

WALKS & HIKES

WALKS & DAY HIKES

In Great Smoky Mountains National Park

Walking and hiking are favorite ways for many people to see Great Smoky Mountains National Park. Much of the interest and mood present in the park depends on finding subtle variations in nature not seen from automobiles. For example, wildflowers, cascading streams, the scent of evergreens, and the sounds of birds are best seen and experienced away from roads. For this reason, the National Park Service maintains over 900 miles of trails here.

This folder describes hikes that may last up to a full day and serves as a guide to their location. The map on this folder is not intended to serve as a detailed trail guide. For more trail information you may obtain a Great Smoky Mountains Trail Map, a Hiker's Guide to the Smokies or topographical maps. Backpacking information is available on the trail map. Persons planning overnight hikes are required to have a Backcountry Permit which may be obtained free of charge from any visitor center, ranger station, or campground.

Whether you are out for an hour or a day, remember to

- wear comfortable, non-slip shoes
- expect variable weather

Naturalist-conducted walks and events are another very enjoyable way to see the park, learn about nature and history, and meet other people. These walks may last an hour or two, or take all day, and are conducted on a seasonal basis. All of the walks are suitable family activities. Schedules are posted in visitor centers and on campground bulletin boards. You can also obtain copies of the schedule at any visitor center or ranger station.

Waterfalls are popular destinations for day-hikes. The hikes to waterfalls range from easy to strenuous, but no matter what the effort required, rewards invariably justify them. Typically, waterfalls in the park tumble over steep, but not vertical, rockfaces. The water is clear and cold, and as it splashes over the rock, the wind blows mist everywhere, providing moisture for colonies of water-loving plants. These moist, green and cool places together with the quiet, shady trails leading to them make waterfall hikes memorable.

Several waterfalls are listed on the chart **FAVORITE HIKING TRAILS**. These waterfalls lie along well-maintained trails and are very scenic. For quick reference to the chart, the waterfalls are as follows:

	Map no.
Deep Creek area:	19 Juneywhank Falls
	20 Indian Creek Falls
	21 Toms Branch Falls
Cades Cove area:	30 Abrams Falls
Elkmont area:	K Laurel Falls
Gatlinburg area:	34 Rainbow Falls
	37 Grotto Falls
Greenbrier area:	39 Ramsay Cascades
Cosby area:	42 Hen Wallow Falls
Balsam Mountain:	48 & 49 Flat Creek Falls

