

## DAY-USE TRAIL GUIDE

### TRAIL DISTANCES

Woodland	.8 mi
Campground	.2 mi
Gorge Overlook	1.1 mi
Turkey Pen Ridge	.4 mi
Base of Fall Creek Falls	.4 mi
Milliken's	.4 mi
Paw Paw	2.6 mi
Cable	.25 mi
Gilbert Gaul Loop	4.45 mi

### Piney Falls:

From parking lot to bridge	.25 mi
From parking lot to overlook	.12 mi
From Fall Creek Falls parking lot to Piney	1.85 mi

### Bike Paths:

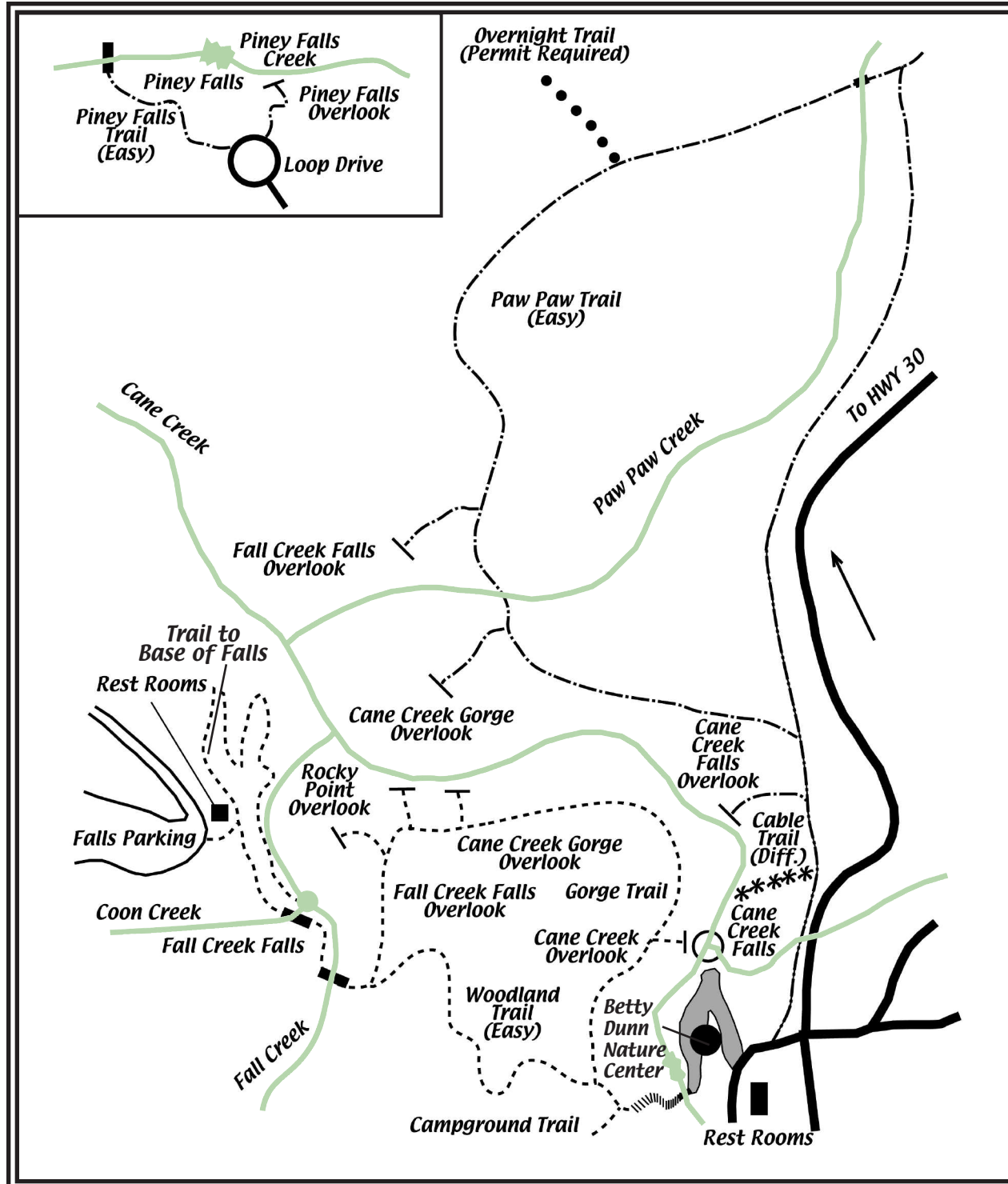
Inn to the Dam	1.35 mi
Dam to Fall Creek Falls Overlook	.8 mi
Dam to Cul-de-sac and Woodland Trail	.65 mi
Fall Creek Falls Overlook to Piney Falls road and intersection	1.2 mi

