

**Anniston Outdoor Association
Schedule of Activities
November 2025**

November 1 - Hike on the CCC Road

This will be an easy and slow moving 6-mile hike on the CCC Road (also known as the Oxford/Cheaha Road). The hike will begin where the road intersects with Hwy 281 and will end at the gate located about a mile past where the road crosses the Pinhoti Trail (if the gate is open, this hike will only be 4-miles). This scenic hike will travel around the northern end of Blue Mountain and will feature Hillabee Creek, the CCC Rock bridge, and several other rock features constructed by the CCC. This was the original road from Oxford to Cheaha State Park. Participants should pack a lunch with water and should dress appropriately for the forecasted weather conditions. The departure time and location for this outing will be 8:00 am from the Publix parking lot located at the Oxford Exchange adjacent to exit 188 on I-20 and US Hwy 78. For additional information, and to register your participation, contact Linda Gunnoe by phone at 256-343-2881, or by email at guncarol7@gmail.com.

November 6 - Once Upon A Mountain at Cheaha: Nature Therapy Experience

This immersive nature program is designed for adults and mature youth seeking a deeper personal connection with the natural world through sensory awareness, bird language, stream songs, and mindful presence. Renee Raney, Chief Naturalist for Alabama State Parks and Anniston native, believes that every moment in nature is a "Once upon a Time" moment and that true connections to the natural world provide our "Happily Ever After." She will lead a small group through gentle, guided outdoor experiences like Shinrin Yoku/Forest Bathing but with a creative twist, and participants will cultivate well-being, relaxation, and a profound sense of belonging in nature. Open to all backgrounds and experience levels, this journey invites you to unplug, unwind, and rediscover your true nature in a peaceful, stress-free, and fearlessly comfortable (and comfortably timeless) natural environment. Supplies participants need to bring include a small pack with snacks, water, items to be comfortable for three hours in the forest. Hammocks and ground-pads for sitting/relaxing will be provided. The experience will end with a simple tea ceremony. The program will be held from 10:00 am to 1:00 pm and those participating should meet at the Cheaha Shinrin Yoku Trail (parking on Chalet Loop) at Cheaha State Park. Participants should register through the following link: [Once Upon A Mountain at Cheaha: Nature Therapy Experience | Alabama State Parks](#) and may reach out to Renee Raney by phone at 256-276-2841, or by email at renee.raney@dcnr.alabama.gov, for additional information.

November 15 - Hike at Oak Mountain State Park

This will be an approximate 6 ½ mile loop hike starting at the Oak Mountain BMX track at Oak Mountain State Park. Although this hike will not ascend to the mountain top, it will have a few minor ups and downs and will travel by Tranquility Lake, the cabins, and some CCC camp ruins. Hiking, bike, horse, and multi-use trails will be utilized for this hike. Participants should enter the park at the north entrance off AL Hwy 119. The address for the starting point (known as the Oak Mountain BMX Track in Google Maps) is 8200 Oak Mountain Lake Rd. Directions to the starting point are as follows: At the gate turn left and go approximately 4 miles just past the mile marker 4 sign and turn left onto the BMX track road. Keep going until you see the bathroom building and park. The entrance fee for the park is \$5.00 per person and \$2.00 for seniors over 62. This hike will begin at 9:30 am. For more information and to register for this hike, please contact Dorris Hatch by phone at 205-901-8367, or by email at dorishatch@yahoo.com.