

2022 Tennessee Mountain Laurel Hiking Marathon Trail Log

Start date: March 19, 2022 End Date: May 21,2022

Printed Name: _____ Email: _____ Marathon: 1/2 Full Ultra

Trail Name	Mileage	Date Completed
Story Book Trail (Flat Fork Creek Trail) FHSP	1	
Interpretive Loop Trail FHSP	0.8	
Interpretive/Judge Branch Loop FHSP	2.75	
Panther Branch to Debord/Emory Gap Falls FHSP	2.6	
Big Mac with 2 sides FHSP	8.2	
Spicewood/South Mac Loop FHSP	7.9	
Panther Branch to Debord/Emory Gap Falls/North Mac Loop FHSP	5.8/6.7(road)	
Chimney Tops – Lookout Tower – Panther Gap Rock House – North Old Mac FHSP	12.25	
Bird Mountain/Emory Tract Section of the CT FHSP/CTSP	7.8	
Lookout Tower East FHSP	6.3	
Lookout Tower West FHSP	12.6	
Boulder Field Trail OWSR	0.8	
Bridge Trail to Overlook OWSR	1	
Point Trail/Overlook Trail OWSR	4.4	
Overlook Trail OWSR	0.6	
Emory River Nature Trail OWSR	1	
Emory River Gorge Section of the CT OWSR/CTSP	2.6	
Obed River Section of the CT to Alley Ford OWSR/CTSP	4.8	
Obed River Section of the CT to Breakaway Bluff OWSR/CTSP	8.4	
Obed River Section of the CT to Devils Breakfast Table OWSR/CTSP	14.2/28.4	
Carl Black Spur LMSF	3.2	
Coyote Point Trail (start at Tree Farm Road) LMSF	8.3	
Coyote Point Trail (start at Clayton Howard Road) LMSF	7	
White Oak RSNA	2.3	
Gentlemen’s Swimming Hole RSNA/BSFNRRRA	0.7	
Gentlemen’s Swimming Hole/Meeting of the Waters RSNA/BSFNRRRA	2.5	
Massengale Loop and Kellogg Loop RSNA	3.25	

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Northrup Falls CCSNA	1.4	
Pogue Creek Canyon Overlook PCCSNA	1.75	
Pogue Creek Canyon Overlook/Upper Canyon Trail/Mesa Top Trail PCCSNA	6.2	
Hazard Cave Loop Trail PCCCMSP	1.6	
Hazard Cave PCCCMSP	0.5	
Indian Rock House PCCCMSP	0.4	
Hazard Cave/Natural Bridge PCCCMSP	2.9	
Hidden Passage Loop PCCCMSP	7.8	
Hidden Passage/Double Falls/Tunnel Trail PCCCMSP	10.1	
Pickett State Park Highlight Loop PCCCMSP	4.6	
Ladder Trail PCCCMSP	0.95	
Ridge Trail PCCCMSP	2.65	
Burnt Mill Bridge Loop BSFNRR	3.6	
Angel Falls Rapids BSFNRR	4	
Angel Falls Overlook BSFNRR	5.6	
Honey Creek Loop BSFNRR	5.63	
Twin Arches Loop BSFNRR	4.5	
Oscar Blevins Farm Loop BSFNRR	3.7	
O&W Trail BSFNRR	4.6	
John Litton Farm Loop BSFNRR	6.3	
Slave Falls Loop/Needle Arch BSFNRR	4.2	
Middle Creek Loop BSFNRR	3.5	
Rock Creek Loop BSFNRR	7.1	
Blue Heron Loop BSFNRR	6.4	
Catawba Overlook/Big Spring Falls BSFNRR	7.48	
Yamacraw-Yahoo Falls Loop BSFNRR	16	
Grand Gap Loop BSFNRR	7	

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Black Mountain Segment of the CT (including top loop) CTSP	9	
Black Mountain Loop CTSP	1.8	
Brady Mountain Trail to Brady Bluff CTSP	4.8	
Stinging Fork Falls CTSP	2.2	
Piney Falls State Natural Area CTSP	2	
Newby Branch/Cascades of Duskin Creek CTSP	7.8	
Laurel Snow Wilderness Hike CTSP	12.4	
CHS Loop CTSP	3.1	
Ozone Falls CTSP	0.4	
Ranger Led Miles		
Ranger Led Miles		
Ranger Led Miles		
Ranger Led Miles		
Ranger Led Miles		
Ranger Led Miles		
Ranger Led Miles		

Park Guide

BSFNRR-Big South Fork National Park
 CCSNA-Colditz Cove State Natural Area
 CTSP-Cumberland Trail State Park
 FHST-Frozen Head State Park
 LMSF-Lone Mountain State Forest

OWSR-Obed Wild & Scenic River
 PCCCMSP-Pickett State Park
 PCCSNA-Pogue Creek Canyon
 RSNA-Rugby State Natural Area