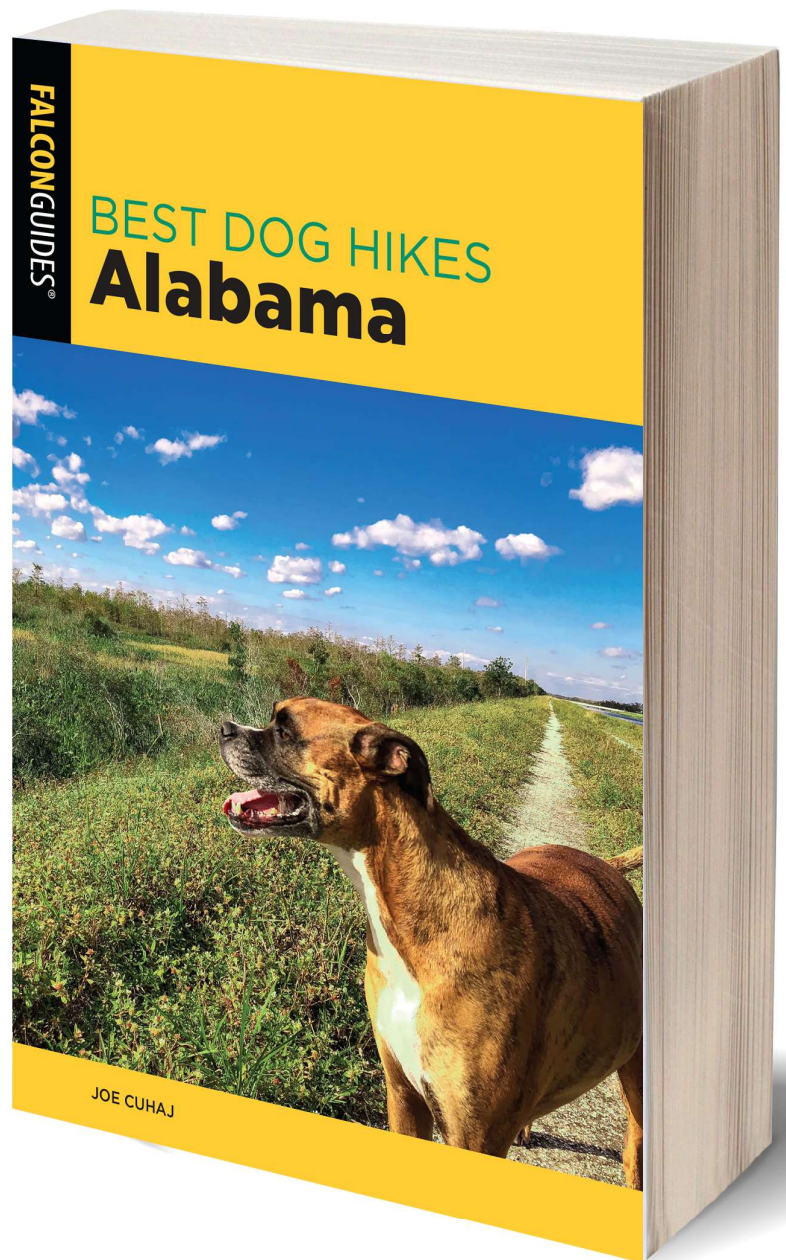


# Best Dog Hikes Alabama

by  
**Joe Cuhaj**

## Media Kit

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# Author Bio

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Growing up on a mountainside in New Jersey sparked Joe's lifelong passion for the outdoors. Almost 40 years ago, he discovered the largely unsung adventures of Alabama's vast natural playgrounds when he moved to Mobile, the hometown of his wife.

It was a big move for Joe, having built a name for himself as a radio broadcaster in the New York Metro area but soon he found his footing in Alabama where he continued his radio career working in a variety of roles - program director, news anchor/reporter/director, music director, producer, and on-air talent.

Joe currently writes for a variety of online and print publications and is the author of six outdoor recreation books that focus on the Alabama outdoors. His first, *Hiking Alabama*, was published in 2000 and is now in its 4th edition.

His love of hiking led him to be the President of the Gulf Coast Chapter of the Alabama Hiking Trail Society and later the trail building organization's statewide president where he was awarded the 2006 South Region Volunteer of the Year Award by the American Hiking Society.

But Joe's writing isn't limited to outdoor recreation. He has also co-authored a book on the history of baseball in Alabama's Port City, Mobile, home of five Hall-of-Famers, writes humorous short stories (many of which you can be heard in his monthly Podcasts), produces videos, and is currently working on two new non-fiction historical manuscripts, one is a look at the month of July 1969 titled "Everyone's Gone to the Moon", the other a history of Mobile, Alabama, titled "The Hidden History of Mobile".



**Joe Cuhaj**

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# About the Book

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## DREAM IT

From mountain views to the coveted coast, there's a trail for you and your trusty companions in the Heart of Dixie.

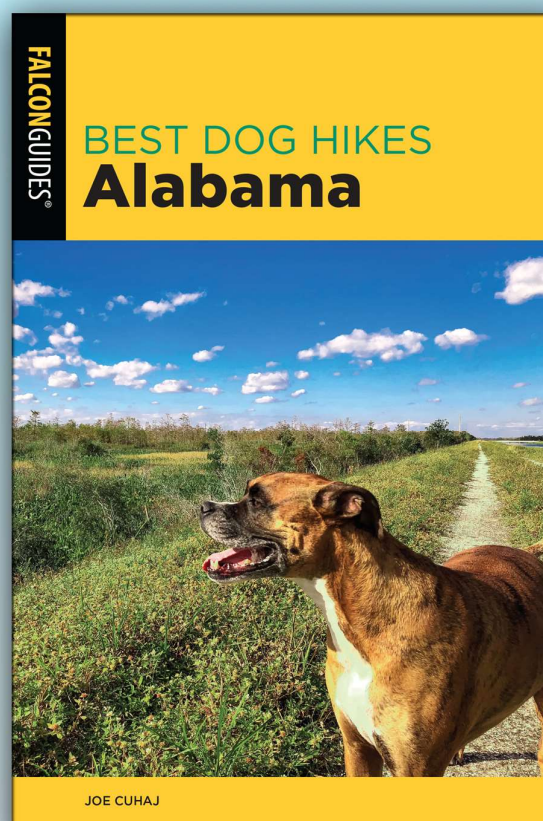
## PLAN IT

Best Dog Hikes Alabama provides the latest information to plan a customized trip:

