

DEPART FROM LIFE'S A BORE. **ARRIVE AT ADVENTURE** AND MORE.

How about a change of pace? Here's just the place: Chattanooga! From hiking, biking, cycling, and paddleboarding, to food stops, festivals, music, and more. There's no place like it. And, with Chattanooga Airport's convenient access to local scenic sights, downtown dining, and city lights, you'll get to your destination in no time. Book your flight now and enjoy the time of your life.

Time Flies When You Fly With Us.



ChattAirport.com



SOUTHEAST TENNESSEE VISITOR GUIDE

The Southeast Tennessee Visitor Guide is your roadmap to explore I all the places and natural spaces in the Chattanooga region of Southeast Tennessee. We've gathered the best hiking, biking, cycling, and water adventures, as well as food stops, festivals, music, and historic sites to help you plan your visit.

Locals and travelers find Southeast Tennessee to be one big outdoor adventure. The region is home to one of the premier whitewater rivers in the United States, the Ocoee River, and has become a capital for rock climbing in the South. We boast more than 50 waterfalls, and our rivers and streams are globally significant for aquatic life and diversity. All this, within one of the most beautiful settings on earth.

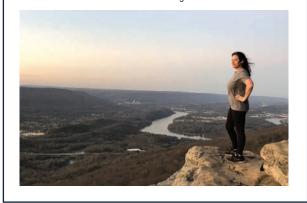
While here, you'll find that the spirit of the people in Southeast Tennessee is warm and welcoming, and there are plenty of opportunities for shopping and culinary adventures at locally owned food stops. Our communities invite you to visit and enjoy country cooking, small-town charm, music, and a rich cultural heritage that set the stage for who we've become today.

We hope this guide will help you find your adventure in the region - and be sure to check out our website at SoutheastTennessee.com.



Anderson

Amy is the Tourism Coordinator with the Southeast Tennessee Tourism Association, which is part of the Southeast Tennessee Development District. She is an avid traveler, food enthusiast, and novice canoeist who works to promote and develop tourism efforts in the region. For questions about editorial or advertising content, contact her at: aanderson@sedev.org





WELCOME TO #SOUTHEASTTN

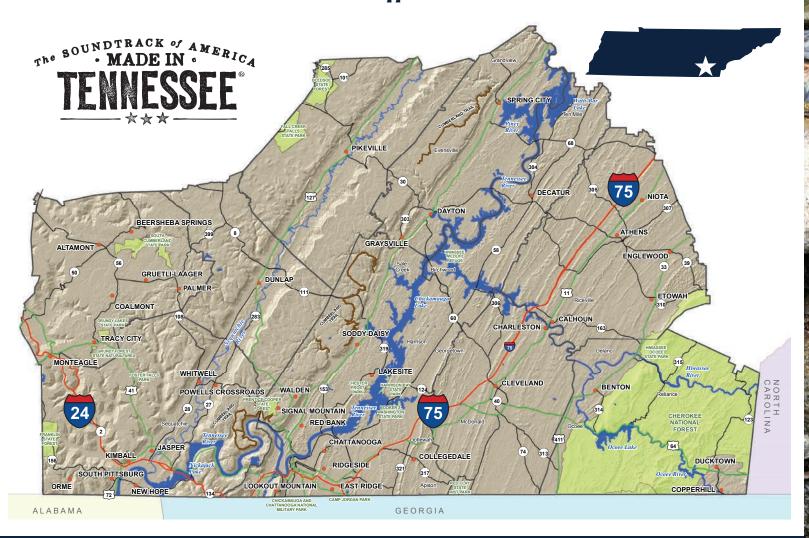




Photo: Chuck Hammonds, Executive Director, at the Southeast Tennessee **Development District.**

sedev.org



The Southeast Tennessee Development District, located in Chattanooga, TN, is the designated regional planning agency and council of governments for the 10 counties of Southeast Tennessee. The agency provides staffing resources to local governments to deliver programs and services in three core areas: Community & Economic Development; Aging & Disability Programs; and Career & Workforce Development. The district's work is accomplished by utilizing local, state, federal and private funds. The Southeast Tennessee Tourism Association is a part of Community & Economic Development within the agency.