### Overnight Trails:

Lower Loop	12 mi
Upper Loop	13 mi

### Mountain Bike Trail:

Chinquapin Ridge	2.0 mi	round trip
Piney Creek	5.2 mi	

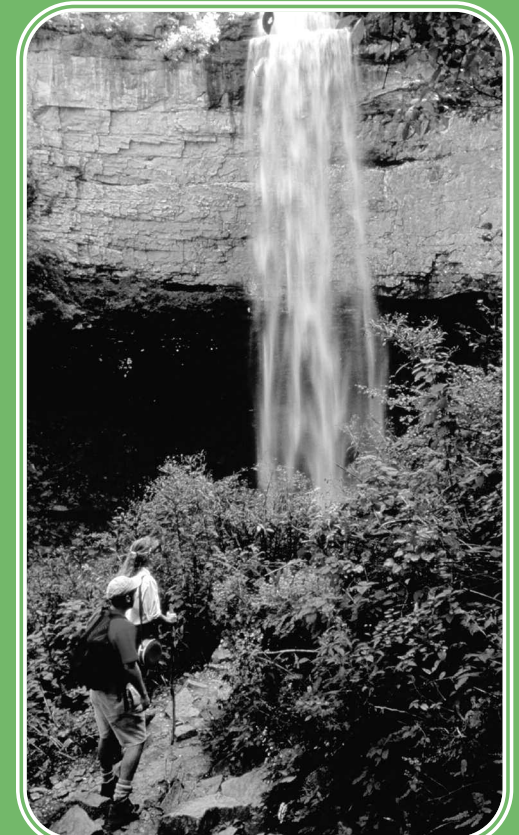


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FALL CREEK FALLS  
STATE PARK  
TENNESSEE

## Trail Map



## Welcome To Fall Creek Falls

Fall Creek Falls State Park offers a variety of day-use trails that provide access to some of the park's loveliest areas passing into virgin woods, over fast flowing streams and around awesome gorges and waterfalls. These trails are designed to accommodate recreational and educational activities from leisurely walks and easy hiking to exploration of the park's geological features and forest life typical of the Cumberland Plateau. Most trailheads start near the North Entrance in the vicinity of the Nature Center which is located beside Cane Creek Falls. The accessibility, varied lengths, and for the most part level terrain, make these trails suitable for many people of all ages.

**WOODLAND TRAIL:** The major trail leading from the Nature Center to Fall Creek Falls Overlook. Beginning behind the Nature Center, the trail crosses Cane Creek Cascades by way of a swinging bridge, goes up a set of steps and then on to the Fall Creek Falls Overlook. It does have a few up hills along the way.

**CAMPGROUND TRAIL:** A short connector of the campground to the Woodland Trail. The trail starts in the back of campground C near site #177. This important connector makes it possible to originate a hike from your campsite and link it to any of the other trails and their destinations.

**GORGE OVERLOOK TRAIL:** An extension of the Woodland Trail. The trail begins (or ends) .2 miles from the Nature Center near the top of the hill on the Woodland Trail. Forking off to the right, it forms a scenic bypass loop to the direct Woodland Trail. The trail passes overlooks of the Cane Creek Falls, two views of Cane Creek Gulf and Fall Creek Falls and then rejoins the Woodland Trail near Fall Creek. Each overlook is worth the extra walk.

