

FIND YOUR WAY IN

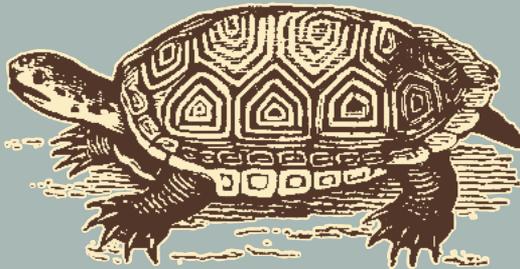


SOUTHEAST TENNESSEE

*Outdoor Adventure*

# FIELD GUIDE

EXPERIENCE *Adventures* IN THE FIELD



TRAVEL INTEL, SITES TO SEE, OUTDOOR FUN



## *Outdoor Adventure*

# FIELD GUIDE

**W**ith Tennessee's South Cumberland to the west, the Hiwassee/Ocoee Region to the east, and the Tennessee River in the center, Southeast Tennessee calls to those who love the outdoors. The region's lush landscape, contoured by rivers, ridges and mountains, offers a wide variety of outdoor fun for visitors of all ages and abilities.

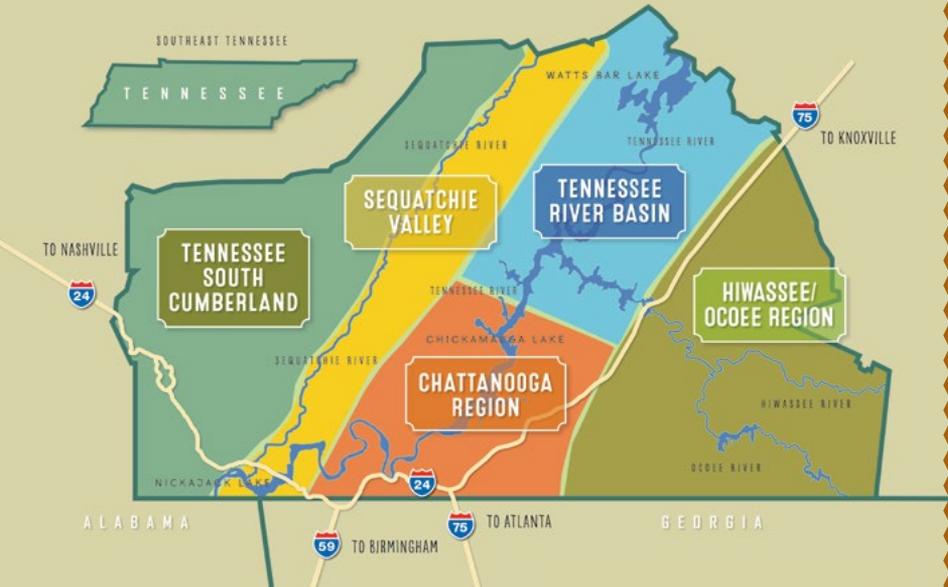
But it's more than just the diversity of outdoor adventures that makes this region special; It's the world-class quality of

those activities, drawing outdoor enthusiasts from around the globe to this amazing playground.

Outdoor adventure in the region is so easy to access - there's no need to drive hours to a national park. The Great Outdoors is just minutes from the urban amenities of Chattanooga and the small-town charm of its rural neighbors.

You will be hard-pressed to find so much, so close, and of such high quality anywhere else in the country.





## SOUTHEAST TENNESSEE ADVENTURE ZONES

*We've divided Southeast Tennessee into five subregions and listed opportunities for outdoor activities for each area.*

### **Chattanooga Region**

Chattanooga is known as the Scenic City for its vibrant downtown surrounded by beautiful mountains. There's something for everyone, especially when it comes to outdoor activities.

### **Tennessee River Basin**

The Tennessee River is full of adventure and fun, weaving its way between Rhea County and Meigs County. It opens into Watts Bar Lake and 700 miles of shoreline.

### **Tennessee South Cumberland**

Home to the South Cumberland State Park, this area is full of adventure of all kinds. From camping to hiking to ziplining, the experiences are endless.

### **Sequatchie Valley**

The Sequatchie Valley is one of the most unique geological regions in the world and a premier destination for biking, boating, and rock climbing.

### **Hiwassee/Ocoee Region**

The foothills of the mountains are your basecamp for adventure, including the Hiwassee and Ocoee Rivers. The Cherokee National Forest offers vistas and views for everyone to enjoy and explore, and many hiking trails and waterfalls.

# CHATTANOOGA

**Y**ou don't have to venture far from downtown Chattanooga to find fun and exciting places to play. In fact, some of the region's best outdoor playgrounds are inside the city limits. Surrounded by mountains, with the Tennessee River flowing through the middle of town, Chattanooga offers a wealth of opportunities for water sports, fishing, boating, hiking, biking, rock climbing and more. The city and surrounding region boast an incredible number of greenways, trails, disc golf courses and parks, including dog parks and even a skateboard park. And it's all easily accessible from the heart of the city.



## PARKS & CAMPGROUNDS

### Audubon Acres

900 N Sanctuary Rd., Chattanooga, TN  
423-892-1499 | [chattanoogaaudubon.org](http://chattanoogaaudubon.org)

### Booker T. Washington State Park

5801 Champion Rd., Chattanooga, TN  
423-894-4955 | [tnstateparks.com](http://tnstateparks.com)

### Chester Frost Park & Campground

2277 North Gold Point Cir., Hixson, TN  
423-209-6894 | [parks.hamiltontn.gov](http://parks.hamiltontn.gov)

### Chickamauga and Chattanooga National Military Park

110 Point Park Rd., Lookout Mountain, TN  
706-866-9241 | [nps.gov](http://nps.gov)

### Coolidge Park

150 River St., Chattanooga, TN  
423-643-6311 | [chattanooga.gov](http://chattanooga.gov)

### Enterprise South Nature Park

190 Still Hollow Loop, Chattanooga, TN  
423-209-5350 | [parks.hamiltontn.gov](http://parks.hamiltontn.gov)

### Greenway Farm

5051 Gann Store Rd., Hixson, TN  
423-643-6311 | [northchick.org](http://northchick.org)





### **Harrison Bay State Park**

8411 Harrison Bay Rd., Harrison, TN  
423-344-6214 | [tnstateparks.com](http://tnstateparks.com)

### **Moccasin Bend**

#### **National Archaeological District**

Brown's Ferry Federal Road  
Trailhead & Blue Blazes Hiking Trail  
Moccasin Bend Rd., Chattanooga, TN  
706-866-9241 | [nps.gov](http://nps.gov)

### **North Chickamauga Creek Gorge State Natural Area**

(part of the Cumberland Trail)  
300 Montlake Rd., Soddy-Daisy, TN  
423-566-2229 | [cumberlandtrail.org](http://cumberlandtrail.org)

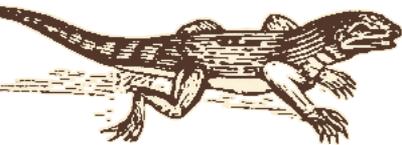
### **Possum Creek RV Park & Campground**

1845 Lee Pike, Lakeside, TN  
423-332-8468 | [camping.org](http://camping.org)

### **Prentice Cooper State Forest**

3998 Game Reserve Rd., Chattanooga, TN  
423-658-5551 | [tn.gov](http://tn.gov)

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# ROCK CLIMBING IN SOUTHEAST TENNESSEE:

**S**outheast Tennessee is recognized as the southeastern capital for rock climbing. This incredible climbing destination offers it all - classic climbs to steep sport routes to perfect boulder problems – and there is an expanding inventory of crags and boulder fields that are being established and opened to the public. Download our Guide to Rock Climbing in Southeast Tennessee at [SoutheastTennessee.com](http://SoutheastTennessee.com).

