

Trails and Trilliums 2018

GUIDED HIKES SCHEDULE

A **Trails and Trilliums Hike Pass** is required to participate in any guided hikes during Trails & Trilliums weekend. The Hike Pass is free for current Friends members, and \$35 for non-Friends members; however, with payment of the \$35 fee, the hiker receives a Family Membership in the Friends of South Cumberland, good until April 1, 2019.

ESSENTIAL INFORMATION. The trails of the South Cumberland region are what most hikers would term “rugged”. Most trails, with rare exceptions, have steep gradients, narrow sections and exposed roots and rocks offering ample opportunities for tripping. Even trails marked easy have some of these elements. Hikers should prepare accordingly; wear sturdy boots, hiking poles if desired, and bring plenty of water and a high-energy snack on all hikes.

- **Hike difficulty:**  = easy  = moderate  = strenuous
-  = **Shuttle Service.** If this icon is shown, a shuttle runs between the SCSP Visitor Center and the trailhead.
- **If a hike does not have shuttle service,** meet the hike leader at the indicated trailhead. Trailhead info is available at friendsofsouthcumberland.org/trailhead-info.
- **Hike start times** indicate when the shuttle will depart from the Visitor Center, or, if no shuttle, when hikers should meet their hike leader at the indicated trailhead.
- **Hike end times** are approximate, and may vary due to weather and trail conditions.
- **Most hikes have a maximum capacity,** due either to transportation limitations or trail conditions. Hikes are marked CLOSED when capacity for that hike is reached.
- *All hike information is subject to change without notice.*

2018 Guided Hikes | Friday, April 13

9:00a – 12:00p 3.0 mi   

Sherwood Forest – *Trail Work*

Meet Ranger Jason Reynolds to flex your Tennessee volunteer muscle by helping with trail building in the newest addition to the Park. This exciting trail will cut through some beautiful but rough terrain, so be prepared with sturdy footwear and plenty of water and snacks. If you have a favorite tool or pair of gloves, feel free to bring them. Meet at the Sherwood Forest trailhead. For more information, email Ranger Jason at jason.reynolds@tn.gov.

Directions to Sherwood Forest trailhead: Take Jumpoff Road south from Sewanee about 8 miles and look for Old CCC Road, a dirt road, on your right. Follow Old CCC Road about 2 miles, out to the end; the trailhead parking lot is at the end of the road, on your right. (GPS: Old CCC Road at Coyote Cove Lane, Sherwood, TN 37376)

1:00p – 4:00p 4.0 mi    

The Old Cowan Road

Join Naturalists Jim Poteet and Mary Priestley for a hike down the Old Cowan Road to see what wildflowers are in bloom, and to visit Sewanee's unusual "H-Tree," two trees connected by a shared horizontal branch. Afterwards, you'll explore the new bypass of the Perimeter Trail below Proctors Hall and Morgan's Steep. This hike involves some rough terrain and bushwhacking. Meet at the end of Proctors Hall Road, University of the South campus, in Sewanee. (GPS: 99-1 Proctors Hall Place, Sewanee, TN 37375)

2018 Guided Hikes | Saturday, April 14

8:00a – 11:00a 3.0 mi    

Sycamore Falls (Grundy Forest)

Join State Naturalist Randy Hedgepath for a hike along Fiery Gizzard Creek and Little Fiery Gizzard Creek, with tumbling cascades and several waterfalls along the way. On the way to Sycamore Falls you'll also pass some interesting geologic formations. The Fiery Gizzard trail has been recognized as one of the nation's top-ranked hiking trails by *Backpacker* magazine. Please wear sturdy shoes and bring plenty of water! **Limit 24.**

8:15a – 11:30a 3.0 mi    

Sherwood Forest – Hike

Join Ranger Jason Reynolds for a hike in the newest addition to the South Cumberland State Park, Sherwood Forest. The trail has a dramatic overlook of the newly-acquired land, and a natural bridge (sandstone arch). Tennessee Department of Environment and Conservation Deputy Commissioner Brock Hill recently commented, "This land contains some of Tennessee's most rare and unique natural and cultural features." Please wear sturdy shoes, bring plenty of water, and don't forget your camera! **Limit 12.**

8:30a – 11:30a 3.5 mi     **Denny Cove**

Join Park Manager George Shinn for an invigorating hike to Denny Falls, with a short side-trail to view some of the best rock climbing areas in the Southeast. This is a new trail, with plenty of rocks and roots still visible, so please wear sturdy shoes, bring plenty of water, and don't forget your camera! **Limit 12.**

9:30a – 11:15a 2.2 mi      **Fiery Gizzard I (Grundy Day Loop)**

Join Tennessee Naturalist Emily Herman for a refreshing hike on the northern terminus of the famed Fiery Gizzard Trail. This is a wonderful hike, with lots of cascades and small waterfalls; you may even see some wildflowers! Lots of rocks and roots on this trail, so please wear sturdy shoes and bring plenty of water! **Limit 24.**

