

FROZEN HEAD STATE PARK:

1. **Story Book Trail (Flat Fork Creek Trail)** (1 mile lollipop loop) – This scenic trail follows along the creek from the Visitor’s Center to the Playground. When you reach the end of the trail, walk the road to the pedestrian bridge that crosses the creek. Continue back across the wooden car bridge and pick up the trail where you exited. This will make a 1-mile lollipop loop. This trail is rated as easy and is a peaceful walk in the park!
2. **Interpretive Loop Trail (0.8 mile loop)** – This short loop is rated as easy and starts at the Old Mac Trailhead. Take the first right to begin the loop and enjoy this nice little journey in the woods along the creek! When you come to the intersection, take a left to head back to the trailhead.
3. **Interpretive / Judge Branch Loop** (2.75 mile loop) – The Judge Branch Loop is teeming with Mountain Laurel on both sides. Start at the Old Mac Trailhead and hang a right to do the Interpretive Loop. Once you get to the intersection, continue on Judge Branch. You will finish up by coming down South Old Mac. This trail is easy to moderate.
4. **Panther Branch to Debord/Emory Gap Falls** (2.6 miles out and back) – This trail takes you up the mountain to not just one, but two, waterfalls! After a rainy day, you may even see several pop-up falls along the way. This trail is rated easy to moderate and follows along the creek for most of the trail.
5. **Big Mac with 2 sides** (8.2 mile loop) – This hike is rated moderate to difficult. Start at the North Mac Trailhead. Go up North Mac and stop by Panther Gap Rock House and then continue up to the Lookout Tower. From here, you will take South Mac down back to your vehicle.
6. **Spicewood/South Mac Loop** (7.9 mile loop) – Start at the Old Mac Trailhead and take the Spicewood trail at the split. This trail is moderate to difficult. You will pick up part of the Chimney Tops trail on your way up to the tower. Stop by the Lookout Tower (this mileage is included) and then head back down South Old Mac.
7. **Panther Branch to Debord/Emory Gap Falls/North Mac Loop** (5.8 mile loop/6.7 miles if you walk the road back to vehicle) – This trail takes you up the mountain to not just one, but two, waterfalls! After a rainy day, you may even see several pop-up falls along the way. Backtrack from Emory Gap Falls to Panther Branch Trailhead. Make your way up Panther Branch and connect to North Mac. There’s a gorgeous overlook at the North Mac Campground. Stop by and have a snack and take in the view. Continue on down North Mac back to the parking lot. If you have 2 cars, feel free to leave one here and drive up to the other parking area. If not, you may count your mileage of the walk back to your car. This trail is rated moderate. Please be cautious on Panther Branch; there is some trail erosion due to all the recent rains.
8. **Chimney Tops – Lookout Tower – Panther Gap Rock House - North Old Mac** (12 mile loop) – This EXTREMELY strenuous hike begins at the Chimney Tops Trailhead behind the visitor’s center and will take you through 22 switchbacks and many steep climbs until you reach the Mart Field Campground. On a clear day, you can see the Lookout Tower from here and yes that is where you’re heading next! Continue across the mountain to the fire tower. If you’re not too afraid of heights, climb up and enjoy a nice lunch while you see a 360 view that goes on for miles! Head back down and visit the Panther Gap Rock House before continuing on to North Old Mac. There is a small campground not far off of this trail that offers another amazing overlook framed perfectly by the surrounding trees! You will have to walk the road back to your vehicle, but don’t worry, it’s a short walk and although your boots are tired, you have accomplished a great feat!!!
9. **Bird Mountain / Emory Tract Section of Cumberland Trail** (7.8 mile loop) – This trail starts at the Big Cove Campground at the infamous yellow gate that has meant victory or defeat to many Barkley Marathoners! Head up the gravel road to the Bird Mountain Trailhead. Once you get to the top, hang a right until you reach Castle Rock (not North Bird). After you enjoy this neat little section of the trail, turn around and head back in the opposite direction. This should put you on the Emory Tract Section

of the Cumberland Trail. Follow this trail to Ross Gap Trail (this road is rocky and rutted and makes this trail a little more difficult). It adjoins near Rocky Fork to another trail that will take you back to the Visitor's Center. (NOTE: There is a creek crossing, be prepared to take an alternate route via the road back to the Visitor's Center if the water is high or freezing!) From there, you can walk back to your car and enjoy the Flat Fork Creek Trail just past the wooden bridge.

10. **Lookout Tower East** (6.3 miles out and back) – This trail starts on Petros Hwy. It is the shortest route to the Lookout tower and is rated moderate to strenuous. Along the way, you will take the short spur to the Old Prison Mines (mileage is included).
11. **Lookout Tower West** (12.6 miles out and back) – This trail starts at the infamous yellow gate and follows the Jeep road to the Lookout Tower. It is rated strenuous due to distance and elevation gain.

