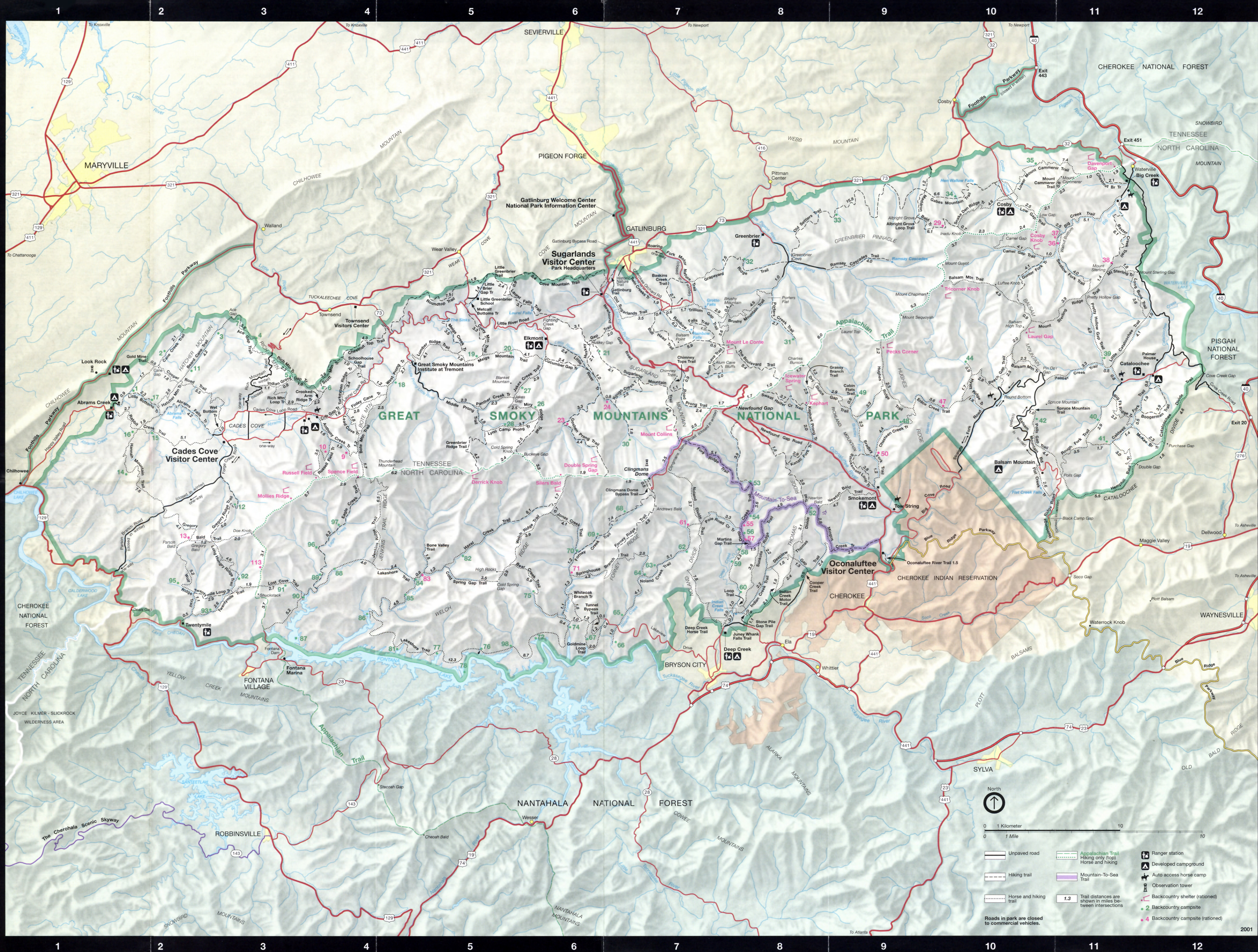


Great Smoky Mountains Trail Map

Great Smoky Mountains
National Park
North Carolina/Tennessee
National Park Service
U.S. Department of the Interior



Your Guide to a Land of Many Trails

You park your car, lock it, walk away—and you are in the wild. Minutes ago you were in traffic. Now you're in the backcountry. This map and guide will help you plan and enjoy your trip afoot or on horseback. The things you need to know—from wilderness-use philosophy to how to hang your pack—appear on this side. The map will help you decide which piece of Smokies wilderness to explore.

