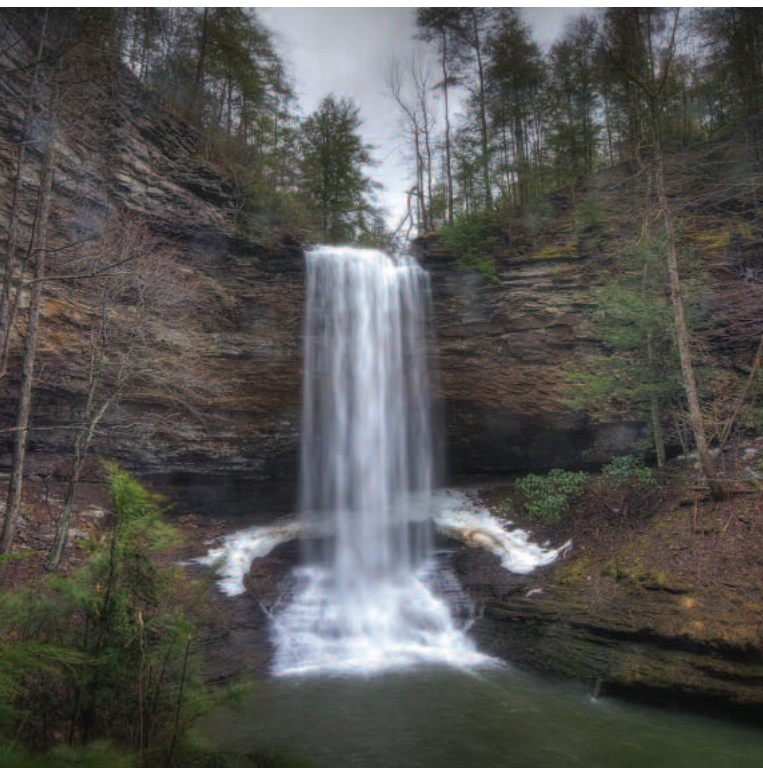



**Maps and Guides**  
 Planning resources, including maps and narrative segment descriptions are linked at [www.cumberlandtrail.guide](http://www.cumberlandtrail.guide).



**Trail Access**

The Cumberland Trail can be accessed from the following state parks, state natural areas, wildlife management areas and national park sites (north to south):

- 1 Cumberland Gap National Historical Park  
Cumberland Gap
- 2 Cove Lake State Park  
Caryville
- 3 North Cumberlands WMA  
Smoky Junction
- 4 Frozen Head State Park and Natural Area  
Wartburg
- 5 Obed National Wild and Scenic River  
Wartburg
- 6 Catoosa WMA  
Hebbertsburg
- 7 Ozone Falls State Natural Area  
Ozone
- 8 Piney Falls State Natural Area  
Grandview
- 9 Stinging Fork Falls State Natural Area  
Spring City
- 10 Laurel-Snow State Natural Area  
Dayton
- 11 North Chickamauga Creek Gorge SNA  
Soddy-Daisy
- 12 Prentice Cooper State Forest  
Chattanooga
- 13 Signal Point Park  
Signal Mountain

 Tennessee Department of Environment and Conservation authorization no. 327152, 10,000 copies. This public document was promulgated at a cost of \$.07 per copy, November, 2016.

The Tennessee Department of Environment and Conservation is committed to principles of equal opportunity, equal access and affirmative action. Contact the Tennessee Department of Environment and Conservation EEO/AA coordinator at 888-867-2757 or the ADA Coordinator at 615-532-0059 for further information. Hearing impaired callers may use the Tennessee Relay Service at 800-848-0298.

**Hours of Operation**

8:00 AM to Sunset

**Justin P. Wilson**

**Cumberland Trail State Park**

220 Park Road  
 Caryville, TN 37714  
 423-566-2229

**Tennessee State Parks**

William R. Snodgrass TN Tower  
 312 Rosa L. Parks Avenue, 2nd Floor  
 Nashville, TN 37243  
 888-867-2757

[www.tnstateparks.com](http://www.tnstateparks.com)

**Volunteer Opportunities**

Volunteers have made vital contributions to the Cumberland Trail from its beginnings, working to protect, preserve and promote its cultural and natural resources.