Website: [Frozen Head State Park — Tennessee State Parks \(tnstateparks.com\)](http://www.tnstateparks.com)

Map: [Frozen Head web.jpg \(1584x1224\) \(tnstateparks.com\)](#)

OBED WILD & SCENIC RIVER:

12. **Boulder Field Trail** (0.8 miles out and back) – This trail takes you down to the boulder field where you can roam around the massive boulders for hours! Gorgeous sandstone formations will amaze you and you may even see some climbers hanging out!
13. **Bridge Trail to Overlook** (1 mile out and back) – This hike is a moderate to strenuous hike that starts at Lilly Bridge parking lot and continues up to Lilly Overlook. Along the way, you can veer off to the trails on the left to see Upper and Lower Melton Mill Falls (please be careful, as these trails are NOT cleared regularly and can be dangerous).
14. **Point Trail/Overlook Trail** (4.4 miles out and back) – This trail is rated moderate and will take you to breathtaking overlooks (Caution: These are unprotected overlooks) and some amazing corridors of Mountain Laurel! The trailhead starts about 0.2 miles from the overlook on the wide path.
15. **Overlook Trail** (0.6 miles out and back) – This trail is rated easy and will take you to the boardwalk/overlook where you can enjoy a beautiful view of the river gorge. Even on gray days, this view is amazing!
16. **Emory River Nature Trail** (1 mile loop) – This trail is rated easy to moderate. This trail starts at the Rock Creek Campground and uses a portion of the CT before making a steep descent back down to the river. You will get to enjoy the best of both worlds, the boulders on the bluff and back down to the gorge. The Mountain Laurel makes a nice canopy while walking along the river. If you catch it at the right time, the blooms are beautiful in this area!
17. **Emory River Gorge Section of the Cumberland Trail** (2.6 miles out and back) - This trailhead starts at the Nemo Bridge parking lot. This moderate trail will climb up from the river and will eventually land you on top of a train tunnel. This overlook provides a gorgeous view of the Emory River (Caution: This is an unprotected overlook). Continue past the tunnel to the End of Trail sign and after a nice spring shower, there will be a little cascade to complete your journey!
18. **Obed River Section of the Cumberland Trail to Alley Ford** (4.8 miles out and back) - This trailhead starts at the Rock Creek Campground just across the bridge to the right. This strenuous trail will need to be followed starting at mile 14.1 and hiked from bottom to top according to the mile-by-mile instructions on the CT Website link. This will take you to Alley Ford Campground at mile 2.4. Once there, head down the rocks (carefully) to the river. Enjoy a break and then backtrack back to the campground.
19. **Obed River Section of the Cumberland Trail to Breakaway Bluff** (8.4 miles out and back) - This trailhead starts at the Rock Creek Campground just across the bridge to the right. This strenuous trail will need to be followed starting at mile 14.1 and hiked from bottom to top according to the mile-by-mile instructions on the CT Website link. This will take you to Alley Ford Campground at mile 2.4. Once

you get to mile 4.2, you will be at Breakaway Bluff. It's at this point you can turn around and make your way back to the car; that is, unless you want to keep going to Daddy's Creek for a total of 14.1 miles ONE WAY!

20. **Obed River Section of the Cumberland Trail to Devils Breakfast Table** (14.2 (one way) / 28.4 miles out and back) - This trailhead starts at the Rock Creek Campground just across the bridge to the right. This strenuous trail will need to be followed starting at mile 14.1 and hiked from bottom to top according to the mile-by-mile instructions on the CT Website link. This will take you to Alley Ford Campground at mile 2.4. Once you get to mile 4.2, you will be at Breakaway Bluff. From here continue on and you can either hike one way (leave a vehicle at both trailheads), or start at DBT, camp at Rock Creek Campground, and then hike back. Please read all cautions about parking and camping prior to this hike.

