



GET MOVING IN THE NATIONAL FOREST

Exercise Opportunities Site Location and Name	Swimming Areas	Hiking Trails	Bicycle Trails	Fees	Trail Miles	Trail Difficulty
Bankhead National Forest, Double Springs, AL 205-489-5111						
Clear Creek (Walking/Hiking/Biking)	•	•	•	\$6.00 per vehicle	2.5	Easy to Moderate
Corinth (Walking)	•			\$6.00 per vehicle	0.5	Easy
Flint Creek (Off-highway Vehicles, Horse-back Riding, Mountain Biking)			•	\$3.00 per operator	16.3	Moderate to Difficult
Houston (Walking, Biking)	•	•		\$4.00 per vehicle	1.0	Easy
Natural Bridge Picnic Area (Walking)		•		None	1.5	Easy
Owl Creek Trails (Horse-back Riding, Mountain Biking)		•		\$3.00 per vehicle	24.9	Moderate to Difficult
Sipsey River Picnic Area (Walking)		•		\$3.00 per vehicle	0.5	Easy
Pine Torch Trail (Camping, Hiking, Horse Trail)		•	•	\$3.00 per vehicle	24.9	Easy to Moderate
Conecuh National Forest, Andalusia, AL 334-222-2555						
Blue Lake Recreation Area (Swimming)	•			\$3.00 per vehicle		
Conecuh Trail (Hiking, Mountain Biking)		•		None	19.3	Easy to Moderate
Open Pond (Walking)		•		\$3.00 per vehicle	1.0	Easy
Talladega National Forest, Brent, AL Oakmulgee Ranger District 205-926-9765						
Payne Lake (Walking, Swimming)	•	•		\$3.00 per vehicle	1.0	Easy
Talladega National Forest, Heflin, AL Shoal Creek Ranger District 256-463-2272						
Pine Glen (Walking)		•		No Fee/ Dayuse	0.5	Easy
Pinhoti Trail (Hiking Only)		•		None	82	Moderate to Difficult
Warden Station (Horse, Mountain Biking)		•	•	\$3.00 per vehicle	43	Easy to Moderate
Talladega National Forest, Talladega, AL Talladega Ranger District 256-362-2909						
Chinnabee Silent Trail (Hiking Only)		•		\$3.00 per vehicle	6.0	Moderate to Difficult
Kentuck ORV Trail (OHV, Mountain Biking)			•	\$5.00 per operator	23.3	Easy to Moderate
Lake Chinnabee (Walking, Biking) – Day use only		•		\$3.00 per vehicle	2.0	Easy
Lake Howard - Sylward Mountain Bike Trail (Hiking, Mountain Biking)		•	•	None	12	Easy to Moderate
Pinhoti Trail (Hiking Only)		•		None	56.2	Moderate to Difficult
Tuskegee National Forest Tuskegee, AL 334-727-2652						
Bartram Trail (Hiking, Mountain Biking)		•	•	None	8.5	Easy to Moderate
Pleasant Hill (Hiking, Mountain Biking)		•	•	None	4	Easy to Moderate
Bold Destiny/Bedford Cash Memorial Trail (Horse, Hiking)		•		None	14.0	Easy to Moderate

“•” denotes availability www.fs.usda.gov/alabama;

“Alabama Great Escapes” – free mobile app download; NF maps - <http://www.avenza.com/pdf-maps/store>

Share the Trail: National Forests in Alabama have two trails designated for off-highway vehicle (OHV) use. If you are exercising on the Kentuck and Flint Creek Trails, you may also see visitors riding OHVs. Mountain bikers will share the Warden Station, Owl Creek and Flint Creek Trails with horse-back riders. Share the trail and enjoy your national forests.