

This brochure is funded in part through the Federal Highway Administration's Recreational Trails Program, administered by the Tennessee Department of Environment and Conservation, Recreation Educational Services Division, Greenways and Trails Program.

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Logos for Tennessee State Parks, U.S. Department of Transportation, and Federal Highway Administration.

HIKER-CAMPER-CLIMBER CHECKLIST

- Weather-appropriate clothing?
- Sturdy, activity-appropriate shoes?
- Plenty of water & high-energy snacks?
- Basic First Aid kit?
- Know how long your hike/climb will take?
- Know today's sunset time?
sunrise-sunset.org/us/monteagle-tn
- Know today's weather forecast?
www.weather.gov (enter ZIP 37356)
- Campsite reserved?**
tnstateparks.itinio.com/south-cumberland
- Climbing permit obtained?**
stateoftennessee.formstack.com/forms/rock_climbing

PARK REGULATIONS

- Hike on designated trails only. No off trail hiking, shortcuts, or "bush whacking." All trails are marked with a white or blue blaze.
- Absolutely no hiking after dark.
- Do not jump from waterfalls or cliffs in any park area. Swim at your own risk.
- Pets must always be leashed & under control.
- Horses, bicycles and vehicles of all kinds are prohibited on trails and backcountry roads.
- Destroying, digging, removing or possessing any live tree, shrub or plant is prohibited.
- Hunting, killing, wounding, harassing, or capture of any wildlife is prohibited.

CLIMBING REGULATIONS

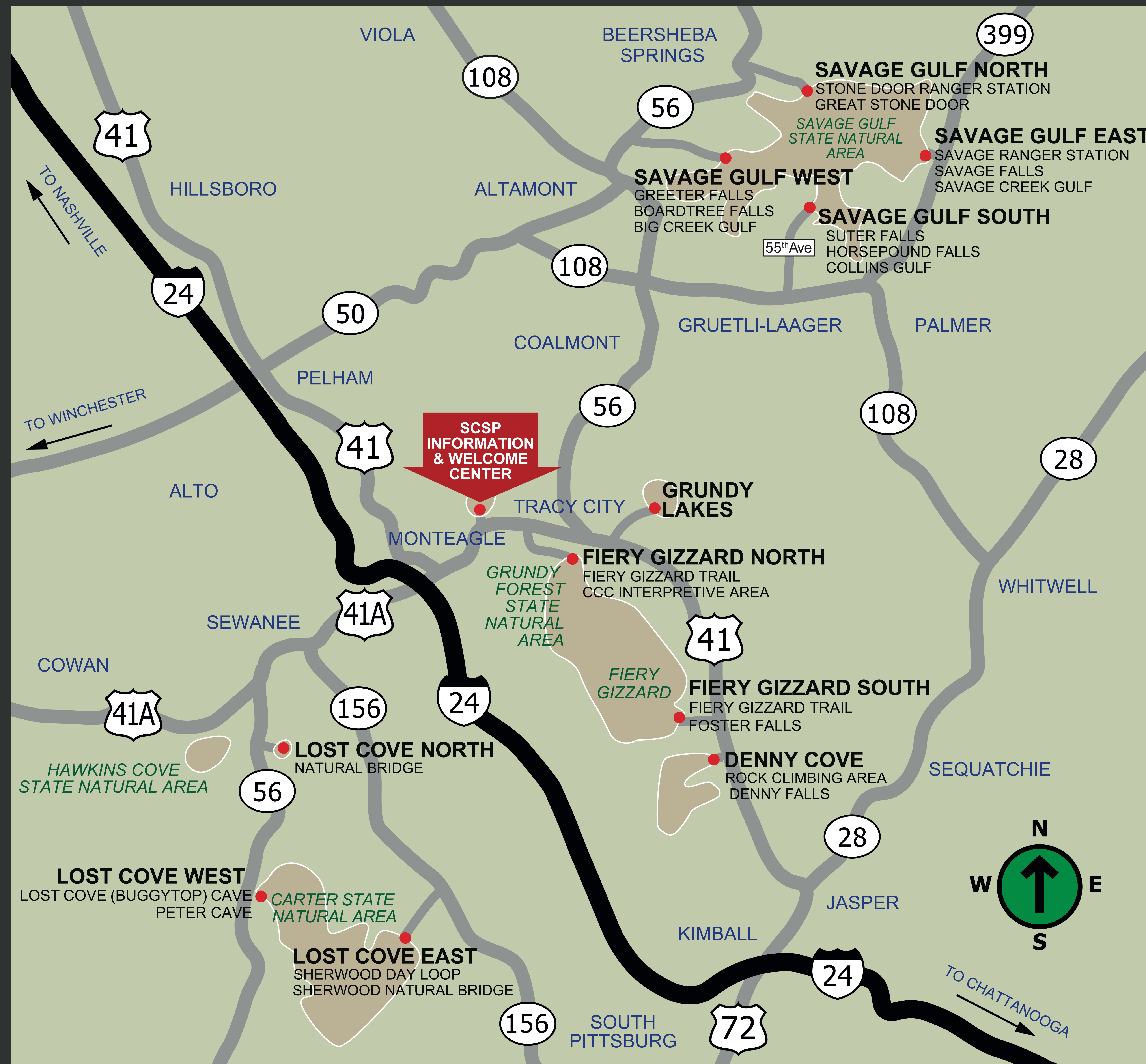
- Climbing is by permit only. Obtain permit at: stateoftennessee.formstack.com/forms/rock_climbing
- At Stone Door, climbing and rappelling is only allowed in the designated climbing area.
- In the Fiery Gizzard, climbing is restricted to the routes in Foster Falls climbing area only.
- At Denny Cove, climbing is restricted to the climbing routes on the north cliff face.
- Rappelling not allowed except at Stone Door.

