



2025

TrailLink Unlimited 

Guides   



**Redstone
Arsenal
Fitness Trail**
Alabama



Redstone Arsenal Fitness Trail

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The Redstone Arsenal Fitness Trail is located on a U.S. Army base southwest of Huntsville. It circles part way around Madkin Mountain and is partially built on a former rail bed. There is a 1.5-mile spur jogging trail around the Sparkman Center, and, close to the halfway point, the trail bisects a disc golf course. On the north end of the trail, there is a steep climb and decent. There are two playgrounds adjacent to the trail, and water at three locations.

Because the trail is on a military base, a [stringent set of restrictions](#) limits access. Those who are able to use it can expect a well-maintained trail freshly repaved in 2010. The hill on the north end might be too steep for wheelchairs or strollers, but the trail is perfectly fine for biking, walking and jogging. About half the trail is shaded.



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Redstone Arsenal Fitness Trail

Alabama

States: Alabama

Counties: Madison

Length: 8.8miles

Trail end points: Goss Road SW and Rideout Road to Digney Road

Trail surfaces: Asphalt

Trail category: Rail-Trail

Trail activities: Bike, Walking

Parking & Trail Access

The Redstone Arsenal Fitness Trail is best accessed off I-565 (exit 14a) just west of Huntsville. Gate 9 and the Redstone Arsenal Visitors In-Processing Center will assist those with unregistered vehicles onto post. Check with Arsenal security ahead of time for faster access. Because this is an active Army Post, all vehicles are subject to search and all persons are required to show identification at the gate. The post is also subject to increased levels of security that may bar access, depending on national security levels in effect at the time. It is always good to call ahead to the visitor center: (256) 876-1122.

Redstone Golf Course trailhead: To access the north end of the trailhead, proceed south through Gate 9. The golf course is immediately on the east side of the road, but cars must do a U-turn at the designated area to head back north and then exit right onto Goss Road just before exiting the Arsenal. The trailhead is at the northeast corner of the golf course parking lot and continues east up hill along the south side of Goss Road.

Wellness Center trailhead: To access the south trailhead, continue south from Gate 9 and take the left exit onto Toftoy Thruway. Go over a bridge, under a bridge, through a traffic light, under a bridge and turn right on Digney Road just before going over another bridge. Digney Road winds around a building before arriving at the Col. Stephen K. Scott Fitness Center on the south side of the road. The trail starts at the fitness center parking lot.

There is also parking and trail access points at the Von Braun Center, the Sparkman Center and the Pagano Gym on Redstone Arsenal.



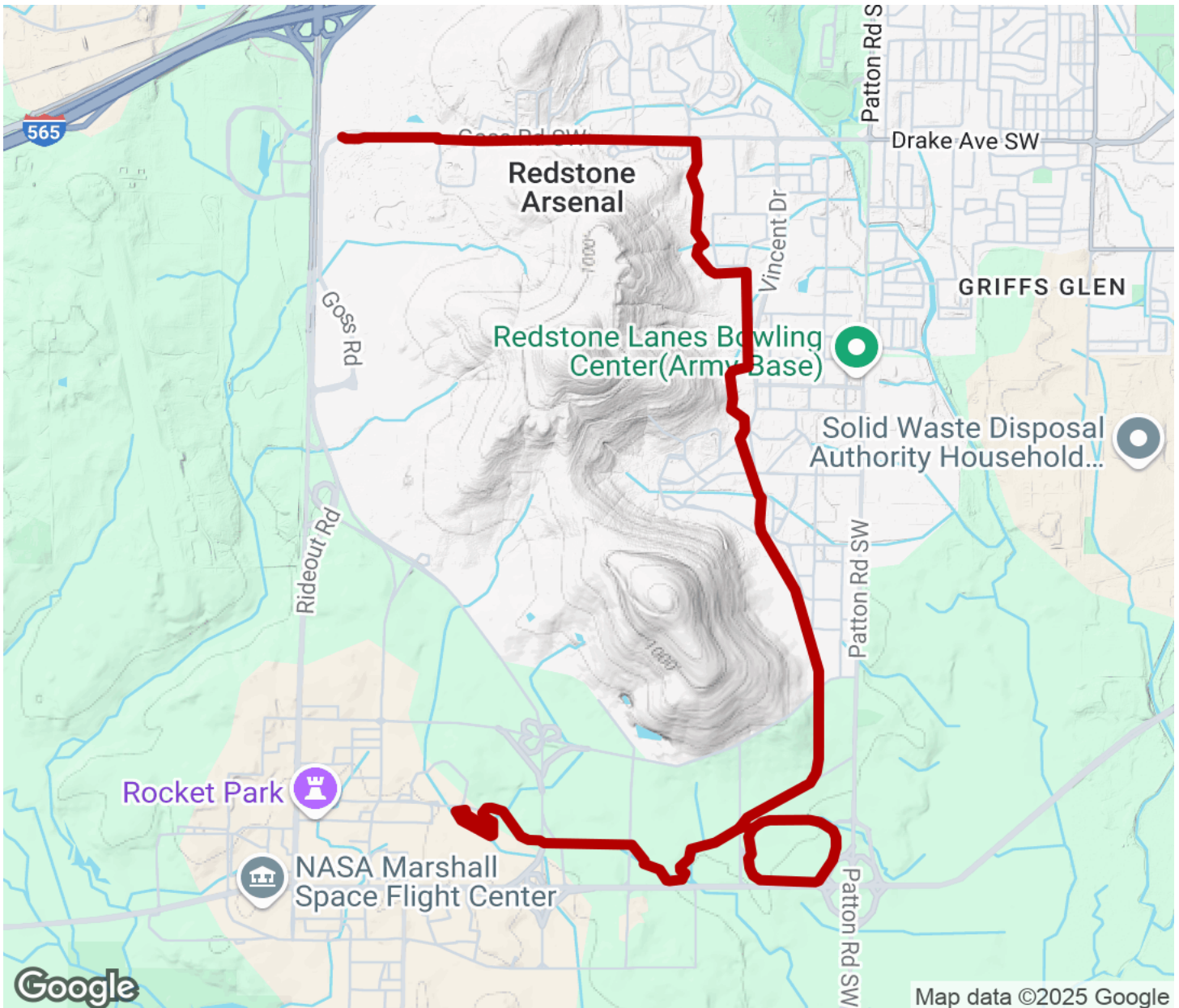
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Redstone Arsenal Fitness Trail

Alabama



Trailhead



Restroom



Parking



Water Fountain



Tunnel



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