The National Park Service maintains more than 850 miles of walking and hiking trails in Great Smoky Mountains National Park. Trails thread

the crests of sweeping scenic vistas seen from roadside parking lots and overlooks. Trails lead to the Smokies' waterfalls, coves, balds, and rushing streams. They cover every degree of difficulty, from the paved walking paths to steep mountain trails. Each trail invites you to explore the richness of this majestic climax of the wild Appalachian highlands. For more complete information about trails and campsites shown on the map, see *Hiking Trails of the Smokies*. Also known as "the brown book," this standard park trail reference is sold at park visitor centers and area welcome centers.



NPS Photos

Minimum Impact
Hiking and
Camping

The following regulations are designed to protect the backcountry and its denizens, but you can do even more. Your pride in using the backcountry so the next person doesn't realize you have been there is most important. Promoting sound backcountry use practices perpetuates the wilderness qualities that are so attractive. Here is a checklist of minimum-impact backcountry use practices:

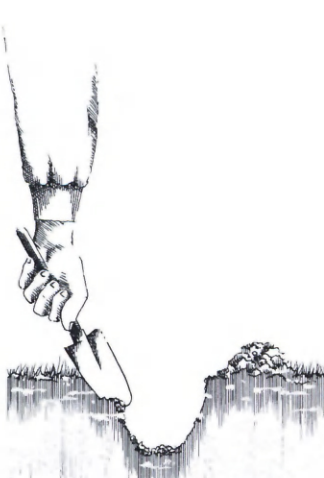
- Abide by all backcountry use regulations. They are designed for resource protection.
- Use a stove to minimize the trampling and destruction of vegetation that result from collecting firewood.
- Keep your group small to preserve a sense of solitude.
- Avoid cutting across switchbacks, to prevent destructive trail erosion.
- Camp where your campsite already shows impacts. Don't establish new tent sites.

On Being Lost

Stay on the trail, do not travel alone, and keep your group together. Carry a good map and know how to use it. Let someone know your schedule and your route in advance, so they can notify park authorities if you are overdue. If you do get lost, stay calm and do not leave the trail. Do not travel at night.

Toilet Use

Improper human waste disposal creates one of the most disgusting conditions in the backcountry. Regulations require that human feces be deposited in a 6-inch-deep hole and covered with soil and that no toilet use occur within 100 feet of a camp or water source or within sight of a trail. Defecating behind a shelter or near a spring creates very unhealthy conditions and is clearly bad manners. All sanitary napkins and tampons must be packed out. Do not bury them. Please, take a little extra care!



Visiting the Backcountry: Things Everyone Should Know

If Someone Gets Injured

If someone is injured and can't be moved to a trailhead, do the following: Provide warmth and comfort; leave someone with the injured person; note the exact location and circumstances; and hike out and let rescuers know where to go and what to prepare for.

The backwoods ethic says it is **your** responsibility to make sure you don't get injured. Be careful and use common sense. Getting accident victims to safety or medical facilities is difficult and often dangerous for all involved.

Hazards!

Hazards you must be especially watchful about are:

Hypothermia. The lowering of body temperature beyond the point at which the body can maintain its own heat is called hypothermia. It is an all-season killer and results from exposure to a combination of wind, rain, and cold. **A wet hiker can succumb to hypothermia in mid-summer at higher elevations!** Be prepared for sudden weather changes and learn how to take care of yourself in extremes of cold, heat, and wetness. Always carry rain-gear; storms arise quickly. You can't imagine how rapidly hypothermia symptoms can appear, even in fairly mild weather, until you have experienced them. By then it may be too late.

The potential for hypothermia makes late fall through early spring the most dangerous time for backcountry travel. **Know these symptoms and treat them immediately:** uncontrolled shivering, slurred speech, lapse of memory, stumbling, fumbling hands, drowsiness, and the inability to get up after a nap. Victims need dry clothing, warm fluids if conscious, and shelter from the elements. To prevent hypothermia, drink before thirsty, eat before hungry, rest before tired, and stay dry. Travel and **stay with** a companion. Two people can look after each other far better than one can look after oneself! Clothing should be worn in layers, an outer layer to ward off wind and precipitation and inner layers to insulate. Keep your head warm and dry with a good hat. Other cold weather hazards include frost-bite, icy trails, and deep snow.

Stream crossings and waterfalls. Heavy rains, particularly in warm weather, cause swollen streams that may be unsafe to ford. Don't cross a stream unless you are sure you can make it. For added precaution make sure your pack can be discarded quickly, wear shoes to protect your feet, use a stout stick for extra support, and, if you lose your footing, float with your feet downstream to protect your head. Just walking near a stream, on moss- and spray-covered rocks, can be hazardous. In no case should you camp next to a stream swollen by high water. Waterfalls can be extremely hazardous; climbing on them has resulted in numerous fatalities.

