



2026

TrailLink Unlimited 

Guides



**Hefner-
Overholser
Trail**
Oklahoma



Hefner-Overholser Trail

Oklahoma

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The Hefner-Overholser Trail offers a convenient connection between two of Oklahoma City's popular reservoirs. To explore these lakes, you can hop on the [Bert Cooper Trails](#) at the northern trailhead or the [Lake Overholser East Trail](#) at the southern trailhead. The Hefner-Overholser Trail also provides access to the Stinchcomb Wildlife Refuge, a natural treasure of the city.

The scenery on the southern half of the trail is fairly open, becoming densely residential as the trail approaches Lake Hefner. Along the way, the path traces the western border of the Wiley Post Airport, home to the Okie Derby (an airplane race) each August.



Hefner-Overholser Trail

Oklahoma

States: Oklahoma

Counties: Oklahoma

Length: 5.3miles

Trail end points: Bert Cooper Trails at W. Lakeshore Dr. to Lake Overholser East Trail at Overholser Dr. and N. Eagle Ln.

Trail surfaces: Asphalt

Trail category: Greenway/Non-RT

Trail activities: Bike,Inline

Skating,Walking,Wheelchair Accessible

Parking & Trail Access

Parking can be found off N. Stinchcomb Avenue in the Stinchcomb Wildlife Refuge.



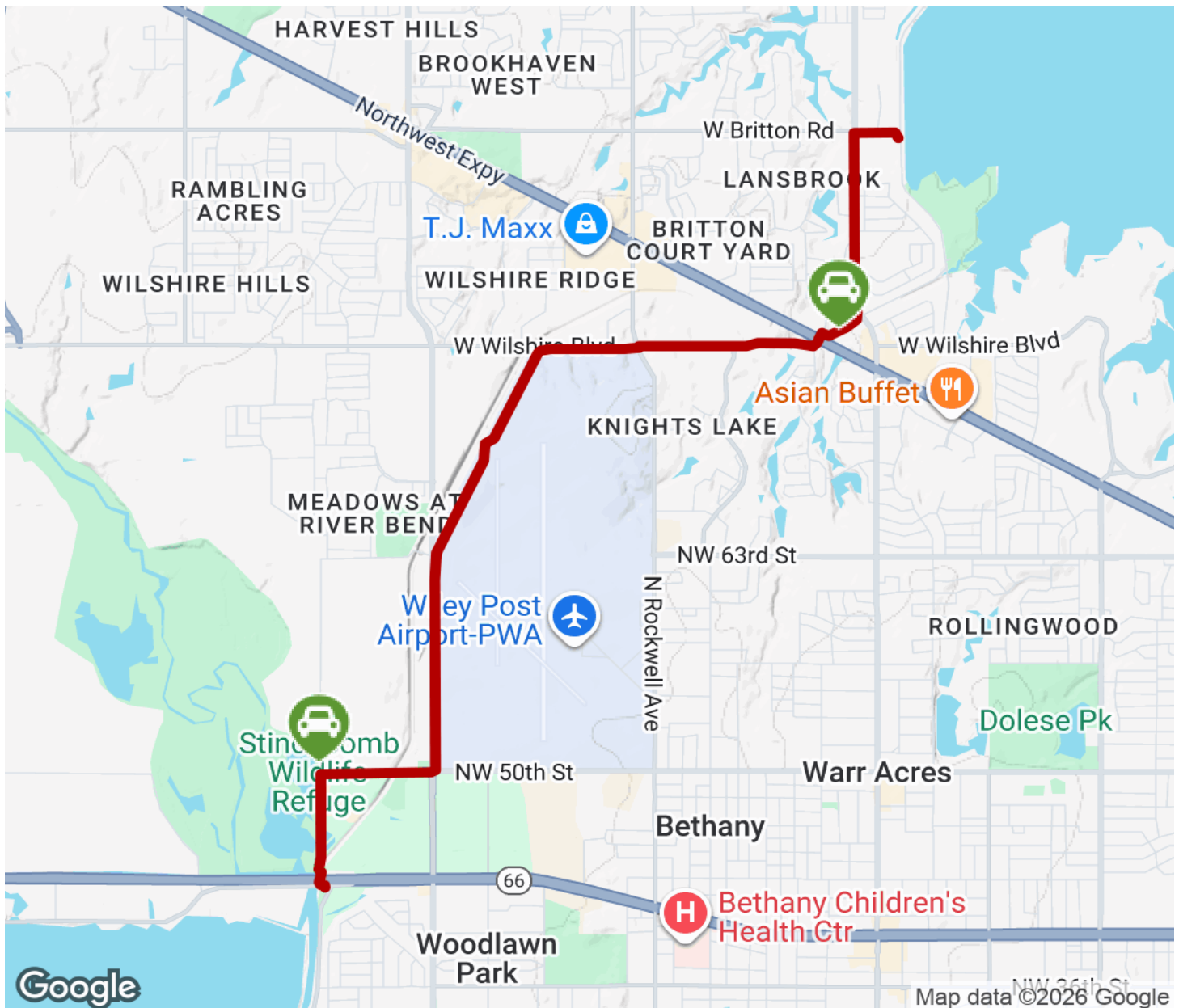
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Hefner-Overholser Trail

Oklahoma



Trailhead



Restroom



Parking



Water Fountain



Tunnel



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