

ALABAMA ★ PASSPORT TO FITNESS ★



YOUR WALKING GUIDE TO 85 ALABAMA TRAILS,
TRACKS AND HISTORIC TOWN TOURS

A MESSAGE FROM ALABAMA GOVERNOR BOB RILEY



OFFICE OF THE GOVERNOR

Bob Riley
GOVERNOR



State of Alabama



Bob Riley
Governor

Having traveled extensively throughout Alabama I am convinced of two things:

First, Alabama is an amazing state with wonderful people and beautiful landscapes.

The other lesson I have learned is that not even lifelong residents can truly know Alabama without exploring its many diverse regions.

The Passport to Fitness is your visa to do just that. Developed by the Alabama Department of Economic and Community Affairs, this resource serves as your travel guide to scenic walkways, historic sites and varied geography. Along the way, you also will encounter friendly people who love their communities and are eager to welcome visitors.

In the process of exploration, you will be walking your way to fitness and better health.

I congratulate the towns, cities and communities, as well as many groups and individuals who volunteered to be a part of this program. Their enthusiasm says a lot about their pride in the places they call home.

The state Department of Conservation and Natural Resources also has been an eager participant in the Passport program. Conservation employees are justly proud of Alabama's system of state parks and the multitude of trails within them.

I encourage you to strap on your hiking boots or simply slip on your tennis shoes and hit the trails. Take the high roads or the low roads or the ones in between; the choice is yours.

Grab your Passport and discover Alabama the way it was meant to be seen.

Sincerely,

Gov. Bob Riley

A MESSAGE FROM ADECA DIRECTOR DONI INGRAM



OFFICE OF THE GOVERNOR

BOB RILEY
GOVERNOR



STATE OF ALABAMA

ALABAMA DEPARTMENT OF ECONOMIC
AND COMMUNITY AFFAIRS



DONI M. INGRAM
DIRECTOR

Encouraging Alabamians to walk their way to better health is the foundation of the Passport to Fitness program; but don't be surprised when you discover the many extra benefits.

While walking one of the numerous trails listed in this guide, it's not at all unlikely that you will wander upon spectacular wildflowers or catch a glimpse of a deer leaping across the path in front of you. Perhaps, through the splendor of early architecture or historic buildings, you will discover a path to bygone times.

Our guide features trails from every section of Alabama – many within minutes of most cities and towns in the state. More than 60 communities and the entire state park system are participating in the program. Numerous communities submitted more than one trail.

Where you go is up to you. You may choose a paved walking trail, an urban sidewalk, a small-town street or a winding, woodlands path where you can enjoy the simple pleasure of treading bare earth. Trails range from less than a mile to more than five miles. You can test your stamina on rigorous mountain terrain or saunter along a bottomland boardwalk or coastal path.

This guide will supply you with all the information you need concerning each trail from the level of difficulty, availability of benches, location of water fountains and restrooms, and global positioning coordinates.

And while you are out and about, I urge you to get better acquainted with our communities and friendly people. Stop by a drug store, service station or gift shop if for nothing more than to say hello. It's all part of the journey.

So . . . take a hike, and take in Alabama.

HOW TO GET THE MOST FROM THIS GUIDE

Whether you've lived your life in Alabama or you've just arrived, a parade of surprises awaits you on the 85 walks featured in this book that will take you through nearly that many communities (some communities have as many as five walks).

This guide is a project of the Alabama Department of Economic and Community Affairs (ADECA), and its purpose is to promote Alabama's fitness resources. To make things more rewarding for you, the walker/explorer, a companion website at www.ADECA.Alabama.gov/PassporttoFitness has more information than this book can contain. You'll watch the website grow as participants add photos and personal information. You'll find the GPS waypoints you need to locate anything you see in this book.

To make things more fun for you and your family, the ADECA project team created a section of this guide called the Stamp Pages where you can get a stamp for each of the featured walks. You'll find where to get your stamps at ADECA.Alabama.gov/PassporttoFitness or by calling 334 353 4384 before your walk.

A listing of telephone contacts appears on page 151.

The walks in this guide vary in scale; a scale appears with each walk.

TABLE OF CONTENTS

Letter from Governor Riley	2	Gulf State Park	78
Letter from ADECA Director Doni Ingram ...	3	Guntersville	80
How to get the most from this guide	4	Gurley	82
Abbeville	6	Hartselle.....	84
Albertville	8	Heflin.....	86
Aliceville	10	Homewood	88
Andalusia	12	Jacksonville, Chief Ladiga Trail	90
Ashville	14	Jasper.....	92
Athens	16	Jefferson County.....	94
Auburn	18	Lake Guntersville State Park	96
Brewton	20	Lake Lurleen State Park	98
Butler	22	Lakepoint State Park.....	100
Centerville	24	Lineville	102
Cherokee County (combined trails)	26	Livingston.....	104
Chilton County, Minooka Park	28	Monroeville	106
Chewacla State Park.....	30	Montgomery	108
Citronelle.....	32	Mountain Brook	110
Courtland	34	Oak Mountain State Park	112
Cullman	36	Ozark	114
Daphne Alligator Alley	38	Pennington.....	116
Daphne Mayday Park.....	40	Pike Road.....	118
Daphne Village Point Park Preserve	42	Pinson	120
Dauphin Island	44	Prattville	122
Decatur	46	Selma.....	124
DeKalb County, City of Ft. Payne	48	Sheffield	126
De Soto State Park.....	50	Shelby County combined trails.....	128
Dothan	52	Sylacauga combined trails	132
Elba.....	54	Sylacauga Sylaward Trail.....	134
Elkmont.....	56	Troy.....	136
Enterprise	58	Tuscumbia.....	138
Eufaula	60	Valley	140
Flomaton.....	62	Vestavia Hills	142
Floral State Park.....	64	Wetumpka	144
Foley	66	Wilcox County	146
Gilbertown	68	Wind Creek State Park.....	148
Greenville	70	Credits & Alabama Volksmarches™	150
Grove Hill	72	Website information	150
Gulf Shores	74	Telephone contacts	151
Passport stamp pages (center spread) ...	76		

Abbeville

Tour Features

1. Trail start and stop/Abbeville City Hall
2. Henry County Courthouse
3. Abbeville Herald and Kirkland Street shops
4. Riley House
5. Southeast Alabama Agricultural School
6. Kennedy Bethune House/Across: Abbeville Memorial Library
7. Wester House
8. Blalock House
9. First Baptist Church
10. United Methodist Church/Across: Dalton House



Downtown Abbeville shops and sidewalks

tion of US 431 and AL 27 (there is a Hardees at this intersection). Proceed two miles into town and go straight at the junction of Ozark and Dothan Roads (you will see a Citgo Station here). Go one mile to downtown. At the Court House Square take a right on Washington St. Travel one block and turn left at the traffic light. City Hall is immediately on your right.

The tour begins at Abbeville City Hall. Here's how to get there: From Phenix City, travel south on US 431 (seventy miles) (or twenty miles after leaving Eu-faula). Reach the intersection of US 431 and AL 10 and turn left. Turn right at the top of the hill on West Washington St.

Follow West Washington for 1.5 miles. At the second traffic light, turn left. City Hall is immediately on your right.

From Troy, travel south on US 231 for ten miles. At the intersection of US 231 and AL 10, turn left onto AL 10. You will reach the intersection US 431 and AL 10. Cross over US 431 then turn right at the top of the hill. Proceed eastward on West Washington into town. Turn left at the second traffic light. City Hall is immediately on your right.

From Dothan, take US 431 North and travel twenty-three miles. Turn right at the intersec-

Popular Abbeville restaurant



There are several great places to stop and rest along the way like Jimmy's BBQ (salads, sandwiches, barbeque and ice cream); D&D Donut & Bake Shop; Huggin' Molly's, a must-visit spot (www.hugginmollys.com) with salads, sandwiches, soup, steaks, seafood, quail and soda fountain delights. All these are to be found on Kirkland Street.

Park benches are located throughout the downtown area.

The Elizabeth M. Rane Memorial Prayer Garden located at First Baptist Church is a beautiful spot to rest for a while and enjoy the beauty of the area.



Albertville

EAST MAIN STREET TOUR

Tour Features

1. Trail start/Albertville Depot
2. Victoria Place
3. Cribbs Tire Service
4. Irvin-Powell House
5. Waldrop-Rains-Prueett House
6. Jackson-Jones House
7. Christ Episcopal Church
8. Trail stop

Albertville's past is a part of the present as the Depot, where the tour begins, is open daily and serves the community as a Senior Citizens Center. Trains still travel through town daily.

As you follow the tour down East Main Street, you will get a taste of architecture in different houses dating from 1900 to 1969. The Birthplace of Albertville marker is located at the Irvin/Powell house which stands on the site of a log cabin once serving as the city's first post office. Houses along the tour include the Gipson/Cochran/McCollum House, a Dutch Colonial (the Hooper/Morrow house), and a Tudor



cottage house built in 1938. The Christ Episcopal Church building was constructed in the 1880's and moved to Albertville from Calhoun County in 1977.

Once a dirt lane traveled by horse and carriage, East Main Street is now a vibrant street lined with large trees, beautiful lawns, and well-tended homes that usher you into town.

Historic home on the Albertville walk

Complete guides are available at the Albertville Chamber of Commerce during office hours or contact us at 800-878-3821 or at albertvillechamberofcommerce.com.



Aliceville

Aliceville Museum and Cultural Arts Center

Tour Features

1. Trail start and stop/Aliceville Museum
2. Railroad crossing at 3rd Avenue NW
3. Historic marker: Aliceville Prisoner of War Camp
4. Sue Stabler Park



Aliceville residents watch as WW II German prisoners arrive.



The Aliceville Alabama Passport to Fitness walk begins in the heart of town at 104 Broad Street, the location of the Aliceville Museum and Cultural Arts Center. The museum sees over 3,000 visitors each year from around the world.

Many visitors are the descendants of the German soldiers interred at the prisoner of war

camp here during World War II. The prisoner of war camp site is marked by a historic marker at the southwest terminus of the walk. The return to the Museum goes around Sue Stabler Park.

The walk is an easy one, with the unique feel of a western Alabama small town, and is suitable for walking or cycling.



Chimney standing in Sue Stabler Park



Watercolor painting of a guard tower at Camp Aliceville, which housed World War II prisoners of war, created by German POW Hermann Kalbe for George Bristow, a camp guard, in 1944. Bristow donated the piece to the museum in 2004.

Andalusia

Andalusia's name is derived from Spanish words that mean "easy walking." The main street through town overlies the ancient Three Notch Trail favored by the Indians for travel to the great trading companies in Pensacola.

The 6.8-mile Three Notch Walking Trail lies partially along this legendary route. During the walk, numerous points of local historic significance including churches, schools, cemeteries and unique private homes can be seen.

The trail begins at the Andalusia Fire Department located on Church Street one block west of the Court Square. Questions may be directed to Andalusia Department of Leisure Services at 334-428-2102.

Tour Features

TOUR "A":

1. Fire Station (start/rest area)
2. Gitty Up N Go (rest area)
3. Robinson Park (rest area/play area)
4. Historic Church Street School/Adult Activity Center/Arts Center
5. The Gables Apartments
6. George W. Proctor House
7. Evers Furniture Building

TOUR "B":

8. Covington Square (rest area)
9. Covington County Courthouse
10. Original First National Bank Building
11. Historic Covington County Jail/Historic Magnolia Cemetery
12. Chero Cola Building/Dr. W. G. King Building
13. Baraca Hall
14. Mural: The Covington County Seat
15. The Prestwood Stores Building/The Prestwood Building

16. Dr. W. E. Sentell Building/Robinson Building/Bank of Andalusia Building
17. Tisdale Building/First National Bank Building
18. J.D. Henderson & W. M. Knox Building
19. Milligan Building/Masonic Building

TOUR "C":

20. Coffee Shop (Rest Area)/ Mural: Riley's Drug Store
21. Scherf Memorial Building/The Original Andalusia City Hall
22. The Georgian Apartments
23. Andalusia Public Library (rest area)
24. Town and Country Shop
25. Monch Riley Home
26. Wilkes Home/W. F. Simmons Home
27. BP Food Mart (rest area)
28. Historic First Presbyterian Church Building
29. Original JC Penney Building/Payne Building/McArtan Building
30. Pelham Building
31. W. R. Tisdale Building
32. J. M. Robinson Buildings/ Alan Cotton's Florist

33. Andalusia Grocery Company Building
34. L & N Depot
35. Merrill Building
36. Sessoms Grocery Building
37. Three Notch Museum (rest area)
38. Andala Building

TOUR "D":

39. Snead Buildings
40. Sonic (rest area)
41. J. W. Shreve Home
42. T. A. Broughton House
43. First Baptist Church
44. Doty House
45. St. Mary's Episcopal Church
46. Andalusia High School
47. Springdale
48. East Three Notch School (City Hall)
49. Historic First United Methodist Church
50. Mural: The Legend of Andalusia
51. Albert O'Neal Mule Stable
- 1.. Fire Station (end)



Ashville

Tour Features

1. Trail start and stop/"Roses and Lace," the Elisha Robinson House
2. Ashville Academy
3. Old Stone House
4. Botwell-Embry-Campbell House
5. Inzer Museum
6. The Rock
7. Old Drugstore/St. Clair County Archives and Museum
8. County Courthouse
9. Old stagecoach stop and boarding house
10. Cason-Tipton Home/Library
11. Alameth-Byers Home/Kell Realty
12. Ashville's First Bank
13. Prickett House
14. Ashville House
15. Old Ashville Cemetery
16. Old Masonic Lodge
17. Scott House
18. Old Church of God building
19. Starnes-Sam High House
20. Neely House

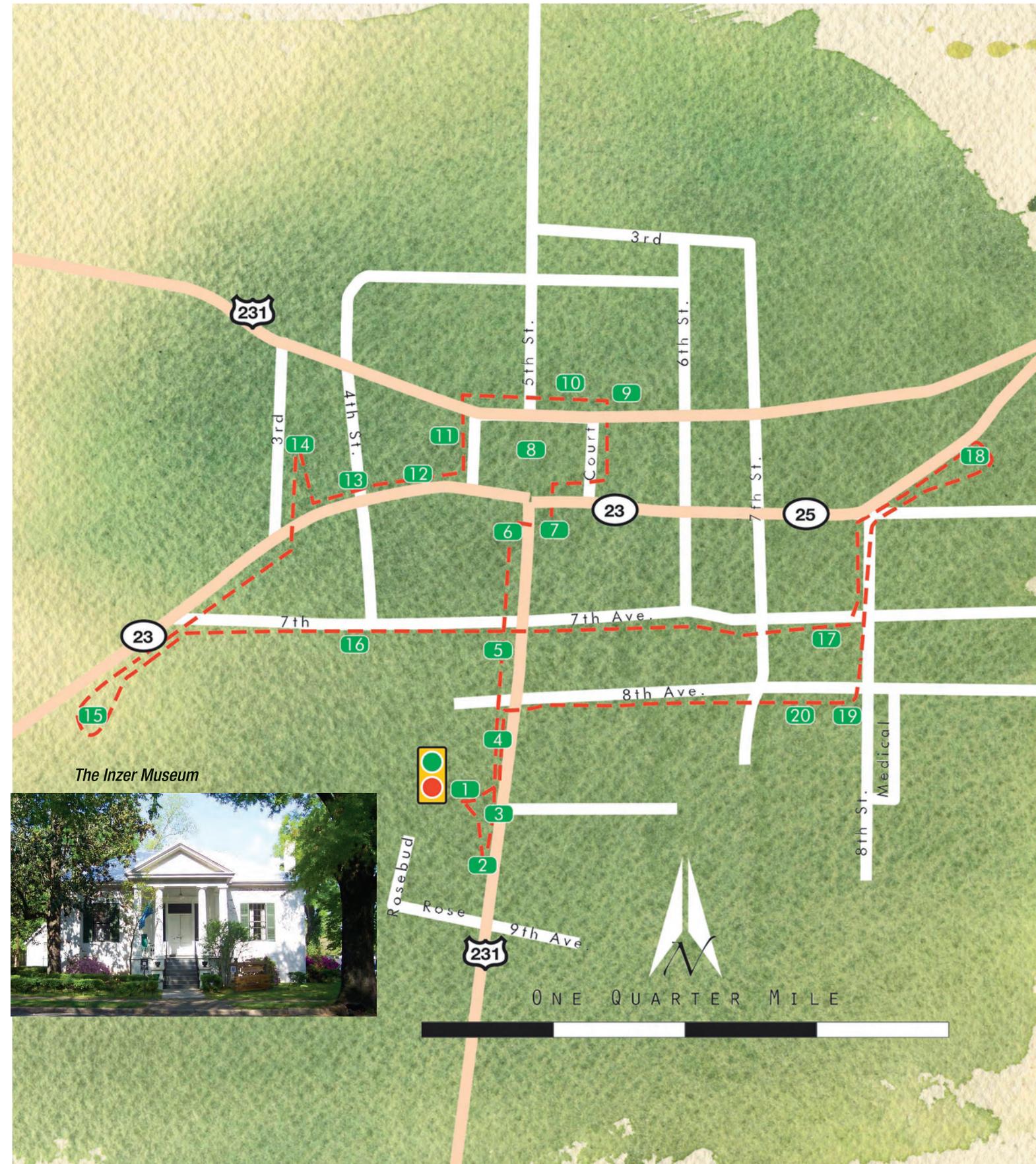


Roses and Lace

The Ashville tour begins and ends at the town's charming wedding spot and popular bed and breakfast, *Roses and Lace* (pictured above) right on Highway 231, making this trail landmark easy to find. The Inzer Museum pictured at right is a unique find. It is the home of Lieutenant Colonel John W. Inzer, a Confederate officer who was captured at Missionary Ridge and confined at

Johnson's Island until 1865. His family has kept and continues to keep the house exactly as it was when Inzer lived in it, providing a fascinating view of daily life in earlier times. Inzer's personal correspondence is kept here and has even provided Civil War archaeologists with valuable information.

The house is on the National Register of Historic Places.



Athens

“STEP BACK IN TIME” SELF-GUIDED WALKING TRAIL OF THE ROBERT BEATY HISTORIC DISTRICT

Tour Features

Step Back In Time Trail

1. Trail start and stop/Chamber of Commerce
2. Vassar-Lovvorn House 1826
3. Sanders-Gish Servants Quarters
4. Old Athens City Cemetery/Sanders Grisson House
5. Scott House/Athens City Schools
6. Mason-Looney House
7. Kennemer-Holt House and Terry-Chambers House
8. Clements-Miller House and Rankin-Bishop House
9. Osborn Gates House and the Freeman House
10. McCulley-Corder House and Griffis-Nelson House
11. Word-Deemer House
12. Carden-Corder House and the Gates House
13. Raney-Sherbert-Leslie House
14. Glaze-Patton House
15. Legg-Hunt House
16. Rawls-Smith House
17. Rawls-Honeycutt House
18. Westmoreland-Hatchett House
19. Darnell House-Pleasant Hill Plantation

20. Walker Patton House
21. Richardson-Gordon House and McMeans-Brown House
22. Pope-Higgins House and Swafford House
23. Walker-Kuykendall House
24. Horton-Bauer House
25. Martin-Gasser and McCollum House
26. Jones-Russel and Woodruff-Leigeger House
27. The Lewis House
28. Griffis-Ward House
29. Simmons-Harlow House, Beaty-Mason House and Beaty Slave Quarters
30. Simmons-McLin House and Rosenau-Dwyer House
31. Sanders-Shaw House
32. Glaze-May House
33. Frost-Gates/Beard Grayson-Scott Interiors
34. St. Timothy's Episcopal Church

Athens Historical Trail

35. Trail start and stop, Tourism Bureau
36. Faces of Market Street marker
37. Scenes from Hobbs and Marion Street markers
38. Northside Square marker
39. Westside Square marker

Placed on the National Register of Historic Places in 1984, along with the Athens State University District, the Robert Beaty Historic District is continually being preserved and protected to uphold its historic beauty.

Stroll along the sidewalks and enjoy the beautiful homes. The first stop is located at 301 East Washington Street, just off the Athens square, and the last stop is located at 207 East Washington Street on the square.

40. Courthouse/Southside Square
41. Eastside Square

Athens Antebellum Trail

(Orange line shows trail segment shared with Step Back in Time Trail)

19. Trail Start/Darnell House-Pleasant Hill Plantation
21. Richardson-Gordon House
23. Walker-Kuykendall House
29. Beaty-Mason House
2. Vassar-Lovvorn House
42. Sloss-Stockton House
43. Marion Street Church of Christ
44. Hobbs-Darby-Cannon House
45. Craig Wilson House
46. Tanner-Smith House
47. Houston Library/George F. Houston Home
48. Martin-Malone Johnson House
49. Slave Quarters of Martin-Malone Johnson House
50. Murrah-Pryor House
51. Alabama Veterans Museum
52. Athens College/trail stop



Auburn

Tour Features	
1.	Trail start and stop/Town Creek Park
2.	Jule Collins Smith Museum
3.	AU Arboretum
4.	AU President's Home
5.	BBQ House
6.	AU Library/AU Hotel
7.	AU Chapel
8.	Samford Hall
9.	J&M Bookstore
10.	Auburn Art
11.	Mellow Mushroom
12.	Chebburger Cheeburger
13.	City Hall
14.	Pine Hill Cemetery
15.	Amsterdam Café

Jule Collins Smith Museum



Samford Hall, Auburn Campus



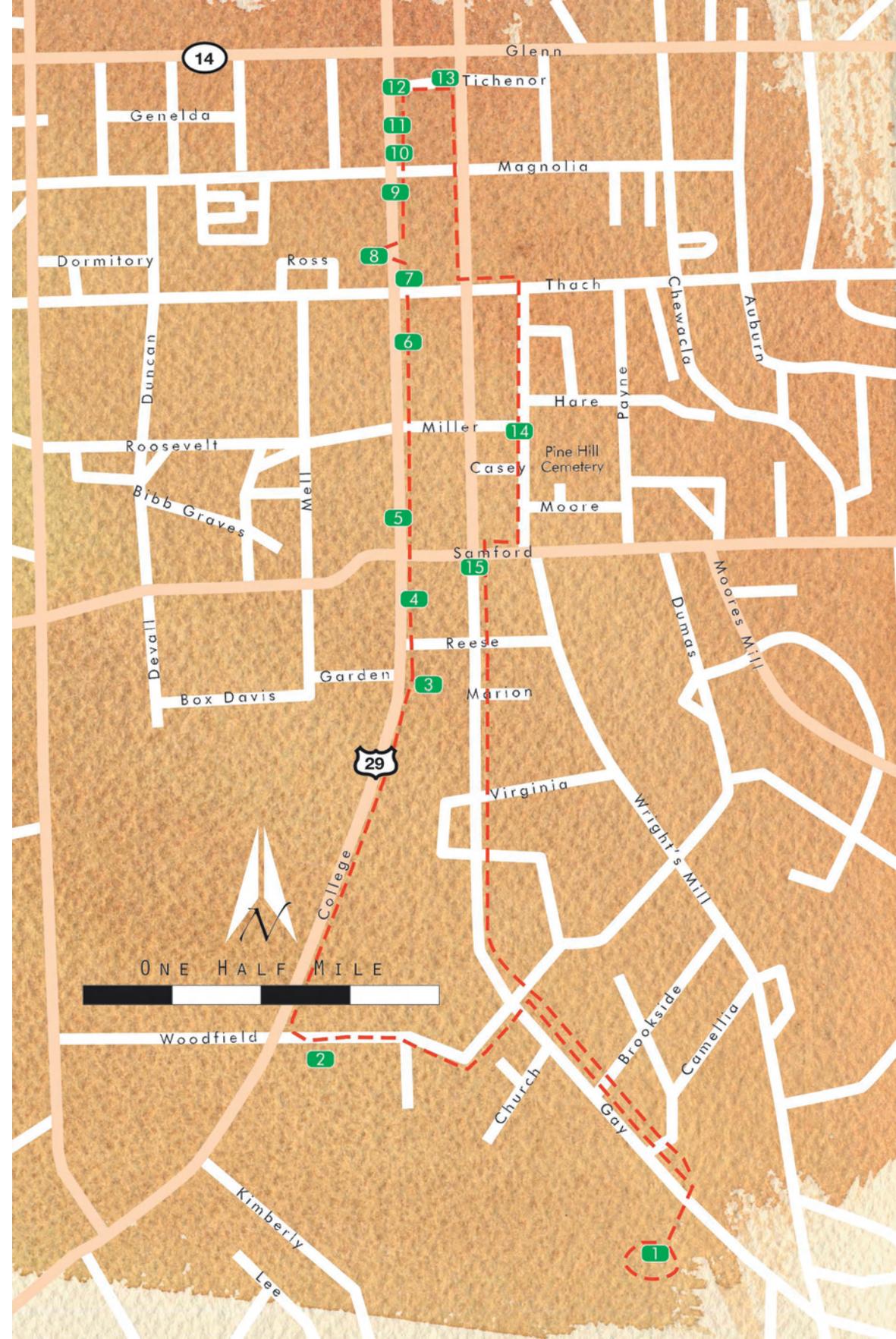
Town Creek Park is the start and stop for this walk through Auburn. The park can be found on South Gay Street near East University Drive and has parking and restrooms. There are about two miles of walking trails, including wetlands boardwalks, in the park.

The four-mile walk through town begins at the park entrance and goes north on Gay Street. Past the museum, the tour guides through a neighborhood of handsome older homes including the University president's home and significant campus buildings.

City and University meet at the famous Toomer's Corner at the intersection of College and

Magnolia, the site of many celebrations and a good place to buy Auburn souvenirs.

The route turns east on Tichenor Avenue and follows to a one-block detour to Pine Hill Cemetery, the oldest place in town. Many of Auburn's founders and several Auburn University presidents lie here.



Brewton



One of many stately homes on the Brewton trail

The Brewton walking tour begins on a well-marked paved track at the YMCA at the far north end of town on Belleville Avenue. From there the walk proceeds south. The track becomes the sidewalks through the antebellum section of town and its grand inhabitants. Beyond that, farther south, is a substantial and well-preserved commercial district that rose on the area's once-thriving agricultural foundations.

The ornate Bank of Brewton is a special architectural treat.

Various parts of this two-hour walk take the participant over sidewalks, paved track and mixed trail surface with only a few busy intersections along the way. Plenty of shops and eateries await at the southern end.

The walk is handicapped accessible and available to bicycles and pedestrians.

Tour Features	
1.	Trail start and stop/Brewton Area YMCA
2.	McMillan House
3.	Downing House
4.	Miller House
5.	T. R. Miller House
6.	Finlay House
7.	The Leigh Place
8.	Bank of Brewton
9.	Old Kiln
10.	911 Memorial



This mural of the history of Brewton is a living illustration of the town's past



Beautiful facade of the Bank of Brewton, the first bank established between Mobile and Montgomery.



Butler

Choctaw County Courthouse



Tour Features

1. Trail start/Jackson's Jewelry and Blanks Unlimited
2. The Choctaw Advocate
3. Miller-Powell House and Moody-Powell House
4. Danby-Doggett House
5. Butler Chapel AME Zion Church
6. Robert Locke Park
7. Choctaw County Public Library
8. Butler City Hall
9. Butler Cemetery
10. St. John's Catholic Church/Old Choctaw County High School/Butler High
11. David E. Kelley's Building
12. F.P. Young Building/Village Variety
13. Green House
14. Foster-Brewster-Swann-McCary House
15. Mayberry-Bennett-Rogers House
16. Choctaw County Jail
17. Old Choctaw Advocate Building
18. Factory Connection
19. Choctaw County Courthouse
20. U.S. Military Walkway
21. Statue of Confederate Soldier
22. The Utsey Building
23. Radio Shack/Pinebelt/trail stop

Butler has progressed and matured from its very rustic beginnings as Hendrick's Cross Roads in the 1840's. The educated attorneys and judges flocked to town to tend to the county's business when the first courthouse was built on the square in 1848. Those and other needed professions - doctors, clerks, newspaper editors, store, saloon and stable keepers, naturally followed, and Butler soon became the largest town in the county surpassing Bladon Springs, Mount Sterling and Pushmataha.

The town, which grew up around the square, today retains the same charm and ambience of long ago with its live oak trees, shops, stores, eating places and jail conveniently clustered around the Courthouse square. Wings were added to the 1906-

1907 brick courthouse, and a Confederate Statue was placed on the lawn in 1938. The U.S. Military Walkway commemorates Choctaw County dead and others serving in war and peace.

The Town boasts four parks with tennis courts, seven ball fields, playground equipment, walking trails and its historical district.

The Passport to Fitness walk of 2.7 miles can be extended by walking the scenic trail at Zack Rogers Park. The walk will start at Jackson's Jewelry & Gifts located at the intersection of Highways 10 and 17. For additional information, please contact 205-459-4653 or the Chamber at 205-459-3459. Pets allowed on leash; wheelchair and stroller accessible. This route could be shortened for limited mobility.



Jackson's Jewelry, where the trail starts and stops



Centreville



Cahaba River Historical Park entrance



Cahaba River Historical Park cabins and walkway

Centreville's walk begins just off Highway 82 at the Cahaba River Historical Park and Cabins, which until recently was farm land along the Cahaba River. The park is also a museum of old homes and farm equipment dating back to the 1800s.

All the houses and farm equipment were donated. The park is within view of historical Centreville. The park is also available for family reunions, picnics and just a day of fun in the sun on the beautiful Cahaba River, the longest free-flowing river in Alabama.

The in-town portion of the walk takes you to Bizzy Beans Coffee Shop and Internet Café where you can relax and send your friends all those great digital pictures you took along the Cahaba.

Tour Features

1. Trail start and stop
2. Bizzy Beans Coffee Shop and Internet Café
3. Cahaba River Historical Park/Cabins

A boat ramp and RV hook-ups are available. The park address is Highway 25 Centreville, AL 35042.

Hours of Operation are from 7:00 a.m. until 7:00 p.m. daily.

Admission is free (donations to the park are accepted).

To get there, take Highway 25/82/6 out of Centreville going north to Montevallo/Birmingham. Less than a mile from the Cahaba River Bridge, pass the gas station. The park will be on your left; coming south from Montevallo, the park will be on your right.



Cherokee County

Tour Features

Cedar Bluff Town Park

1. Trail start and stop
2. Small pavilion
3. Large pavilion
4. Tucker Gazebo

Leesburg Landing

1. Trail start and stop

Leesburg Town Park

1. Trail start and stop
2. Small pavilion
3. Playground

Sand Rock Town Park

1. Trail start and stop

Sports Complex

1. Trail start and stop

Leesburg Landing: Take the 411 intersection in Leesburg by the convenience store then one mile. Turn right into parking lot; track is located left.

Leesburg Town Park: Take the 411 intersection onto Industrial Boulevard. Turn left onto Lokey Street. The track is .10 miles on left.

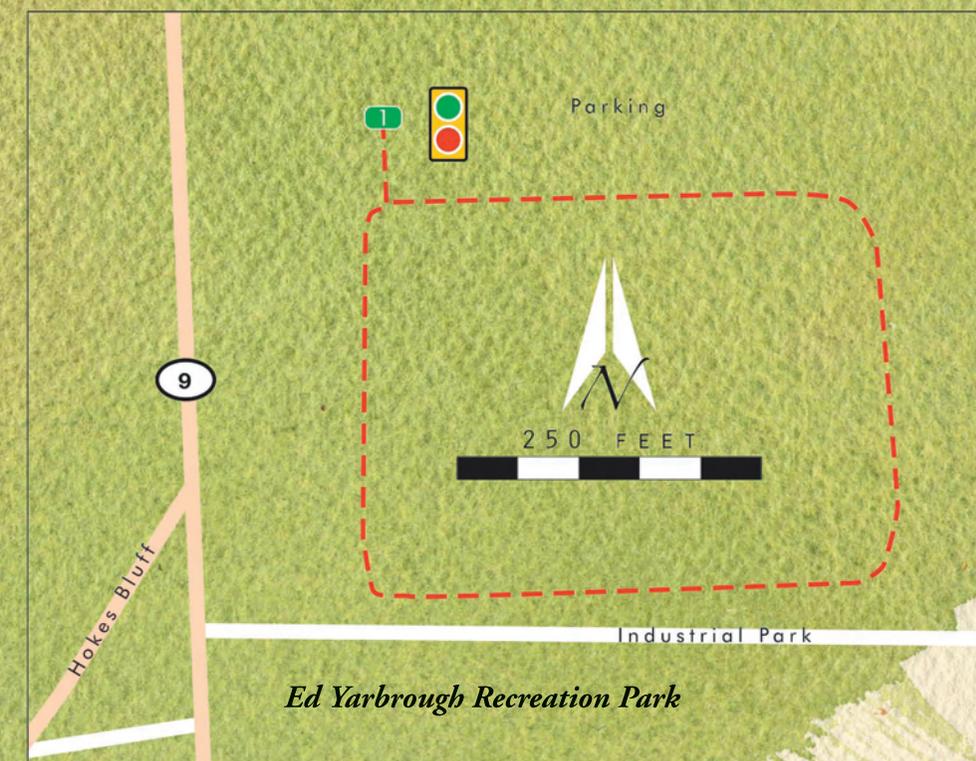
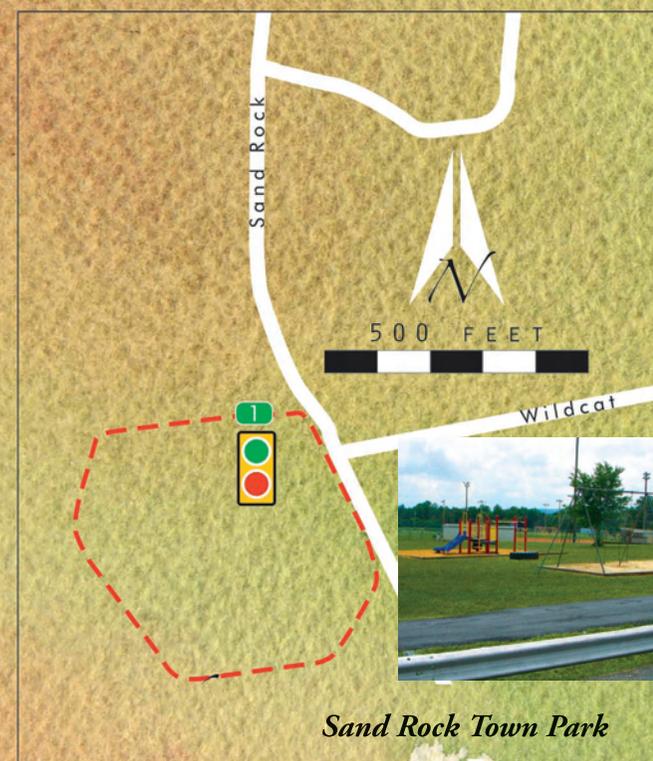
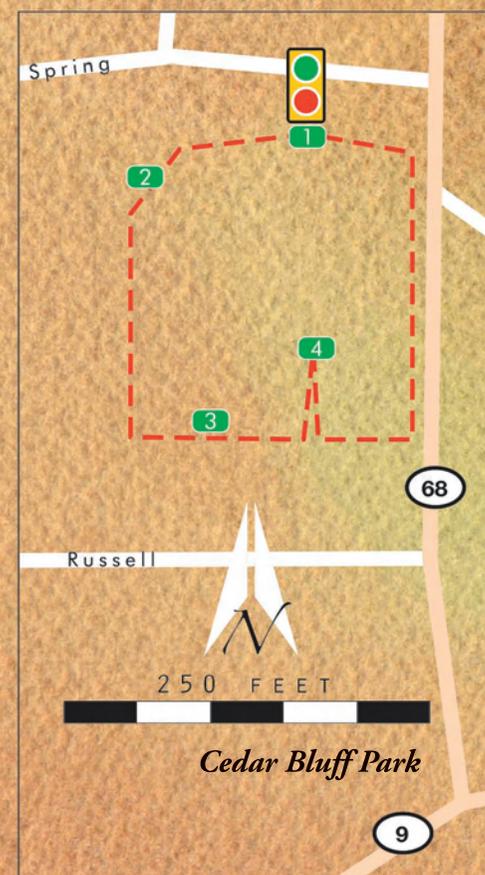
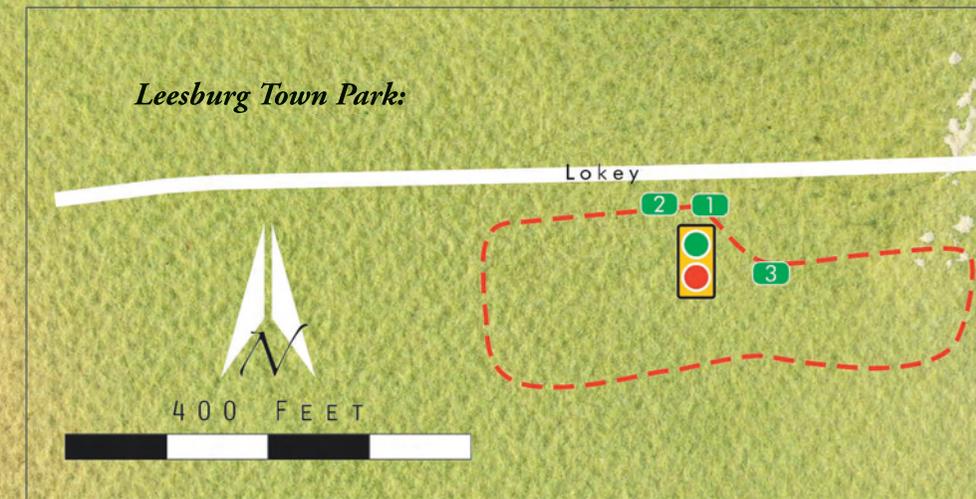
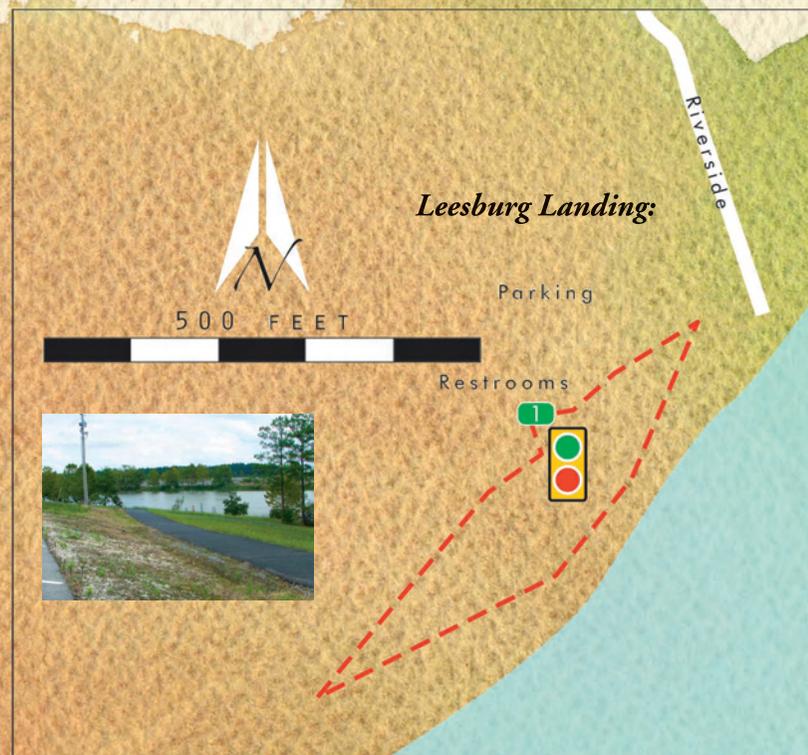
Sand Rock Town Park: Turn on Industrial Boulevard at the 411 intersection. Go two miles and turn

right at the Y onto Sand Rock Avenue. The park is two miles ahead on the left next to the Town Hall.