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# ROCK CLIMBING

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## SOUTHEASTERN CLIMBING COALITION

### **The Southeastern Climbers**

**Coalition** is a non-profit organization dedicated to preserving climbing areas in the Southeast for public use. From owning seven properties to managing access agreements on dozens of additional private and public properties, the SCC plays a major role for securing outdoor recreation opportunities in the region. Learn more at [seclimbers.org](http://seclimbers.org).

### **ROCK CLIMBING GYMS & RESOURCES:**

#### **Synergy Climbing & Ninja Gym**

427 East Main St., Chattanooga, TN  
423-206-2800 | [synergyclimbingandninja.com](http://synergyclimbingandninja.com)

#### **High Point Climbing & Fitness**

219 Broad St., Chattanooga, TN  
1007 Appling St., Chattanooga, TN  
423-602-7625 | [highpointclimbing.com](http://highpointclimbing.com)  
423-475-6578

FIELD GUIDE TO

# CHATTANOOGA

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### **Raccoon Mountain Campground & Caverns**

319 W. Hills Rd., Chattanooga, TN  
423-821-9403 | [raccoonmountain.com](http://raccoonmountain.com)

### **Reflection Riding**

#### **Arboretum & Nature Center**

400 Garden Rd., Chattanooga, TN  
423-821-1160 | [reflectionriding.org](http://reflectionriding.org)

### **Renaissance Park**

133 River St., Chattanooga, TN  
423-643-6096 | [chattanooga.gov](http://chattanooga.gov)

### **Stringers Ridge**

Spears Ave. and 788 Bell Ave.,  
Chattanooga, TN  
423-266-0314 | [trgt.org](http://trgt.org)

### **Tennessee River Gorge Trust**

Campsites at Pot Point & Maclellan Island  
423-266-0314 | [trgt.org](http://trgt.org)

### **Tennessee Riverwalk**

4301 Amnicola Hwy., Chattanooga, TN  
423-209-5370 | [parks.hamiltontn.gov](http://parks.hamiltontn.gov)

### **Walnut Street Pedestrian Bridge**

1 Walnut St., Chattanooga, TN  
423-643-6096 | [chattanooga.gov](http://chattanooga.gov)



## CHICKAMAUGA LAKE:

**Chickamauga Lake** is a reservoir on the Tennessee River that stretches 59 miles from Chickamauga Dam in Chattanooga to Watts Bar Dam in Ten Mile, Tenn. The lake features several parks and is popular for boating, fishing, swimming and camping. For more information, visit [TVA.gov](http://TVA.gov).

### LAKES, FISHING & BOATING

#### **Booker T. Washington State Park Marina**

5801 Champions Rd., Chattanooga, TN  
423-894-4955 | [tnstateparks.com](http://tnstateparks.com)

#### **Chester Frost Park & Campground**

2277 North Gold Point Cir., Hixson, TN  
423-209-6894 | [hamiltontn.gov](http://hamiltontn.gov)

#### **Harrison Bay State Park Marina**

7855 Bay Marina Cir., Harrison, TN  
423-344-6214 | [tnstateparks.com](http://tnstateparks.com)

#### **Island Cove Marina & Resort**

6701 TN-58, Harrison, TN  
423-344-8331 | [islandcove.com](http://islandcove.com)

#### **Lakeshore Marina**

5600 Lake Resort Terr., Chattanooga, TN  
423-870-2000 | [lsmarina.com](http://lsmarina.com)

#### **Scenic City Fishing Charters**

Chattanooga, TN  
423-509-4655 | [sceniccityfishing.com](http://sceniccityfishing.com)

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## BIKEWAYS OF THE SCENIC SOUTH

If you're looking for ways to explore the Chattanooga region of Southeast Tennessee by bike, then check out Bikeways of the Scenic South – a collection of curated cycling routes throughout the region featuring breathtaking scenery, low-traffic roads, points of interest along the route and specific details about places to park, rest and refuel.



This network of road cycling routes is available at [ScenicBikeways.com](http://ScenicBikeways.com) and includes downloadable maps, turn-by-turn cue sheets, notable points

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# CHATTANOOGA

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## **Soddy Lake Public Fishing Pier**

11306 Dayton Pike, Soddy-Daisy, TN  
423-332-5323 | soddy-daisy.org

## **CYCLING**

### BIKEWAYS OF THE SCENIC SOUTH

*Road cycling routes in the region featuring downloadable maps, turn-by-turn cue sheets, notable points of interest and descriptive narratives of what to expect along the way.*

## **MTB Project: Mountain Bike Trail Maps**

mtbproject.com

## **PADDLING**

### **L2 Outside**

131 River St., Chattanooga, TN  
423-531-7873 | L2outside.com

## **River Canyon Adventures**

21726 River Canyon Rd., Chattanooga, TN  
423-488-1345 | rivercanyonadventure.com

## **Rusty's Kayaks & Paddleboards**

8332 Harrison Bay Rd., Harrison, TN  
423-591-5526 | rustyskayaks.com

## **Scenic City Safari Shuttles & Outfitters**

1111 Cranbrook Circle, Hixson, TN  
423-653-4845

## **Outshine Adventures**

Chattanooga, TN  
423-763-7357 | outshineadventures.com

## **DISC GOLF**

### **9 On Top Disc Golf**

1836 Taft Hwy., Signal Mountain, TN  
423-505-5605

### **Camp Jordan Disc Golf**

323 Camp Jordan Pkwy., East Ridge, TN  
423-490-0078 | eastridgeparksandrec.com

### **Carver Rec Center Disc Golf**

600 Orchard Knob Ave., Chattanooga, TN  
423-643-6888

### **Portland Park Disc Golf**

409 Signal Mountain Rd., Chattanooga, TN  
423-309-1685

### **Shepherd Recreation Center Disc Golf**

2124 Shepherd Rd., Chattanooga, TN  
423-855-2697

### **Southern Adventist University Disc Golf**

4881 Taylor Cir., Collegedale, TN  
423-236-2850 | southern.edu

### **The Sinks Disc Golf**

4502 North Access Rd., Chattanooga, TN  
423-266-2700 | thesinksdiscgolf.com

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# BIKEWAYS

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of interest, conveniences, and descriptive narratives of what to expect along the routes.