FAVORITE HIKING TRAILS

General Location	Map Number	Miles Roundtrip Length	Rating	Specific Trailhead Location	Climb (feet)	Trail Features		
Newfound Gap Road	1	Old Sugarlands Road	3	easy	Gatlinburg side of stone bridge at Park Headquarters	300	Trail through pine-oak woods along West Prong of the Little Pigeon River	
	2	Huskey Gap - Sugarland Mtn.	4½ (one way)	moderate	Huskey Gap Trail on Newfound Gap Road; end at Fighting Creek Gap on Little River Road	1240	Good graded trail through second-growth hardwoods	
	3	Chimney Tops	4	strenuous	Chimney Tops Parking Area on Newfound Gap Road	1335	Steep with 150 yards of difficult rock climbing to reach viewpoint	
	4	Arch Rock	2½	easy	Alum Cave Bluffs Parking Area, 9 miles south of Sugarlands Visitor Center on Newfound Gap Road	400	Through hemlock and northern hardwood forest along Alum Cave Creek; trail goes through the rock	
	5	Mt. LeConte	11	strenuous	See Number 4	2800	From Alum Cave Bluffs over steep landslide scars into conifer forest	
	6	Sweat Heifer	7¼ (one way)	moderate	Newfound Gap; take Appalachian Trail east 1-1/2 miles, then Sweat Heifer Trail and Kephart Prong Trail to Newfound Gap Road	3100 down	Partly follows on an old logging railroad grade; second-growth forest	
	7	Mt. LeConte	16	moderate	Newfound Gap; take Appalachian Trail east and the Boulevard Trail	1545	The least climb of any trail to the summit; through spruce-fir forest	
	8	Charlies Bunion	8	moderate	Newfound Gap; follow Appalachian Trail east	980	A rocky prominence with spectacular views	
	9	Deep Creek	15 (one way)	moderate	Newfound Gap Road, 1 mile south of Newfound Gap (via Deep Creek Trail)	2900 down	Follows Deep Creek from near its source along a well-maintained trail	
	10	Kephart Prong	4	easy	Newfound Gap Road, 8 miles north of Oconaluftee	830	Follows old road past abandoned fish hatchery and CCC camp to Kephart Shelter	
	11	Newton Bald	10	moderate	Newfound Gap Road, 1/8 mile north of Smokemont Campground entrance	2800	To Thomas Divide Trail, through several forest types	
	12	Chasteen Creek	10	moderate	Smokemont Campground; hike to Hughes Ridge and return	2400	Well-maintained trail through second-growth forest; passes 15' waterfall	
	13	Smokemont Loop	6	moderate	Smokemont Campground at the gate on Bradley Fork Road, in D Loop	1260	A hike through oak and cove hardwood forests	
	14	Mingus Creek	4½	moderate	Mingus Mill Parking Area; hike to Mingus Creek Cemetery and return	748	Trail follows Mingus Creek	
Clingmans Dome Road	15	*Road Prong	3½ (one way)	moderate	Indian Gap, 2 miles from Newfound Gap on Clingmans Dome Road. Trail ends in the Chimney Tops Parking Area	1840 down	Follows route of old wagon road, now a rough footpath; two stream crossings without foot bridges	
	16	*Noland Divide	14½ (one way)	strenuous	Clingmans Dome Road, ¾ mile east of the Clingmans Dome Parking Area	4129 down	From conifer forest to Deep Creek Campground	
	17	*Andrews Bald	4	moderate	Clingmans Dome Parking Area	600 down	The easiest bald to reach; fine views; azaleas in June	
	18	*Silers Bald	10	moderate	Clingmans Dome Parking Area	900 down	Along the Appalachian Trail; excellent views	
	Deep Creek	19	Juneywhank Falls	1½	moderate	Deep Creek Road, ¼ mile from the picnic shelter	150	A short hike to an unusual cascade
		20	Indian Creek Falls	2	easy	Deep Creek Road, 1/2 mile from the picnic shelter	100	Follow creek to a 60' waterfall
21		Toms Branch Falls	½	easy	Deep Creek Road, 1/2 mile from the picnic shelter	20	Follows old road and Deep Creek; second growth forest	
22		Lonesome Pine	6	strenuous	Across from bridge in the Deep Creek Campground (on Noland Divide Trail)	2640	To pine forest on Beaugard Ridge	
Fontana Dam	23	Shuckstack	7	strenuous	Fontana Dam; follow the Appalachian Trail north	2200	Fine views, considerable climbing	
Cades Cove	24	Rocky Top	12	strenuous	Cades Cove Picnic Area (via Anthony Creek Trail)	3476	Good views from the Appalachian Trail	
	25	Thunderhead	13	strenuous	Cades Cove Picnic Area (via Anthony Creek Trail)	3562	Follow Anthony Creek, Bote Mountain, and Appalachian Trails	
