

Day Hikes in South Cumberland State Park

There are several excellent day hikes at South Cumberland State Park that will give you the flavor of each area of the Park, without necessarily making a commitment to a long hike. Many are easy; some are a bit more challenging. Always wear sturdy hiking shoes, carry extra water and [get a map!](#)

The Meadow Trail (*at the South Cumberland Information & Welcome Center on US 41 between Monteagle and Tracy City*)

The Meadow Trail, at the South Cumberland Information & Welcome Center, provides an opportunity to sample the flora and fauna of South Cumberland in an easy, 1.3 mile walk. Once part of a golf course, much of this trail route now meanders through meadows of wildflowers and native grasses, bordered by hardwood forests. Several small bogs and creeks allow you to examine wetlands up-close. Coupled with a leisurely browse through the Information & Welcome Center, this is a great hike if you have young children you'd like to introduce to the natural world! The Meadow Trail map can be found on our [downloadable maps page](#).

Lone Rock Trail (*at Grundy Lakes, just east of US 41 in Tracy City*)

An easy 1.3 mile roundtrip hike circling the Grundy Lakes. Set time aside to explore the coke ovens and to enjoy the views of the lakes in this historical area. Bring a swimsuit and enjoy the swimming area at Grundy Lakes after your hike! Ask a desk attendant at the Information & Welcome Center for a brochure about the history and purpose of the coke ovens, and [watch our "Hike 'em All" videos](#) to learn more about the fascinating history of this area!

Sewanee Natural Bridge (*Lost Cove North area, off TN 56, 2 mi. south of Sewanee*)

A remarkable natural sandstone arch, the Sewanee Natural Bridge is easily accessible via a 400-foot stair-stepped path from the parking lot. Take US 41A west from the Sewanee village area, then left on TN 56 for about 2 miles; Sewanee Natural Bridge Road will be on your left. Please respect the privacy of landowners whose homes flank the narrow tract that contains the Natural Bridge formation.

Sherwood Day Loop (*at the Lost Cove East area, at the end of Old CCC Road, off TN 156 (Jumpoff Road), 8.5 miles south of Sewanee*)

This is an easy and rewarding 2.4 mile loop trail that includes a visit to the Sherwood Natural Bridge, unique rock formations, and several outstanding overlooks of the Tom Pack Hollow and Crow Creek valleys, including one of the longest overlook views in the Park, where you can see nearly 17 miles into Franklin County. In the summer, this is a cool and shaded walk; when the leaves are off the trees, the views are even more spectacular.

Buggytop Cave Trail *(at the Lost Cove West/Carter State Natural Area, off TN 56, 6 miles south of Sewanee)*

A moderately difficult 4 mile roundtrip hike to one of the largest cave openings in Tennessee. Watch your footing as you descend into Lost Cove and enjoy the cool air at the opening of the cave before heading back up. Bring lots of water and be sure you have sturdy footwear! The Buggytop Cave trail can be found on the "Lost Cove Topographic Map", on our [downloadable maps page](#).

Savage Day Loop *(at the Savage Gulf East/Savage Ranger Station area, west of TN 399, 5 miles north of Gruetli-Laager)*

The Savage Day Loop is an easy 4.2 mile round-trip hike and a perfect afternoon outing if you'd like to see the eastern part of Savage Gulf, as well Savage Falls and the impressive rock cascades immediately above the falls. The Savage Day Loop can be found on the "Savage Gulf" Maps, on our [downloadable maps page](#).

Suter Falls/Horsepound Falls *(at the Savage Gulf South/Collins West area, just north of TN 108 in Gruetli-Laager)*

A difficult 2 mile out-and-back viewing Suter Falls, rock shelters, and high bluffs. If you wish to continue on, 2 miles past Suter Falls you'll come to Horsepound Falls, a unique waterfall formation with overlooks and lush wildflowers in the spring! The Suter and Horsepound Falls trails can be found on the "Savage Gulf" Maps, on our [downloadable maps page](#).

Greeter Falls/Blue Hole *(at the Savage Gulf West/Greeter Falls area, just off TN 56, north of Altamont)*

A moderate one-mile out-and-back trail with a spiral staircase, taking you to Greeter Falls. Also check out the spur trail to the Blue Hole swimming area, as well as some smaller waterfalls and historic sites. Trails to Greeter Falls and Blue Hole can be found on the "Savage Gulf" Maps, on our [downloadable maps page](#).

Stone Door/Laurel Falls *(at the Savage Gulf North/Stone Door Ranger Station area, off TN 56 at Beersheba Springs)*

This easy 2 mile out-and-back hike is a must for all those first visiting the park. The Great Stone Door and the cliffs are not to be missed! Also be sure to check out the 400-foot stair-stepped spur trail, directly behind the Stone Door Ranger Station, that leads down to Laurel Falls! The Stone Door and Laurel Falls trails can be found on the "Savage Gulf" Maps, on our [downloadable maps page](#).

Grundy Day Loop/Sycamore Falls *(at the Fiery Gizzard North/Grundy Forest area, just south of US 41 in Tracy City)*

The Grundy Forest Day Loop is perhaps one of the best short hikes in the entire Park. This 2-mile circuit takes in the northernmost section of the famed Fiery Gizzard Trail, and follows both Fiery Gizzard Creek and Little Gizzard Creek for much of its route, with tumbling cascades, several waterfalls and swimming holes along the way. If you wish to continue on, try the 3-mile Sycamore Falls spur that brings you to some interesting geologic formations and waterfalls. Don't forget your bathing suit to take a dip in the refreshing Sycamore Falls swimming hole! The Grundy Forest Day Loop is shown on the "Fiery Gizzard" Maps, on our [downloadable maps page](#).

Foster Falls/Climber's Loop *(at the Fiery Gizzard South/Foster Falls area, just west of US 41, 4 miles south of Tracy City)*

The tallest falls in the Park, Foster Falls can be viewed from a handicapped-accessible viewing platform just 1/4 mile from the Foster Falls parking area. For a better look, take the trail past the viewing platform and descend into the gorge at the base of the falls. If you wish to continue on, try the 2-mile roundtrip on the "Climber's Loop" trail, which takes you past several popular rock-climbing cliffs, then back up to the Plateau where you join the southernmost stretch of the famed Fiery Gizzard trail, and circle behind Foster Falls on your way back to the parking area. The descent into and ascent out of the gorge can be strenuous. Foster Falls and the Climber's Loop can be found on the "Fiery Gizzard" Maps, on our [downloadable maps page](#).