Drinking water. All water obtained in the backcountry should be treated before drinking to protect you from health hazards. **The recommended treatment is boiling it for one minute.** Many park waters are clear, cold, and free-running. **Nevertheless, they may not be safe to drink unless boiled.** Filters may not remove certain bacteria or viruses, and chemical disinfectants require very long contact times for the water temperatures found in the mountains. *Giardia lamblia*, a well-known cause of intestinal disorders, is but one of many harmful organisms that may be in park waters. **Do not drink untreated water!**

Bears and You!

Bears in the park are wild, and their behavior is sometimes unpredictable. Although they are extremely rare, attacks on humans have happened, inflicting serious injuries and death. Treat bear encounters with extreme caution and follow these guidelines.

Encounters along the Trail. Stay watchful. If you see a bear at a distance, do not approach it. If your presence causes the bear to change its behavior (it stops feeding, changes travel direction, watches you, etc.)—**YOU'RE TOO CLOSE.** Being too close may also promote aggressive behavior from the bear, like running toward you, making loud noises, or swatting the ground. The bear is demanding more space. Don't run but slowly back away, watching the bear. Try to increase the distance between you and the bear, and the bear will probably do the same. If a bear persistently follows or approaches you, typically **without** vocalizing or paw swatting, try changing your direction. If the bear continues to follow you, stand your ground. If the bear gets closer, begin talking loudly or shouting at it. Act aggressively and try to intimidate the bear. Act together as a group if you have companions.

Make yourselves look as large as possible (for example, move to higher ground). Throw non-food items like rocks at the bear. Use a deterrent like a stout stick. Don't run and don't turn away from the bear. Don't leave food for the bear; this encourages further problems.

Most injuries from black bear attacks are minor and result from the bear trying to get at people's food. If the bear's behavior shows it is after your food, and you are physically attacked, separate yourself from the food and slowly back away. If the bear shows no interest in your food, and you are physically attacked, fight back aggressively with any available object—the bear may consider you as prey! Help protect others: report all bear incidents to a park ranger immediately. Above all, keep your distance from bears!

Encounters in Camp. The best way to avoid bears is not to attract them. Keep your cooking and sleeping areas separate. Keep tents and sleeping bags free of food odors; do not store food, garbage, or other attractants (like toothpaste, soap, etc) in them. A clean camp is essential to reducing problems. Pack out all food and litter; don't bury it or try to burn anything.

Proper food storage is required by regulation. Secure all food and other attractants at night or when not in use. Where food storage devices are present, use them. Otherwise: place all odorous items in your pack. Select two trees, about 10-20 feet apart, with limbs 15 feet high. Using a rock as weight, toss a rope over a limb on the first tree and tie one end to the pack. Repeat this process with the second tree. Raise the pack about six feet via the first rope and tie it off. Then pull the second rope until the pack is suspended at least 10 feet high and evenly spaced; it must be four feet or more from the nearest limb.



Trip Planning and Permits

Planning Your Trip

Taking a short walk or day hike or spending an overnight in the backcountry offers the opportunity for many people to see Great Smoky Mountains National Park. It provides many opportunities to learn about the natural and cultural history of this area. Though day hikers do not require a permit, other regulations and backcountry practices still apply.

Trip length (eight to 10 miles maximum per day is recommended), group size, elevation gain, weather, and availability of good water are factors that can affect your trip's success. Give them consideration as you plan. Know your physical and mental limitations. A smart, safe hiker is a prepared hiker. Your equipment list, for any backcountry visit, should include the items listed below. With them you can prevent most backcountry emergencies or lessen the severity:

- comfortable walking shoes
- rain-gear
- map and compass
- knife
- first aid kit
- flashlight
- extra clothing
- matches
- water, and high energy food.

Park your car in designated areas at or near the trailhead. Lock the doors and store all valuables in the **trunk** or take them with you. Leave nothing in sight in the car.

Permits, How and Why

The backcountry use permit is free but is required for all overnight camping in the backcountry. If you intend to stay overnight in the backcountry, you will need a permit. Our backcountry permit system is designed to protect the park and opportunities for solitude, both the quality of the natural environment and the quality of your experience.

How to get your backcountry permit. You may self-register for a permit at 12 locations throughout the park by following the posted instructions, but your itinerary may require access to a public pay telephone, as explained below. Self-service permit stations are at:

- 1 Oconaluftee Visitor Center
- 2 Sugarlands Visitor Center
- 3 Twentymile Ranger Station—no phone
- 4 Fontana Marina—phone at boat dock
- 5 Deep Creek Campground Office
- 6 Cataloochee Ranger Station—no phone
- 7 Big Creek Ranger Station
- 8 Cosby Campground Office
- 9 Greenbrier Ranger Station—no phone
- 10 Elkmont Campground
- 11 Cades Cove Campground Office
- 12 Abrams Creek Ranger Station—no phone

Some sites are rationed—see chart at right—because of heavy use. Telephone our Backcountry Reservation Office for permission. Failure to do so invalidates your permit and may subject you to a fine.

