

ALABAMA

Chattahoochee Valley Railroad (CVRR) Trail – Northern Section

The 7.5-mile CVRR Trail offers biking, jogging, and walking and connects to the Shawmut Mill Village. The trail's Northern Section is 1.4 miles long, with a half-mile road and sidewalk link connecting to the trail's Southern Section. The trail follows what was once the Chattahoochee Valley Railroad that serviced four textile mills in the area. The railroad carried passengers, cotton, cloth, and supplies among the Shawmut, Langdale, Fairfax, and Riverdale mills. Today, this trail ties together all the mill villages that compose the city of Valley and passes many of the area's historic landmarks.

Chattahoochee Valley Railroad (CVRR) Trail – Southern Section

The 7.5-mile CVRR Trail offers biking, jogging, and walking and connects to the Shawmut Mill Village. The Trail's Southern Section is 5.6 miles long, with a half-mile road and sidewalk link connecting to the trail's Northern Section. The trail follows what was once the Chattahoochee Valley Railroad that serviced four textile mills in the area. The railroad carried passengers, cotton, cloth, and supplies among the Shawmut, Langdale, Fairfax, and Riverdale mills. Today, this trail ties together all the mill villages that compose the city of Valley and passes many of the area's historic landmarks.

Chewacla State Park Trail System

Located in Lee County just four miles south of Auburn, Chewacla State Park has eight hiking trails in varying degrees of difficulty. Options range from the short interpretive Sweet Shrub Trail to the more challenging Mountain Laurel Trail which takes you by the picturesque 30-foot Chewacla Dam Waterfall. A Mountain Bike Trail and Tree Identification Trail are also included in the park's 5.8 miles of trails. Highlights along the trail include unique rock formations and a variety of native trees and flora.

Chief Ladiga Trail (Jacksonville Section)

The 33-mile Chief Ladiga Trail is Alabama's first extended rails-to-trails project. This section of the Trail extends nine miles through Jacksonville from Warren Drive in the south to the intersection of the old CSX Railroad in Maxwellborn to the north. Along the way are beautiful wetlands, streams, forests, farmlands, and a horizon filled with mountains. The trail is a family-oriented pathway that provides a safe, non-motorized way to travel, exercise, and relax in a quaint southern college town while enjoying the outdoors.

Chief Ladiga Trail (Piedmont Section)

The Trail was named for a Creek Indian leader who signed the Cusseta Treaty in 1832. The 3.8-mile section that runs through Piedmont is nestled in the foothills of the Appalachian Mountains surrounded by gorgeous mountain and stream scenery. Just north of Piedmont, the Trail intersects with the Pinhoti Trail, a spur of the Appalachian National Scenic Trail. The Chief Ladiga Trail also connects to Georgia's Silver Comet Trail which stretches more than 100 miles from Anniston, Alabama, to Atlanta, Georgia. These combined trails are noted as the longest paved trail system in the United States.

Citronelle Walking Trail

The Citronelle Walking Trail traverses three-miles through the old downtown area of Citronelle on the rail bed of the old Ohio and Mobile railroad. The trail takes you by the restored train depot and the adjacent Hygeia Cottage, the only survivor of the town's famous hotels. The city

of Citronelle, through a Recreational Trails Program grant, recently installed gas lights along the trail as a nod to the town's history.

City of Foley Antique Rose Trail

Antique roses turn this otherwise ordinary walking trail into an extraordinary one. The trail is enjoyed by walkers, joggers, parents, students, and antique rose enthusiasts. Foley's Antique Rose Trail winds one mile along the old railroad right-of-way, passing the Depot Museum/Heritage Park and John B. Foley Park. The trail was designed to provide a historical learning experience; signs along the way identify plant varieties and the years they were propagated. The trail also shows local citizens the types of plants that will flourish in their gardens and provides them with unique ideas on incorporating antique roses into their existing landscapes. This project has brought together city workers, volunteers, local citizens, and specialty nurseries.

DeSoto State Park Trail System

Nestled atop scenic Lookout Mountain in northeast Alabama along the Little River, DeSoto State Park offers 19 miles of hiking and mountain biking trails. The terrain varies from easy to strenuous. "Easy" biking can be found on the Family Loop. The Talmadge Butler Boardwalk Trail is a 360-yard trail that can be enjoyed and traveled by people of all abilities. This trail is also part of the North Alabama Birding Trail. Several of these trails lead to views of the various falls on the Little River.