**TURKEY PEN RIDGE TRAIL:** A connector of the Village Area to the Woodland Trail. This important trail makes it possible to originate a hike from the Village Area and link it to any of the other trails and their destinations or to go from any trail to the Village Area. The trail originates off the Village Road (which leads from the camper check-in to the dam) directly across from the entrance to the village. Park in the Village Area, cross the road and enjoy. The hike is a .4 mile stroll on an almost level, shaded path. At the Woodland Trail is a .3 mile stretch to the Nature Center or left to Fall Creek Falls Overlook

**BASE OF FALL CREEK FALLS TRAIL:** A steep trail to the bottom of the falls. At the Falls Overlook, the trail to the left continues to the plunge pool of Fall Creek Falls. This trail winds through ancient layers of rock. Experience the cool temperatures and looming trees of a virgin forest as the trail descends through the Fall Creek Gorge to the base with a magnificent view of the tumbling waters. It is only .4 miles to the base, but then it is long .4 miles to the top. Be sure and rest, hiking is not a contest. Stay on the trail. Do not shortcut the switchbacks.

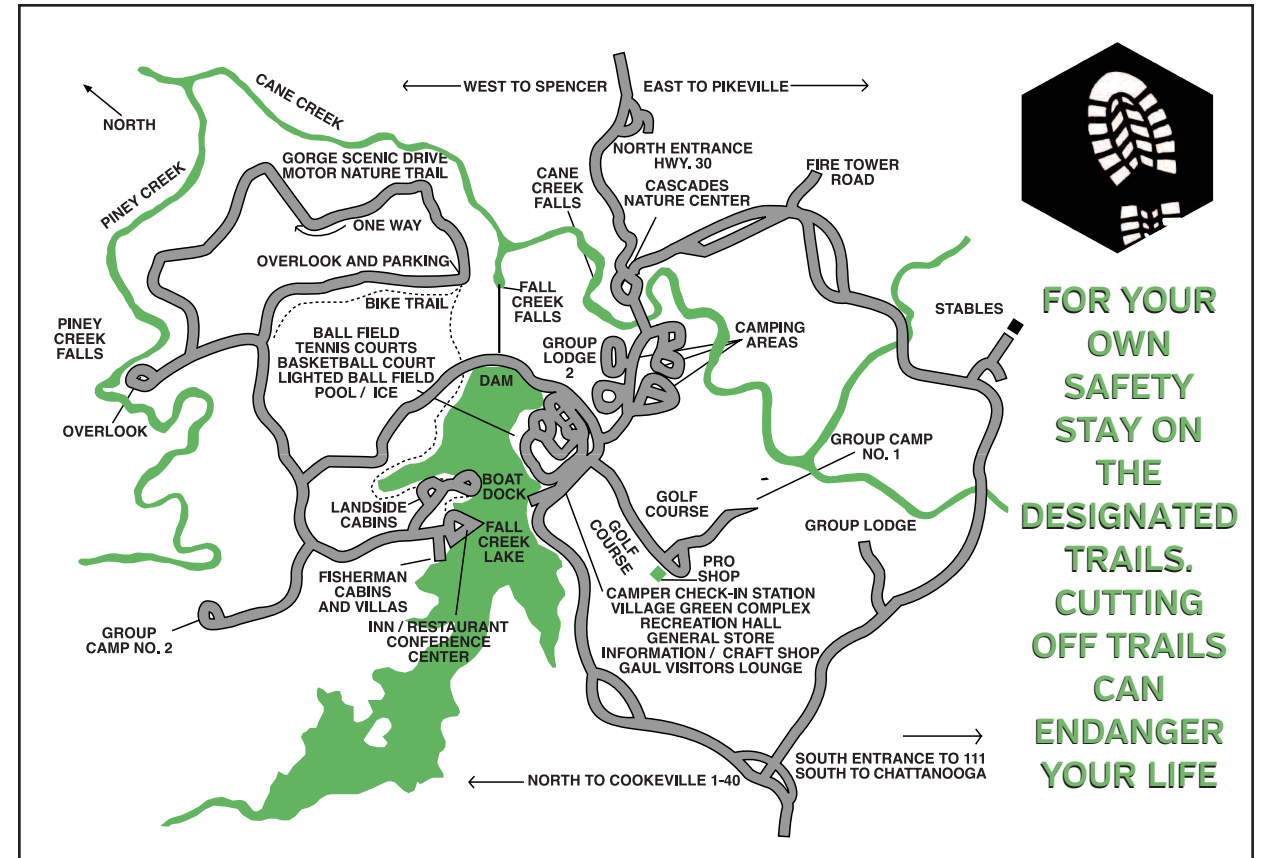
**PINEY FALLS TRAIL:** A pleasant stroll through the center of the Scenic Loop. It begins near the Fall Creek Falls parking lot and is accessible from either the Bike Path or the Falls Road. The trail goes through the loop, crossing several small creeks before reaching Piney Falls road after 1.3 miles. After crossing the road, the trail bears right and continues .55 miles to the Piney Falls Area. The trail is a part of the Lower Loop Overnight Trail, but is over easy terrain. Note: Arriving at Piney Falls Road (after walking through the loop), it is a short walk (left) along the road to the Bike Path and an easy return to Fall Creek Falls.

