



2025

TrailLink Unlimited 

Guides   



**Bert Cooper  
Trails**  
*Oklahoma*



## Bert Cooper Trails

Oklahoma

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Make a direct connection to the [Hefner-Overholser Trail](#) at W. Britton Road to reach Lake Overholser and the Stinchcomb Wildlife Refuge.

As you circle Lake Hefner on the Bert Cooper Trails, you will enjoy wide open views of the lake, bustling with sailboats during the summer. A highlight of the trail system, formerly known as the Lake Hefner Trails, is the tall white lighthouse on the lake's eastern shore, an unusual site in the landlocked state.

Traveling the circumference of the lake is a nearly 10-mile journey. Those who wish for a shorter ride or hike may prefer the southern end, which runs through a forested area and offers recreational opportunities at Lakeshore Park and Stars and Stripes Park. The latter has a playground with a large rocket-shaped structure that children will love to climb. Along this shore, you'll also find the lake's largest marina and several fishing piers.



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**States:** Oklahoma

**Counties:** Oklahoma

**Length:** 9.1miles

**Trail end points:** Lake Hefner to Lake Hefner

**Trail surfaces:** Asphalt

**Trail category:** Greenway/Non-RT

**Trail activities:** Bike,Inline

Skating,Fishing,Wheelchair

Accessible,Walking

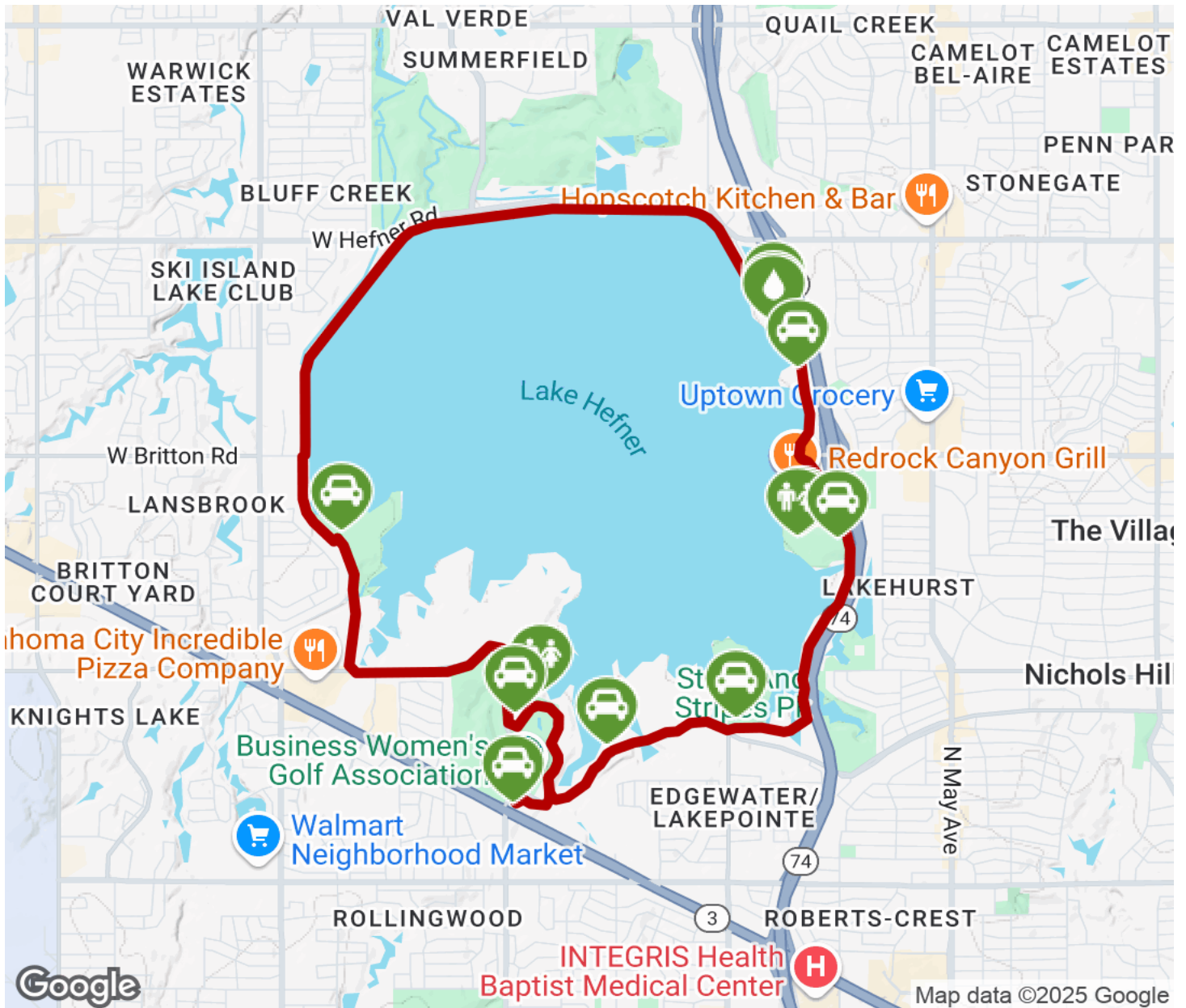
## Parking & Trail Access

Parking for the Bert Cooper Trails is available at several points along the southern half of the lake: in Lakeshore Park (off W. Lakeshore Drive), off N. Meridian Avenue, and in Stars and Stripes Park (off S. Lake Hefner Drive). Three large parking lots can also be found off Lake Hefner Parkway on the lake's eastern shore.



# Bert Cooper Trails

Oklahoma



Trailhead



Restroom



Parking



Water Fountain



Tunnel



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