Floral Lake Jackson Scenic Trail

This 1.4-mile scenic trail lies along the shores of Lake Jackson, the largest natural lake in Alabama. The lake is on the Florida-Alabama State line, with the trail traversing Floral Wetlands Park and Floral State Park on the Alabama side of the lake. The even-surfaced trail is constructed of asphalt, with wooden boardwalks built over wetland areas. Benches and picnic tables are scattered along the route. A 200-foot overlook pier extends into the lake, and a spur of the trail travels along a brick sidewalk to the old L&N depot. The trail offers opportunities for hiking, biking, walking, as well as wildlife observation.

Lake Guntersville State Park Trail System

Lake Guntersville State Park is located along the banks of the Tennessee River in northeast Alabama. The park has 36 miles of trails. Hiking trails traverse moderate to difficult terrain, with some following the banks of the Tennessee River and others leading to seasonal waterfalls. Some trails, such as the Old Still Path, the Moonshine Trail, and Licksillet Trail, pique visitors' interest by their names alone. Trail lengths vary from 0.5 miles to 3.5 miles, and connections create many loops.

Lake Lurleen State Park Trail System

Lake Lurleen State Park, near Coker in west-central Alabama, is named after Alabama's only female governor, Lurleen Wallace. The Park's system of natural-surface hiking and mountain bike trails totals 19.5 miles. The trail system is composed of two components: the foot-traffic-only Ridge Trail, and the Multi-Use Trail System, comprised of six connecting segments. The latter loops around Lake Lurleen into the undeveloped west side of the park and trail users must take into account that the minimum length of the entire loop is 11 miles plus 1.3 miles of roadway connecting the two trailheads.

The Larry and Ronna Dykes Trail

Located along the perimeter of Westgate Memorial Park, the original site of Dothan's first airport, The Larry and Ronna Dykes Trail consists of two 3.28 mile paths – one for pedestrians and one for cyclists – and a connecting one-half mile loop, the Kiwanis Trail, which is handicapped accessible and fully lighted for evening enjoyment. The design of the multi-use trail encourages family participation. The trail averages over 400 users a day. All three trail components traverse peaceful wooded areas featuring a combination of native hardwoods and southern pines, with approximately one quarter of the trail mileage passing through open “active park” areas. Named after the founders of the Dothan Runners' Club, the trail is the location for running events as well as an annual bicycling event, the Mayor's Ride for Fitness.

Montevallo Greenway Trail

The two-mile Montevallo Greenway Trail connects Orr Park, the city of Montevallo's downtown business district, the University of Montevallo, the University Lake Recreation Area, and Stephens Park. The greenway provides diverse experiences of wooded and riparian areas. Features include beaver dams and direct access to Shoal and King Creeks, with their excellent habitats for wood ducks, kingfishers, and muskrats. The trail has a combination of natural and sidewalk surfaces.

Queen City Park Trail

The 1.1-mile Queen City Park Trail is located in Tuscaloosa's historic Queen City Park. Built by the Works Progress Administration (WPA) in the 1930s, the park is on the National Register of Historic Places. The trail is a system of three connected trail segments – the renovated two original trails built by the WPA and a new 0.3-mile Americans with Disabilities Act (ADA)-accessible trail. The trail segments meander through scenic woods and pass ruins of WPA-built park structures. Although the trail is in the middle of town, visitors are out of sight and sound of the urban environment and may see a family of red fox, many species of birds, and fox squirrels while enjoying many native plants.

Sunset Drive Trail

This 3.66-mile paved recreational trail is located on the west side of the city of Guntersville. The trail combines the old southern charm of the town's well-preserved historic homes with spectacular views of beautiful Lake Guntersville on the Tennessee River. The Guntersville Tree Commission, responsible for landscape designs along the trail, oversees Project Knowledge, a tree project, along the walking trail. Many of the trail's trees have also been added through The Memorial Tree Project, which places a tree in honor of or in memory of someone on city property. The Sunset Drive Trail combines nature, exercise, and fun.

