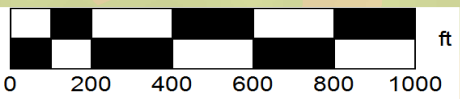
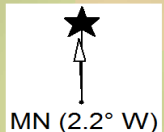
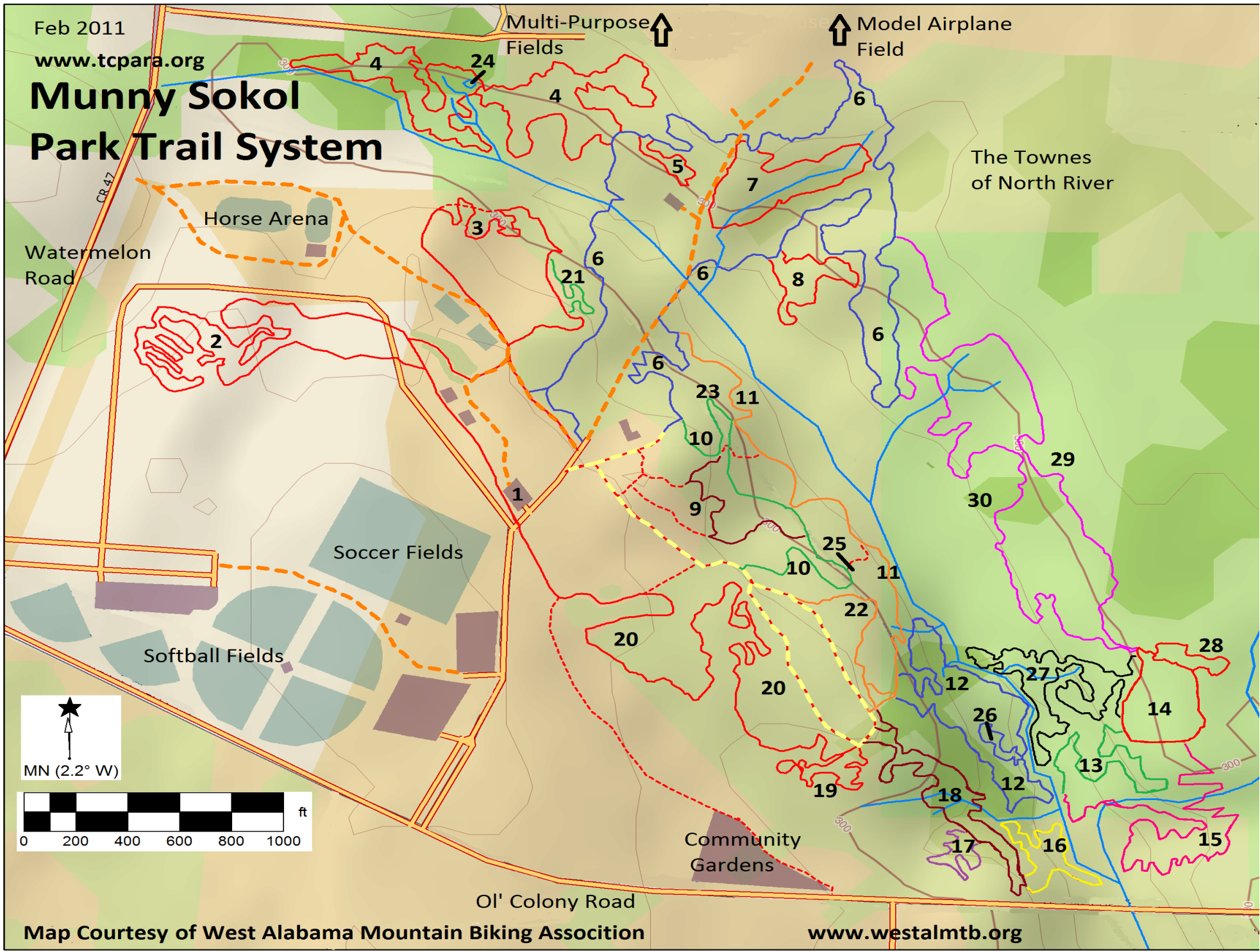


Feb 2011

[www.tcpara.org](http://www.tcpara.org)

# Munny Sokol Park Trail System



Map Courtesy of West Alabama Mountain Biking Association

[www.westalmtb.org](http://www.westalmtb.org)

# Approximate individual trail distances

Trail number and name	Distance in miles	Comments
<b>1</b> Trail Head -	-	
<b>2</b> Mars	1.5	from trail head and back
<b>3</b> Swingset	0.67	from entrance to main trail on dirt road and back
<b>4</b> Della Raye	1.2	
<b>5</b> Enchanted Forest	0.13	
<b>6</b> Sokol Main Trail	2.0	from paved road to behind the white barn
<b>7</b> Antique Creek	0.37	
<b>8</b> Troll	0.3	
<b>9</b> Board Hill	0.25	longest route through this area. multiple trail outlets
<b>10</b> Upper Psycho *	0.5	Includes carpet to main trail behind white barn
<b>11</b> Lower Psycho	0.5	
<b>12</b> Five Bridges	0.7	
<b>13</b> Shangri La	0.3	
<b>14</b> Cemetery Loop	0.25	
<b>15</b> Brutality	0.6	
<b>16</b> Dead Armadillo	0.23	
<b>17</b> Upper Creek	0.17	
<b>18</b> Creek	0.6	
<b>19</b> Death by Concrete	0.25	
<b>20</b> Bunny / Lagoon	1.5	from trail head and back
<b>21</b> Roots	???	
<b>22</b> LBC Bypass	0.12	
<b>23</b> Green Carpet	-	* included with upper psycho
<b>24</b> Spring / Cistern -	-	
<b>25</b> Man Hole -	-	
<b>26</b> Nate's Nastiness	???	
<b>27</b> Holly Highway	0.83	
<b>28</b> Rabbit Runs	0.2	
<b>29</b> Rock Hill*	0.6	* these two trails are on private property and are included *
<b>30</b> Transformer *	0.7	* on the map to hopefully prevent anyone from getting lost *

Distances are from intersections with an adjoining trail unless otherwise stated.

Difficulty for beginners is indicated by trail number color,  
**EASIEST, INTERMEDIATE, MOST DIFFICULT**