“The narratives don’t just describe the roads, scenery and landmarks, but also talk about where to stop for a drink and a snack and where to eat after the ride,” says Shannon Burke of Velo View Bike Tours, who developed the routes and ScenicBikeways.com website in partnership with the Southeast Tennessee Tourism Association and BikeTours.com.

Routes currently cover the geographic areas of the Sequatchie Valley, Chattanooga and the Tennessee River Basin, and Three Rivers Way, a region that includes Cleveland and the Ocoee, Hiwassee and Tellico Rivers, the Cherokee National Forest and Cherochala Skyway.

“While our region has some of the most scenic cycling roads anywhere in the country, finding those low-traffic backroads has not always been easy,” says Jim Johnson, founder of BikeTours.com and an early proponent of the regional scenic bikeways concept. “Bikeways of the Scenic South will help both visitors and residents discover these beautiful backroads. Additionally, bicycle tourism is sustainable: It doesn’t cause the damage that many kinds of mass tourism bring.





# THE TENNESSEE AQUARIUM

**T**he Tennessee Aquarium highlights America's turtles to end illegal trafficking.

Wildlife traffickers smuggle thousands of turtles out of the United States each year. This illegal trade is fueled by a rabid demand for these reptiles, mostly in Asia, where they are used as pets, food or in traditional medicine.

In combination with habitat loss and degradation, illegal trade in turtles has led to the imperilment of more than 60 percent of the world's 356 turtle species — the highest percentage of any class of vertebrate.

The eastern United States is a turtle "hotspot." Whether it's Bog Turtles in North Carolina or Wood Turtles in upstate New York, trafficking is having a dramatic



impact on turtle populations all over the country.

The Association of Zoos and Aquariums formed the Saving Animals from Extinction (SAFE) program to focus on protecting native turtles.

The SAFE program is focusing on protecting the Wood Turtle, Bog Turtle, Blanding's Turtle and Spotted Turtle. The SAFE American Turtles

program provides rapid-response care and housing for all confiscated turtles. SAFE partners explore avenues for conservation programs or reintroduction into the wild.

Visit the Tennessee Aquarium's **Turtles of the World** exhibit to see turtles native to our region and the eastern U.S. and learn about ways to help protect them. Visit [tnaqua.org](http://tnaqua.org) for details.

# CHATTANOOGA

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## **ZIPLINING & HIGH ADVENTURE**

### **High Point ZIP Adventure**

1720 Scenic Hwy., Chattanooga, TN  
423-821-2544 | rubyfalls.com

## **HORSEBACK RIDING**

### **Hidden Hills Farm & Saddle**

5900 Edgemon Rd., Ooltewah, TN  
423-488-3993 | hiddenhillsfarm.com

## **SKATEBOARDING**

### **Chattown Skate Park**

1801 Carter St., Chattanooga, TN  
423-757-2076 | chattanooga.org

## **DOG PARKS**

### **Chattanooga Chew Chew Canine Park**

1801 Carter St., Chattanooga, TN  
423-757-2076

### **Collegedale Dog Park**

Wolftever Greenway, Collegedale, TN  
525 Tallant Rd., Ooltewah, TN  
collegedaletn.gov

### **Greenway Farms Dog Park**

5051 Gann Store Rd., Hixson, TN  
423-643-6050 | northchick.org

### **Red Bank Dog Park @ White Oak Park**

798 Ben Miller Pkwy., Red Bank, TN  
423-877-1103

“The Southeastern United States is a global hotspot of freshwater biodiversity, supporting almost two-thirds of the country’s fish species, over 90% of the U.S. total species of mussels and nearly half of the global total for crayfish species. More than a quarter of this region’s species are found nowhere else in the world.”

— *Southeastern Freshwater Biodiversity Conservation Strategy*



# TENNESSEE RIVER BASIN

**J**ust upstream from Chattanooga, the Tennessee River spreads out into two beautiful lakes – Chickamauga Lake and Watts Bar Lake. Here you'll discover countless coves and a wide diversity of marinas and campgrounds providing access to some of the best fishing and boating in the U.S. Chickamauga Lake hosts numerous state and national fishing tournaments and is widely considered the top bass fishing destination in the country.



## PARKS & CAMPGROUNDS

### Armstrong Ferry Recreation Area

6450 Armstrong Ferry Rd., Decatur, TN  
423-334-3584 | meigstn.com

### Boo and Bitty's Campground

460 Pine Hollow Rd, Dayton, TN  
423-799-1250

### Cumberland Trail State Park

(multiple trail sections)  
cumberlandtrail.org

### Deer Ridge RV Park & Campground

11182 Brittsville Rd, Georgetown, TN  
423-665-3700 | deerridge-rvpark.com

### Fooshee Pass Campground

195 Sandy Bottoms Ln., Ten Mile, TN  
423-334-4842



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# THE CUMBERLAND TRAIL

**T**he Cumberland Trail (CT) is a rugged, north/south, foot-traffic-only trail along the eastern edge of the Cumberland Plateau in Eastern Tennessee. Currently, 15 segments of trail have been developed, with more than 210 miles of trail open for hiking.

The trail begins at Cumberland Gap National Park on the northern border of Tennessee/Kentucky. The southern end is the “Grand Canyon” of Tennessee at Signal Mountain overlooking the Tennessee River Gorge at Chattanooga.

Day hiking and overnight camping are most popular at:

- **Laurel-Snow State Natural Area**
- **North Chickamauga Creek Gorge State Natural Area**
- **Three Gorges segment**
- **Black Mountain**

Backcountry campsites are available throughout the Cumberland



Trail system. Registration is required for overnight parking at some trailheads and campsites.

Numerous high quality streams run beside the Cumberland Trail, including the Obed Wild and Scenic River, Daddy’s Creek, Piney Creek, Laurel Creek, and Rock Creek. Bluegill, red eye, and smallmouth bass are the most popular catches from the deep pools. A Tennessee fishing license is required for adults

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# TENNESSEE RIVER BASIN

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## **Hornsby Hollow Campground**

379 Hornsby Hollow Campground Ln.,  
Ten Mile, TN | 423-334-1709  
hornsbyhollowcampground.com

## **Laurel-Snow State Natural Area**

1098 Pockett Wilderness Rd., Dayton, TN  
423-566-2229 | tn.gov

## **Piney Falls State Natural Area**

Firetower Rd., Grandview, TN  
423-566-2229 | tn.gov

## **Piney Point Resort**

1093 Piney Point Rd, Spring City, TN  
423-365-6262 | pineypointfishingresort.com

## **Sale Creek Campground**

15401 May Rd, Sale Creek, TN  
423-332-8698

# WATTS BAR LAKE

■ *Watts Bar Lake is a reservoir on the Tennessee River that extends 72 miles from Watts Bar Dam in Ten Mile, Tenn., to Fort Loudon Dam in Lenoir City, Tenn. Watts Bar Lake is popular for boating, fishing, swimming, camping and other outdoor activities.*

## **LAKES, FISHING & BOATING**

### **Agency Creek Campground**

4710 TN-58, Decatur, TN  
423-334-0927

### **Arrowhead Resort & Marina**

261 Bennett Dr., Spring City, TN  
423-365-6484 | arrowheadresort.com

### **Bluebird's Landing**

322 Sam's Boat Dock Road  
Ten Mile, TN 37880-5242  
423-334-5620 | bluebirdslanding.com

### **Cottonport Marina & RV Resort**

797 Cottonport Ferry Rd., Decatur, TN  
423-454-4110 | cottonport.wixsite.com

### **Euchee Marina Resort & Campground**

Euchee Grill & Brew House  
200 Euchee Ln., Ten Mile, TN  
423-334-1004 | eucheeamarinaresort.com

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# CUMBERLAND TRAIL

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under 65 years of age. Hunting is allowed where the trail intersects three Wildlife Management Areas. For current fishing and hunting regulations, visit the Tennessee Wildlife Resources Agency website.

