

FROZEN HEAD STATE PARK:

1. **Story Book Trail (Flat Fork Creek Trail)** (1 mile lollipop loop) – This scenic trail follows along the creek from the Visitor's Center to the Playground. When you reach the end of the trail, walk the road to the pedestrian bridge that crosses the creek. Continue back across the wooden car bridge and pick up the trail where you exited. This will make a 1-mile lollipop loop. This trail is rated as easy and is a peaceful walk in the park!
2. **Interpretive Loop Trail (0.8 mile loop)** – This short loop is rated as easy and starts at the Old Mac Trailhead. Take the first right to begin the loop and enjoy this nice little journey in the woods along the creek! When you come to the intersection, take a left to head back to the trailhead.
3. **Interpretive / Judge Branch Loop** (2.75 mile loop) – The Judge Branch Loop is teeming with Mountain Laurel on both sides. Start at the Old Mac Trailhead and hang a right to do the Interpretive Loop. Once you get to the intersection, continue on Judge Branch. You will finish up by coming down South Old Mac. This trail is easy to moderate.
4. **Panther Branch to Debord/Emory Gap Falls** (2.6 miles out and back) – This trail takes you up the mountain to not just one, but two, waterfalls! After a rainy day, you may even see several pop-up falls along the way. This trail is rated easy to moderate and follows along the creek for most of the trail.
5. **Big Mac with 2 sides** (8.2 mile loop) – This hike is rated moderate to difficult. Start at the North Mac Trailhead. Go up North Mac and stop by Panther Gap Rock House and then continue up to the Lookout Tower. From here, you will take South Mac down back to your vehicle.
6. **Spicewood/South Mac Loop** (7.9 mile loop) – Start at the Old Mac Trailhead and take the Spicewood trail at the split. This trail is moderate to difficult. You will pick up part of the Chimney Tops trail on your way up to the tower. Stop by the Lookout Tower (this mileage is included) and then head back down South Old Mac.
7. **Panther Branch to Debord/Emory Gap Falls/North Mac Loop** (5.8 mile loop/6.7 miles if you walk the road back to vehicle) – This trail takes you up the mountain to not just one, but two, waterfalls! After a rainy day, you may even see several pop-up falls along the way. Backtrack from Emory Gap Falls to Panther Branch Trailhead. Make your way up Panther Branch and connect to North Mac. There's a gorgeous overlook at the North Mac Campground. Stop by and have a snack and take in the view. Continue on down North Mac back to the parking lot. If you have 2 cars, feel free to leave one here and drive up to the other parking area. If not, you may count your mileage of the walk back to your car. This trail is rated moderate. Please be cautious on Panther Branch; there is some trail erosion due to all the recent rains.
8. **Chimney Tops – Lookout Tower – Panther Gap Rock House - North Old Mac** (12.25 mile loop) – This EXTREMELY strenuous hike begins at the Chimney Tops Trailhead behind the visitor's center and will take you through 22 switchbacks and many steep climbs until you reach the Mart Field Campground. On a clear day, you can see the Lookout Tower from here and yes that is where you're heading next! Continue across the mountain to the fire tower. If you're not too afraid of heights, climb up and enjoy a nice lunch while you see a 360 view that goes on for miles! Head back down and visit the Panther Gap Rock House before continuing on to North Old Mac. There is a small campground not far off of this trail that offers another amazing overlook framed perfectly by the surrounding trees! You will have to walk the road back to your vehicle, but don't worry, it's a short walk and although your boots are tired, you have accomplished a great feat!!!