Website: [Hiking - Obed Wild & Scenic River \(U.S. National Park Service\) \(nps.gov\)](#)

Website: [Obed Wild and Scenic River Segment – Cumberland Trails Conference](#)

Map: [Lilly-Bridge-Area-3.jpg \(1831×1419\) \(nps.gov\)](#)

Map: [Obed Trails Map \(nps.gov\)](#)

Map: [Obed River Section – Cumberland Trails Conference](#)

Map: [Emory River Gorge Section – Cumberland Trails Conference](#)

LONE MOUNTAIN STATE FOREST:

21. **Carl Black Spur** (3.2 miles out and back) – You will take Clayton Howard Road to Bob Armes Circle and then down the LMSF Tree Farm Road (gravel road) to park. The trailhead is on the opposite side of the road of the big sign with all the trail listings. Once you get to the bottom of Carl Black Spur, you can turn around and backtrack to your vehicle. This hike has a moderate rating.
22. **Coyote Point Trail (start at Tree Farm Road)** (8.3 mile loop) – You will take Clayton Howard Road to Bob Armes Circle and then down the LMSF Tree Farm Road to park. This hike is rated strenuous due to distance and elevation gain. Start out on The Longest Mile and connect to the Dailey Trail. You will pass by a pond and Spring House close to the Coyote Point Spur. Once you reach the Spur, enjoy the view, take a breather, and have some lunch! Then head back out onto Southwest Trail. This will connect with Carl Black Spur and that can be taken back to the car where you can finally relax after this extremely tough day of climbing!
23. **Coyote Point Trail (start at Clayton Howard Road)** (7 miles out and back) – This trail is a more strenuous and direct route to Coyote Point. Start on Smokey Bear Trail (parking area across from the Forestry Department on Clayton Howard Rd.) and connect to Dailey Trail. From there, take the Coyote Point Spur and enjoy the views! Backtrack the same route to get back to your vehicle.

Website: [Lone Mountain State Forest \(tn.gov\)](#)

Map: <https://www.tn.gov/content/dam/tn/agriculture/documents/forestry/stateforests/2020/LoneMountainSF-Recreation-Map.pdf>

RUGBY STATE NATURAL AREA:

24. **White Oak** (2.3 mile loop) – This easy to moderate loop takes you through a corridor of Mountain Laurel on the first leg of the journey and then through a beautiful grove of Hemlocks on the second leg.
25. **Gentleman's Swimming Hole** (0.7 mile out and back) – A steep drop of 200 ft. will bring you out at the Swimming Hole with some interesting rock houses along the way. After visiting the swimming hole, head back out along the same trail.

26. Gentleman's Swimming Hole / Meeting of the Waters (2.5 mile loop) – A steep drop of 200 ft. will bring you out at the Swimming Hole with some interesting rock houses along the way. This moderate trail will take you to the point where Clear Fork meets White Oak Creek. This loop will bring you back to Laurel Dale Cemetery where you were originally parked. This hike may be easier for some to hike clockwise.
27. Massengale Loop (1 mile) – Start at the Massengale Loop Trailhead (take a LEFT) for 0.9 miles. Once you get to the Homestead, backtrack and continue the loop back to your car.

Website: <https://www.tn.gov/environment/program-areas/na-natural-areas/natural-areas-east-region/east-region-/na-na-rugby.html>

Map: Stop in at RMBrooks for a paper map or stop by the Rugby Visitors Center or see Appendix B

COLDITZ COVE STATE NATURAL AREA:

28. Northrup Falls (1.4 mile loop) – This beautiful hike takes you all the way around and underneath the stunning 60 ft. waterfall. On a sunny day, a rainbow can be seen in the mist of the falls! The trail is a little rugged in some areas, but if you take your time, it is manageable.

Website: [Colditz Cove \(tn.gov\)](http://www.tn.gov)

Map: https://www.tn.gov/content/dam/tn/environment/natural-areas/documents/natural-areas/na_colditz.pdf

POGUE CREEK CANYON STATE NATURAL AREA:

29. Pogue Creek Canyon Overlook (1.75 mile loop) – A moderate loop that includes some massive rock houses and a wonderful view from the overlook! There is Mountain Laurel all along this trail and it's only about 5 miles from Pickett State Park!
- ~~30. Pogue Creek Canyon Overlook – Upper Canyon Trail – Mesa Top Trail (6.2 miles out and back (including Overlook Loop)) – A moderate hike to Pogue Creek Canyon overlook is covered with Mountain Laurel. Once you backtrack to the Upper Canyon Trailhead, you will begin a steep decline into the canyon. There are beautiful rock houses along the way as well as several natural arches and a hidden wet weather waterfall (if you know where to look)! When you arrive at the Mesa Top Trail intersection, take a quick left and in 0.2 miles, you should come to a viewpoint. Go back down the steps and go up the steps directly across from you. This old road will lead you back to the main trail which you will take to get back to your car. Once you get to the loop split, go in the opposite direction you came from and finish the loop. ****This trail is currently closed****~~

Website: [Pogue Creek Canyon \(tn.gov\)](http://www.tn.gov)

Map: https://tnstateparks.com/assets/pdf/additional-content/Pogue_Creek_Canyon_Trail_Map_2017.pdf

PICKETT STATE PARK AREAS:

31. Hazard Cave Loop Trail (1.6 mile loop) --- This trail is rated moderate and takes you along a sandstone bluff with its main feature being Hazard Cave. If you catch it at the right time of year, you can see the amazing glowworms after dark!
32. Hazard Cave (0.5 miles out and back) --- This trail can be accessed from the TN 154 as you head towards Pickett State Park. This short walk takes you down a few sets of steps to a beautiful rock house and cave.