- Hikes suited to every ability and interest, including the best trails for families, routes with water features, and hikes with stunning scenery, all of which are dog-friendly!
- Full-color photos, maps, detailed trail descriptions, and trailhead GPS
- Insightful hike overviews, details on distance, difficulty, canine compatibility, and more

## DO IT

This guide leads you over creeks, around mountains, and through forests to the best outdoor adventures in Alabama. Explore the many gorgeous waterfalls and water features around Cane Creek Canyon. Escape the crowds and find solitude with your pup on the Flagg Mountain Loop. Discover Alabama's stunning Gulf Coast shoreline and beaches on Pelican Island.



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**Author:** Joe Cuhaj

**Size:** 6x9,

**Regions:** United States, Southeast

**Photos:** 69 Color

**Category:** Sports & Recreation

**Price (Paperback):** \$22.95

**Print ISBN:** 978-1-4930-3394-2

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**eBook ISBN:** 978-1-4930-3395-9

**Available @** Amazon.com, Barnes & Noble  
and all major book stores

**Pages:** 256

# Target Audience

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## Who Should Read

Whether you are an avid hiker or just beginning, "Best Dog Hikes Alabama" will get you on the path to having the perfect walk-in-the-woods with the perfect hiking partner.

The book is geared toward families and individuals, young and old, beginners and seasoned hikers who will find the information contained within its pages invaluable as it takes them step-by-step through the process of getting their dog ready to hike.

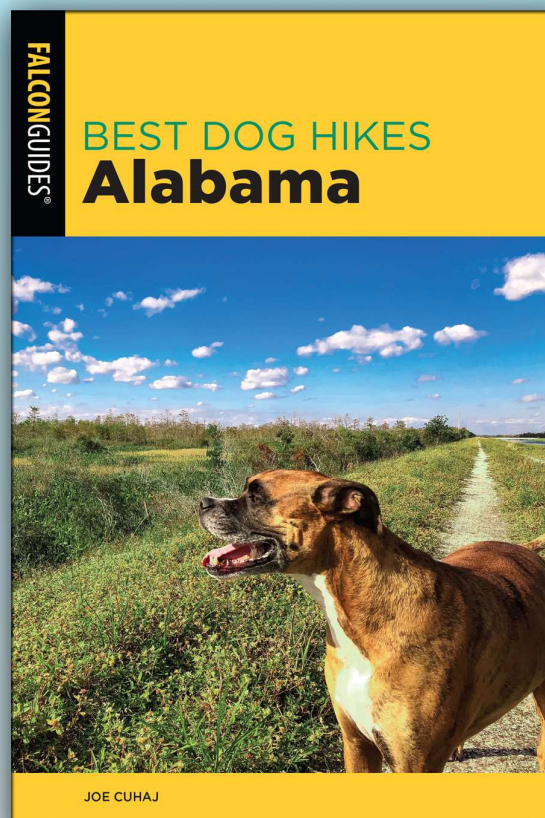
Alabama is quickly becoming a major destination for outdoor recreation and this guide will help them, even residents, plan the perfect outdoor adventure with their pup.

## Book Benefits

The hikes presented offer a wide variety of scenic beauty, draped in a fun narrative filled with not only information on each of the hikes, but also fun and informative tidbits as well such as how to make homemade and nutritious snacks and energy bars to take with you to treat your pup on the trail, as well as sidebars brimming with nature notes and history that will interest their human companion.

The guide also includes regimens to help build your dog's stamina, proper vaccinations and preventive medicines to obtain from the vet, how to feed and water them on the trail, gear for their pup, a first aid primer, and much more.

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# Falcon Press Release



Facebook: FalconGuides  
Instagram: Falcon.Guides

Contact: Ryan Meyer | [rmeyer@rowman.com](mailto:rmeyer@rowman.com) | 203-458-4525

## **BEST DOG HIKES ALABAMA** **By Joe Cuhaj**

Falcon Guides is proud to announce the release of Best Dog Hikes Alabama (978-1-4930-3394-2, March 2019, paperback) by Joe Cuhaj

Best Dog Hikes Alabama details the best dog friendly hiking trails in the Heart of Dixie. From mountain views to the coveted coast, there's a trail for you and your trusty companions. Throughout are full-color photos and maps, helpful tips, and tailored hike specs with information on leash requirements, trail surface, other trail users, and more. You'll also find important advice about hiking with dogs and preparation before you hit the trail. Grab the leash, don your pack, and get ready for an adventure that will have tails wagging for days to come.

Joe Cuhaj is an Alabama transplant, having grown up in Mahwah, New Jersey, near the Harriman/Bear Mountain state parks where his love of hiking and the outdoors began. He is the author of four editions of Hiking Alabama, Hiking through History Alabama, as well as Hiking the Gulf Coast. Joe lives in Daphne, Alabama.

Celebrating 40 years in 2019, FALCON® is the premier publisher of outdoor recreation and adventure titles, covering everything we love to do in the outdoors and everything we need to know to do it better. Written by top outdoors experts, with an eye on protecting Mother Nature by emphasizing Leave No Trace principles, FALCON books provide comprehensive information to outdoor enthusiasts of today and tomorrow. Falcon is an imprint of Globe Pequot.

