

TRAIL OVERVIEW

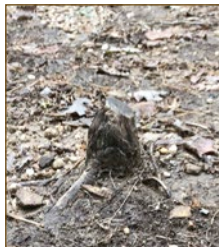
DENNY COVE

There are four trail sections within the Denny Cove area of South Cumberland State Park.

The **Denny Cove Access Trail**, 0.45 miles each way, provides access from the main trailhead at the parking area to the trail intersection at which you can turn east (left) to take the **Waterfall Trail** (1.0 mi. each way), or continue on the Denny Cove Trail (now a blue blaze) to two overlooks. The remaining trail sections – **Denny East** (0.85 mi. each way) and **Denny West** (0.25 mi. each way) – both climbers' access trails – diverge left and right, respectively, about 250 feet from the start of the Waterfall Trail.

Elevation Change

Trails in Denny Cove range in elevation from 1375 to 1972 feet, with the most noticeable elevation change taking place on the Waterfall Trail (325 feet, each way).



On most Denny Cove trails, be on the look-out for tree stumps, as these trails are still quite new.

Trail Difficulty

Denny Cove was added to South Cumberland State

Park in 2017 and as such, the trails here are all still relatively new. You may still find remnants of tree stumps, some as large as 3 inches in diameter, and embedded or loose rocks on some trail segments, particularly on sections below the bluff line (Denny East, Denny West and Waterfall trails).

Below the bluff, the trails periodically transition to rock scrambles across boulder or scree fields, to the point where trail blazes (white for primary routes; blue for spurs or secondary routes) are, at times, the only discernible indication that you're still on a trail.

The Denny Cove Access Trail is rated as easy; Denny West, moderate; Denny East, mostly strenuous; and the Waterfall Trail, mainly moderate, but strenuous in a few places, such as boulder or scree fields.

Trail Descriptions *(continued from reverse)*

Denny West Trail *(climbers' access)*

This easy to moderate 0.25 mile climber's access trail has some brief rock scrambles. Take the Waterfall Trail about 250 feet east to the trail intersection, turn west at the Denny Cove West trail sign and descend about 30 feet to rock-hop across a seasonal stream. Follow the base of the bluff through areas of loose rock and boulders. At mile 0.21, after ascending to an elevation of 1743 feet, notice the sport-face bolted climbing routes, as well as overhanging dihedrals – a 'half open book' feature, prized by climbers. At mile 0.25, at an elevation of 1703 feet, the trail ends with a three-foot tall stone marker.

Denny East Trail *(climbers' access)*

While it features relatively little elevation change, this somewhat strenuous 0.85 mi. climbers' access trail includes significant rock scrambles and a short tunnel. Other difficulties include loose rock and some narrow (24" width) trail sections directly adjacent to significant (50-foot) drop-offs.

This is a beautiful and varied trail, offering dramatic, up-close views of the cliff-line that has made this area a rock climbing mecca. Take the Waterfall Trail about 250 feet east to the trail intersection, then turn left, up the small stone staircase, at the Denny Cove East trail sign. At mile 0.3, squeeze through the "tunnel" behind a large rock slab.

As you come to areas in use by climbers, please exercise caution and courtesy, giving priority to all climbers on the wall, as well as those supporting them on the ground. At mile 0.6, note the overhung "roof" of the cliff (another climbers' attraction), the large crack in the bluff line, and a prominent arete.

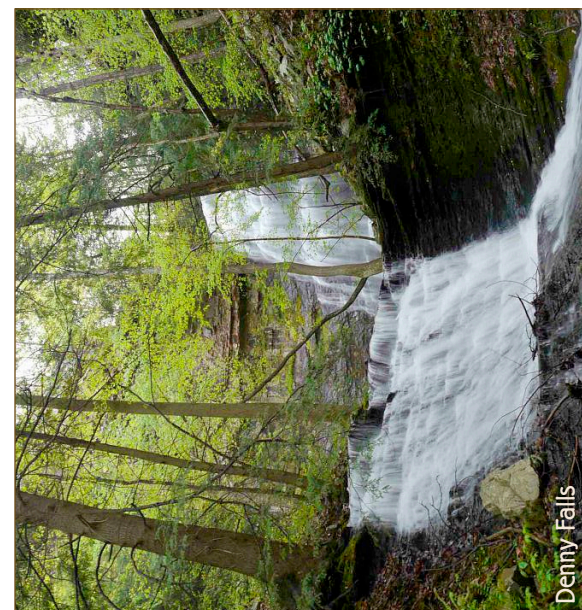
South Cumberland State Park NATURAL SCIENCE TRAIL GUIDE DENNY COVE