33. **Indian Rock House** (0.4 miles out and back) --- This short trail begins directly across the road from Hazard Cave and is a vast rock house that seems to go on forever. If you catch it after a spring shower, you might just see a little falls or two.
34. **Hazard Cave / Natural Bridge** (2.9 mile loop) --- ~~Start your hike at the Park Headquarters and join the Natural Bridge trail across from Cabin 8 (about 0.2 miles from headquarters). Continue to take the LEFT forks throughout the trail to get to Hazard Cave. This should take you down a set of concrete steps to Hazard Cave and will connect you with the Hazard Cave trail.~~ ****This trail is currently closed****
35. **Hidden Passage Loop** (7.8 mile loop) - This hike is rated difficult due to distance. The trailhead is just past the Pickett State Park entrance on the right. There are numerous rock houses throughout this hike with many amazing views and the gorgeous Crystal Falls. Once you get to Thompson Overlook, you will continue on. As you pass through the campground, know that you're very close to the end!
36. **Hidden Passage with Double Falls AND Tunnel Trail** (10.1 mile loop with spurs) - This hike is rated difficult due to distance. The trailhead is just past the Pickett State Park entrance on the right. There are numerous rock houses throughout this hike with many amazing views and not just one, but also the option of two beautiful waterfalls. Crystal Falls is less than a mile in on the trail to the right and is a delicate falls where the sun shines just right and you can see a rainbow. On a hot day, it offers a nice little reprieve! Continue on until you come to an intersection, go right on the 0.7-mile spur to get to Double Falls. Take a break and have lunch, play around in the water and look for crawdads! Head back the way you came and take a right to continue the loop. You should pass Thompson Overlook as you continue on. Past Thompson Overlook, you will see the spur trail to Tunnel Trail. Take this interesting out and back trail, be sure to take a tour through the tunnel, and then continue on the Hidden Passage Loop. You know you're close to the car when you pass the campground! So close...keep going!!!
37. **Pickett State Park Highlight Loop** (4.6 mile loop) --- ~~Start your hike at the Park Headquarters and join the Natural Bridge trail across from Cabin 8 (about 0.2 miles from headquarters). This trail will take you to an intersection where you can go to Indian Rock House and then to Hazard Cave / Window Arch. Keep following Natural Bridge Trail until you pick up the Lakeview Trail. Follow that around until you come to the intersection for the Island Trail. Complete the Island Trail and then complete Lake View until you reach your vehicle. This trail is a perimeter trail around most of the common areas of the park. A good map can be found in the book, 50 Hikes on Tennessee's Cumberland Plateau by Johnny Molloy.~~ ****This trail is currently closed****
38. **Ladder Trail** (0.95 mile loop) This trail is rated moderate. This loop trail follows Thompson Creek and features two single-rung ladders along sandstone bluff line. Be sure to bring water shoes, there are a few creek crossings!
39. **Ridge Trail** (2.65 mile loop) This trail is rated moderate. The trailhead can be reached via the Hazard Cave Trailhead near the picnic areas. Hike 0.15 miles on the Hazard Cave Loop trail before reaching the Ridge Trail trailhead. This trail makes a 2.5-mile loop. **Caution — during high rains, this trail may be more difficult and bridge could possibly be washed away.** ****This trail is currently closed****

Website: [Pickett CCC Memorial State Park — Tennessee State Parks \(tnstateparks.com\)](http://tnstateparks.com)

Map: [23-pickett \(tnstateparks.com\)](http://tnstateparks.com)

BIG SOUTH FORK:

40. **Burnt Mill Bridge Loop** (3.6 mile loop) - This moderate hike starts at the Burnt Mill Bridge Trailhead parking area and follows along the banks of the Clear Fork River. Along the way, you will be able

to stop along the river and take in the beautiful views around you. You may even catch some folks fishing, swimming, or just floating along. There are plenty of rock houses, river views, maybe even a falls or two, and a plethora of Mountain Laurel!