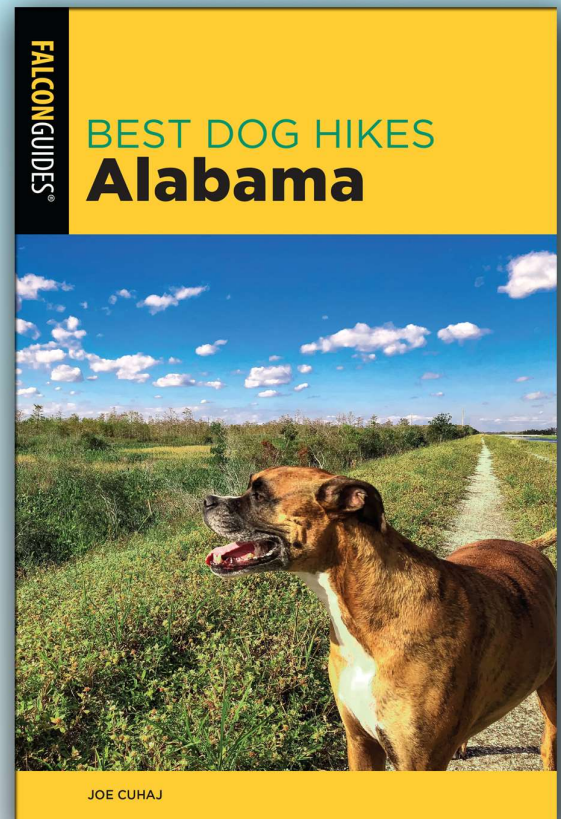
### **Best Dog Hikes Alabama**

**978-1-4930-3394-2 • Paperback • March 2019 • \$22.95 • Pages: 256 • Size: 6 x 9 • 69 Color Photos**

# Book Excerpts

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**You will find excerpts of the  
Introduction  
and “Hike # 9 - Fall Creek Falls”  
on the following pages.**





When hiking during hurricane season, check the weather often, be alert for any tropical disturbances before heading out, and follow the advice of local, state, and federal and emergency officials.

### **PREPARING TO HIT THE TRAIL: ARE THEY READY?**

The most important thing you can do for your dog, even before setting one foot on the trail, is to visit the vet for a complete checkup to make sure Fido is physically ready to hike. There are many people who think that dogs should just be ready to go, but there could be underlying health issues that prevent them from tagging along.

Let the vet know what your plans are: the type of hiking you will be doing and where you will be going, and ask if your pup will need specific vaccinations or preventative medicines to control ticks and other parasites.

### **TRAINING AND TRAIL ACCLIMATION**

What makes a good trail dog? A lot of people think it's the breed. Do a Google search on the subject and you'll find hundreds of articles listing the ten, fifteen, sixty-seven best dog breeds for hiking. They all describe their physical characteristics: they love water, they have stamina. And that is something you need to look at. You need to look at the breeds and compare them with your goals for hiking.



For hiking with a dog, size does matter to a greater or lesser degree. A small dog won't be able to hike longer distances, and very large dogs will eventually have joint problems. Herding breeds will have a lot of energy, while some other breeds may be more laid back.

All of that to say that the type of hike you take will be determined by the breed you have. But having said that, the bottom line is that all dogs love to walk and explore the world around them. Whether you are looking to get a new dog or already have one, it all boils down to your dog's individual energy, stamina, attentiveness, and personality. How far, fast, and difficult the hike depend on your individual pup, and in the end, your investment of time and training is what makes a great canine hiking companion.

## FOOD AND EXERCISE

Always feed your dog before and after rigorous exercise. Puppies are normally fed multiple times throughout the day, while older dogs are usually fed twice a day. Divide one of their feedings in half. Feed them the first half 1 hour before exercising, the other 30 minutes after. This will help reduce the possibility of bloating, which can turn into a twisted abdomen during exercise and create blockage and serious health problems. In fact, once you finally do get on the trail, it's better to divide up Fido's meals into smaller, more frequent feedings during the day.

## TRAINING REGIMEN

If you have a young puppy, it's going to take a little time to get it up to speed—not only to hike but also healthwise. If they are under 4 months old, their immune systems aren't ready to greet the big new world. Your vet will give your puppy a series of shots to combat distemper, parvo, and hepatitis beginning at 4 to 6 weeks old, with the final series coming at 16 to 20 weeks old. But don't let this stop you from taking them in the backyard to start exploring and learning that there is more to life than the dog bed or kennel.

Once they are immunized it is a good idea to enroll them in a puppy class. They'll learn to socialize with other dogs and people and learn the basics that make for a great trail dog, like coming to you when you call them or heeling while walking.

Once they become accustomed to a leash and can respond to basic commands, it's time to start building up their stamina and confidence when venturing out into that big scary world. This also important for your older dog, too, if they haven't been hiking before.

Start with a daily 20- to 30-minute walk, but mix it up by taking your dog to different locations. This will acclimate them to a variety of experiences, and whenever you go someplace new, they won't be surprised. They'll be ready to explore.

This is a good time to crate train your dog if your plan is to crate them when traveling and to get them used to riding in the car. You should also start to desensitize them to hiking gear. Bring out your gear a little at a time—packs, boots, hiking sticks, and so on—and slowly introduce your pup to them.

Do not take young puppies out on long hikes until they are at least 6 months old; their bones are not developed enough to handle much stress. For older dogs, ease them into longer hikes as well, especially larger breeds that can experience hip and joint disorders. In either case, always check with your vet to make sure they are good to go.