Volunteers help with:

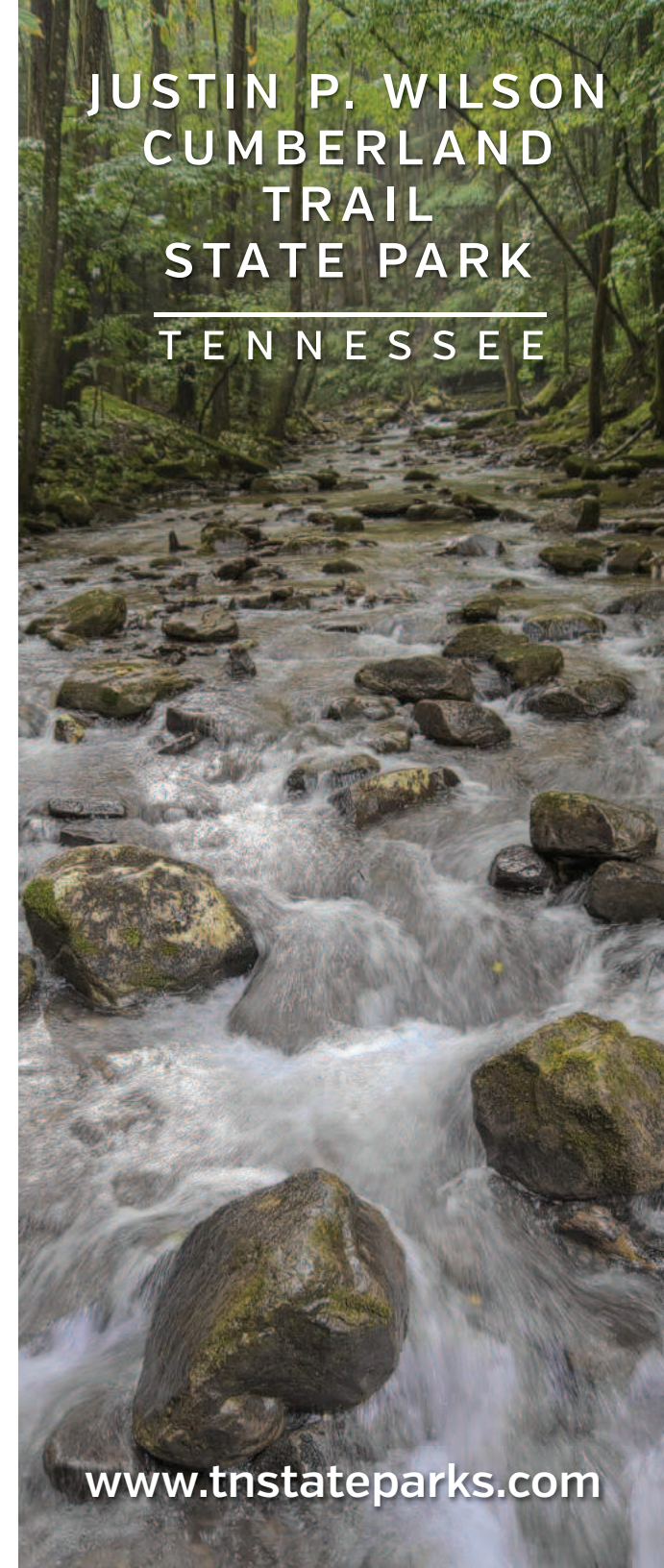
- Trail Building and Maintenance
- GIS Data Collection
- Archival and Folklore Work
- Native Plants Conservation

It's easy to show your support join the Friends of the Cumberland Trail or the Cumberland Trail Conference to participate in the many volunteer opportunities we offer individuals, families and groups.



T E N N E S S E E  
**State Parks**

**JUSTIN P. WILSON**  
**CUMBERLAND**  
**TRAIL**  
**STATE PARK**  
 T E N N E S S E E



[www.tnstateparks.com](http://www.tnstateparks.com)



### Justin P. Wilson Cumberland Trail State Park

The Cumberland Trail State Scenic Trail traverses the eastern edge of the Cumberland Mountains, from Cumberland Gap National Historical Park, at the Kentucky/Virginia border, to Signal Point, a Civil War site perched above Chattanooga. More than 210 miles of foot trails are open in the system, offering access to spectacular overlooks, dramatic waterfalls, crashing whitewater streams and steep gorges.

