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THE CONECUH TRAIL
- CONECUH NATIONAL FOREST
- ALABAMA
 MAP DEPT. 1982

The Conecuh Trail, winding for 20 miles through Alabama's coastal plain, was built by the Youth Conservation Corps. Each year, beginning in 1976, the young people of the Corps extended the trail through park-like longleaf pine stands, hardwood bottomlands, and other plant communities of the 80,000-acre Conecuh National Forest.

The name - CONECUH - is believed to be of Muskogean Indian origin. It means "land of cane," which is appropriate since the trail runs through canebrakes in several sections.

There are no steep grades on the Conecuh Trail. In only a few places does the slope exceed 5%.

The trail meanders through forests containing dogwoods, holly, longleaf pine, magnolia, and cypress. Picturesque cypress ponds are especially scenic - a hiking photographer's delight.



Another interesting feature of the trail is Blue Springs, a large natural spring of clear, icy-blue water.

The trail crosses streams at several points; bridges have been built for convenience of hikers.

The trail skirts Open Pond, Blue Pond, Five Runs Creek, Nellie Pond, and Mossy Pond. All five provide good bass fishing. Fishermen must have a current fishing license.

Drinking water is available at Open Pond and Blue Pond Recreation Areas. Water in the streams, ponds, and lakes is not safe to drink.

The entire Conecuh Trail can be hiked in two days. Hikers not interested in overnight camping can take two major loop trails for one-day trips.

Primitive camping is permitted along the trail at all times except during the hunting season (mid-November to late April). Hikers should verify the exact dates of the hunting season prior to planning an overnight hiking trip along the trail. Exception to the no-camping rule during hunting season can be made by obtaining written permission from the local District Ranger.

Year-round camping is allowed at the Open Pond Recreation Area. This developed area has campsites, restrooms, picnic facilities, and a small lake for swimming and fishing.

The trail is open year-around, but winter hiking is the most pleasant because the weather is cooler and the insects not bothersome. Summers are hot and humid.

The Conecuh Forest has an abundance of wildlife. Hikers may catch a glimpse of deer, turkey, squirrel, raccoon, quail, dove, red-cockaded woodpecker, alligator, or other birds and animals which inhabit the forest.

TRAIL ACCESS

Easiest entry-points on the trail are on Highway 137, on Covington County Road 24, at Open Pond Recreation Area, and at Blue Pond Recreation Area. The best and safest place to leave an automobile is the picnic area at the Open Pond Recreation Area. There is no charge if you are only using the trail, or if you are fishing.

THE HIKE

Both day hikers and overnight campers can enjoy the Conecuh 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 with a backpack, is a good goal for the beginner. By hiking faster than

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.

Fire 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.

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 with soil; nature will do the rest.

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.

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 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.

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.

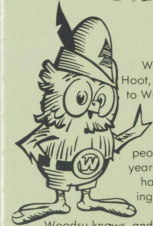
this, you may not only become overly tired, but also miss interesting plants and wildlife along the trail.

Insects

If you are not prepared for them, insects can cause much discomfort and ruin an otherwise enjoyable hike. Chiggers (red-bugs) 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.



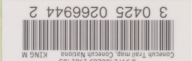
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Woody Owl says "Give a Hoot, Don't Pollute." According to Woody, and many others, the National Forests are the largest playground in the world. Millions of people use the Forests every year and sometimes Woody has a difficult time convincing some to keep the Forest free of litter.

Woody knows, and so do employees of the U.S. Forest Service, that people tend to take care of those things they appreciate in life. For this reason we, in the Forest Service, want you the visitor, to have the most enjoyable experience possible while you are with us. We are your "Hosts" and as such want to "secure" you in every way we can.

Visitors to the Forest are the most important people we'll ever meet. Each is a part owner of the National Forest. Each has equal right to be there, and the very existence of the National Forests depends on how people feel about them. The word "service" is part of the title of our outfit. We want to be good hosts, not as a special favor, but as part of our work. It's not an option - It's a Must.



