

South Cumberland State Park *Trailhead Info & Links*

This is a geographically-organized list of all public trailheads in South Cumberland State Park. The address of each trailhead is a clickable link to a GoogleMap showing the trailhead parking area; you can also enter these addresses directly into any popular GPS mapping app to help find your way to your hiking destination. Page 3 of this document includes a map showing each of the trailheads, with additional information.

The narrative directions below assume you are coming from [the Park's Information & Welcome Center, 11745 US 41, Monteagle, TN 37356](#). Mileage following each trailhead name indicates driving distance from the Visitor Center. The final approaches to these locations are generally well-marked with large brown ("park-style") roadside signs; however, a few are not so well marked, or are tricky to find; for those locations, we've provided additional navigational tips.

Fiery Gizzard area

Denny Cove (13.1 miles)

[Denny Cove Parking Area, 5917 US 41 \(TN-150\), Sequatchie, TN 37374](#)

The entrance to Denny Cove is on US 41, about 9 miles south of Tracy City and 1.5 miles south of Foster Falls, on your right, just past the large brown park sign. The entrance road is gravel, with a smaller brown park sign and bar gate, across from the Foster Falls Volunteer Fire Department. Follow the gravel road about 3/4 of a mile to the Denny Cove parking area, also on your right.

Fiery Gizzard North/Grundy Forest (3.0 miles)

[Grundy Forest Parking Area, 131 Fiery Gizzard Rd., Tracy City, TN 37387](#)

Grundy Forest is about three miles east of the park's Visitor Center. Take US Highway 41 east from the Visitor Center, about 2.5 miles. Turn right just after the large brown park sign, at 3rd Street (the street flanked by a tire store and Sequatchee Valley Electric Co-op). Follow 3rd Street past the elementary school to Marion Street, on your right. Follow Marion Street two blocks, then right onto Fiery Gizzard Road. The parking area and trailhead are on your left.

Fiery Gizzard South/Foster Falls (11.3 miles)

[Foster Falls Parking Area, 498 Foster Falls Rd. Sequatchie, TN 37374](#)

The entrance to Foster Falls is about 7.5 miles south of Tracy City on US 41, on your right, marked with a large brown park sign.

Grundy Lakes (5.0 miles)

[Grundy Lakes Parking Area, 587 Lakes Road, Tracy City, TN 37387](#)

Grundy Lakes is one-half mile south of downtown Tracy City; look for the large brown park sign and turn left on Lakes Road; from there, it's one-half mile to the park entrance.

Lost Cove area

Lost Cove North/Natural Bridge (12.0 miles)

[Sewanee Natural Bridge, 591 Natural Bridge Rd. Sewanee, TN 37376](#)

Take US 41 through Monteagle and Sewanee, then left on TN Hwy 56 at the large brown park

sign. Follow Hwy 56 about 2 miles, then turn left at Natural Bridge Road (marked with a small brown park sign) and follow about one-half mile. The Natural Bridge parking area is on your left, just before the large stone columns which flank a private driveway.

Lost Cove East/Sherwood Day Loop (17.6 miles)

[Sherwood Day Loop Parking Area, 1900 Old CCC Road, Sherwood, TN 37376](#)

Take Jumpoff Road (TN Hwy 156) south from Sewanee about 8.5 miles and look for Old CCC Road, a dirt road (one-half mile on your right past *Lake Road*, which is better-marked with a brown park post, white letters). Follow Old CCC Road about 2 miles, through the park gate, out to its end; the trailhead parking lot is on your right.

Lost Cove West/Buggytop Cave (15.9 miles)

[Carter State Natural Area Parking Lot, 6398 Sherwood Road, Sewanee, TN 37375](#)

Take US 41 through Sewanee, then left on TN Hwy 56 at the large brown park sign. Follow Hwy 56 about 6.5 miles. Unfortunately, the trailhead is not well marked; as you descend the mountain on Sherwood Road, watch for a small brown "Bird Watching Area" sign on your *right*; the roadside parking area and trailhead are just ahead on your *left*.

Savage Gulf area

Savage Gulf North/Stone Door (23.1 miles)

[Stone Door Ranger Station, 1183 Stone Door Rd. Beersheba Spgs 37305](#)

Take TN Highway 56 north from Tracy City, through Altamont to Beersheba Springs (about 20 miles). Look for the large brown park sign, then turn right on Stone Door Road. Follow Stone Door Road about 1.5 miles, out to its end at the Stone Door Ranger Station parking area.

Savage Gulf South/Collins Gulf (20.0 miles; also known as "Collins West")

[Collins Gulf Parking Area, 2689 55th Ave., Gruetli-Laager, TN 37339](#)

Take TN Highway 56 north from Tracy City, about 10 miles to TN Hwy 108, then right about 5.2 miles on 108. As you come through the community of Gruetli-Laager, watch carefully for the small brown "Collins West" signs marking the 55th Avenue intersection. Turn left on 55th Avenue, and follow it about 2.7 miles, all the way to its end; the parking area and trailhead are directly in front of you.