From there, it is a gradual work-up until you're ready to take to the trail. David Mullally, the author of *Best Dog Hikes Northern California*, has an excellent regimen that you can use for both your puppy and older dog to prepare them for the trail.



### **SAMPLE 5-WEEK TRAINING REGIMEN BY DAVID MULLALLY**

Weeks 1, 2, and 3: Morning and Evening

- Warm-Up: 15- to 20-minute sniff and stroll
- Cardio Workout: 10-minute brisk walk with no pit stops at the fire hydrant
- Cool Down: 5-minute sniff and stroll

Week 4: Morning and Evening

- Warm-Up: 15-minute sniff and stroll
- Cardio Workout: 30-minute brisk walk; start to incorporate some hill or stair climbing, but be sure to stop for rest and water breaks
- Cool Down: 10-minute sniff and stroll

Week 5: Morning and Evening

- Warm-Up: 15-minute sniff and stroll
- Cardio Workout: 30-minute brisk walk; start to incorporate some hill or stair climbing but be sure to stop for rest and water breaks
- Cool Down: 10-minute sniff and stroll
- Add an additional longer walk at the end of the week of about 1.5 hours. Include some uphill work. This additional walk is about distance, not speed.

### **PACING**

The pace of your hike is determined by a lot of factors: your stride, the stride of your dog, the weather, the terrain, how many stops you make, and, of course, how many stops Fido needs to make to explore and mark that tree.

All of this needs to be taken into account when planning your hike with your dog. This will determine the number of miles and how long you can walk. Remember, what goes out on a trail has to come back. It's (literally) a two-way street—or trail.

You may want to climb Mount Everest with them, but look at the trek you're planning honestly and objectively, and then make plans to do something they can hike comfortably. Long hikes are great but not if you have to walk 4.0 miles per hour to finish before the park closes, which your dog will never be able to keep up with. This is not the Bataan Death March. It's a time for exploring and enjoying the time you have with the best hiking partner you'll ever have.

The average hiker walks 2.5 to 3.0 miles per hour on a relatively level trail, 2.0 miles per hour on hilly terrain. Add in the other factors mentioned before and you will have a good base to start looking for trails that will be guaranteed fun for all.

### **BODY LANGUAGE**

It's very important to be able to read your dog through their body language. That is the only way you will ever know how they are feeling, if they are enjoying the hike, if they are hungry or thirsty, or if they are uncomfortable and whether problems could be on the way.

You may see one or several of these indicators with your dog while on the trail: If their tail is up or horizontal and not stiff and if they are walking smoothly with alertness in their step, they are feeling pretty good. If the tail droops down or is between their legs, if their movement becomes stiff or staggered, if they lower their body, or if they start to look lethargic, they could have an injury, or feel ill or fatigued. Stop immediately, try to relax them, provide water, and determine what the situation might be.

Sometimes a dog will dig a hole in the dirt and lie down in it. This indicates that they are hot, and it is their way of cooling off.

Other common cues that you can pick up from your dog include the following:

- Yawning: not necessarily tired; could be trying to relieve stress
- Lip or nose licking, averting the eyes: possible signs of stress
- Head tilt: curious
- Tail up, ears forward: alert or suspicious
- Hunched back, ears back, tail between the legs: anxious

## **PREPARATION AND SAFETY**

Some people are fortunate. They rescue a dog from the shelter, thinking that it will be the perfect hiking companion, and take to the trail straight away. And that does happen occasionally. For the rest of us, Fido needs a little more attention to get them to that point, both healthwise and behaviorally.

The key to raising well-behaved puppies is spending time with them. Keeping them in the backyard with little to no contact isn't going to cut it. You need to regularly interact with your dog. Play with them, train them, just sit and watch TV with them. They live to be with their owners and want to make us happy. If they show disruptive behavior, many times it's either because they are bored or are trying to get your attention.

Just remember, dogs look to us for guidance and caring. Be patient with them. It will go a long way.

## **THE IMPORTANCE OF SPAYING AND NEUTERING**

There are many good reasons to have your pet spayed or neutered. Needless to say, it reduces the number of homeless pets, but it is also important for the health and safety of your dog, too.

Studies show that pets that have been spayed or neutered are healthier and may live longer. On average, male dogs live 18 percent longer, while females live 23 percent longer. It may also alleviate or reduce many behavioral issues like roaming, aggressiveness, and barking.

## **BASIC TRAINING AND SOCIAL ACCLIMATION**

Basic obedience training—sit, stay, come, heel—is a must. If you Google “dog trainers” in your area, you will see pages and pages of listings, but don't just randomly pick one to train your dog. Ask your friends and neighbors who are dog owners for their recommendations.

When you find one you think you like, ask about their training methods (some use harsh spiked collars and other cruel tactics to make a dog obey) and the compatibility of their training philosophy with yours and your goals, and check their certifications thoroughly.

A good place to start your search is with the American Kennel Club (AKC). Their website ([akc.org](http://akc.org)) has a list of certified trainers across the country.

Whether you're training your pup or just playing, remember that any behavior rewarded with a treat or a positive reaction will likely be repeated. So if they do something you don't want them to do, don't pet them and cheerfully say, “That's okay,” which



## 9 FALL CREEK FALLS

Once again, the Sipsey Wilderness does not disappoint on this amazing 5.6-mile out-and-back that will lead you through a short cave (don't worry, it's optional) and past remarkable rock bluffs and shelters, and a 90-foot ribbon waterfall. For your dog—and you—here's a chance to romp in the beautiful, clear, cool waters of the Sipsey and Borden Creek.

