

## HISTORY AND THE LAND

The Talladega National Forest is a land rich in history and legend, a land filled with fish and wildlife in abundance, a land where the Creek and Cherokee Indians fought over the disputed boundary between their nations.

This is the setting for the Pinhoti Trail, a foot-trail system through mountains, valleys, and ridges of the Talladega National Forest. Indian warriors and hunters once used the same route to travel through the southern Appalachians.

The name Pinhoti is derived from the Creek Indian words "pinwa" (turkey) and "huti" (house or home). This translates literally to "turkey home."



Shoal Creek Church



View to the South from trail



Cheaha Creek

For a sweeping outdoor experience, follow the "turkey track," trail marker of the Pinhoti Trail in your Talladega National Forest.

## THE TRAIL

The Pinhoti Trail system foot trails are designed specially for hikers, motorized vehicles, pack animals and stock animals are not allowed on the trails.

The trails wind through rugged pine hardwood forests of the Talladega, running along rock bluffs, into hollows, beside crystal-clear streams, or rising through forested hills to the crest of still another ridge.

Steepness varies on the different trails, ranging between those that traverse rugged terrain, and those with grades that are mostly gentle, becoming steep only in a few places for short distances.

The rich variety of plant life bordering the trails includes muscadines, huckleberries, blueberries, blackberries, wild cherries, wild strawberries, gooseberries, black walnuts, and persimmons.

Deer, turkey, raccoons, opossums, bobcats, muskrats, snakes, beaver, and squirrel are plentiful in the area. A careful observer may even spot the endangered red-cockaded woodpecker along the trail. Eighteen miles of the trail are located within the Choctawhatchee Wildlife Management Area.

Designated as a National Recreation Trail in 1977, and constructed almost entirely by manpower program enrollees, the trails now span approximately 80 miles. When completed, the Pinhoti Trail System will extend over 100 miles from Piedmont (its northern terminus) to a point near Silverburg.

Points of interest along the system include the Shoal Creek Church - one of only six hand-hewn log churches still standing in Alabama. Construction between 1885 and 1890, the church is listed in National Register of Historic Places. Cole Cemetery, the final resting place of many early settlers of the area, is a short distance from Shoal Creek Church.

Sweetwater Lake (an 86-acre man-made mountain reservoir), High Rock Lake, and Coleman Lake are stocked with broom and largemouth bass.

Shoal Creek is the only significant stream on the trail. Native red-eye bass in the creek create a high fishing demand by local anglers.

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Hikers may use natural forks, stepping stones or rocks to cross streams. However, during heavy rains, Shoal Creek and Hibabee Creek may be impassable.

Included in the Pinhoti system are the Odum Scout Trail and Chinnabee Silent Trail. The 10-mile-long Odum Trail, built by Boy Scouts in 1951, is one of the oldest trails in the state. It runs between Cheaha State Park and County Road 46 near Phytion. Steep side slopes border the path. Boy Scout Troop 29 of the Alabama Institute for Deaf and Blind in Talladega built Chinnabee Silent Trail. It is named for the scouts and the legendary Indian Chief Chinnabee-Selcto. It takes three or four hours to hike and runs from Lake Chinnabee to the Carney Head Shelter, a distance of six miles.

For those who want a shorter hike, a loop trail around Lake Chinnabee is about one and one-half miles long. Highlighting the Chinnabee Trail are the waterfalls near Cheaha Creek.

The most physically challenging trails are those within the Cheaha-Blue Mountain area. This includes the Pinhoti Trail from Adams Gap (FS 600) to Morgan Lake (Alabama 24), Chinnabee Trail from FS 600 southeast to the Pinhoti Trail, and Odum Trail.

Sections of the trail south of Coleman Lake are located through less demanding terrain but contain short sections with steep grades.

## CAMPING

Camping is allowed all along the Pinhoti Trail, but you will need a campsite permit (available from a District Ranger) during hunting season.

Two shelters are on the northern section of the trail. One is a short distance from Sweetwater Lake, the other south of Highrock Lake. Coleman Lake and Pine Glen Recreation Areas are the only developed camping sites along the northern section. These sites provide 70 camping units, 24 picnic units, toilet facilities, roller dump station, garbage service, and drinking water. Swimming and fishing are available at Coleman Lake. Both recreation areas are U.S. Free Areas. Lake Chinnabee Recreation Area, U.S. Free Area, and Cheaha State Park are the only developed sites along the southern section. Lake Chinnabee offers 14 camping units, 8 picnic units, drinking water, toilet facilities, swimming, and fishing. Cheaha State Park offers camping, rental cabins, motor homes, restaurant facilities, and a swimming pool. The only trail shelter on the southern trail section is located a short distance from the intersection of the Pinhoti-Odum Trail and the Chinnabee Silent Trail.