Ed Yarbrough Recreation Park: From Courthouse take 411 to East Centre. Turn right at the

intersection of Highway 9. Park will be on your left.

Cedar Bluff Park: Take Highway 9 from Centre toward Rome. Cross bridge; turn left on Highway 68. The park is on your left.



Chewacla

STATE PARK

Tour Features

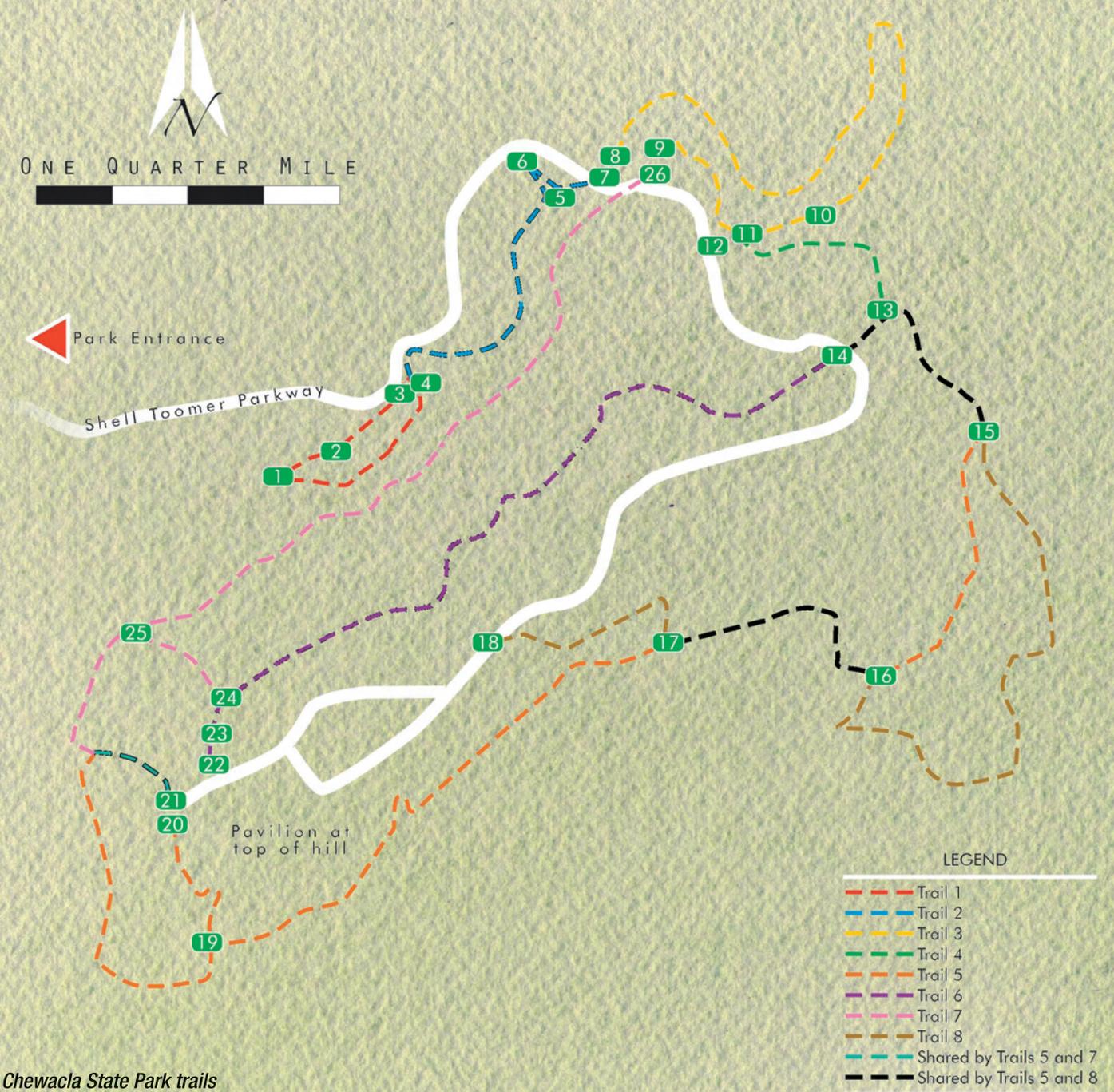
1. Trail 1 start and stop
2. Picnic table
3. Picnic table and grill
4. Trail 2 start
5. Trail spur B beginning/bench
6. Pavilion/spur end
7. Trail 2 end
8. Trail 3 start
9. Trail 3 end
10. Bench
11. Trail 4 intersects with trail 3
12. Trail 4 start
13. Trail 4 end
14. End of trails 5 and 8. Start of trail 6
15. Start trail 8 spur
16. End trail 8 spur
17. Trail 8 shared with trail 5
18. Trail 8 start
19. End of trail 5 spur
20. Trail 5 start
21. Trail 7 start
22. Trail 6 end
23. Restroom
24. Trail 7 spur start
25. Trail 7 spur end
26. Trail 7 end

Eight walking trails from easy to moderate in difficulty ranging from a thirty minute walk to a one-and-one-half-hour walk are available. The bulk of the trail-heads are located in the Upper

Pavilion zone of the Park at the end of Murphy Drive. Highlights include Chewacla Lake, stone outcroppings and a mixed pine/hardwood forest.



Chewacla State Park trails lead through scenic areas



Chilton County

MINOOKA PARK

Tour Features

1. Trail start and stop/fishing pier with trash can
2. Fishing pier
3. Picnic table (with trash can)
4. Bridge
5. Fishing pier
6. Fishing pier
7. Fishing pier (with trash can)
8. Fishing pier

Phantom trails shown on map are ATV trails

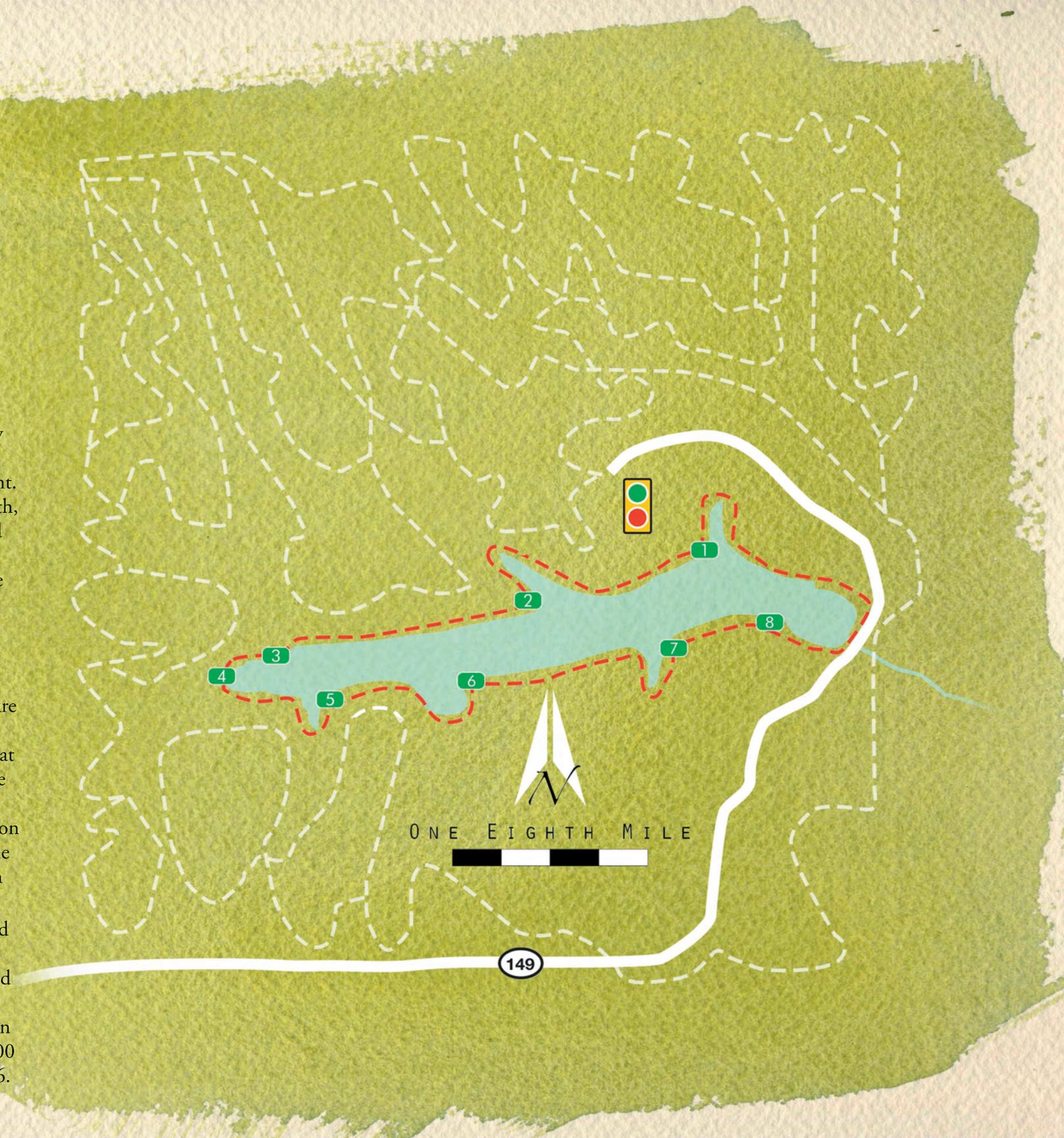


Warming up on a cold afternoon at Minooka Park

Take Interstate 65 exit 219 to Jemison. Turn left on County Road 42 and travel 3.5 miles to an intersection with a traffic light. Turn right on Highway 31 North, travel 3.5 miles to County Road 146 on the right. Turn right on 146, travel 1.9 miles to entrance of Minooka Park.

Primarily an ATV park, Minooka Park's walking trail is a one-mile trail winding around Minooka Lake. Along the trail are several benches and five fishing piers. The trail begins and ends at a large deck overlooking the lake with a charcoal grill and picnic table. There is also a large pavilion with several tables and grills. The lake is stocked with large mouth bass and bluegill.

The trail is gravel with a good surface for easy walking. Restrooms, pavilions, water, seats and benches are nearby. The track is handicapped accessible. Open on Friday, Saturday and Sunday 9:00 a.m. until sunset. 205-312-1376.



Citronelle

Tour Features

1. Trail start
2. Citronelle Inn
3. Citronelle Depot-Hygeia Cottage
4. Stop 14 of Civil War Trail: Surrender Site
5. Camp Pushmataha/Boy Scouts
6. Trail stop

In 1775, English botanist William Bartram, made a trip to Citronelle to secure the leaves of the *collinsonia canadensis*, which is a citronella plant used in tea that was believed to have curative powers over fever. English settlers came to Citronelle in 1811 and the town flourished when the Ohio and Mobile Railroad arrived in 1851. Northerners seeking cures for contagious diseases came to Citronelle's hotels built near the town's springs. Today, the Citronelle walk takes you by the restored depot and the adjacent Hygeia Cottage, the only survivor of the town's famous hotels.

The walk itself bears the stamp of the railroad as it follows the old railroad bed north to south through town.

Coming into town on Highway 45, turn east on State Street and drive the few blocks to the entrance, pictured on the opposite page.



Top: The restored Citronelle Depot

Middle: The trail's start and stop

Bottom: Hygeia Cottage, the last survivor of the town's railroad era guest houses and hotels



Courtland



325 Clinton Street



612 Tennessee Street



2641 Jefferson Street

Courtland is easy to find, being located just off Highway 20/72 between Decatur and Florence. The tour begins at the historic town square park in front of the police department. Across the park square is the newly developed Courtland Heritage Museum. The Federal-style architecture of the oldest houses

suggests the community's strong original links with Virginia and other states of the upper South. Typical early residences of frame and brick feature a gabled roof with tall chimneys. Sometimes weatherboarding conceals log walls underneath. Over 150 years of architectural influences can be seen along the walk.

Tour Features

- | | |
|---|---|
| 1. Trail start and stop/Courtland Police Department | 18. "The Grove"-1917 |
| 2. Historical marker "Cotton Kingdom" | 19. "The Cedars" |
| 3. Historical marker "The Red Rovers" | 20. Gilchrist family monument (early settlers) |
| 4. Historical marker "African American Experience" | 21. Courtland Cemetery |
| 5. Historical marker "Early Architecture" | 22. Entrance to African American cemetery |
| 6. Clock at Town Square—donated by Champion Paper Company | 23. Pippen family monuments (angel funerary sculpture) |
| 7. Mounting block at Town Square | 24. Ballentine family monuments (early settlers) |
| 8. Tennessee Valley Bank | 25. Dr. Jack Shackleford grave- organizer of "The Red Rovers" |
| 9. Old Southern Railroad Depot | 26. Garth-Shackleford House |
| 10. American Legion Post 58 | 27. Clark-McNeese House |
| 11. Tweedy-Norton House | 28. Edgar-Swoope-Ballentine House |
| 12. Pippen-Garth-McBride House | 29. Moore-Rebman House |
| 13. Rebman-McGarry House and Schoolhouse | 30. Cunningham-Bynum House |
| 14. Courtland Presbyterian Church | 31. Coburn-Terry House |
| 15. Gilchrist-Terry House | 32. Edward-Pippen House |
| 16. Hubbard-Blythe House | 33. Bynum-Simpson House |
| 17. McMahan-Trotter House | 34. Harris-Simpson House |
| | 35. Old Sherrod Hotel, Built 1930 |



252 College Street

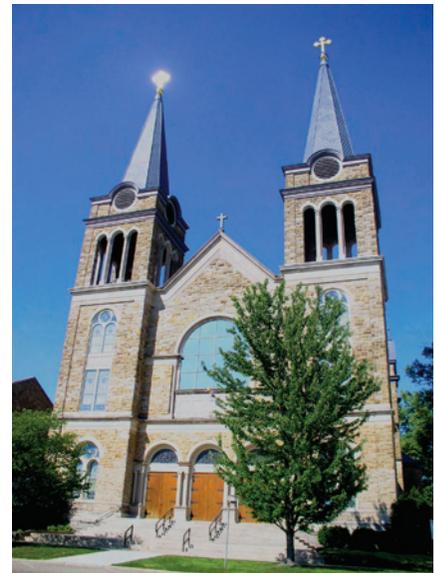


Downtown park gazebo



Cullman

THE CITY OF CHURCHES



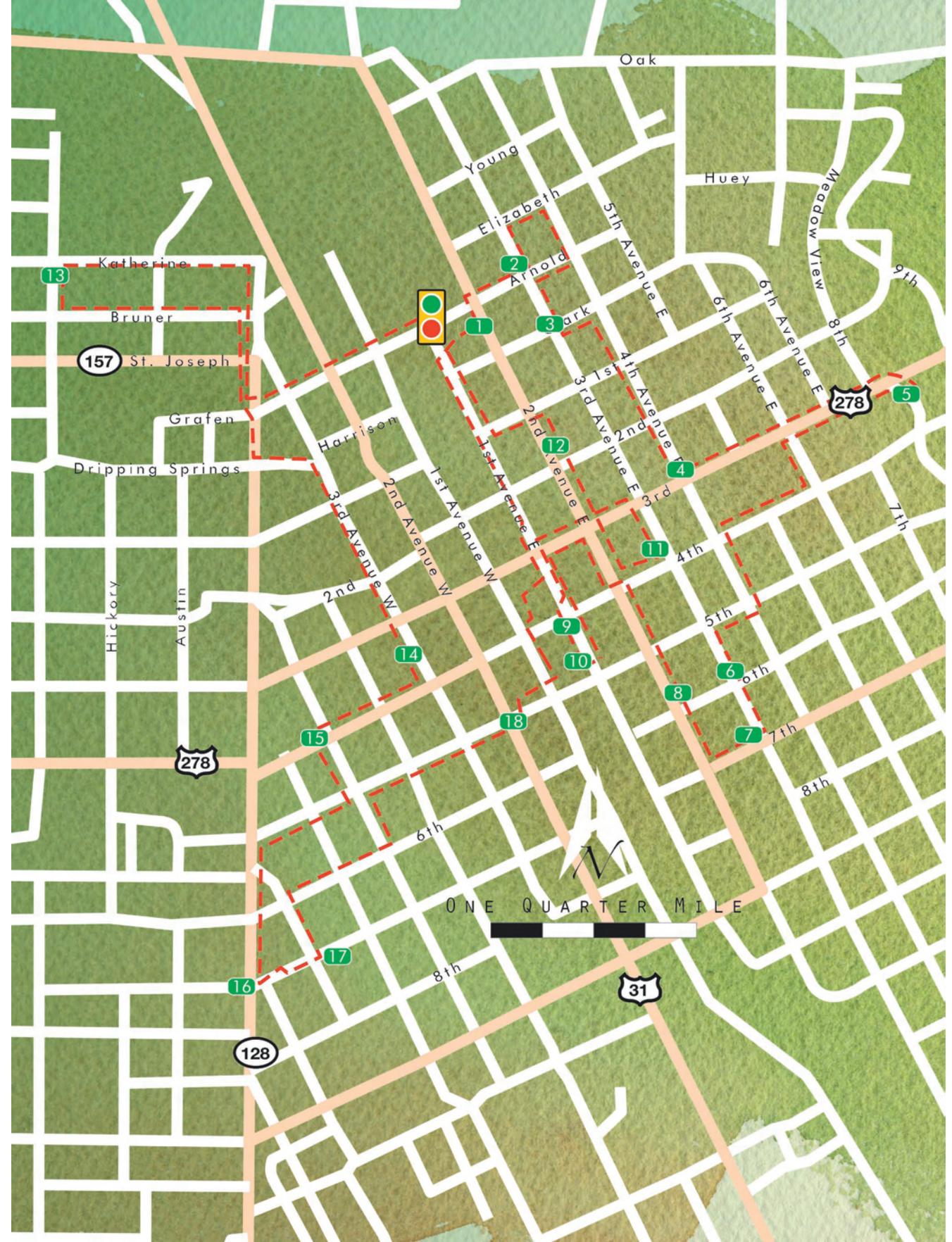
- Tour Features**
- Trail start and stop/Cullman County Museum
 - Grace Episcopal Church
 - Calvary Episcopal/First United Pentecostal Church
 - First Christian Church, Disciples of Christ
 - Eastside
 - St. Paul's Lutheran
 - First Presbyterian
 - St. John's Evangelical Protestant Church
 - Weiss Cottage—Oldest House in Cullman
 - Vicar's Chapel
 - First United Methodist Church
 - Sacred Heart of Jesus Catholic Church
 - Northside Baptist Church
 - Foundation of Jesus
 - Fourth Street Church of Christ
 - St. Andrews United Methodist Church
 - Seventh Street Baptist Church
 - First Baptist Church

Cullman is known as the “City of Churches,” which feature beautiful stained glass windows, towering steeples, unique architectural styles, and proud stories of history spanning more than a century. The self-guided, self-paced tour will begin at the Cullman County Museum where maps will be provided for your convenience. The city invites you to embark on its tour of churches and experience Cullman’s rich history for yourself.

The trail starts and ends at the Cullman County Museum. From Interstate 65, take Exit 308 toward Cullman/Double Springs. Turn right onto Highway 278 E and travel two miles. Turn left onto 2nd Avenue SE and go 0.2 miles before arriving at the Cullman County Museum.

The trail is easily accessible to children and is suitable for jogging and walking.

*Top: Cullman County Museum
Middle: Sacred Heart of Jesus Catholic Church
Bottom: St. John's Evangelical Protestant Church*



Daphne

ALLIGATOR ALLEY

Walkers not native to Daphne will be surprised at the challenges that await on two of the three walks in this charming coastal town on Mobile Bay. They may also be surprised at the number of alligators that can be seen from the third trail. We'll let you guess which it is from the name (but don't worry, you're safe on the park's wonderful boardwalk, not more than a minute or two off the main highways through town).

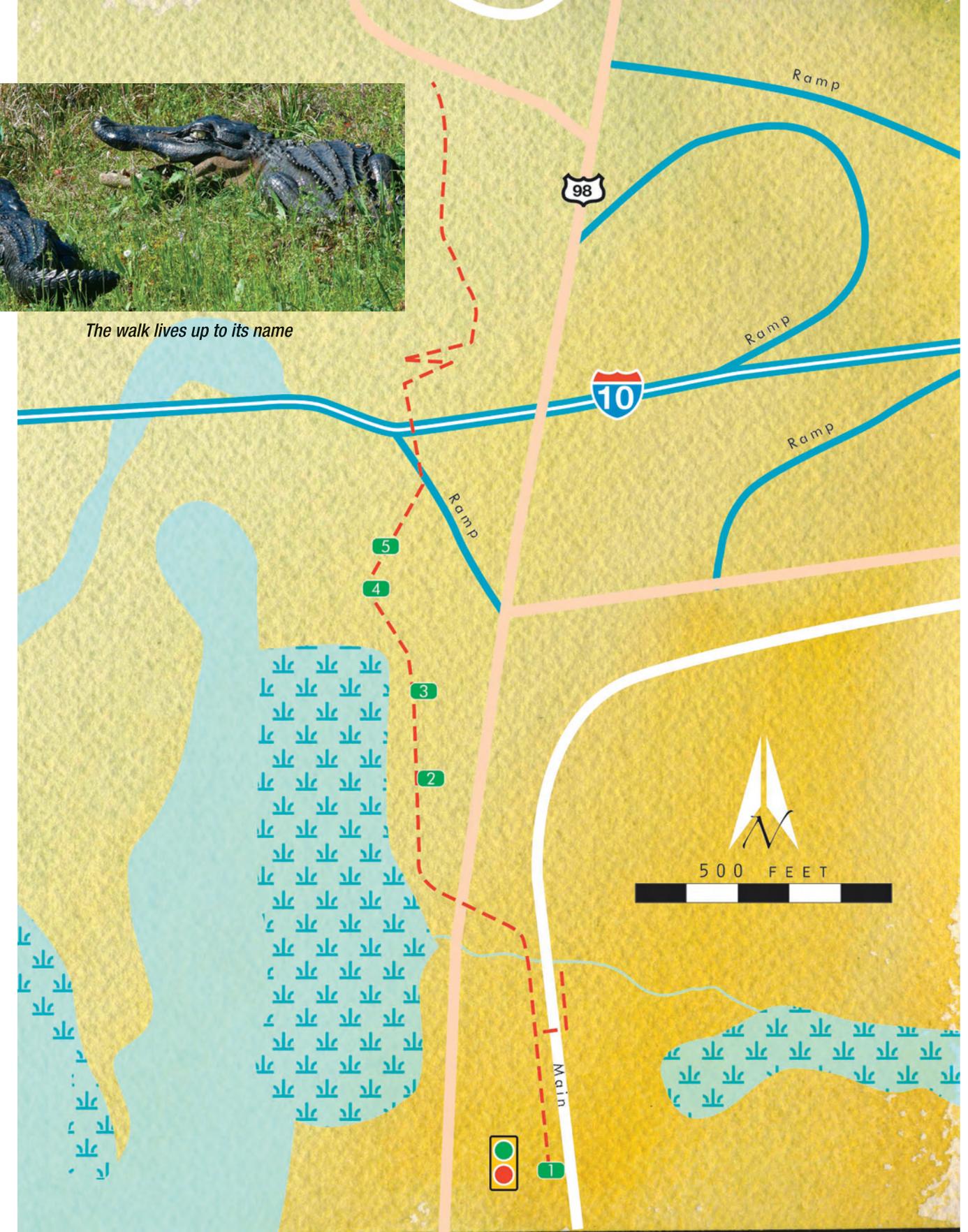
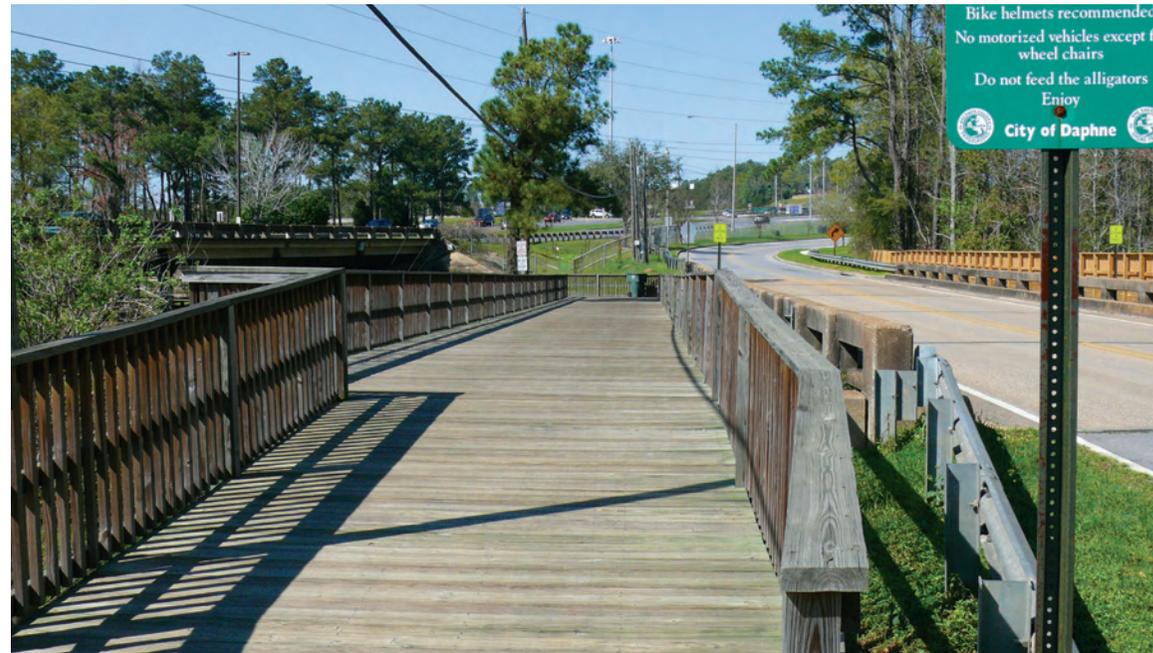
Tour Features

1. Trail start and stop/parking
2. Bench and picnic table
3. Dogwater spigot
4. Picnic table and benches
5. Butterfly garden

Alligator Alley's entrance is just a two or three minute drive from Interstate 10



The walk lives up to its name



Daphne

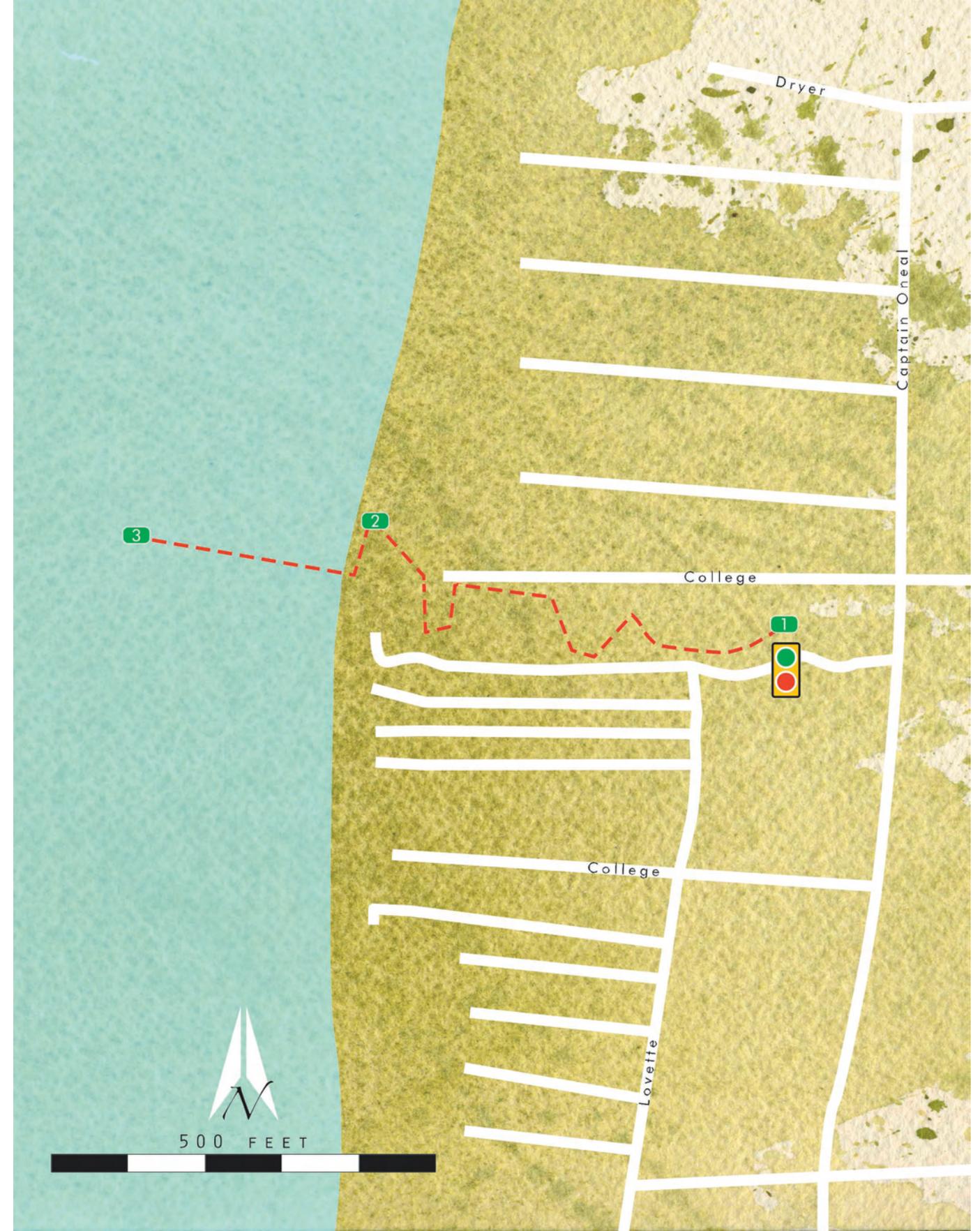
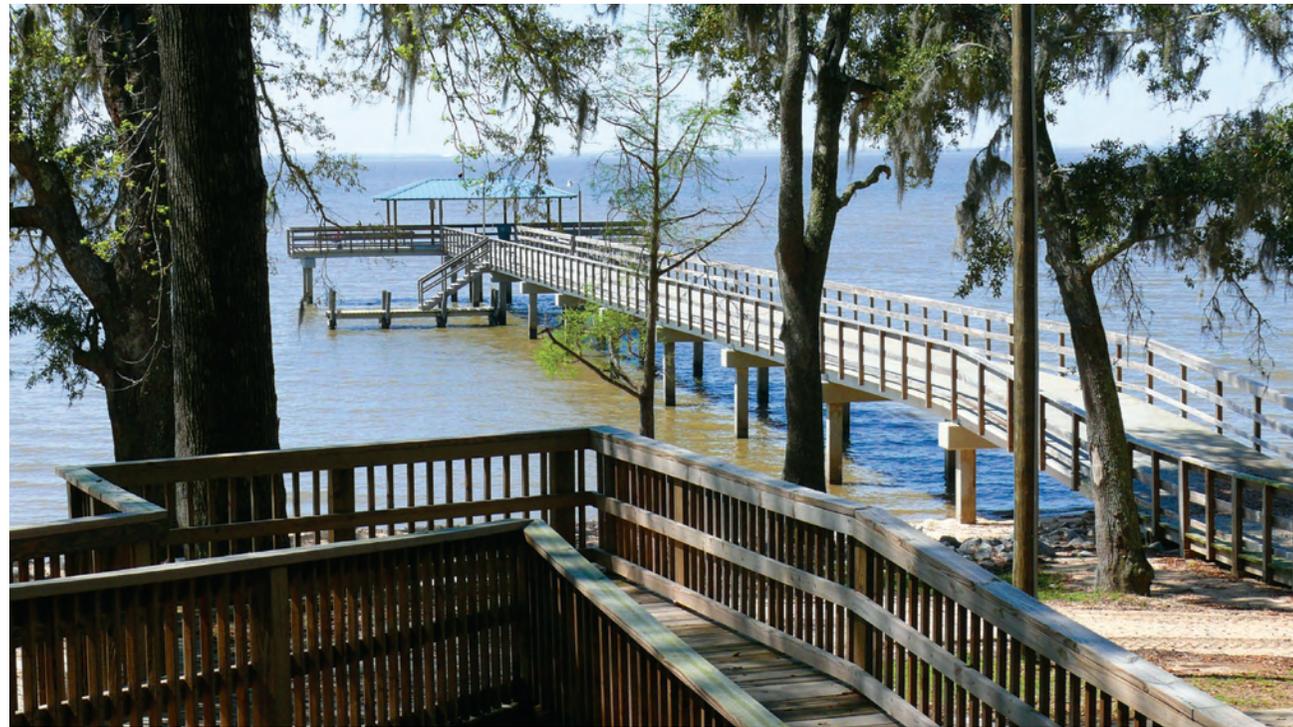
MAYDAY PARK

WALK INTO MOBILE BAY THROUGH THIS BEAUTIFUL MID-TOWN PARK

The city of Daphne features a surprisingly hilly terrain that looks down at the bay and across to Mobile. This accessible park is jumping with activity almost anytime the weather is good. It's a great, if short, walk with a view.

