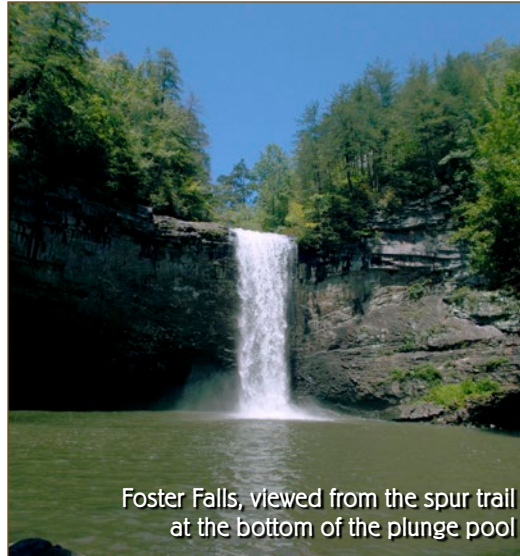


continued from reverse

Follow the stone wall directly above Foster Falls, after which the trail enters the power-line right-of-way. Just up the hill you'll reconnect with the boardwalk; turn left here. The trail ends at the Fiery Gizzard South trailhead, where you began.



The view of Foster Falls from the southern portion of the Fiery Gizzard Trail.

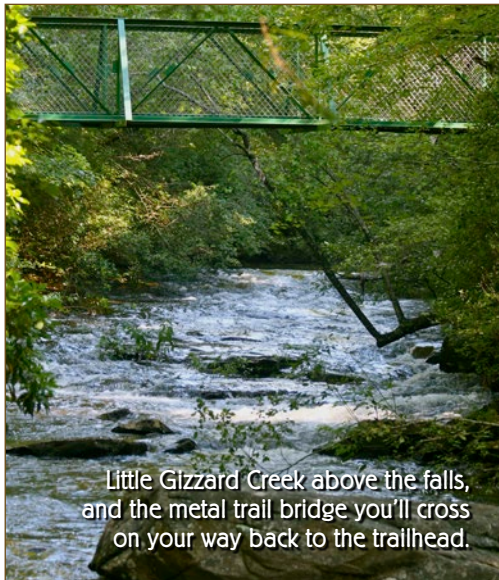


Foster Falls, viewed from the spur trail at the bottom of the plunge pool



The view of Little Gizzard Creek from the trail bridge, looking upstream.

NOTE: The descent into and ascent out of the gorge can be strenuous. You will have to ascend out of the gorge, regardless of which way you choose to return.



Little Gizzard Creek above the falls, and the metal trail bridge you'll cross on your way back to the trailhead.



WHAT YOU NEED TO KNOW ABOUT THE PARK'S TRAIL MILEPOST SYSTEM

REPORT THE CODE ON THE NEAREST MILE MARKER TO EMERGENCY RESPONDERS WHEN YOU CALL 911. IT WILL TELL THEM EXACTLY WHERE YOU ARE!

PRODUCED BY

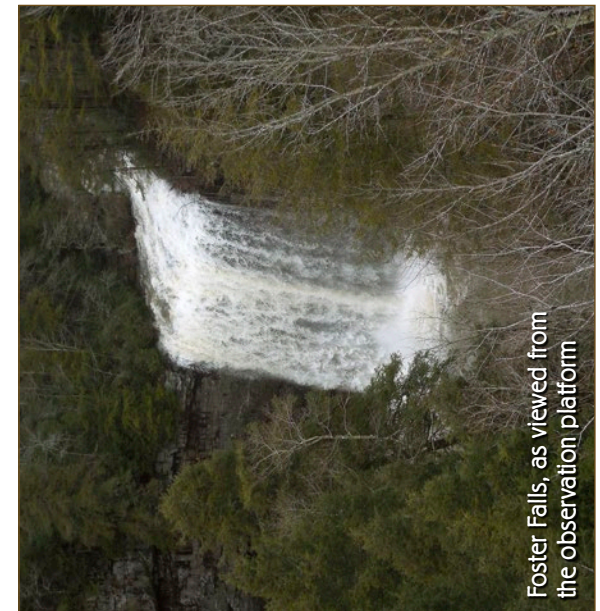
Friends of South Cumberland State Park
FriendsOfSouthCumberland.org • FriendsOfSouthCumberland@gmail.com
Post Office Box 816 • Sewanee, TN 37375 • a 501(c)(3) nonprofit organization

South Cumberland State Park T R A I L G U I D E FIERY GIZZARD SOUTH

INCLUDING TRAIL DESCRIPTIONS FOR THE:
FOSTER FALLS CLIMBERS' ACCESS
and southern **FIERY GIZZARD TRAIL**



RESEARCHED AND PRESENTED BY THE
TRAIL FRIENDS INFORMATION TEAM
OF THE FRIENDS OF SOUTH CUMBERLAND STATE PARK



Foster Falls, as viewed from the observation platform

TRAIL DESCRIPTION

FOSTER CLIMBERS' ACCESS TRAIL

and the southern portion of the
FIERY GIZZARD TRAIL

The tallest falls in the Park, Foster Falls can be viewed from a handicapped-accessible observation platform, accessed via a boardwalk and paved trail, one quarter-mile from the Foster Falls parking area.