Popular activities include day hiking, fishing, backpacking to remote campsites, picnicking, rock climbing, birding and wildflower observation. The Cumberland Trail directly manages more than 31,500 acres and intersects three National Park Service areas, three major wildlife management areas, and six state natural areas, totaling over 330,000 acres of public lands.

### Fishing and Hunting

Numerous high quality streams run beside the Cumberland Trail, including the Obed Wild and Scenic River, Daddy's Creek, Piney Creek, Laurel Creek, and Rock Creek. Bluegill, red eye, and smallmouth bass are the most popular catches from the deep pools. A Tennessee fishing license is required for adults under 65 years of age. Hunting is allowed where the trail intersects three Wildlife Management Areas. For current fishing and hunting regulations, check with the Tennessee Wildlife Resources Agency at [www.tn.gov/twra](http://www.tn.gov/twra).



### Hiking

The Cumberland Trail includes a growing 210-mile network of access trails and side trails, connecting hikers with scenic and historic features along the main trail route. Day hiking and overnight camping are most popular at Laurel-Snow State Natural Area, North Chickamauga Creek Gorge State Natural Area, the "Three Gorges" segment, and Black Mountain.

### Camping

Backcountry campsites are available throughout the Cumberland Trail system. Registration is required for overnight parking at some trailheads and campsites. Check [www.cumberlandtrail.guide](http://www.cumberlandtrail.guide) for registration information.



### Historical Significance

The Cumberland Trail does not follow a historic pathway. Trail construction began in 1965 by a group of hikers centered in Oak Ridge. In 1968 the newly organized Tennessee Trails Association identified the Cumberland Trail as their pilot project. The Tennessee Scenic Trails Act of 1971 designated seven trail projects for state support, including the Cumberland Trail. The trail system has been built with unprecedented volunteer support organized since 1997 by the Cumberland Trail Conference. In 1998 the State of Tennessee announced the Cumberland Trail State Park and Justin P. Wilson Cumberland Trail State Park designations, making the Cumberland Trail Tennessee's 53rd state park. When complete, the Cumberland Trail will become Tennessee's link in the Great Eastern Trail [[www.greateastertrail.net](http://www.greateastertrail.net)].

### Planned Programs

The Cumberland Trail hosts a weekly half-hour broadcast Sundays at 8:30 PM ET on East Tennessee's WDVX [[www.wdvx.com](http://www.wdvx.com)]. The Head of Sequatchie Resource Management Area in Cumberland County is open to the public one day a month. Annual events include the Ride for the Cumberland Trail hosted by the Friends of the Cumberland Trail, and Spring BreakAway hosted by the Cumberland Trails Conference. The park also regularly hosts guided hikes, volunteer days, and heritage music events.

For a full schedule of open days, programs and events, visit the park calendar on our website or social media.



All photos by Peter C. Koczera, Cumberland Trail Photography Project.

### Follow Us!

Planning a hike? Have questions? Want to see beautiful photography of the Cumberland Trail? Connect with us online:

- Facebook @cumberlandtrailsst
- Twitter @CTSSTrail
- Instagram @cumberlandtrailsst
- Email [Cumberland.Trail@tn.gov](mailto:Cumberland.Trail@tn.gov)
- Online Guide: [www.cumberlandtrail.guide](http://www.cumberlandtrail.guide)
- Interactive Map: [map.cumberlandtrail.guide](http://map.cumberlandtrail.guide)

### Support Organizations

Cumberland Trails Conference  
[www.cumberlandtrail.org](http://www.cumberlandtrail.org)

Friends of the Cumberland Trail  
[www.friendsofthecumberlandtrail.org](http://www.friendsofthecumberlandtrail.org)

Sandrock Recordings  
[www.sandrockrecordings.com](http://www.sandrockrecordings.com)

Trailhead Nursery  
[www.trailheadnursery.com](http://www.trailheadnursery.com)