Tour Features

1. Trail start and stop/parking
2. Boat ramp
3. Pier



Daphne

VILLAGE POINT PARK PRESERVE

Tour Features

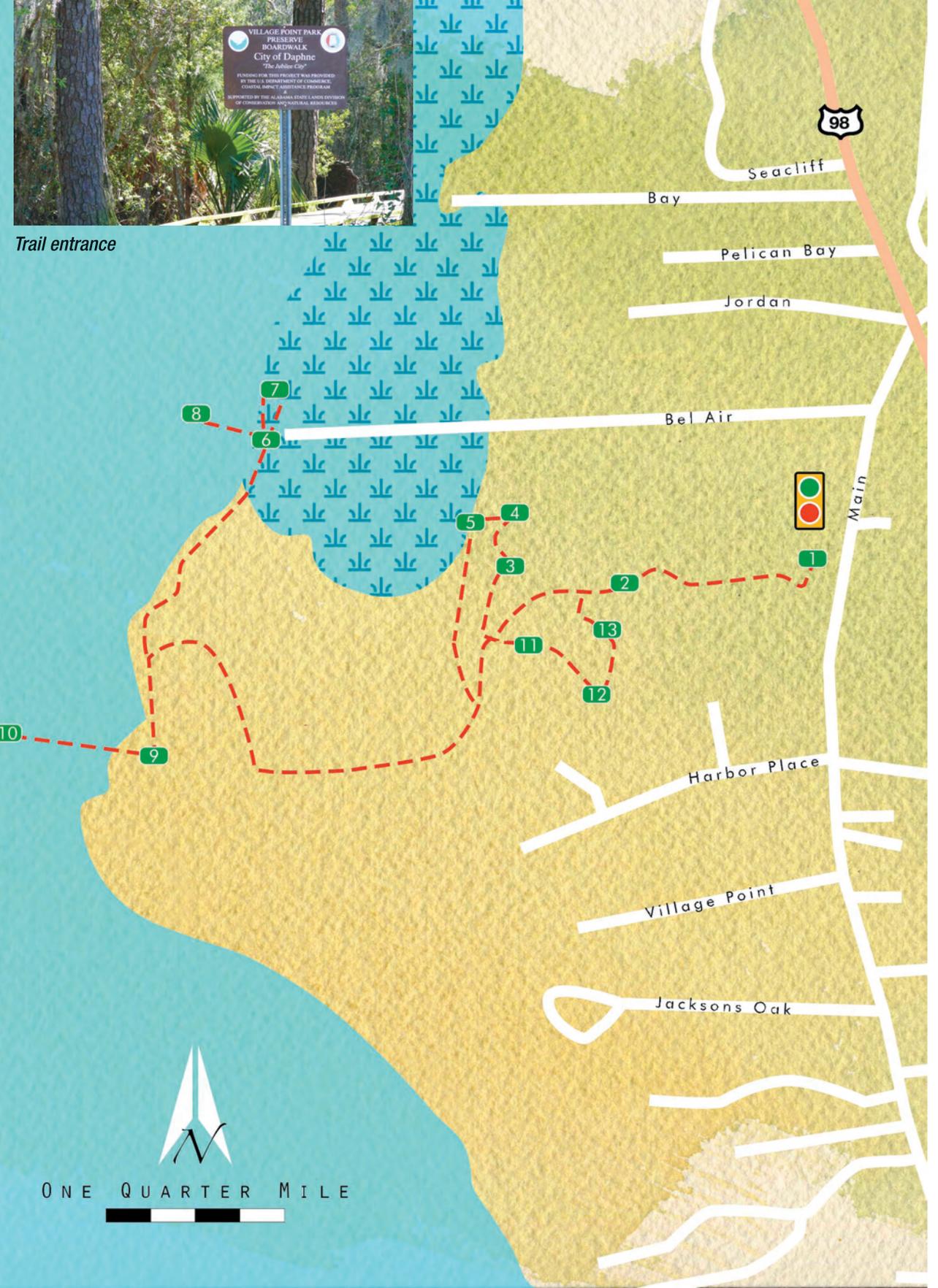
1. Trail start and stop/parking/pavilion
2. Benches
3. D'Olive plantation cemetery 1787
4. Bench
5. Signage to Indian burials
6. D'Olive gazebo
7. Scardimilia Pavilion/parking/trailhead
8. Bay Front Park-Pier/benches/fishing lights
9. Beach boardwalk off D'Olive trail
10. Fishing pier
11. Bench
12. Picnic area
13. Jackson's Oak

This walk is just over a mile in length, but it covers a lot of ground, naturally and historically speaking, and water. The park is nestled in the verdant folds of a quiet neighborhood.

Here is where the Union army landed and camped before engaging the Confederate army at Blakely, and it was beneath the boughs of the massive Jackson Oak in 1812 that General Andrew Jackson gave a rallying speech to his troops before moving out for the famous Battle of New Orleans. Today a boardwalk leads visitors around and up to the tree. A kiosk here features an audio recording that recounts the story of this famous tree.

The trail leads to Mobile Bay and a fishing pier with a view of the city of Mobile across the bay. A great place for a sundown walk, but be advised that the park closes at sundown.

Another of Daphne's walks over the bay



Dauphin Island

If you're arriving in Dauphin Island from Mobile on Highway 193, take a right on the main road to reach the western end of the island. If you're arriving by ferry from Fort Morgan, you'll arrive on the eastern tip, and it may be easier to do the walk in reverse.

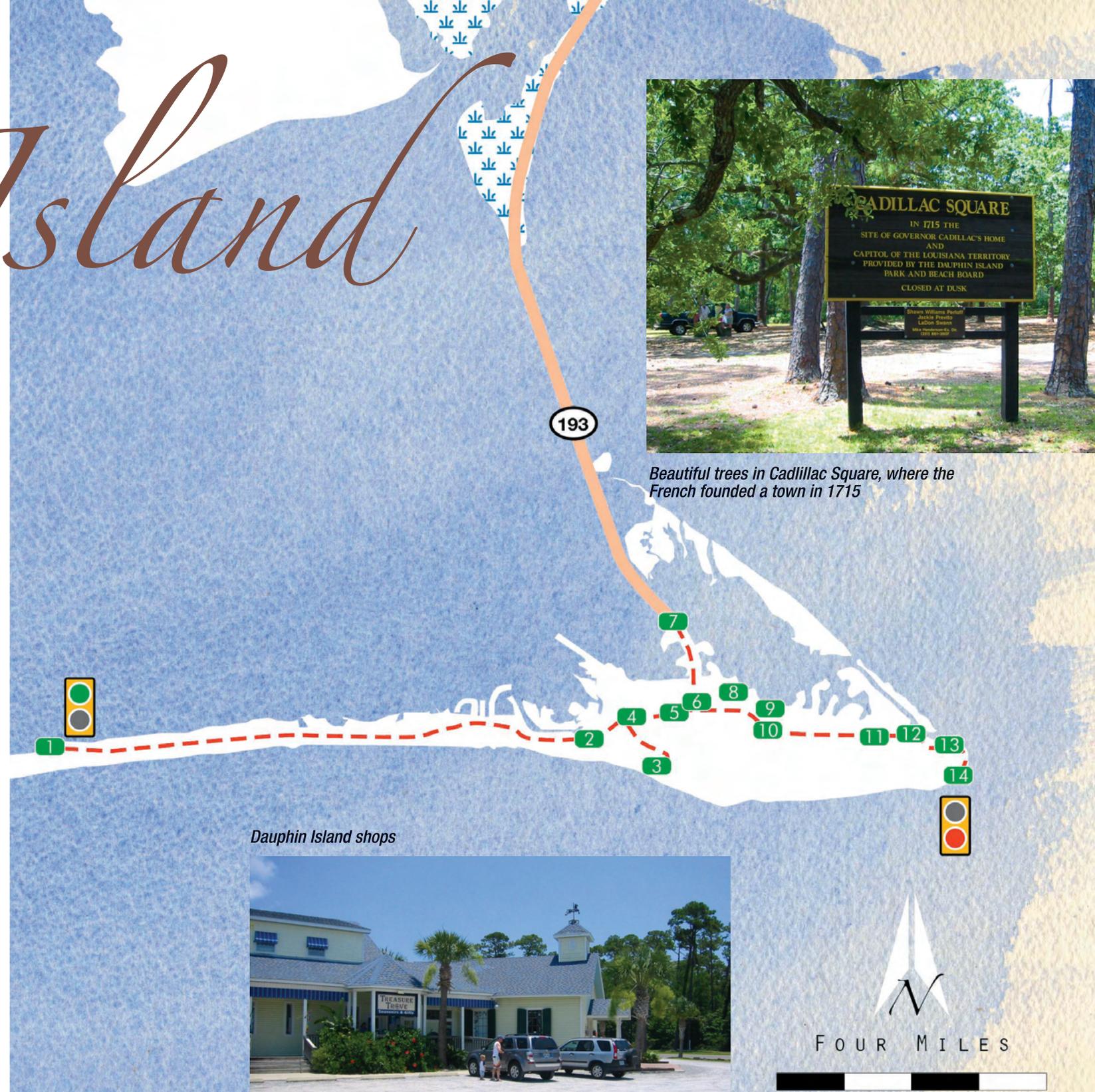
No matter how you arrive, you will not soon forget the experiences that this small island community offers. Between the trail start and the elementary school, the walking path is the bike lane past open sky and homes among the dunes. Beyond the school, the walk leads under spreading oaks and into the natural coastal woods setting of the island. The Estuarium at the end of the walk is an entertaining education in marine ecology.

The walking path through central Dauphin Island



Tour Features

1. Trail start
2. Dauphin Island Elementary School
3. Isle Dauphin Golf Club
4. Playground area
5. Town Hall
6. Souvenir shops
7. Bridge
8. Shell Mound Park
9. Goat Tree Park
10. Dauphin Island Bird Sanctuary
11. Dauphin Island State Park Camp-ground
12. Mobile Bay Ferry
13. Estuarium Sea Lab/trail stop
14. Fort Gaines



Beautiful trees in Cadillac Square, where the French founded a town in 1715

Dauphin Island shops



Decatur

The Decatur tour begins at the Country Inn & Suites located four miles from Interstate spur 565. Take Highway 31 South across the Tennessee River Bridge. At the second light, turn right onto Church Street.

The hotel is located at the end of the street at 807 Bank Street Northeast. For more information call 256-355-6800.

Left: Decatur's Rose Garden
Below: Main Street
Opposite page: Downtown shopping



Tour Features

- | | |
|--|----------------------------|
| 1. Trail start and stop/Country Inn and Suites/Restrooms and Water | 17. J. H. Jones House 1899 |
| 2. 175-year-old State Bank | 18. Hendrix House 1903 |
| 3. Carnegie Center for Visual Arts | 19. Thomason House 1903 |
| 4. City Hall/restroom and water | 20. Lyons-McNeill House |
| 5. Church of the Performing Arts | 21. Gibson House 1901 |
| 6. Alabama Mountain Lakes Association/ water and restrooms | 22. Carpenter House 1920 |
| 7. Delano Park | 23. Daniel House 1921 |
| 8. Accessible playground/restrooms and water fountains | 24. Moseley House 1997 |
| 9. Fort Decatur Parks and Recreation/water and restrooms | 25. Ezell House 1936 |
| 10. Second Avenue shops | 26. Wert-Martin House |
| 11. Maria Bonita Grill and Cantina/restrooms | 27. Cunningham House 1925 |
| 12. Princess Theater | 28. Stiwert House 1882 |
| 13. Judge Lynn House 1925 | 29. Shadowlawn 1875 |
| 14. Frasier Park | 30. Japanese Park |
| 15. Speake House 1901 | 31. Morgan County Archives |
| 16. Williams House 1903 | 32. Bank Street Deli |
| | 33. Simp McGhee's |
| | 34. Shopping |
| | 35. Antique shops mall |



DeKalb County

CITY OF FORT PAYNE

Tour Features

1. Trail start and stop/Hosiery Museum
2. Richard. C. Hunt Reception Hall
3. Fort Payne Opera House
4. Fort Payne Coal and Iron Company Offices
5. DeKalb Hotel site
6. Sawyer Building
7. DeKalb Theater
8. DeKalb Chamber of Commerce
9. DeKalb County Courthouse (former site)
10. Fort Payne City Hall
11. DeKalb County Courthouse (current)
12. Old Fort Payne Post Office
13. Quinn Hotel (former)
14. Gymnastics Center—(formerly Fort Payne Hardware)
15. Old Strand Movie Theater
16. Chamber of Commerce
17. Bronze statues of the band *Alabama*
18. Fort Payne City Park
19. DeKalb Hotel fountain
20. Fort Payne Depot Museum
21. Alabama Walking Park Entrance 1
22. Alabama Walking Park Entrance 2
23. Big Mill antique Mall, M.J.'s Grill at the Mill/rest stop

The tour begins, naturally enough for this textile town, at the Hosiery Museum on Gault Avenue/Highway 11. The tour surveys both the historic places from the town's "boom time," as it is remembered, in the 1880s as well as Fort Payne's more modern and widely known asset, the band *Alabama*, whose music is known around the world.

When planning a walk of this town nestled in Big Wills Valley between Sand and Lookout Mountains, be sure to choose a Monday, Wednesday, or Friday, when the fascinating Fort Payne Depot Museum is open.



Depot Museum



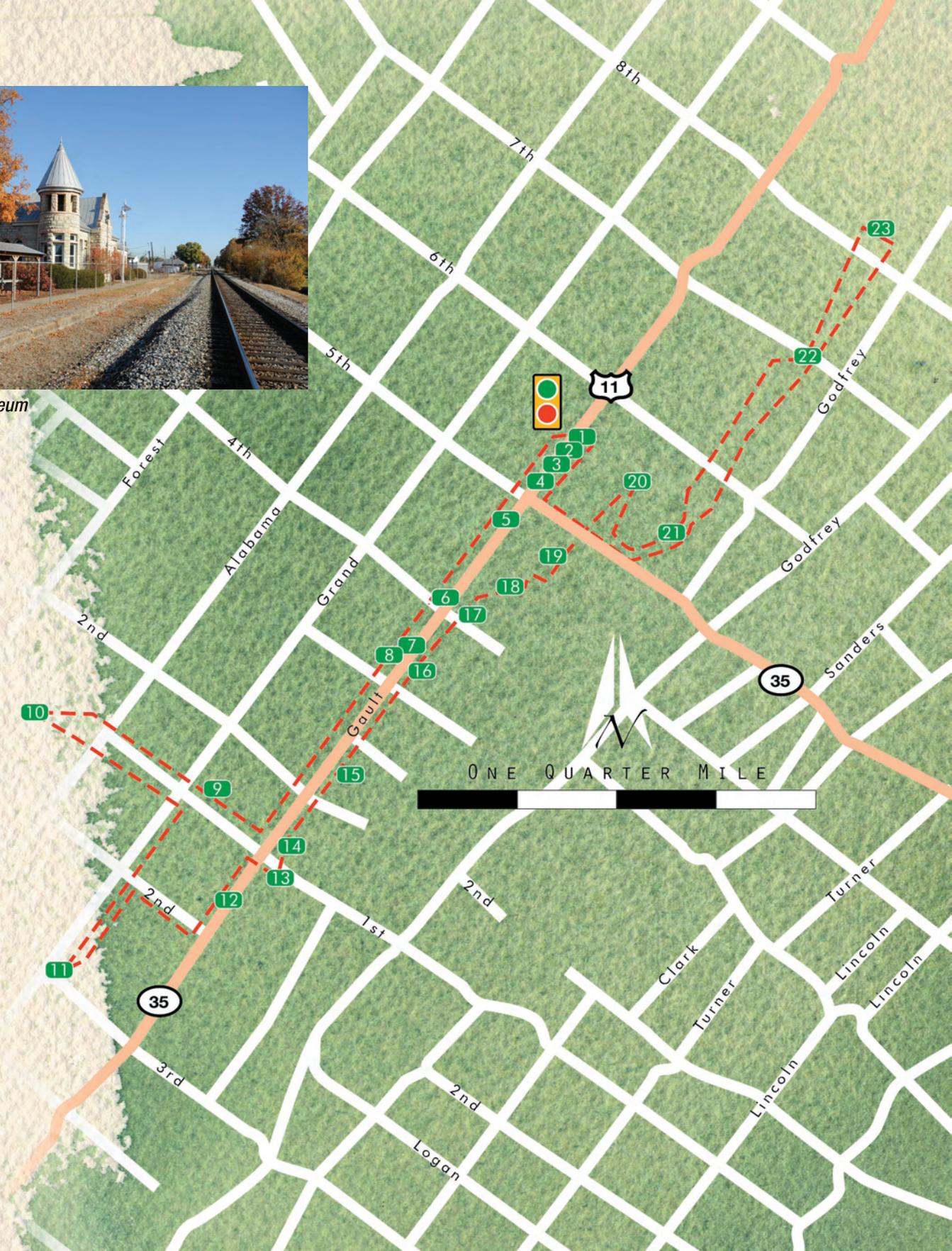
Fort Payne Theater



The Old Opera House



Statues of Fort Payne favorite sons, the Band Alabama



De Soto STATE PARK



Eight miles of walking trail, many with footbridges spanning mountain streams, passing through areas of rock formation, paralleling Little River Canyon and mixed deciduous forest. Most trails are moderate to difficult in nature. The elevated Boardwalk/Azalea Cascade Trail is ADA handicapped accessible and offers one of the many interpretive highlights at De Soto.

Interesting plants, insects and animals can be found along the park's trails almost any time of year



Kiwanis Pavilion and Trail

Dothan

THE LARRY AND RONA DYKES AND KIWANIS TRAILS AT WESTGATE PARK

Tour Features

Larry and Rona Dykes Trail

1. Trail start and stop
2. Soccer complex
3. Water World
4. Tennis Center

Kiwanis Trail

1. Trail start and stop

The Larry and Rona Dykes Trail at Westgate Park is a 3.25-mile multi-use trail. About two-thirds of the trail is through wooded areas featuring areas that are primarily hardwood and areas that are the native pine woods so prevalent in South Alabama. The trail runs through woods and open areas on the perimeter of Westgate Park, a 243-acre regional park. Cyclists are welcome.

The trail currently has a natural surface with some mild grade changes along a mostly level trail. The separate bike path will be



asphalt. The entire trail is accessible. This nine foot wide walking trail is called Kiwanis Trail (pets are welcome on both trails, but only on leashes).

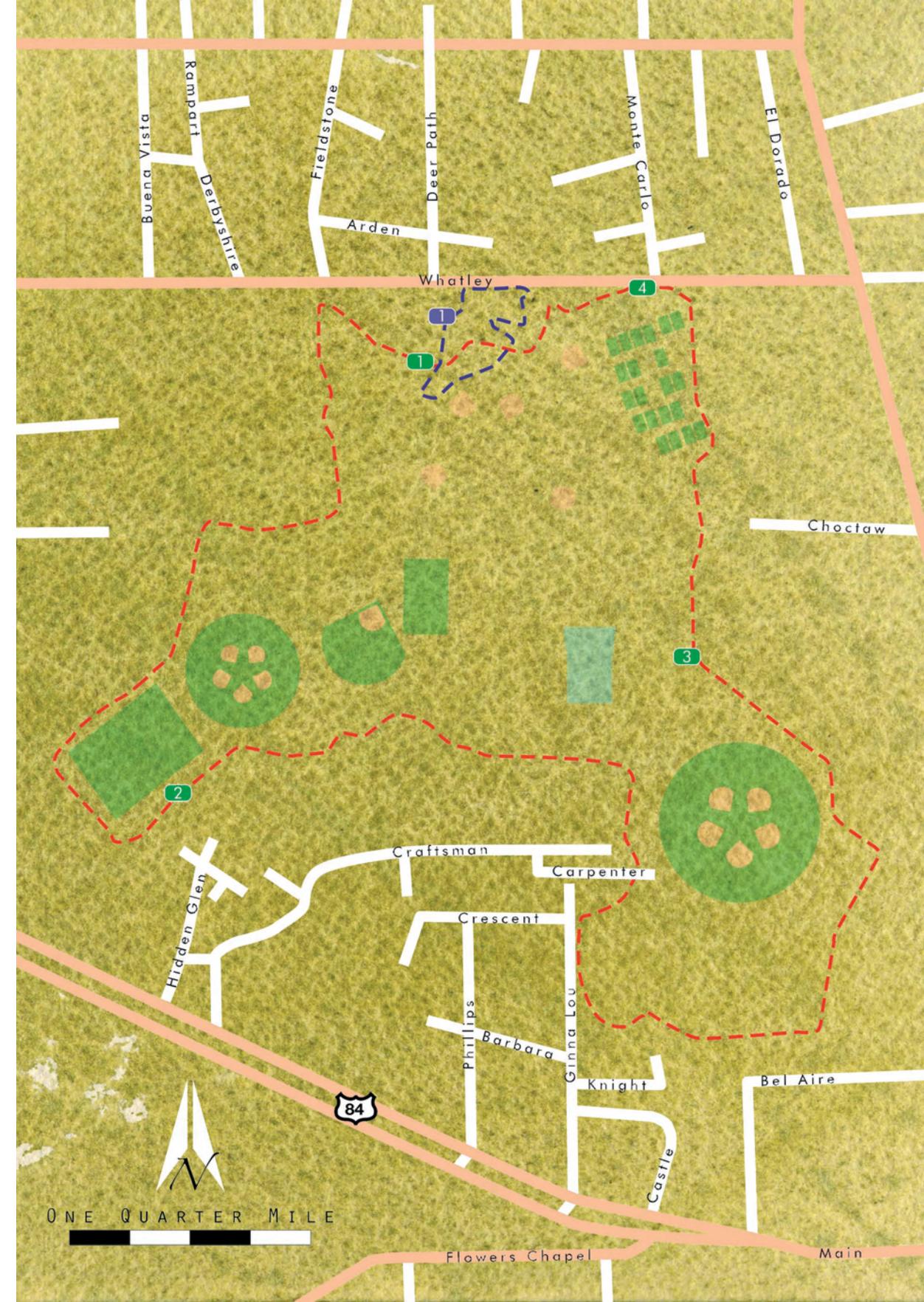
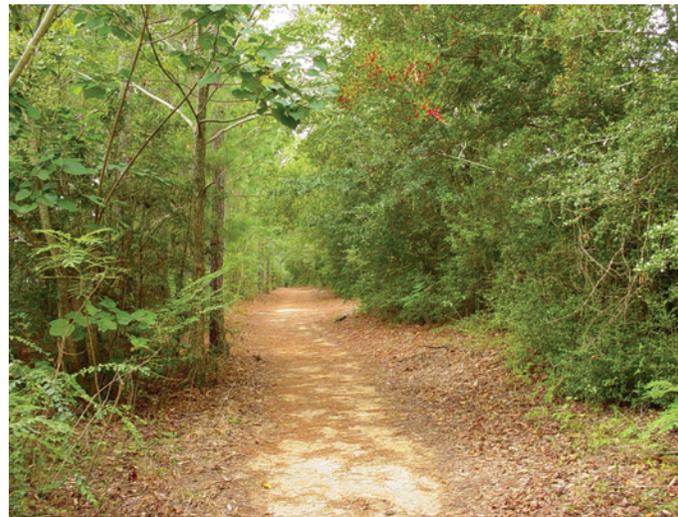
Both the Larry and Rona Dykes Trail and the Kiwanis Trail can be accessed from the following directions:

From 231 North, enter Dothan and turn right onto Westgate Parkway. Turn right onto Whatley Drive. Turn left onto Deerpath Road (about 400 yards) and enter the parking lot at Kiwanis Park.

Entering Dothan on Hwy 431, turn right onto Westgate Parkway. Turn right onto Whatley Drive (approximately four to five miles). Turn left onto Deerpath Road (about 400 yards), enter the parking lot at Kiwanis Park.

If you enter Dothan from the west on Highway 84, turn left on Westgate Parkway. Turn left on Whatley Drive. Turn left onto Deerpath Road (about 400 yards) and enter the parking lot at Kiwanis Park.

Larry and Rona Dykes Trail



Elba

LEVEE WALK

MAYOR JAMES E. GRIMES RIVERWALK

Elba is located in the heart of the Pea River basin, at the juncture of Whitewater Creek and Pea River. Elba had its economic beginning when a ferry was established to cross Pea River in the early 1830s.

Most out-of-towners will need a little guidance to find the parking area for Elba's levee-top river walk. Take 87 north from the Y with 189 and turn right on Sawyer after you pass over the levee. Turn right immediately on the first residential street and drive a short block to a small parking lot. Be prepared for a steep climb up the levee (leave your slick shoes at home if it's been raining) and enjoy the sights from the heights of the 1862 town.

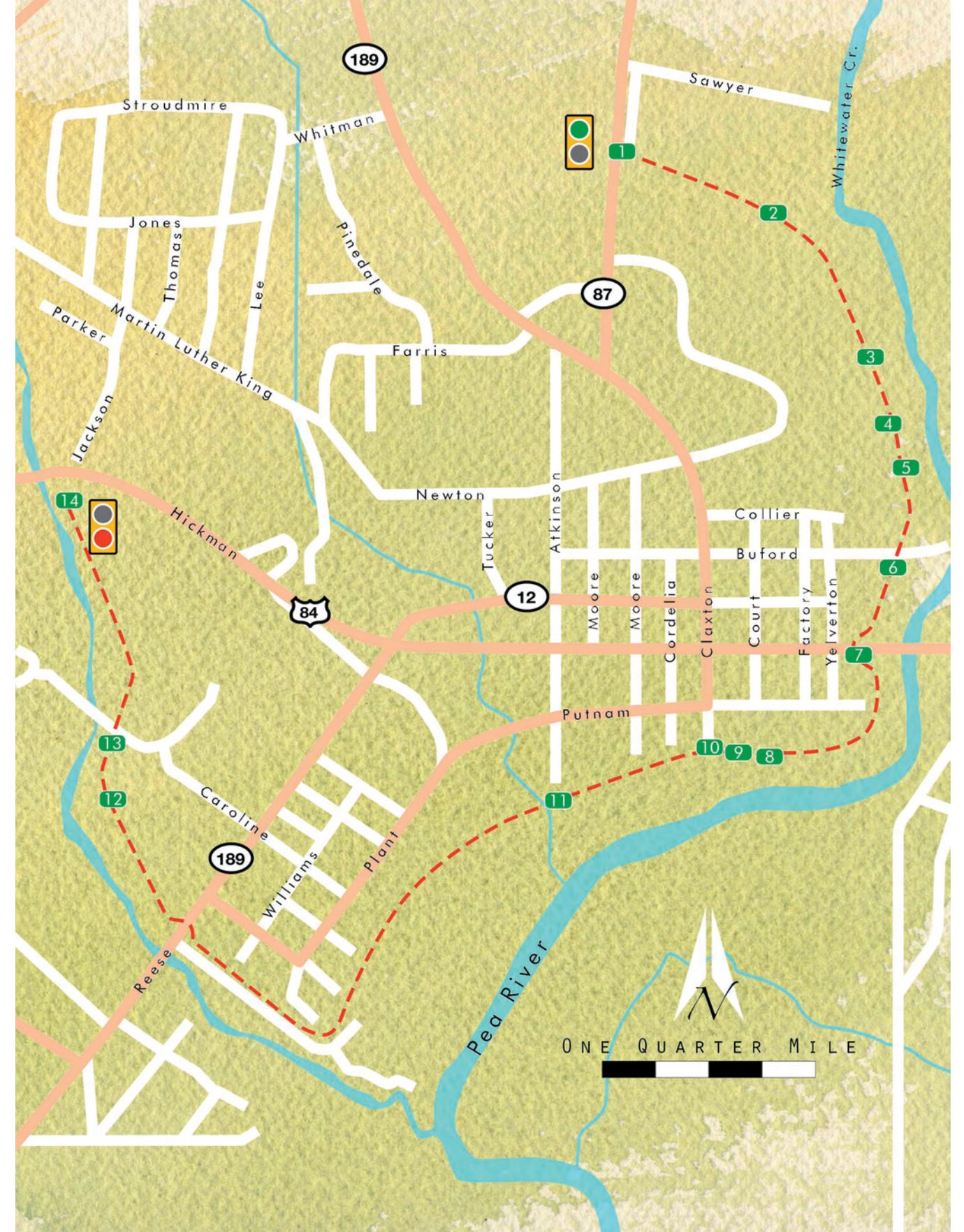
Tour Features

1. Trail start
2. Middle School
3. Old Tiger Stadium
4. Flood pumps
5. View of 1880s era courthouse with clock
6. Chamber of Commerce
7. Old County Jail
8. Back of Governor "Big Jim" Folsom's birthplace
9. Putman Entrance
10. Pumping station
11. Dorsey Plant
12. Pavement ends-grass walk downhill
13. Cross street and walk uphill
14. Trail end/Beaver Dam Creek

Levee at Pea River



The levee walk at the trail start offers lighting to allow night walks



Elkmont

Tour Features

1. Trail start and stop/Mitchell Coffman Park (restrooms and parking)
2. Bridge
3. Covered bridge and bench
4. Bench
5. Bench
6. Leatherwood Swamp Wetlands/ bench
7. Battle of Sulphur Creek Trestle/ historic marker/bench
8. Bench
9. Depot/restrooms/parking/store/ bench/trail maps
10. Bench
11. Bridge, water trough and bench
12. Bench
13. Covered bridge and bench
14. Parking lot
15. Veto parking lot/restrooms/Veto Methodist Church

One of the best-kept secrets of the South, the 10.3-mile trail winds its way past the site of the Battle of Sulphur Creek Trestle. Walkers can retrace the steps of Civil War heroes. This trail offers a back-to-nature getaway for

thousands of local residents and tourists. Hikers, bikers, joggers, bird watchers, horseback riders, as well as naturalists, students and historians are just some of the groups who enjoy the great variety of opportunities created

by the trail. This Rails-to-Trails walk begins in downtown Elkmont. The trail hours are daylight to sunset. No motorized vehicles are allowed.



Enterprise

A MONUMENT TO AN AGRICULTURAL PEST

Tour Features

1. Trail start and stop/Rawls Hotel Enterprise Depot (no sidewalk, walk on street)
3. Jesse Rawls House
4. Enterprise Junior High
5. College Street Elementary School
6. Bad walking crossover-10 foot gap
7. Old Rawls Hardware building
8. Bryars-Warren Drug Company
9. Boll weevil Monument
10. Andrews Gift Shop
11. Smoochie's Ice Cream Parlor/rest stop

The self-guided walk through our historic downtown area is 2.3 miles. Walkers will visit the 105-year-old Rawls Hotel, the Railroad Depot Museum, and, of course, the famous Boll Weevil Monument, the only monument in the world dedicated to an agricultural pest. Walkers will see many restored and well maintained homes, some more than 100 years old. Many specialty shops and eateries dot the trail, including Smoochie's Homemade Ice Cream and Sandwich Shop, Andrews's Gifts, and the 96-year-old Bryars-Warren Drug Store, where walkers can enjoy the old-fashioned charm—complete with hand-dipped ice cream and the original brass cash register.

Most shops and sidewalks are wheelchair-friendly and leashed pets are welcome on city streets and in some establishments.

The walk begins and ends at the Rawls Hotel on Main Street, which is also U.S. Highway 84. Visitors from the north or south will probably arrive via Highway 167 or Highway 27.

Signs direct visitors to The Boll Weevil Monument.



Enterprise's monument to the Boll Weevil



Eufaula

On the Waterfall Trail



Billy Andrews

Tour Features

1. Trail start and stop/picnic and rest area/Chamber of Commerce
2. Scenic overlook
3. Begin Waterfall Trail
4. Entrance to scenic waterfall
5. Creek and waterfall
6. Entrance to strenuous climb
7. Top of incline
8. Scenic overlook
9. Eufaula Yacht Club
10. Fairview Addition/Woodland Trail to new cemetery
11. Old Fairview/Woodland trail to old cemetery
12. Railroad bridge

Located on the banks of the Chattahoochee River, Eufaula (pronounced you-fall-uh) gets its name from a Creek Indian tribe that was living here in 1823 at the time of the first permanent white settlement. In the Creek language, the word "Eufaula" means "high bluffs," referring to the steep embankments overlooking the river.

The rewards for making the strenuous climb are the waterfall and the view from the overlook.



Scenic overlook



Flomaton

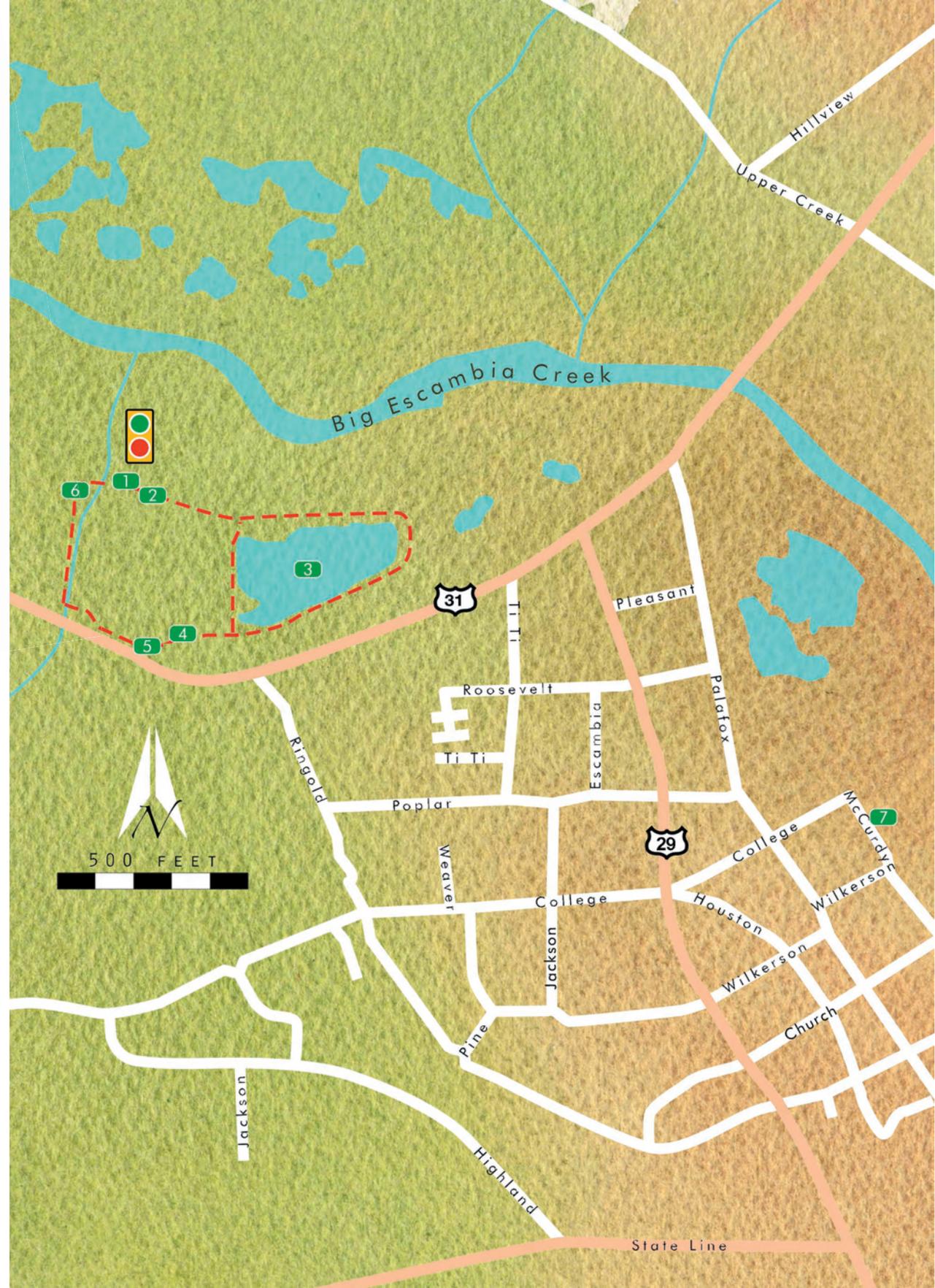
Tour Features	
1.	Trail start and stop
2.	Playground
3.	Lake
4.	Baseball/softball/tennis courts
5.	Red train caboose
6.	Turtle Point Science Center and Boardwalk
7.	Flomaton Public Library



Turtle Point Environmental Science Center is adjacent to the walking track

Flomaton's Hurricane Park is an easy walk around a playground on a paved track. Accessed just off Highway 31 (it's visible from the road) to the left when coming into town from the north.