To learn more, visit www.sedev.org.

SOUTHEAST TENNESSEE TOURISM ASSOCIATION









		VISITUK GUIUŁ	
	FESTIV	ALS & EVENTS	4
600			
	LOCAL	roon	
*	LULAL	FOOD	
		Orchards & Farms	
		Southeast Tennessee BBQ Trail	
		Towns / Regions: Athens / Etowah / Englewood	10
		Cherokee National Forest /	. 13
		Ocoee & Hiwassee Rivers Area: Benton / Ocoee	1
		Reliance / Copperhill / Ducktown	
		Chattanooga Highlights	
		Cleveland / Charleston	
		Dayton / Spring City	
		Decatur / Ten Mile	
		Dunlap	
		Harrison / Georgetown	
		Pikeville	. 22
		Soddy-Daisy	
		South Pittsburg / Jasper / Whitwell /	
		Powell's Crossroads	. 23
		Vegetarian / Vegan Options	. 23
		South Cumberland Plateau: Monteagle /	
		Tracy City / Pelham / Gruetli-Laager / Coalmont	
		Wine, Beer & Whiskey	. 25
= -	пи ти	WATED	0.
	וחו אוט	WATER	21
		Ocoee River	
		Hiwassee River 9 Lekes	
		Tennessee River & Lakes	. 34
表表表表	OUTDO	OR ADVENTURE	36
ET LAX		Rock Climbing	
		State Parks	
		Outdoor Resources	
		State Parks	
		Regional Hiking Treks	
		Urban Parks & Trails	
		Historic Parks	. 42
		Historic Parks & State Forests	. 42
		Horseback Riding	
		Farm Fun	. 42
		Best Overlooks	
		Urban Parks & Trails	
		Gardens	
		Off-Road Motorcycle Fun	
		Caves & Rocks	
		Ziplines & Soaring	
		Disc Golf	
		Dog Parks	. 49
Bords.	CYCLII	VC	5
	6 I GLII		5
		Bikeways of the Scenic South	
		Mountain Biking	
		Gravel Biking	
43		Graver Diking	. 54
CONT OF	EXPLO	RING THE PAST	5!
Seg 7 A			5.





First Day Hikes

Tennessee State Parks

Tnstateparks.com

Lookout Wild Film Festival

Walker Theater

399 McCallie Ave. Chattanooga, TN lookoutfilmfestival.org

Tennessee Sandhill Crane Festival

Birchwood Community Center, Hiwassee Wildlife Refuge & Cherokee Removal Memorial Park

5623 Hwy. 60, Birchwood, TN tn.gov

FEBRUARY

Tennessee Songwriters Week

tnvacation.com/songwriters-week

MARCH

Ocoee River Whitewater Season

Season Opens: March Season Ends: October timetoraft.com

Rock the Riverfront

140 Riverfront Pkwy. Chattanooga, TN rivercitycompany.com/rock

Sequatchie Valley Scenic Byway Cruise-In

2nd Saturday – Dunlap – Main St. 3rd Saturday – Powell's Crossroads – Main St. sequatchievalleyscenicbyway.com

