

# Adventure and great nature await you at each of the 12 trailheads in South Cumberland State Park!



South Cumberland State Park

*What is there to see & do? How do we get there? It's all online at [FriendsOfSouthCumberland.org/plan-your-visit](https://FriendsOfSouthCumberland.org/plan-your-visit)*

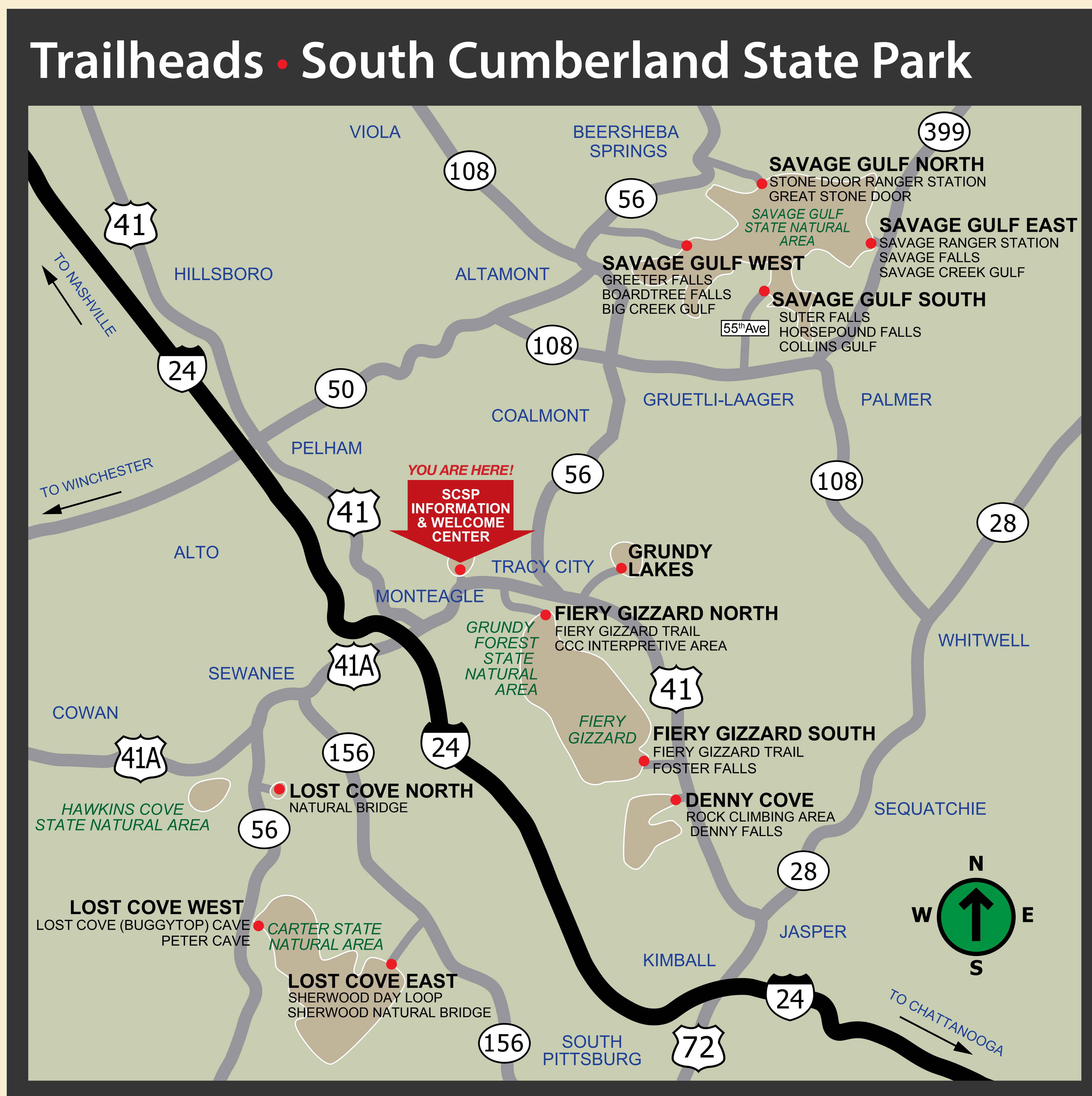


*As you plan your adventure in South Cumberland State Park, take photos of these panels, and scan these codes with your phone's camera to learn more!*

## South Cumberland State Park...

- Has 12 different trailheads with nearly 100 miles of trail
- Is one of Tennessee's largest state parks, protecting nearly 31,000 acres of pristine wilderness
- Is located on 9 separate tracts of land, spread across Franklin, Grundy, Marion and Sequatchie counties
- Has scenic, wild and historic locations unlike any other place in the nation!
- Is home to beautiful and unique plants and animals – some found nowhere else on Earth!
- Includes places where the earliest humans in this part of the world hunted and sheltered
- Tells the story of European immigrants, drawn to this area by its timber and coal deposits; along with the more recent history of this area.

