

Hiker's Knowledge:

Checklist:

- Water Bottle
- Sturdy Shoes
- Sun Protection
- First Aid Kit
- Field Guides
- Appropriate Clothing
- Insect Repellent
- Whistle
- Flashlight
- Snacks
- Rain Gear
- Binoculars



“Leaves of Three,
Let it Be!”

Poison Ivy

- Hike only as fast as the slowest member in your group.
- Let someone know where you are.
- Fill your water bottles before you leave, backcountry sources can be unpredictable.
- Stay on the trails.
- Keep an eye out for wildlife, often-times a person walks right by them.

South Cumberland State Park encompasses 25,000 acres atop the southern area of the Cumberland Plateau. Established in 1973, the park has been the destination of people from all over the world seeking its beautiful trails, waterfalls, and overlooks. Most of the park cannot be seen in a day, but must be visited time and time again to truly experience the immensity of the park's natural wonder.

Other than natural beauty, SCSP also has a significant cultural aspect, particularly the Lone Rock Coke Ovens, CCC involvement, and the Historic Stagecoach Road. Ask a ranger or attendant for more information!

Get out on those trails and have fun. Oh, and don't forget to share your photos with us!



/southcumberlandstatepark

Become a Friend of South Cumberland!

Who We Are & What We Do

The Friends of South Cumberland is a group of volunteer citizens dedicated to supporting the South Cumberland State Park, Tennessee's largest state wilderness park.

Please join us in supporting and protecting the South Cumberland State Park. Members will receive our newsletter, can participate in Friends of South Cumberland meetings and serve on committees and special park projects.

Several Membership Options Are Available

email: info@friendsofscsra.org

Visit our website: www.friendsofscsra.org

P.O. Box 816 • Sewanee, TN 37375



T E N N E S S E E
State Parks
SOUTH CUMBERLAND

Popular Day Hikes

South Cumberland State Park
11745 US 41
Monteagle, TN 37356
(931) 924-2980
www.tnstateparks.com

Visitor's Center:

Meadow Trail Hike:

1.3 mile roundtrip easy hike with views of wildflowers, wildlife, a pond and berries; can you identify what the trail used to be before it was a park? Ask a Ranger for an answer!

Grundy Lakes:

Lone Rock Trail:

An **easy 1.3 mile roundtrip hike** circling the Grundy Lakes. Set time aside to explore the coke ovens and to enjoy the views of the lakes in this historical area. Ask a desk attendant for a brochure on the ovens.

Fiery Gizzard Trail:

Grundy Day Loop:

This **moderate 2 mile roundtrip** hike will take you past multiple waterfalls, ancient trees, and plenty of enjoyable swimming holes.

Sycamore Falls Loop:

A moderate, 3 mile hike that drops off the top of the plateau and brings you to some interesting geologic formations and waterfalls. Don't forget your bathing suit to take a dip in the refreshing Sycamore Falls swimming hole!

Climber's Loop:

This 2 mile roundtrip hike takes you along beautiful cliff line and along the base of

towering bluff walls. Oh, and the picturesque Foster Falls is located on this hike!

Raven's Point Loop:

A difficult 10 mile trek into some of the more remote areas of the Fiery Gizzard. Please allow adequate time to make this hike (and of course to see the many springs, sinks, caves, overlooks, and waterfalls!) Meet this trail by way of the Fiery Gizzard below Sycamore Falls and be sure to check out the Raven's Point spur trail.

Foster Falls to Small Wilds:

A 5 mile out-and-back hike that will take you past waterfalls and some pretty cool overlooks.

Buggy Top:

Buggy Top Trail:

A moderately difficult 4 mile roundtrip hike to one of the largest cave openings in Tennessee. Watch your footing as you descend into Lost Cove and rest at the opening of the cave before heading back up. Bring lots of water.

Savage Gulf Trails:

Savage Day Loop:

This easy 4.2 mile roundtrip hike is a perfect afternoon outing for those looking to view the gulf and Savage Falls.

Stone Door Hike:

This easy 2 mile out-and-back hike is a must for all those first visiting the park. The Great Stone Door and the cliffs are not to be missed by anyone!

Suter Falls Hike:

A difficult 2 mile out-and-back viewing Suter Falls, rock shelters, and high bluffs.

Horsepound Falls:

A difficult 5 mile out-and-back hike perfect for those looking for a unique waterfall, overlooks, and lush wildflowers in the spring.

Big Creek Rim:

An easy 7 mile roundtrip hike overlooking some great views and of course the Stone Door!

Big Creek Gulf and Rim:

A difficult 9 mile roundtrip visiting waterfalls, sinks, overlooks and wildflowers.

Greeter Falls:

A moderate 1 mile out-and-back visiting the beautiful Greeter Falls as well as some smaller waterfalls and historic sites.

For more information or clarification, contact the Visitor's Center at

931-924-2980

-or-

931-924-2956