### THE RUNDOWN

**Start:** At the Trail 200 (Borden Creek Trail) trailhead

**Distance:** 5.6-mile out-and-back

**Approximate hiking time:** 3.5 hours, but leave time to enjoy the falls and the creek crossing

**Difficulty:** Easy along Trail 200; more moderate with hilly, rocky climbs on Trail 209

**Trailhead elevation:** 612 feet

**Highest point:** 713 feet

**Best season:** Year-round; open sunrise to sunset

**Trail surface:** Dirt with rocks and roots; stretches of sandy path near the creeks

**Other trail users:** None

**Canine compatibility:** Leash required

**Land status:** National wilderness area

**Fees and permits:** None

**Trail contact:** Bankhead National Forest, Bankhead Ranger District, 1070 AL 33, Double Springs;

(205) 489-5111; [www.fs.usda.gov/detail/alabama/about-forest/districts/?cid=fsbdev3\\_002553](http://www.fs.usda.gov/detail/alabama/about-forest/districts/?cid=fsbdev3_002553)

**Nearest town:** Moulton

**Trail tips:** Bring the camera! The bluffs, rock shelters, 2 crystal-clear creeks, and Fall Creek Falls are simply beautiful. The National Forest Service asks that you keep your pet on leash, but you will undoubtedly want to let them frolic in the confluence of the 2 creeks. Use your best judgment, and don't let them annoy others. The creek bottoms are sandy or light gravel. The trail gets narrow at times on the Trail 209 (Sipsey Trail) section with drop-offs to the river, so use caution with Fido.

**Maps:** USGS: Bee Branch, AL

**Other maps:** Available at the Warrior Mountain Trading Post, 11312 AL 33, Moulton, or online at [https://www.fs.usda.gov/Internet/FSE\\_DOCUMENTS/fseprd493196.pdf](https://www.fs.usda.gov/Internet/FSE_DOCUMENTS/fseprd493196.pdf)

### FINDING THE TRAILHEAD



From the intersection of AL 33 / S. Market Street and AL 24 in Moulton, take AL 33 south 13.9 miles. Turn right onto Cranal Road and travel 0.7 mile. Turn right onto CR 5 / Bunyon Hill Road. Travel 2.7 -miles; the trailhead and parking will be on the left. Trailhead GPS: N34 18.567' / W87 23.658'

### THE HIKE

I don't know of any time when I have visited the Sipsey Wilderness that I left disappointed. The geology, wildflowers, and water features are unbelievable.

The wilderness is known as the "Land of a Thousand Waterfalls" and for good reason. It seems that around every bend there is a cascade flowing down the sandstone canyon walls. Now keep in mind that most of these waterfalls, like many throughout the state, are seasonal and, depending on the weather, may or may not be there, but after some rain, they are beautiful.



A happy pup frolicking  
in Borden Creek.

One of the more famous waterfalls in the Sipsey is Fall Creek Falls, our destination for this hike. We'll be using two trails to get there: Trail 200 (aka the Borden Creek Trail) and Trail 209 (aka the Sipsey Trail).

Trail 200 is just a plain and simple fun trail. The rock outcroppings, towering bluffs, and deep shelters are spectacular and invite exploring, which both you and your dog will love.

About 0.5 mile into the hike comes a little surprise: a short walk through a cave called Fat Man's Squeeze. It's an L-shaped walk through a tunnel, nothing too difficult and long, but it can be a bit slippery when the small ribbon falls at one end are flowing.

The Squeeze adds a little excitement to the hike. If you have kids, they'll love it—your dog, maybe not so much. Even though the tunnel is short, it does get dark inside, and there's a bit of an echo that could frighten them. The option would be to carefully hike down off the trail to Borden Creek and wade through the creek to the opposite side of the tunnel—as if your dog would be upset with that! But, having said that, keep in mind that the creeks and rivers in the Sipsey are prone to flash flooding. If the creek is up and flowing, do not attempt to wade across!

Trail 200 meets up with Trail 209 at mile 2.2 and the confluence of the Sipsey River and Borden Creek. Time to get wet! Turn to the right (northwest) and cross Borden Creek. While the forest service asks that dogs are kept on leash, many people let their well-behaved pups frolic free. Use your best judgment and, please, don't be a nuisance to others.

Trail 209 is dotted with beautiful white and pink mountain laurel during the spring and summer months, with good views of the shoals in the Sipsey as the trail rambles high above the creek.

Neither trail is blazed. They have signs only marking where they start and at intersections, but they are pretty easy to follow since they have regular traffic. The paths have dirt and rock footing with some fine sand along the creeks.

If you would like to see the falls but don't want to hike the 5.6-mile trail described here or go through Fat Man's Squeeze, you have a shorter option. Instead of starting at the Trail 200 trailhead, do not turn down Bunyon Hill Road. Instead, continue down Cranal Road an additional 3.3 miles and park at the Sipsey Wilderness Recreation Area.



There is a \$3 per car day-use fee charged to park here. It is a large lot with room for at least thirty cars. There is also a restroom here and a great place where you can picnic and swim in the river.

From the rec area, head to the north and pick up Trail 209 and Trail 200 under the bridge. Follow the two trails about 0.5 mile to where they separate (the junction is well marked). At this point pick up at mile 2.2 in the Miles and Directions (below), turning left to cross the creek instead of right. Just remember that on the return trip after crossing Borden Creek again, do not turn left onto Trail 200. Instead turn right (south) to continue on Trail 209 back to your vehicle.

You will notice several areas along the trail where people have spent the night. You are welcome to pack in and pitch camp for an overnight along the trails of the Sipsey Wilderness, but there are rules and regulations in place to keep the wilderness as pristine as possible. Please call or visit the website provided in Trail Contact (above) for rules and regulations.

