

Rules of the Trail

Please read before going on the trail.

- Trail hours are daylight until sunset.
- Smoking, camping, hunting, and motorized vehicles are not permitted at anytime on the trail.
- Do not disturb or remove any plants.
- No alcoholic beverages.
- Be a good neighbor. **PLEASE STAY** on the trail at all times. Please do not trespass on adjoining property.
- Children on bicycles are required to wear helmets.

Horseback Riding

Horses are required to travel on the far right side of the trail and to yield to everyone.

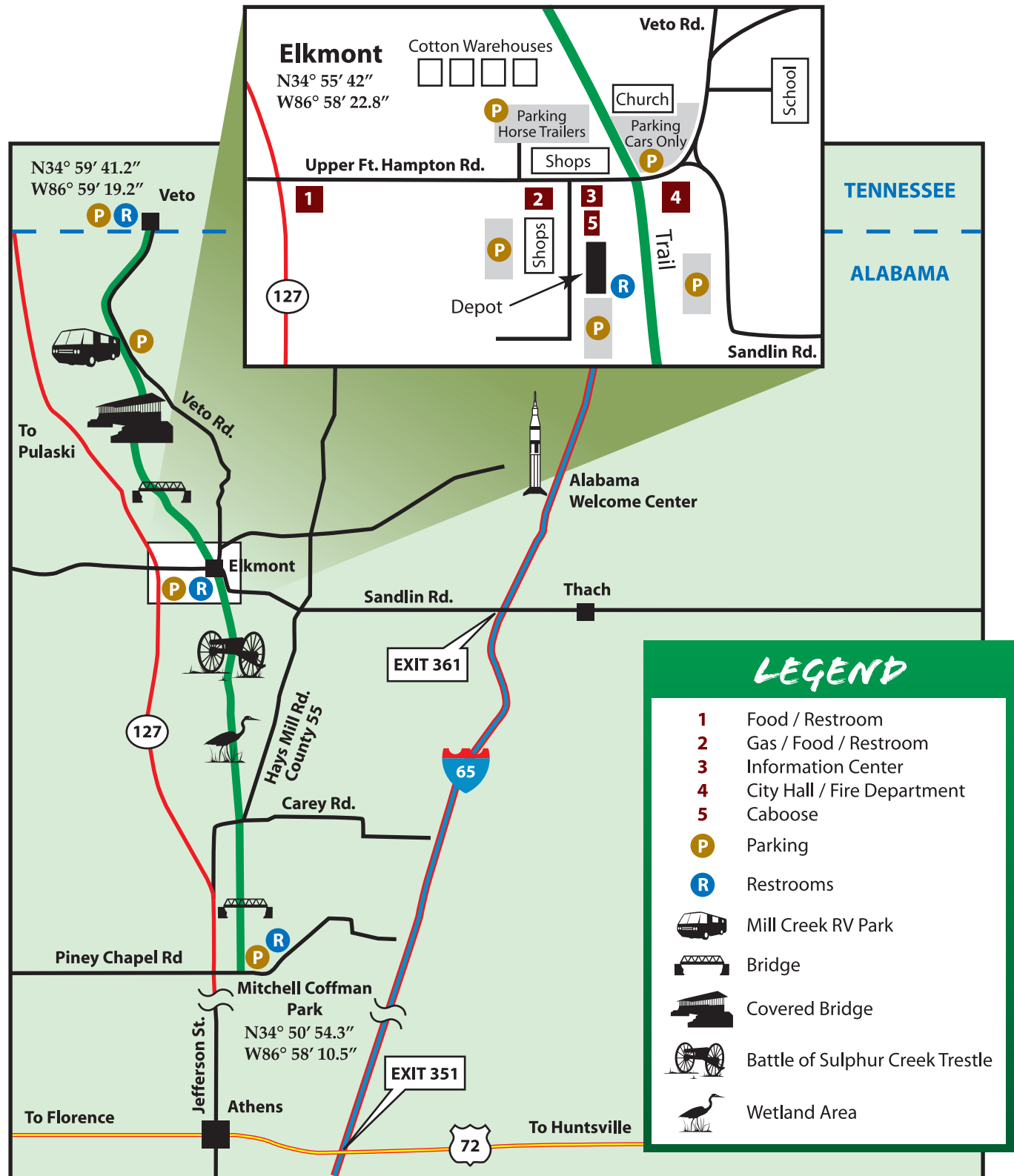
Happy Trails

Please Do Not Litter

The Limestone County Parks and Recreation Board is a non-profit organization comprised of dedicated and committed volunteers. The trail is maintained by volunteer workers with assistance from the Limestone County Commission.

Donations of any amount are greatly appreciated and your gifts are tax deductible.

Mail Donations to:
Limestone County Parks & Recreation
P.O. Box 945
Athens, AL 35612



Rural railways were once the industrial arteries that brought prosperity to our land. Today, with the advent of super highways, many of the railways have been taken up and the corridors they once occupied are slowly being over-run by vegetation.

Deep in the heart of the Tennessee Valley lies one such corridor, and it has become one of the best kept secrets in the South.

The 10.2 mile 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. It is also accessible to wheelchairs so that everyone can enjoy the wonder and beauty of this trail.

The trail winds its way past the site of the Battle of Sulphur Creek Trestle. Walkers can retrace the same steps as such civil war heroes as General Nathan Bedford Forrest and General William T. Sherman.

For bird watchers the trail will also allow access to wetlands where hundreds of varieties of birds nest and feed in this area. On this trail you will see Eastern Blue Birds to Great Blue Herons.



The Limestone County Parks and Recreation also has camping and boating on the beautiful Tennessee River. Cowford Campground has forty-six campsites with a climate controlled bathhouse and laundry room. Cowford has a coded entry for safety and offers 30 and 50 amp camper hook-up. The Park has a swimming area, two boat ramps and walking trail for your enjoyment.

Near the Tennessee State line at Veto you can launch your kayak or canoe and float down the beautiful Elk River which empties into the Tennessee River.

We also offer a Two-Wheel Bike Trail that will lead you around some 85 miles of Limestone County with more to be added in the near future.

For more information visit our website.
www.limestoneparks.com

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Rails to Trails



The Richard Martin Trail

*Past, Present, and Future . . .
a Timeless Beauty*

Limestone County Parks & Recreation Board
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