CAMPING REGULATIONS

- Camping is by reservation only. Reserve at: tnstateparks.itinio.com/south-cumberland
- Check-in time for camping is 12:00 pm (Central); check-out time is 10:00 am (Central).
- Your camping receipt or name associated with reservation MUST be placed in the dash of each vehicle that is parked overnight.
- Camp only in designated campgrounds.
- The gathering of firewood is limited to dead materials on the ground. Fires are permitted in established fire rings only. Don't move fire rings, burn trash, or leave a fire unattended.
- Quiet Hours in all campgrounds are between the hours of 10:00 pm and 6:00 am.

Complete State Park Rules and Regulations are at <http://tnstateparks.com/about/policies>

Trailheads • South Cumberland State Park



TRAILHEAD LOCATIONS, DIRECTIONS & INFO

Distances indicate trailhead's distance (in road miles) from the SCSP Information & Welcome Center in Monteagle. Directions assume you are coming from there. Street addresses shown here work with most GPS navigation systems.

- SCSP Information & Welcome Center** 931-924-2980 **OPEN 9 am – 4 pm daily; closed for lunch**
 11745 US 41, Monteagle, TN 37356 **NO OVERNIGHT PARKING**
- Denny Cove [Denny Falls] (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] (3.0 miles)**
 131 Fiery Gizzard Rd., Tracy City, TN 37387 **OVERNIGHT PARKING FOR CAMPING 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] (11.3 miles)**
 498 Foster Falls Rd. Sequatchie, TN 37374 **OVERNIGHT PARKING FOR CAMPING 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 TN 37305 **OVERNIGHT PARKING FOR CAMPING 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 CAMPING ONLY**
 On TN Hwy 108 in Gruetli-Laager, watch for the small brown "Collins West" 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. Follow the 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 CAMPING ONLY**
 On TN Hwy 399, watch for large brown park sign. Entrance ahead on left. Trailhead is next to Ranger Station.
- Lost Cove North [Natural Bridge] (12.0 miles)**
 591 Natural Bridge Rd. Sewanee, TN 37376 **NO OVERNIGHT PARKING**
 On Sherwood Road, 3 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) and Peter Caves] (15.9 mi)** **CAVES OPEN May 15-Sep 15 ONLY**
 6398 Sherwood Road, Sewanee, TN 37375 **NO OVERNIGHT PARKING**
 Take Sherwood Road 6.6 miles south from US 41A 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 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.



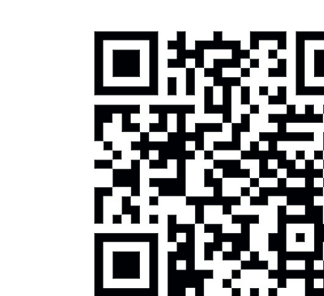
CAMPSITE RESERVATIONS REQUIRED – OBTAIN ONLINE AT:
tnstateparks.itinio.com/south-cumberland



CLIMBING PERMIT REQUIRED – OBTAIN ONLINE AT:
stateoftennessee.formstack.com/forms/rock_climbing



FOR A CURRENT LISTING OF ALL RANGER-LED HIKES AND PROGRAMS IN THE PARK, VISIT
www.TNstateparks.com/parks/about/south-cumberland/



LOVE THE PARK? WANT TO HELP KEEP IT AWESOME?
 Volunteer, join and/or donate to the Friends of South Cumberland State Park!
www.FriendsOfSouthCumberland.org