*Discover the park's legendary waterfalls, historic sites, swimming holes, rock climbing areas and backcountry campgrounds, as you explore our world-class network of wilderness hiking trails!*



## Trailhead Locations, Directions and Info

*Mileages below indicate the trailhead's driving distance from here. Street addresses below work with most GPS navigation systems.*

- **SCSP Information & Welcome Center** 931-924-2980 **Open 8a – 4p daily; closed for lunch**  
11745 US 41, Monteagle, TN 37356 **NO OVERNIGHT PARKING**
- **Denny Cove [Denny Falls & rock climbing areas]** (13.1 miles)  
5917 US 41 (TN-150), Sequatchie, TN 37374 **NO OVERNIGHT PARKING**  
From Tracy City, take US 41 9.0 miles south; Denny Cove entrance is a gravel road on the right with a small brown park sign, across from the Foster Falls Volunteer Fire Department, 1.4 miles south of Foster Falls.
- **Fiery Gizzard North [Grundy Forest/CCC Interpretive Area/Fiery Gizzard Trail]** (3.0 miles)  
131 Fiery Gizzard Rd., Tracy City 37387 **OVERNIGHT PARKING FOR BACKCOUNTRY CAMPERS ONLY**  
From US 41 in Tracy City, turn right at 3rd Street (flanked by Sequatchie Electric Co-op and a tire store). Take 3rd Street past the elementary school; look for a small brown park sign at Marion Street, on your right. Take Marion Street 2 blocks, then right on Fiery Gizzard Road. Parking area and trailhead are on the left.
- **Fiery Gizzard South [Foster Falls/Fiery Gizzard Trail]** (11.3 miles)  
498 Foster Falls Rd. Sequatchie 37374 **OVERNIGHT PARKING FOR BACKCOUNTRY CAMPERS ONLY**  
From Tracy City, take US 41 7.6 miles south; watch for large brown park sign on right.
- **Grundy Lakes** (5.0 miles)  
587 Lakes Road, Tracy City, TN 37387 **NO OVERNIGHT PARKING**  
On US 41 just south of Tracy City, look for large brown park signs. Turn left at Lakes Road. Take Lakes Road 0.6 miles to parking area and trailhead.
- **Savage Gulf North [Great Stone Door/Ranger Station]** (23.1 miles) 931-692-3887  
1183 Stone Door Rd. Beersheba Spgs 37305 **OVERNIGHT PARKING FOR BACKCOUNTRY CAMPERS ONLY**  
From TN Hwy 56 in Beersheba Springs, watch for large brown park signs. Turn at Stone Door Road. Take Stone Door Road about 1.5 miles to parking area and trailhead, on your left, next to Ranger Station.
- **Savage Gulf South [Collins Gulf/Suter Falls/Horsepound Falls]** (20.0 miles)  
2689 55th Ave., Gruetli-Laager, TN 37339 **OVERNIGHT PARKING FOR BACKCOUNTRY CAMPERS ONLY**  
On TN Hwy 108 in Gruetli-Laager, watch for the small brown SCSP sign at 55th Avenue. Turn left and follow 55th to the end (2.7 miles); the parking area and trailhead are directly in front of you.
- **Savage Gulf West [Big Creek Gulf/Greeter Falls/Boardtree Falls]** (18.5 miles)  
550 Greeter Falls Rd. Altamont, TN 37301 **NO OVERNIGHT PARKING**  
On TN Hwy 56, just north of Altamont, watch for the small brown "Greeter Falls" park signs and turn onto Greeter Falls Road, which ends at the parking area and trailhead (0.5 miles).
- **Savage Gulf East [Savage Creek Gulf/Savage Falls/Ranger Station]** (24.3 miles) 931-779-3532  
3157 State Road 399, Palmer, TN 37365 **OVERNIGHT PARKING FOR BACKCOUNTRY CAMPERS ONLY**  
On TN Hwy 399, watch for large brown park sign. Entrance ahead on left. Trailhead is at Ranger Station.
- **Lost Cove North [Natural Bridge]** (12.0 miles)  
591 Natural Bridge Rd. Sewanee, TN 37376 **NO OVERNIGHT PARKING**  
On TN Hwy 56, 2 miles south of Sewanee, turn left at Natural Bridge Road and follow it out to its end; Natural Bridge parking area is on your left, just before the large stone columns flanking a private driveway.
- **Lost Cove West [Lost Cove (Buggytop) & Peter Caves]** (15.9 mi) **CAVES OPEN May 15-Sep 15 ONLY**  
6398 Sherwood Road, Sewanee, TN 37375 **NO OVERNIGHT PARKING**  
Take TN Hwy 56 south 6.6 miles from US41A in Sewanee. As you descend the mountain, watch for a small brown "Bird Watching Area" sign on your right; the parking pull-off and trailhead are on your left.
- **Lost Cove East [Sherwood Day Loop & Natural Bridge/Tom Pack Hollow]** (17.6 miles)  
1900 Old CCC Road, Sherwood, TN 37376 **NO OVERNIGHT PARKING**  
Take Jumpoff Road (TN Hwy. 156) 8.2 miles south from US 41A in Sewanee and look for Old CCC Road, a dirt road, on your right. Follow Old CCC Road about 2 miles to the parking area and trailhead.