Swan Creek Greenway Trail

The shaded Swan Creek Greenway Trail parallels Swan Creek for 2.3 miles. Many species of wildlife indigenous to northern Alabama – including deer, squirrel, chipmunk, fox, and numerous types of fowl and fish – can be viewed and enjoyed here. The soothing sounds and beautiful sights of numerous rapids enchant visitors along a 1.2-mile section of the trail where the creek cuts its way through limestone bedrock. The trail connects with numerous recreational facilities at the Athens Sportsplex and Swan Creek Park, offering the public numerous opportunities to enjoy health benefits and family fun. The entire trail was designed in accordance with ADA standards.

Talladega-Lincoln Outdoor Park Trails (T.O.P.TRAILS)

The Talladega-Lincoln Outdoor Park, north of the Brecon area of Talladega, is on the property that was formerly known as the Coosa River Storage Annex Depot. Much of the existing 50 miles of trails were used in World War II as narrow guard roads when it served as an ammunition depot. There are trails for all ages and skill levels, with ratings ranging from very easy to expert. ATVs, dirt bikes, mountain bikes, horses, and side-by-sides/UTVs up to 60 inches wide are accommodated. Trails are two-way to help reduce speed and therefore erosion to the trail system. The volunteers of the Cheaha Trail Riders, Inc., an Off-Highway Vehicle (OHV) Advocacy Group, consistently help develop and maintain the OHV trails within the Park.

Tannehill Tramway Trail

Located inside Tannehill Ironworks Historical State Park near McCalla, this trail follows a section of an old tramline trail. Ore cars were pulled by mules 150 years ago over the tramline's rails between brown iron ore beds two miles distant and the Tannehill Ironworks. Today's one-mile, crushed stone trail takes walking and mountain biking visitors past several historical sites, including those of the furnace and log cabins, as it parallels lovely tree-lined Mud Creek. The trail is close to other activities within the park and connects to several other area trails.

Village Pointe Preserve Park Trail System

The trails at Village Pointe Preserve Park are just over a mile in length, but they cover a lot of ground, naturally and historically. The Preserve, located in Daphne, on the eastern shore of Mobile Bay, is rich in local, national, and world history. The trails lead to historic sites, Mobile Bay, and a fishing pier with a view of the city of Mobile across the bay. It's an easy hike on crushed stone, natural surface, and boardwalk, with benches along the way. Signs help identify plants. Wildlife seen while hiking includes blue herons, egrets, and pelicans. One of the boardwalks crosses over an alligator lagoon where young gators can be spotted sunning themselves on the bank.

Wind Creek State Park Trail System

This natural-surface trail system covers 15.8 miles within Wind Creek State Park near Alexander City in east-central Alabama. With 626 campsites, Wind Creek boasts the largest State-operated campground in the United States. Two moderate-to-difficult hiking trails wind over ridges and through hardwood bottoms down to the shoreline of Lake Martin, offering spectacular views, the beauty of ferns and wildflowers, and chances to observe the abundant bird and animal life. There is also a horse trail, offering riders scenic lake views through the forest of mixed hardwoods and stands of tall pines.

Yoholo-Micco, The Creek Indian Trail

Named for Chief Yoholo-Micco, the Creek Indian leader of Eufaula Town, this 2.5-mile rail-trail connects Eufaula's downtown to Old Creek Town Park, site of an Indian village. The trail winds along Lake Eufaula through residential areas and crosses the lake on an old railroad trestle. It provides a walking connection from downtown to Eufaula High School and the Admiral Moorer Middle School. The schools have taken advantage of the trail for field trips to teach students about the natural and historic significance of the area. Several natural-surface nature trails have developed off of the primary trail, including one to a beautiful waterfall and another leading to the historic Fairview Cemetery. Daffodils and native flowers along with over 100 trees have been planted along the trail.

ARKANSAS

Old Post Mountain Bike Trail

The U.S. Army Corps of Engineers' Old Post Road Park near Russellville hosts a series of 12 interconnecting loops offering the mountain bike enthusiast over eight miles of trail in one great place. The loops vary in difficulty. Easy Rider Trail is a great trail for beginning mountain bikers and also a perfect place to warm up or cool down from a great ride. All other trails interconnect and vary from modest to intermediate skill level allowing everyone the opportunity for a personalized ride.