Savage Gulf East/Savage Ranger Station (24.3 miles)

[Savage Gulf Ranger Station, 3177 State Road 399, Palmer, TN 37365](#)

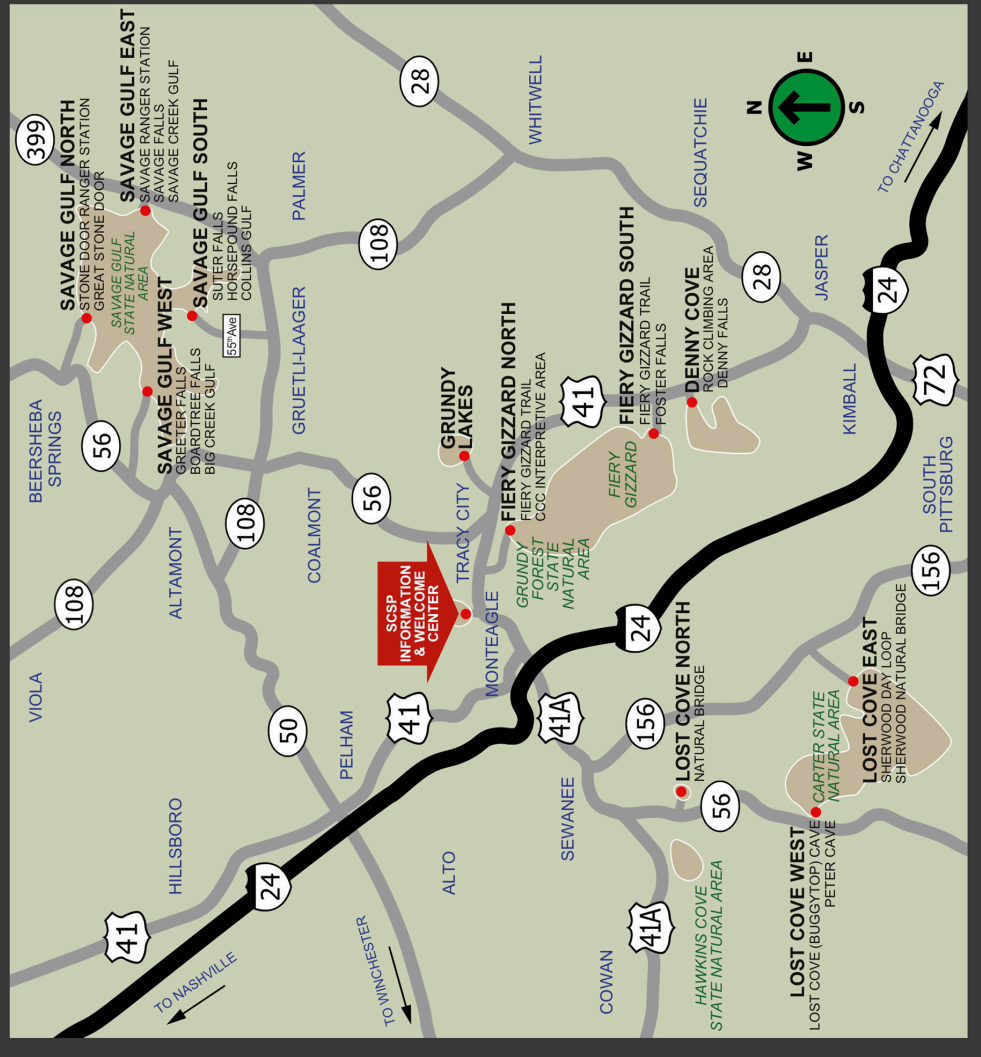
Take TN Highway 56 north from Tracy City, about 10 miles to TN Hwy 108, then right about 7.2 miles on 108 to TN Hwy 399. Left on Hwy 399 about five miles; look for the large brown park sign. The park entrance will be on your left.

Savage Gulf West/Greeter Falls (18.5 miles)

[Greeter Falls Parking Area, 550 Greeter Falls Rd. Altamont, TN 37301](#)

Take TN Highway 56 north from Tracy City, through Altamont, about 15.9 miles to Greeter Falls Road (marked by a small brown park sign), on your right. Follow Greeter Falls Road about three-quarters of a mile to the parking area, on your left (trailhead is on the right).

Trailheads • South Cumberland State Park



TRAILHEAD LOCATIONS, DIRECTIONS & INFO

Distances indicate trailhead distance (in road miles) from the SCSP Visitor Center. Directions assume you are coming from the Visitor Center. Street addresses work with most GPS navigational systems, but are not guaranteed.