1981

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 Andalusia, AL 36420
 1100 South 3-North Street
 P.O. Box 310
 U.S. Forest Service

District Ranger's Office at:
 in an emergency, please contact the
 recreational activities of the Forest, or
 for more information on the Con-

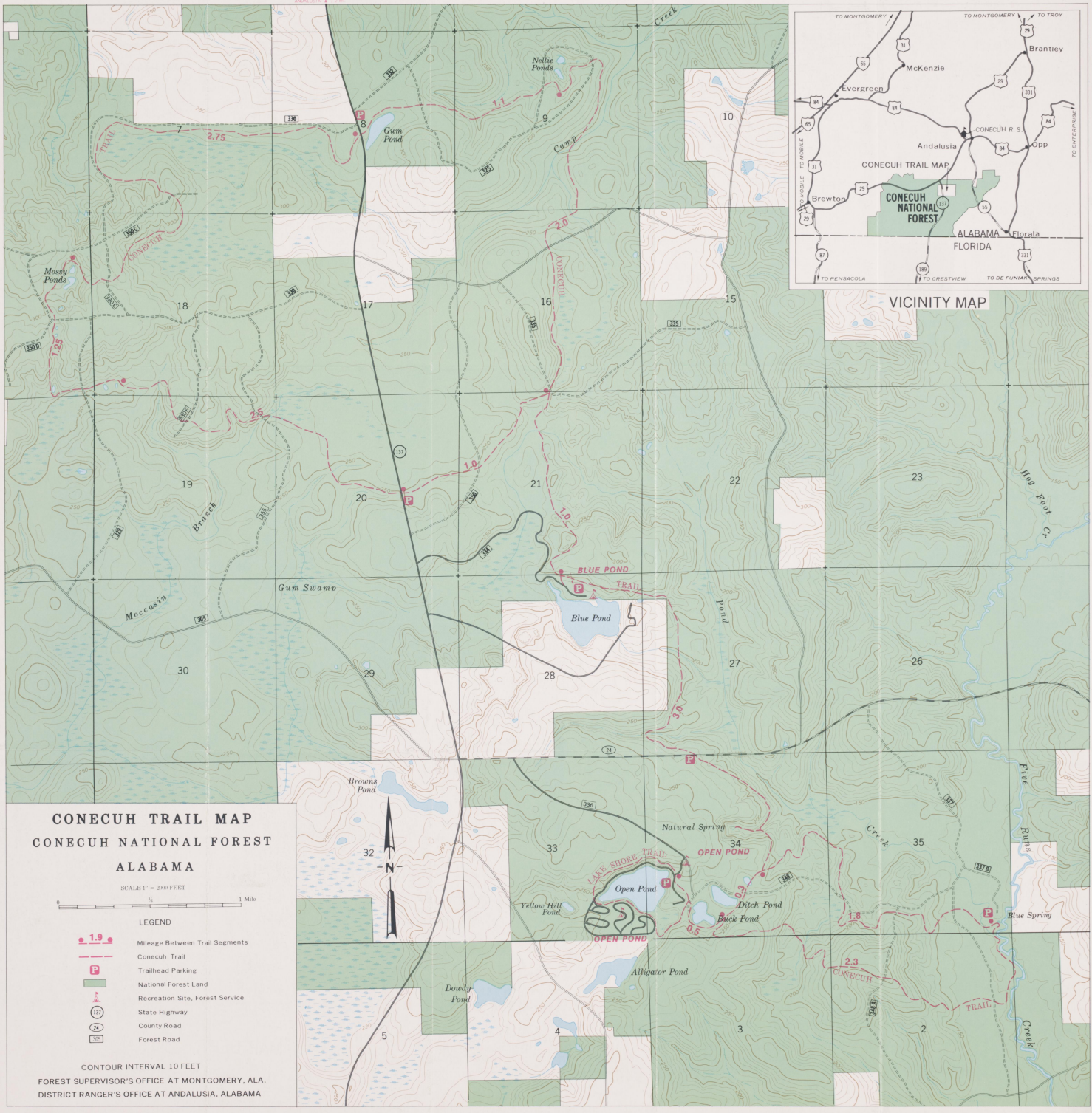
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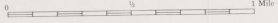
Conecuh National Forest
 Alabama

U.S. Forest Service
 Department of Agriculture
 Southern Region



CONECUH TRAIL MAP
CONECUH NATIONAL FOREST
ALABAMA

SCALE 1" = 2000 FEET



LEGEND

- 1.9 ● Mileage Between Trail Segments
- Conecuh Trail
- P Trailhead Parking
- National Forest Land
- Recreation Site, Forest Service
- 117 State Highway
- 24 County Road
- 35 Forest Road

CONTOUR INTERVAL 10 FEET

FOREST SUPERVISOR'S OFFICE AT MONTGOMERY, ALA.
 DISTRICT RANGER'S OFFICE AT ANDALUSIA, ALABAMA