

## **To Aid Station 8 Silent Trail**

From Oxford:

Take Hwy 21S to Munford.

Turn Left on Cedars Rd (See Munford Post Office on Left and High School on Rt)

Follow Cedars Rd to Dead End.

Turn Left on 281 (Cheaha Rd)

Go several miles and go through Camp Mac and Cross Dam. Pass by Cheaha Lake on left, continuing on to stop sign.

Turn Right going down hill for approx. 2 miles +/-.

You will see a small parking area on the left and a dirt road on the right.

Turn Right on to this dirt road FS600-1

Go .4 miles to Aid Station #8 Silent Trail. Just past the Trail Crossing.