

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. You may also want to download a [GPS-friendly map to all park trailheads](#).

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.

Sewanee-Sherwood area

Lost Cove North/Natural Bridge (12.0 miles)

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

[continued]

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).