**Love the Park?  
Want to keep it awesome?**  
Volunteer, join and/or donate to the  
**Friends of South Cumberland State Park!**  
[FriendsOfSouthCumberland.org/what-we-do](https://FriendsOfSouthCumberland.org/what-we-do)



# “Where are the Waterfalls?”

## ...and answers to other frequently asked questions:



South Cumberland State Park



Ranger Falls



Big Creek Gulf



Sycamore Falls

## WATERFALLS

South Cumberland State Park has a dozen major waterfalls, and many smaller ones. Some of the larger and more popular waterfalls are below; next to each is the trailhead you can use to access that waterfall:

- **Foster Falls** Fiery Gizzard South
- **Greeter Falls** Savage Gulf West
- **Savage Falls** Savage Gulf East
- **Anderson Falls** Fiery Gizzard North or South
- **Suter Falls** Savage Gulf South
- **Horsepound Falls** Savage Gulf West
- **Ranger Falls** Savage Gulf North or West
- **Sycamore Falls** Fiery Gizzard North
- **Denny Falls** Denny Cove
- **Blue Hole Falls** Fiery Gizzard North
- **Black Canyon** Fiery Gizzard North
- **Hanes Hole Falls** Fiery Gizzard North

*NOTE: There are no waterfalls at your present location.*

## SCENIC OVERLOOKS

South Cumberland State Park has dozens of scenic overlooks, in every area of the park. Some of the larger and more popular overlooks are listed below; next to each is the trailhead you can use to reach that overlook:

- **Stone Door** Savage Gulf North
- **Big Creek Rim** Savage Gulf North
- **Savage Creek South** Savage Gulf East
- **Savage Creek North** Savage Gulf East
- **Collins Rim** Savage Gulf South
- **Crow Creek** Lost Cove East
- **Tom Pack Hollow** Lost Cove East
- **Raven Point** Fiery Gizzard North or South
- **Small Wild** Fiery Gizzard South

*NOTE: These overlooks are at the top of tall bluffs, many of which do not have safety barriers. Please be extremely careful if you visit these overlooks, and be especially mindful to keep children away from the bluff edges. Overlooks can be slippery. Watch your step!*

## SWIMMING

South Cumberland State Park has several nature-made swimming areas. Some of more popular swimming holes are listed below; next to each is the trailhead you can use to access that swimming area:

- **Savage Falls** Savage Gulf East
- **Greeter Falls** Savage Gulf West
- **Blue Hole (Greeter)** Savage Gulf West
- **Sycamore Falls** Fiery Gizzard North
- **Blue Hole (Gizzard)** Fiery Gizzard North
- **Grundy Lakes** Grundy Lakes

*NOTE: These are mainly swimming areas at the base of waterfalls. They are natural “plunge pools,” formed by the waterfalls, are of varying depths, and frequently have large rocks just beneath the surface. NEVER jump off falls or elevated rocks into plunge pools. Some of our most serious visitor injuries occur as a result of ignoring this guidance. Exposed rocks appearing wet and “black” are extremely slick with algae. Avoid them!*



Lost Cove Cave

## CAVES and SINKS

South Cumberland State Park has several large caves, as well as a number of sinkholes, or “sinks”, which appear to make some of the streams in this park “disappear” into the ground! Some of the better-known caves and sinks are listed below; next to each is the trailhead you can use to reach that cave.

