

# SOUTH CUMBERLAND STATE PARK

## GREAT HIKES!

*compiled by the Friends of South Cumberland State Park*

### GREAT HIKING TIPS

- **South Cumberland is a WILDERNESS park** — our trails are rocky, uneven and often steep!
- **Wear sturdy, closed-toe shoes.** This is not “flip-flop” or Croc shoe territory!
- **Bring plenty of water.** Even hiking in the shade, on our trails, you can become dehydrated!
- **Know your limits.** Don't take on too-challenging hikes! Allow 1 hour per mile to hike our trails.
- **Know today's sunset time.** Be sure you can get back to the trailhead by then!
- **Always have a map!** Download official trail maps at [FriendsOfSouthCumberland.org/downloadable-maps](https://www.friendsofsouthcumberland.org/downloadable-maps). *NOTE: We do NOT recommend “All Trails” maps — they are inaccurate!*

### TRAILHEAD DESIGNATIONS

*These designations tell you which trailhead to go to for each hike below. Get driving directions to each of these trailheads at [FriendsOfSouthCumberland.org/downloadable-maps](https://www.friendsofsouthcumberland.org/downloadable-maps).*

DC = Denny Cove	LCE = Lost Cove East	SGE = Savage Gulf East
FGN = Fiery Gizzard North	LCN = Lost Cove North	SGN = Savage Gulf North
FGS = Fiery Gizzard South	LCW = Lost Cove West	SGS = Savage Gulf South
GL = Grundy Lakes	WIC = Welcome & Info Ctr.	SGW = Savage Gulf West

### EASY HIKES

*Approximate mileages are total; round-trip or end-to-end.*

LCN	(E)	Natural Bridge Trail (0.1 mi.)
FGS	(E)	Foster Falls Overlook (0.2 mi)
WIC	(E)	Meadow Trail (2.0 mi.)
SGN	(E)	Stone Door Trail (2.0 mi.)
LCE	(E)	Sherwood Day Loop (2.9 mi.)

### MODERATE HIKES

*Approximate mileages are total; round-trip or end-to-end.*

FGN	(M)	Grundy Forest Day Loop (1.9 mi.)
SGW	(M)	Greeter Trail (2.0 mi.)
GL	(M)	Grundy Lakes Loop (2.4 mi.)
DC	(M)	Denny Falls Trail (2.9 mi.)
SGE	(M)	Savage Day Loop (4.0 mi.)
SGN	(M)	Laurel Trail (5.8 mi.)
SGN	(M)	Big Creek Rim Trail (6.4 mi.)

### STRENUOUS HIKES

*Approximate mileages are total; round-trip/end-to-end. All other hikes in the park are strenuous, or have strenuous parts with major elevation change. Here are some of the most popular:*

SGW	(S)	Greeter Falls Trail (1.7 mi.)
LCW	(S)	Buggytop Trail (3.5 mi.)
SGW	(S)	Big Creek Gulf Trail (10.0 mi., access via 1.0 mi. Greeter Trail)

- SGS (S) Collins Gulf Trail (10.2 mi., access via first 0.5 mi. of Collins Rim Trail)
- SGS (S) Collins Rim Trail (12.4 mi.)
- SGE (S) South Rim Trail (14.2 mi., access via first 1.0 mi. of Savage Day Loop)
- SGE (S) North Rim Trail (16.6 mi., access via first 2.0 mi. of Savage Day Loop)
- FGN/S (S) Fiery Gizzard Trail (26 mi., north end access via Grundy Day Loop  
(NOTE: 13 mi. if you leave a car at each end)

## HIKES BY TRAILHEAD

Approximate mileages are total; round-trip or end-to-end. **E**=easy **M**=moderate **S**=strenuous

### Denny Cove

- DC (M) Denny Falls Trail (2.9 mi.)

### Fiery Gizzard North

- FGN (M) Grundy Forest Day Loop (1.9 mi.)
- FGN (S) Fiery Gizzard Trail (26 mi., access via Grundy Day Loop  
(NOTE: 13 mi. if you leave a car at each end)

### Fiery Gizzard South

- FGS (E) Foster Falls Overlook (0.2 mi)
- FGS (S) Fiery Gizzard Trail (26 mi.)  
(NOTE: 13 mi. if you leave a car at each end)

### Grundy Lakes

- GL (M) Grundy Lakes Loop (2.4 mi.)

### Lost Cove East

- LCE (E) Sherwood Day Loop (2.9 mi.)

### Lost Cove North

- LCN (E) Natural Bridge Trail (0.1 mi.)

### Lost Cove West

- LCW (S) Buggytop Trail (3.5 mi.)

### Welcome & Info Center

- WIC (E) Meadow Trail (2 mi.)

### Savage Gulf East

- SGE (M) Savage Day Loop (4.0 mi.)
- SGE (S) South Rim Trail (14.2 mi., access via first 1.0 mi. of Savage Day Loop)
- SGE (S) North Rim Trail (16.6 mi., access via first 2.0 mi. of Savage Day Loop)

### Savage Gulf North

- SGN (E) Stone Door Trail (2 mi.)
- SGN (M) Laurel Trail (5.8 mi.)
- SGN (M) Big Creek Rim Trail (6.4 mi.)

### Savage Gulf South

- SGS (S) Collins Gulf Trail (10.2 mi., access via first 0.5 mi. of Collins Rim Trail)
- SGS (S) Collins Rim Trail (12.4 mi.)

### Savage Gulf West

- SGW (S) Greeter Falls Trail (1.7 mi.)
- SGW (M) Greeter Trail (2.0 mi.)
- SGW (S) Big Creek Gulf Trail (10.0 mi., access via 1.0 mi. Greeter Trail)