The walk passes the Turtle Point Environmental Science Center, a hands-on experience located on twenty acres of wetlands on Big Escambia Creek. The center features an interpretive wildlife center; wetland trail and boardwalk; gardens; butterfly/honeybee exhibits; and touch tank; live reptile, fish, and amphibian exhibits and a gift shop.



Florala STATE PARK

Tour Features

1. Trail start and stop/Floral Wetlands Park
2. Wetlands plaque
3. Wetlands interpretive plaque describing lake's wildlife
4. Wetlands overlook
5. City boat launch
6. Floral State Park boundary
7. Back of amphitheater
8. Front of amphitheater
9. Tyner station
10. Observation pier with benches
11. Swimming beaches
12. Manning's Landing
13. Floral State Park boat launch
14. Campground with restrooms and phone



The easy walk hugging Lake Jackson at Floral State Park has something interesting everywhere you look, not the least of which are the campers who come here from every part of the world. It's easy to strike up a conversation on the park's long paved paths and boardwalks.

Because Floral State Park is part of the town of Floral, shopping and sightseeing are within walking distance as well. But you wouldn't know it by taking in the view.

Above and left: Two of the trail's many views of Lake Jackson



A great place for watching nature or biding your time

Foley

Entrance to the Foley walk



A GARDEN WALK THROUGH THE HEART OF A SMALL GULF COAST TOWN

Tour Features	
1.	Trail start/entrance
2.	Gazebo and bike rack
3.	Museum and archives/restroom/water
4.	Train and depot with miniature city/camellia trail
5.	Comfort station/restrooms
6.	Memorial fountain/picnic tables
7.	Pavilion
8.	Rose trail arbor/entrance
9.	Arbor with reclining roses
10.	Arbor
11.	Gazebo
12.	Bridge
13.	Police Department/benches/telephone
14.	Trail stop/parking

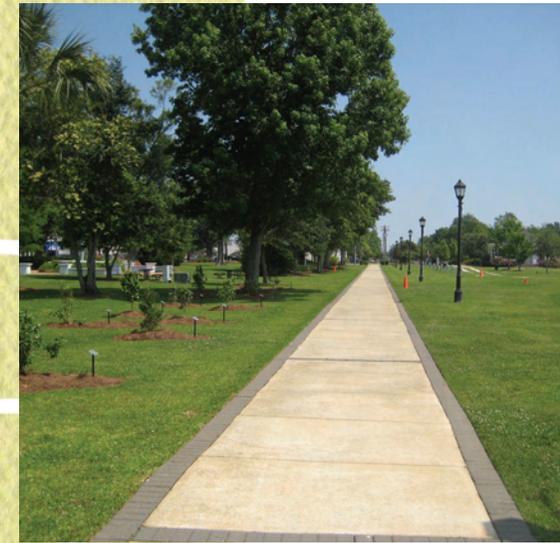
Vistors to the Alabama Gulf Coast drive past this picturesque walk without even realizing it. The next time your family heads to Gulf Shores or Orange Beach on State Highway 59, turn west onto Laurel Street in Foley and treat yourself to the fine floral entrance to this creatively landscaped walk.

The parking is right near the entrance and if you don't want to wrestle the kids from nearby parking to this entrance, drive another block to Cypress and turn left to find more.

The L&N Depot Museum illuminates Foley's agricultural past, and there are lots of treats here for railroad enthusiasts.



The gazebo is a popular spot for weddings and other special gatherings



High-quality walking surfaces

Gilbertown

WALK THE SITE OF ALABAMA'S FIRST OIL WELL

This vibrant and small southern community is located in Choctaw County and prides itself in its Ballet Theatre & Arts program which produces some of the most popular productions on their big stage.

Incorporated in 1913, Gilbertown has experienced steady growth with the addition of the county museum, sports-plex, library and Alabama Southern Community College.

Its bustling business district has unique one-of-a-kind shops that are owner/operated by local families.

Its history is derivative of black gold and is the site of the first producing oil well in the state in 1941. Named for a Dr. Gilbert who lived in the area, the town grew up in 1911-1912. The AT&N Railroad, with its depot and tracks running right through the center of town, is now the showcase of a large town park. The first bank and automobile

dealership in the county were also incorporated in Gilbertown.

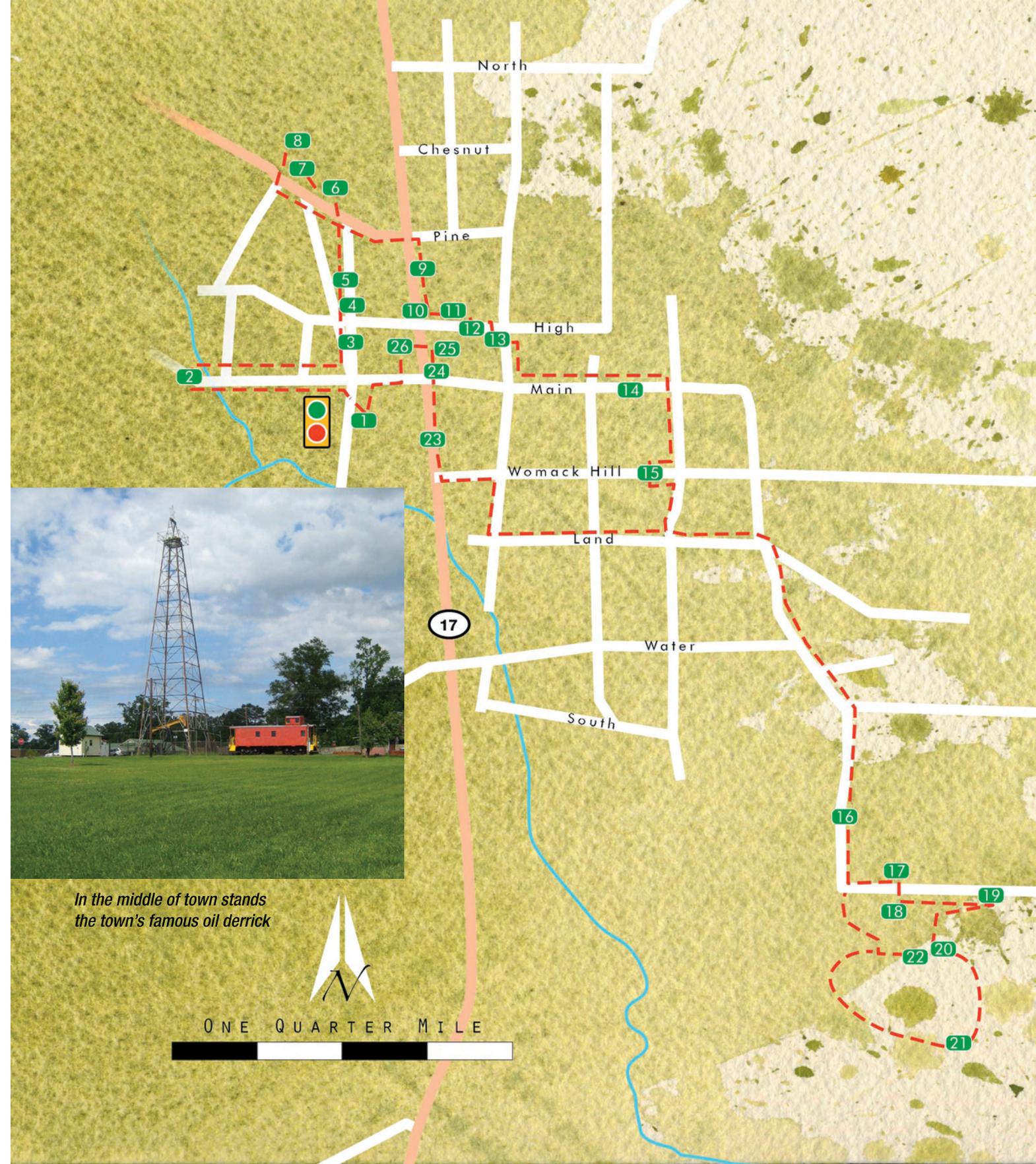
The Passport to Fitness walk will meander through some of Choctaw's finest history on a 2.5 mile route. Your walk will begin at The Village Shoppe located at 51 West Main Street, one block south of Highway 17. For additional information, please call 251-843-2766 or the Chamber at 205-459-3459. Pets allowed on leash; wheelchair and stroller accessible. This route could be shortened for limited mobility.



Gilbertown's eclectic row of shops

Tour Features

1. Trail start and stop/The Village Shoppe/Franklin Primary Health Services
2. Heritage Church of God
3. Ace Hardware and Feed Mill
4. Town Hall/Police Station
5. Oil derrick/Frisco Caboose/Gilbertown Minipark/The Fountain
6. Choctaw County Historical Museum
7. Becton-Carlisle Country Store
8. Old courthouse log cabin
9. Marvin Merritt House
10. D&L Pharmacy
11. Merritt Motor Company
12. Merritt Supply Company
13. Ambulance base
14. Southern Charm
15. Gilbertown Baptist Church
16. Gilbertown Fire Department
17. W. H. Pat Lindsey Library
18. Alabama Southern Community College
19. Ballet and Theater Arts Performing Companies
20. Walking trail
21. Park pavilion
22. End walking trail
23. The Trading Post
24. The Trellis
25. Choctaw Sun
26. Gilbertown Motor Company



In the middle of town stands the town's famous oil derrick

Greenville

THE CAMELLIA CITY

Greenville's walking tour begins at the historic depot at One Depot Square.

The trail passes several restaurants with very good dining and two stores—Piggly Wiggly and Jordan's Hilltop—where lighter refreshments and restrooms can be found.

Greenville has more than its share of handsome churches and elegant homes on the tour.

The beautiful Pioneer Cemetery (1820-1950) contains the remains of many early settlers' graves marked with marble monuments, unusual cast iron and seashell burial mounds. A fine old camellia garden is located east of the historical marker and gate.

Several historic districts and their homes punctuate the walk through the city, and the prepossessing camellia gardens flourishing around them are well worth the few miles off Interstate 65 it takes to see them.



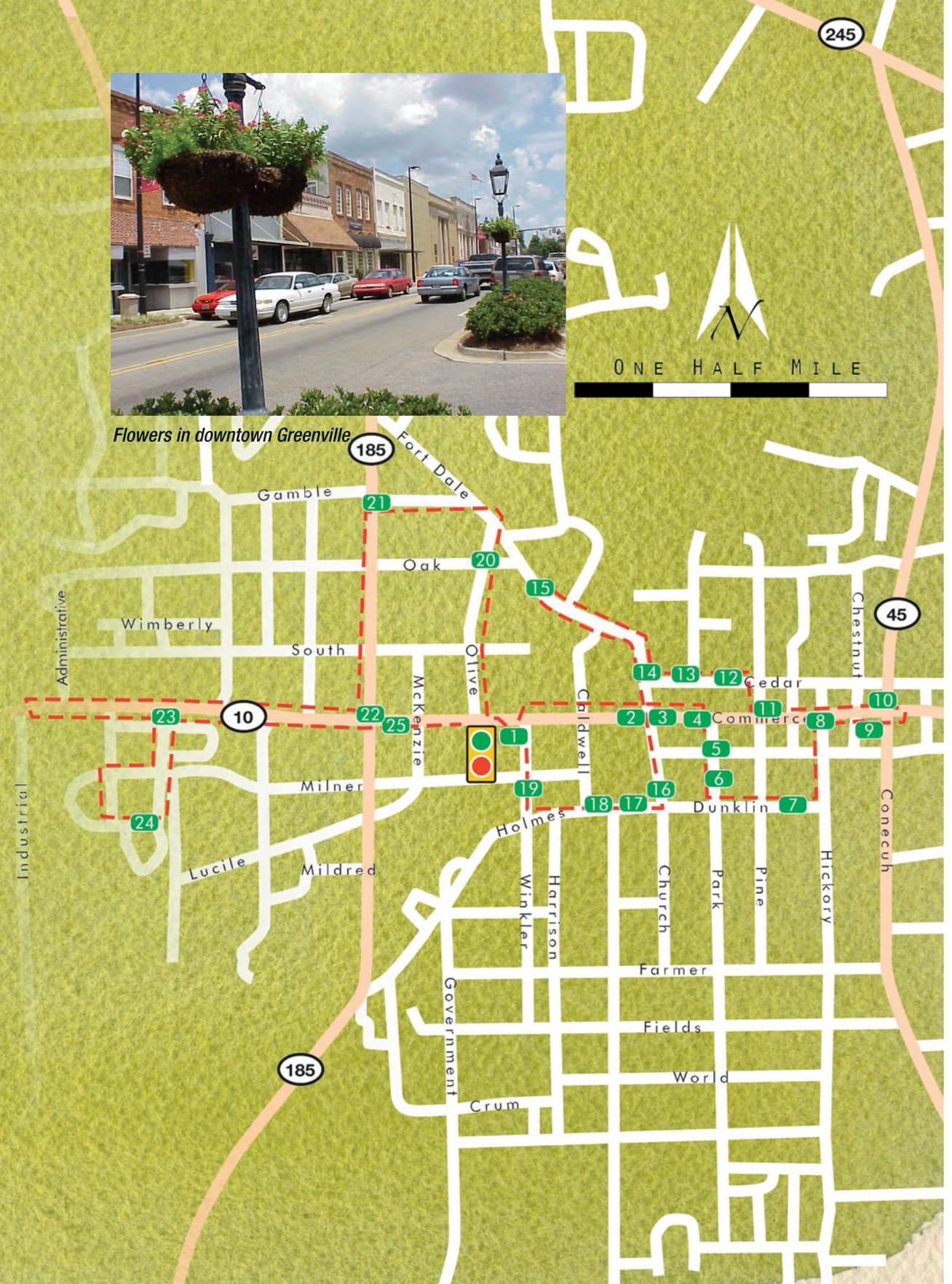
Greenville City Hall

Tour Features

1. Trail start and stop/Historic Depot and Chamber of Commerce
2. Ritz Theater/Whitney Bank
3. Bottom of Old Opera House
4. Confederate Park/City Hall/The Chef's Table
5. First United Methodist Church
6. Pioneer Cemetery
7. Speir Home/Hospital
8. St. Elizabeth Catholic Church
9. Court Square Café
10. Butler County Courthouse
11. First Presbyterian Church
12. Piggly Wiggly/Pizza Pro
13. Greenville Fire Department
14. First Baptist Church/historic homes
15. Butler County Library/historic park/Schools
16. St. Thomas Episcopal Church
17. Dunklin/Beeland/Frakes Home
18. Herbert Home
19. St. Paul Baptist Church
20. Leverette Home
21. Fort Dale Street/Hamilton Street/North College Street
22. Jordan's Hilltop
23. Magnolia Cemetery
24. Site of Confederate Hospital
25. The Underpass



Flowers in downtown Greenville



Grove Hill

Get to the Grove Hill walk by taking Interstate 65 South to Highway 84 West and following the highway to Grove Hill. Turn right onto Jackson Street at Fast Track and travel north one mile to Clarke County Historical Museum, the starting point.

This short, 1.5 mile historical and cultural arts trail reflecting small town life is fully accessible, suitable for children and welcoming to walkers and cyclists.

The fully restored Mathews log cabin was built in the 1830's. This two-pen log structure is a typical early settler dwelling.

The museum, included on the National Register of Historic Places, is a treasure trove of south-west Alabama history and the pride of the community.

The Grove Hill Cultural Arts Center houses a gallery featuring exquisite works of art created by the region's finest artists and craftspeople.

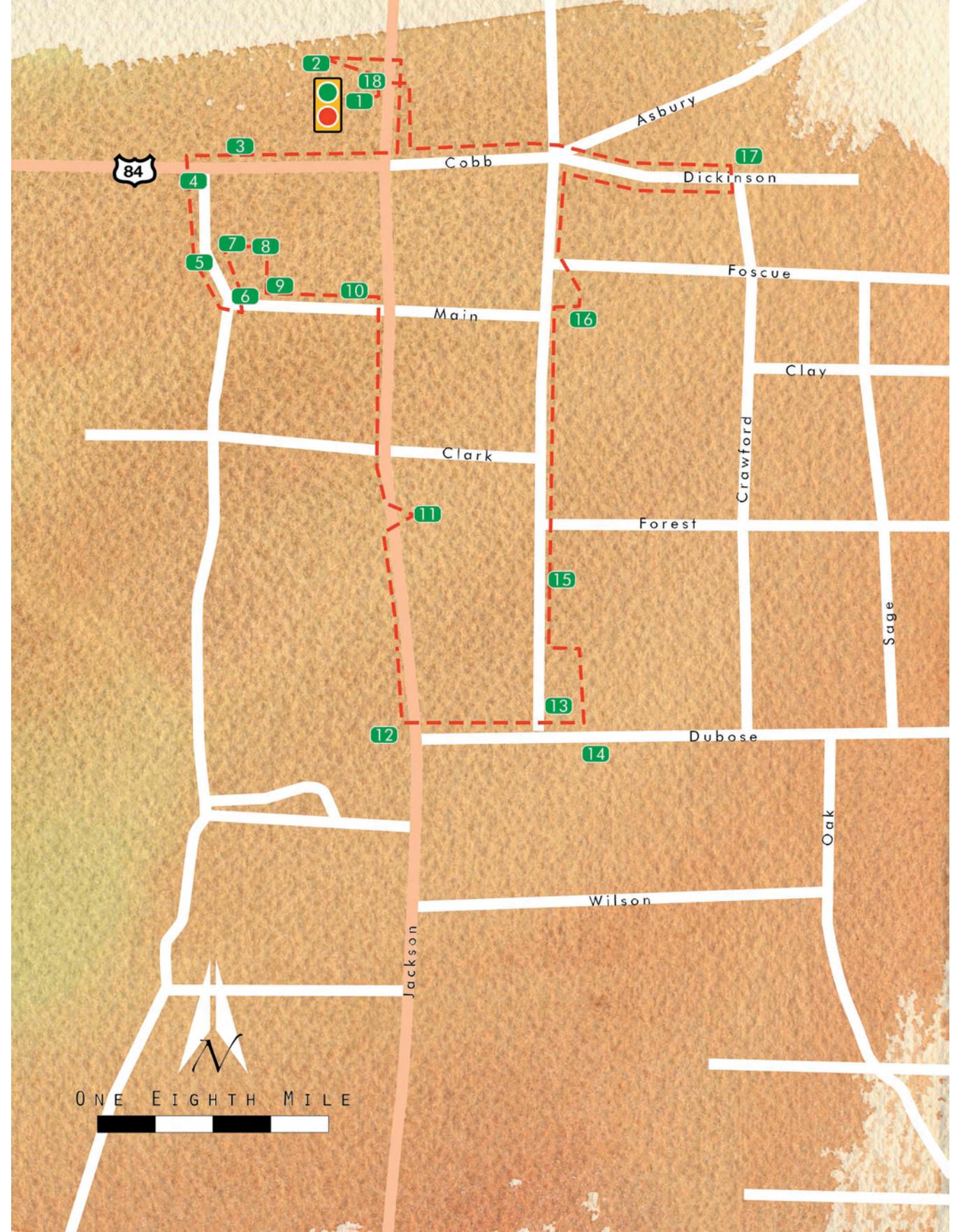


The Grove Hill Cultural Arts Center



Grove Hill's downtown

Tour Features	
1.	Trail start and stop/Clarke County Museum
2.	Mathews Cabin
3.	Armistead-Stallard House
4.	Dunn-Foster House
5.	Clarke County Courthouse
6.	World War I Monument
7.	Courthouse Square Deli and Bakery
8.	Heart of Clarke Panoramic Outdoor Mural
9.	Grove Hill Cultural Arts Center
10.	Clarke-Mobile Counties Gas District
11.	Gloria's Pour House Café
12.	The Medicine Chest
13.	Grove Hill Public Library
14.	Wilson-Bumpers House
15.	Grove Hill Baptist Church
16.	Grove Hill Town Hall
17.	Dickinson-Webb House
18.	Grove Hill Area Chamber of Commerce



Gulf Shores

Sunny Gulf Shores features two trails that can be done separately or combined. Walking is always more fun when white beaches and salt water are involved!

The walk near Highway 180



To start the trail, drive up Highway 59 from the Gulf and turn left on 19th Avenue. Park at the corner of West 3rd Street near the kid's playground and follow the walking track, which soon puts you on the paved walk by Bruno's on 180 headed toward Fort Morgan. This nature- and history-oriented walk returns to Highway 59 before heading south through the dizzying hodge-podge of Gulf Shores fun, food and fascinating nature-watching opportunities.

The tour bottoms out and returns to the beginning at the Gulf Shores Public Beach. You've probably bottomed out as well, so just look around—you'll find plenty to revive you.

Gazebo at the trail turnaround at the Gulf Shores Public Beach



Tour Features

Callaway Trail

1. Trail start and stop/Gulf Shores Recreation Center
2. Kid's park
3. Golf Club of the Wharf
4. Gulf Shores Lagoon Park
5. Historic Callaway Cottages site
6. Wallace Cemetery
7. Historic Lagoon Baptist church
8. Historic Camp Withers

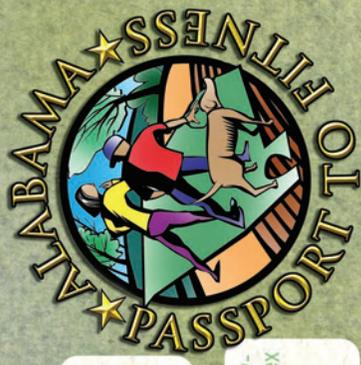
Combined Gulf Shores Trails

9. Gulf Shores Museum
10. Dog Park
11. Ratcliff Shopping Center

Beach Trail

12. Gulf Shores Zoo
13. Historic Gulf Shores Jail Site
14. The Track/Waterville USA
15. Historic Callaway Grocery Site
16. The Original Oyster House
17. Wade Ward Nature Park
18. Gulf Shores Public Beach
19. The Hangout
20. The Pink Pony Pub





PASSPORT STAMP PAGES

There is an Alabama Passport to Fitness stamp for each of the trail locations listed in this guide. Visit www.ADECA.Alabama.gov/PassporttoFitness to find where to receive your stamps—and be sure to bring this guide with you.

1 Tusculumbia
 2 Courtland
 3 Elkmont
 4 Gurley
 5 Dekalb-Ft. Payne
 6 Sheffield
 7 Decatur
 8 Athens
 9 Guntersville
 10 Cherokee County-Yarbrough Complex

11 Jasper-Howell Park
 12 Jasper-Gamble Park
 13 Hartselle
 14 Cherokee County-Sand Rock
 15 Cherokee County-Cedar Bluff

16 Jasper-Memorial Park
 17 Jasper-North Jasper Park
 18 Cullman
 19 Cherokee County-Leesburg Town Park
 20 Cherokee County-Leesburg Landing
 21 Cherokee County-Sports Complex

22 Aliceville
 23 Lake Lurleen State Park
 24 Vestavia Hills
 25 Albertville
 26 Chief Ladiga-Jacksonville

27 Shelby County-Buck Creek
 28 Shelby County-Helena
 29 Jefferson County
 30 Ashville
 31 Lake Guntersville
 32 Heflin

33 Shelby County-Heardmont
 34 Shelby County-Alabaster
 35 Mountain Brook
 36 Homewood
 37 Pinson-Turkey Creek
 38 De Soto State Park
 39 Lineville

40 Livingston
 41 Centreville
 42 Montevallo
 43 Valleydale
 44 Sylacauga-Noble Park
 45 Wind Creek State Park
 46 Pennington
 47 Prattville-Wilderness Park
 48 Oak Mountain State Park
 49 Sylacauga-Fairmont
 50 Sylacauga-Veterans
 51 Valley

52 Selma
 53 Chilton County-Minooka Park
 54 Montgomery
 55 Wetumpka
 56 Sylacauga-Sylward
 57 Chewacla State Park
 58 Auburn

59 Wilcox County
 60 Monroeville
 61 Pike Road
 62 Troy
 63 Elba
 64 Abbeville
 65 Lakepoint State Park

66 Butler
 67 Daphne-Mayday Park
 68 Greenville
 69 Andalusia
 70 Enterprise
 71 Ozark
 72 Eufaula

73 Grove Hill
 74 Daphne-Village Point Park Preserve
 75 Daphne-Alligator Alley
 76 Brewton
 77 Flomaton
 78 Florala
 79 Dothan

80 Gilbertown
 81 Foley

82 Citronelle
 83 Gulf Shores

84 Dauphin Island
 85 Gulf State Park

Page and stamp positions for all walking trails

Abbeville	64, p. 6	Daphne-Mayday Park	67, p. 40	Heflin	32, p. 86	Selma	52, p. 124
Albertville	25, p. 8	Daphne-Village Point Park Preserve	74, p. 42	Homeewood	36, p. 88	Sheffield	6, p. 126
Aliceville	22, p. 10	Dauphin Island	84, p. 42	Jacksonville-Chief Ladiga	26, p. 90	Shelby Cty-Buck Creek	27, p. 128
Andalusia	69, p. 12	Decatur	7, p. 46	Jasper-Gamble Park	12, p. 92	Shelby Cty-Heardmont	33, p. 128
Ashville	30, p. 14	Decatur	5, p. 48	Jasper-Howell Park	11, p. 92	Shelby Cty-Helena	28, p. 128
Athens	8, p. 16	De Soto State Park	38, p. 50	Jasper-Memorial Park	16, p. 92	Shelby Cty-Montevallo	42, p. 130
Auburn	58, p. 18	Dothan	79, p. 52	Jasper-North Jasper Park	17, p. 92	Shelby Cty-Valleydale	43, p. 130
Brewton	76, p. 20	Elba	83, p. 54	Jefferson Cty	29, p. 94	Shelby Cty-Veterans Alabaster	34, p. 130
Butler	66, p. 22	Elkton	3, p. 56	Lake Guntersville State Park	31, p. 96	Sylacauga-Fairmont	49, p. 132
Centreville	41, p. 24	Enterprise	70, p. 59	Lake Lurleen State Park	23, p. 98	Sylacauga-Noble Park	44, p. 132
Cherokee County-Cedar Bluff	15, p. 26	Eufaula	72, p. 60	Lakepoint State Park	65, p. 100	Sylacauga-Sylward	56, p. 134
Cherokee County-Leesburg Landing	20, p. 26	Florala	77, p. 62	Livingston	39, p. 102	Sylacauga-Veterans	50, p. 134
Cherokee County-Leesburg Town Park	19, p. 26	Flomata	78, p. 64	Monroeville	40, p. 104	Troy	62, p. 136
Cherokee County-Sand Rock	14, p. 26	Foley	81, p. 66	Montgomery	54, p. 118	Tusculumbia	1, p. 138
Cherokee County-Sports Complex	21, p. 26	Gilbertown	80, p. 64	Mountain Brook	35, p. 110	Valley	51, p. 140
Chewacla State Park	10, p. 26	Greenville	68, p. 70	Oak Mountain State Park	48, p. 112	Vestavia Hills	24, p. 142
Chilton County-Minooka Park	57, p. 30	Grove Hill	73, p. 72	Oak & Ed Lisenby Trails	71, p. 114	Wetumpka	55, p. 144
Citronelle	53, p. 106	Gulf Shores	83, p. 74	Pennington	66, p. 116	Wilcox County	59, p. 146
Courtland	82, p. 32	Guntersville	85, p. 78	Pike Road	61, p. 128	Wind Creek State Park	45, p. 148
Cullman	2, p. 34	Gurley	9, p. 80	Prattville-Wilderness Park	37, p. 120		
Daphne-Alligator Alley	18, p. 36	Hartselle	4, p. 82		47, p. 122		
Daphne-Village Point Park Preserve	75, p. 38		13, p. 84				

Gulf STATE PARK

Gulf State Park's 6150 acres are seeing steady improvement in the amenities there after the devastation left in the wake of Hurricane Ivan in 2004. Part of the improvement is a system of trails that lead north and south of the wetlands that lie between Orange Beach and Gulf Shores.

The Gulf Oak Ridge Trail can be accessed within the State Park at a point not far past Campground Road going north from Beach Road (Highway 182). The trail can also be accessed from the back of the Orange Beach Sports Complex at the end of William Silvers Drive, just off U.S. Highway 180 (Canal Road) in Orange Beach about 1 mile from the Foley Beach Express exit on Canal Road (leads to Tour Feature 8 on this map). A surprisingly lush natural setting awaits the walker or cyclist on this stretch, and a number of stunning old growth trees are to be seen along the way.

A cyclist begins the trail from the trailhead off of Canal Road (Highway 180)

Tour Features	
1.	Trail start and stop
2.	Alligator habitat viewing area
3.	Picnic table
4.	Benches and table
5.	Picnic table
6.	Bench
7.	Bench
8.	Bench
9.	Bench
10.	Trail start and stop
11.	Bench
12.	Bench
13.	Bench
14.	Bench
15.	Restrooms and water fountain
16.	Picnic pavilion
17.	Bench
18.	Bench
19.	Bench
20.	Bench
21.	Bench
22.	Trail start and stop
23.	Picnic table
24.	Bench
25.	Alligator habitat viewing area
26.	Picnic table
27.	Bench
28.	Picnic table

Another trail entrance, the one to the Catman Road trail, can be found near the Orange Beach water tank on Road 161, the connector between 180 and 182 in Orange Beach.

All three trails offer exotic views—including alligator and birding observation—for the coastal naturalist's interests.



The Gulf Oak Ridge Trail



Where the trail begins in Orange Beach

Guntersville

A WALK BY THE MIGHTY TENNESSEE



Guntersville's high quality track and high quality scenery

The Guntersville walk combines old southern charm to be found in the town's well-preserved historic homes, shopping in the artsy, revitalized downtown area, and spectacular views of Lake Guntersville on the Tennessee River.

The West Trail total distance is 3.66 miles with a round trip distance of 7.32 miles

The trek one way along the levee trail on the east side of the city, starting at the Rescue Squad station, is a little over one mile for a round trip total of two miles.

Guntersville combines food, fun, art and exercise within view of vast Lake Guntersville on the Tennessee River.

Tour Features	
East Trail	
1.	Trail start and stop/Guntersville Rescue Squad
West Trail	
2.	Trail start and stop/Guntersville Chamber of Commerce
3.	Lurleen B. Wallace Pavilion
4.	Senior Recreation Center



Gurley

The town of Gurley is nestled in the foothills of the Appalachian Mountains along the Trail of Tears corridor. Tree shaded streets, historic homes, cemeteries, railroads and rolling countryside make Gurley a welcoming stop for visitors and residents alike.

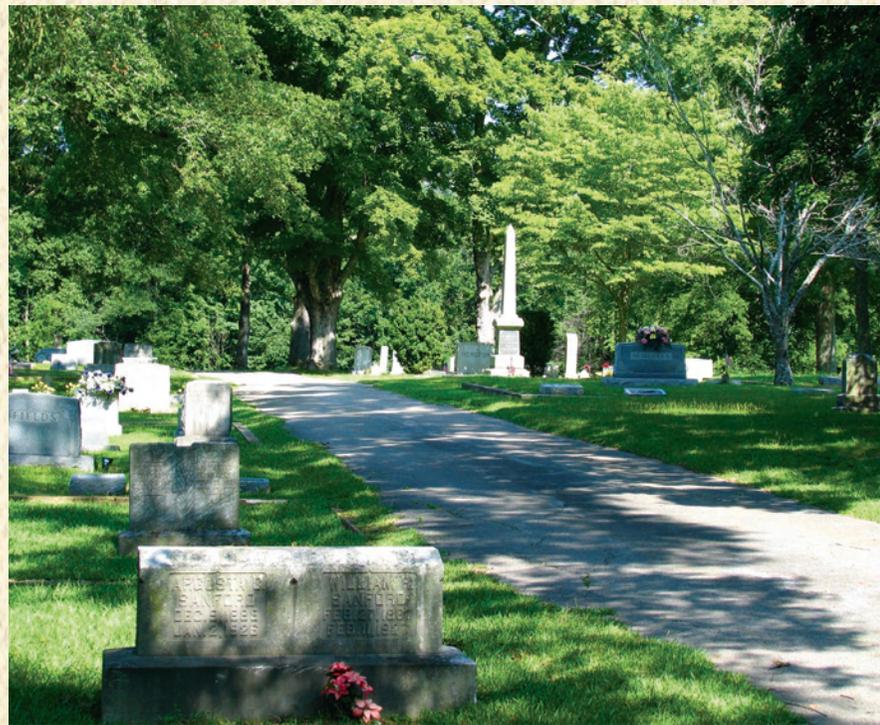
Gurley's earliest settlement began in the early 1830's and gained notoriety in the late 1850's for its water tower, Gurley's Tank, a stop along the Memphis-Charleston railroad.

The Gurley trail is a 10k trail and takes participants through the city proper and surrounding countryside. The trail includes historic homes, the Gurley Methodist and Cumberland Presbyterian churches, historic downtown, Gurley Cemetery, the old Memphis-Charleston railroad (now known as the Southern railroad) and the surrounding farmland.