## CREATURE COMFORTS

### RESTING UP

**Best Western River City Hotel**, 1305 Front Ave. SW, Decatur; (256) 301-1388; [www.bestwestern.com/content/best-western/en\\_US/hotels/discover-best-western/pet-friendly-hotels.html?iata=00162850&URL=https%3A%2F%2Fbook.bestwestern.com%2Fbestwestern%2FpriceAvail.do%3FpropertyCode%3D1084](http://www.bestwestern.com/content/best-western/en_US/hotels/discover-best-western/pet-friendly-hotels.html?iata=00162850&URL=https%3A%2F%2Fbook.bestwestern.com%2Fbestwestern%2FpriceAvail.do%3FpropertyCode%3D1084)

The Best Western in Decatur is about 20 miles north of the Sipsey Wilderness and allows two dogs weighing up to 80 pounds total. There is a \$20 per day pet fee. A \$50 refundable damage deposit may be required at check-in. If you leave your dog in the room while you're gone, they must be crated.

### CAMPING

**Corinth Recreation Area**, 2540 CR 57, Double Springs; (205) 489-3165; [www.recreation.gov/camping/corinth-recreation-area/r/campgroundDetails.do?contractCode=NRSO&parkId=70833](http://www.recreation.gov/camping/corinth-recreation-area/r/campgroundDetails.do?contractCode=NRSO&parkId=70833)

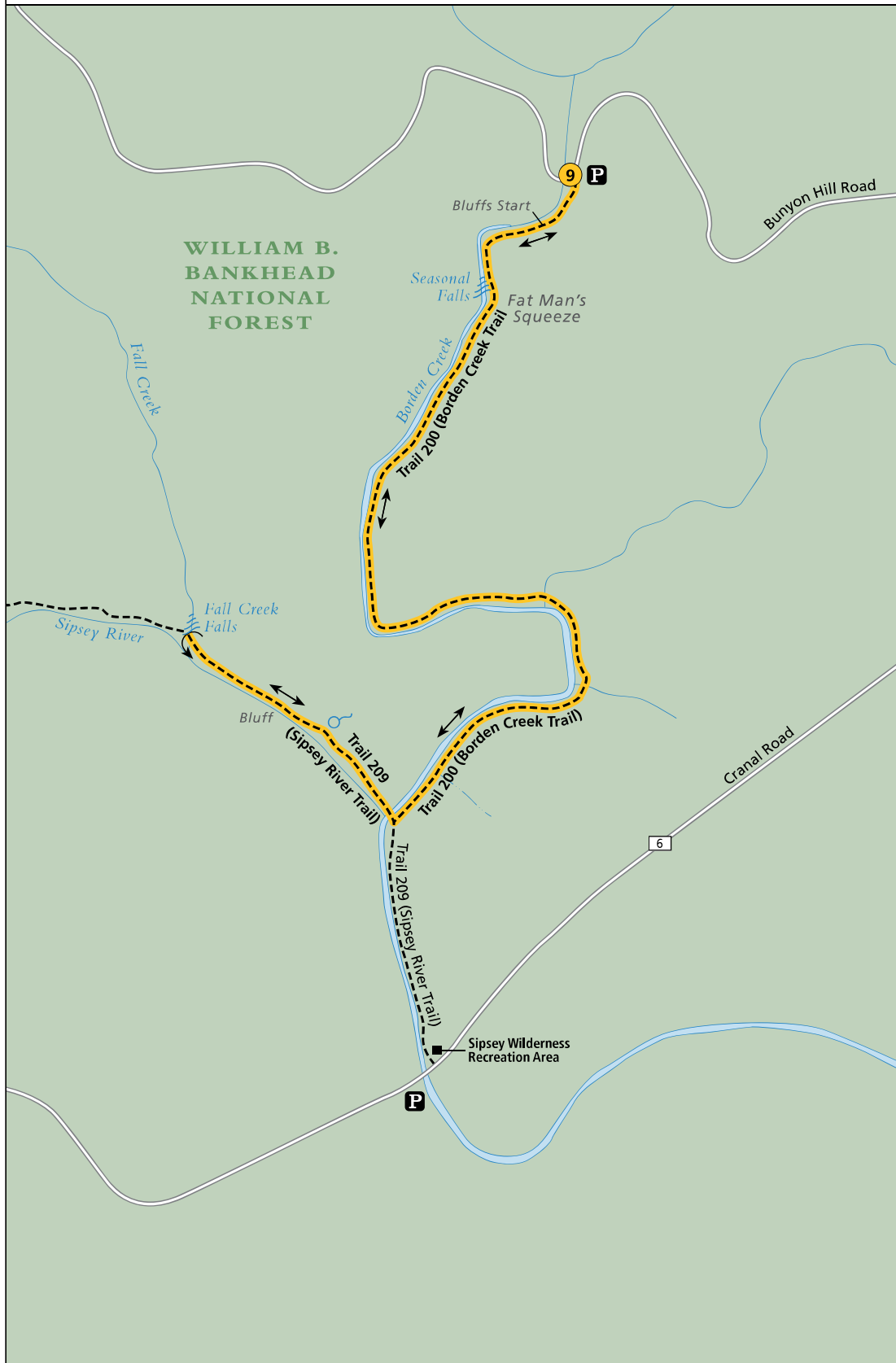
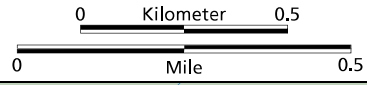
Corinth is one of the more popular campgrounds in the Bankhead National Forest area, and for good reason. Located on the banks of Lake Lewis Smith, the campground is exceptional with nice, clean bathhouses, ice machines, swimming, and fifty-two improved campsites. The campground is open from the first weekend of March to the end of October. Make your reservations online. Fees range from \$17 per night to \$28 per night for a lakeside site.