Spring Break Safari

Chattanooga, TN VisitChattanooga.com/spring

APRI

Bessie Smith Big 9 Roots Festival

200 MLK Blvd., Chattanooga, TN Bessiesmithcc.org

4 Bridges Arts Festival

1826 Reggie White Blvd., Chattanooga, TN avarts.org

Sequatchie Valley Scenic Byway Cruise-In

4th Saturday - Crossville - Main St. sequatchievalleyscenicbyway.com

APRII

Spring Wildflower Pilgrimage

Great Smoky Mountains 2009 Village Camp Rd., Spencer, TN 423-881-3297

wildflowerpilgrimage.org

Trails & Trilliums Festival

DuBose Conference Center and South Cumberland State Park

76 Assembly St., Monteagle, TN | 931-924-2623 Trailsandtrilliums.org

National Cornbread Festival

South Pittsburg, TN | 423-837-0022 National combread.com

Sweet Tea & Sunshine Family Festival & Craft Fair Greenway Park & Pavilion

755 Raider Dr., Cleveland, TN | 423-650-1388 VisitClevelandTN.com touchtheskyevents.com

Polk County Ramp Tramp Festival Camp McCroy

1058 Hwy. 30, Reliance, TN | 423-338-4503 Ramptrampfestival.com

MAY

Hiwassee River Scenic River & Blueway Recreation Season

Season Opens: May Seasons Ends: October (weekends only Sept.-Oct.)

More than a bank



Our interactive teller machines (ITMs) in the drive-thru are open Monday through Saturday from 7 a.m. to 7 p.m. No bank around here can match that. Give us a try and find out how much more than a bank we can be.



tvfcu.com | 423-634-3600 | Federally insured by NCUA | Equal housing lender |



SOUTHEASTTENNESSEE.COM



MAY

Sequatchie Valley Scenic Byway Cruise-In

1st Saturday – Pikeville – Main St. sequatchievalleyscenicbyway.com

Hiwassee Loop Train Rides

Tennessee Valley Railroad Museum 9406 Hwy. 411, Delano, TN | 423-894-8028 Tvarail.com

Nightfall Free Concert Series (May-Sept)

Friday Nights - Miller Park, Chattanooga, TN Nightfallchattanooga.com

Valley Fest

15643 Rankin Ave., Dunlap, TN | 423-593-1444 Valleyfestonline.com

Tennessee Strawberry Festival

107 Main St., Dayton, TN | 423-775-0361 Tnstrawberryfestival.com

Sounds of Summer Concert Series - Athens Market Park Pavilion

Saturday nights (May-October) 106 S. Jackson St., Athens, TN Willsonthropic.org

IIINF

Sounds of Summer Concert Series -

Athens Market Park Pavilion

Saturday nights (June-August) 106 S. Jackson St., Athens, TN Willsonthropic.org

MooFest & Tennessee Wetlands Festival E.G. Fisher Public Library

1289 Ingleside Ave., Athens, TN | 423-745-7782

Riverbend

201 Riverfront Pkwy., Chattanooga, TN 423-756-2211 riverbendfestival.com

JULY

Nokian Tires Summer Nights Music - Dayton Rhea County Courthouse Lawn

Friday nights in July 1435 Market St., Dayton, TN | 423-680-9896 rheaheritage.com

Dunlap 4th of July Parade

Downtown Dunlap, TN VisitSequatchieValley.com

IILY

Etowah's Old-Fashioned 4th of July Celebration @ the L&N Depot Museum

727 Tennessee Ave., Etowah, TN | 423-263-7840 Cityofetowahtn.com

Miners Homecoming Days

Ducktown Basin Museum

212 Burra Burra St., Ducktown, TN | 423-496-5778 Ducktownbasinmuseum.com

Calhoun River Town Festival

Hiwassee Meadowland Park & Hiwassee Blueway

746 Hwy. 163, Calhoun, TN Calhounrivertown.com

Blue Springs Valley Singing

150 Bryson Ln., Cleveland, TN Singingechoes.com

Scopes Play & Bluegrass Festival

Historic Rhea County Courthouse

1435 Market St., Dayton, TN | 423-775-9847 Scopesfestival.com

Swiss Heritage Festival

swisshistoricalsociety.org

Stoker-Stampfli Farm Museum
Swiss Colony Cemetery Rd., Gruetli-Laager, TN



Visit Cleveland & Charleston TN

Near Chattanooga, your road to adventure winds in and around Cleveland and Charleston, Tennessee. Nestled in the foothills of the Cherokee National Forest, Cleveland is the perfect place to rest and refuel after soaking in river and mountain adventures, discovering compelling Cherokee history or drinking in stunning mountain views at local wineries. Find your adventure here, y'all!