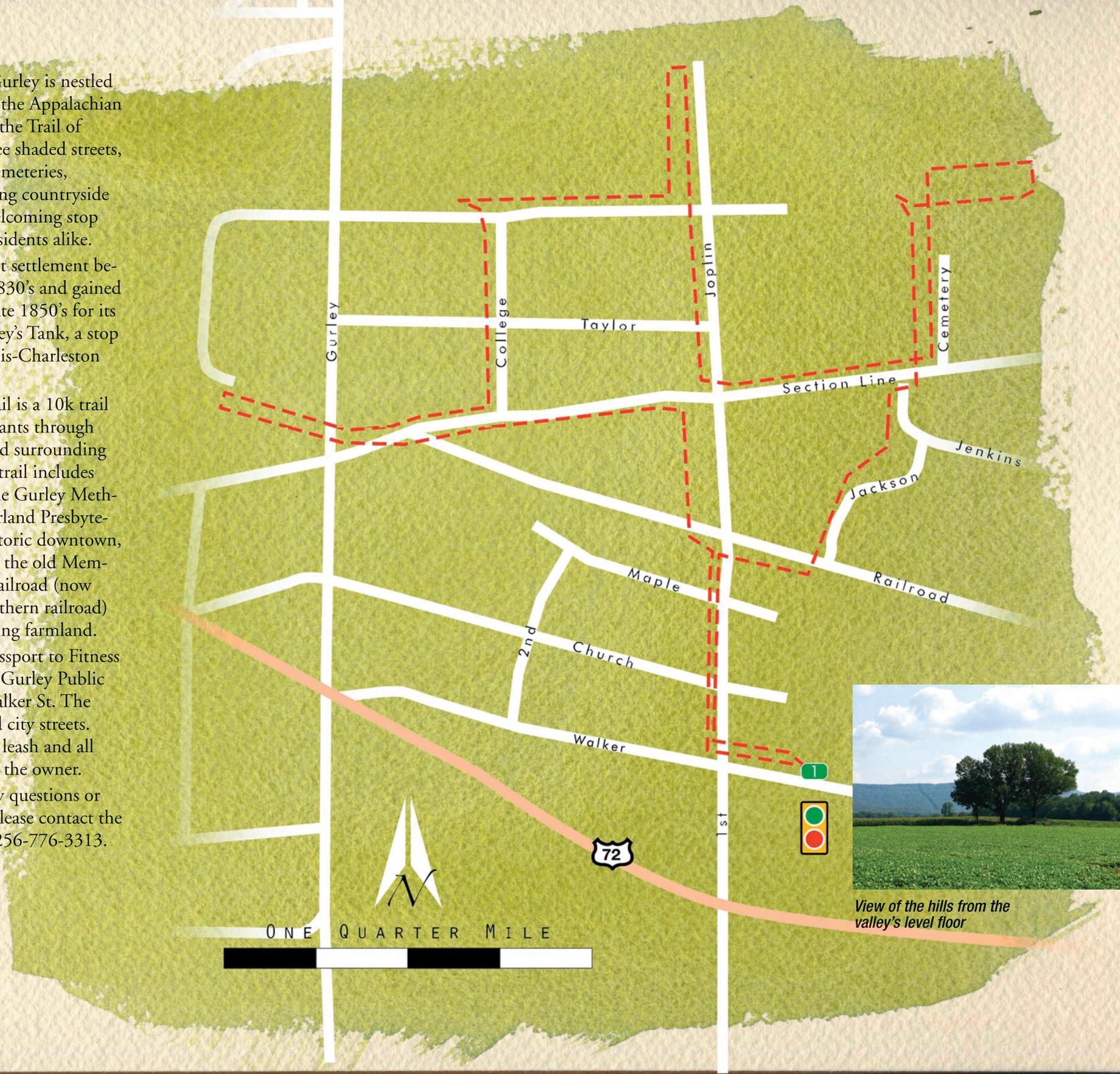
The Gurley Passport to Fitness trail begins at the Gurley Public Library at 225 Walker St. The trail follows paved city streets. Pets must be on a leash and all waste removed by the owner.

If you have any questions or need directions, please contact the city of Gurley at 256-776-3313.

Tour Features
1. Trail start and stop



Cemetery in Gurley



Hartselle

Tour Features

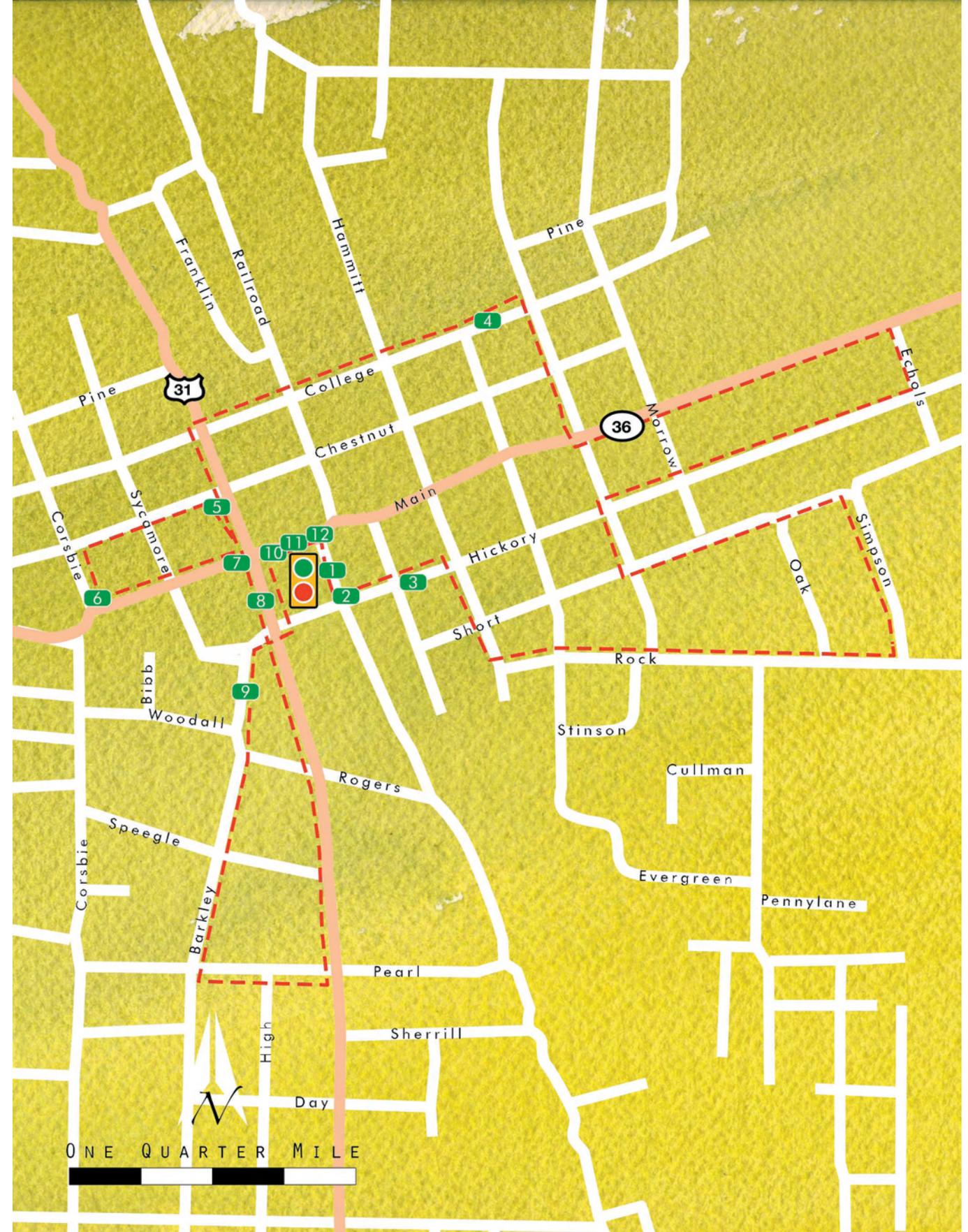
1. Trail start and stop/The Station/restrooms
2. Hickory Street Station/restrooms
3. Veterans Museum
4. Hartselle Fine Arts Center
5. William Bradford Huie Library/restrooms/water
6. Slate Gallery
7. Downtown shops
8. Weekdays Deli
9. E.A.R.T.H. Park/benches/walking trail
10. Pedestrian plaza
11. Cahoots Café
12. Gazebo



*Top: Hartselle Depot
Middle: Hartselle Center for the Arts
Bottom: Main Street shopping and restaurant district*



The Hartselle trail is approximately 3.45 miles in length and leads visitors through the city's historic downtown and immediate outlying residential communities. The trail passes several historic homes as well as the Hartselle Fine Arts Center; E.A.R.T.H. Park; Hartselle Veteran's Museum; Historic Hartselle Train Depot; and the many shops and restaurants of the city's historic downtown. Most of the trail is concrete sidewalk and is suitable for all ages, strollers and pets. Public parking is plentiful in the vicinity of the trail start/finish location, and restrooms and water are available at several locations along the trail. In the fall of each year, downtown Hartselle is home to the annual Depot Days festival. The summer Art, Artifacts, and Antiques Festival and Christmas Open House events are also scheduled annually. Detailed information on annual event dates may be found online at www.hartsellechamber.com or by calling the City of Hartselle at 256-773-2535.



Heflin LAKE POINT TRAIL

Tour Features

1. Trail start and stop



Overlooking the lake



Heflin's Lake Point Trail is one of the few trails designed for a mildly challenging hike

The start of Lake Point Trail is on Heflin's eighteen-hole Lake Point Disc Golf Course. The hiking trail is accessed by walking along the scenic Cahulga dam surrounded by the lake on one side and a spillway on the other. The trail meets an incline ascending a mountain that will border the Talladega National Forest for a mile. At this point the walker can turn back or choose to walk farther. A bench and sign mark the end of the first mile.

The trail is wooded and is intended to be a hiking trail not a walking trail. Some walkers may find the trail difficult.

There are restrooms, a fishing pier, picnic area, disc golf course and boat ramp on the Lake Point Trail. Fishing permits are required and no gasoline motors are allowed.

From Birmingham, take Interstate 20 to Exit 199 and head north on Alabama 9. Go west on Alabama 78 and turn right onto Hillcrest Road. At the end of Hillcrest, cross over the railroad track and turn left onto Mountain Street. Go to end of Mountain Street and through the gates. The park is on the right past the pavilion.

From Atlanta, take Interstate 20 Exit 205 and head northeast on Alabama 46, continuing straight to US 78. Go through downtown Heflin past the Home-town Restaurant on the right. Turn right on Hillcrest Street, cross over railroad tracks and turn left on Mountain Street. Go to the end of Mountain Street and through the gates. The park is on the right past the pavilion.



The trail is adjacent to the town's Lake Point Disc Golf Course



Homewood

Tour Features

City Trail

1. Trail start and stop/City Hall
2. Old City Hall
3. Shades Cahaba School (owl statue on top)
4. Historic Overton Park
5. Library
6. Central Park/Homewood Community Center (18th Street, turn on 29th, left on 19th)

Lakeshore Trail

7. Trail start and stop
8. Bridge at Shades Creek tributary
9. Samford University (across street)
10. Old Montgomery Highway
11. Stone pillar at Brookwood Medical Center Drive

The Birmingham suburb of Homewood features two walks with different “personalities.”

The downtown homewood City Trail comprises Tour Features 1 through 6, making a 3.1-mile loop through the town’s Central Park before returning to the city’s easy-paced and interesting urban layout.

The City Trail begins at Homewood City Hall, 2850 19th Street South.

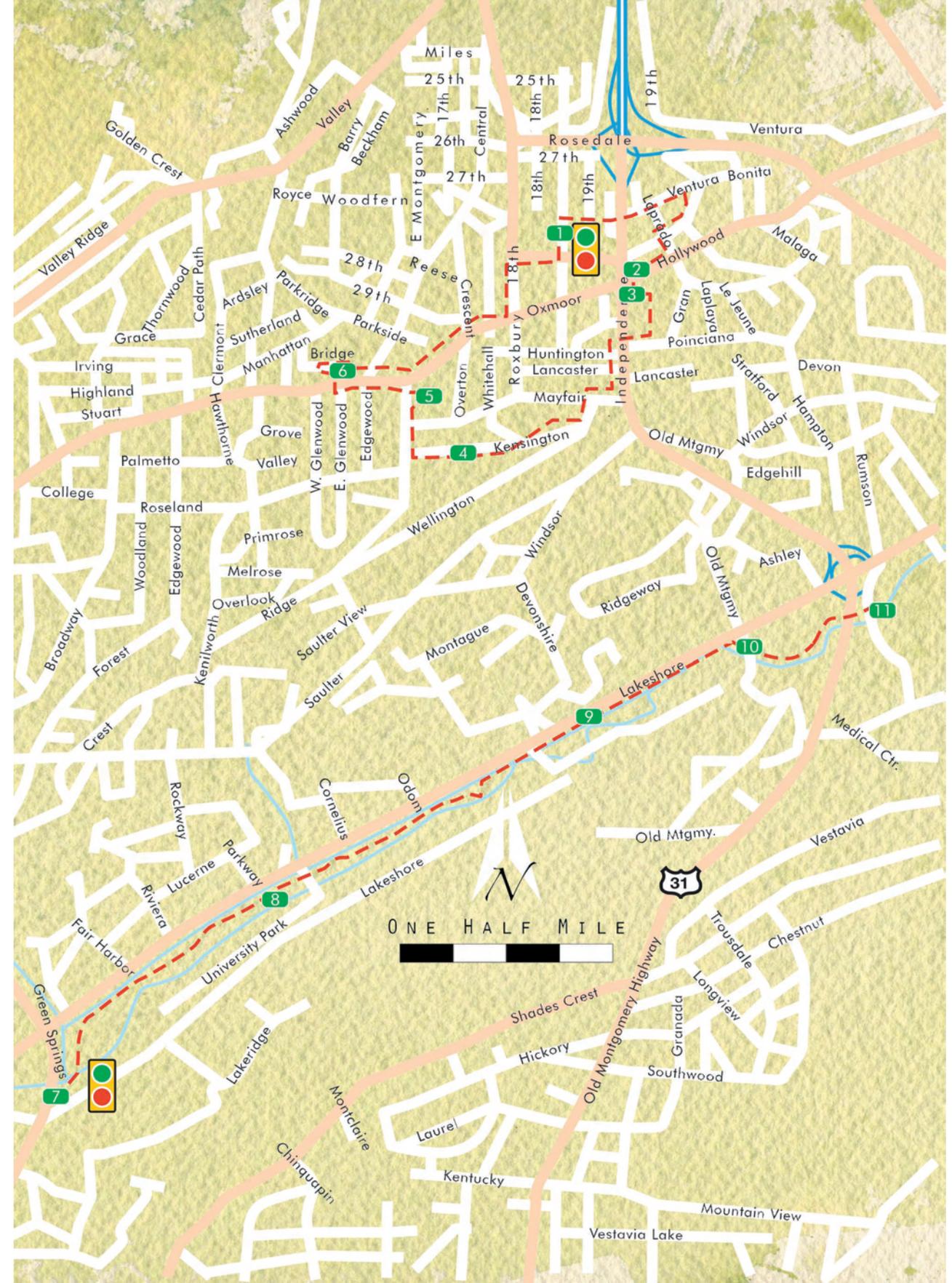
The Lakeshore Trail runs along 2.5 miles of Lakeshore Drive and a small creek and takes in pleasant views of the Samford University campus. The straight-line walk begins either at Brookwood Village off of Independence Drive at its east end or just south of Lakeshore Drive on Green Springs/Columbiana Road at its east end.



The City Trail begins and ends at Homewood City Hall



These shops on Oxmoor are located in the oldest building in Homewood



Jacksonville

CHIEF LADIGA TRAIL

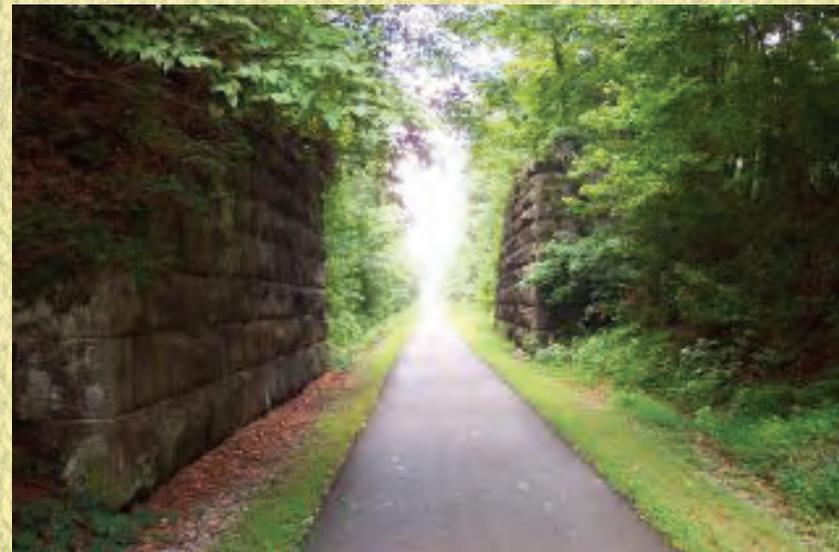
THE CHIEF AMONG ALABAMA WALKING AND CYCLING TRAILS

Tour Features

1. Trail start
2. Jacksonville Community Center and Soccer Complex
3. Historic Trail Depot and Welcome Center
4. Germania Springs Park
5. Trail stop

The Chief Ladiga Trail is Alabama's first extended rails to trails project. Like all trails that follow old railroad beds, the grades are never steep and the bends are never sharp, and you get to see the country from the "backside" where the train route

Many vestiges of railroad days add to the trail's appeal



The spacious trail features an excellent surface for walking and riding

ran. The Chief Ladiga travels for approximately 33 miles (about nine of which run through the city of Jacksonville) and connects with the Silver Comet Trail in Georgia. It is now possible to bicycle or walk from Jacksonville almost to Atlanta.



Several converted railroad bridges add interest and provide views (above)

Arrive at the beginning of the Jacksonville walking trail by taking Highway 21 North into Jacksonville and turning left onto Greenleaf. Go to end of that road and turn right onto Alexandria Road. Go about half a mile to

In town, intersections are safe and well marked

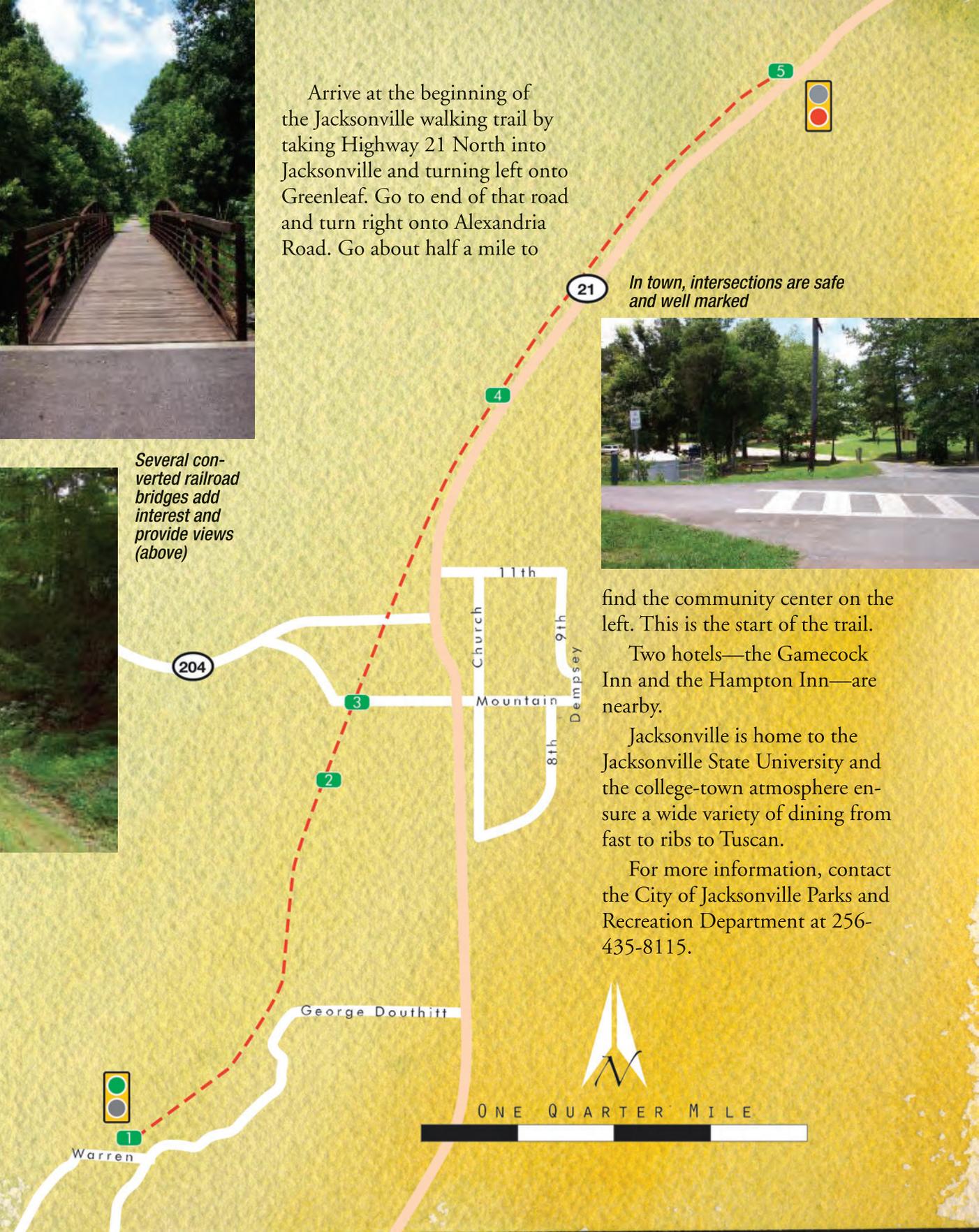


find the community center on the left. This is the start of the trail.

Two hotels—the Gamecock Inn and the Hampton Inn—are nearby.

Jacksonville is home to the Jacksonville State University and the college-town atmosphere ensure a wide variety of dining from fast to ribs to Tuscan.

For more information, contact the City of Jacksonville Parks and Recreation Department at 256-435-8115.



Jasper



Memorial Park

Tour Features

Penn L. Woods Walking Trail, Jasper Memorial Park

1. Trail start and stop/parking/baseball complex
2. Soccer field/Swann Gym
3. Large pavilion/parking
4. Portolet
5. Pavilion/playground
6. Pond
7. Pavilion

Gamble Park

1. Trail start and stop/parking/bridge over creek
2. Playground with benches
3. Picnic table with trash can
4. Parking
5. Water fountain
6. Picnic table
7. Picnic table
8. Picnic table
9. Picnic table
10. Bench with trash can
11. Portolet
12. Log cabin
13. Barbeque pit with four benches

North Jasper Park

1. Trail start and stop/parking
2. Portolet
3. Playground

Howell Park

1. Trail start and stop/parking/concessions/baseball field
2. Pavilion
3. Basketball Court
4. Small pavilion
5. Tennis courts
6. Mini basketball court
7. Pavilion
8. Slide
9. Mini basketball court/swimming pool
10. Swing set
11. Swing set
12. Splash pad
13. Water fountain/bench

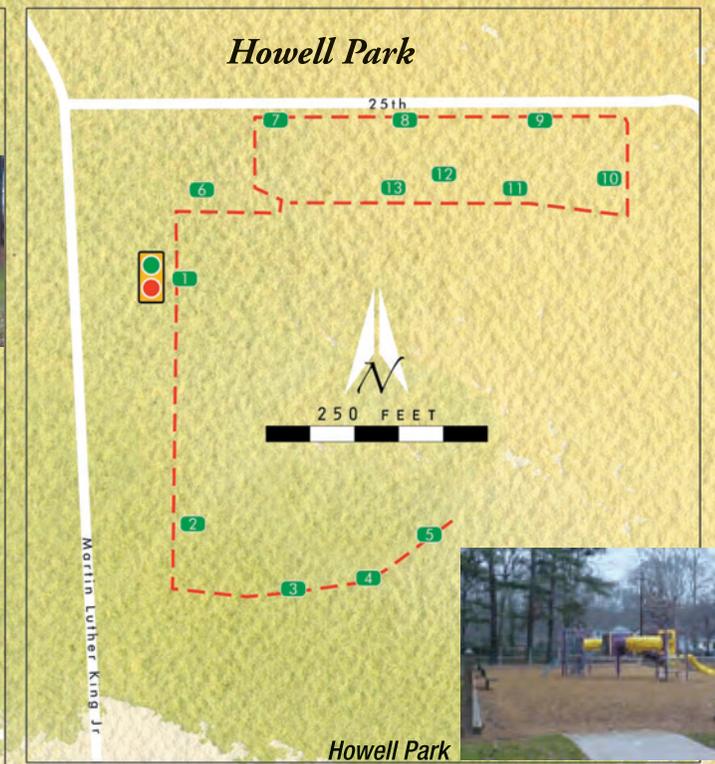
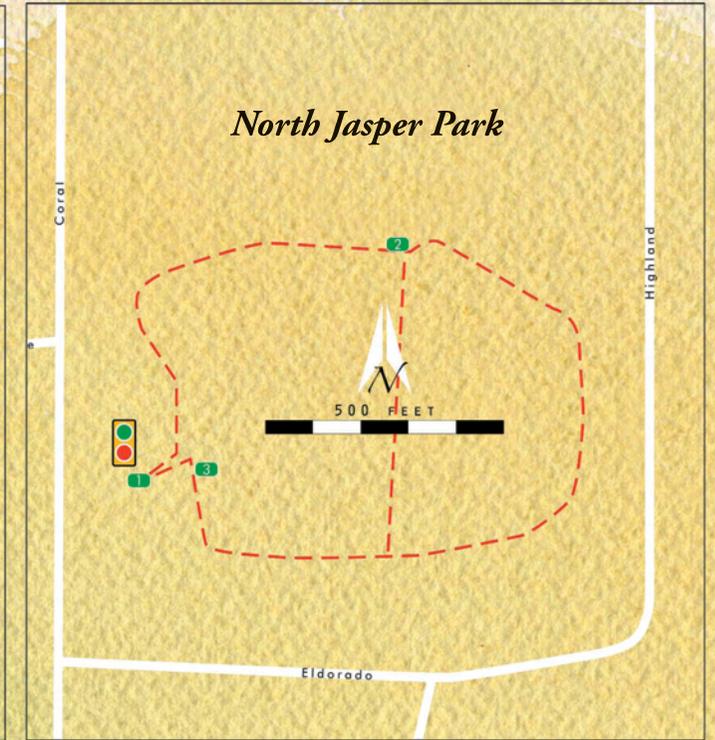
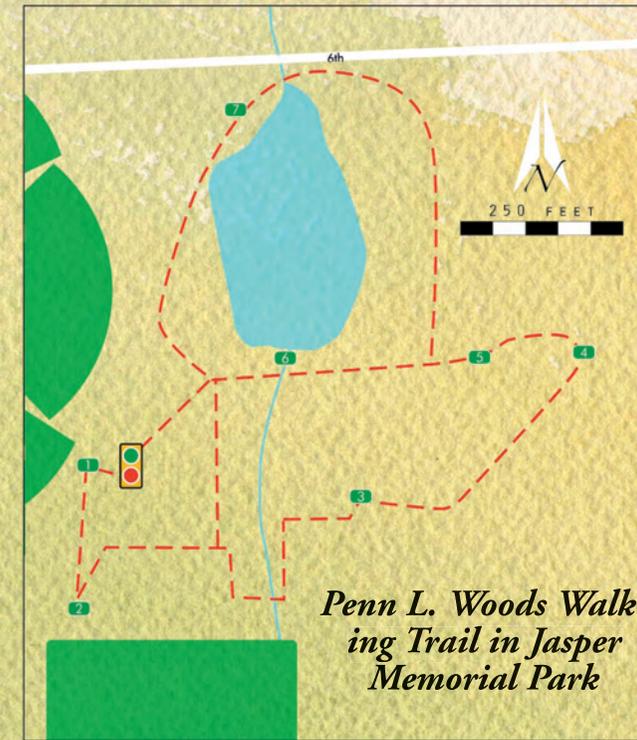
The *Penn L. Woods Walking Trail* surveys Memorial Park, Jasper's largest with a level-to-rolling track with moderate inclines, especially around the park's fishing pond. Full amenities, handicapped accessible.

Gamble Park is located near the Walker College Campus of Beville State Community College on Gamble Avenue. The park consists of a walking track, beautiful birdhouses and a playground and a creek, which runs down the middle of the park. Picnic benches and tables are scattered throughout the park.

North Jasper Park features a half mile walking trail in a large open park. The trail ranges from flat to moderate inclines. There are plenty of adjacent areas for various activities. The park features full amenities.

Located off Martin Luther King Drive, the asphalt trail at *Howell Park* is an easy walking path among the playgrounds, baseball field, and basketball and volleyball courts at the park. The park has three picnic pavilions and parking on site. The approximately-half-mile walking trail includes a water splash pad for children.

Take Highway 269 to Martin Luther King Drive. The park is located at the intersection of Martin Luther King Drive and 25th Street.



Jefferson County



Birmingham Museum of Art

You can't walk in downtown Birmingham without some thrill of the city's proud and vibrant past striding with you, inside you, stepping with each of your steps, at least for the time you are beneath some of the most impressive and preserved downtown architecture anywhere. The buildings here are not as tall as Atlanta's nor as old as Boston's, but in their day they were as spirited a form of built expression as was to be found. Layer upon the city's sights the historic struggle for freedom that also erupted so often upon these avenues, and you have a walk to remember.



Boutwell Auditorium

This walk in the City Center takes you past some of the most historic sites in Birmingham. You will see important civil rights sites including the 16th Street Baptist Church, nominated as a World Heritage Site. Other sites along the way include the oldest skyscraper building in Birmingham, the Richardson Romanesque-style Steiner Building.

The tour begins at Linn Park between 6th and 8th Avenues and between 20th Street and Richard Arrington Jr Boulevard, where there is metered parking available.

Tour Features

1. Trail start and stop/Linn Park
2. 3rd Avenue & 20th Street North
3. 3rd Avenue & 18th Street North
4. 4th Avenue & 18th Street North
5. 4th Avenue & 16th Street North
6. 16th Street Baptist Church
7. 6th Avenue & 19th Street North
8. City Hall
9. Alabama School of Fine Arts
10. Boutwell Auditorium
11. Museum of Fine Arts
12. Jefferson County Courthouse Annex
13. Richard Arrington Jr Boulevard & Park Place
14. 20th Street North & Park Place
15. 20th Street North & 6th Avenue/Episcopal Bookstore
16. Temple Wilson Tutwiler, World War II Memorial
17. Nabors-Morrow Building
18. Superior Bank
19. Steiner Building
20. 1905 successor to Elyton Land Company, Established 1870
21. Gooda Brown Building circa 1905
22. 24th Street North & 1st Avenue North
23. 24th Street North & 2nd Avenue North
24. Rogue Tavern
25. 22nd Street North & 2nd Avenue North
26. The Cathedral of St. Paul
27. The Birmingham News
28. 22nd Street North & Park Place
29. Birmingham Public Library



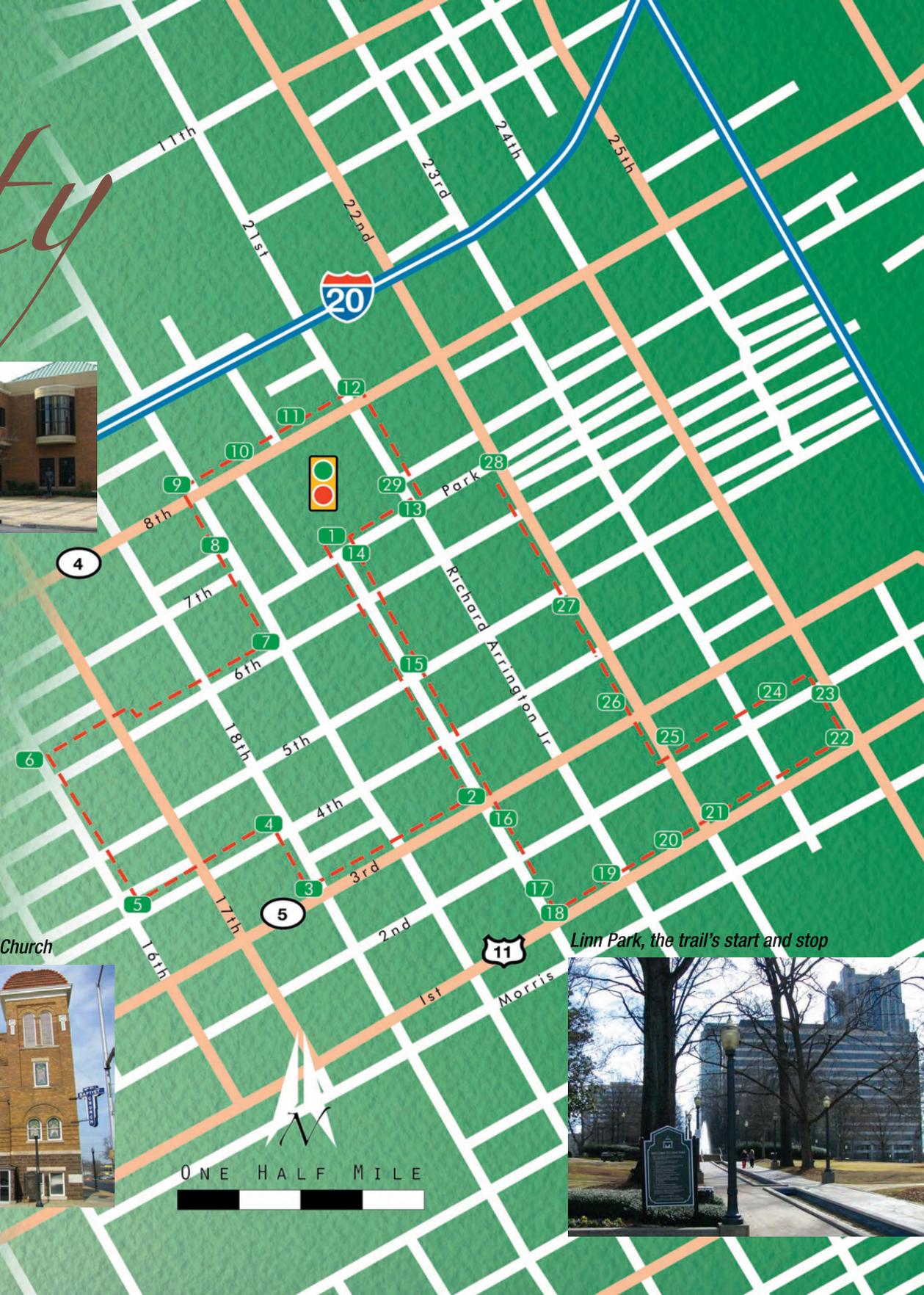
Birmingham Civil Rights Institute



16th Street Baptist Church



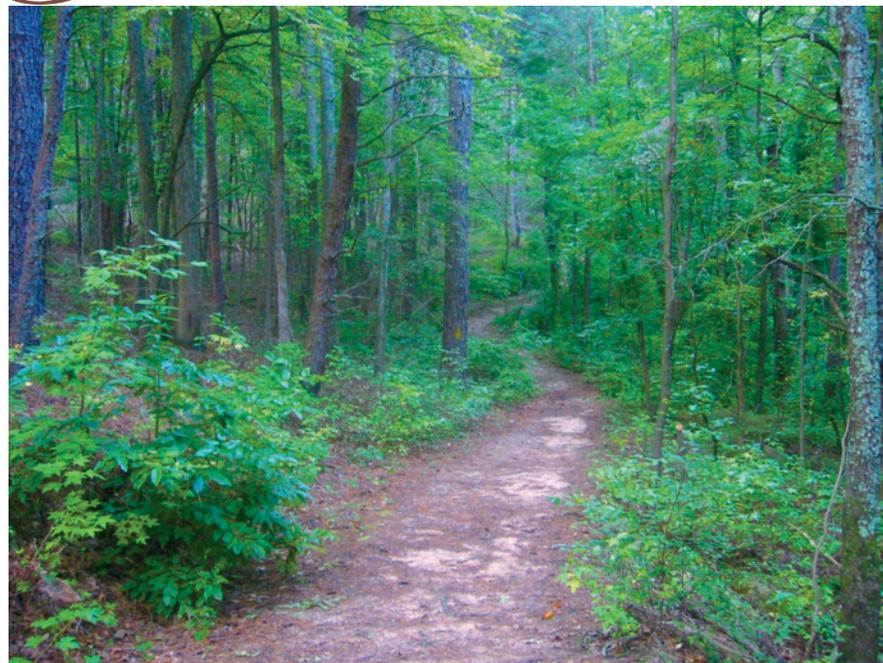
Linn Park, the trail's start and stop



Lake Gunter

sville

STATE PARK



Perhaps one of the more ruggedly challenging trail systems in North Alabama, this Park has twenty walking trails up to 3.5 miles in length. Accessible from the Lodge, Campground and Golf course, these trails traverse mixed hardwoods, rock outcroppings and gently rolling hills. As a note, a great many of the trails at Lake Gunter were designed and built by volunteers under the guidance of former Park Naturalist, Linda Reynolds.

