

## THE BARTRAM TRAIL (Tuskegee National Forest)

### TUSKEGEE NATIONAL FOREST

The Tuskegee National Forest is located in Macon County, Alabama, approximately 50 miles east of Montgomery and 40 miles west of Columbus, Georgia. Interstate Highway 85, U.S. Highways 80 and 29 and numerous other roads provide excellent opportunities for use by the public.

The smallest of Alabama's four National Forests, it offers living proof that big things come in small packages. As a working forest it is managed under the multiple use concept meaning that all uses of the forest are planned to maintain a balance between many resources including water, wildlife, timber, grazing, and recreation.

The Forest is rich in Indian history. Relics from the Creek and Indian War of 1813-1814 can still be found in Macon County.

### A LITTLE HISTORY

The Tuskegee Unit was proclaimed a National Forest on November 27, 1959 by President Dwight D. Eisenhower. The land had been purchased by the Federal government during 1935-1938 under the Submarginal Land Program. This program's objectives were to acquire eroded, worn-out farmland, resettle the occupants and develop the newly purchased land for other uses such as forestry, wildlife, grazing, and recreation. The Tuskegee National Forest is an outstanding example of what can be done under good forest management programs to restore critically eroded land.

### JUST WHO WAS WILLIAM BARTRAM?

More than 200 years ago, when the American Colonies were waging a war for independence against Britain, William Bartram, a Quaker, made an epic journey through the Southeast. Born in Philadelphia, Bartram was to become America's first native-born naturalist/artist. Having first explored the South as a child with his naturalist father, he returned in the 1770's to study the native Indian culture, collect plant specimens, and to record what he saw. His classic book *Bartram's Travels* serves as our only account of the 18th century environment of the Southeast.



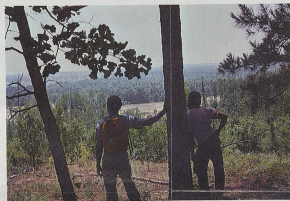
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### About The Bartram Trail

Commemorating Bartram's journey through the Tuskegee area, the scenic Bartram Trail is the first trail in Alabama to be designated as a National Recreation Trail. The trail runs through the Tuskegee National Forest for about eight and one half miles. Its route extends in a southwesterly direction from Alliance — located on U.S. 29 and believed to be the site of an early Indian community recorded in Bartram's journals — to Wire Road.

Several parking areas are available for trail users. Their locations are indicated on the map. Maps and pertinent information can be obtained at the Ranger Station also noted on the map.

The trail passes through various types of forest wildlife habitat. Hikers can see a wide variety of wild flowers and flowering trees, including dogwood and magnolias. With luck, the hiker also may get fleeting glimpses of deer, turkey, or other wildlife as they scurry through the forest.



### Trail Conditions

Bartram Trail can usually be hiked in one day. Because parking lots are located at different points on the trail, shorter hikes are possible for those not wishing to walk the entire trail. The gentle rolling hills of the area make the trail an excellent experience for the entire family.

Since the trail was designated specifically for hikers, there are narrow steps, small bridges, and other structures unsuitable for vehicles and horses.

Year around hiking is permitted; the most pleasant conditions occur during the fall and spring. In their seasons spring flowers or autumn leaves color the trail with colorful displays.

The Bartram Trail is well-marked. Distance and informational signs are posted at every road crossing. In addition, assurance markers are blazed on trees to keep the hiker safely on the trail.

### Tsnia Wildlife Viewing Area

In addition to the Bartram Trail, visitors to the Tuskegee National Forest will find much of interest at the Tsnia Wildlife Viewing Area. Readily accessible by paths and located about one mile from the west end of Bartram Trail, the 125-acre viewing area was once used by Creek Indians. The name Tsnia is a Creek word meaning to peep or view. As its name implies, Tsnia is managed primarily for wildlife and plant observation. Hunting, fishing, or trapping is prohibited. Also, no pets are allowed in the area as they disturb the natural environment necessary for wildlife. A viewing tower and blind permit visitors to observe wildlife from close range.

### Taska

Taska, another recreational area, offers eight picnic units, each consisting of a table, underground trash can, and a fire grill. A log cabin in the area, a replica of Booker T. Washington's birthplace, is an attraction for those who are interested in the history of this region.



### THE HIKE

Both day hikers and overnight campers can enjoy the Bartram Trail. Your hike or backpacking trip may be more enjoyable if you read and follow the few simple guidelines listed below.

### 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. Take short, frequent rests. An average of 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 not only become overly tired, but also miss interesting plants and wildlife along the trail.

### Insects

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

### Snakes

Alabama has four species of poisonous snakes — rattlesnake, cottonmouth (moccasin), copperhead, and coral. Snakes defend themselves by striking, but when given the chance, will choose flight rather than aggression. A little care 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 your fire doesn't turn into a forest fire. Build your campfire where you can easily extinguish it, and be sure it 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 OR SOIL.

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 Conecuh National Forest. Take only pictures; leave nothing but footprints.

### Human Waste

It is very important to properly dispose of human waste. Dig a 6-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 extra caution, and wear a brightly colored vest, shirt, or coat. If you fish, hunt, or trap, be sure to observe the state and local regulations.

### Hypothermia

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

### Treatment:

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

### IS THE WATER SAFE?

We hope your visit to your National Forests will be enjoyable ... and it will be if you avoid hazards encountered in the great out-of-doors. One hidden hazard you should know about is from drinking untreated "natural" or raw water — an intestinal disorder called GIARDIASIS (Gee-ar-dye-a-sis). Its effects on you can be quite severe. The disease is caused by a microscopic organism, Giardia lamblia.

### Protect Yourself

The most effective treatment for killing Giardia is to boil water vigorously for at least 3 to 5 minutes. Longer boiling time is required at higher elevations.