**MILLIKEN'S TRAIL:** A side trail off the Piney Falls Trail going to the overlook. Though there are no rest rooms or water, the overlook is a great place to take a break. Follow the Piney Falls Trail for 1 mile. Turn right on Milliken's Trail where it is .4 miles to the overlook. From the overlook, it is 1.5 miles back to Fall Creek Falls parking lot using the Scenic loop Drive. Walking the Loop gives hikers the opportunity to stop at each overlook.

**PINEY FALLS SIDE TRAILS:** Overlook and bridge trails. In the Piney Area there are two very short trails. Beginning at the parking area, the path to the right leads to the Piney Falls overlook and the one to the left goes steeply downhill to the long swinging bridge over Piney Creek.

**PAW PAW TRAIL:** A loop with great views of Cane Creek Gorge. The trail starts at the Nature Center and heads north to cross Rockhouse Creek, climbs a hill, and continues on to striking views of Cane Creek Falls, the Cane Creek Gulf and Fall Creek Falls.

**CABLE TRAIL:** A steep trail to the base of Cane Creek Falls. On the Paw Paw Trail, the trail going uphill to the left immediately after crossing Rockhouse Creek is the Cable Trail. This is a rugged, steep trail, so please use the cable. NOTE: See the Cable Trail information on the map or consult with a Ranger or the Nature Center staff before walking the Cable Trail!



**FOR YOUR OWN SAFETY STAY ON THE DESIGNATED TRAILS. CUTTING OFF TRAILS CAN ENDANGER YOUR LIFE**

**GILBERT GAUL LOOP:** Park at the gate of Group Camp #2. The trail begins on the left of the paved road and follows an old dirt road for a level .8 miles. Stay straight at the beginning of the hike where another old road branches off to the left (this is a return). The dirt road goes downhill into an open field, close to the site of the Gilbert Gaul homestead, and finally on to the head of the lake. Here the road ends and the trail really begins leading off to the left. Follow the lake for 1.1 miles to the Frazier Ran Shelter. It is then 1.35 miles from the shelter to the cabins. Shortly before reaching the cabins, the main trail leaves the lake and goes up a gentle hill for .2 miles. This section of the trail was nicknamed the fern line. At the top of the hill go right on another old road and it's .45 miles back to the trailhead. NOTE: 1. The trail is new however, it follows a road or a lake so it should not be hard to follow. 2. The trail can also be accessed from the end of the Villas (cabins) but this trailhead should only be used by Inn or Cabin guests.

**BIKE PATHS:** Paved paths. Though available to hikers, please yield the right of way to the bikers for it is their path.

**INN TO THE DAM:** A paved path which follows the lake for 1.35 miles.

**DAM TO FALL CREEK FALLS OVERLOOK:** A paved path winding through a forest to a junction after .45 miles. Go left, cross a bridge and continue .1 miles to top of hill and another junction. Go right .1 miles to the Overlook.

**DAM TO THE CUL-DE-SAC AND WOODLAND TRAIL:** A paved path winding through a forest to a junction after .45 miles. Go straight for .2 miles to reach the Cul-de-Sac. The Woodland Trail is a short distance down the hill from the paved circle.

**FALL CREEK FALLS OVERLOOK to the PINEY FALLS ROAD INTERSECTION:** A paved path which parallels the Fall Creek Falls Road for 1.1 miles.