INCLUDING TRAIL DESCRIPTIONS FOR:

Denny Cove Access Trail • Waterfall Trail
Denny East Trail • Denny West Trail



RESEARCHED AND PRESENTED BY THE
TRAIL FRIENDS INFORMATION TEAM
OF THE FRIENDS OF SOUTH CUMBERLAND STATE PARK



Denny Falls

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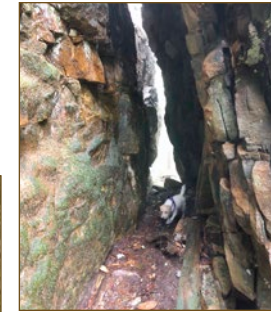
DENNY COVE TRAIL DESCRIPTIONS

Denny Cove Access Trail

An easy 0.45 mile trail from the Denny Cove parking area through pine and hardwood stands to a trail intersection, where the Denny East, Denny West and Waterfall trails begin. At mile 0.1, the trail crosses a gravel fire road, then re-enters the woods where park information signs are posted. At mile 0.4, arrive at the trail intersection. You may continue in the same direction (west) across a rocky rivulet to continue on the Denny Cove Trail (now a blue blaze), or bear left (east) and follow the white blaze about 250 feet to the trail intersection for the Denny East, Denny West and Waterfall trails. After crossing the rivulet,

WATERFALL TRAIL (clockwise from bottom left):

Intersection signage for the Denny East and Denny West trails, 250 ft. from trail start; At mile 0.49, intersection signage for access to the "Buffet Wall" climbing area (Waterfall trail continues to the right); At mile 0.6, trail marked by white blaze in boulder field, the first of several "rock hops" you'll encounter enroute to the Denny Falls.

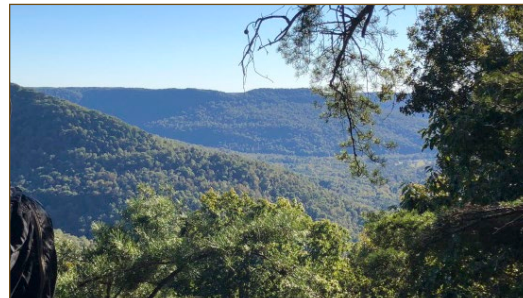


DENNY WEST & EAST (climbers' access) TRAILS (L to R): On Denny West (as at the base of most cliff-lines), the trail is littered with 'breakdown' and other large, and often loose rocks; The Denny East Trail includes this tunnel "squeeze" at mile 0.3; Much of the Denny East Trail also has a large amount of breakdown, loose rock and shale.



DENNY COVE ACCESS TRAIL (below):

The trail splits near mile 0.45, offering you two overlook views; the better view (shown here) is via the left fork of the trail.



the Access Trail begins a gentle climb. Along the way you'll see American holly, Virginia pine, Mountain Laurel, blueberry bushes, mosses, lichens and (if wet) fungi. At mile 0.44, you'll arrive at a trail intersection for two different overlooks. While the blue blaze takes you to the overlook on the right at mile 0.45, the better view is to the left, as you face the bluff edge. The near view is of Denny Cove, but off to the right you can see a portion of the lower Fiery Gizzard Cove.

Waterfall Trail

This mostly moderate to occasionally strenuous 1.0 mile "out-and-back" trail takes you to Denny Falls, actually a double-drop cascade that, on sunny afternoons, frequently displays its spray as a rainbow. This white-blaze trail is beautiful and varied, with at least one excellent view into the heart of Denny Cove. About 300 feet from the trail's start you'll encounter

a steep but not lengthy 18-degree descent. At mile 0.49, keep right (the spur trail to the climbers' "Buffet Wall" bears left here). At mile 0.6, navigate about 60 feet of small boulders and scree. At mile 0.7, navigate about 300 feet of boulder field with large and occasionally loose or unsteady rocks. At mile 0.8, continue your rocky scramble up a rough stone staircase. At mile 0.9, more stone steps provide the final ascent to the base of the falls. During times of high rainfall, please use caution: there may be water cascading down these steps, making them quite slick!

»» Denny West & Denny East trail descriptions on reverse



Don't forget to download the companion **GPS Trail Guide** (.kml file) for this hike at FriendsOfSouthCumberland.org/downloadable-maps