The Cumberland Trail is Tennessee's first linear park, cutting through 11 Tennessee counties. In 2002, the park was renamed for Justin P. Wilson in honor of his work to help make the vision of the Cumberland Trail a reality. Wilson was Tennessee's Deputy Governor from 1996-2003 and currently serves as the state's Comptroller.



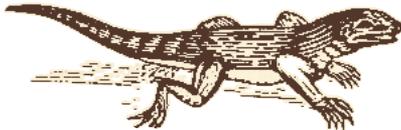
423-566-2229 | [Cumberlandtrail.org](http://Cumberlandtrail.org)



FIELD GUIDE TO

# TENNESSEE RIVER BASIN

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## **Eden Marina & Campground**

653 Scenic Lakeview Dr.,  
Spring City, TN | 423-365-6929  
wattsbar.com

## **Terrace View Marina, Resort & Restaurant**

3367 Eucler Chapel Rd., Spring City, TN  
423-365-6060 | terraceviewmarina.com

## **Whites Creek Marina & Lakeside Resort**

1190 Whites Creek Rd.,  
Spring City, TN | 423-365-9521  
whitescreeklakesideresort.com



# CHICKAMAUGA LAKE

**Chickamauga Lake** is a reservoir on the Tennessee River that stretches 59 miles from Chickamauga Dam in Chattanooga to Watts Bar Dam in Ten Mile, Tenn. The lake features several parks and is popular for boating, fishing, swimming and camping. For more information, visit [TVA.gov](http://TVA.gov).

## FISH DAYTON

### **Dayton Boat Dock & Grill on Chickamauga Lake**

175 Lakeshore Dr., Dayton, TN  
423-775-6171 | [fishdayton.com](http://fishdayton.com)

### **Bluewater RV Resort & Marina**

220 Bluewater Campground Rd., Dayton, TN  
423-775-3265 | [bluewaterdayton.com](http://bluewaterdayton.com)

## CYCLING

### **Bikeways of the Scenic South**

[scenicbikeways.com](http://scenicbikeways.com)

Road cycling routes in the region featuring downloadable maps, turn-by-turn cue sheets, notable points of interest and descriptive narratives of what to expect along the way.

### **MTB Project:**

### **Mountain Bike Trail Maps**

[mtbproject.com](http://mtbproject.com)

A crowd-sourced mountain bike guide showcasing recommended trails in the U.S. and around the globe.



# TENNESSEE'S SOUTH CUMBERLAND

**T**he South Cumberland is the largest remaining forested plateau in the continental United States, and home to old growth trees, historic ruins of the coke ovens near Tracy City and rare wildflowers. The Fiery Gizzard Trail is one of the top rated in the US, and Foster Falls and Denny Cove offer nearly 250 routes for sport rock climbing.

The Rangers at South Cumberland State Park provide interpretive programs and events throughout the year. Special permits are needed for climbing or camping in the park.



## SOUTH CUMBERLAND STATE PARK

*South Cumberland State Park is Tennessee's largest state park, comprised of 30,845 acres in nine separate parcels along the South Cumberland Plateau. The area features nearly 100 miles of trails, spectacular waterfalls, blue holes, and opportunities for rock climbing and back country camping.*





## **PARKS & CAMPGROUNDS**

### **Visitor Center**

#### **South Cumberland State Park**

11745 US-41, Monteagle, TN  
931-924-2980 | tnstateparks.com

### **Savage Gulf - Ranger Station**

3157 TN-399, Palmer, TN | 931-779-3532  
Distance from Visitor Center: 27 miles  
Eastern access point for the Savage Gulf /  
Stone Door trail system.

### **Stone Door - Ranger Station**

1183 Stone Door Rd.,  
Beersheba Springs, TN 931-692-3887  
Distance from Visitor Center: 25.7 miles  
Western access point for the Savage Gulf /  
Stone Door trail system.

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# EXPLORING SAVAGE GULF: A LAST CHANCE FOR WILDERNESS

**T**ennessee State Naturalist-  
emeritus Mack Prichard  
wrote the following article  
about Savage Gulf State  
Natural Area, which became part  
of South Cumberland State Park  
in 1973 to protect one of the last-  
known stands of virgin timber in

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FIELD GUIDE TO

# TENNESSEE'S SOUTH CUMBERLAND

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## **Foster Falls Campground**

Camping type: 26 rustic campsites  
498 Foster Falls Rd., Sequatchie, TN  
Reservations required: 931-924-2980

## **Backcountry Camping**

### **South Cumberland State Park**

Reservations required: 931-924-2980  
The park has 93 backcountry camping sites and eight group sites.

## **Bigfoot Adventure TN Zipline & RV Park**

518 Brawley Rd, Tracy City, TN  
931-488-8652 | bigfootadventuretn.com

## **Grand View Cabins and RV Park**

2406 Gap Rd, Altamont, TN  
931-692-3484 | grandviewtn.tripod.com

## **Mountain Glen RV Park**

6182 Brockdell Rd., Pikeville, TN  
877-716-4493 | mountainglen.com

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*The Sewanee Inn at Sewanee University* ▶



# EXPLORING SAVAGE GULF: A LAST CHANCE FOR WILDERNESS

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*the eastern United States. The section of the Collins River that runs through Savage Gulf has been designated a State Scenic River.*

**Savage Creek** — “Some 20 miles south of McMinnville, Tenn., the headwaters of the Collins State Scenic River flow from the Cumberland Mountains of Grundy County. Like a giant crowfoot, the three forks of the river jut southeastward from the old resort village of Beersheba Springs deep into the 2000-foot plateau. At a length of five miles each, the Collins, Savage and Big Creek prongs tumble down over 800 feet in elevation through narrow gorges known

locally as ‘gulfs.’ Rimmed by sheer sandstone cliffs, these rugged canyons offer the hardy visitor a fine glimpse of the true wilderness still remaining in our state’s midsection.