To view the falls from the *bottom* of the gorge, you'll have two options, both of which begin by taking the Foster Climbers' Access trail, which begins to the right of the observation platform (as you view it, looking toward the falls) and then steeply descends the bluff, first via a handsome set of stairs, and then a steep descent trail, with a cable bridge crossing at the bottom of the gorge, just below the pool at the base of the falls.

A short spur trail to the right takes you to the plunge pool at the base of the falls, an area popular with swimmers in the summertime.



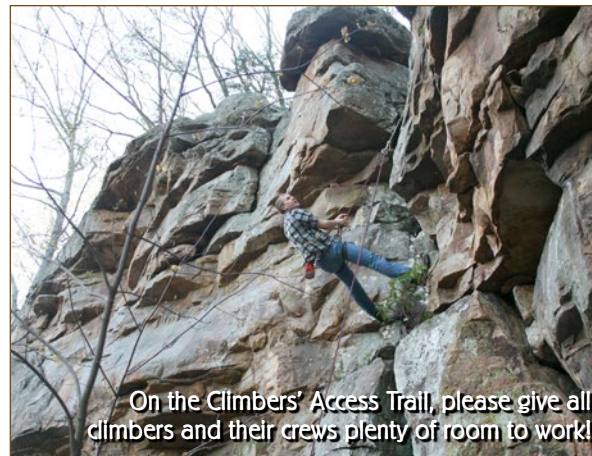
The Climbers' Access Trail then continues to the left, following the base of the bluff line, passing many excellent climbing routes; please give the ground-based climbing crews room to work; they have the right-of-way.

After exploring the Climbers' Access Trail, your first option is to return the way you came in, re-crossing the creek below the falls and ascending the bluff to the boardwalk, which returns you to the trailhead.

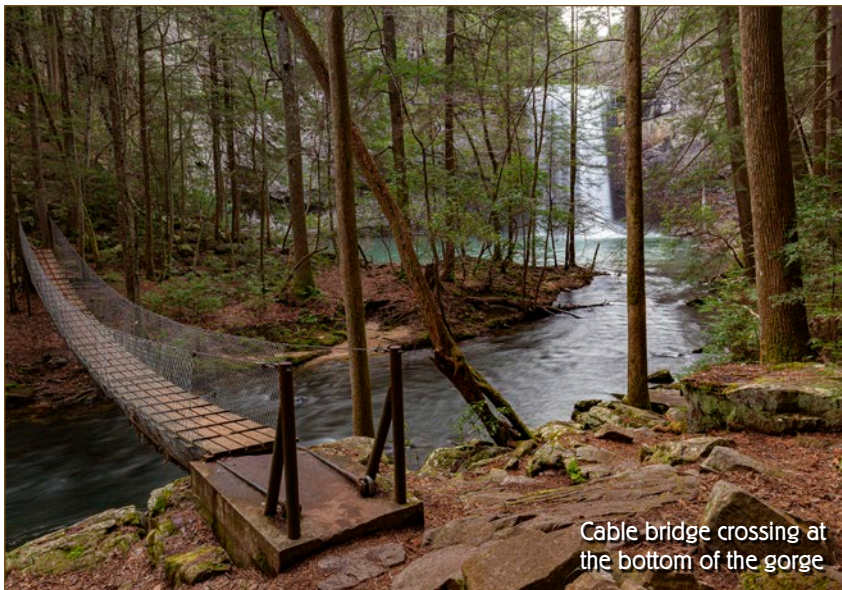
The other option is to continue on the Climbers' Access Trail, ascending to the bluff via either "Exit One" or "Exit Two" (they're actually marked that way!).



The "exits" from the Climbers' Access Trail involve steep staircases like these.



On the Climbers' Access Trail, please give all climbers and their crews plenty of room to work!



Cable bridge crossing at the bottom of the gorge

When you get to the top, turn **RIGHT** to return via the southernmost stretch of the famed Fiery Gizzard Trail, which runs along the bluff-line, circling behind Foster Falls on your way back to the trailhead.

This portion of the trail provides a majestic view of the Foster Falls plunge pool, from 120 feet above the water.

A short distance beyond is the entrance to the Father Adamz Boy Scout Campsite, on the left. Continue straight and cross the steel bridge across Little Gizzard Creek.

continued on reverse