	26	Spence Field	11	moderate	Cades Cove Picnic Area (via Anthony Creek Trail)	2922	Follow Anthony Creek and Bote Mountain Trails	
	27	Spence Field	14	moderate	Laurel Creek Road, approximately 3 miles west of Townsend "Y" (via Bote Mountain Trail)	3300	An old road; some good views	
	28	Gregory Bald	11	moderate	Turnaround on Forge Creek Road in Cades Cove (via Gregory Ridge Trail)	3000	Ascends through virgin hardwood forest; azaleas bloom at the bald late June	
	29	*Gregory Bald	9	moderate	Parson Branch Road in Cades Cove (via Hannah Mountain Trail)	2170	Through pine and hardwood forest; fine views from the bald	
	30	Abrams Falls	5	moderate	West end of the Cades Cove Loop Road	340	Walk along a clear stream to 20' falls	
Elkmont	31	Upper Little River	6	easy	Locked gate on road along Little River, above Elkmont Campground	500	Follows Little River; good view of large boulders and rushing water	
	32	Cucumber Gap	5½	easy	2-1/2 miles above Elkmont Campground on road along Little River	700	Follows an old logging grade through young forest	
	33	Cove Mountain	8	moderate	Laurel Falls Parking Area, 4 miles from Sugarlands Visitor Center on Little River Road	1840	Laurel Falls and a virgin cove hardwood forest	
Gatlinburg	Cherokee Orchard	34	Rainbow Falls	5½	moderate	4 miles south of Gatlinburg (via Airport Road)	1750	Follows LeConte Creek to 80' waterfall
		35	Mt. LeConte	13	strenuous	4 miles south of Gatlinburg (via Rainbow Falls Trail)	4017	After falls, steep climb through a heath bald and spruce-fir forest
		36	Mt. LeConte	14	strenuous	4 miles south of Gatlinburg (via Bullhead Trail)	4017	From second-growth forest, past huge boulders, into spruce-fir forest
	Roaring Fork Motor Nature Trail	37	*Grotto Falls	3	easy	Parking Area near post #5 on Roaring Fork Motor Nature Trail	560	Through old-growth forest to a waterfall you can walk behind
38	*Mt. LeConte	14	strenuous	Parking Area near post #5 on Roaring Fork Motor Nature Trail (via Grotto Falls and Trillium Gap Trails)	3473	Follows Roaring Fork to its source, through various forest types		
Greenbrier	39	Ramsay Cascades	8	strenuous	Greenbrier Cove, 6 miles east of Gatlinburg, turn right and follow trail signs	2375	Climbs along Ramsay Prong; many large trees	
	40	Porters Creek	2	easy	Greenbrier Cove, 6 miles east of Gatlinburg, turn right and follow trail signs	300	Follows old road along cascading creek	
Cosby	41	Albright Grove	7	moderate	At Park boundary adjacent to Yogi's Jellystone Campground (private) on U.S. 321 approximately 15 miles east of Gatlinburg	1500	Follows old road for 3 miles of second growth forest to a 1-1/2 mile walk through virgin cove hardwood forest	
	42	Hen Wallow Falls	4	moderate	Cosby Campground in A Loop	520	A walk through areas with large trees	
	43	Mount Cammerer	12	moderate	Low Gap Trail in Cosby Campground	2470	The shortest and easiest trail from the north side of the Park to the Appalachian Trail; excellent 360° view from Mt. Cammerer	
Big Creek	44	Snake Den	10	strenuous	Cosby Campground, in B Loop	3440	Steep climb to the Appalachian Trail	
	45	Mt. Sterling	12	strenuous	Big Creek Campground (via Baxter Creek Trail)	4130	Through changing forest to Mt. Sterling	
	46	Mt. Sterling	12	moderate	Cataloochee Schoolhouse	2430	Along Pretty Hollow Creek to Mt. Sterling	
Cataloochee	47	Boogerman	7	moderate	Caldwell Fork Trail near Cataloochee Campground	1000	A hike through a mature hardwood forest	
	48	*Flat Creek Falls	4	easy	Heintooga Picnic Area	600 down	A short hike through a northern hardwood forest	
Balsam Mountain	49	*Flat Creek Falls	2	easy	1 mile south of Polls Gap on Balsam Mountain Road	180	A short hike through a northern hardwood forest	
	50	*Spruce Mountain	10	moderate	Polls Gap, on the Balsam Mountain Road	519	Through conifer forest to the top of Spruce Mountain	
Park Headquarters	51	Gatlinburg	2 (one way)	easy	Park Headquarters area to Gatlinburg city limit	120 down	Along the west prong of the Little Pigeon River; second-growth forest and old homesites	