9. **Bird Mountain / Emory Tract Section of Cumberland Trail** (7.8 mile loop) – This trail starts at the Big Cove Campground at the infamous yellow gate that has meant victory or defeat to many Barkley Marathoners! Head up the gravel road to the Bird Mountain Trailhead. Once you get to the top, hang a right until you reach Castle Rock (not North Bird). After you enjoy this neat little section of the trail, turn around and head back in the opposite direction. This should put you on the Emory Tract Section of the Cumberland Trail. Follow this trail to Ross Gap Trail (this road is rocky and rutted and makes this trail a little more difficult). It adjoins near Rocky Fork to another trail that will take you back to the Visitor's Center. (NOTE: There is a creek crossing, be prepared to take an alternate route via the road back to the Visitor's Center if the water is high or freezing!) From there, you can walk back to your car and enjoy the Flat Fork Creek Trail just past the wooden bridge.
10. **Lookout Tower East** (6.3 miles out and back) – This trail starts on Petros Hwy. It is the shortest route to the Lookout tower and is rated moderate to strenuous. Along the way, you will take the short spur to the Old Prison Mines (mileage is included).
11. **Lookout Tower West** (12.6 miles out and back) – This trail starts at the infamous yellow gate at the Big Cove Trailhead. It is an old Jeep road to the tower and is rated moderate to strenuous. This trail is an out and back; once you reach the tower, you will turn around and head back the same path.

Website: [Frozen Head State Park — Tennessee State Parks \(tnstateparks.com\)](http://tnstateparks.com)

Facebook: <https://www.facebook.com/FHSPNA/>

Map: [Frozen Head web.jpg \(1584x1224\) \(tnstateparks.com\)](#)

OBED WILD & SCENIC RIVER:

12. **Boulder Field Trail** (0.8 miles out and back) – This trail takes you down to the boulder field where you can roam around the massive boulders for hours! Gorgeous sandstone formations will amaze you and you may even see some climbers hanging out!
13. **Bridge Trail to Overlook** (1 mile out and back) – This hike is a moderate to strenuous hike that starts at Lilly Bridge parking lot and continues up to Lilly Overlook. Along the way, you can veer off to the trails on the left to see Upper and Lower Melton Mill Falls (please be careful, as these trails are NOT cleared regularly and can be dangerous).
14. **Point Trail/Overlook Trail** (4.4 miles out and back) – This trail is rated moderate and will take you to breathtaking overlooks (Caution: These are unprotected overlooks) and some amazing corridors of Mountain Laurel! The trailhead starts about 0.2 miles from the overlook on the wide path.
15. **Overlook Trail** (0.6 miles out and back) – This trail is rated easy and will take you to the boardwalk/overlook where you can enjoy a beautiful view of the river gorge. Even on gray days, this view is amazing!
16. **Emory River Nature Trail** (1 mile loop) – This trail is rated easy to moderate. This trail starts at the Rock Creek Campground and uses a portion of the CT before making a steep descent back down to the river. You will get to enjoy the best of both worlds, the boulders on the bluff and back down to the gorge. The Mountain Laurel makes a nice canopy while walking along the river. If you catch it at the right time, the blooms are beautiful in this area!
17. **Emory River Gorge Section of the Cumberland Trail** (2.6 miles out and back) - This trailhead starts at the Nemo Bridge parking lot. This moderate trail will climb up from the river and will eventually land you on top of a train tunnel. This overlook provides a gorgeous view of the Emory River (Caution: This is an unprotected overlook). Continue on

past the tunnel to the End of Trail sign and after a nice spring shower, there will be a little cascade to complete your journey!

18. **Obed River Section of the Cumberland Trail to Alley Ford** (4.8 miles out and back) - This trailhead starts at the Rock Creek Campground just across the bridge to the right. This strenuous trail will need to be followed starting at mile 14.1 and hiked from bottom to top according to the mile-by-mile instructions on the CT Website link. This will take you to Alley Ford Campground at mile 2.4. Once there, head down the rocks (carefully) to the river. Enjoy a break and then backtrack back to the campground.
19. **Obed River Section of the Cumberland Trail to Breakaway Bluff** (8.4 miles out and back) - This trailhead starts at the Rock Creek Campground just across the bridge to the right. This strenuous trail will need to be followed starting at mile 14.1 and hiked from bottom to top according to the mile-by-mile instructions on the CT Website link. This will take you to Alley Ford Campground at mile 2.4. Once you get to mile 4.2, you will be at Breakaway Bluff. It's at this point you can turn around and make your way back to the car; that is, unless you want to keep going to Daddy's Creek for a total of 14.1 miles ONE WAY!
20. **Obed River Section of the Cumberland Trail to Devils Breakfast Table** (14.2 (one way) / 28.4 miles out and back) - This trailhead starts at the Rock Creek Campground just across the bridge to the right. This strenuous trail will need to be followed starting at mile 14.1 and hiked from bottom to top according to the mile-by-mile instructions on the CT Website link. This will take you to Alley Ford Campground at mile 2.4. Once you get to mile 4.2, you will be at Breakaway Bluff. From here continue on and you can either hike one way (leave a vehicle at both trailheads), or start at DBT, camp at Rock Creek Campground, and then hike back. Please read all cautions about parking and camping prior to this hike.