Since drinking water is scarce on the trails due to their ruggedness and isolated locations, plan to take water with you.

## WEATHER CONDITIONS

The average temperature is about 64°F in the months of January through March to 80°F during the summer months. Temperatures fail to subfreezing on an average of one to five full days each winter. The annual rainfall is 53 inches. The variation in the normal summer rainfall is from 15-29 inches.

Temperatures at the higher elevations are usually 5°-10° cooler (especially at night) and the winds are usually more brisk. These weather conditions usually are not severe but should be taken into consideration when planning a trip from October through April.

## THE HIKE

Both day hikers and overnight campers can enjoy the Pinhoti Trails. To make many your hike or backpacking trip more enjoyable, this brochure offers some important tips.

## PACE

Normally, inexperienced hikers try to cover too many miles too fast. Hiking should be an enjoyable and relaxing experience, not a race. Set a pace that is comfortable for the slowest member of the group, with short frequent rests. Averaging two miles per hour without a pack, and less when carrying a backpack, are good goals for the beginner. By hiking faster than this, you may miss interesting bird and plant life along the trail.

## INSECTS

If you are not prepared for them, insects can cause much discomfort and run an otherwise enjoyable hike. Chiggers (red bugs) and ticks are prevalent but bites are easily prevented by applying insect repellent or powdered sulfur around pants legs and ankles. Mosquitoes and yellow flies, present during the spring and summer months can be discouraged by applying insect repellent to exposed skin areas and by avoiding fragrant lotions and skin creams. Campers can insure an uninterrupted sleep with a mosquito net or a zapped tent.

## SNAKES

The Talladega has three species of poisonous snakes: rattlesnake, cottonmouth (moccasin), and copperhead. Snakes defend themselves by striking, but when given the chance, will choose flight rather than aggression. A life case about where you sit or place your hands and feet can reduce the possibility of being bitten. However, it would be wise to include a snake-bite kit as part of your gear.

## Fires and Stoves

Always be careful when building a fire to prevent starting a forest fire. Place campfires where you can easily extinguish them and be sure your campfire is out when you leave.

LET THE FIRE BURN DOWN AS MUCH AS POSSIBLE. POUR WATER OVER THE ASHES, STIR WITH A STICK, AND REPEAT UNTIL ASHES ARE COLD TO THE TOUCH. THEN COVER WITH SAND. Remember, you are liable for any damages resulting from the fires you build.

## PACK IT IN - PACK IT OUT

When camping in undeveloped areas along the trail, sanitation becomes an individual responsibility. Please help to maintain the natural beauty and character of your Talladega National Forest. We encourage you to take pictures, but ask that you leave nothing but footprints.

## Human Waste

It is very important to properly dispose of human waste. Dig a 6-8 inch deep hole in a camouflaged spot at least 100 feet from the nearest water or trail. After use, cover the hole up with soil, nature will do the rest.

## Hunting

If you are hiking in an area open to hunting, remember to use caution and wear a brightly colored vest, shirt, or coat. If you come to fish, hunt, or trap in the area, be sure to observe the state and local regulations.

## Hypothermia

Hypothermia is a subnormal temperature of the body. Lowering of normal temperature leads to mental and physical collapse. Hypothermia is caused by exposure to cold, and is aggravated by wetness, wind and exhaustion.

## Treatment:

- Get out of wind and rain
- Strip off wet clothes
- Drink a warm drink. Put on warm clothes or get into a warm sleeping bag
- Build a fire for additional warmth.

## RULES OF OUTDOOR SAFETY

By observing state hunting, fishing and trapping regulations, you help provide fish and game now and in the future. Remember to use caution and wear a brightly colored shirt or vest during hunting season if you are hiking in areas open to hunting.

- Public facilities are for everyone's use. Report vandalism and damage to the District Ranger's Office.
- Please leave your camp as you would expect to find it.
- Place campfires where you can easily extinguish them. Be sure to put your campfire out when you leave.
- Watch out for poisonous snakes.
- Boil or treat all water taken from open sources before drinking it.

## Lighten the Load

Experienced backpackers pride themselves on being able to travel light. The amount to carry depends on the physical condition and the experience of the individual but a good rule of thumb is to limit the weight of your equipment to one fifth of your body weight until you know that you can handle more. The overall average pack weight should be 30 pounds per female and 40 pounds per adult male.

## Packs

Probably the most practical method for adults to carry equipment is with a high-weight aluminum tubing back frame that supports a pack sack containing numerous pockets for equipment. The aluminum tubing is covered to fit the contour of your back, and broad nylon bands hold the pack away from its permit circulation. Many people enjoy a back frame with a padded hip belt that transfers much of the load to the hips.