41. **Angel Falls Rapids** (4 miles out and back) - This easy trail follows along the river on the flat side. Once you get to the end, you can look up and see Angel Falls Overlook. Head back to the parking lot after carefully scrambling around the rocks near the rapids...carefully!
42. **Angel Falls Overlook** (5.6 miles out and back) – This hike begins across the bridge from the Leatherwood Ford Parking area. This moderate to difficult hike takes you along the other side of the river for approximately two miles and then connects to Grand Gap Loop. Continue on to the Overlook and enjoy lunch on the bluff while soaking up some sun and glorious views!
43. **Honey Creek Loop** (5.63 mile loop) – This hike begins at the Honey Creek Trailhead and is a very strenuous 5.63-mile loop! Along the way, you will see waterfalls, cross the creek a few times (be sure to bring water shoes), climb through boulders, and see an amazing overlook! This trail is one of my personal favorites as there is rarely a boring moment on it!
44. **Twin Arches Loop** (4.5 mile loop) – This hike will take you around several rock shelters and cliffs, an old home site, and to Charit Creek Lodge.
45. **Oscar Blevins Farm Loop** (3.6 mile loop) – This loop is rated easy and takes you along Bandy Creek. There is a wet weather waterfall, several rock shelters, and the Oscar Blevins Farm. If the orange tabby cat is there, give it some love, unless you're allergic!
46. **O&W Trail** (4.6 miles out and back) – Part of the John Muir Trail, the O&W Trail follows the river upstream to the Oneida and Western Railroad Bridge. This trail is rated moderate.
47. **John Litton Farm Loop** (6.3 mile loop) – This moderate trail begins across from the pool and uses a portion of Duncan Hollow Multi-Use Trail and then the Litton Farm Road. Hiking the loop counter-clockwise, turn left on each of these roads to return to the campground.
48. **Slave Falls Loop/Needle Arch** (4.2 mile loop) – This trailhead can be reached off of Hwy 154. Start at the Sawmill Trailhead and pick up Slave Falls Trail. The waterfall can be reached in 1.2 miles. Continue the loop and include the Needle Arches.
49. **Middle Creek Loop** (3.5 mile loop) – This trailhead can be reached off of Hwy 154 (Divide Road). This hike is rated easy to moderate.
50. **Rock Creek Loop** (7.1 mile loop)–There is limited parking for this trail near the Hattie Blevins Cemetery. (The sign reads 9 miles, but it is logged at 7.1 miles) This trail is rated difficult.
51. **Blue Heron Loop** (6.4 mile loop) – This trail explores some of BSF on the KY side. This trail is rated moderate and has such features as Devils Jump, lots of abandoned mines, and Cracks-in-the-Rock. The trailhead can be found at the Blue Heron Visitor Complex.
52. **Yahoo Falls/Yahoo Arch** (3 mile lollipop loop) – To get to the trailhead, take Yahoo Rd. to the parking area. The trail is well marked. You will want to go left when making the loop (down the stairs) to the falls, behind the falls, and continue on until you reach Yahoo Arch. Once here, you will turn around and then complete the loop back to the parking lot. While you're there, walk a little bit down the hill (in the curve) and check out the Yahoo Overlook too!
53. **Yamacraw-Yahoo Falls Loop** (15.4 miles (16.4 if you add on Maker's Arch) - This trail starts at the Yamacraw (STA) trailhead. It is rated strenuous and can either be completed as day hike or an overnight.
54. **Grand Gap Loop** (7 mile loop) – This trail is rated moderate and includes some spectacular views. Be aware that this is a shared trail and you may encounter mountain bikes! The trailhead is located on Alfred Smith Road (Google maps).
55. **Split Bow Arch/Bear Creek Overlook** (1.14 miles (both trails) – Bear Creek Overlook is a 0.5 mile out and back that is rated easy. The field leading up to the overlook is teeming with wildflowers during the springtime! Split Bow Arch is a 0.64 mile lollipop loop and is rated moderate. As you are driving out, you can also stop and see the Split Bow Arch Overlook (no access to arch from the top).

Website: <https://www.nps.gov/biso/planyourvisit/hiking.htm>

Map: <https://www.nps.gov/biso/planyourvisit/hiking.htm>

There are several links to different maps from this page.

CUMBERLAND TRAIL STATE PARK:

56. **Black Mountain Segment of Cumberland Trail** (9 miles out and back including upper loop) – To find this trailhead, it's best to use the GPS coordinates and plug them into maps on your phone! You will park on the side of the road and the trail starts on the opposite side of the road. Along the way up, you'll pass by The Windless Cave. Please keep in mind that White Nose Syndrome is a problem in this area and adhere to the warning signs posted. You will dread life as you head through the numerous switchbacks, but your reward will soon be in sight! Enjoy the huge boulder field and ascend the stairs to reach the Black Mountain Trail. Head right and you will soon come to the sign for the Overlook. After you take in the breathtaking views, head back to the trail and continue right to finish the loop. You will see a neat little spring well and an old chimney. Finish the loop and then head back down the way you came. Watch out for traffic as you cross the road back to your vehicle, you may be moving a little slower than when you started!
57. **Black Mountain Loop** (2 mile loop) – From the parking lot, you will begin the trail and right away see a neat little spring well and an old chimney. Continue around the loop and be sure to stop by the Overlooks for some fantastic views. If you feel a little adventurous, trek down the main CT trail through the steps in the crack and spend some time at the boulder field! ****Spring Ultra Hike****
58. **Brady Mountain Trail to Brady Bluff** (4.8 miles out and back) – To find this trailhead, it's best to use the GPS coordinates and plug them into maps on your phone! You will park on the side of the road and the trail starts just up the hill from the parking area. This trail is rated moderate and has lots of up. You will come to a sign that says "Overlook", take the spur and go enjoy the view over Grassy Cove! Return to the main trail and head back down to your vehicle.
59. **Stinging Fork Falls** (2.2 miles out and back) – This moderate trail takes you down into the gorge for a beautiful view of Stinging Fork Falls. Be sure to look for the YELLOW spur trails on this hike. The first one you come to on the left will take you to Indian Head Overlook and the second one on your left (down by the river) will switch you back and take you towards the falls. Backtrack to the main trail and go out the way you came in.
60. **Piney Falls State Natural Area** (2 mile balloon loop) – Once you get to the split, this trail moderate trail is easier if hiked counter---clockwise. Visit Lower Piney Falls (you can only enjoy the view from the top!) by trekking down a steep bank before continuing on to the Upper falls. Once you venture down behind the big falls, be sure to look for the trail markers on the other side. You will climb up a hill with the help of some friendly ropes and then you will follow the trail to the top of the falls. You must cross the top of the falls (during high water, this may not be passable) to continue the loop.
61. **Newby Branch/Cascades of Duskin Creek** (7.8 miles out and back) – This moderate to difficult trail begins at Newby Branch right off of Forest Camp Rd. You will need to start the trail here as there is no parking at the bridge. The trail follows the creek until you reach the bridge. Cross the bridge and hang a left. This trail takes you along Duskin Creek with numerous cascades along the way. Lots of gorgeous water features. Hike down to Spider Den for a look at the bluffs and a nice little spot to rest and have a snack! Once you reach Hemlock Falls, turn around and head back out along the same trail.
62. **Laurel Snow Wilderness Hike** (12.4 miles out and back) – This difficult trail starts at the Laurel Snow Trailhead and takes you on two out and back spurs that will lead you to both Laurel Falls Vistas and Snow Falls. There are several features on this hike and it is rated difficult due to climbs, distance, and the rocky trails.

63. **CHS Loop** (3.1 mile loop) – This moderate trail begins behind the Morgan County Visitor’s center and takes you up steep climbs with a nice view. It also takes you down behind the High School to the pond! It provides a nice little after work adventure.
64. **Ozone Falls** (2 out and back) – This trail is rated moderate as there is some rock scrambling to get to the bottom. Views from the top and the bottom can be enjoyed, just be careful; there are no protected overlooks! Follow the sign towards Black Mountain and at 0.5miles, cross a white bridge. At the 1 mile point, turn around at the giant rock on the left and head back towards the road. ****Spring Ultra Hike****
65. **Black Mountain to Ozone Falls** (6.7 one way or 13.4 out and back) – This trail is rated strenuous and would be most enjoyed if you park a car at Ozone and start at Black Mountain! This trail begins at the Black Mountain parking area and is a steep decent to Ozone Falls. Be wary of several ATV roads. For best results, consult the cumberlandtrail.org mile by mile instructions.
66. **Head of Sequatchie** (3.2 mile out and back) – This trail is rated moderate. The trail begins across the field behind the building to the right. Cross the bridge where the Sequatchie River begins as a spring. Turn left and climb up the steps. Turn at the third left off the grassy road and follow the trail through the woods for about 1 mile. Turn around and head back to the grassy road. Turn left and follow the mowed field path back to the Head of Sequatchie. ****Spring Ultra Hike****
67. **Hebbertsberg South** (3.5 miles out and back) – This trail is rated moderate. Just past the yellow gate in the parking lot is the connector trail. Follow this trail for 0.25 miles and then turn left onto the main Cumberland Trail. In 0.5 miles cross Hebbertsburg Rd and continue along the trail into the woods to the wooden bridge. Turn around at the bridge to begin the return journey. ****Spring Ultra Hike****
68. **Hebbertsberg to Daddy’s Creek** (4 miles out and back) – This trail is rated moderate. Just past the yellow gate in the parking lot is the connector trail. Follow this trail for 0.25 miles and then turn right onto the main Cumberland Trail. There is a dramatic overlook off to the left of the trail just before it descends to Daddys Creek. After the overlook, continue on the CT for an additional 1.0 mile before turning around and retracing your steps to the trailhead. ****Spring Ultra Hike****
69. **Peavine Road to McGinnis Creek** (4.4 miles out and back) – This trail is rated moderate. Cross the road and follow the winding trail north towards Devil’s Breakfast Table. After 1.3 miles, the trail crosses an old gravel logging road. At 2.2 miles you reach a wooden bridge over McGinnis Creek. Turn around and retrace your steps back to your car. ****Spring Ultra Hike****
70. **Windlass Cave (Grassy Cove)** (3 miles out and back) – This trail is rated moderate. Cross the road and start up the Black Mountain Trail. (Do not head south on the Brady Mountain Trail!) Hike steadily uphill for 1.5 miles to Windlass Cave. The cave itself is CLOSED TO THE PUBLIC to protect the bats inside from white-nose disease. Admire from the outside before turning around and heading back downhill to the trailhead. ****Spring Ultra Hike****