Website: [Hiking - Obed Wild & Scenic River \(U.S. National Park Service\) \(nps.gov\)](#)

Website: [Obed Wild and Scenic River Segment – Cumberland Trails Conference](#)

Facebook: <https://www.facebook.com/ObedNPS/>

Map: [Lilly-Bridge-Area-3.jpg \(1831x1419\) \(nps.gov\)](#)

Map: [Obed Trails Map \(nps.gov\)](#)

Map: [Obed River Section – Cumberland Trails Conference](#)

Map: [Emory River Gorge Section – Cumberland Trails Conference](#)

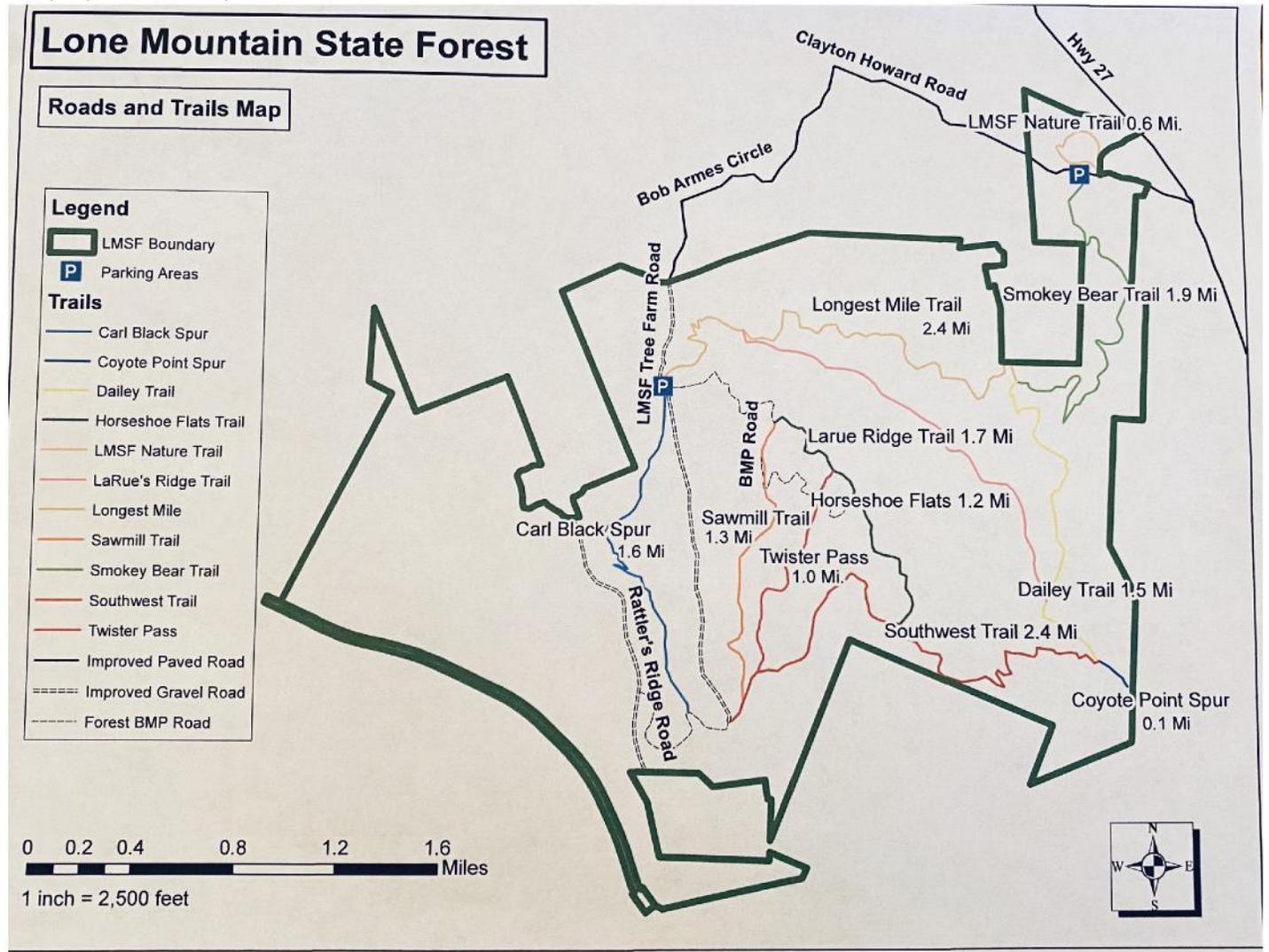
LONE MOUNTAIN STATE FOREST:

21. **Carl Black Spur** (3.2 miles out and back) – You will take Clayton Howard Road to Bob Armes Circle and then down the LMSF Tree Farm Road (gravel road) to park. The trailhead is on the opposite side of the road of the big sign with all the trail listings. Once you get to the bottom of Carl Black Spur, you can turn around and backtrack to your vehicle. This hike has a moderate rating.
22. **Coyote Point Trail (start at Tree Farm Road)** (8.3 mile loop) – You will take Clayton Howard Road to Bob Armes Circle and then down the LMSF Tree Farm Road to park. This hike is rated strenuous due to distance and elevation gain. Start out on The Longest Mile and connect to the Dailey Trail. You will pass by a pond and Spring House close to the Coyote Point Spur. Once you reach the Spur, enjoy the view, take a breather, and have some lunch! Then head back out onto Southwest Trail. This will connect with Carl Black Spur and that can be taken back to the car where you can finally relax after this extremely tough day of climbing!

23. Coyote Point Trail (start at Clayton Howard Road) (7 miles out and back) – This trail is a more strenuous and direct route to Coyote Point. Start on Smokey Bear Trail (parking area across from the Forestry Department on Clayton Howard Rd.) and connect to Dailey Trail. From there, take the Coyote Point Spur and enjoy the views! Backtrack the same route to get back to your vehicle.

Website: [Lone Mountain State Forest \(tn.gov\)](http://lone-mountain-state-forest.tn.gov)

Map: (see below)



RUGBY STATE NATURAL AREA:

24. White Oak (2.3 mile loop) – This easy to moderate loop takes you through a corridor of Mountain Laurel on the first leg of the journey and then through a beautiful grove of Hemlocks on the second leg.
25. Gentleman’s Swimming Hole (0.7 mile out and back) – A steep drop of 200 ft. will bring you out at the Swimming Hole with some interesting rock houses along the way. After visiting the swimming hole, head back out along the same trail.
26. Gentleman’s Swimming Hole / Meeting of the Waters (2.5 mile loop) – A steep drop of 200 ft. will bring you out at the Swimming Hole with some interesting rock houses along the way. This moderate trail will take you to the point where Clear Fork meets White

Oak Creek. This loop will bring you back to Laurel Dale Cemetery where you were originally parked. This hike may be easier for some to hike clockwise.

27. **Massengale Loop and Kellogg Loop** (3.25 mile stacked loop) – Start at the Massengale Loop Trailhead (take a LEFT) for 0.9 miles. Once you get to the Homestead, take a LEFT onto Allerton Road Trail. Follow this for 0.5 miles until you connect to Cox Branch for another 0.15 miles. This should bring you out at Kellogg Loop Trail. Continue on the loop trail. When you reach a huge crack in some rocks, venture back and you'll find another tight squeeze. You can go through this and crawl out the other side and come out at Kellogg's Crack! Finish the loop and then backtrack to the homestead where you will continue the Massengale Loop (another 0.2 miles) back to your car.

