

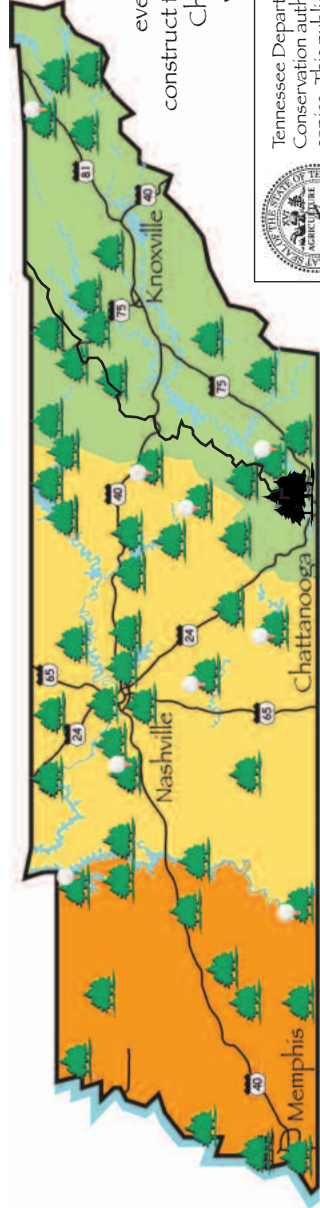
Thanks to Our Proud Sponsors



[tn.gov/environment/oil](http://tn.gov/environment/oil)



[connectwithtn.com](http://connectwithtn.com)



**Annual Events**  
Volunteers come from every part of the country to construct the trail at special events. Check the activities page at [www.cumberlandtrail.org](http://www.cumberlandtrail.org).



Tennessee Department of Environment and Conservation authorization no. 327192.19.000 copies. This public document was promulgated at a cost of \$.06 per copy, September 2011.

**Hours of Operation:**  
8:00 a.m. until sunset

**For Further Information, Contact:**

Cumberland Trail State Scenic Trail / 220 Park Road / Caryville, TN 37714  
Phone (423) 566-2229

**Or Contact:**

Tennessee State Parks / 401 Church St., 7<sup>th</sup> Floor / Nashville, TN 37243  
Phone (888) 867-2757 / [www.tnstateparks.com](http://www.tnstateparks.com)

The Tennessee Department of Environment and Conservation is committed to principles of equal opportunity, equal access and affirmative action. Contact the Tennessee Department of Environment and Conservation EEO/AA coordinator at (888) 867-2757 or the ADA Coordinator at (615) 532-0059 for further information. Hearing-impaired callers may use the Tennessee Relay Service at (800) 848-0298.

# TENNESSEE STATE PARKS CUMBERLAND TRAIL



## STATE SCENIC TRAIL





### The Cumberland Trail State Scenic Trail

courses through the most scenic landscapes and natural areas along the eastern edge of the Cumberland Mountains, from Cumberland Gap National Historical Park, at the Kentucky/Virginia border, to Signal Point, a Civil War site perched above Chattanooga. More than 185 miles of foot trails are open in the system, offering access to regal overlooks, high waterfalls, crashing whitewater streams and steep gorges. A great variety of day hikes are available, ranging from a paved 1/4 mile loop at Rock Creek to an 11-mile ridgeline section from Cove Lake State Park to LaFollette. Other popular activities include backpacking to remote shelters and campsites, fishing, picnicking, rock climbing, birding and wildflower observation. Hunting is allowed where the trail intersects four Wildlife Management Areas. The State Scenic Trail encompasses almost 28,000 acres.

### Historical significance

The Cumberland Trail does not follow a historic pathway. Trail construction began in 1965 by a group of hikers centered in Oak Ridge. In 1968 the newly organized Tennessee Trails Association, identified the Cumberland Trail as their pilot project. The Tennessee Scenic Trails Act of 1971 designated seven trail projects for State support, including the Cumberland Trail. The trail system has been built with unprecedented volunteer support organized since 1997 by the Cumberland Trail Conference, a private-non-profit corporation. In 1998 and 2001 the Cumberland Trail State Park and Justin P. Wilson Cumberland Trail State Park designations were announced.

### Camping

Backcountry campsites are available throughout the Cumberland Trail system. Registration is required for overnight parking at some trailheads and campsites. Check the Web page at [www.cumberlandtrail.org](http://www.cumberlandtrail.org) for registration information.

### Fishing

Numerous high quality streams run beside the Cumberland Trail, including the Obed Wild and Scenic River, Daddy's Creek, Piney Creek, Laurel Creek, and Rock Creek. Bluegill, red eye, and small mouth bass are the most popular catches from the deep pools. A Tennessee Fishing License is required for adults under 65 years of age.

### Hiking

The Cumberland Trail includes a 185-mile network of access trails and side trails, connecting hikers with scenic and historic features along the main trail route. At Cumberland Gap National Historical Park, the Cumberland Trail joins the NPS trail system and Kentucky's Pine Mountain Trail. Day hiking and overnight camping are most popular at Laurel-Snow State Natural Area, North Chickamauga Creek Gorge State Natural Area, the "Three Gorges" segment of the Cumberland Trail, and the Justin P. Wilson Cumberland Trail State Park.



### Planned Programs

The Cumberland Trail hosts weekly cultural adventure – a half-hour broadcast, each Sunday night at 8:30 p.m. Eastern Time, featuring grassroots music from the eleven counties of the Cumberland Trail, along with trail news and announcements. The program is heard worldwide as a web cast on [WDVX.com](http://WDVX.com) or in East Tennessee at 89.9 and 102.9 FM in Knoxville. Our Middle Trail office, located at the Head of the Sequatchie Resource Management Area in Cumberland County is open to the public 1 day a month for special programs. Check [www.friendsofthecumberlandtrail.org](http://www.friendsofthecumberlandtrail.org) for more information.

The Cumberland Trail can be accessed from the following state parks and state natural areas:

- Cumberland Gap National Historical Park
- Cove Lake State Park
- Frozen Head State Park & Natural Area
- Obed National Wild and Scenic River
- Ozone Falls State Natural Area
- Justin P. Wilson Cumberland Trail State Park
- Stinging Fork Falls State Natural Area
- Laurel Snow Pocket State Natural Area
- North Chickamauga Creek Gorge State Natural Area
- Chickamauga & Chattanooga National Military Park
- Graysville Mountain Resource Management Area