Springhill Park Mountain Bike Trail

The U.S. Army Corps of Engineers partnered with the Mercy Cycling Club (Mercy Cycling) to construct this mountain bike trail in Barling's Springhill Park. The ten-mile route, with its three loops, twists and winds like a spider web. Regionally known as a "fast" trail by experienced mountain bikers, monthly races are held for area riders and two annual competitions are sanctioned by the International Mountain Biking Association (IMBA). The trail provides an escape from the urban and congested Fort Smith/Van Buren metro area. Families, hikers, and bikers benefit from the safe and healthy trail environment. Low impact bridges, built to IMBA standards, cross gullies that empty into the Arkansas River. Volunteers maintain the trail. A long-lasting relationship has resulted between the U.S. Army Corps of Engineers, Mercy Cycling, and St. Edwards Mercy Medical Center.

CONNECTICUT

Quinebaug River Water Trail – Thompson Section

This five-mile water trail within the U.S. Army Corps of Engineers' West Thompson Lake project is an excellent 3-hour outing for paddlers who are comfortable with moving water and enjoy seeing varied landscapes of forests and fields along with extensive wildlife habitat. The quiet, slow-moving Quinebaug River abounds with unique history and culture. This segment of the river has moving water (but no rapids), flat water, and no portages. The upper three miles seem isolated (except for two bridge crossings). The Corps of Engineers and the Thompson Trails Committee work collectively to maintain the entire length of the trail, the put-in at the 1804 Fabyan Dam, and the take-out at the West Thompson Lake Boat Ramp.

FLORIDA

Tom Varn Hiking and Jogging Trail

In the city of Brooksville's Tom Varn Park, 1.5 miles of trail provide ready access to both active recreation activities and a scenic trail experience. The path is organized in a loop: the eastern part within a forested area that includes picnicking sites and a lake, and the western part connecting to softball fields and basketball courts. The trail meanders beneath a lush canopy of overhanging trees and offers a full range of beauty in every season of the year, from colorful wild-flowers and butterflies to ducks and fish swimming in the serene ponds. Recent events along the trail include the Humane Society's Pet Expo, an Art Exhibition by the Fine Arts Council, and Brooksville's Blazin' Butts-n-Brisket BBQ competition.

Withlacoochee State Trail

The Withlacoochee State Trail is the longest rail-trail in Florida, extending south 46 miles from near Dunnellon in Citrus Springs to Trilby. The trail traverses three counties (Citrus, Hernando and Pasco) and offers an enjoyable, varied journey through small towns, ranches and six distinct natural communities. An unpaved equestrian trail parallels portions of the 12-foot paved trail. Where rail passengers once rode, more than 300,000 hikers, bikers, skaters and horseback riders enjoy the outdoors each year. The trail has a dedicated citizen support organization, Rails to Trails of the Withlacoochee.

ILLINOIS, INDIANA, MICHIGAN

Lake Michigan National Water Trail – Chicago to New Buffalo Segment

Running through three States, the 75-mile Chicago to New Buffalo Segment of the Lake Michigan Water Trail is part of a larger vision for a nationally designated water trail around the entirety of Lake Michigan. This segment covers Chicago's lakefront in Illinois and the entire coast of Indiana to New Buffalo in Michigan, easily accessible to the more than six million people who live in the five counties adjacent to the trail and the more than nine million people in the region. The trail takes paddlers on a journey past urban shorelines, natural and remote lakeshore landscapes, industry, and beach communities. The environmentally friendly and healthy use of human powered watercraft allows paddlers to explore the lakeshore intimately.

INDIANA

Ray Yellig Memorial Trail

This trail is a 1.2-mile double loop centered on the Town of Santa Claus' recreational facilities in Yellig Park. The Western Loop is essentially a zero grade, 0.75-mile loop through a forested wetland and includes an observation platform overlooking an established wetland area. The up-and-down Northern Loop travels through an upland hardwood forest, with three wooden bridge structures and a 50-foot elevation change between the trailhead and upper end of the loop. Both loops have strategically-placed rest areas with benches for rest and wildlife observation.