### FUELING UP

**Moe's Original BBQ**, 202 Moulton St. E #C, Decatur; (256) 686-4112; [www.moesoriginalbbq.com/lo/decatu r/#decatu r-menu-section](http://www.moesoriginalbbq.com/lo/decatu r/#decatu r-menu-section)

What's not to love at Moe's? Delicious pulled pork, smoked turkey and chicken sandwiches, and platters with either sweet-and-tangy traditional or Moe's famous Alabama white BBQ sauce, not to mention their nachos and wings. Moe's has eight outside dog-friendly tables where you and Fido can enjoy a meal together.

# Fall Creek Falls





## MILES AND DIRECTIONS

- 0.0 Start from the Trail 200 (Borden Creek Trail) trailhead to the south on Bunyon Hill Road.
- 0.2 Pass a side trail to a campsite with the creek on your right and a big rock bluff to the left.
- 0.5 Pass a very big rock bluff on the left with seasonal falls.
- 0.6 Arrive at Fat Man's Squeeze. The cave is about 200 feet long with a slight bend to it. Walk through the cave, and on the other side there is a small waterfall. In less than 0.1 mile, pass a rock shelter on the left.
- 0.8 Cross a seasonal stream (there may be a small fall here during times of rain).
- 1.1 Pass a large bluff.
- 1.4 The trail moves away from the bluffs, and the forest opens up for a short distance.
- 1.5 The trail comes to another nice creek. Hike straight across it and pick up the trail on the other side, where you will cross an unmarked trail that heads left and right (north and south, respectively). Continue straight to the west.
- 1.7 Come to a Y intersection. Take the left fork. There is a campsite here and a creek. Cross the creek to the northwest and in a few yards cross a second creek.
- 1.8 Pass a shoal in Borden Creek. In a few yards, another nice rock bluff with shelters will be on the left.
- 1.9 Cross a rocky creek.
- 2.1 Cross a seasonal creek.
- 2.2 Come to the intersection of Trails 200 (Borden Creek Trail) and 209 (Sipsey River Trail). Turn right (northwest) and head downhill to the banks of the creek. At the bottom of the hill, it's time to get wet. Cross Borden Creek to the north and climb up a steep set of 6x6 railroad ties used to control erosion (but also as stairs). At the top turn left (northwest) onto Trail 209.
- 2.4 You will have nice views of the Sipsey River and several shoals on the left, and big weathered rock outcroppings on the right.
- 2.5 Cross a spring coming from the bluffs on the right.
- 2.7 Pass a large rock shelter on the right and shoals in the Sipsey on the left.
- 2.8 Arrive at Fall Creek Falls. Feel free to explore, but use caution on slippery rocks. When done retrace your steps to the trailhead.
- 5.6 Arrive back at the trailhead.

**OPTIONS:** As mentioned in the hike description, there is a shorter route you can take to the falls. Park at the Sipsey Wilderness Recreation Area on Cranal Road. Trail 209 starts here under the Cranal Road bridge to the north. In 0.5 mile, you will arrive at the intersection of Trails 200 and 209. Follow the directions in the Miles and Directions section above from mile 2.2 to the falls, except turn left (northwest) to cross the creek instead of right. On the return, at the intersection of the 2 trails, turn right (south) onto Trail 209 and follow it back to the parking lot. Remember, there is a \$3 day-use fee to park at the Sipsey Wilderness Recreation Area.

# Interview Questions

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\* How did your love of hiking and the outdoors begin?

\* Many say that Alabama is the “Fort Knox” of nature in the Southeast. Is that true?

\* What makes hiking in Alabama so special?

\* Is Alabama becoming an outdoor recreation destination for tourism?

\* Why did the book focus on day hikes and not overnight backpacking treks?

\* What is the most important thing a dog owner should know before setting foot on a trail with their dog?

\* When can a dog be allowed to be “leash free” when hiking in Alabama?

\* What are some of the special considerations to keep in mind to avoid wildlife conflicts with your pet on the trail?

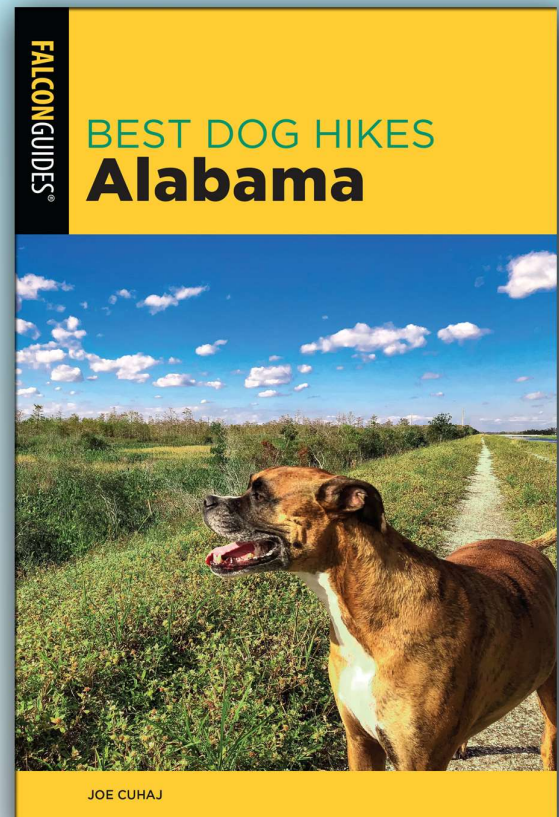
\* Have you always wanted to be an author?

\* How did your first book, “Hiking Alabama”, come about?

\* Do you hike every trail in your guidebooks?

\* How do you go about researching every trail in your guidebooks?

\* Are there any unusual stories from the trail you can tell that do not appear in your books?





# Story Ideas for Journalists

## Book Writing:

What are the steps you took in writing this book?

## Publishing:

How did you go about finding a publisher for your book? Did you consider self-publishing?

