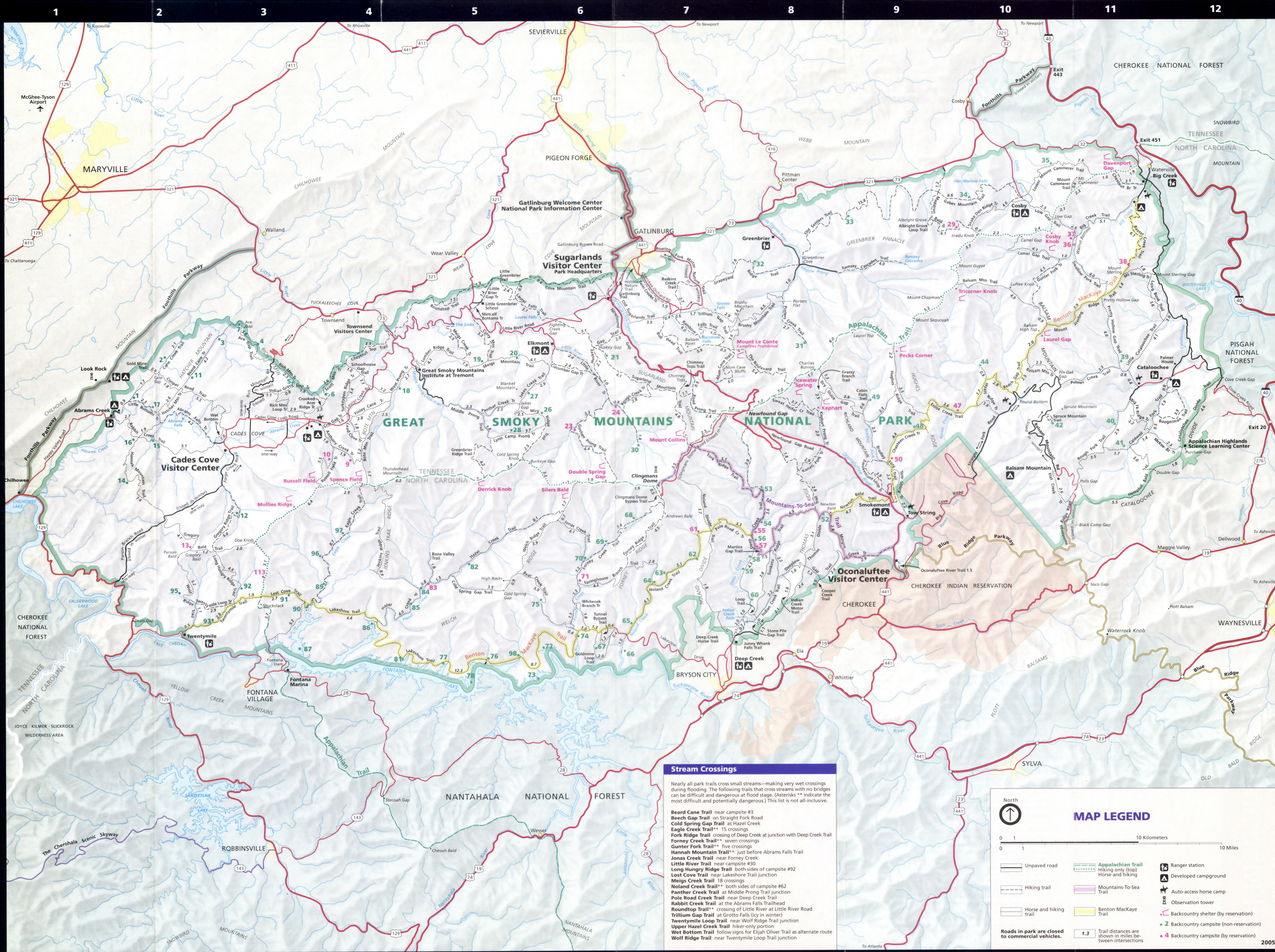


Great Smoky Mountains Trail Map



Your Guide to a Land of Many Trails

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.



ALL PHOTOGRAPHS—NPS

In emergencies call: Park headquarters, 865-436-9171; Cherokee (No. Car.) police, 828-497-4131; or Gatlinburg (Tenn.) police, 865-436-5181.

Leave No Trace

Please learn, practice, and pass on Leave No Trace outdoor skills and ethics. Your personal commitment to ethical backcountry use is the most important factor in maintaining the park’s wilderness character. Take pride in leaving no trace of your presence here.

- Abide by all backcountry use regulations. They are designed for resource protection.
- Use a stove and candle lantern to minimize the trampling and destruction of vegetation that result from collecting firewood.
- Never cook or burn food in a campfire. A residue and odor will remain and will attract wildlife that will become a problem for future campers.
- Keep your group small to preserve a sense of solitude.
- Camp where your campsite already shows impacts. Don’t establish new tent sites.
- Pack out all leftover food and trash.
- Avoid cutting across switchbacks, to prevent destructive trail erosion.

If You Get 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. (Do not leave your trip schedule displayed on your car while parked at trailheads.) 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 six-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.