Request a FREE visitors guide.

VisitClevelandTN.com



SOUTH PITTSBURG, TN NATIONALCORNBREAD.COM

/NATIONALCORNBREADFESTIVAL IT



.IIII.

Monteagle Mountain Market for Arts & Crafts Hannah Pickett Park

16 Dixie Lee Ave., Monteagle, TN | 931-924-5353 Facebook@MonteagleMountainMarket

Ocoee River Jam

599 US-64, Ocoee, TN OcoeeRiverJam.com

AUGUST

Sounds of Summer Concert Series Athens Market Park Pavilion

Saturday nights (June-August) 106 S. Jackson St., Athens, TN Willsonthropic.org

Hwy. 127 - World's Longest Yard Sale

Follows US-127 through Southeast Tennessee 127yardsale.com

Beersheba Springs Arts & Crafts Fair Beersheba Springs Assembly Grounds

55 Hege Ave., Beersheba Springs, TN | 931-692-3669 Beershebaassembly.com

SEPTEMBER

Moon River Festival

Coolidge Park

Chattanooga, TN moonriverfestival.com

International Cowpea Festival & Cook-Off

Charleston City Park, Charleston, TN | 423-472-6587 Cowpeafestival.com

Niota Fried Green Tomato Festival

Niota Depot

201 Main St., Niota, TN | 423-568-2584 cityofniota.org

OCTOBER

Cycle Sequatchie

Sequatchie Valley, TN CycleSequatchie.com

Downtown Halloween Black Party

Courthouse Square, Cleveland, TN mainstreetcleveland.com

423-479-1000

Fall Foliage Cruises on the Southern Belle

(Oct-Nov)

Chattanooga Riverboat Co. 151 Riverfront Pkwy., Chattanooga, TN Chattanoogariverboat.com

OCTOBER

Fannie Moffitt Autumn Stomp

Altamont, TN | 931-924-5353 Facebook@FannieMoffittAutumnStomp

Pumpkintown Festival

@ Market Park Pavilion

106 S. Jackson St., Athens, TN \mid 423-744-2702 friendlycityfestivals.com

Cleveland Apple Festival

155 N. Ocoee St., Cleveland, TN | 423-479-1000 Clevelandapplefestival.org

Ketner's Mill Country Arts Fair

658 Ketner Mill Ln., Whitwell, TN | 423-267-5702 Ketnersmill.org

Historic Fort Hill Cemetery Walking TourFort Hill Cemetery

92 Oak St. SW, Cleveland, TN | 423-472-6967 Leeuniversity.edu

Pumpkinfest

Rhea County Courthouse

1435 Market St., Dayton, TN 423-775-9847 mainstreetdayton.org

NOVEMBER

Red Clay Cherokee Cultural Celebration Red Clay State Historic Park

1140 Red Clay Park Rd. S., Cleveland, TN 423-478-0339 Tnstateparks.com

Winter Wonderland at the Chattanooga Choo Choo (Nov-Jan)