## Dog Rescues:

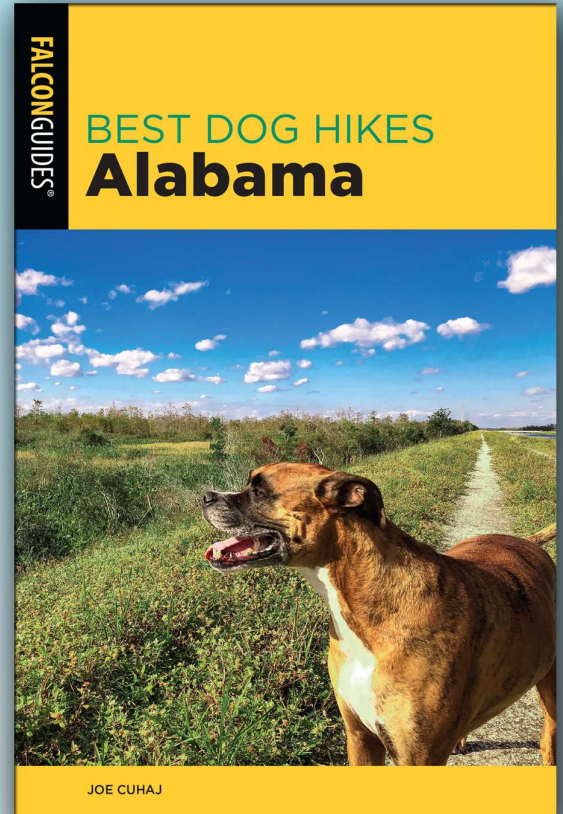
How are you using your book to help with pet rescues in Alabama?

## Book Marketing:

How do you market your book? Are there certain methods that work better than others?

## Community Outreach:

How do you help volunteer organizations promote their mission to build and maintain trails? How do you contribute?





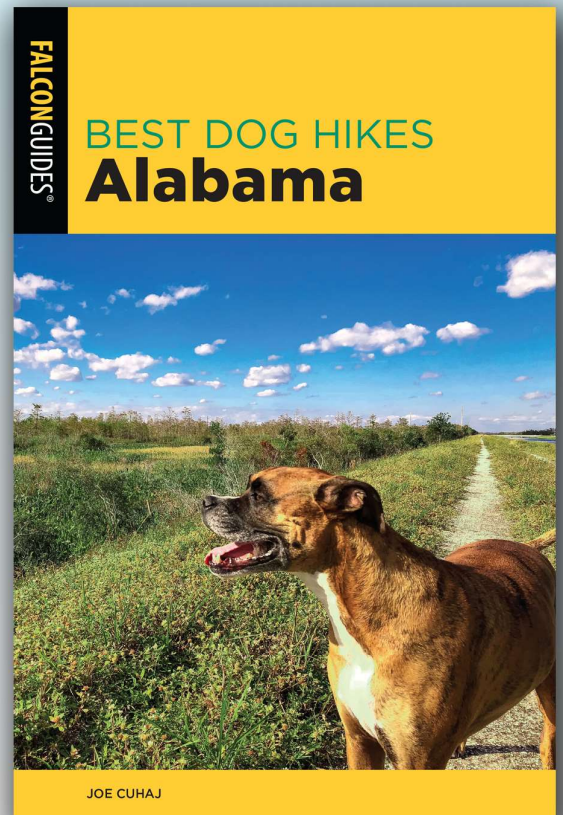
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# Author & Review Copy Contact Info

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Author Joe Cuhaj is available for interviews, presentations, and book signings.

Joe Cuhaj  
c/o Globe Pequot Press,  
246 Goose Lane,  
Guilford, CT 06437

Email: [joezuhajauthor@gmail.com](mailto:joezuhajauthor@gmail.com)

Website: [www.joezuhaj.com](http://www.joezuhaj.com)

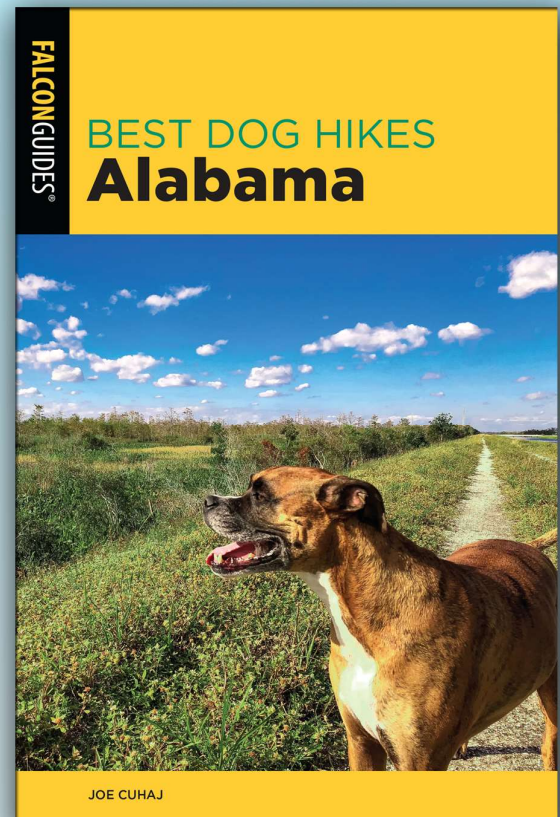
Facebook: <https://www.facebook.com/joe.cuhaj>

Phone Ryan Myer at Falcon Books:  
(203) 458-4525

Review copies may be obtained through  
Falcon Guides:

Ron Myer,  
c/o Globe Pequot Press,  
246 Goose Lane,  
Guilford, CT 06437

(203) 458-4525  
Website: [www.falcon.com](http://www.falcon.com)  
Email: [rmeyer@rowman.coms](mailto:rmeyer@rowman.coms)



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