To Aid Station #1 from Heflin

From Heflin, AL, at the interesection of State Rts. 46 and 78, take Rt. 78 east for 5.7 miles to Coleman Lake sign (County Rt. 61).

Turn left onto Rt. 61 and go 7.6 miles to another Coleman Lake sign (Forest Rt. 500).

Continue straight and go approx. 2-3 miles to Sign To Sweetwater Lake. You will turn left at the sign.

Go all the way to parking area by lake