- **SCSP Information & Welcome Center** 931-924-2980 **OPEN 9 am - 4 pm daily; closed for lunch** 11:45 US 41, Monteagle, TN 37356 **NO OVERNIGHT PARKING**
- **Denny Cove** (Denny Falls) (13.1 miles) 5917 US 41 (TN-150), Sequatchie, TN 37374 **NO OVERNIGHT PARKING** From Tracy City, take US 41 9.0 miles south; The Denny Cove entrance is a gravel road on the right with a small brown park sign, across from the Foster Falls Volunteer Fire Department, 1.4 miles south of Foster Falls.
- **Fierly Gizzard North** (Grundy Forest/CCC Interpretive Area) (3.0 miles) 131 Fierly Gizzard Rd., Tracy City, TN 37387 **OVERNIGHT PARKING FOR CAMPING ONLY** From US 41 in Tracy City, turn right at 3rd Street (flanked by Sequatchie Electric Co-op and a tire store). Take 3rd Street past the elementary school; look for a small brown park sign at Marion Street, on your right. Take Marion Street 2 blocks, then right on Fierly Gizzard Road. Parking area and trailhead are on the left.
- **Fierly Gizzard South** (Foster Falls) (11.3 miles) 498 Foster Falls Rd., Sequatchie, TN 37374 **OVERNIGHT PARKING FOR CAMPING ONLY** From Tracy City, take US 41 7.6 miles south; watch for large brown park sign on right.
- **Grundy Lakes** (5.0 miles) 580 Lakes Road, Tracy City, TN 37387 **NO OVERNIGHT PARKING** From US 41, just south of Tracy City, look for large brown park signs. Turn left at Lakes Road. Take Lakes Road 0.6 miles to parking area and trailhead.
- **Savage Gulf North** (Great Stone Door/Ranger Station) (23.1 miles) 931-692-3887 1183 Stone Door Rd., Beersheba Spgs TN 37305 **OVERNIGHT PARKING FOR CAMPING ONLY** From TN Hwy 36 in Beersheba Spgs, watch for large brown park signs. Turn at Stone Door Road. Take Stone Door Road about 1.5 miles to parking area and trailhead, on your left, next to Ranger Station.
- **Savage Gulf South** (Collins Gulf/Suter Falls/Horsepond Falls) (20.0 miles) 2689 55th Ave., Gruettl-Laager, TN 37339 **OVERNIGHT PARKING FOR CAMPING ONLY** On TN Hwy 108 in Gruettl-Laager, watch for the small brown "Collins West" sign at 55th Avenue. Turn left and follow 55th to the end (2.7 miles); the parking area and trailhead are directly in front of you.
- **Savage Gulf West** (Big Creek Gulf/Greeter Falls/Boardtree Falls) (18.5 miles) 550 Greeter Falls Rd., Alamoont, TN 37201 **NO OVERNIGHT PARKING** On TN Hwy 56, just north of Alamoont, watch for the small brown "Greeter Falls" park signs and turn onto Greeter Falls Road. Follow the road, which ends at the parking area and trailhead (0.5 miles).
- **Savage Gulf East** (Savage Creek Gulf/Savage Falls/Ranger Station) (24.3 miles) 931-779-3532 3157 State Road 399, Palmer, TN 37265 **OVERNIGHT PARKING FOR CAMPING ONLY** On TN Hwy 399, watch for large brown park sign. Entrance road ahead on left, trailhead next to Ranger Station.
- **Lost Cove North** (Natural Bridge) (12.0 miles) 591 Natural Bridge Rd., Tracy City, TN 37376 **NO OVERNIGHT PARKING** On Sherwood Road, 3 miles south of Seawanee, turn left at Natural Bridge Road and follow it out to its end; the Natural Bridge parking area is on your left, just before the large stone columns flanking a private driveway.
- **Lost Cove West** (Lost Cove (buggytop) and Peter Caves) (15.9 mi) **CAVES OPEN May 15-Sep 15 ONLY** 6398 Sherwood Road, Seawanee, TN 37375 **NO OVERNIGHT PARKING** Take Sherwood Road 6.6 miles south from US 41A in Seawanee. As you descend the mountain, watch for a small brown "Bird Watching area" sign on your right; the parking area and trailhead are on your left.
- **Lost Cove East** (Sherwood Natural Bridge/Tom Pack Hollow) (17.6 miles) 1900 Old CCC Road, Sherwood, TN 37376 **NO OVERNIGHT PARKING** Take Jumpoff Road (TN Hwy. 156) 8.2 miles south from US 41A in Seawanee and look for Old CCC Road, a dirt road, on your right. Follow Old CCC Road about 2 miles to the parking area and trailhead.

CAMPERSITE RESERVATIONS REQUIRED - OBTAIN ONLINE AT:



tntateparks.titnio.com/south-cumberland

CLIMBING PERMIT REQUIRED - OBTAIN ONLINE AT:



stateofennesseeformstack.com/forms/rock_climbing

FOR A CURRENT LISTING OF ALL RANGER-LED HIKES AND PROGRAMS IN THE PARK, VISIT



www.tntateparks.com/parks/about/south-cumberland/

LOVE THE PARK? WANT TO HELP KEEP IT AWESOME?



Volunteer, join and/or donate to the Friends of South Cumberland State Park
www.FriendsOfSouthCumberland.org