Website: [THE OUTDOORS | Historic Rugby](#)

Facebook: <https://www.facebook.com/historicrugby/>

Map: [Rugby Trail Map | Historic Rugby](#)

COLDITZ COVE STATE NATURAL AREA:

28. **Northrup Falls** (1.4 mile loop) – This beautiful hike takes you all the way around and underneath the stunning 60 ft. waterfall. On a sunny day, a rainbow can be seen in the mist of the falls! The trail is a little rugged in some areas, but if you take your time, it is manageable for the 101ers!

Website: [Colditz Cove \(tn.gov\)](#)

Map: [na_colditz.pdf \(tn.gov\)](#)

POGUE CREEK CANYON STATE NATURAL AREA:

29. **Pogue Creek Canyon Overlook** (1.75 mile loop) – A moderate loop that includes some massive rock houses and a wonderful view from the overlook! There is Mountain Laurel all along this trail and it's only about 5 miles from Pickett State Park!
30. **Pogue Creek Canyon Overlook – Upper Canyon Trail – Mesa Top Trail** (6.2 miles out and back (including Overlook Loop)) – A moderate hike to Pogue Creek Canyon overlook is covered with Mountain Laurel. Once you backtrack to the Upper Canyon Trailhead, you will begin a steep decline into the canyon. There are beautiful rock houses along the way as well as several natural arches and a hidden wet weather waterfall (if you know where to look)! When you arrive at the Mesa Top Trail intersection, take a quick left and in 0.2 miles, you should come to a viewpoint. Go back down the steps and go up the steps directly across from you. This old road will lead you back to the main trail which you will take to get back to your car. Once you get to the loop split, go in the opposite direction you came from and finish the loop.

Website: [Pogue Creek Canyon \(tn.gov\)](#)

Map: [25-pogue \(tnstateparks.com\)](#)

PICKETT STATE PARK AREAS:

31. **Hazard Cave Loop Trail** (1.6 mile loop) --- This trail is rated moderate and takes you along a sandstone bluff with its main feature being Hazard Cave. If you catch it at the right time of year, you can see the amazing glowworms after dark!
32. **Hazard Cave** (0.5 miles out and back) --- This trail can be accessed from the TN 154 as you head towards Pickett State Park. This short walk takes you down a few sets of steps to a beautiful rock house and cave.
33. **Indian Rock House** (0.4 miles out and back) --- This short trail begins directly across the road from Hazard Cave and is a vast rock house that seems to go on forever. If you catch it after a spring shower, you might just see a little falls or two.
34. **Hazard Cave / Natural Bridge** (2.9 mile loop) --- Start your hike at the Park Headquarters and join the Natural Bridge trail across from Cabin 8 (about 0.2 miles from headquarters). Continue to take the LEFT forks throughout the trail to get to Hazard Cave. This should take you down a set of concrete steps to Hazard Cave and will connect you with the Hazard Cave trail.
34. **Hidden Passage Loop** (7.8 mile loop) - This hike is rated difficult due to distance. The trailhead is just past the Pickett State Park entrance on the right. There are numerous rock houses throughout this hike with many amazing views and the gorgeous Crystal Falls. Once you get to Thompson Overlook, you will continue on. As you pass through the campground, know that you're very close to the end!
35. **Hidden Passage with Double Falls AND Tunnel Trail** (10.1 mile loop with spurs) - This hike is rated difficult due to distance. The trailhead is just past the Pickett State Park entrance on the right. There are numerous rock houses throughout this hike with many amazing views and not just one, but also the option of two beautiful waterfalls. Crystal Falls is less than a mile in on the trail to the right and is a delicate falls where the sun shines just right, and you can see a rainbow. On a hot day, it offers a nice little reprieve! Continue on until you come to an intersection, go right on the 0.7-mile spur to get to Double Falls. Take a break and have lunch, play around in the water, and look for crawdads! Head back the way you came and take a right to continue the loop. You should pass Thompson Overlook as you continue on. Past Thompson Overlook, you will see the spur trail to Tunnel Trail. Take this interesting out and back trail, be sure to take a tour through the tunnel, and then continue on the Hidden Passage Loop. You know you're close to the car when you pass the campground! So close...keep going!!!
36. **Pickett State Park Highlight Loop** (4.6 mile loop) - Start your hike at the Park Headquarters and join the Natural Bridge trail across from Cabin 8 (about 0.2 miles from headquarters). This trail will take you to an intersection where you can go to Indian Rock House and then to Hazard Cave / Window Arch. Keep following Natural Bridge Trail until you pick up the Lakeview Trail. Follow that around until you come to the intersection for the Island Trail. Complete the Island Trail and then complete Lake View until you reach your vehicle. This trail is a perimeter trail around most of the common areas of the park. A good map can be found in the book, 50 Hikes on Tennessee's Cumberland Plateau by Johnny Molloy.
37. **Ladder Trail** (0.95 mile loop) This trail is rated moderate. This loop trail follows Thompson Creek and features two single-rung ladders along sandstone bluff line. Be sure to bring water shoes, there are a few creek crossings!
38. **Ridge Trail** (2.65 mile loop) This trail is rated moderate. The trailhead can be reached via the Hazard Cave Trailhead near the picnic areas. Hike 0.15 miles on the Hazard Cave Loop trail before reaching the Ridge Trail trailhead. This trail makes a 2.5-mile