- **Lost Cove (“Buggytop”) Cave** and **Peter Cave** – Lost Cove West
- **The Fiery Gizzard Sink** – Fiery Gizzard North
- **The Big Creek Sink** and **Ranger Falls Sink** – Savage Gulf West or North
- **Schwoon Spring** (cave and spring) -- Savage Gulf South or North
- **Fall Creek Sink** -- Savage Gulf South
- **Savage Creek Sink** -- Savage Gulf East

*NOTE: All caves are closed from September to May, to control the spread of white-nose syndrome, a disease deadly to the many populations of bats who call our caves home. Please respect the health of our bat populations!*



Black Canyon Cascade

## GORGEOUS GORGES, GULFS and COVES

South Cumberland State Park has both plateau, or mountaintop land, and cool, deep gorges, locally known as “gulfs” or “coves”. The most prominent gorges are listed below; next to each is the trailhead you can use to reach or view that gorge:

- **Savage Gulf** Savage Gulf East
- **Collins Gulf** Savage Gulf South
- **Big Creek Gulf** Savage Gulf West
- **Fiery Gizzard** Fiery Gizzard N or S
- **Lost Cove** Lost Cove East or West
- **Crow Creek** Lost Cove East or West
- **Tom Pack Hollow** Lost Cove East
- **Denny Cove** Denny Cove

*NOTE: These gorges are rugged and large. Be sure you are wearing sturdy hiking shoes or boots -- no open-toed shoes! Have plenty of water and a high-energy snack, a map and, if you wish, a sturdy hiking pole before heading out. Be aware of trail distances, and when the sun will set (see the sunset chart on the next panel...)*



NEVER ENTER A CAVE WITHOUT PROPER CLOTHING, HEADLAMPS, AND PROTECTIVE GEAR. CAVING IS A DANGEROUS ACTIVITY AND SHOULD NOT BE ATTEMPTED BY NOVICES.

«« NOTE: A permit is required for caving. Scan this code with your phone’s camera to go to the online application.



*Our park rangers are AWESOME . . . and they offer hikes and programs almost every day! See the schedule at [TNstateparks.com/parks/events/south-cumberland](http://TNstateparks.com/parks/events/south-cumberland)*



# ParkSmarts™: What you need to know to have a safe visit to South Cumberland



South Cumberland State Park

## CAMPGROUNDS

South Cumberland State Park has backcountry campgrounds in many areas of the park. Listed next to each is the trailhead you can use to access that campground:



- **Alum Gap** Savage Gulf North
- **Collins West** Savage Gulf South
- **Dinky Line** Savage Gulf East
- **Father Adamz** Fiery Gizzard South
- **Foster Falls** Fiery Gizzard South
- **Grundy Forest** Fiery Gizzard North
- **Hobbs Cabin** Savage Gulf North
- **Sawmill** Savage Gulf North
- **Stone Door** Savage Gulf North
- **Savage Falls** Savage Gulf East
- **Stagecoach Road** Savage Gulf East
- **Savage Station** Savage Gulf East
- **Small Wilds** Fiery Gizzard South

**NOTE:** An online reservation is required to camp. Scan this code with your phone's camera to go to the online reservation page. >>>



## WHAT YOU NEED TO KNOW ABOUT THE PARK'S TRAIL MILEPOST SYSTEM

**LOOK FOR THE MILEPOST MARKERS, AND KNOW HOW TO USE THEM!**

Throughout the park you'll see a series of metal disks mounted to trees or posts along our trails, every half mile. These milepost markers will help you keep track of your location.



**• If you, or someone in your group are LOST or INJURED** and you need to call 911 for emergency assistance, *stay on the trail*, and walk to the nearest milepost marker. Remember, the nearest marker may be in front or behind you, but it should not be more than 1300 feet away! *When you get to the marker*, call 911 and give them the unique *location code* you'll see on the bottom of that marker (sample at left). This code will tell emergency responders exactly where to find you. *Once you call, do NOT leave that location, unless it is critical that you attend to the injured person.* This will help ensure that help arrives as quickly as possible.

