

Nearby Attractions

- Obed National Wild and Scenic River - 5 miles.
- Lone Mountain State Forest Horse and Bike Trail - 6 miles.

Nearby State Parks

- Justin P. Wilson Cumberland Trail State Park
www.cumberlandtrail.org.

Annual Park Events

- Wildflower Pilgrimage,
Second and Third weekends in April.
- Heritage Day Festival,
Second Saturday in August.

We're Mobile!

The Tennessee State Parks Pocket Ranger app provides users access to all Tennessee State Parks, historic sites and campgrounds with detailed information, amenities, facility maps and directions. Visitors can plan a trip by searching for a park by GPS location or activity including hiking, camping, boating, birding and more. Once in the park, GPS and GIS mapping technology will allow you to track and record trails, mark waypoints, locate your friends within the parks and enjoy GeoChallenge activities and games. The app is available at the Apple app store and Google play.



Directions:

From Harriman take Hwy. 27 North to Wartburg. Turn right (East) on Hwy. 62. Travel 2 miles and turn left on Flat Fork Road. Travel 4 miles to the park entrance.

Cover photo by Ranger Michael Hodge



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Hours of Operation
8 a.m. ET to Sunset

Frozen Head State Park
964 Flat Fork Rd.
Wartburg, TN 37887
423-346-3318

Tennessee State Parks
TN Tower/William Snodgrass Building
312 Rosa L. Parks Avenue
Nashville, TN 37243
888-867-2757

www.tnstateparks.com

Volunteer Opportunities

Volunteers and Friends assist in protecting, preserving and promoting the cultural and natural resources of their favorite state park, giving of their time and talents to ensure their park's integrity for future generations to enjoy. It's easy to show your support - join a Friends group or participate in one of the many volunteer opportunities we offer individuals, families and groups.



To learn more about volunteer opportunities in your area visit www.tnstateparks.com.