12:30p – 2:30p 2.0 mi    **Foster Falls – Rim View**

Join hike leaders Susan Campbell and Walter May to see Foster Falls, the park's tallest waterfall. This hike will be around the rim of the falls. Please wear sturdy shoes and bring water! **Limit 24.**

1:00p – 4:15p 2.0 mi   **Stone Door**

Join Tennessee Naturalist Joan Hartvigsen for an easy hike to see the beautiful Stone Door formation and overlook. This hike is a great introduction to South Cumberland State Park; The Great Stone Door is one of the most stunning overlooks in the state and provides views across all of the Savage Gulf State Natural Area. Please wear sturdy shoes, bring plenty of water, and don't forget your camera! **Limit 12.**

1:15p – 3:40p 2.4 mi     **Foster Falls – Climbers' Loop**

Join Tennessee Trails hike leader Marietta Poteet for a hike to the base of Foster Falls, at 80 feet, the park's tallest waterfall. This hike will be on the loop trail to the climbing area and its fantastic rock cliffs, taking in the views from both the bottom and top of the falls. Please wear sturdy shoes, bring a snack and plenty of water! **Limit 12.**

1:30p – 4:00p 2.3 mi   **Grundy Lakes – Coke Ovens**

Join Tennessee Naturalist Rob Moreland for a hike into history. Hear the fascinating story of the coal mining industry in this area; take a close look at the Lone Rock Coke Ovens, which are listed on the National Register for Historic Places, and learn how they worked; and see remnants of the dog hole mines that were typical of many local mining operations. **Limit 12.**

2:15p – 4:00p 1.0 mi   **CCC Camp at Grundy Forest**

Take a short hike and see history come to life with Park Manager George Shinn as you tour the old Civilian Conservation Corps camp site at Grundy Forest. Manager Shinn will explain the historical restoration and interpretive projects planned for the site. **Limit 12.**

2018 Guided Hikes | Sunday, April 15

7:00a – 9:00a 1.0 mi 

Meadow Trail – Birding

Join Edgar Evins State Park Ranger Mark Taylor for a birding hike on the Meadow Trail at the South Cumberland State Park Visitor's Center. Mark has always been fascinated by birds. He participated in his first Christmas Bird Count in Warren County at age 16. Even after becoming a Ranger, he continued to develop bird identification skills and has become an avid birder in the process, having identified 166 of the 178 bird species ever recorded at Edgar Evins State Park. Meet in front of the SCSP Visitor Center for an easy hike around the Meadow Trail, where there should be plenty of ornithological treats and surprises for both the eye and ear. Don't forget your camera! **Limit 12.**

8:00a – 12:00p 4.2 mi       **Savage Day Loop**

Meet State Naturalist Randy Hedgepath for a hike that will take you to Savage Falls and the impressive overlooks of the eastern portion of Savage Gulf State Natural Area. Please wear sturdy shoes, bring a high-energy snack and plenty of water! **Limit 12.**

8:15a – 2:00p 5.5 mi       **Suter Falls and Horsepound Falls**

Join Naturalist Marietta Poteet for a hike to Suter Falls, then on to Horsepound Falls and wildflowers along the Collins Gulf Trail. This hike takes in several smaller waterfalls, numerous cascades, large rock houses, and is known for its abundant wildflowers. Please wear sturdy shoes, bring a high-energy snack and plenty of water! **Limit 12.**

8:30a – 11:30a 1.5 mi      **Greeter Falls**

Join Tennessee Naturalist Joan Hartvigsen and Ranger Aaron Reid for a hike to Greeter Falls, traversing the park's only trail with a spiral staircase, and stopping to inspect and learn about the old Greeter family homestead! Please wear sturdy shoes, bring plenty of water, and don't forget your camera! **Limit 12.**

8:45a – 11:30a 2.2 mi      **Fiery Gizzard II (Grundy Day Loop)**

Join hike leader Ty Burnette for a refreshing hike on the northern terminus of the famed Fiery Gizzard Trail. This is a wonderful hike, with lots of cascades and small waterfalls; you may even see some wildflowers! Lots of rocks and roots on this trail, so please wear sturdy shoes and bring plenty of water! **Limit 12.**

1:00p – 3:30p 1.5 mi      **Shakerag Hollow – “Wild about Wildflowers”**

Shakerag Hollow is one of the most spectacular shows of wildflowers in the Southeast! Naturalist Mary Priestley will lead this relatively short but strenuous hike. There are areas of rocky, muddy trail and a short, steep uphill at the end. Please wear sturdy shoes, bring plenty of water, don't forget your camera! Meet at the Green's View parking area. (GPS: 669 Green View Road, Sewanee, TN 37375) **Limit 24.**