For detailed trail information, publications on hiking are available to purchase at visitor centers
For leisurely enjoyment, expect to average one mile per hour on most trails

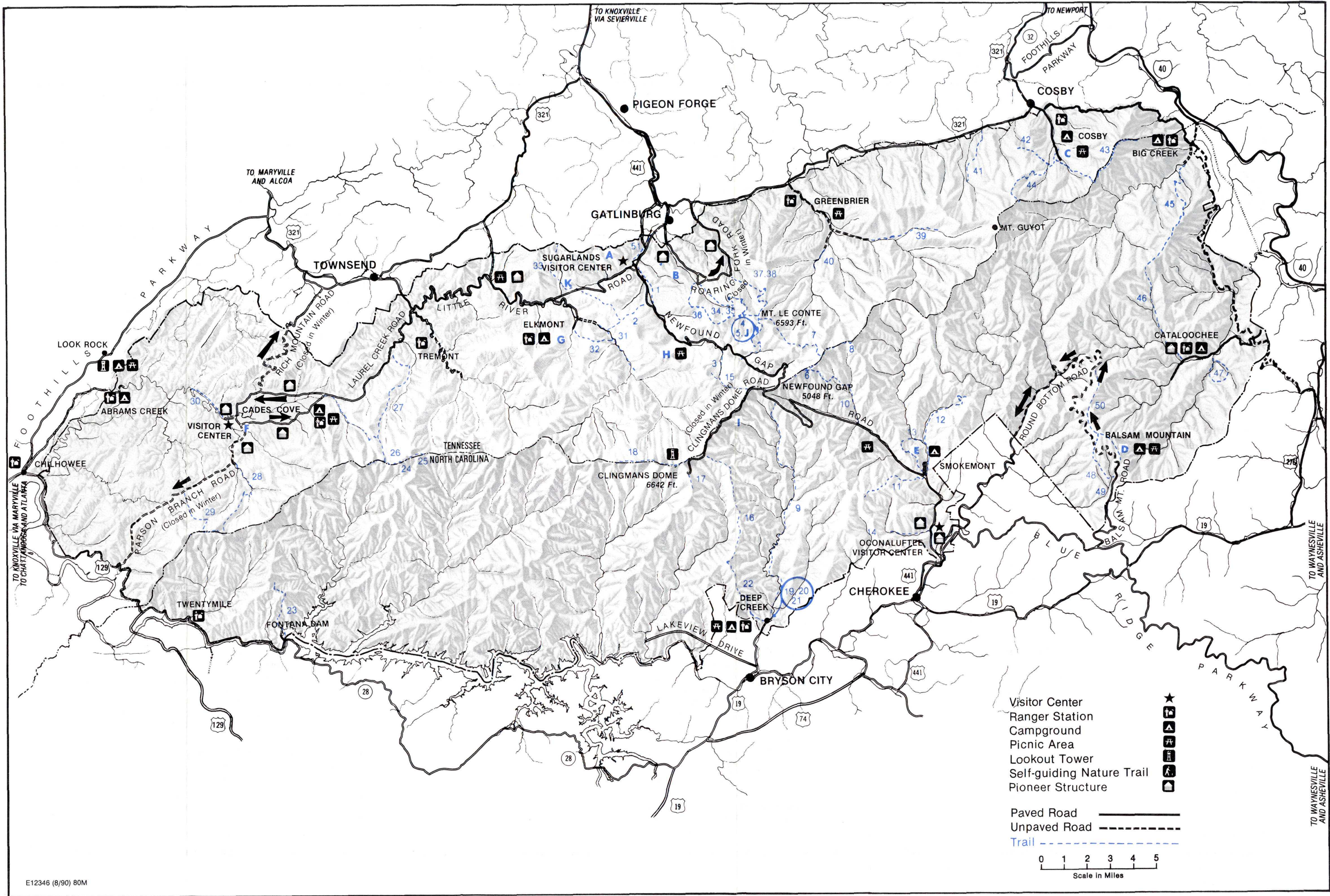
*Access road closed in winter

Great Smoky Mountains
National Park

Administration

Great Smoky Mountains National Park is administered by the National Park Service, U.S. Department of the Interior. The Superintendent's address is Gatlinburg, TN 37738.

This folder is published by the Great Smoky Mountains Natural History Association, a nonprofit organization cooperating with the National Park Service in the interpretive programs of Great Smoky Mountains National Park. The association offers at nominal cost publications intended to develop a broad public understanding of park geology, biology, history, and related subjects.



Self-guiding nature trails combine short, enjoyable walks with opportunities to learn about nature and history in the park. Leaflets are available and directional signs are located at each trail. Locations of the trails are shown on this map and a brief description of each trail follows . . .

- For your safety**
- Stay on trails
 - Keep off waterfalls and cliff faces
 - Closely watch and control children
 - Purify water before drinking

- And for the protection of the park**
- Do not remove plants or pick flowers
 - Pets are not allowed on trails.

SELF-GUIDING NATURE TRAILS

Name	Map Designation	Roundtrip Length (miles)	Location	Trail Features
Sugarlands	A	1	Starts from a paved trail behind the Sugarlands Visitor Center	Introduction to the natural history and human history of the area
Noah "Bud" Ogle	B	3/4	Starts on Cherokee Orchard Road, 3 miles south of Gatlinburg via Airport Road	A walk through an abandoned farmstead
Cosby	C	1	Near the amphitheater in Cosby campground	An introduction to awareness of nature
*Balsam Mountain	D	3/4	Balsam Mountain Campground	Nature reclaims a logged-over northern hardwood forest
Smokemont	E	3/4	Smokemont Campground	Examples from the past of man's impact on the land.
Cades Cove	F	1/3	About 1/2 mile beyond Cable Mill Parking Area on Loop Road	Use of native plants by early settlers
Elkmont	G	3/4	Parking Area opposite the Elkmont Campground	Develop your ability to read the landscape
Cove Hardwood	H	3/4	Just inside the entrance to the Chimney Tops Picnic Area off Newfound Gap Road	Starting in second growth, the trail reaches a splendid primeval forest
*Spruce-Fir	I	1/2	On the Clingmans Dome Road 4 miles from Clingmans Dome	Introduces a type of forest that grows only on the high peaks this far south
Alum Cave	J	5	Alum Cave Bluffs Parking Area on Newfound Gap Road	Passes through a heath bald
Laurel Falls	K	2-1/2	Laurel Falls Parking Area on Little River Road	Paved trail through a pine-oak forest



*Access road closed in winter