

# Get Moving in Your National Forests

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

“•” denotes availability [“Alabama Great Escapes”](#) – free mobile app download--[NF maps](#)

**DV (Developed):** Denotes developed recreation sites with showers and sanitation. **DP (Dispersed):** Denotes dispersed recreation activities that take place outside of developed camping or concessionaire-operated facilities, excluding motorized recreation.

**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.

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