Fishing
Fishing is allowed in five small lakes. Four small lakes at Grundy Lakes in Tracy City range from one to 16 acres in size. Another one-acre lake is located on the Meadow Trail near the visitor center. No fishing is allowed in swimming areas or waterfall splash pools. A Tennessee Fishing License is required.

Picnic Pavilions and Playgrounds
Pavilions are located at the visitor center, Grundy Forest, Foster Falls, and Stone Door; they may be reserved for the day, up to one year in advance. Reserve online. There are many other picnic tables, grills, and playgrounds scattered throughout the park. Courts for tennis, volleyball, basketball, a baseball diamond and horseshoe pits along with swings can be found at the visitor center.

Gift Shop
Books, patches, t-shirts, souvenirs, and other items are available at the visitor center.

Planned Programs
A variety of programs covering natural and cultural history are scheduled year-round. Hikes, slide shows, movies, cave tours, rock climbing, rappelling, canoe floats, and special programs are offered.

Nearby State Parks
- Old Stone Fort State Archaeological Park - 33 miles

Annual Area Events
- March - Savage Gulf Marathon
- April - Trails and Trilliums
- May - Wildflowers & Waterfalls
- November - Hike Against Hunger

Directions
Take either Exit 134 or 135 off I-24. Turn right on Hwy. 41S for 4.5 miles. Visitor center is on the left.

Volunteer Opportunities
The Friends of South Cumberland assist in protecting and conserving the cultural and natural resources of the park, giving their time and talents to ensure the park’s integrity for future generations to enjoy. It’s easy to show your support for South Cumberland - join the friends group or participate in one of the many volunteer opportunities we offer individuals, families and groups. Learn more about the Friends of South Cumberland at www.friendsofsouthcumberland.org. To learn more about volunteer opportunities in the park, visit www.tnstateparks.com.

Tennessee Department of Environment and Conservation authorization no. 327152, 20,000 copies. This public document was promulgated at a cost of $.07 per copy, March, 2018.
South Cumberland State Park is comprised of 10 distinct units scattered over 100 square miles covering more than 30,800 acres. Hikers should expect to see spectacular rock formations, cascading streams, beautiful waterfalls, rocky gorges, panoramic overlooks and lush woodlands. The Stone Door area offers challenging rappelling and rock climbing. There is sport climbing but no rappelling at Foster Falls. Lost beautiful waterfalls, rocky gorges, rappelling and rock climbing. There is sport climbing. The Stone Door area offers challenging panoramic overlooks and lush woodlands. The Stone Door entrance is a primitive beautiful cabin, with six bunks, fireplace, and a counter area. A spring is located just outside. The cabin can be reserved online at www.tnstateparks.itinio.com /south-cumberland.

Boating
Grundy Lakes does not have a launch ramp; however, smaller boats with paddles or trolling motors are welcome (no gas engines please).

Swimming
Unsupervised swimming areas can be found at Grundy Lakes as well as any creek or splash pool located in the park. To ensure safety, all diving is prohibited. Jumping from waterfalls is not allowed.

Caving
Caving is limited to Lost Cove Cave located in Carter State Natural Area. Due to white-nose syndrome and bat hibernation periods, the cave is open to the public only from May 15 to September 15.

Climbing and Rappelling
Climbing and rappelling is limited to the Stone Door Area and sport climbing is located at the Foster Falls and Denny Cove areas. A climbing permit is required, and can be found online at www.tnstateparks.com/parks/activitydetail/south-cumberland-rock-climbing.

Backcountry Camping
South Cumberland boasts over 90 miles of backpacking trails with 82 campsites, eight group sites and the rustic Hobbs Cabin. These campsites are located within 11 designated backcountry campgrounds across the Fiery Gizzard and Savage Gulf trail systems. South Cumberland encourages visitors to reserve your campsite early to ensure you have a site upon arrival. Remember, follow all park rules and be prepared to have a rewarding backcountry experience. Reserve online: www.tnstateparks.itinio.com/south-cumberland. Each site is limited to 4-6 people, 2-4 two person tents. Each site has a designated fire ring. Hiking is required to reach the sites, although a few sites are available at only 120 yards from the parking lot. Water must be filtered from natural sources or carried in, be sure to check with the ranger stations about water availability. A pit toilet is also available at each campground. South Cumberland has eight primitive group campsites most at Savage Gulf campgrounds. These sites can accommodate from 30-60 campers, depending on the site and location.

Vehicle Camping
The Foster Falls campground has 26 rustic campsites ideal for tents or small trailers. The Foster Falls campground is the only camping area in the park where guests may park a car and/or pop-ups next to the campsite. The campground is open year-round. All sites have a fire ring and a picnic table. Most sites are level, but a few are on a slight incline. Most sites are wooded, offering some shade and have a gravel surface. There are no water or electric hook-ups but a restroom and heated showers are available. Reserve online www.tnstateparks.itinio.com/south-cumberland.

Hiking
The park has 90 miles of hiking trails ranging from easy to very rugged. Please register at the trailhead. All day hikers must be off trails before sunset.