In season, blooming flowers color the slopes and perfume the air. Deeply gnarled limbs of virgin forest giants reach skyward over a hundred feet making their leaves hard to identify. Fall colors glow from tree top to leaf-lined cascades. Wildlife breeds in hidden places where men seldom go. Icicles adorn ancient crags and seeping springs make even the winter sleep a time of utmost beauty. In

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# MOUNTAIN GOAT TRAIL

*The Mountain Goat Trail is a multi-modal rail-trail that connects communities along the historic path of the Mountain Goat Railroad, which carried coal and passengers between towns on the South Cumberland Plateau from 1856 to 1985.*

*A 5-mile section of trail begins in downtown Sewanee and ends at Mountain Outfitters in Monteagle. The best place to park in Sewanee*

*is in the gravel lot on Highway 41A at Hawkins Lane. (Note: The Mountain Goat Trail in Sewanee is*

*part of the 20+-mile Perimeter Trail around the University Domain, which is why it's labeled that way on Google Maps.) In Monteagle, park at Mountain Outfitters to access the trail.*

*A 3-mile section of trail in Tracy City, Tenn., can be accessed from Tracy City Old Roundhouse Park and Tracy City Elementary School.*

▼ *The Original Mountain Goat Train*



[Mountaingoattrail.org](http://mountaingoattrail.org)



FIELD GUIDE TO

## TENNESSEE'S SOUTH CUMBERLAND

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### CYCLING

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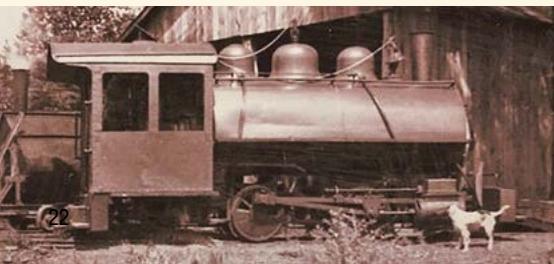
[Mtbproject.com](http://mtbproject.com)

A crowd-sourced mountain bike guide showcasing recommended trails in the U.S. and around the globe.

#### **Woody's Bicycles**

90 Reed's Ln., Sewanee, TN

931-598-9793 | [woodysbicycles.com](http://woodysbicycles.com)



## **ZIPLINING & HIGH ADVENTURE**

### **Bigfoot Adventure TN Zipline & RV Park**

518 Brawley Rd, Tracy City, TN  
931-488-8652 | bigfootadventuretn.com

### **Canopy Challenge Course -**

#### **Fall Creek Falls State Park**

1997 Village Camp Rd., Pikeville, TN  
615-499-5779 | challengecfcf.com

## **DISC GOLF**

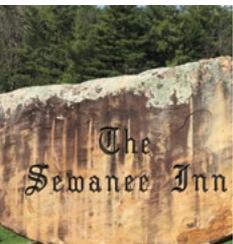
### **Bigfoot Adventure**

518 Brawley Rd, Tracy City, TN  
931-488-8652 | bigfootadventuretn.com

## **HORSEBACK RIDING**

### **Fall Creek Falls Riding Stables**

2532 Archie Rhinehart Pkwy, Spencer, TN  
931-946-1969 | fallcreekfallsridingstables.com



## EXPLORING SAVAGE GULF

*Continued from previous page*

the roar of a thousand cataracts, this Savage Wilderness sings in a voice that thrills the visitor even from canyon overlooks above.

In years past, this area was a hunting ground sacred to the Indians and their ancestors. The Chickamauga Trail ran nearby, later becoming the Kentucky Trace, to the Tennessee River. A state road which ran from McMinnville to Chattanooga was hand-graded up Peak Mountain in 1836 and may still be hiked. Despite its apt description, Savage Gulf takes its name from an early settler, Samuel Savage, who was buried at Cagle Cemetery just north of his gulf.”

— Mack Prichart

# SEQUATCHIE VALLEY

The Sequatchie Valley is incredibly well-defined with two massive ridges flanking fertile farmland and the meandering Sequatchie River running down the middle. It is also an incredibly well-preserved region, in terms of both natural landscape and historic character, making it the perfect place for outdoor activities, whether that's cycling on quiet farm roads, paddling the peaceful Sequatchie River, climbing the rock faces overlooking the Valley, or soaring high above the landscape. The Valley ends where the Sequatchie River empties into Nickajack Lake (the Tennessee River), which provides endless opportunities for boating and fishing in a stunning setting.



## PARKS & CAMPGROUNDS

### Chimneys State Natural Area

Chimney Park Rd.,  
Whitwell, TN | [tn.gov](http://tn.gov)

### Fall Creek Falls State Park & Campground

498 Foster Falls Rd., Hwy. 41,  
Sequatchie, TN  
423-881-5298 | [tnstateparks.com](http://tnstateparks.com)

### Foster Falls Recreation Area & Campground - South Cumberland State Park

498 Foster Falls Rd., Hwy. 41,  
Sequatchie, TN  
888-867-2757 | [tnstateparks.com](http://tnstateparks.com)

### Marion County Park & Campground - Nickajack Lake

9696 TN-41, Jasper, TN  
423-942-6653 | [marioncountypark.com](http://marioncountypark.com)

### Mountain Glen RV Park

6182 Brockdell Rd, Pikeville, TN  
877-716-4493 | [mountainglen.com](http://mountainglen.com)

### Sequatchie Cave State Natural Area

Park St., Sequatchie, TN  
615-532-0431 | [tn.gov](http://tn.gov)



**Sequatchie Valley Institute  
Pipsissewa Arboretum**

1233 Cartwright Loop, Whitwell, TN  
423-949-5922 | svionline.org

**Shellmound Campground &  
Recreation Area - Nickajack Lake**

2735 TVA Rd., Jasper, TN  
423-942-9857

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# THE TENNESSEE RIVER'S WILD PAST

**P**rior to the completion of Hales Bar Dam, the 26-mile stretch of the Tennessee River that winds through downtown Chattanooga toward South Pittsburg (known today as the Tennessee River Gorge) was once a wild and untamed river notorious for navigational hazards - strong currents, rapids and whirlpools with names like Tumbling Shoals, the Pot, the Suck, the Skillet and the Pan.

One of the most famous hazards was where Suck Creek joins the Tennessee River at the foot of Signal Mountain, known as the Suck or the



Kettle. An 1864 article in Harper's Weekly described this section of river as follows:

“The river at the ‘Suck’ is about 300 yards wide and very deep, but the current is so rapid that steamers

*Continued on next page*



FIELD GUIDE TO

# SEQUATCHIE VALLEY

*Continued from previous page*

## NICKAJACK LAKE

*Nickajack Lake is a reservoir on the Tennessee River that extends 46 miles from Nickajack Dam to Chickamauga Dam. The reservoir offers wide expanses of water for boating, paddling, swimming and other outdoor recreation activities. For more information, visit [TVA.gov](http://TVA.gov).*

## LAKES, FISHING & BOATING

### Hales Bar Marina & Resort

1265 Hales Bar Rd., Guild, TN  
423-942-9000 | [halesbarmarina.com](http://halesbarmarina.com)

### Marion County Park & Campground

9696 TN-41, Jasper, TN  
423-942-6653 | [marioncountyttn.net](http://marioncountyttn.net)

## CYCLING

### Bikeways of the Scenic South

[scenicbikeways.com](http://scenicbikeways.com)

Road cycling routes in the region featuring downloadable maps, turn-by-turn cue sheets, notable points of interest and descriptive narratives of what to expect along the way.