Trails are in great condition and well-blazed so you know where you are when they converge.



All trails are signed and accessible from the main park roads



Lake Lurleen STATE PARK

Tour Features

1. Trail start and stop
2. Trailhead for Ridge Trail
3. Restrooms
4. Trailhead for Tashka Trail
5. Trail sign at junction/west trail to restrooms
6. Trail sign

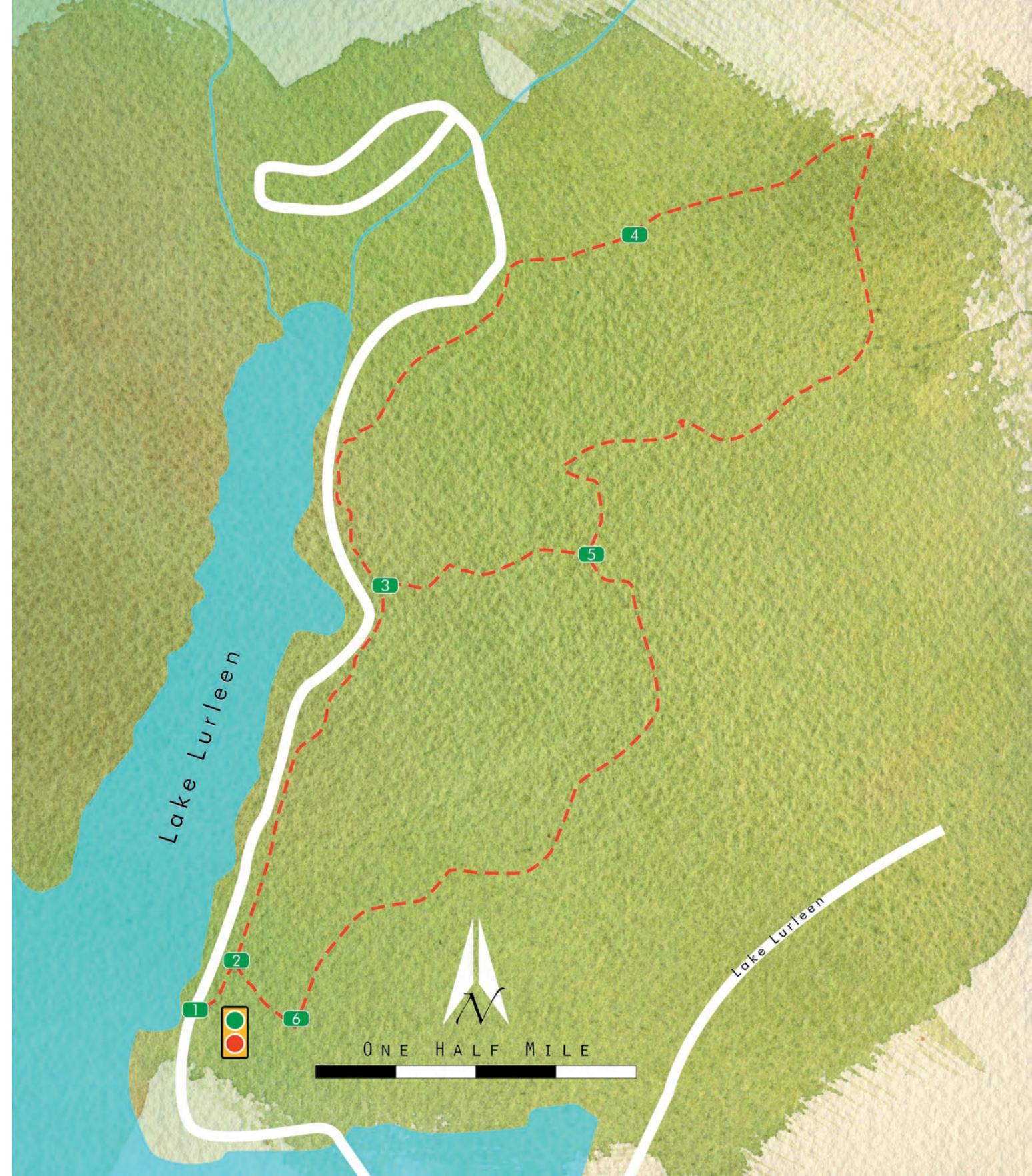
The multi-use trail system is made up of five different trails from 1.3 miles to 15.3 miles of mountain bike and walking trails.

These form two easy loops above the lake.

The South trailhead is the closest location to the Park entrance and provides up-to-date information about trail conditions.



Over fifteen miles of hiking and biking are found in this State Park



Lakepoint

STATE PARK

Lakepoint Resort State Park is not far from historic Eufaula, Alabama. The area is rich in cultural diversity and hosts a pilgrimage each year. The nature trail winds its way around the border of the campground and is easily accessible at two points. The trail swings around each camping loop and offers spurs to the water's edge at several points. A diversity of plant and animal communities exists within Lakepoint as well as the neighboring Eufaula National Wildlife Refuge. Several of the park's rental units are available for overnight accommodation (in addition to the spacious campground) and the units are available for public viewing depending on the season.

Tour Features

1. Trail start (connected to trail stop through Camp Store parking lot)
2. Crossover to culvert
3. Activities building/restrooms/benches/rest area
4. Rest stop
5. Back of activities building
6. Footbridge crossing into Clark Campground
7. Bath house
8. Pavement ends
9. Bath house/Barbour Campground
10. Alabama Campground
11. Trailhead/pavement resumes
12. Optional trail stop/Camp store



One of the Park's trailheads



Lineville

Tour Features

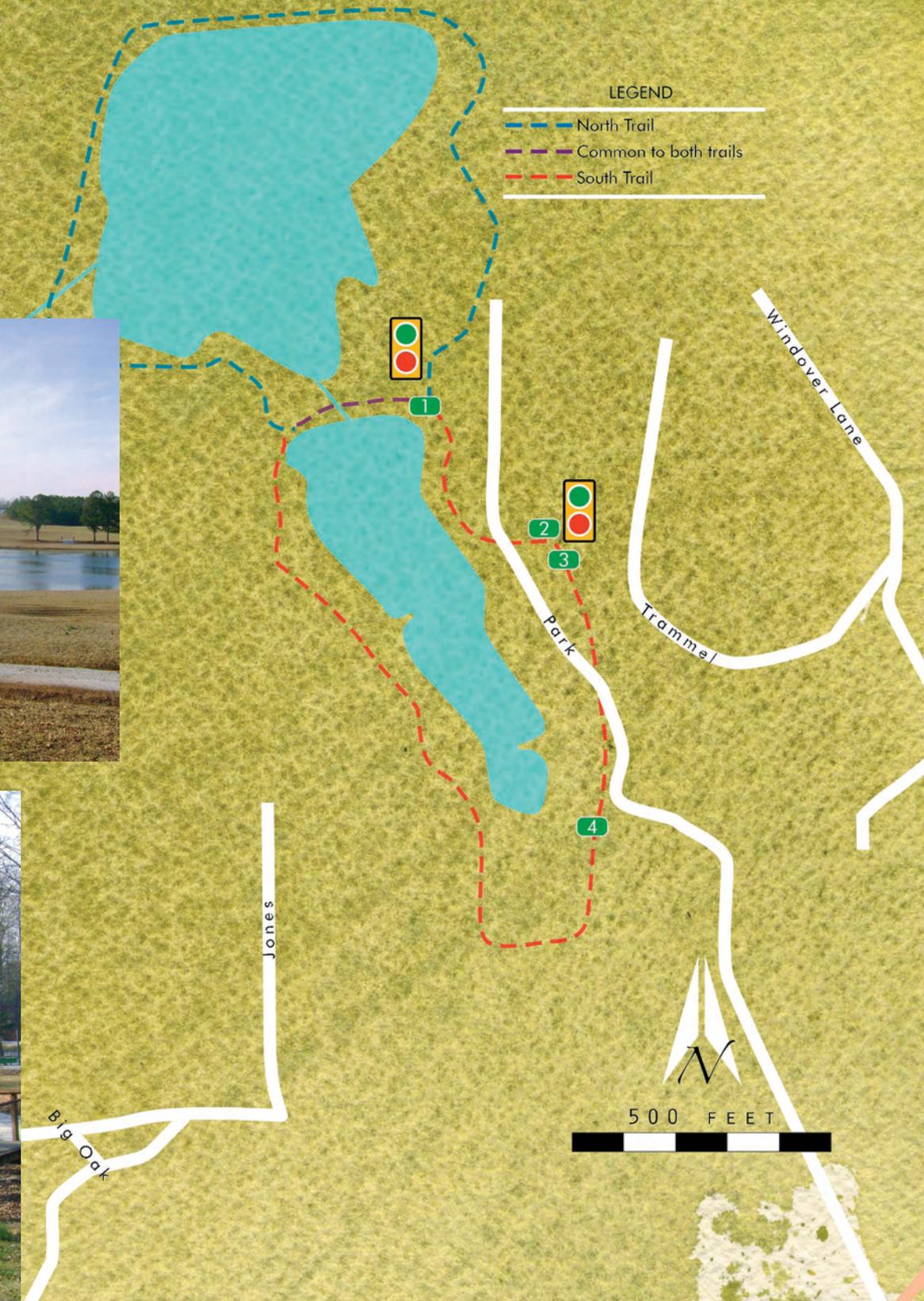
1. North Trail start and stop/Bridge 1
2. South trail start and stop
3. Memorial Stone
4. Bridge 2

Lineville City Park is an excellent place to spend an afternoon in the outdoors without traveling far from the car.

The Park features loop walking trails—and a short connector—between its eight-acre and twelve-acre lakes.

The Park is a beautiful place to walk and picnic, and features three pavilions, bridges and several gazebos in the central location of the park.

Each walking trail is a distance of .6 miles.



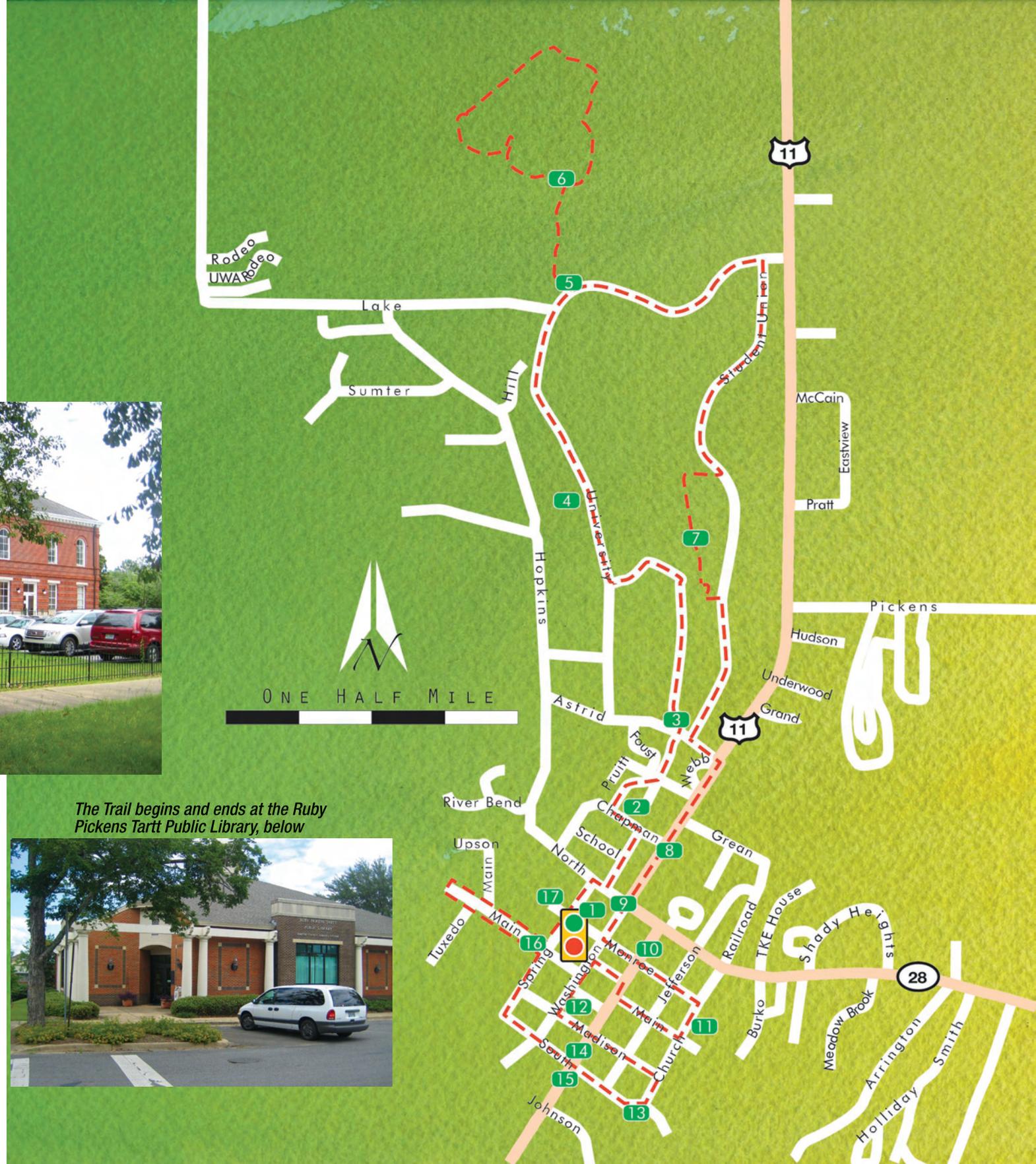
Livingston

Tour Features	
1.	Trail start and stop/Ruby Pickens Tartt Public Library
2.	Bibb Graves Hall (outside artwork)
3.	Young Cafeteria
4.	Guy Hunt Technology Building (restrooms)
5.	Start of nature trail loop
6.	Footbridge and kiosk
7.	Alamuchee-Bellamy Covered Bridge
8.	Julia Tutwiler Library
9.	Shell Gas Station (rest area)
10.	First Baptist Church of Livingston
11.	Livingston City Hall/Old Railroad Depot/rest area
12.	United Methodist Church
13.	Myrtlewood Cemetery
14.	It's All in the Past/rest area
15.	Chamber of Commerce
16.	Historic District
17.	St. James Episcopal Church

The 5K Fitness Trail (approximately four miles) begins at the Ruby Pickens Tartt Public Library located at 206 Monroe Street. This trail is pedestrian friendly, with respect to wheelchairs, strollers, elderly, pets, etc. In addition, this trail guides participants through Historic Districts One and Two. The districts include Sumter County Courthouse, Bored Well, Livingston City Hall (Old Railroad Depot), antique shops and the future site of the Black Belt History Museum. This trail also takes walkers through the campus of the University of West Alabama, where they can view the campus' artwork, the covered bridge, and the campus' Blue Bird Trail.



Downtown Livingston, above and right



The Trail begins and ends at the Ruby Pickens Tartt Public Library, below



Monroeville

RECAPTURE THE WORLD OF HARPER LEE AND TRUMAN
CAPOTE IN THE 1930s

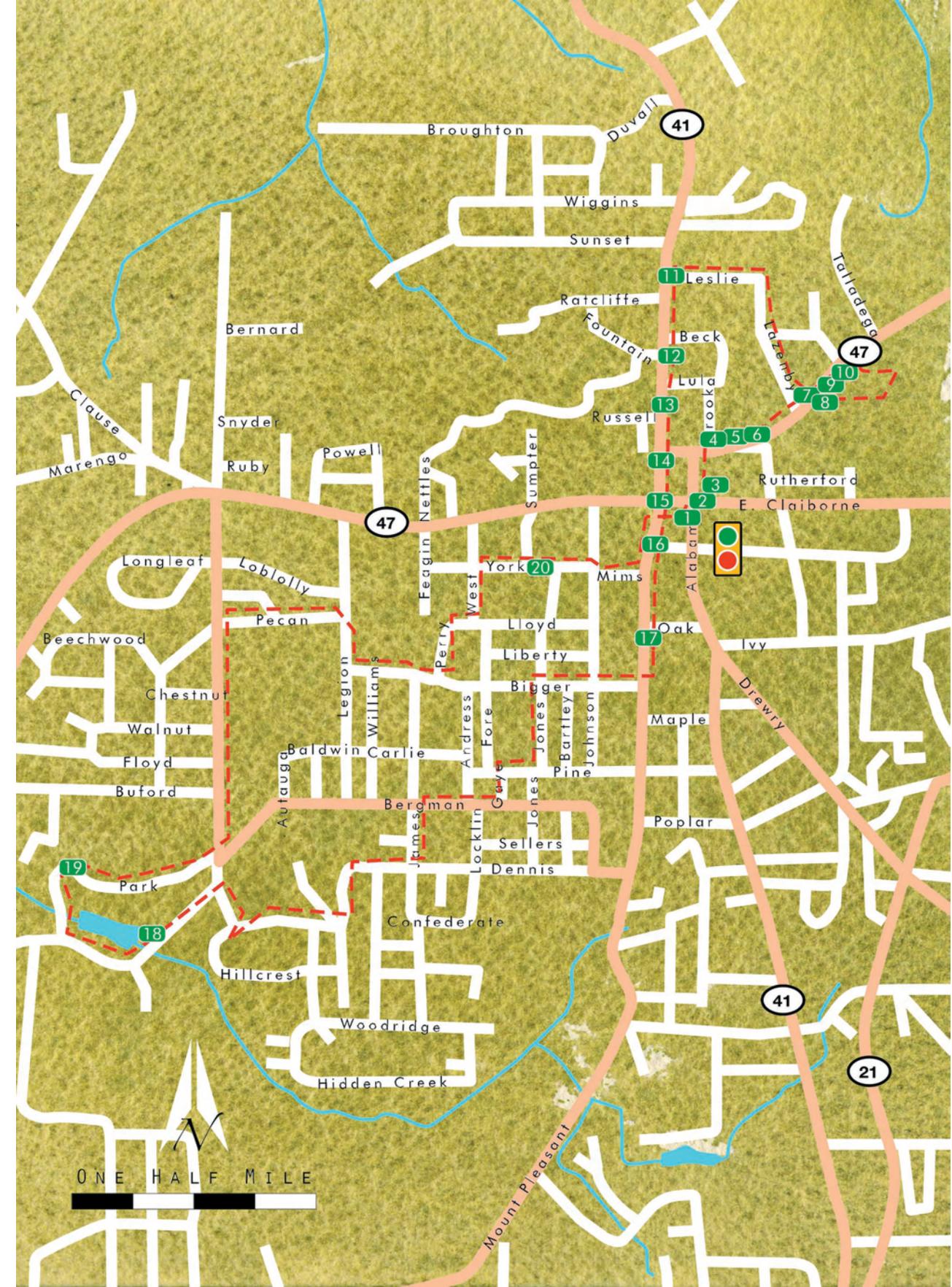
Monroe County Courthouse

1. Trail start and stop/The Clock
2. Old Courthouse
3. U.S. Post Office
4. Monroe County Library
5. Hybart-Hendrix-Brewton House
6. Stallworth-Hare House
7. Barnett House
8. First United Methodist Church
9. Pineville/Old Baptist/Hillcrest Cemetery
10. First Baptist Church
11. WPA Marker on sidewalk
12. Mockingbird Grill/Monroeville Presbyterian Church
13. Pottery by Williams
14. Chamber of Commerce
15. Mural depicting the mob scene in *To Kill A Mockingbird*
16. Coxwell House
17. Monroeville Elementary School
18. Whitey Lee Park
19. Vanity Fair Golf Club
20. Monroeville Junior High



When Monroeville's favorite son and daughter were growing up in the 1930s, pavement was scarce and the dirt streets were lined with gigantic oaks. There were few cars; people going on trips traveled by train. The town square dominated life in Monroeville. This walking tour will take between one and four hours depending on who you run into.

You'll pass the old courthouse that was the model for the movie based on Harper Lee's landmark *To Kill A Mockingbird*. Look for the mural on the wall of a department store established by Russian/Jewish immigrants. Stop in at the Wee Diner where Gregory Peck enjoyed the best steaks in town while filming here. The old courthouse carries a complete line of Harper Lee's and Truman Capote's works.



Montgomery

Montgomery's tour is a fascinating and beautiful one encompassing country music; Civil Rights; the Civil War; Alabama history; exquisite architecture; sports; arts and culture; and the enjoyment of the river.

Few city walks provide the opportunity to see and learn so much in so short a time.

For directions to the Visitors Bureau at Union Station, call 334-261-1100.

Tour Features

Riverfront Trail

1. Trail start and stop/Union Station/Convention and Visitors Bureau
2. Hank Williams Museum (shared with Capitol Trail)
3. Court Square Fountain (shared with Capitol Trail)
4. Davis Center for the Performing Arts
5. Rosa Parks Museum and Library (site of demolished Empire Theater)
6. Montgomery Theater
7. Hank Williams Statue
8. St. Johns Episcopal Church
9. Old Alabama Town
10. Discovery Village Park
11. Riverwalk Stadium
12. Commerce Street old freight tunnel
13. Harriott II river tour boat (site of old wharf)
14. Riverwalk Amphitheater

Capitol Trail

15. Alabama Judicial Building
16. Dexter Avenue King Memorial Baptist Church
17. Alabama State Capitol
18. Confederate War Memorial
19. Alabama War Memorial
20. Cassimus House
21. Dexter Parsonage Museum
22. Ben Moore Hotel
23. First White House of the Confederacy
24. Alabama Department of Archives and History
25. Alabama Cattlemen's Association
26. Civil Rights Memorial and Center



Above: Tour start at Union Station
Below: Civil Rights Landmark Dexter Avenue King Memorial Baptist Church where Dr. M. L. King pastored



Mountain Brook

A COMFORTABLE BALANCE

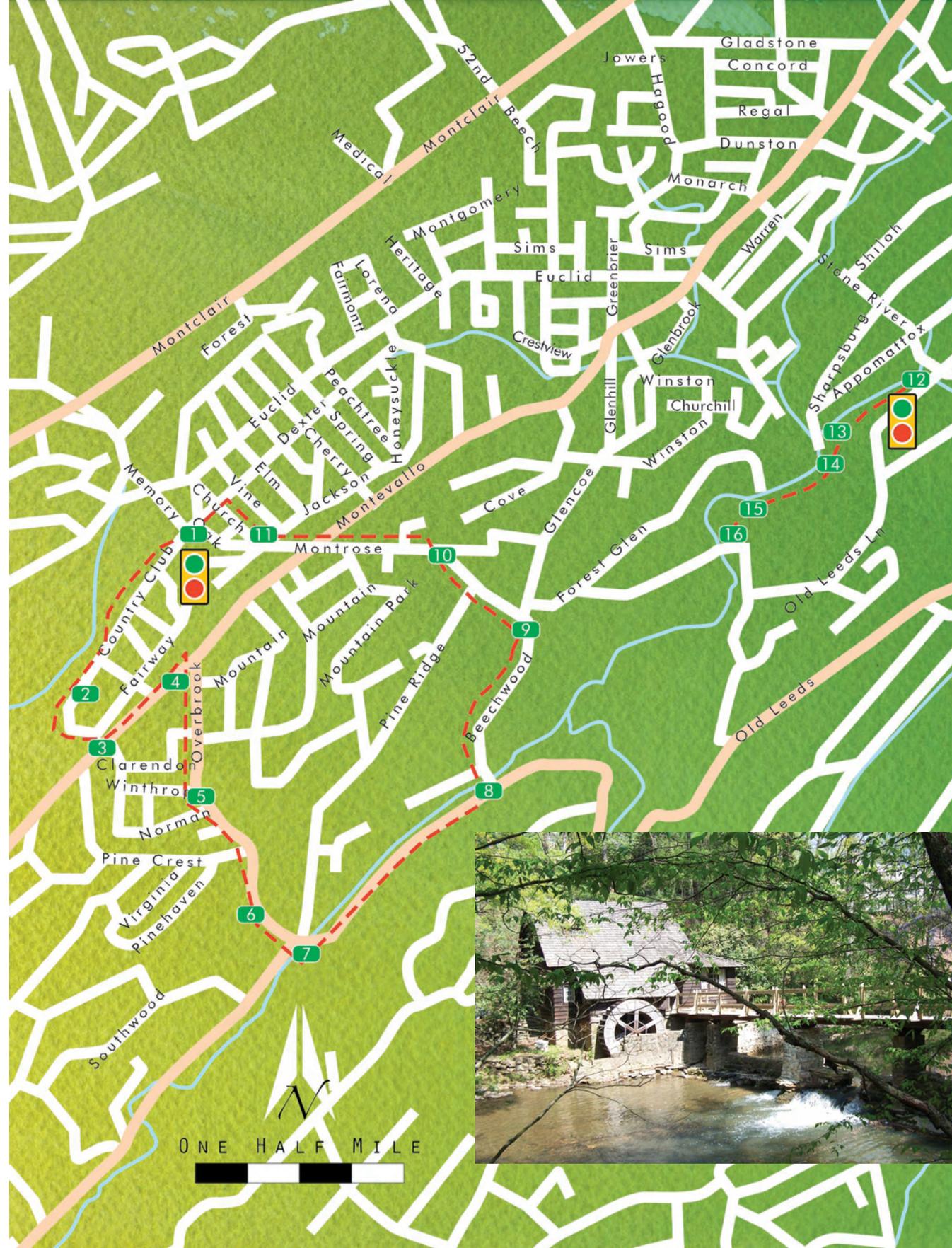


Over the past decade the City of Mountain Brook has added sidewalks and walking trails making it pedestrian-friendly and connecting commercial areas and Villages to residential areas. Linking neighborhoods, schools, parks, places of worship and commercial areas has enhanced the quality of life and sense of community for citizens and visitors.

Mountain Brook residents have a great appreciation for the outdoors, the uncommon beauty and historical value of their city and the walking trails and sidewalk system is an ongoing project. The connection helps to maintain a comfortable balance of modern development and natural attraction.

Find out more about this inviting community at www.mtnbrook.org

Tour Features	
West Trail	
1.	Mountain Brook Library/trail start and stop
2.	Birmingham Country Club
3.	Light at Montevallo Road (cross and turn left)
4.	Mountain Brook Baptist Church (on right at Overbrook Road)
5.	Mountain Brook Junior High (veer left)
6.	Canterbury Church (straight through intersection over stone bridge)
7.	Stone bridge (take soft trail to left, leave pavement)
8.	Picnic area (cross 2nd stone bridge at Beechwood Road)
9.	Stop light at Old Leeds Road
10.	St. Luke Episcopal Church (road becomes Montrose, go straight through intersection, Montrose becomes Church Street)
11.	City Hall (turn left on Hoyle Lane)
East Trail	
12.	Irondale Furnace historical marker
13.	Furnace behind iron fence (follow left fork)
14.	Follow trail along Cahaba River (backs up to Audubon property)
15.	Path ends at private drive (go right along road)
16.	Golf course at intersection with Old Leeds Road



Oak Mountain



Birmingham's tall buildings are visible from the heights

STATE PARK

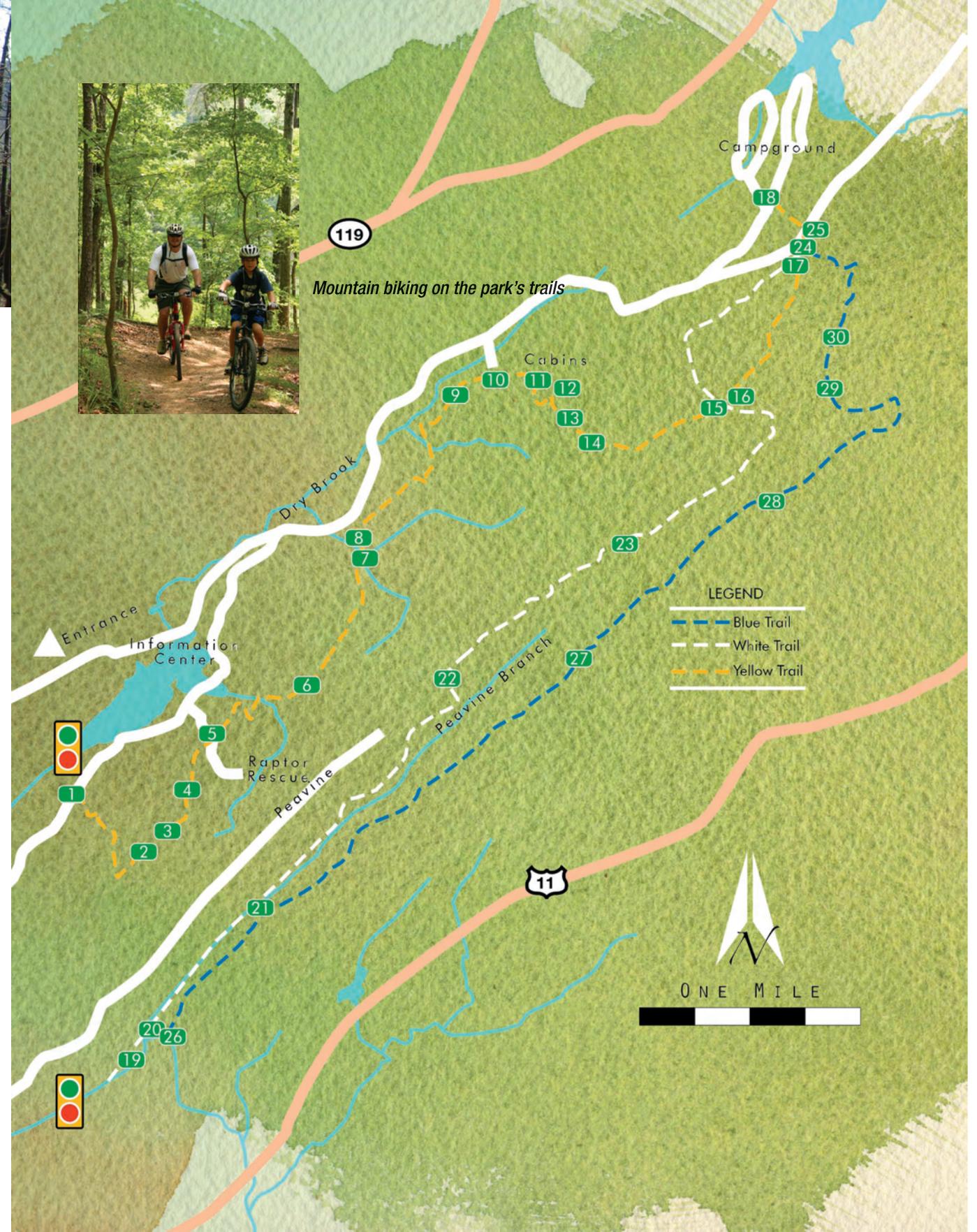
Tour Features

- | | |
|---|-----------------------------------|
| 1. Yellow trail start | 16. Benches and bridge |
| 2. Spur to Peavine Falls | 17. Intersection with White Trail |
| 3. Intersection of Peavine Trail | 18. End of Yellow Trail |
| 4. Yellow trail intersects with Treetop Trail | 19. Benches |
| 5. Benches | 20. Start of Blue Trail |
| 6. Intersection of Red Trail | 21. White/Blue connector |
| 7. Bridge | 22. Yellow/White connector |
| 8. Benches and Road | 23. Yellow/White connector |
| 9. Bridge | 24. Stream |
| 10. Pavilion | 25. White/Blue Trail end |
| 11. Bridge | 26. Start of Blue Trail |
| 12. Dam and Tranquility Lake | 27. Orange connector to Red/White |
| 13. Bridge | 28. Red/Blue connector |
| 14. Benches | 29. Red/Blue connector |
| 15. Intersection with White Trail | 30. Stream |

The largest state park in Alabama containing 10,000 acres, Oak Mountain State Park also represents the most diverse trail network in this part of Alabama. With over sixty miles of walking, hiking, mountain bike, horse and on-road trails, this site represents one of the busiest day-use parks in the region. The south rim connector, beginning at the North Trailhead would be the trail segment to use for a short walk of easy to moderate rating. The area is characterized by mixed hardwood and pine and offers an opportunity to traverse a portion of a small oak bottom. The walking trails connect in several places with each other and with the Red Trail (bike trail, not shown on the map) for walks of various lengths.



Mountain biking on the park's trails



Ozark

AND ED LISENBY LAKE TRAILS

A DOUBLE TREAT FOR WALKERS



A view of Dale County Public Lake from the Ed Lisenby Trail



One of several trail access points on the Ed Lisenby trail



A section of covered walk in pleasant downtown Ozark

Tour Features

Downtown Ozark

1. Trail start and stop/Ozark Chamber of Commerce
2. Carillon tower
3. Old Post Office
4. Brick building
5. House of Hats/Court House
6. Bell outside Court House
7. Garner Building
8. First United Methodist Church
9. Historic Homes Tour begins
10. Hennies House
11. Historic Homes Tour continues
12. Historic marker: Steagall House
13. Brown-Clouse House
14. Dowling Museum/Ann Rudd Art Center
15. Brown's Drug Store and Deli
16. Union Cemetery

Ed Lisenby Trail

17. Trail start and stop/trail rules sign
18. Trail map
19. Wetlands information display
20. Bridge
21. Bridge
22. Mile marker .5
23. Plant information display
24. Bridge
25. Mile Marker 1, bat information display
26. Bridge
27. Shelter with benches
28. Trees and soil information displays
29. Mile marker 1.5
30. Trees information display
31. Bridge
32. Fish information display
33. End paved walk/begin primitive walk
34. Mile marker 2
35. Bridge
36. Bridge
37. Bridge
38. End primitive walk/begin paved walk
39. Picnic area (which extends from road to Ranger Station)
40. Bait/restrooms/Ranger Station
41. Mile marker 3

Ozark's downtown walking trail begins at the Ozark Area Chamber of Commerce and winds through downtown Ozark to Broad Street, passing some of the oldest and most beautiful homes in Ozark. With the trail being just under two miles, you'll be able to get some great exercise and enjoy the historical scenes of Ozark in less than an hour!

Just a few minutes north of the downtown trail, take Roy Parker Drive to the right and follow the signs to Dale County Public Lake and the Ed Lisenby Walking Trail.

Besides walking, you'll find safe parking, a park attendant, fishing, bait, and picnicking. The trail around the lake offers both paved and primitive walks.