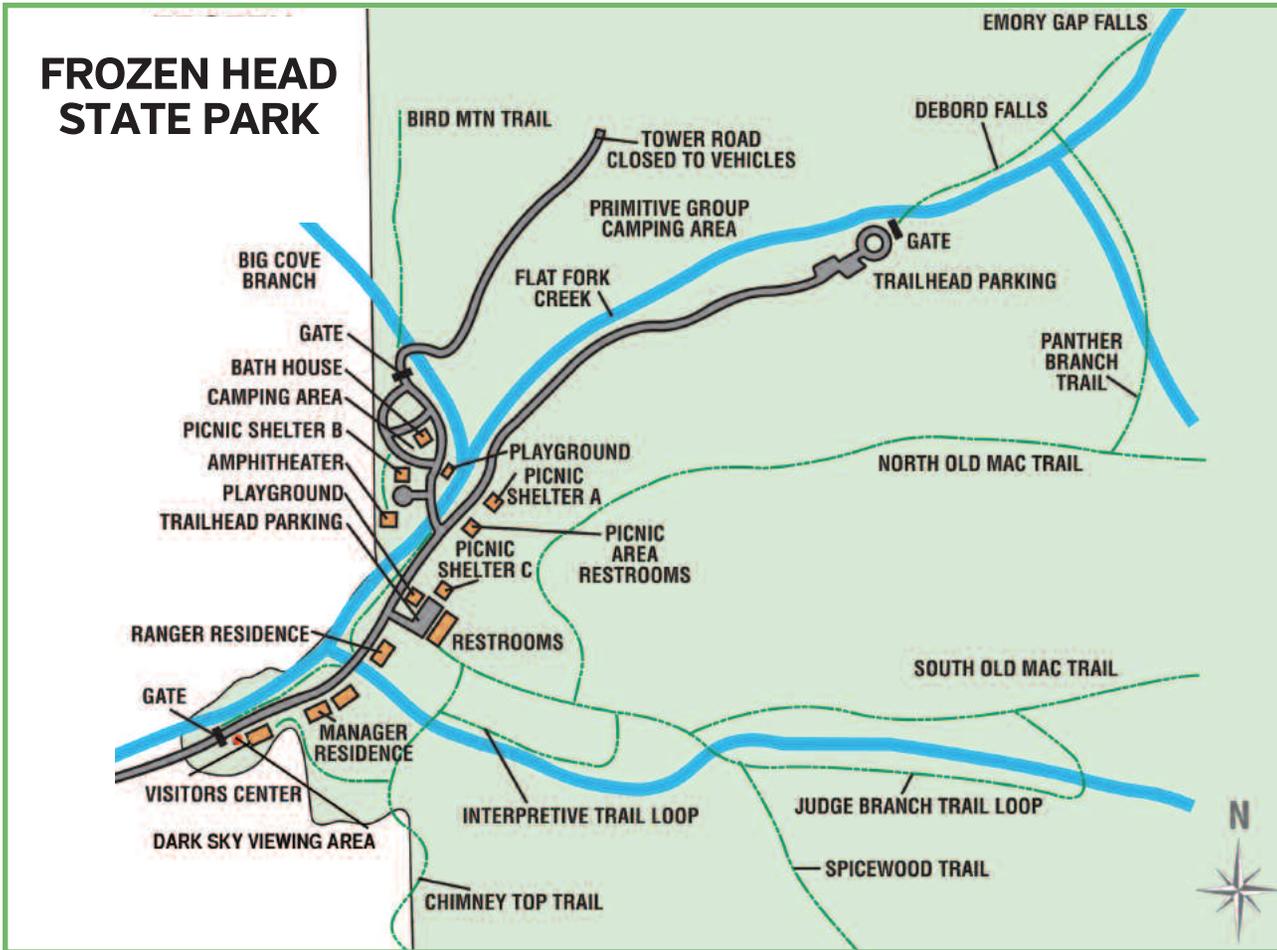


T E N N E S S E E
State Parks

FROZEN HEAD
STATE PARK
TENNESSEE

www.tnstateparks.com

FROZEN HEAD STATE PARK



Frozen Head State Park is situated in the beautiful Cumberland Mountains of Eastern Tennessee. The 13,122 acres of relatively undisturbed forest contain some of the richest wildflower areas in the state. This bird watchers paradise provides ample opportunity for nature enthusiasts, while also providing a variety of recreation opportunities. The mountainous terrain varies from an elevation of 1,340 feet to over 3,000 feet on 16 different mountain peaks.

Historical Significance

In 1894 the state acquired a large area in Morgan County for the Brushy Mountain State Prison. Coal was deep mined by convict labor and the trees were harvested to supply timbers for the mines. The land was transferred to State Parks in 1970 and became Frozen Head State Park. In 1988, most of the state park acreage was classified as a State Natural Area.

Camping

Twenty rustic campsites are scattered throughout the Big Cove Camping area. You can check availability and make your reservation online or by calling the park office. Two group sites for 15 to 20 people are available and may be reserved up to two weeks in advance.

Group Camp

Flat Fork Primitive Group Camp located along Flat Fork Creek has eight group sites accommodating up to 15 people per site.



Picnic Pavilions and Playgrounds

The park features a wooded picnic area with 32 picnic sites including tables and grills. Three group shelters are available and may be reserved throughout the year. Water fountains, restrooms and two playgrounds are available in the picnic area. The park also features two volleyball courts and horseshoe pits.

Fishing

Flat Fork Creek is stocked with rainbow trout in the spring. A valid Tennessee fishing license and supplemental trout stamp are required.

Hiking

The park features over 50 miles of foot trails that meander by waterfalls, rock shelters and giant mountaintop cap rocks. A portion of the Cumberland Trail passes through the park.



Planned Programs

Park naturalists are available for interpretive programs both in the park and off-site. Schools and organized groups are encouraged to participate in these programs.

Swimming

While there is no swimming pool at Frozen Head, many people enjoy the cooling waters of Flat Fork Creek where larger pools allow for wading and splashing.

Horse Trails

The 6.9-mile Lookout Tower Trail is open for horses. All other trails are hiking only. There are no overnight facilities or camping for horses. A large field is provided for trailer parking.



Bike Trails

The 6.9-mile Lookout Tower Trail is available for bicycles. Originally a logging road, the trail climbs from the Big Cove campground to the top of Frozen Head Mountain.

Amphitheatre

A 240-seat amphitheater is located adjacent to the picnic and camping areas. During the summer, the park schedules interpretive talks, slide presentations and campfires. It is also available for churches, clubs and other organizations to use by reservation.

Gift Shop

The visitor's center gift shop carries a variety of souvenirs and gifts. A topographic trail map can also be purchased here.