loop. Caution – during high rains, this trail may be more difficult, and bridge could possibly be washed away.

Website: [Pickett CCC Memorial State Park — Tennessee State Parks \(tnstateparks.com\)](http://tnstateparks.com)

Facebook: <https://www.facebook.com/pickettstatepark/?fref=ts>

Map: [23-pickett \(tnstateparks.com\)](http://tnstateparks.com)

BIG SOUTH FORK:

39. **Burnt Mill Bridge Loop** (3.6 mile loop) - This moderate hike starts at the Burnt Mill Bridge Trailhead parking area and follows along the banks of the Clear Fork River. Along the way, you will be able to stop along the river and take in the beautiful views around you. You may even catch some folks fishing, swimming, or just floating along. There are plenty of rock houses, river views, maybe even a falls or two, and a plethora of Mountain Laurel!
40. **Angel Falls Rapids** (4 miles out and back) - This easy trail follows along the river on the flat side. Once you get to the end, you can look up and see Angel Falls Overlook. Head back to the parking lot after carefully scrambling around the rocks near the rapids...carefully!
41. **Angel Falls Overlook** (5.6 miles out and back) – This hike begins across the bridge from the Leatherwood Ford Parking area. This moderate to difficult hike takes you along the other side of the river for approximately two miles and then connects to Grand Gap Loop. Continue on to the Overlook and enjoy lunch on the bluff while soaking up some sun and glorious views!
42. **Honey Creek Loop** (5.63 mile loop) – This hike begins at the Honey Creek Trailhead and is a very strenuous 5.63-mile loop! Along the way, you will see waterfalls, cross the creek a few times (be sure to bring water shoes), climb through boulders, and see an amazing overlook! This trail is one of my personal favorites as there is rarely a boring moment on it!
43. **Twin Arches Loop** (4.5 mile loop) – This hike will take you around several rock shelters and cliffs, an old home site, and to Charit Creek Lodge.
44. **Oscar Blevins Farm Loop** (3.7 mile loop) – This loop is rated easy and takes you along Grand Gap Loop Bandy Creek. There is a wet weather waterfall, several rock shelters, and the Oscar Blevins Farm. If the orange tabby cat is there, give it some love, unless you're allergic!
45. **O&W Trail** (4.6 miles out and back) – Part of the John Muir Trail, the O&W Trail follows the river upstream to the Oneida and Western Railroad Bridge. This trail is rated moderate.
46. **John Litton Farm Loop** (6.3 mile loop) – This moderate trail begins across from the pool and uses a portion of Duncan Hollow Multi-Use Trail and then the Litton Farm Road. Hiking the loop counter-clockwise, turn left on each of these roads to return to the campground.
47. **Slave Falls Loop/Needle Arch** (4.2 mile loop) – This trailhead can be reached off of Hwy 154. Start at the Sawmill Trailhead and pick up Slave Falls Trail. The waterfall can be reached in 1.2 miles. Continue the loop and include the Needle Arches.
48. **Middle Creek Loop** (3.5 mile loop) – This trailhead can be reached off of Hwy 154 (Divide Road). This hike is rated easy to moderate.