Backwoods ethics say 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. Hypothermia is when body temperature falls below the point at which the body can maintain its own heat. 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 raingear; storms arise quickly. Hypothermia symptoms can appear very rapidly, even in fairly mild weather.

The potential for hypothermia makes late fall through early spring a most dangerous time for backcountry travel. **Know its symptoms and treat them immediately:** uncontrolled shivering, slurred speech, memory lapses, 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 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 frostbite, icy trails, and deep snow.

Stream crossings and waterfalls. Heavy rains, especially in warm weather, can cause swollen streams that can 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. Walking near a stream on moss- and spray-covered rocks can be hazardous. **Never camp next to a stream swollen by high water.** Waterfalls can be extremely hazardous; climbing on them has resulted in many fatalities.

Drinking water. All water obtained in the backcountry should be treated before drinking to protect you from health hazards. **The recommended treatment is to boil 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 these 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. Attacks on humans are extremely rare, but they have happened, inflicting serious injuries and death. Treat bear encounters with extreme caution and follow the guidelines below.

Encounters along the Trail. Stay alert. 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, talk loudly or shout 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

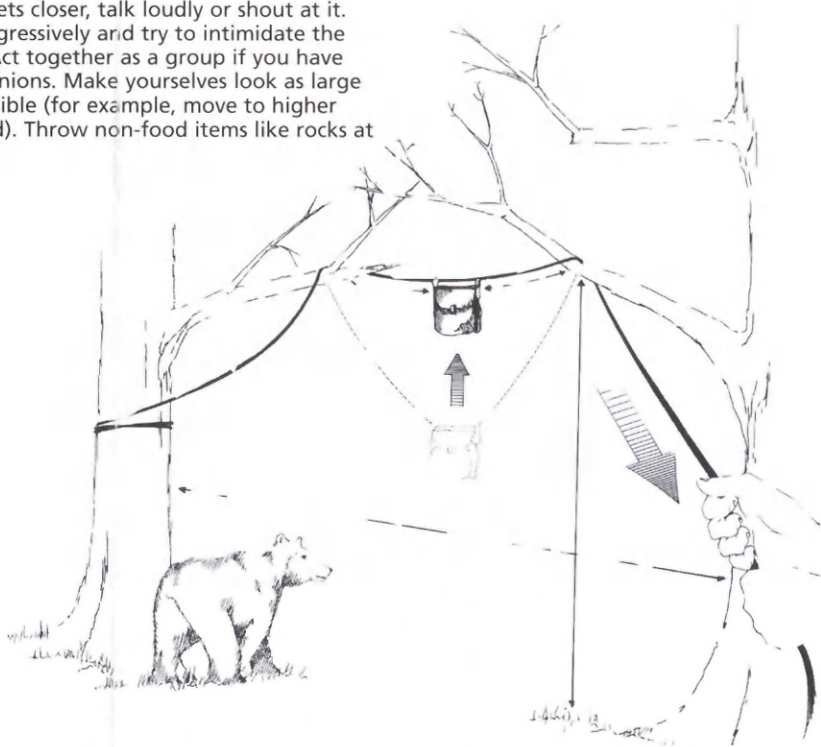
For more complete information about trails and campsites shown on the map, see *Hiking Trails of the Smokies*. Also known as “the brown book,” this standard park trail reference is sold at park visitor centers, area welcome centers, and www.smokiesstore.org.

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 only 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 behavior of the bear shows that 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.

Regulations require proper food storage. Secure all food and other attractants at night or when not in use. Where food storage devices are present, use them. Otherwise: place all odorless items in your pack. Select two trees, 10-20 feet apart, with limbs 15 feet high. Using a rock for a weight, toss a rope over a limb on the first tree; 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

Camping Permits

Permits are required when camping in the backcountry. Camping is permitted only at designated sites. **These backcountry sites require reservations: 9, 10, 13, 23, 24, 29 36, 37, 38, 47, 50, 55, 57, 61, 71, 83, and 113, and all shelters require reservations.** (See the chart at right.) Reservations may be made one month in advance.

Plan your trip and determine what sites you will occupy. If your itinerary includes a reserved site or any shelter, you must call the Backcountry Reservations Office (see below) to reserve that site. Be prepared to give your complete trip plan. When you arrive in the park you must complete a permit at one of the 15 self-registration stations listed below. Keep the permit with you and drop the top copy in the registration box. If your itinerary does not include any reserved site or shelter, you need only to complete a permit; you do not need a reservation.

You cannot stay two nights in a row in the same shelter. The maximum stay at a campsite is three consecutive nights. Using a tent at any shelter is prohibited. The maximum group size is eight persons. Pets are prohibited in the backcountry.

Please call the **Backcountry Reservations Office at 865-436-1231** to cancel any nights or spaces that become available because of changes in your plans. The office is open daily from 8 a.m. to 6 p.m.

Failure to abide by park regulations may subject you to a fine under Title 36, Code of Federal Regulations.