Website: <https://springultrahike.com/wp-content/uploads/2025/02/spring-ultra-hike-trail-descriptions-and-directions.pdf>

Website: <https://cumberlandtrail.org/trail-segments/>

Map: You will find your maps to the different segments in the link above.

CUMBERLAND MOUNTAIN STATE PARK:

71. **Byrd Creek Trail** (2 mile out and back) – This trail is rated easy. Start on the Plateau Trail to descend behind the dam. Follow to the junction with Byrd Creek Trail. Continue along the Byrd Creek Trail to the Boy Scout covered bridge. Turn here and retrace your steps to the trailhead. ****Spring Ultra Hike****

72. **Byrd Lake Storybook ADA Trail** (1.2 out and back) – This trail is rated easy. Start at the boat dock/kayak marina. Cross the wooden bridge onto the Storybook Trail. Stop along the way and read the kid friendly signs. When you reach the Park Office turn around and return. (There are public restrooms in the park office building and the restaurant.) ****Spring Ultra Hike****
73. **Pioneer Long Trail** (2.6 mile loop) – This trail is rated easy. Cross the road and walk back to the bridge. You can start the hike on either bank of the creek. The trail follows the creek for about 1.3 miles to a swinging bridge. Cross the bridge and return on the other bank of the creek to the trailhead. ****Spring Ultra Hike****
74. **Pioneer Short Trail** (1.8 mile loop) - From the trailhead sign, turn right and stay on the parking lot side of the creek. Continue one mile to the suspension bridge. Cross the suspension bridge then walk up the steps. Turn left to begin the return trip. When you arrive at the wooden bridge, cross it to return to the boat dock and parking lot. ****Spring Ultra Hike****
75. **Plateau Nature Trail** (0.9 mile loop) - Follow Plateau Trail signs along the loop trail. The upper portion goes through dense forest before circling back to follow the creek on the lower trail. ****Spring Ultra Hike****

Website: <https://springultrahike.com/wp-content/uploads/2025/02/spring-ultra-hike-trail-descriptions-and-directions.pdf>