KANSAS

Sand Creek Trail

Near North Newton, on the edge of the Bethel College campus, this two-mile all-weather woodchip trail traverses riparian woodlands and old shelterbelts and hedgerows. Area residents, students and visitors of all ages and fitness levels are encouraged to walk, watch birds, run, exercise pets, explore, meditate and more. Elements of an adventure course were recently constructed near the first portion of the trail. Ten benches along the trail allow rest stops to enjoy the abundant plant, animal, and bird life. A modest endowment has been established to maintain the trail and its associated facilities.

MARYLAND

Catoctin Trail (Blue Trail)

This 26.6-mile trail passes through Catoctin Mountain Park, two State parks, and two municipal watersheds while traversing the eastern-most ridge of the Blue Ridge Mountains. The trail provides recreation to the nearby towns of Thurmont, Smithsburg, and Frederick and also serves over three million visitors per year from the Washington-Baltimore metro area. Portions of the

trail were originally designed and constructed by the WPA and the Civilian Conservation Corps in the 1930s. Along its route are historic districts as well as pre-historic and historic resources, including Indian flint-napping sites and Colonial charcoal hearths. The trail skirts several lakes and accesses numerous scenic vistas including views of the Monocacy River Valley and Maryland's largest cascading waterfall. A diverse partnership manages the recreational uses along the trail.

MASSACHUSETTS

The Waverley Trail

This interpretive trail brings alive for new generations the remarkable natural and cultural heritage of the Waverley neighborhood and of the Waverley Oaks, an ancient grove that inspired the creation in the 1890s of the world's first land trust and the Nation's first Metropolitan Parks Commission. The green painted line that marks the 0.7-mile trail, and the carefully crafted interpretive signs and banners along its length, serve to connect a densely populated urban/suburban neighborhood with spacious green space. The trail also links the Western Greenway to a major rail/bus transit hub in Waverley Square, Belmont. The entire trail lies on city sidewalks, across marked crosswalks, and over paved walkways within the Beaver Brook Reservation. The trail is used for school field trips and is frequented by kids, parents, and grandparents out to get some exercise and learn more about their neighborhood.

MINNESOTA

Froland Waterfowl Production Area Interpretive Trail

This U.S. Fish and Wildlife Service trail in west-central Minnesota winds 1.7 miles around several prairie pothole wetlands through scenic restored tall grass prairie uplands and oak savanna. There are interpretive panels at the trailhead, an observation platform with spotting scope overlooking a large wetland, and benches along the way. The trail provides access to a large portion of the Waterfowl Production Area, excellent bird watching opportunities, nature observation, hunting, and a place where visitors can stretch out their legs and get some exercise.

NEW JERSEY

Barclay Farm Trails

This interconnected system of three trails totals 0.75 miles and is located on an 18th Century farmstead that is listed on the National Register of Historic Places and is the final stop on the Cooper River Historic Trail. The network of trails is anchored at the farmhouse and includes a handicapped trail, a hiking trail, and a nature trail. The handicapped trail features a stone surface. The hiking trail passes through mature forest and follows the North Branch of the Cooper River. The Barclay Farm Nature Trail snakes through mature forest past a pond, wetland, and the North Branch of the Cooper River, and features ten interpretive stations.

Croft Farm Trails

Once a working mill and farm and a stop on the Underground Railroad, the Croft site has played an important role in the growth of Southern New Jersey for more than 300 years. It is on both the New Jersey and National Registers of Historic Places. The network of six trails totals 1.45 miles and winds through different natural habitats including meadows, scrub-shrub, early successional forest, and mature forest. Habitat management techniques were used to help create some lengths of trail. Croft Farm Trails are promoted at yearly events to connect people with nature, increase support for Open Space lands, and to highlight outdoor recreational opportunities in the community.

NEW MEXICO

Berg/Animas Trail

Animas and Berg Parks are home to a four-mile network of trails along the Animas River in Farmington. The trails run along the river's edges, wind through groves of native cottonwoods, and cross the river by bridge at two points. The trail system offers a very calm, relaxed experience along a beautiful stretch of the Animas River. In addition to providing terrestrial recreation, the trails are used to put in or take out for the purposes of running the river by canoe, kayak, or raft. This trail network offers the citizens of Farmington, the neighboring cities in the Four Corners Region, and the members of four nearby Indian tribes fitness, nature, and cultural activities. One unique community event is Winterglow, when the trail along the river during the Christmas season is lit with candles in the New Mexico tradition of *farolitos*.