- Self-registration stations are located at:**
- Oconaluftee Visitor Center
 - Sugarlands Visitor Center
 - Twentymile Ranger Station
 - Fontana Dam Visitor Center
 - Fontana Marina
 - Deep Creek Campground Office
 - Smokemont Campground Office
 - Cataloochee Valley near campground
 - Big Creek Ranger Station
 - Cosby Campground Office
 - Greenbrier Ranger Station
 - Elkmont Campground
 - Great Smoky Mountains Institute at Tremont
 - Cades Cove Campground Office
 - Abrams Creek Ranger Station

Planning Your Trip

For help planning a backpacking trip call the **Backcountry Information Office at 865-436-1297**. The office is staffed by volunteers and is open daily from 9 a.m. until noon.

For a safe and enjoyable backpacking experience, know your limitations. A maximum trip length of eight to 10 miles a day is recommended. Group size, elevation gain, weather, and availability of good water may also affect the success of your trip.

The following equipment is considered essential for a safe backpacking trip: two flashlights, water, raingear, comfortable ankle-supporting shoes, high-energy food, and extra clothing. Always carry a map and know how to use it.

Protect your valuables by taking them with you or hiding them in your car. Do not leave valuables in sight in your car. Do not leave a note on your car indicating how long you will be hiking.

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 reserved 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.

Maximum fine for each violation is \$5,000 and/or six months in jail!

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 the 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 by reservation appear in **bold type**. Their allowable capacities are shown in parentheses. For example, **(12,6H)** means 12 hikers, 6 horses; **(12)** means 12 hikers, no horses. See “Permits” for more information.

Backcountry Campsites

Site No.	Reserved Capacity	Elev. (Feet)	Map Key
Cades Cove Area			
1 Cooper Road (H)		1200	2D
2 Cane Creek		1320	2D
3 Hesse Creek (H)		1360	3D
4 Kelly Gap (H)		1930	3D
5 Rich Mountain (H)		3400	3D
6 Turkeypen Ridge		3400	4D
7 Ace Gap (H)		1680	3C
9 Anthony Creek (12)		3200	4E
10 Ledbetter Ridge (8)		3000	4E
11 Beard Cane (H)		1530	2D
12 Forge Creek		2600	3E
13 Sheep Pen Gap (15, 8H)		4640	2F
14 Flint Gap (H)		2050	2E
15 Rabbit Creek (H)		1550	2E
16 Scott Gap (H)		1700	2E
17 Little Bottoms		1240	2D

Elkmont/Tremont Area			
18 West Prong (H)		1600	4D
19 Upper Henderson (H)		2880	5D
20 King Branch (H)		2520	5D
21 Medicine Branch Bluff		3780	6D
23 Camp Rock (12)		3200	6D
24 Rough Creek (15)		2860	6D
26 Dripping Spring Mountain		4400	6D
27 Lower Jakes Gap (H)		3520	5D
28 Marks Cove (H)		3490	5D
30 Three Forks		3400	6E

Greenbrier/Cosby Area			
29 Ottercreek (10)		4560	9C
31 Porters Flat		3400	8D
32 Injun Creek		2280	8C
33 Settlers Camp		1960	9B
34 Sugar Cove		3240	10B
35 Gilliland Creek (H)		2680	10B

Cataloochee/Big Creek Area			
36 Upper Walnut Bottom (20, 20H)		3040	11C
37 Lower Walnut Bottom (20)		3000	11C
38 Mount Sterling (12)		5820	11C
39 Pretty Hollow (H)		3040	11D
40 Big Hemlock		3100	11D
41 Caldwell Fork (H)		3360	11E
42 Spruce Mountain		5480	10D

Oconaluftee Area			
44 McGee Spring (H)		5040	10D
47 Enloe Creek (8)		3620	10D
48 Upper Chasteen		3320	9D
49 Cabin Flats (H)		3060	9D
50 Lower Chasteen Creek (15, 15H)		2360	9E

Deep Creek Area			
52 Newton Bald (H)		5000	8E
53 Poke Patch		3000	8E
54 Nettle Creek		2600	8E
55 Pole Road (15, 15H)		2410	8E
56 Burnt Spruce		2405	8F
57 Bryson Place (20, 12H)		2360	8F
58 Nicks Nest Branch		2360	8F
59 McCracken Branch		2320	7F
60 Bumgardner Branch (H)		2120	7F

Noland Creek Area			
61 Bald Creek (12, 6H)		3560	7E
62 Upper Ripshin (H)		3160	7F
63 Jerry Flats (H)		2920	7F
64 Mill Creek (H)		2540	7F
65 Bear Pen Branch (H)		2040	6F
66 Lower Noland Creek (Boats only)		1720	6G
67 Goldmine Branch (H)		1840	6G

Forney Creek Area			
68 Steeltrap		3960	6E
69 Huggins		2800	6F
70 Jonas Creek (H)		2400	6F
71 CCC (12, 12H)		2180	6F
74 Lower Forney		1720	6G
75 Poplar Flats		2800	5F

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

Twentymile Area			
89 Lower Ekaneetlee		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			
87 Jerry Hollow (Boats only)		1720	3G
72 Gunter Branch (Boats only)		1720	5G
73 Lone Pine (Boats only)		1720	5G
76 Kirkland Creek		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
Pecks 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