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[RENTALS & REAL ESTATE

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## Hiking Trail Information

### Table of Hiking Trails

It is very important to check in at the Sugarlands Visitors Center, which is located just south of Traffic Light #10 in the park, in order to get up to date information prior to planning your route. **NEVER HIKE WITHOUT LEAVING A HIKING PLAN WITH SOMEONE SO THAT THEY WILL KNOW WHEN YOU SHOULD RETURN AND WHERE YOU ARE GOING!**

All of the National Park trails listed below are ranked according to their difficulty: S - strenuous; M - medium difficulty; E - easy. Park officials advise hiking during daylight hours only and caution hikers to always stay on designated trails. During summer months, be sure to take along plenty of water, and in any season, a sturdy pair of hiking shoes is helpful.

All of the mileages and hiking times listed below are round-trip figures.

**Self-guiding nature trails** are ideal places to explore the Smokies' forests and learn about the area's rich natural and cultural heritage. Numbered stakes found along the trail are keyed to leaflets available at trailheads which describe points of interest along the way.

Trail	Mileage	Rating	Location	Features
Alum Cave	5	S	Newfound Gap Road	Heath Bald & Arch Rock
Cosby	1	E	Newfound Gap	Nature awareness
Cove Hardwood	3/4	E	Chimney Tops Picnic Area	Splendid primeval forest
Elkmont	3/4	E	Elkmont Campground	Second growth forest
Sugarlands	1	E	Sugarlands Welcome Center	Handicapped-accessible

**Waterfalls** are popular destinations for day hikes, especially on hot summer days. The trails range from easy to strenuous, but no matter what the effort required, the reward justifies the endeavor.

Trail	Mileage	Rating	Time	Location	Features
Abrams Falls	5	M	4 hrs.	Cades Cove Loop	Powerful 25' falls
Grotto Falls	3	E	3 hrs.	Roaring Fork	Walk behind falls
Hen Wallow Falls	4	M	3.5 hrs.	Cosby Campground	95' cascade over rock

Indian Creek Falls	2	E	1.5 hrs.	Deep Creek Campground	60' waterfall
Juneywhank Falls	1.5	M	2 hrs.	Deep Creek Road	125' cascade
Laurel Falls	2.5	E	2.5 hrs.	Little River Road	Double drop falls
Rainbow Falls	5.5	M	5-6 hrs.	Cherokee Orchard Road	80' sheer drop
Ramsay Cascades	8	S	6 hrs.	Greenbrier Park	Greenbrier Park's highest falls

**Back Country Trails** are for the more experienced, adventurous hiker. They offer an in-depth, backwoods experience.

Trail	Mileage	Rating	Time	Location	Features
Boogerman Trail	7.5	M	5-6 hrs.	Cataloochee Campground	Ancient trees
Charlie's Bunion	8.8	M	4-5 hrs.	Newfound Gap	Spectacular views
Chimney Tops	4	S	3-4 hrs.	Newfound Gap Road	Rock climbing
Mt. Sterling	12	S	5-6 hrs.	Cataloochee Schoolhouse	High country forests
Shuckstack	10	S	7 hrs.	Twentymile	Panoramic views
Smokemont Loop	6	M	4-5 hrs.	Smokemont Campground	Historic homes

**Balds** are mysterious treeless areas high in the mountains. Some speculate that they were caused by ice storms, insects, woolly mammoths, dry wind or fire.

Trail	Mileage	Rating	Time	Location	Features
Andrews Bald	4	M	3 hrs.	Clingmans Dome Road	Park's highest bald
Gregory Bald	9	M	4-5 hrs	Parson Branch Road	Azaleas in June
Silers Bald	10	M	5-6 hrs.	Clingmans Dome Road	Excellent views
Spence Field	11	M	6-7 hrs.	Cades Cove Picnic Area	Follows old road
Thunderhead	13	S	8 hrs.	Cades Cove Picnic Area	Along Appalachian Trail

**Disclaimer:** JMHI does not recommend or endorse any of the listings herein. The information provided is believed to be accurate, however, it has been provided by others and therefore, Jackson Mountain Homes, Inc. does not guarantee the accuracy.