### MTB Project: Mountain Bike Trail Maps

[mtbproject.com](http://mtbproject.com)

A crowd-sourced mountain bike guide showcasing recommended trails in the U.S. and around the globe.





## ZIPLINING & HIGH ADVENTURE

### **Chattanooga Skydiving Co.**

300 Airport Road, Jasper, TN

855-776-5867

[chattanoogaogaskydivingcompany.com](http://chattanoogaogaskydivingcompany.com)

### **Flying Camp Paragliding School**

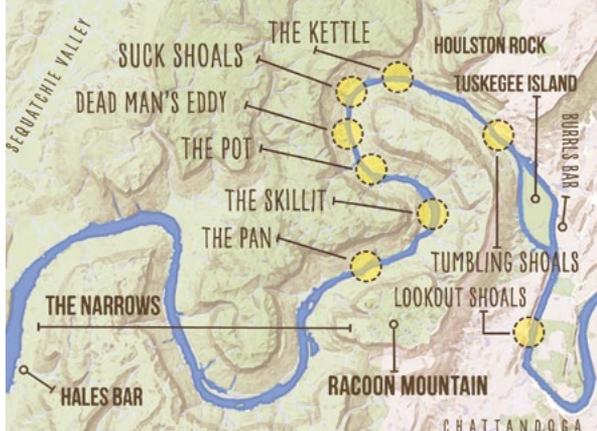
1692 Window Rock Road, Dunlap, TN

423-355-1477 | [flying.camp](http://flying.camp)

### **Tennessee Tree Toppers Club**

1570 Window Rock Road, Dunlap, TN

[tennesseetreetoppers.net](http://tennesseetreetoppers.net)



## RIVER'S WILD PAST

*Continued from previous page*

cannot head against it and are obliged to be pulled up by a windlass. The water runs comparatively smoothly until within a short distance from the “Suck,” when it breaks into waves and dashes against a rock on the left, flinging the foam high in the air. Waldron’s Ridge, on the left bank, resembles the Palisades on the Hudson; the trees, however, run nearly to the top. On the right is Raccoon Ridge.”



Throughout the 1700s and early 1800s, this section of the river witnessed countless scenes of vicious

*Continued on next page*

# SEQUATCHIE RIVER BLUEWAY

**The Sequatchie River** winds 116 miles through the Sequatchie Valley before emptying into the Tennessee River near the Alabama line. The river originates from a spring known as the Head of the Sequatchie, located at Cumberland Trail State Park, just north of Pikeville, Tenn. Two highways generally follow the river all the way through the valley: US-127 from Pikeville to Dunlap and TN-28 from

Dunlap to Jasper. Some of the smaller waterways that empty into the river are the Little Sequatchie, Brush Creek, Coops Creek, Hicks Creek and Woodcock Creek. To learn more about paddling the river, go to **VisitSequatchieValley.com**.

## Old Mill Dam Outdoor Adventure

34 Mule Lane, Pikeville, TN | 423-447-6304

## Willis Farm Kayak & Canoe Rental

Whitwell, TN | 423-827-8765



FIELD GUIDE TO

# SEQUATCHIE VALLEY

Continued from previous page

## GOLF

### Sweetens Cove Golf Club

2040 Sweetens Cove Rd.,  
South Pittsburg, TN  
423-280-9692 | [sweetenscovegolfclub.com](http://sweetenscovegolfclub.com)

### Mt. Airy Golf

123 Madison Dr., Dunlap, TN  
423-949-9916 | [mtairygolf.com](http://mtairygolf.com)

### Valley Fest Disc Golf

292 Pine St., Dunlap, TN | 423-949-7608

## HORSEBACK RIDING

### Tennessee Dude & Guest Ranch

1050 Ray Hixson Rd., Dunlap, TN  
423-554-4677 | [tnhorsevacation.com](http://tnhorsevacation.com)





### **MOTORCYCLE/OFF-ROAD FUN**

#### **Adventure Off Road Park**

1040 Ellis Cove Rd., South Pittsburg, TN  
423-582-7060 | [adventureoffroadpark.com](http://adventureoffroadpark.com)

#### **Trials Training Center**

300 Woodland Rd., Sequatchie, TN  
423-942-8688 | [trialstrainingcenter.com](http://trialstrainingcenter.com)



## RIVER'S WILD PAST

*Continued from previous page*

exploit and attack as settlers encroached on land owned by Cherokee and Chickamauga tribes. Settlers' flat boats were vulnerable along this dangerous section of river, and the native people knew the landscape and word traveled fast.

The Tennessee Valley Authority chose Hale's Bar Dam in Marion County, Tenn., as the site of the first major dam on the Tennessee River in the Chattanooga area. Their aim was to tame the river. When the dam's locks closed in 1915, the river's dangerous, but beautiful, features disappeared forever.



# HIWASSEE/OCOEE REGION

**M**uch as the Ocoee and Hiwassee rivers grow from cascading streams in the Cherokee National Forest to meandering waterways of the Tennessee River basin, the landscape of this region ranges from steep mountain topography to wide open pastoral plains, offering a wide variety of scenic options for outdoor recreation, headlined by world-class kayaking and rafting. The rivers also offer an abundance of fishing opportunities, and the mountains are full of scenic hiking trails with sweeping vistas and postcard-perfect waterfalls. The service roads

of the Cherokee National Forest provide endless miles of gravel cycling, and there are plenty of mountain bike trails and quiet road routes as well, including a car-free path in Cleveland, Tenn., and the Eureka Trail in Athens. Head east from Chattanooga and discover the fun to be had in the foothills and deep woods of the Hiwassee/Ocoee Region.



**Cherokee National Forest**  
**Visitor Center - Ocoee District**

Hours: 8 am – 4:30 pm ET / Mon-Fri  
3171 Hwy. 64, Benton, TN  
423-338-3300 | fs.usda.gov

# CHEROKEE NATIONAL FOREST

*The Cherokee National Forest is comprised of four ranger districts: the Ocoee, Tellico, Unaka and Watauga. The Ocoee Ranger District (94,628 acres) in Southeast Tennessee is the southernmost district in the forest. It includes the following areas: Chilhowee Recreation Area, Rock Creek Gorge Scenic Area, Little Frog Wilderness Area, Big Frog Wilderness Area and Cohutta Wilderness Area. This section of the forest offers camping, boating, hiking, biking, horseback riding, whitewater rafting, kayaking, picnicking and swimming.*



## ADVENTURE SMART

**D**uring the COVID-19 public health crisis, outdoor recreation venues in our rural communities have experienced a record numbers of visitors. State Park and Critical Emergency officials in Southeast Tennessee have noted a 50 percent increase in the number of rescues due to visitors who did not plan appropriately.

Visit us here for guidance to help you stay out of trouble. We'll help you avoid getting lost

*Continued on next page*





## ADVENTURE SMART

*Continued from previous page*

by straying off designated trails. You will learn about appropriate watercraft and how to properly equip yourself for adventure.