Using the Chart at Right

Backcountry campsites and shelters are listed by map coordinates (7E, etc.) with their elevations in feet. Backcountry campsites are numbered and grouped by major access areas. All sites and shelters are available to hikers, but camping with horses is allowed *only* at those with a bold **H**. Shelters and sites whose use is rationed appear in bold type. Their allowable capacities show in parentheses. For example, **(12,6 H)** means 12 hikers, 6 horses; **(12)** means 12 hikers, no horses. See "Permits" for more information.



NPS Photos

Auto Access Horse Camps

Limited drive-in horse camps provide ready access to backcountry trails April through October. Reservations are required and may be made up to five months in advance. For reservations call 1-800-365-2267 between 10 a.m. and 10 p.m. eastern time.

Horse Camp	No. of campsites available
Anthony Creek	3
Big Creek	5
Cataloochee	7
Round Bottom	5
Tow String	3

Up to six people and four horses are permitted per campsite. Use may not exceed seven consecutive nights.

Rules and Regulations

- 1 You must possess a backcountry permit while camping in the backcountry.
- 2 Camping is permitted only at designated sites and shelters.
- 3 Use of rationed sites and shelters must be confirmed through the Backcountry Reservation Office.
- 4 You may stay up to three consecutive nights at a site. You may not stay two nights in a row at a shelter.
- 5 Maximum camping-party size is eight persons.
- 6 Open fires are prohibited except at designated sites. Use only wood that is dead and on the ground. Use only established fire rings.
- 7 Use of tents at shelters is prohibited.
- 8 Food storage: When not being consumed or transported, all food and trash must be suspended at least 10 feet off the ground and four feet from the nearest limb or trunk, or shall be stored as otherwise designated. See **Bears and You!**
- 9 Toilet use must be at least 100 feet from a campsite or water source and out of sight of the trail. Human feces must be buried in a six-inch-deep hole. See Toilet Use.
- 10 All trash must be carried out.
- 11 All plants, wildlife, and natural and historic features are protected by law. Do not carve, deface, or cut any trees or shrubs.
- 12 Polluting park waters is prohibited; do not wash dishes or bathe with soap in a stream.
- 13 Pets, motorized vehicles, and bicycles are not permitted in the backcountry.
- 14 Firearms and hunting are prohibited.
- 15 Feeding or harassing any wildlife is prohibited.

Hazel Creek Area	
82 Calhoun (H)	2720 5F
83 Pinnacle Valley (20, 10H)	2280 5F
84 Sugar Fork	2160 4F
85 Sawdust Pile (H)	2000 4F
86 Proctor (H)	1680 4F

Twentymile Area	
87 Jerry Hollow (Boats only)	1720 3G
88 Pinnacle Creek (H)	2200 4F
89 Lower Ekanettee	1880 4F
90 Lost Cove (H)	1760 3F
91 Upper Lost Cove (H)	2040 3F
92 Upper Flats (H)	2520 3F
93 Twentymile Creek	1880 3F
95 Dalton Branch (H)	2360 2F
96 Eagle Creek Island	2880 4F
97 Big Walnut	2400 4E
113 Birch Spring Gap (12, 6H)	3680 3F

Lakeshore Area	
72 Gunter Branch (Boats only)	1720 5G
76 Krieland Creek (H)	1770 5G
77 Pilkey Creek (H)	1800 5G
78 Double Island (Boats only)	1720 5G
81 North Shore (H)	1800 4G
98 Chambers Creek (H)	1720 5G

Shelters

Davenport Gap (12, 12H)	2600 11B
Cosby Knob (12, 12H)	4700 10C
Tricorner Knob (12, 12H)	5920 10C
Peck's Corner (12, 12H)	5280 9D
Icewater Spring (12)	5920 8D
Mount Collins (12)	5870 7E
Double Spring Gap (12)	5507 6E
Silers Bald (12, 12H)	5460 6E
Derrick Knob (12)	4890 5E
Spence Field (12, 12H)	4900 4E
Russell Field (14, 14H)	4360 4E
Mollies Ridge (12, 12H)	4570 3E
Mount Le Conte (12)	6440 7D
Kephart (14, 14H)	3900 8D
Laurel Gap (14, 14H)	5600 10D

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