Pennington

ALWAYS OPEN, FAMILY-FRIENDLY TERRAIN

Tour Features

1. Trail start and stop
2. Playground
3. Baseball field



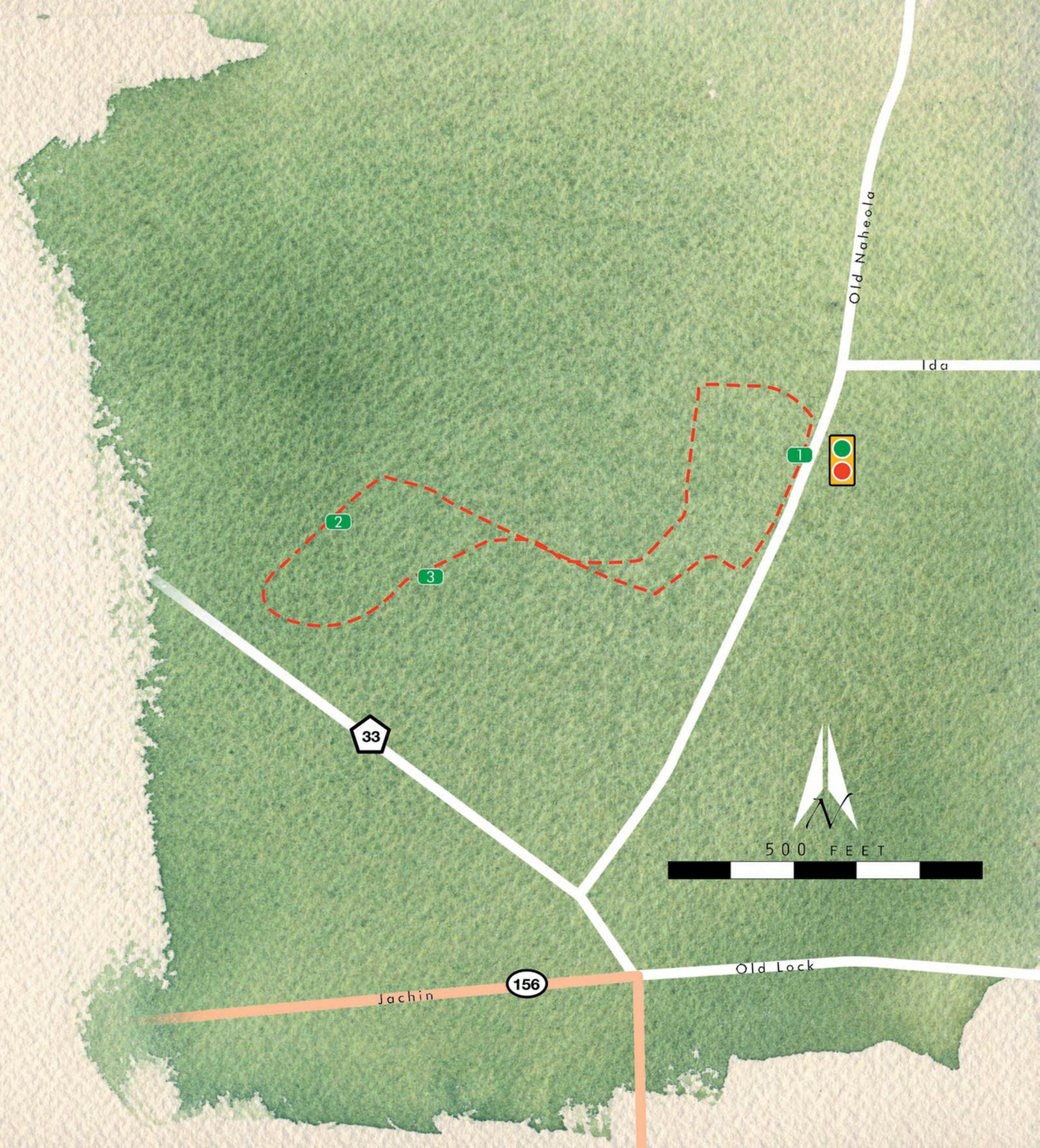
The Pennington walking track is open all day, every day

The Pennington Walking Trail is a simple, clean, always-available track with picnic tables and a playground, ball field, basketball court and bleachers.

From Highway 80 East to Selma, turn left on Highway 5/22, then right on Highway 66 to 28 and go through Thomaston to Linden. Turn left on 43, then turn right on 69 to Myrtlewood on 114. At this intersection, turn right and cross the tracks. Go straight across at the four-way stop. The entrance is on your immediate right.

The Pennington Walking Trail is a half mile long with a pleasant running stream beside it. The trail is maintained by the Pennington Street Department. It is clean at all times and is available to the public 24 hours a day, every day.

Contact the town of Pennington 205-654-2688.



Pike Road

Tour Features	
One Mile Loop	
1.	Trail start and stop
2.	Lake Cameron Marina
3.	Gazebo with bench
4.	Waters View Drive and Boardwalk Street
5.	Bench at Boardwalk and Bright Spot
6.	Boardwalk Street and Ring Around Road
7.	Ring Around Road and Bridge Street
Two Mile Loop	
1.	Trail start and stop
2.	Lake Cameron Marina
3.	Gazebo with bench
8.	Ring Around Road and Waters View Drive
9.	Ring Around Road and Avenue of the Waters
10.	Service Road
11.	Gazebo at Lake Sweet T
12.	Ring Around Road and Cross Street
7.	Ring Around Road and Bridge Street

The expanding “new” town of Pike Road offers a pleasurable view of The Waters neighborhood along rolling greenways, towering oaks and the shoreline of Lake Cameron, the largest in Montgomery County.

The walk features one-mile and two-mile routes. On either route, the walk begins and ends at the Bridge Street Market, the local neighborhood restaurant and convenience store. There is plenty of parking and a restroom available at Bridge Street Market. Across the street from the market is the neighborhood’s Square, a park area with tall trees and benches.

From Montgomery or Auburn via Interstate 85, take Exit 16.



If traveling north (exit is called “Waugh/Cecil”), turn right off the exit. If traveling south (exit is called “Mt. Meigs/Waugh”), turn left over the bridge.

Continue to stop sign, turn left onto U.S. 80 East (toward the gas station) and travel one-third of a mile.

Turn right onto Marler Road (Montgomery County 107) at the flashing light and go 2.1 miles.

Turn left onto the Avenue of The Waters and continue approximately one mile, through the neighborhood, to Bridge Street Market.



Pinson

TURKEY CREEK TRAIL

Tour Features

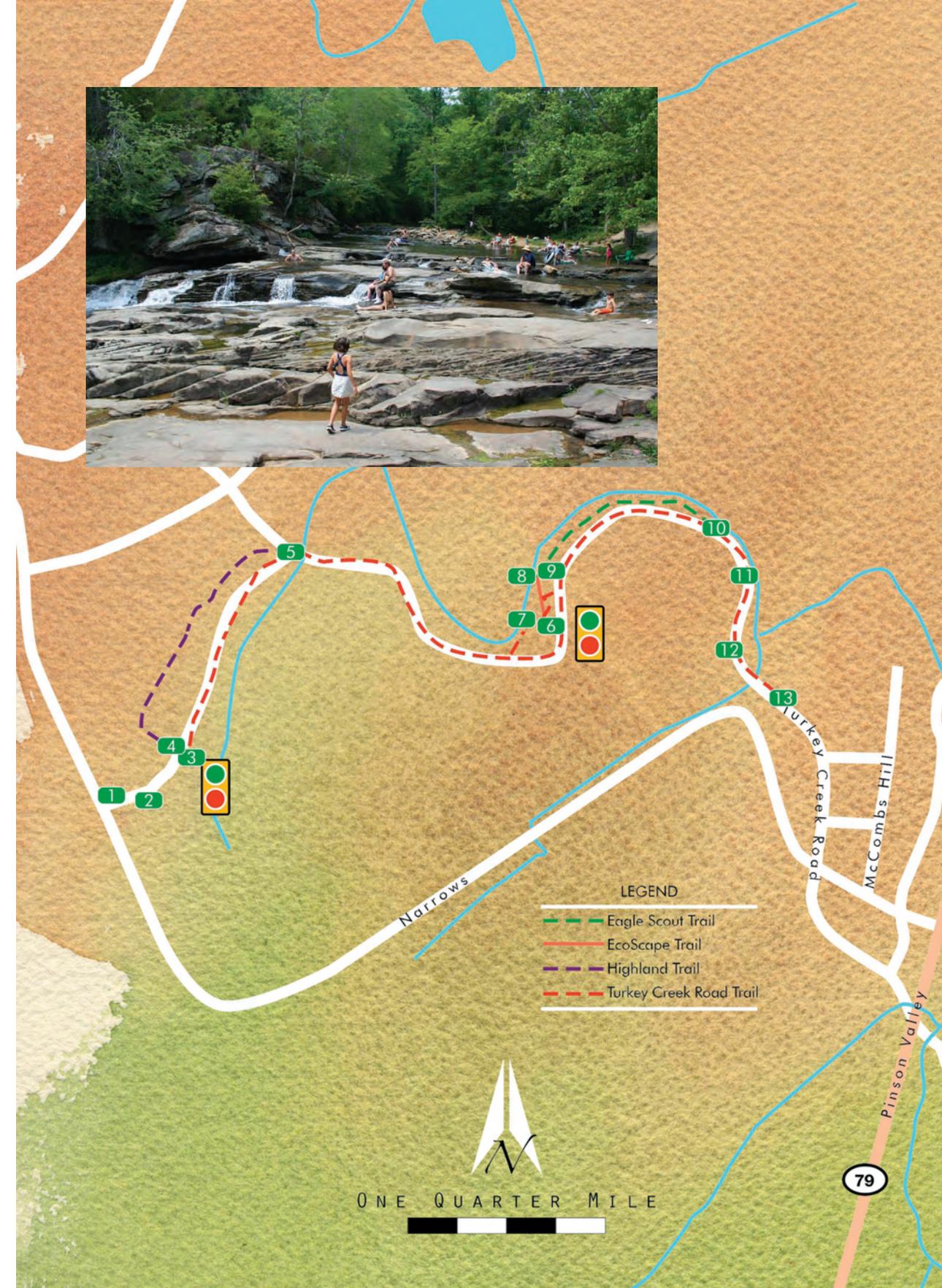
1. Park entrance/exit
2. Kiosk/Narrows Road gate
3. End one-way
4. Start Highland and start-stop Turkey Creek Road Trail
5. Highland Trail end
6. Parking for Turkey Creek Falls/swimming hole
7. Turkey Creek Falls
8. Eagle Scout Trail begins
9. Three trails converge
10. Eagle Scout Trail ends
11. Rope swings
12. Kiosk/blue hole at Bullfrog Bend
13. Park Entrance/trail start-stop

The Turkey Creek Nature Preserve is owned by Alabama's Forever Wild Program and co-managed by Forever Wild, the Land Trust, and a local community group named START (Society to Advance the Resources at Turkey Creek). The tract is managed as a Nature Preserve and thus hosts a number of passive recreational opportunities including hiking and nature photography.

Turkey Creek, a tributary of Locust Fork, is located a mere twenty minutes north of Bir-

mingham near the community of Pinson. Turkey Creek is home to three endangered species of fish: the Vermilion Darter, the Watercross Darter, and the Rush Darter. The Rush and Vermilion Darters are found only in Turkey Creek and nowhere else in the world.

Since the 1870s, historical accounts record extensive use of the Turkey Creek Falls, located within today's Nature Preserve site, for picnicking and outdoor recreation.



Prattville

WILDERNESS PARK

Tour Features

1. Trail start and stop/parking

Park entrance

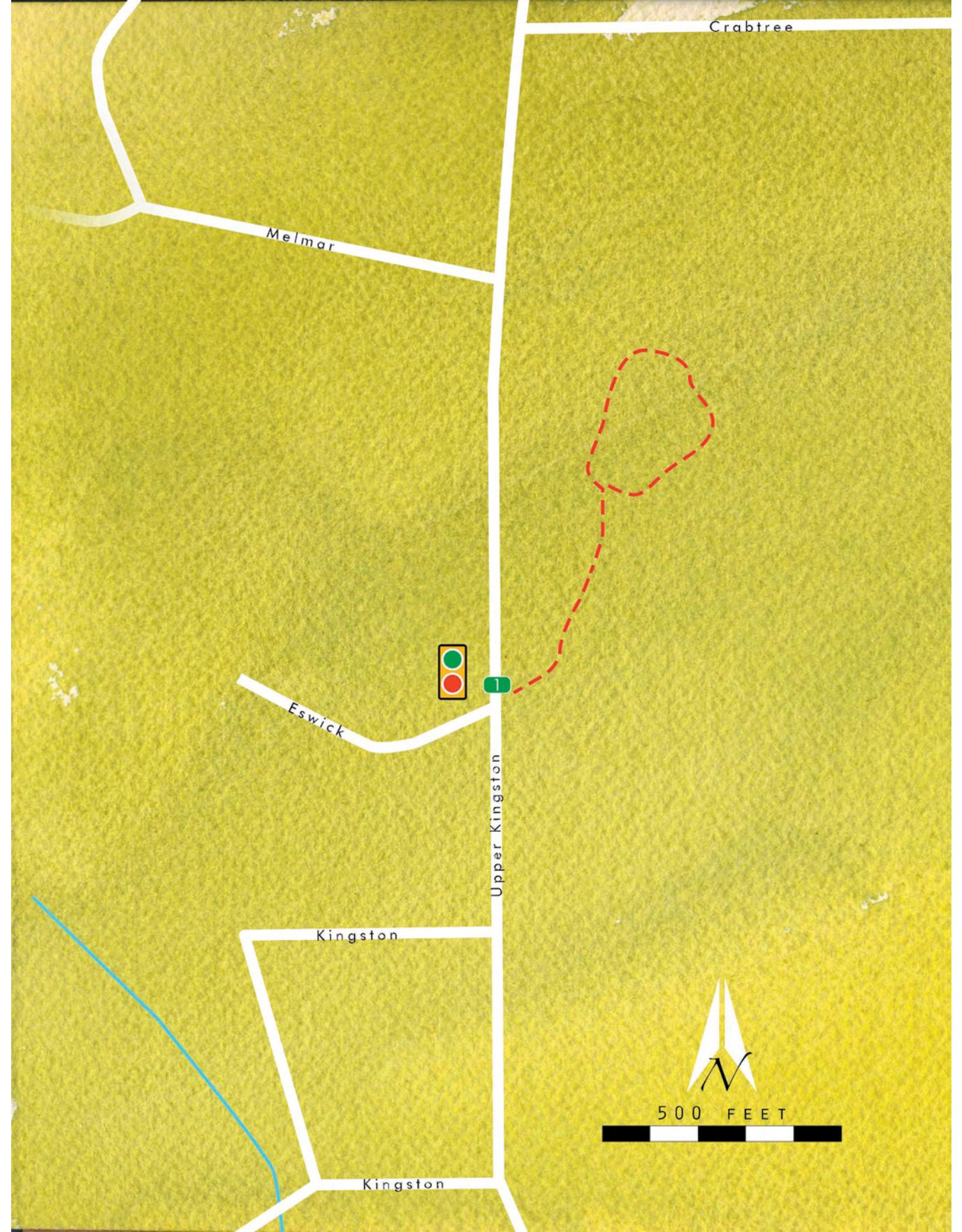


This exotic walk is located at Wilderness Park/Bamboo Forest, 800 Upper Kingston Rd. The park was dedicated in 1982 as the first wilderness park developed inside a city limits in the U.S. Areas of forest form a sixty-foot-tall canopy of bamboo with trunks six inches in diameter. Hundreds of varieties of plants can be seen, including one of Alabama's largest beech trees.

Call 334-361-3640 for a guided tour.



Bamboo Forest path



Selma

EVENTS THAT SHAPED OUR WORLD WERE BORN HERE

Tour Features

1. Trail start and stop/Selma-Dallas County Public Library
2. City Hall/Brooke Cannon
3. First Presbyterian Church
4. First Baptist Church
5. Hobbs House
6. Breslin-Williams House/Landford-Portis House/Henry's House
7. Dubose House
8. Methodist Church
9. Leikas Playground
10. St. Paul's Episcopal Church
11. Gamble House/Centre for Commerce/Stiplin Performing Arts Center
12. Dallas County Courthouse
13. Federal Building 1909
14. Spier and Company
15. Broad Street/Edmund Pettus Bridge
16. Song of Selma Park/Interpretive Center
17. St. James Hotel/Bridgetender's House
18. Old Depot Museum
19. Washington Street Grocery

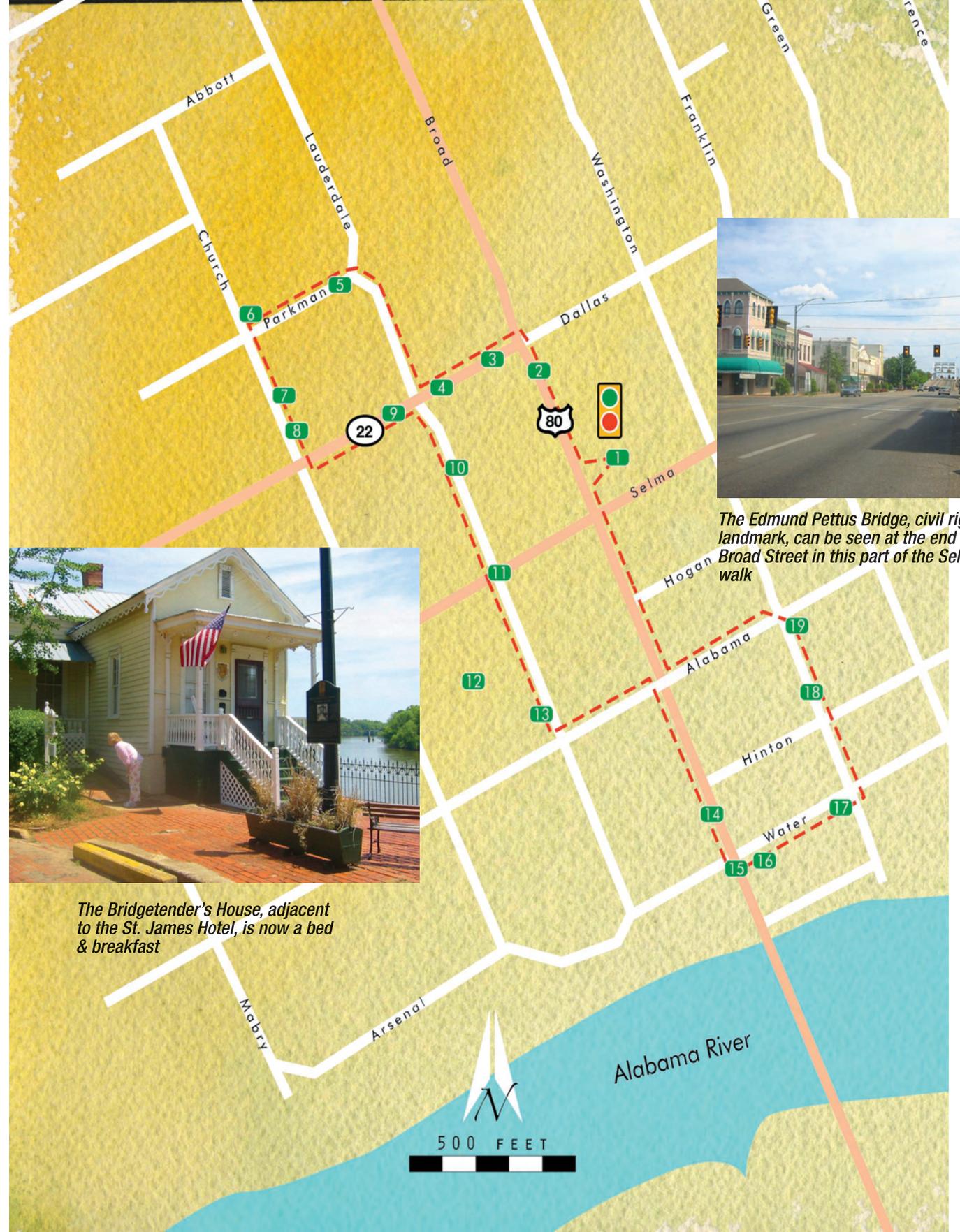
Top: The historic St. James Hotel is the only remaining example of riverfront accommodations that once served travelers in the days of steamboats.

Right: Selma walkers



From Interstate 65 take exit 167 to US Highway 80 West toward Selma and continue 45.2 miles. Turn right onto Selma Avenue. The Selma-Dallas County Public Library, where the walk begins, is on your left.

Selma's easy, safe and level walk will guide you past—and into—a microcosm of the South itself: Civil War, Civil Rights, and a civil how-do-you-do from residents resting in front of the Washington Street Grocery.



The Edmund Pettus Bridge, civil rights landmark, can be seen at the end of Broad Street in this part of the Selma walk



The Bridgetender's House, adjacent to the St. James Hotel, is now a bed & breakfast

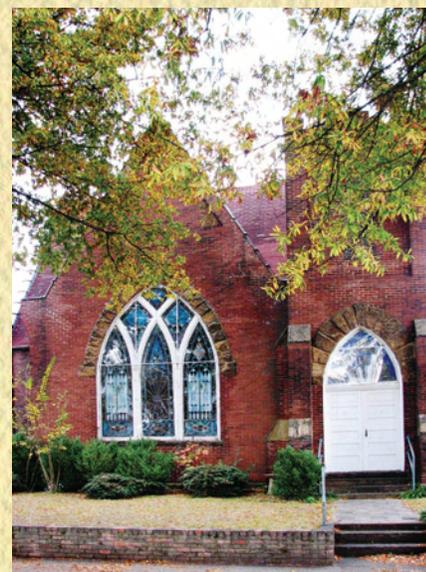
Sheffield

Tour Features

- | | |
|--|--|
| 1. Trail start and stop/City Hall on Montgomery Street | 15. Cohen House |
| 2. Grace Episcopal Church/Grace Wedding Chapel | 16. Harbeler House |
| 3. The Wilson House | 17. The Standpipe/Tennessee River overlook |
| 4. Keller-Bishop House | 18. Whippoorwill Park/Vietnam Veterans Memorial/birding site |
| 5. Blair House | 19. Chambers-Judge Nathan House/The Castle |
| 6. Burns House | 20. Martin House |
| 7. Nathan-Turner House | 21. Roulhac House |
| 8. Keyes-Green House | 22. Sears Roebuck Houses (kit houses from catalog) |
| 9. Cooke House | 23. Olim House |
| 10. Chambers-Robinson House | 24. McTyler House |
| 11. Cooke-Bearde House | 25. First United Methodist Church |
| 12. Thurmond House | 26. Lagomarsino House |
| 13. Israel House | |
| 14. Miller-Spielburger House | |

Sheffield homeowners take great pride in the appearance of their historic homes. Take a stroll into the past as you walk by these Colonial Revival and Late Gothic Revival homes. Stops on the walking tour feature houses ranging from the most opulent Edwardians to bungalows ordered from the Sears Roebuck and Company Catalog and delivered, in kit form, by train.

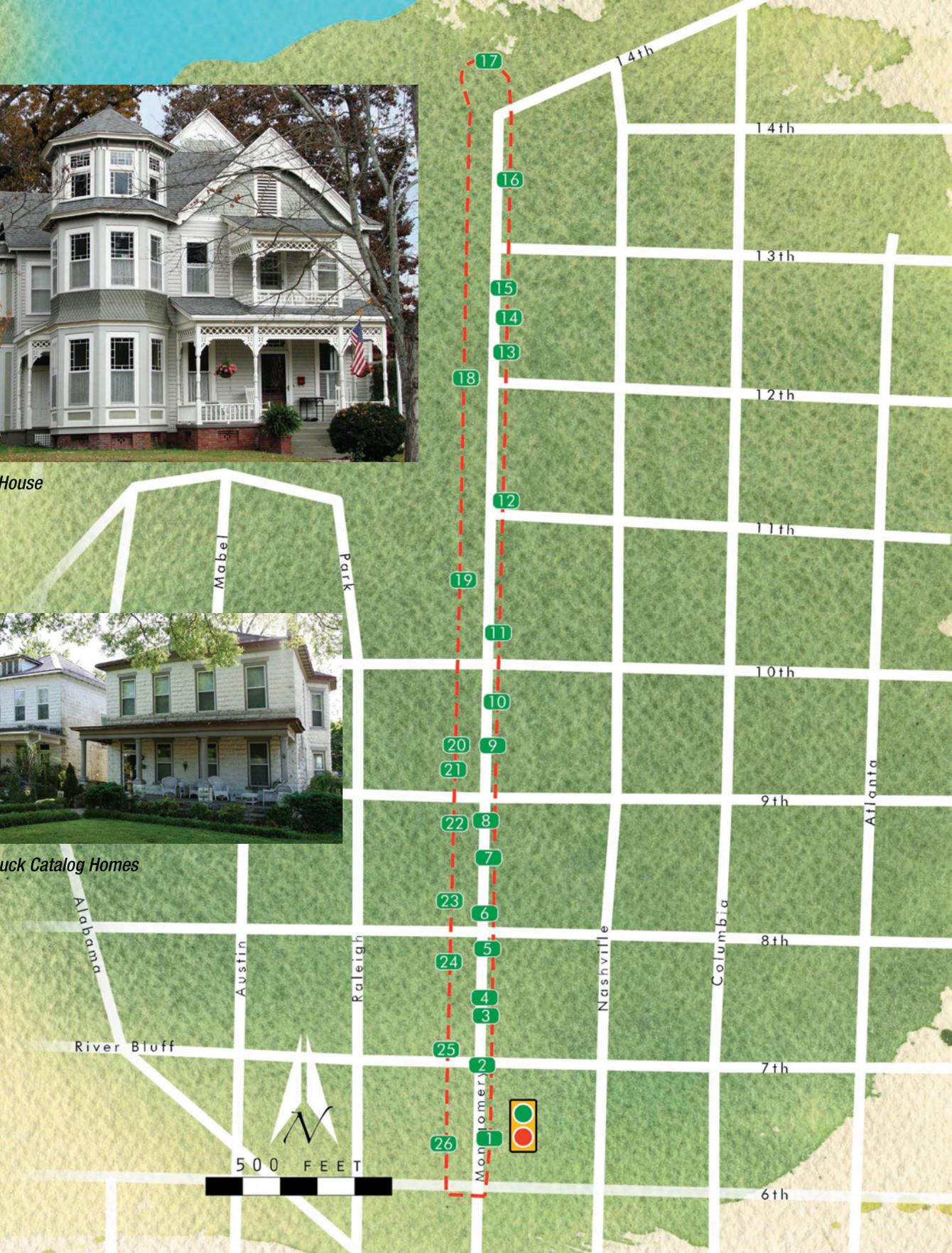
Grace Episcopal Church and Chapel



The Cohen House



Sears Roebuck Catalog Homes



Shelby

PART ONE

County

Buck Creek Greenway— Alabaster

Buck Creek Trail contains approximately three miles of walking and biking paths with a 1.5 mile linear main trail. It connects Buck Creek Park and Warrior Park, with three trail heads to access the nature trail. Two are located at the parks at 701 Sixth Avenue South and 100

Depot Street. The third trail head parking lot is near the YMCA and old Buck Creek Mill site. This segment easily accommodates strollers, bikes, pets, and seniors. There are five bridges on the trail with the associated handrails and approach ramps.

Heardmont Park Trail— Cahaba Valley Road

The Heardmont Park walking trail is approximately one mile in length with other links that help to intra-connect the seventy-four-acre family recreational park. The creekside walking trail is lighted and follows along the scenic Bishop Creek, and is handicapped accessible. In addition to play meadows and a children's playground, the park features nine baseball fields, three soccer fields and two tennis courts. Also included within the park is a public track situated inside a 6,000-seat football stadium.

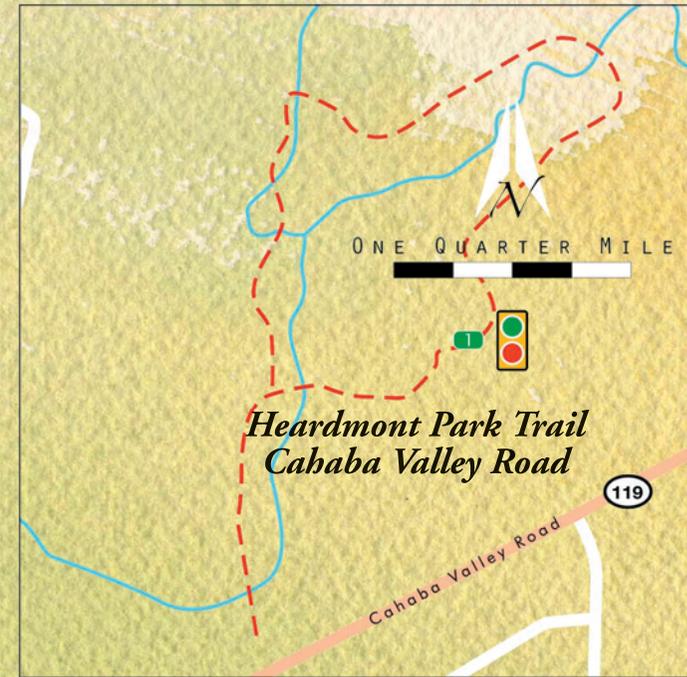
Helena—Hillsboro Trail

The Helena Trail contains over three miles of trail that connects large residential communities with commercial development, an elementary and new middle school, current and future parks and additional trails to Buck Creek. The majority of the trail is paved and constructed on an old rail bed with three pedestrian tunnels and bridges making it ideal for walking, jogging and cycling children to schools, parks and commercial areas.

The northern portion of the trail is accessible at the Appleford development off County Highway 52.



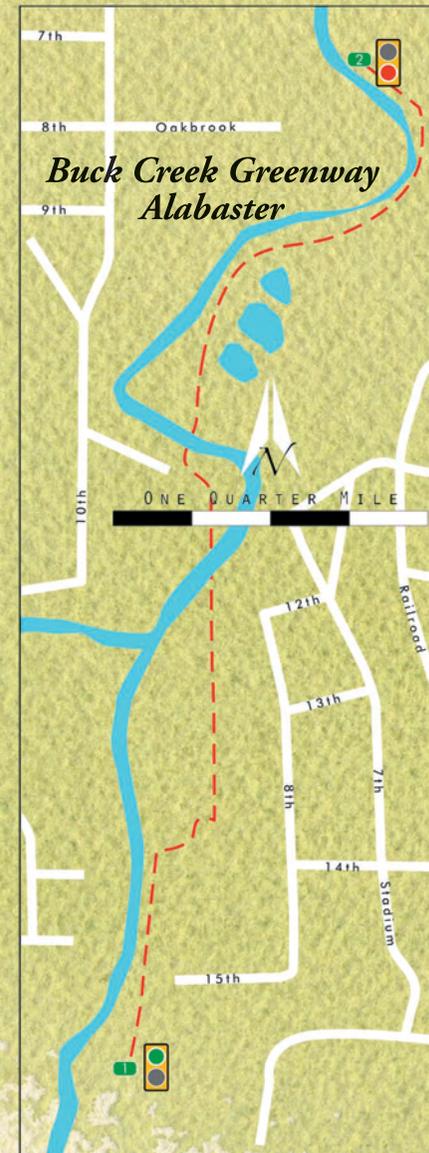
Buck Creek Greenway



Heardmont



Helena



Tour Features	
Buck Creek	
1.	Trail start
Heardmont	
1.	Trail stop and start
Helena	
1.	Trail stop and start

Shelby

PART TWO

County

Montevallo Greenway

The trail connects Orr Park, the downtown business district, the University of Montevallo and the University Lake Recreation Area.

The two-mile trail begins at the existing Orr Park asphalt walking and biking trail at its

closest approach to Island Street near the junction of Island Street and Middle Street. Public restrooms are available along the trail near the beginning of the Greenway. Though the Greenway itself is not wheelchair accessible over the majority of its length, the majority of the Orr Park Trail is. The Greenway is a diverse experience with wooded areas featuring beaver dams and direct access to Shoal & King Creeks, making excellent habitats for muskrat, wood duck and kingfishers. The Greenway features a combination of sidewalks and natural surfaces including some difficult inclines.

Veterans Park Alabaster Trail on Highway 119

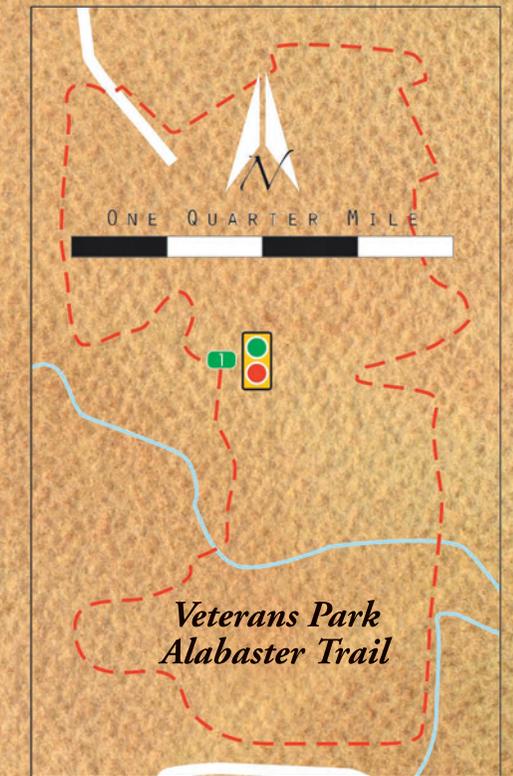
The Veterans Park Alabaster Trail covers approximately two miles and is located within a ninety-acre park facility. The trail is lighted and is a paved surface that is handicapped accessible.

Several pavilions and benches are located throughout the course of the trail. The Park features five youth baseball/softball fields, several play meadows, two ponds, an arbor and a bluebird trail. The park also includes a self-contained regulation skate park.

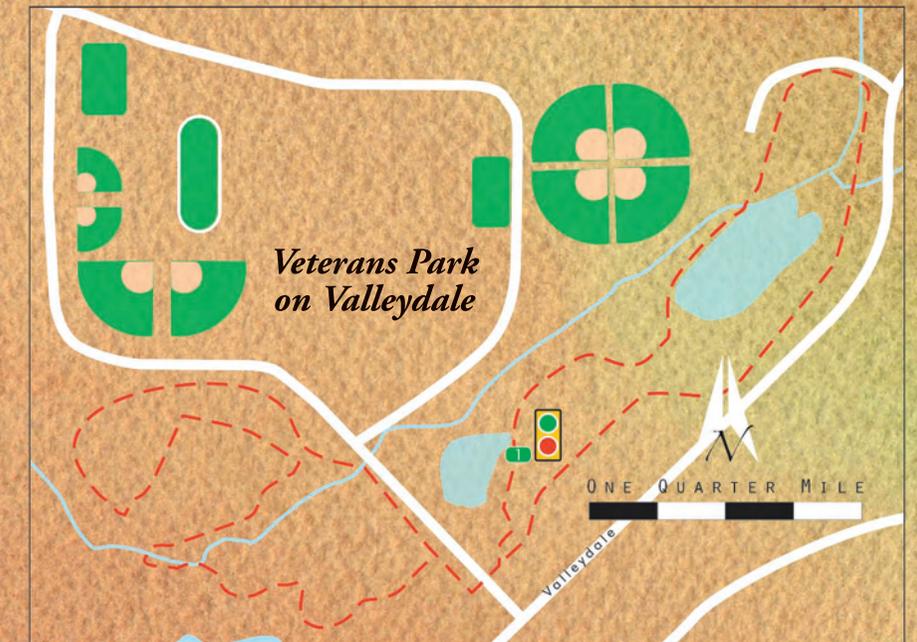
Veterans Park on Valleydale

The Veterans Park on Valleydale trail is approximately 3.1 miles in length and is easily accessible from nearby schools, Jefferson State Community College and large residential developments. The course consists of both a soft gravel mixture and hard surface.

Tour Features	
Montevallo	
1.	Trail start
2.	End Golf Course Road
3.	Spillway at Lake
4.	Trail end
Veterans Park, Alabaster	
1.	Trail start and stop
Veterans Park, Valleydale	
1.	Trail start and stop



Veterans Park in Alabaster



Sylacauga

PARK TRAILS

Tour Features
1. Trail start and stop

Fairmont Walking Track—Fairmont Park Trail is a shady, beautiful crushed rock walking trail that winds through the park in the Fairmont subdivision. The trail is approximately .75 miles long and is suitable for people of all ages. The park features a playground and small pavilion but no restrooms.

Going north on Highway 21 from Sylacauga, turn right into the Fairmont subdivision. The park is at the end of the road and parking is handicapped accessible.

Coming south to Sylacauga from Talladega on Highway 21, turn left into the Fairmont subdivision and follow the above directions from that point.

Noble Park Walking Track—Noble Park is in the city limits of Sylacauga on Highway 21, directly across from Jack's Restaurant. The track winds around the perimeter of a downtown park with many amenities. The track is a quarter-mile of concrete and is handicapped accessible. The park is lighted and secure.