## Shoes

There are many types of shoes and boots that you can hike in. Probably the most comfort and best protection are provided by leather boots with synthetic rubber soles. However, many hikers are very satisfied with high-top sneakers. Sneakers are especially good for youngsters whose rapidly growing feet make it impractical to purchase an expensive pair of boots. The most important factor is to make sure that the boots are well broken in and fit properly.

## What Should I Pack?

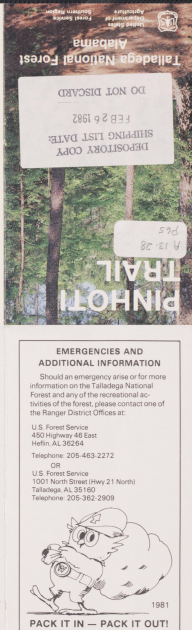
You will need much more equipment for an overnight hike than you do for a day hike. Likewise equipment varies with the location and the time of the year.

A list of personal essentials should include: tent or plastic tarp with mosquito net, sleeping bag, air mattress, water drinking, utensils, pocket knife, matches, soap and towel, at least one complete change of clothing, poncho, or plastic rain coat.

## If You Get Lost

You get lost stay calm and try to remember how you got where you are. Look for familiar landmarks. Try to find a high point with a good view and then plan your route. Stop on any trails you find. Follow a drainage downstream. In most cases it will lead to a trail or road.

For those who would like more extensive information on backcountry camping, additional material is available in the subject may be found in brochures and bookstores. UNIVERSITY MAP DEPARTMENT



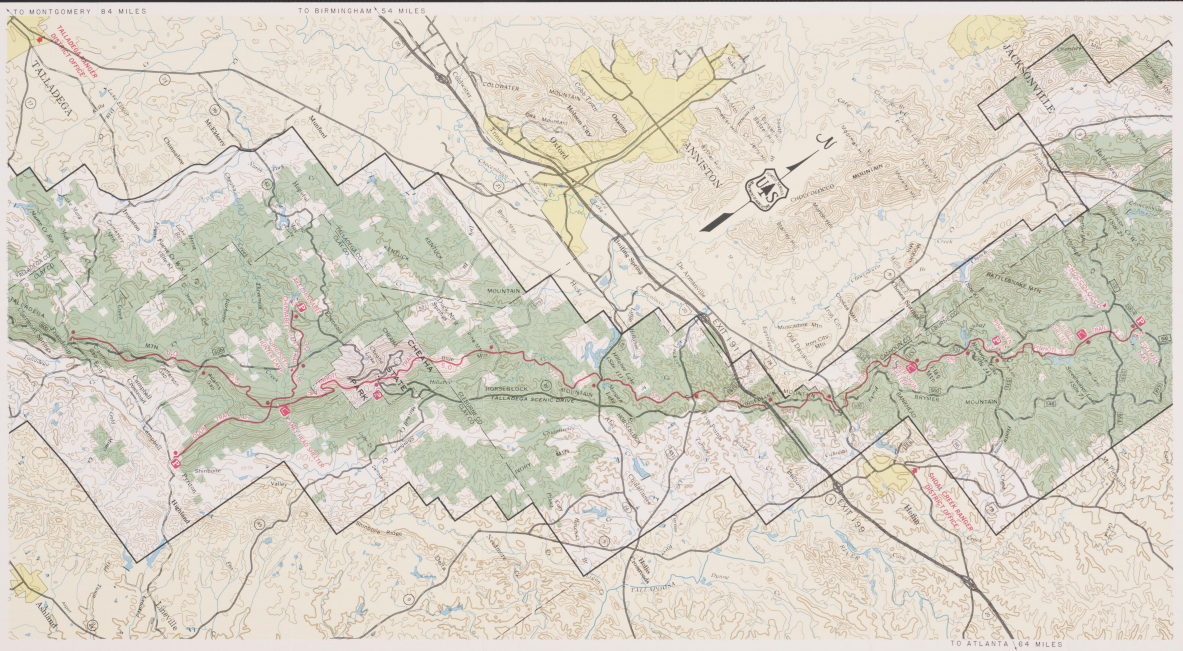
**PINHOTI TRAIL MAP**  
**TALLADEGA NATIONAL FOREST**  
**ALABAMA**  
**1981**

Scale 1" = 1 Mile  
 CONTOUR INTERVAL 100 FEET

**LEGEND**

- National Forest Boundary
- County Boundary Line
- Interstate Highway
- U.S. Highway
- State Highway
- County Road
- Forest Road
- Forest Trail
- Primary Highway
- Recreation Highway
- Improved Light Duty
- Unimproved Dirt
- Trail and Distance
- District Ranger Office
- Other Forest Service Facility
- Recreation Site
- Trail Shelter
- Trail Head Parking
- National Forest Land
- State Park
- Urban Area

FOREST SUPERVISOR'S OFFICE AT MONTGOMERY



TO ATLANTA 64 MILES