**Counties:** Le Flore

Length: 6.5miles

**Trail end points:** Old Wister Highway and Cavanal Scenic Expressway (Poteau) to Chickasaw Ave./US 270 and Huff St. (Wister)

**Trail surfaces:** Dirt,Grass,Gravel

**Trail category:** Rail-Trail

**Trail activities:** Bike,Fishing,Horseback Riding,Mountain Biking,Walking

## Parking & Trail Access

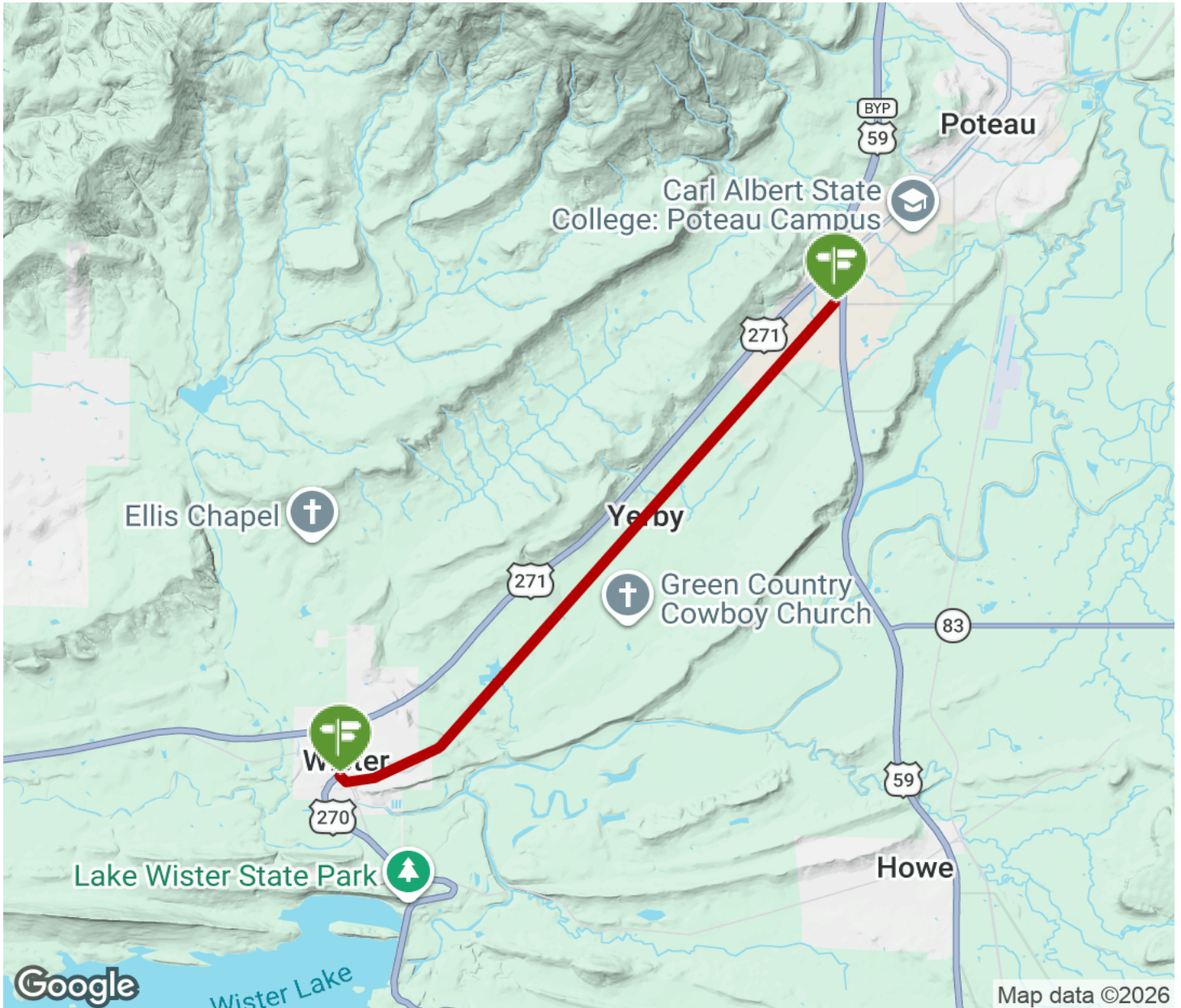
Parking is available for this trail at the northern trailhead, 28377 US-59.

See [TrailLink Map](#) for detailed directions.



# Old Frisco Trail

Oklahoma



Trailhead



Restroom



Parking



Water Fountain



Tunnel



**TrailLink**  
by Rails-to-Trails Conservancy

**TrailLink.com**