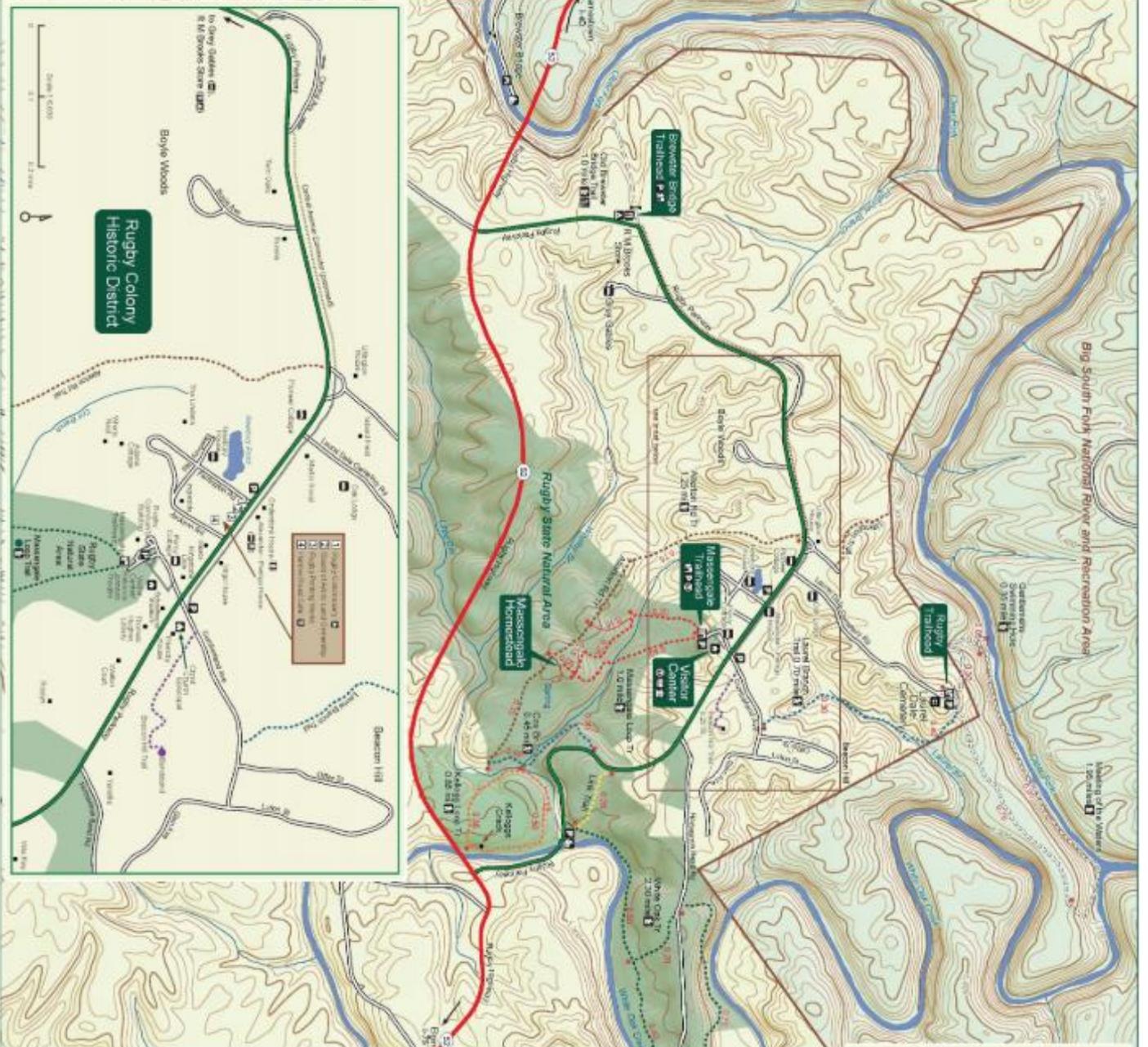
Website: <https://tnstateparks.com/parks/cumberland-mountain>

Map: https://tnstateparks.com/assets/pdf/additional-content/park-maps/Cumberland_Mountain_web.png

ADDITIONAL RESOURCES:

- A Falcon Guide: *Hiking Tennessee* by Kelley Roark and Stuart Carroll
- A Falcon Guide: *Hiking Waterfalls in Tennessee* by Johnny Molloy
- *Hiking the Big South Fork* by Brenda G. Deaver, Jo Anna Smith, & Howard Ray Duncan
- *50 Hikes on Tennessee's Cumberland Plateau* by Johnny Molloy
- ****Spring Ultra Hike**** Please visit the website for coordinates to these trailheads.
<https://springultrahike.com/wp-content/uploads/2025/02/spring-ultra-hike-trail-descriptions-and-directions.pdf>

Trails of Historic Rugby



Legend

- Highway
- Rugby Parkway
- Local Road/Street
- Unimproved Road
- Path (gravel)
- Stream
- Trail
- Secondary Trail
- Rugby State Natural Area
- Big South Fork - River & Recreation Area

Map Symbols

- Visitor Center
- Point of Interest
- Store
- Gift Shop
- Restaurant
- Lodging
- Historic Church
- Cemetery
- Public Parking
- Information
- Restroom
- Interpretive Panel
- Trailhead
- Hiking Trail
- Waypoint

Trails

Alpettin Rd Trail	1.25 miles
Emerson Hill Trail	0.25 miles
Coe Branch Trail	0.65 miles
Yaklogg Loop Trail	0.60 miles
Laurel Branch Trail	0.70 miles
Link Trail	0.20 miles
Massengale Loop Trail	1.00 miles
Vista Oak Trail - loop	2.30 miles
Gentlemen's Sit Trail	0.20 miles
Mossing Vickers Tr. - loop	1.85 miles

Historic Rugby

This map was funded through donations to Historic Rugby, Inc.

Earth is Love with a Village.

Map completed (September 2017)

Map of the Rugby Colony Historic District, Tennessee, showing trails, roads, and geographical features. The map includes an inset map of the Rugby Colony Historic District in the bottom right corner. Key locations marked include the Visitor Center, Massengale Homestead, and various trails like the Massengale Loop and the Rugby State Natural Area. The Big South Fork National River and Recreation Area is also shown.