During the next few months, we will present tons of information and at least five videos via this site and social media. Don't miss it! Sponsored by SETTA | Cleveland-Bradley Co. Chamber | Polk Co. Chamber | Meigs Co. Chamber | Hiwassee/Ocoee State Park



FIELD GUIDE TO

# HIWASSEE/OCOEE REGION

*Continued from previous page*

## **PARKS & CAMPGROUNDS**

### **2 Rivers RV Park,**

#### **Campground & Cabin Rental**

397 Dentville Rd., Delano, TN  
423-338-7208 | [2riverscamping.com](http://2riverscamping.com)

### **Chattanooga North /**

#### **Cleveland KOA Campground**

648 Pleasant Grove Rd, McDonald, TN  
423-472-8928 | [koa.com](http://koa.com)

### **Chilhowee Recreation Area & Campground**

3171 Hwy. 64, Benton, TN  
423-338-3300 | [fs.usda.gov](http://fs.usda.gov)

### **High Country Adventures**

430 Hwy. 64, Ocoee, TN  
423-338-8634 | [hcrivers.com](http://hcrivers.com)

### **Gee Creek Campground**

Hiwassee/Ocoee Scenic River State Park  
Delano, TN  
423-263-0050 | [tnstateparks.com](http://tnstateparks.com)

### **Hiwassee Outfitters Campground**

155 Ellis Creek Rd., Reliance, TN  
423-338-8115 | [hiwasseeoutfitters.com](http://hiwasseeoutfitters.com)

**Ocoee Retreat Center**

186 Hawkins Dr., Ocoee, TN  
423-338-9575 | [adventureocoe.com](http://adventureocoe.com)

**Parksville Lake Campground**

3171 Hwy. 64, Benton, TN  
423-338-3300 | [fs.usda.gov](http://fs.usda.gov)

**Red Clay State Historic Park**

1140 Red Clay Park Rd. Cleveland, TN  
423-478-0339 | [tnstateparks.com](http://tnstateparks.com)

**Reliance Fly & Tackle - Campground**

588 Childers Creek Rd., Reliance, TN  
423-338-7771 | [relianceflyandtackle.com](http://relianceflyandtackle.com)

**Sylco Campground**

Cookson Creek Rd., Ducktown, TN  
423-476-9700 | [fs.usda.gov](http://fs.usda.gov)

**YMCA Camp Ocoee**

111 YMCA Dr., Ocoee, TN  
423-338-5588 | [ymcacampocoe.org](http://ymcacampocoe.org)

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# HIWASSEE/OCOEE REGION

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## PARKSVILLE LAKE

**Parksville Lake**, also known as *Lake Ocoee*, is a reservoir on the Ocoee River formed by the Tennessee Valley Authority's Dam No. 1. Completed in 1911, the dam was among the first hydroelectric projects in the region. It was acquired by TVA in 1939. The lake is set within the boundaries of the Cherokee National Forest near Benton, Tenn.

### LAKES, FISHING & BOATING

#### **Lake Ocoee Inn & Marina**

2496 Hwy 64, Benton, TN  
423-338-2064 | ocoeeinn.com

## MCKAMY LAKE

**McKamy Lake**, also known as *Chilhowee Lake*, is located on top of Chilhowee Mountain overlooking the Ocoee River within the Cherokee National Forest. This 7-acre lake is popular for swimming, fishing, paddling and camping.



#### **Chilhowee Recreation Area & Campground**

3171 US-64, Benton, TN  
423-338-3300 | fs.usda.gov

#### **Reliance Fly & Tackle**

588 Childers Creek Rd., Reliance, TN  
423-338-7771 | relianceflyshop.com

#### **Southeastern Anglers**

107 Riverview Lane, Reliance, TN  
770-655-9210 | southeasternanglers.com

#### **Tri-Star Outfitters**

739 Sawmill Rd., Tellico Plains, TN  
423-519-6081 | tri-staroutfitters.com

#### **B&B Marina (Hiwassee River)**

117 Marina Dr., Charleston, TN  
423-336-2341

### CLIMBING

#### **High Point Climbing and Fitness – Cleveland**

2499 Keith St. NW, Cleveland, TN  
423-250-8023 | highpointclimbing.com

### CYCLING

#### **Eureka Trail**

1400 Madison Ave., Athens, TN  
423-744-2702 | cityofathenstn.com

#### **Cleveland/Bradley County Greenway**

2487 Keith St. NW, Cleveland, TN  
423-479-4129 | clevelandtn.gov

#### **Bikeways of the Scenic South**

scenicbikeways.com

# HIWASSEE RIVER BLUEWAY

*The Hiwassee River offers family-friendly whitewater adventure and trout fishing in the upper section of the river and motorized water recreation, bass fishing and bird watching in the lower section. The river meanders through the Cherokee National Forest and the historic towns of Reliance, Delano, Charleston and Calhoun, offering spectacular views of the regional natural landscape and numerous cultural heritage sites. Visit [HiwasseeBlueway.com](http://HiwasseeBlueway.com) for details.*



## **Hiwassee/Ocoee Scenic River State Park – Visitor Center**

404 Spring Creek Road, Delano, TN  
423-263-0050 | [tnstateparks.com](http://tnstateparks.com)

## **Hiwassee Outfitters**

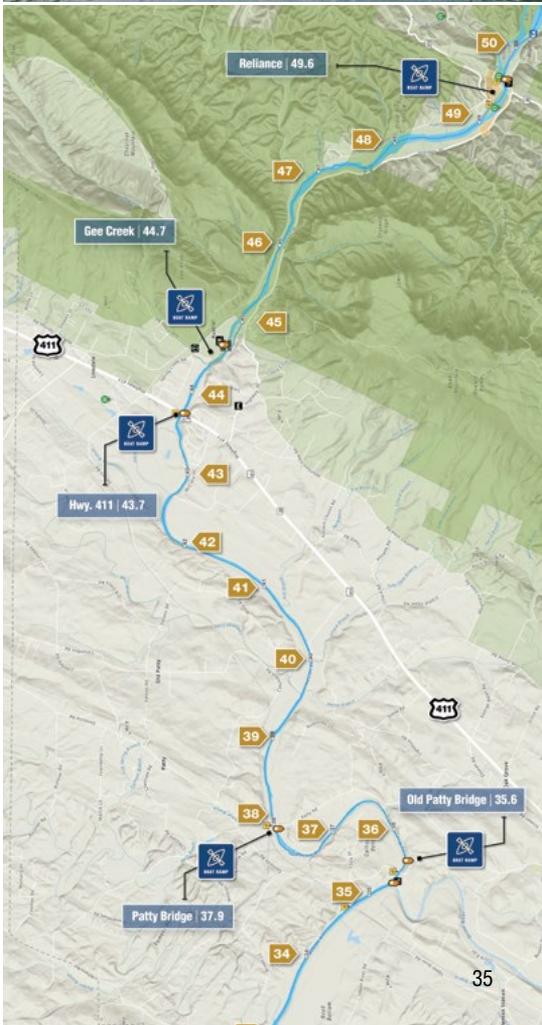
155 Ellis Creek Rd., Reliance, TN  
423-338-8115 | [hiwasseeoutfitters.com](http://hiwasseeoutfitters.com)

