SOUTH CUMBERLAND STATE PARK - LOST COVE

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.

HIKER-CAMPER-CLIMBER CHECKLIST
- Weather-appropriate clothing?
- Studly, 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?
- Know today's weather forecast?
- www.weather.gov (enter ZIP 37356)
- Campsite reserved?
  tnsstateparks.tnio.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 "bushwhacking." 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.

CAMPING REGULATIONS
- Camping is by reservation only. Reserve at:
  tnsstateparks.tnio.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 these. Street addresses shown here work with most GPS navigation systems.

- **SCSP Information & Welcome Center** 931-924-2900  OPEN 9 am – 4 pm daily; closed for lunch
- **Denny Cove (Denny Falls)** (13.1 miles) From US 41 at TN 150, Sequatchie, TN 37374  NO OVERNIGHT PARKING
- **Fiery Gizzard North (Grundy Forest/CCI Interpretive Area)** (2.0 miles) 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) 908 Foster Falls Rd. Sequatchie, TN 37374  OVERNIGHT PARKING FOR CAMPING ONLY
- **Grundy Lakes** (5.0 miles) On US 41 just south of Tracy City, look for large brown park sign. 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
  - On US 41, just north of Altamont, watch for the small brown “Great Gifford” park sign and turn onto Great Gifford Rd. Follow the road, which ends at the parking area and trailhead 0.5 miles.
- **Savage Gulf South** (Collins Gulf/Suter Falls/Horsepound Falls) (20.0 miles) On TN Hwy 108 at Greeter Falls/Laager, TN 37339  OVERNIGHT PARKING FOR CAMPING ONLY
  - On TN Hwy 108 in Greenville, watch for the small brown “Collins Gulf” 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) (18.3 miles) 510 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 sign 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 Seat 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 Cave) (15.9 mi) 519 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.itn.io/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?**

- Volunteers, join and/or donate to the Friends of South Cumberland State Park!
- www.FriendsOfSouthCumberland.org