OKLAHOMA

Sandtown Nature Trail

Sandtown Nature Trail offers an opportunity for visitors to explore nature while observing the resident and migratory wildlife and breathtaking Oklahoma landscape found at Sequoyah National Wildlife Refuge. This one-mile loop trail offers views of the Arkansas and Canadian Rivers' deltas. Whether guests are taking in the sights and scenes of the landscape, taking photographs of the wildlife or foliage, or exercising after a hard day at work, the trail is a wonderful place to glimpse the variety of flora and fauna that flourish in east-central Oklahoma. Animals include American bald eagle, bobcat, deer, songbirds, and snow geese. Observation decks and benches are available for visitor convenience.

PENNSYLVANIA

Blue Marsh Lake Multi-Use Trail

This 29-mile trail encircles the U.S. Army Corps of Engineers' Blue Marsh Lake project in Berks County. It is open for all non-powered uses, such as hiking, mountain biking and horseback riding. The trail travels through various habitat types ranging from open fields in grass and other crops, to shrubby or brushy areas, to mature forest. The surface varies from mowed grass to compacted soil and gravel to abandoned roads. The trail varies from wide open spaces to winding single-track through the forest.

It was constructed by U.S. Army Corps of Engineers employees, local volunteers such as Scouting groups, local school classes, civic groups, and community service workers.

Susquehanna River Water Trail – West Branch

Starting as a narrow stream near Cherry Tree in the Allegheny Mountains, the West Branch of the Susquehanna River falls 228 miles through dense forests, rolling farmland, and historic towns to its confluence with the North Branch in Northumberland. The trail passes through Pennsylvania's Lumber Heritage Region where paddlers enjoy the benefits of decades of forest conservation: mile after mile of mountains and valleys, deer, bear, elk, and birds in abundance, yet all within a six-hour drive of 50 million people. The trail also traverses part of the "Pennsylvania Wilds," a region of natural beauty, charming towns, and the largest elk herd in the Northeast. Paddling along the large remote stretches of the forested upper West Branch evokes the landscape as Native Americans may have seen it.

TENNESSEE

Warriors' Path State Park Mountain Bike Trail System

From challenging single-track to pleasant old farm roads, this 9.5-mile mountain bike trail system is a great place for mountain bikers and hikers to enjoy the best of East Tennessee scenic woodlands. The system offers hikers and cyclist varied terrain, scenic beauty, and some challenges, while minimizing impacts on park resources. The trail system is a cooperative arrangement between Tennessee State Parks and the Northeast Tennessee Mountain Bike Association. Most of the trail development was completed by volunteer labor, and volunteers continue to carry out the majority of trail maintenance work. The trail system is very close to all the urban centers in Northeast Tennessee and thus gets significant use year-round. It is also a significant part of the park's interpretive program which offers year-round opportunities for park visitors to share nature and discover remnants of local history.

WEST VIRGINIA

McTrail

McTrail, a scenic rail-trail in Marion County, connects Prickett's Fort State Park to Fairmont. Highlights of the 2.5-mile trail include a 1,200-foot lighted tunnel and a trailhead built to resemble an old train stop. The majority of the trail is within a wooded area. It is a great place to go bird watching, watch squirrels play, and see beavers and deer. The trail provides a safe place for children and adults to bike ride, roller skate, walk, run, and do many other activities.

Public support shows what a great benefit the trail is to the community. Through an Adopt-a-Trail program, community groups and individuals help maintain sections of the trail.

Ralph S. Larue/West Fork Trail

This 14.5-mile rail-trail in rural Marion and Harrison Counties connects Fairmont, Monongah, Everson, Worthington, Hutchinson, Enterprise, and Shinnston. The trail is named in honor of Ralph S. Larue, the Marion County Parks and Recreation Commission (MCPARC) director responsible for the trail's development. The trail features three bridges and is popular for fishing and boating, with many points of access to the river and beaches. Additional recreational activities are available where the trail goes through Worthington and Hutchinson Parks. The trail passes by many historical features including old coke ovens, mine works, bridge piers, and a mill dam. The Adopt-a-Trail program allows various community groups and businesses to help in the upkeep of the trail.