56. **Brady Mountain Trail to Brady Bluff** (4.8 miles out and back) – To find this trailhead, it's best to use the GPS coordinates and plug them into maps on your phone! You will park on the side of the road and the trail starts just up the hill from the parking area. This trail is rated moderate and has lots of up. You will come to a sign that says "Overlook", take the spur and go enjoy the view over Grassy Cove! Return to the main trail and head back down to your vehicle.
57. **Stinging Fork Falls** (2.2 miles out and back) – This moderate trail takes you down into the gorge for a beautiful view of Stinging Fork Falls. Be sure to look for the YELLOW spur trails on this hike. The first one you come to on the left will take you to Indian Head Overlook and the second one on your left (down by the river) will switch you back and take you towards the falls. Backtrack to the main trail and go out the way you came in.
58. **Piney Falls State Natural Area** (2 mile balloon loop) – Once you get to the split, this trail moderate trail is easier if hiked counter---clockwise. Visit Lower Piney Falls (you can only enjoy the view from the top!) by trekking down a steep bank before continuing on to the Upper falls. Once you venture down behind the big falls, be sure to look for the trail markers on the other side. You will climb up a hill with the help of some friendly ropes and then you will follow the trail to the top of the falls. You must cross the top of the falls (during high water, this may not be passable) to continue the loop.
59. **Newby Branch/Cascades of Duskin Creek** (7.8 miles out and back) – This moderate to difficult trail begins at the Newby Branch Trailhead. This trail takes you along Duskin Creek with numerous cascades along the way. Lots of gorgeous water features. Hike down to Spider Den for a look at the bluffs and a nice little spot to rest and have a snack! Once you reach Hemlock Falls, turn around and head back out along the same trail. (GPS to trailhead N35 42.075 W84 57.291) (Directions start from the bottom of the page and hike this one backwards; start at mile 8.5 - [Piney River Segment – Cumberland Trails Conference](#))
60. **Laurel Snow Wilderness Hike** (12.4 miles out and back) – This difficult trail starts at the Laurel Snow Trailhead and takes you on two out and back spurs that will lead you to both Laurel Falls Vistas and Snow Falls. There are several features on this hike, and it is rated difficult due to climbs, distance, and the rocky trails.
61. **CHS Loop** (3.1 mile loop) – This moderate trail begins behind the Morgan County Visitor's center and takes you up steep climbs with a nice view. It also takes you down behind the High School to the pond! It provides a nice little after work adventure.
62. **Ozone Falls** (0.4 out and back) – This trail is rated moderate as there is some rock scrambling to get to the bottom. Views from the top and the bottom can be enjoyed, just be careful; there are no protected overlooks!

Website: <https://www.cumberlandtrail.org>

Facebook: <https://www.facebook.com/cumberlandtrailSST/>

Map: <https://www.cumberlandtrail.org>

ADDITIONAL RESOURCES:

- A Falcon Guide: *Hiking Tennessee* by Kelley Roark and Stuart Carroll
- A Falcon Guide: *Hiking Waterfalls in Tennessee* by Johnny Molloy
- *Hiking the Big South Fork* by Brenda G. Deaver, Jo Anna Smith, & Howard Ray Duncan
- *50 Hikes on Tennessee's Cumberland Plateau* by Johnny Molloy