



Hours of Operation
 Day Use Park
 April to October: 7:00 AM to 7:00 PM
 November to March: 8:00 AM to 4:30 PM

Harpeth River State Park
 1640 Cedar Hill Road
 Kingston Springs, TN 37082
 615-952-2099

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

www.tnstateparks.com

Volunteer Opportunities

Volunteers and the Friends of Harpeth River State Park 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 the Friends of Harpeth River State Park, visit <https://friendsofhrsp.org>.



T E N N E S S E E
State Parks

HARPEATH RIVER STATE PARK T E N N E S S E E

www.tnstateparks.com



Directions

From I-40 take Exit 188 Kingston Springs. Follow signs to Hwy 249 and turn right. At the end of the road turn left on Hwy 70 West. Turn right on Cedar Hill Road. Turn left on Narrows of the Harpeth Road.



Tennessee Department of Environment and Conservation authorization #327152, 15,000 copies. This public document was promulgated at a cost of .07 per copy. February, 2017.

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.



Picnic Facilities

Picnic tables and grills are available at Hwy 100, Hidden Lake, Gossett Tract, Newsom's Mill and at the Harris-Street Bridge. Presently, drinking water and restroom facilities are not available at any of the sites.

Boating

The Harpeth River is a Class I river. It is appropriate for beginners to advanced paddlers. Access sites close for safety during high water. Visitors can bring their own canoe or kayak. Canoe and kayak trip information and rental rates are available from local outfitters in and around Kingston Springs. Much of the property around the Harpeth River is private land. Be courteous to landowners and be aware of trespassing laws.



Swimming

The river provides shallow areas for wading and many great swimming holes to cool off in while paddling downstream.

Fishing

Fly fishing is popular among many anglers who enjoy scenic beauty and smallmouth bass fishing. Other fish species include bream, bluegill, and channel catfish. Remember, all Tennessee fishing regulations apply.



Harpeth River State Park

The Harpeth River State Park is a linear park that manages nine river access sites along 40 river miles. Sites include several natural, archeological and historic sites. The park is popular for kayaking, canoeing, fishing and hiking. Canoe access areas are located at all sites (excluding archeological areas).

Narrows of the Harpeth located off Cedar Hill Road, is an ideal spot for hiking, picnicking, fishing, and canoeing. It is also the site of one of the oldest man-made tunnels in existence today.

Mound Bottom is a large Mississippian Period Indian Mound Complex. Archeologists believe this Native American town had important political and ceremonial functions. Nearby is Mace Bluff, providing beautiful views of the mounds and a petroglyph of a mace used in ceremonial functions. Guided tours of Mound Bottom are offered November through March by reservation. For more information call 615-952-2099.



Hidden Lake is a naturalist's paradise featuring hiking trails, majestic bluffs, and abundant wildlife.

Newsom's Mill is one of the oldest gristmills in Davidson County.

Other park sites providing fishing and river access include: Hwy 100 Access located near Warner Park; Kingston Springs Access, located in Kingston Springs City Park; Hwy 249 access; Hwy 70 access and The Gossett Tract, located off Cedar Hill Road near Scott's Cemetery.



Hiking

Hiking at the Narrows of the Harpeth can be accessed from trailheads at Harris-Street Bridge Access or the Narrows Access.

There are three trails located at the Narrows of the Harpeth. From the parking area, all trails originate at a common trailhead near the park entrance. A half-mile mile bluff overlook trail includes a steep ascent to a narrow bluff, which offers hikers a panoramic view of the Harpeth Valley. A one mile trail to the site of Montgomery Bell's Patterson Forge leads to the backside of the Narrows opening where the water that drove the mill flume cascades from the tunnel back into the river via a waterfall. A one half mile trail connects the canoe launch area to the canoe take-out parking area.

At Hidden Lake, a three mile trail meandering through wildflower meadows, forests, and limestone bluffs attracts birders and hikers seeking solitude and natural beauty.

At Gossett Tract, a two mile loop through open fields is great for birders and late summer wildflower hikes.

Museum

Artifacts uncovered during an early 1970s excavation of Mound Bottom are on display inside the park office at Montgomery Bell State Park, located off Hwy 70 West in Burns.

Programs

Program schedules are posted at all Harpeth River State Park areas, on Harpeth River State Park's Facebook page and on our website www.tnstateparks.com.



Other Nearby State Parks

- Montgomery Bell State Park - 14 miles
- Bicentennial Capitol Mall State Park - 26miles

Annual Events

- Spring Wildflower Walk - March
- Narrows of the Harpeth - April
- Mound Bottom Tours - Fall thru Spring
- Harpeth Hustle Triathlon - October