Chemical treatment with iodine or chlorine effectively kills bacterial organisms, but the same treatment will not reliably kill Giardia, a protozoa. Boiling is the only sure treatment for Giardia and all the other microscopic organisms found in raw water.

For short trips, take a supply of treated water from home or other treated domestic sources.

### Protect Others

Giardia can be readily transmitted between humans and animals. Feces (human or animal waste) can contain the disease; waste should be buried 6 inches deep and at least 100 feet away from natural waters.

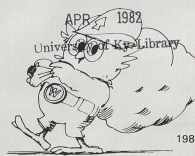


### EMERGENCIES AND ADDITIONAL INFORMATION

For more information on the Tuskegee National Forest and any of the recreational activities of the Forest, or in an emergency, please contact the District Ranger's Office at:

U.S. Forest Service  
Route 1 Box 204AA  
Tuskegee, AL 36083  
Telephone: 205-727-2652

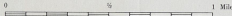
### MAP DEPT.



PACK IT IN — PACK IT OUT!

**BARTRAM TRAIL MAP**  
**TUSKEGEE NATIONAL FOREST**  
**ALABAMA**  
**1981**

SCALE 1" = 2000 FEET



**LEGEND**

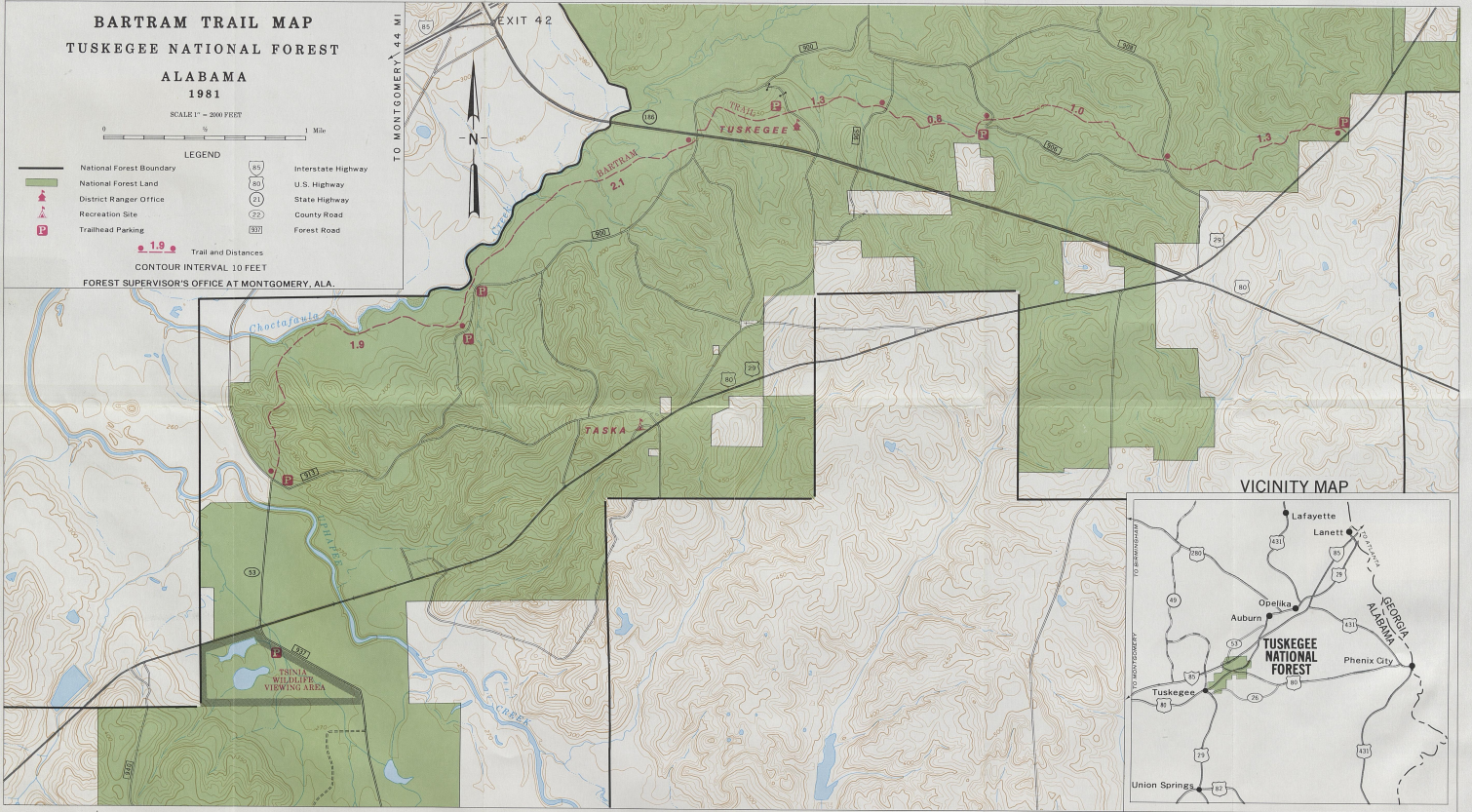
- |  |                          |  |                    |
|--|--------------------------|--|--------------------|
|  | National Forest Boundary |  | Interstate Highway |
|  | National Forest Land     |  | U.S. Highway       |
|  | District Ranger Office   |  | State Highway      |
|  | Recreation Site          |  | County Road        |
|  | Trailhead Parking        |  | Forest Road        |

Trail and Distances

CONTOUR INTERVAL 10 FEET

FOREST SUPERVISOR'S OFFICE AT MONTGOMERY, ALA.

TO AUBURN 15 MI  
 EXIT 42  
 TO MONTGOMERY 44 MI



**VICINITY MAP**