Veterans Walking Track—The Veterans Walking Track in Pinecrest Park is a very level track and has a good surface of crushed gravel. The track is a quarter mile in length and is mostly shaded with plenty of parking.

This trail is located on Highway 280 inside the City of Sylacauga and is the location of the Veterans Tile Wall. Tiles engraved with the name and information of a Veteran can be purchased and mounted on the Veterans Wall.



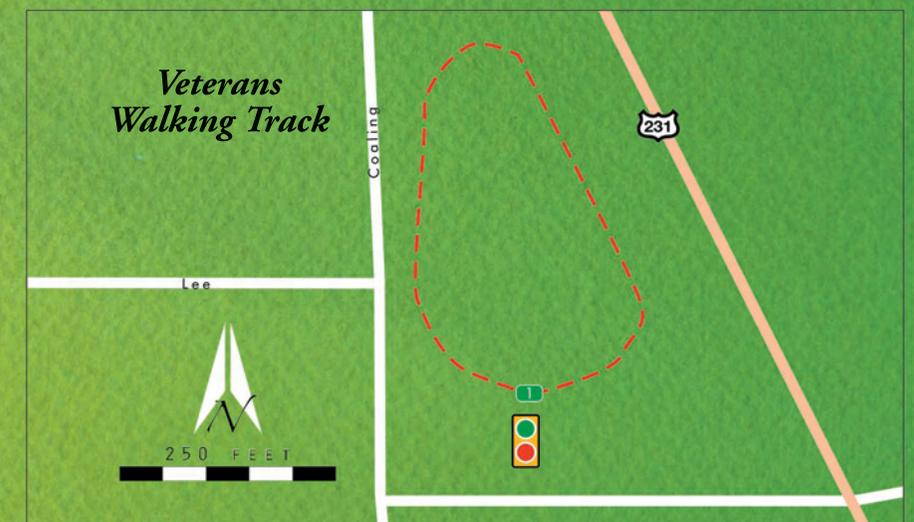
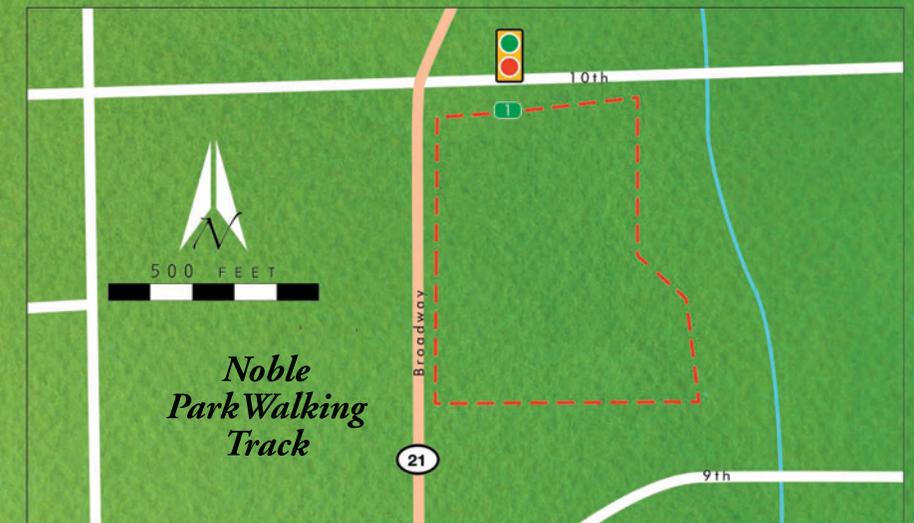
Fairmont Park Trail



Noble Park Trail



Veterans Walking Track in Pinecrest Park



Sylacauga

SYLAWARD TRAIL

PART OF THE TALLADEGA NATIONAL FOREST

Tour Features

1. Trail start and stop
2. National Forest Boundary
3. Sylaward Trail Sign
4. Sylaward Trail Sign

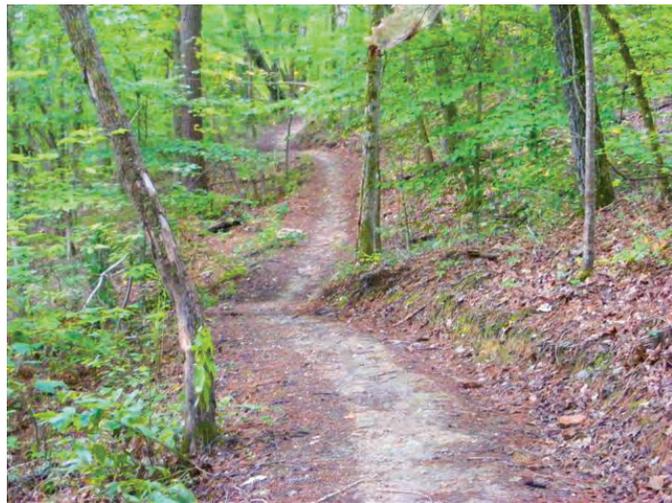
Lake Howard's Sylaward Trail is a fourteen-plus mile bike and hiking trail that begins at, and winds through, the Talladega National Forest. Multiple loops can combine for long or short walks or rides. This trail has a good level surface with enough hills to make it interesting. The scenery is unbelievable and once you've begun, you won't believe that you started in the city limits of Sylacauga. There are many opportunities to view wildlife and recently a bald eagle has been spotted.

Leaving Sylacauga going North on Highway 21, turn left onto Motes Road. At the end of Motes, take a left and travel about 1 mile and turn right at the Lake Howard sign. Go .75 miles and turn right onto Boat Dock Lane, which ends at Lake Howard. The head of Sylaward Trail starts at the sign beside the picnic area.

Coming south from Talladega to Sylacauga, travel down Highway 21 and turn left onto Motes road. Continue the above directions from that point.



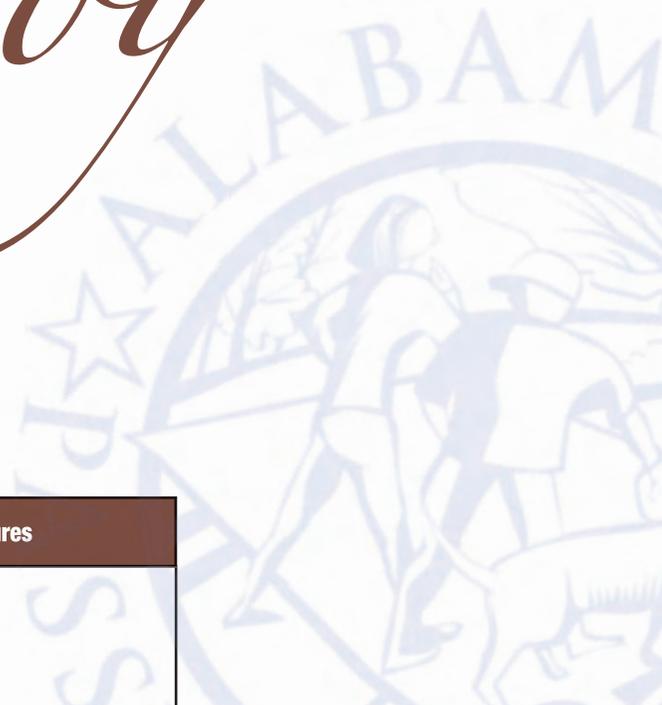
Sylaward Trail at Sylacauga's Lake Howard



Sylaward Trail path



Troy



The Troy walking trail combines two different loops for a two-mile total. One mile of the trail is paved asphalt eight feet wide, and the other one-mile trail is natural earth, clearly marked and designated.

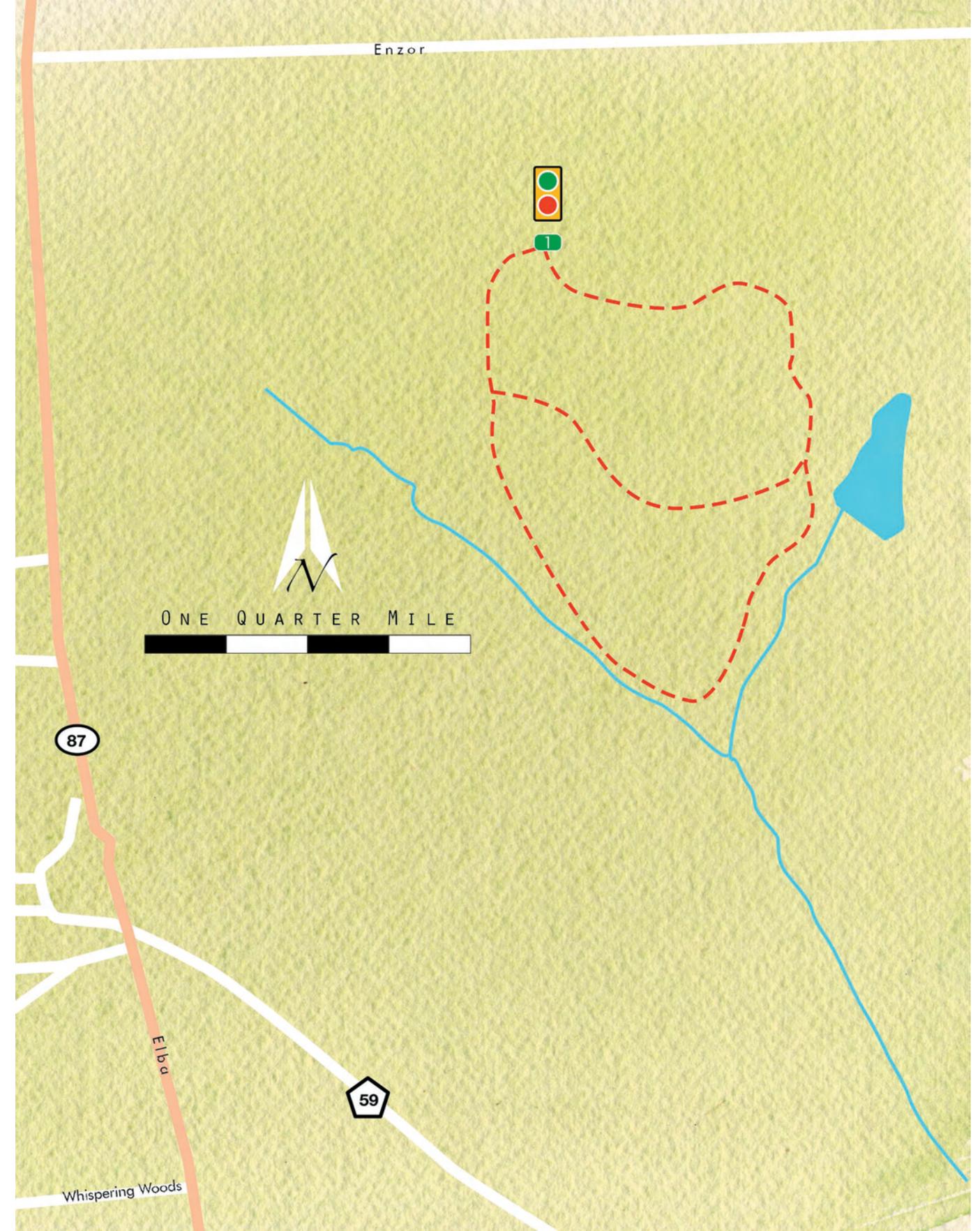
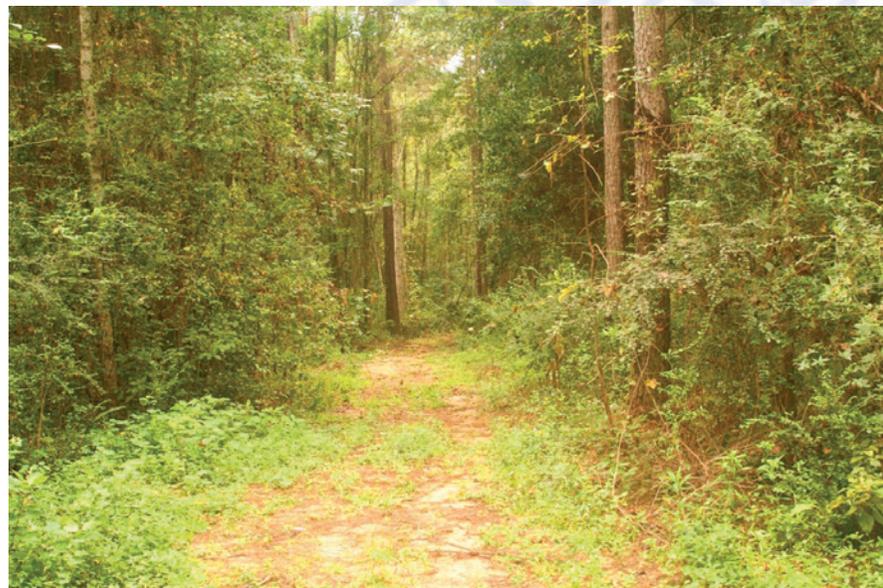
The beginning location of the trail is the Troy Recreation Center on Enzor Road.

From Montgomery, enter Troy on Highway 231 South. Take a right on Highway 87/167, and travel 1.5 miles and take a left on the Enzor Road. Travel 0.5 miles and the Troy Recreation Center and walking trail are on the right.

From Dothan, enter Troy on Highway 231 North. Take a left on Highway 87/167, and travel 1.5 miles and take a left on the Enzor Road. Travel 0.5 miles and the Troy Recreation Center and walking trail are on the right.

Tour Features
1. Trail start and stop

The "natural" one-mile loop of the trail



Tuscumbia

Tour Features

Spring Park Loop

1. Trail start/Coldwater Books
2. Clark Clock/log cabin
3. Spring Park/Indian statue/historic marker/WPA pavilion
4. Coldwater Falls/Sacred Tears 4/WPA stone bridge
5. Coldwater Seed and Supply
6. Post Office
7. Southerland Building/Tennessee Valley and Heflin Bank
8. Tuscumbia Theater/Bijou theater
9. Keaghy-Morgan House
10. William Reese Julian House
11. Presbyterian Church
12. First Baptist Church
13. St. John's Episcopal Church
14. Bell-Prout House
15. Stoddard House and site of Deshler Female Institute
16. Norman House
17. Veterans Memorial/Limerick-Godley House/First United Methodist Church
18. Cardiff Building
19. Commercial Row
20. Tuscumbia Railway Depot/historic marker/Masonic Lodge
21. Trail stop/The Palace

Helen Keller Loop

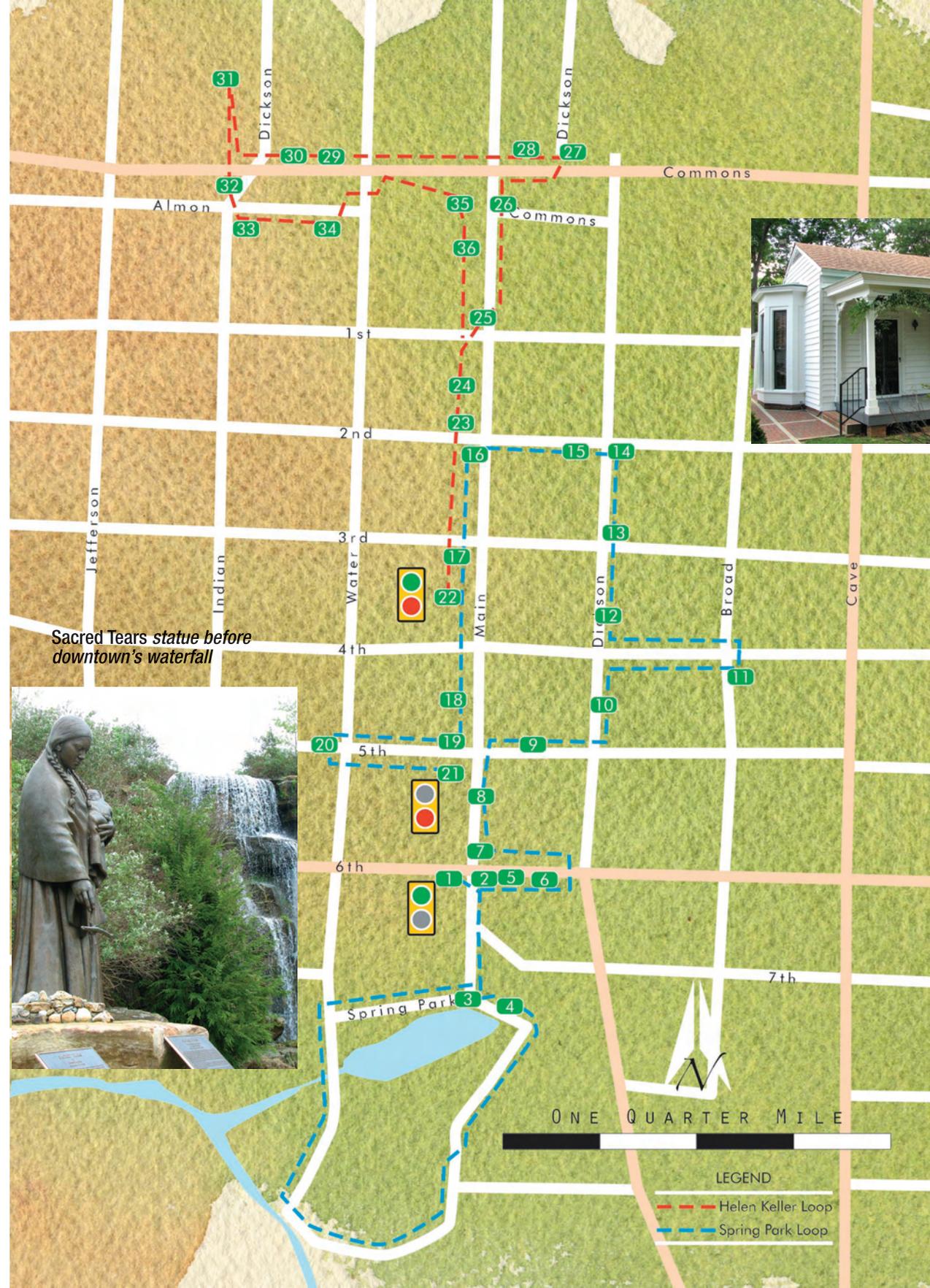
22. Trail start-stop/Colbert County Courthouse
23. Felix Grundy Norman House
24. Coons (Steele-Armistead) House
25. Governor Lindsey House (birthplace of Maude Lindsey)
26. Helen Keller statue - Alabama Institute for the Deaf and Blind
27. Winston House/Deshler High School
28. Thompson House
29. Memory Farm
30. Baxter-Owens-Julian House
31. Ivy Green (Helen Keller birthplace) cottage
32. Tuscumbia Commons and Tuscumbia Arts Center
33. Neiman Moss House
34. U.S. Congressman Almon House
35. Helen Keller Public Library
36. McReynolds House

Walk the pleasant streets of Tuscumbia and you will feel the pride of the residents. Stop by the bookstore when you begin the tour and enjoy some music and coffee.

Tuscumbia features fine homes, the Tennessee River, and a recently revitalized downtown. Much of the town's rich history and culture remains to be enjoyed, and its most famous resident—Helen Keller—is still a theme of Tuscumbia life.



The Tuscumbia Walk begins and ends at Coldwater Books



Ivy Green, birthplace cottage of Helen Keller, adjacent to the main house



Sacred Tears statue before downtown's waterfall

Valley

The Chattahoochee Valley Railroad Trail (CVRR Trail) is a cycling, jogging and walking trail that traverses 7.5 miles from the Shawmut Mill Village. The trail lies directly on top of what was once the Chattahoochee Valley Railroad that serviced the four textile mills of the area. The railroad carried passengers, cotton, cloth, and supplies between Shawmut, Langdale, Fairfax and Riverdale mills. Today, this trail ties together all the mill villages that compose the City of Valley and passes the majority of the area's eighteen historic landmarks.

The trail has an asphalt surfaced, rolling and playground along the way. Bring your pets on a leash. Open sunrise to sunset.

From Interstate 85 North, take Exit 77 right onto Fob James Drive to the second red light. At the end of the road, merge right onto Highway 29/20th Avenue and immediately get in the left turn lane. Take the first left onto 59th Street at Langdale Mill parking lot.

Tour Features	
Upper Trail	
1.	Trail start/Upper Trail start/ Langdale Mill
2.	Words Dairy
3.	Upper Trail stop
Lower Trail	
4.	Lower trail start/Langdale Boy Scout Hut
5.	Langdale Theater
6.	Iron Man
7.	Sears Memorial Hall
8.	Sugar or Kissing Bridge
9.	Horace King Memorial Covered Bridge
10.	Iron Bridge
11.	Fairfax Depot
12.	Bethlehem Church and Cemetery
13.	Parnell Peach Park
14.	Union church
15.	Trail end/Riverview School
16.	Riverdale Mill



The trail ends at Riverview School



Horace King Memorial Covered Bridge



Vestavia Hills

Tour Features

1. Trail start and stop
2. Wald Park
3. Walmart Neighborhood Market
4. Vestavia Hills Elementary Central's Nature Trail
5. Waterfall
6. Canyon Nature Trail
7. Trail map and benches
8. Bridge across creek
9. Round Hill Road Trailhead
10. McDonald's
11. Vestavia Hills Elementary East's Nature Trail
12. Vestavia Hills Elementary East
13. Byrd Park
14. Happy Hal Burns' Happy Ranch House
15. Overlook to Samford University
16. Garden, City of Vestavia Hills
17. City Hall

From Interstate 65, take Exit 252 and travel north on US Highway 31 for approximately two miles. Turn left onto Meryvale Road. The Parks and Recreation Office is the first building on the left.

This walk was designed to highlight the city's balance between natural areas and development by including lovely neighborhoods, a business district, the pristine beauty of Boulder Can-



Byrd Park

yon Nature Trail and the glorious view from the crest of Shades Mountain.

The trail deserves a moderate rating in terms of difficulty because of the long grades and steepness of the nature trail. A hiking staff is advised on the Nature Trail, which would be extremely difficult for wheel chairs and strollers.

Pets on a leash are welcome; owners are expected to clean up after them.



View of Samford University from Shades Mountain



Wetumpka

Tour Features

1. Trail start and stop/parking
2. Amphitheater
3. Pavilion/restroom
4. Playground
5. Observation deck
6. Old Calaboose
7. Mary's Chicken Shack
8. Little Sam's Café
9. Old Golson House (featured in the movie Big Fish)
10. Chamber of Commerce/First Bank
11. Courthouse
12. Old Post Office
13. Bridge
14. First Baptist Church/historic 1852 Chapel
15. Methodist church/Box-Avinger Home
16. L&N Depot
17. Stow Home/Indian Trading Post
18. McMorris-Spivey House
19. Fain Center
20. Old Magnolia Bed and Breakfast
21. First Presbyterian Church
22. Crommelin Monument
23. Log Home/dogtrot house
24. Museum/bait shop/cotton broker/Civic Room

Wetumpka's RiverWalk passes beneath the foot of Bibb Graves Bridge

The beginning of Wetumpka's RiverWalk is at Fain Community Park on the west bank of the Coosa River. From here you can view the upturned rocks and rapids that gave the town its name: Wetumpka is the Creek Indian word for "rumbling waters."

Take a leisurely walk through the streets while taking in the interesting vintage homes and cross Bibb Graves Bridge. Below the bridge is the 200-year-old jail known as the "Old Calaboose," built in the days when a New York newspaper asserted Wetumpka and Chicago as the two most promising cities of what was then called "the west."

The RiverWalk continues through downtown on the east

side of the river through Gold Star park featuring pavilions, a 2,440 square foot observation deck, a large play structure for children, and restrooms. Eight-foot-wide walkways extend over 4,000 feet through the natural beauty of scenic old Wetumpka. Decorative lighting expands walking hours into the evening. The RiverWalk is handicapped accessible.

From downtown Wetumpka travel west over the Bibb Graves Bridge, turning right at the foot of the bridge onto North Bridge Street. Follow three blocks to Tallassee Street and turn right. Follow Tallassee Street two blocks to Fain Community Center, where you will find ample parking to begin the RiverWalk.



Wilcox COUNTY

Tour Features

1. Trail start and stop/Wilcox County Courthouse
2. Becker Miller Law Office
3. Dunn-Fairly-Bonner Home
4. Female Institute
5. Bobby-Jones-Liddell-Sessions Home
6. Belk-Creswell Home
7. Bobby-Liddell-Buford Home
8. Goode-Morgan-Liddell-Phillipi Home, "House on the Hill"
9. Buford-Malone Home
10. Sterrett-McWilliams Home
11. Dale Lodge
12. Camden Veteran's Memorial



Right: Black Belt Treasures, where every item is the product of an artisan from one of the eleven black belt counties

Above: A view of the interior of the store



The Wilcox walk is level and easy. It begins and ends at the Wilcox County Courthouse at the intersection of Highway 41 and Highway 28, and follows Highway 28 up to Bridgeport Street before looping through town and returning to the Courthouse.

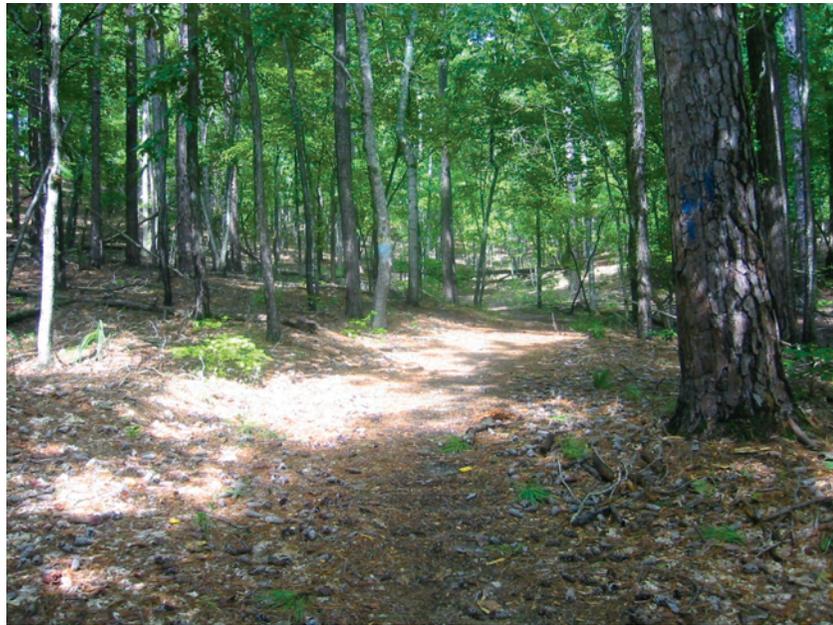


Wind Creek STATE PARK



Tour Features	
1.	Trail head
2.	Trail head (road crossing here)
3.	Trail head
4.	Trail head
5.	Campfire trail head

Wind Creek State Park's paths are comfortable and well-marked. Be sure to bring this map, as the park doesn't offer one



Located on Lake Martin in Tallapoosa County, this park offers two walking trails—the Campfire Trail, a 1.8 mile moderate hike; and the Alabama Reunion Trail, rated moderate to difficult and is 3.8 miles in length. Both trails are located in hardwood/pine zones with an abundance of understory plants and bird life. The three connector trails on the Campfire Trail are approximately .20 miles each.

The Reunion Trail can be accessed just past the park office about 100 yards off the first right turn (at the large parking area entrance).

The shorter Campfire Trail, which takes in the lake, begins across from a convenient parking area .4 miles up North Picnic Drive, which is about a mile into the park on the left.

Both trails cross a road at some point. Don't let children get away from you when nearing these crossings.



Credits and thanks

Paula Murphy, Compliance Officer, Alabama Department of Economic and Community Affairs

Phillip Henderson, GIS Manager, Alabama Department of Economic and Community Affairs

Grey Brennan, Regional Tourism Director, Alabama Department of Tourism and Travel

Jim Felder, design, layout, illustration and text development

We would like to thank the volunteers from all over the state who walked every step, recording the waypoints and information used in the production of this guide.

Copyright ©2009 Alabama Department of Economic and Community Affairs. All rights reserved. Alabama Passport to Fitness and the Alabama Passport to Fitness logo are the properties of Alabama Department of Economic and Community Affairs. All other service names and tradenames are the properties of their respective holders.

Visit the Passport Website

At ADECA.Alabama.gov/PassporttoFitness, you'll find much more information about these walks than could fit in this guide. You'll also see related recreational and historical information, along with the photos and experiences of others who have traveled these routes.

We invite all of our Alabama Passport to Fitness participants to contribute to the site.

If you have any questions or suggestions about the content of this guide, please call 334 353 4384.

On the Wilcox County walk



Volksmarch

The Volksmarch organization's many walks in communities around the world was the inspiration for the Alabama Passport to Fitness Program.

Volksmarch has year-round Alabama walks in

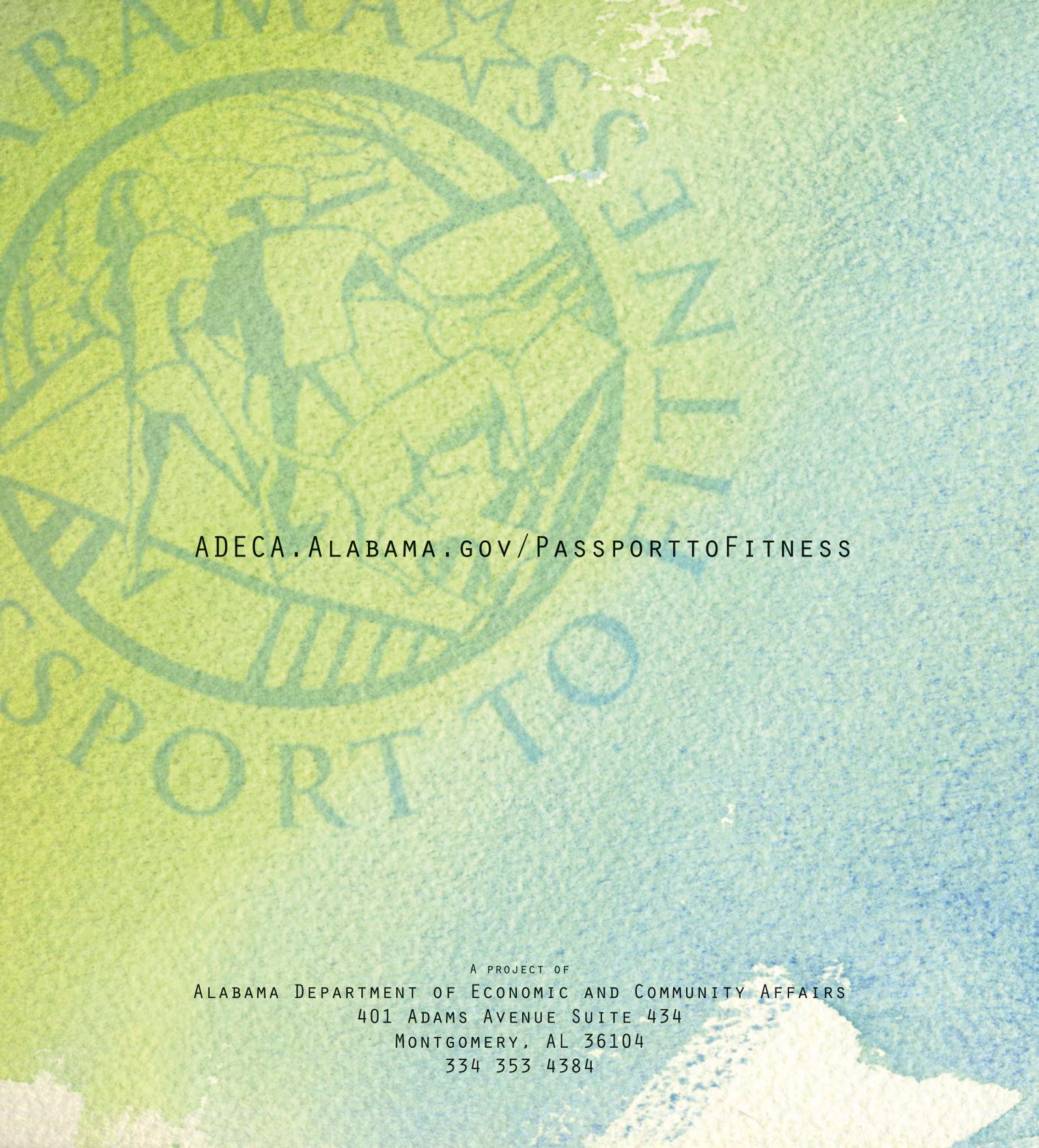
- Birmingham—two walks
- Decatur
- Dothan
- Enterprise
- Floral
- Gulf Shores
- Headland
- Huntsville
- Mobile
- Monroeville
- Montevallo
- Montgomery—two walks
- Ozark
- Selma
- Tuscaloosa

Visit the Volksmarch website at www.ava.org.

- Abbeville 334 585 6444
- Alabaster 205 585 6800
- Albertville 256 878 3821
- Aliceville 205 373 6611
- Andalusia 334 222 3312
- Ashville 205 594 2116
- Athens 256 232 5411
- Auburn 334 501 2932
- Brewton 251 867 3224
- Butler 205 459 3459
- Cedar Bluff 256 927 8455
- Centreville 205 926 4995
- Cherokee County 256 927 8455
- Chewacla State Park 334 887 5621
- Chief Ladiga Trail 256 435 8115
- Chilton County 205 755 2400
- Citronelle 251 866 7973
- Clarke County 251 275 8684
- Courtland 256 974-1658
- Cullman 256 734 0454
- Daphne 251 621 9000
- Dauphin Island 251 861 5525
- De Soto State Park 256 845 0051
- Decatur 256 355 6800
- DeKalb County 256 845 3757

- Dothan 334 792 5138
- Elba 334 897 3125
- Enterprise 334 347 0581
- Eufaula 334 687 6664
- Flomaton 251 296 2431
- Floral State Park 334 858 3612
- Foley 251 943 1545
- Fort Payne 256 845 2741
- Gilbertown 205 459 3459
- Greenville 334 382 3251
- Grove Hill 251 275 4188
- Gulf Shores 251 968 1424
- Gulf State Park 251 948 7275
- Guntersville 256 571 7560
- Gurley 256 772 5603
- Hartselle 256 773 2535
- Heflin 256 463 2222
- Homewood 205 871 5631
- Jacksonville 256 237 3536
- Jasper 205 384 6014
- Jefferson County 205 325 4794
- Lake Guntersville State Park 256 571 5440
- Lake Lurleen State Park 205 339 1558
- Lakepoint State Park 334 687 8011

- Leesburg 256 927 8455
- Lineville 256 396 2581
- Livingston 205 652 2350
- Monroeville 251 743 2879
- Montevallo 205 665 2555 X 107
- Montgomery 334 262 0016
- Mountain Brook 205 871 6678
- Oak Mountain State Park 205 620 2520
- Ozark 334 774 9321
- Pike Road 334 356 4175
- Prattville 334 365 7392
- Sand Rock 256 927 8455
- Selma 334 875 7241
- Sheffield 256 383 0783
- Shelby County 205 620 6631
- Sylacauga 256 249 8561
- Troy 334 566 2294
- Tuscumbia 256 383 0783
- Valley 334 756 5220
- Vestavia Hills 205 978 0165
- Wetumpka 334 567 5147
- Wilcox County 334 682 4929
- Wind Creek State Park 256 329 0845

The background of the page features a large, faint watermark of the Alabama State Seal. The seal is circular and contains a central figure of a person standing on a globe, surrounded by various symbols including a plow, a sheaf of wheat, and a cotton plant. The words "ALABAMA" and "1865" are visible at the top of the seal, and "PASSPORT TO FITNESS" is written around the bottom edge. The watermark is set against a background of green and blue textured paper.

ADECA.ALABAMA.GOV/PASSPORTTOFITNESS

A PROJECT OF
ALABAMA DEPARTMENT OF ECONOMIC AND COMMUNITY AFFAIRS
401 ADAMS AVENUE SUITE 434
MONTGOMERY, AL 36104
334 353 4384