**REPORT THIS CODE TO EMERGENCY RESPONDERS WHEN YOU CALL 911. IT WILL TELL THEM EXACTLY WHERE YOU ARE LOCATED!**

### NOT ALL PARTS OF THE PARK HAVE CELL SERVICE!

If you need to call 911 but cannot get a signal, everyone in your group should *always stay on the trail*. Walk back, the way that you came, to the nearest milepost marker (not more than 1300 feet away) and make note of the unique *location code* at the bottom of that marker (see above). *Everyone in your group, except for the person who will be trying to get a cell signal, should stay at this location, and not leave.* Your designated caller should take a picture of the unique *location code* on the bottom of that marker, and then walk back the way you came, *staying on the trail at all times*, until they get a cell signal AND are standing by another milepost marker, and then call 911 for help. They should give the emergency responder both the *location code* of their location, and the *location code* of the marker where the rest of your group is located. This will tell emergency responders exactly where to find each of you.

### REMEMBER TO BRING A MAP WITH YOU.

Park maps are available for download online (scan this code with your phone's camera to go to the download page) and in paper form in the Information & Welcome Center (the building behind you). They show you each of the nearly 100 miles of trails in the park, and how to get there. This is a huge park, spanning four counties, and having a trail map is the best way to know where you're going, and how to safely get back to your car!



## South Cumberland State Park is on Central Time. Know when the sun will set today!

As you visit the park today, be aware of how long it has taken you to hike in, and allow at least an equal amount of time to hike out. Before you begin, make sure you are aware of today's sunset time. Our shaded gorges, gulfs and coves get dark before our mountaintop and plateau areas! **Here are the local sunset times for each month of the year at South Cumberland State Park:**

January	4:40 (CST)	May	7:29 (CDT)	September	6:27 (CDT)
February	5:10 (CST)	June	8:01 (CDT)	October	5:48 (CDT)
March	6:44 (CDT)	July	7:46 (CST)	November	4:30 (CST)
April	7:04 (CDT)	August	7:10 (CST)	December	4:29 (CST)

(CST = Central Standard Time; CDT = Central Daylight Time)

## WHAT'S IN THAT BUILDING?

**The building behind you is the South Cumberland State Park Information & Welcome Center. It is normally open daily from 8 am 'til 4 pm. Inside you'll find...**

- A friendly, staffed Information Desk
- Park Maps, including a 3-D scale model of the park
- An Exhibit Area, with waterfall and trail videos, an interactive touchscreen, and activities designed for pre-teen children
- A Gift Shop with SCSP gear and official souvenirs
- Restrooms (outside the Welcome Center, to the left)

Get more ParkSmarts™ at [FriendsOfSouthCumberland.org/park-smarts](http://FriendsOfSouthCumberland.org/park-smarts)

This project has been generously funded by the



[FriendsOfSouthCumberland.org](http://FriendsOfSouthCumberland.org)



## PICNICKING and PAVILIONS

South Cumberland State Park has four picnic and pavilion facilities across the park. Next to each is the trailhead at which the pavilion/picnic area is located:



- **Welcome Center** – You're Here!
- **Foster Falls** – Fiery Gizzard South
- **Grundy Forest** – Fiery Gizzard North
- **Stone Door** – Savage Gulf North

<<< **NOTE:** An online reservation is required to reserve a pavilion for group use. Scan this code with your phone's camera to go to the online reservation page.

## FISHING

South Cumberland State Park has one designated fishing area, at Grundy Lakes. The lake is stocked annually by the Tennessee Wildlife Resources Agency.



Unfortunately, there are no game fish in the creeks of the park.

<<< **NOTE:** A valid Tennessee fishing license is required for anyone between the ages of 13 and 78. Scan this code with your phone's camera to go to the online application.

## ROCK CLIMBING

South Cumberland State Park has three major climbing areas, which are listed below; next to each is the trailhead you can use to access that climbing area:

- **Denny Cove** Denny Cove (trad and sport)
- **Foster Falls** Fiery Gizzard South (trad and sport)
- **Stone Door** Savage Gulf North (rappelling & top-rope)

**NEVER ATTEMPT CLIMBING WITHOUT PROPER SHOES, HARNESSES, ROPES AND PROTECTIVE GEAR. CLIMBING IS A DANGEROUS ACTIVITY AND SHOULD NOT BE ATTEMPTED BY NOVICES.**

If you want to try out climbing, please check with one of our staff members in the building to your left, or with an SCSP uniformed Ranger, as the park periodically offers introductory climbing activities under the supervision of a trained instructor.

**NOTE:** A permit is required to climb. Scan this code with your phone's camera to go to the online application. >>>



Denny Cove