

2025 Tennessee Mountain Laurel Hiking Marathon Trail Log

Start date: March 22, 2025 End Date: May 17,2025

Printed Name: _____ Email: _____ Marathon: 1/2 Full Ultra

Trail Name	Mileage	Date Completed
Story Book Trail (Flat Fork Creek Trail) FHSP	1	
Interpretive Loop Trail FHSP	0.8	
Interpretive/Judge Branch Loop FHSP	2.75	
Panther Branch to Debord/Emory Gap Falls FHSP	2.6	
Big Mac with 2 sides FHSP	8.2	
Spicewood/South Mac Loop FHSP	7.9	
Panther Branch to Debord/Emory Gap Falls/North Mac Loop FHSP	5.8/6.7(road)	
Chimney Tops – Lookout Tower – Panther Gap Rock House – North Old Mac FHSP	12.25	
Bird Mountain/Emory Tract Section of the CT FHSP/CTSP	7.8	
Lookout Tower East FHSP	6.3	
Lookout Tower West FHSP	12.6	
Boulder Field Trail OWSR	0.8	
Bridge Trail to Overlook OWSR	1	
Point Trail/Overlook Trail OWSR	4.4	
Overlook Trail OWSR	0.6	
Emory River Nature Trail OWSR	1	
Emory River Gorge Section of the CT OWSR/CTSP	2.6	
Obed River Section of the CT to Alley Ford OWSR/CTSP	4.8	
Obed River Section of the CT to Breakaway Bluff OWSR/CTSP	8.4	
Obed River Section of the CT to Devils Breakfast Table OWSR/CTSP	14.2/28.4	
Carl Black Spur LMSF	3.2	
Coyote Point Trail (start at Tree Farm Road) LMSF	8.3	
Coyote Point Trail (start at Clayton Howard Road) LMSF	7	
White Oak RSNA	2.3	
Gentlemen’s Swimming Hole RSNA/BSFNRRRA	0.7	

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Gentlemen's Swimming Hole/Meeting of the Waters RSNA/BSFNRR	2.5	
Massengale Loop RSNA	1	
Northrup Falls CCSNA	1.4	
Pogue Creek Canyon Overlook PCCSNA	1.75	
Pogue Creek Canyon Overlook/Upper Canyon Trail/Mesa Top Trail PCCSNA	6.2	CLOSED
Hazard Cave Loop Trail PCCCMSP	1.6	
Hazard Cave PCCCMSP	0.5	
Indian Rock House PCCCMSP	0.4	
Hazard Cave/Natural Bridge PCCCMSP	2.9	CLOSED
Hidden Passage Loop PCCCMSP	7.8	
Hidden Passage/Double Falls/Tunnel Trail PCCCMSP	10.1	
Pickett State Park Highlight Loop PCCCMSP	4.6	CLOSED
Ladder Trail PCCCMSP	0.95	
Ridge Trail PCCCMSP	2.65	CLOSED
Burnt Mill Bridge Loop BSFNRR	3.6	
Angel Falls Rapids BSFNRR	4	
Angel Falls Overlook BSFNRR	5.6	
Honey Creek Loop BSFNRR	5.63	
Twin Arches Loop BSFNRR	4.5	
Oscar Blevins Farm Loop BSFNRR	3.7	
O&W Trail BSFNRR	4.6	
John Litton Farm Loop BSFNRR	6.3	
Slave Falls Loop/Needle Arch BSFNRR	4.2	
Middle Creek Loop BSFNRR	3.5	
Rock Creek Loop BSFNRR	7.1	

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Blue Heron Loop BSFNRR	6.4	
Yahoo Falls/Yahoo Arch BSFNRR	7.48	
Yamacraw-Yahoo Falls Loop BSFNRR	15.4	
Grand Gap Loop BSFNRR	7	
Split Bow Arch/Bear Creek Overlook BSFNRR	1.14	
Black Mountain Segment of the CT (including top loop) CTSP	9	
Black Mountain Loop CTSP <i>**Spring Ultra Hike**</i>	2	
Brady Mountain Trail to Brady Bluff CTSP	4.8	
Stinging Fork Falls CTSP	2.2	
Piney Falls State Natural Area CTSP	2	
Newby Branch/Cascades of Duskin Creek CTSP	7.8	
Laurel Snow Wilderness Hike CTSP	12.4	
CHS Loop CTSP	3.1	
Ozone Falls CTSP <i>**Spring Ultra Hike**</i>	2	
Black Mountain to Ozone Falls CTSP	6.7/13.4	
Head of Sequatchie CTSP <i>**Spring Ultra Hike**</i>	3.2	
Hebbertsberg South CTSP <i>**Spring Ultra Hike**</i>	3.5	
Hebbertsberg to Daddy's Creek CTSP <i>**Spring Ultra Hike**</i>	4	
Peavine Road to McGinnis Creek CTSP <i>**Spring Ultra Hike**</i>	4.4	
Windlass Cave (Grassy Cove) CTSP <i>**Spring Ultra Hike**</i>	3	
Byrd Creek Trail CMSP <i>**Spring Ultra Hike**</i>	2	
Byrd Lake Storybook ADA Trail CMSP <i>**Spring Ultra Hike**</i>	1.2	
Pioneer Long Trail CMSP <i>**Spring Ultra Hike**</i>	2.6	
Pioneer Short Trail CMSP <i>**Spring Ultra Hike**</i>	1.8	
Plateau Nature Trail CMSP <i>**Spring Ultra Hike**</i>	0.9	

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Trail Name	Mileage	Date Completed
Hiker's Choice (up to 10 miles)		
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TOTAL MILES HIKED

Park Guide

BSFNRR-Big South Fork National Park
CCSNA-Colditz Cove State Natural Area
CTSP-Cumberland Trail State Park

OWSR-Obed Wild & Scenic River
PCCCMSP-Pickett State Park
PCCSNA-Pogue Creek Canyon