## **Webb Bros. Float Service**

3708 Hwy 30, Reliance, TN  
423-338-2373 | [webbbros.com](http://webbbros.com)

## **B&B Marina (Hiwassee River)**

117 Marina Dr., Charleston, TN  
423-336-2341



# HIWASSEE/OCOEE REGION

*Continued from previous page*

## OCOEE RIVER

*The Ocoee River is known as the one of the premier whitewater rivers in the United States. Whether you're shooting the rapids along the 5-mile long Olympic whitewater course or paddling through rapids on the 5-mile middle section, the Ocoee River promises unbeatable thrills. The river runs through the Cherokee National Forest and is regulated by the Tennessee Valley Authority. Guided trips are scheduled March through October. Learn more at [OcoeeCountry.com](http://OcoeeCountry.com).*

### **Adventures Unlimited**

522 Hwy 64, Ocoee, TN  
423-338-4325 | [adventuresunlimited.net](http://adventuresunlimited.net)

### **Bigfoot Outfitters**

702 Welcome Valley Rd., Benton, TN  
423-225-5000 | [bigfootoutfitters.com](http://bigfootoutfitters.com)

### **Big Frog Expeditions**

1278 Welcome Valley Rd., Benton, TN  
877-776-2633 | [ocoeeiver.biz](http://ocoeeiver.biz)

### **Carolina Ocoee**

225 Industrial Dr., Copperhill, TN  
423-496-5050 | [carolinaoccoee.com](http://carolinaoccoee.com)

### **Cascade Outdoors**

1248 Hwy 64, Ocoee, TN  
800-338-7238 | [cascadeoutdoors.com](http://cascadeoutdoors.com)

### **Cherokee Rafting**

869 Hwy 64, Ocoee, TN  
423-338-5124 | [cherokeerafting.com](http://cherokeerafting.com)

### **High Country Adventures**

430 Hwy 64., Ocoee, TN  
423-338-8634 | [hcrivers.com](http://hcrivers.com)

### **NOC Ocoee Outpost**

1680 US-64, Benton, TN  
423-212-1195 | [noc.com](http://noc.com)

### **Ocoee Adventure Center**

4651 Hwy 64, Copperhill, TN  
888-723-8622 | [ocoeeadventurecenter.com](http://ocoeeadventurecenter.com)

### **Ocoee Outdoors**

1985 US-64, Benton, TN  
800-533-7767 | [ocoeeoutdoors.com](http://ocoeeoutdoors.com)

### **Outdoor Adventure Rafting**

629 Welcome Valley Rd., Benton, TN  
423-338-5746 | [ocoee.com](http://ocoee.com)



## **Outland Expeditions**

6501 Waterlevel Hwy., Cleveland, TN  
800-827-1442 | [outlandexpeditions.com](http://outlandexpeditions.com)

## **Quest Expeditions**

281 Hwy 64, Ocoee, TN  
800-277-4537 | [questexpeditions.com](http://questexpeditions.com)

## **Raft One**

4599 Hwy 64, Copperhill, TN  
888-723-8663 | [raft1.com](http://raft1.com)

## **Whitewater Express**

703 Golf Course Rd., Copperhill, TN  
423-496-9126 | [ocoewhitewaterexpress.com](http://ocoewhitewaterexpress.com)

## **Wildwater**

4596 Hwy 64, Copperhill, TN  
800-451-9972 | [wildwaterrafting.com](http://wildwaterrafting.com)

## **ZIPLINING & HIGH ADVENTURE**

### **Chilhowee Gliderport**

8261 Hwy 411, Benton, TN  
423-338-2000 | [chilhowee.com](http://chilhowee.com)

### **Ocoee River Basin**

#### **Canopy Tours at Wildwater Ltd.**

5000 Hwy 64, Ducktown, TN  
800-451-9972 | [wildwaterrafting.com](http://wildwaterrafting.com)

#### **Ocoee Ziplines & Canopy Tours at Raft One**

4599 Hwy 64, Copperhill, TN  
888-723-8663 | [ocoeeziplines.com](http://ocoeeziplines.com)

## **GOLF**

### **Falcon Pointe Golf Club**

3855 Dalton Pike Cleveland, TN  
423-464-5088 | [@Falconpointegolfclub](https://www.falconpointegolfclub.com)

### **Chatata Valley Golf Club**

4179 Benton Pike Cleveland, TN  
423-339-9784 | [chatatavalley.com](http://chatatavalley.com)

### **Cleveland Country Club**

345 Kyle Lane, Cleveland, TN  
423-336-3661 | [clevelandcountryclub.org](http://clevelandcountryclub.org)

## **DISC GOLF**

### **Athens Regional Park Disc Golf**

2405 Decatur Pk., Athens, TN  
423-744-2704

### **Cleveland Disk Golf**

Fletcher Park  
1575 Tennessee Nursery Rd., Cleveland, TN  
[clevelandtn.gov](http://clevelandtn.gov)

## **HORSEBACK RIDING**

### **Blanche Manor**

160 Blanche Manor Ln., Copperhill, TN  
706-455-7433 | [blanchemanor.com](http://blanchemanor.com)

### **Ocoee Horseride**

515 Old Bacon Rd. NE, Charleston, TN  
423-432- 2376 [ocoeehorseride.com](http://ocoeehorseride.com)



# SOUTHEAST TENNESSEE

You'll feel worlds away when you arrive at this mountainous landscape laced with rivers of all shapes and sizes. We've rounded up some of the region's most authentic experiences to "show off" a bit and lure you into the great outdoors. Visit our small towns where you can slow down and enjoy family and friends. Start planning your getaway at [SoutheastTennessee.com](http://SoutheastTennessee.com)



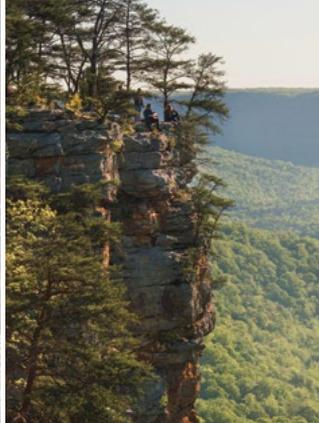


# Travel

SoutheastTennessee.com



© cat kahle



**ABOUT TENNESSEE MUSIC PATHWAYS:**

Tennessee Music Pathways stretches across all 95 counties and connects visitors to musical points of interest through an online travel-planning experience. Hundreds of landmarks and attractions are featured from across seven music genres – blues, bluegrass, country, gospel, soul, rockabilly and rock 'n' roll – that call Tennessee home.

More than 500 possible locations for markers have been identified including birthplaces, resting places, hometowns, high schools, churches and locations of first-known recordings or performances of the pioneers and legends influenced and shaped by Tennessee. Follow the conversation on social using or searching hashtag #madeintn.