1400 Market St., Chattanooga, TN Choochoo.com/holidays





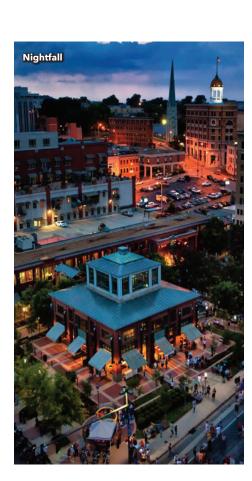
DECEMBER

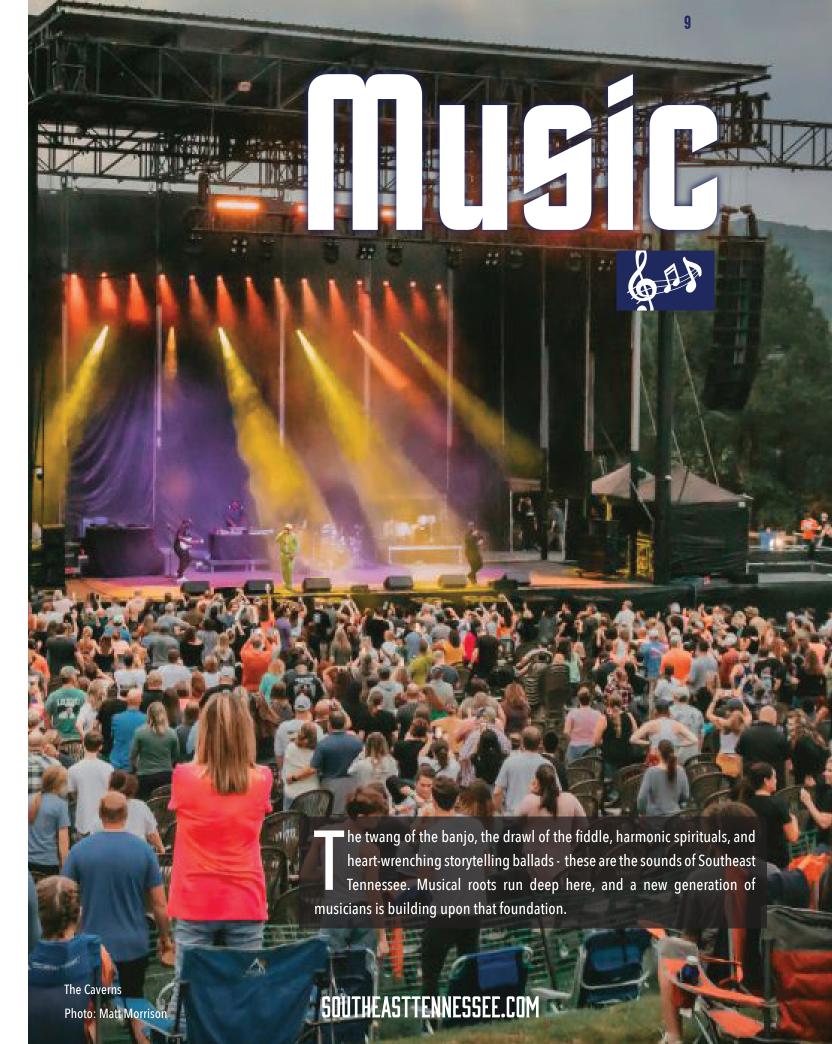
Christmas at Red Clay Red Clay State Historic Park

1140 Red Clay Park Rd., SW, Cleveland, TN 423-478-0339 Tnstateparks.com

Downtown Cleveland Christmas ParadeDowntown Cleveland

mainstreetcleveland.com





THE CAVERNS

Home of Bluegrass Underground

555 Charlie Roberts Rd, Pelham, TN 931-516-9724 thecaverns.com

In a timeless valley near the base of the South Cumberland Plateau in Southeast Tennessee, you'll find The Caverns—a jaw-dropping concert hall located deep underground.

The Caverns is home to the Emmy Award winning PBS television series, Bluegrass Underground. With a concert calendar that spans all genres of musical expression, The Caverns draws music fans from all over the world. Live music inside a cave - it's a bucket list experience that keeps fans coming back to The Caverns time and again for "The Greatest Show Under Earth."

In 2022, The Caverns opened The Caverns Amphitheater, with stunning views of the Cumberland Plateau. There is reserved chair seating in front of the stage for most shows. The natural grade of the mountainside allows for a great view form every spot and guests are welcome to bring their own chairs or blankets for general admission. New concessions and restrooms have been added, and space for food trucks and pop-up bars can host crowds of up to 5,500 quests. The cave operates year-round, and there are cave tours from chill to challenging in addition to the music. In the summer, Camp Caverns offers kids 8-13 the chance to explore, discover, and create above and underground.

The cave is equipped with state-of-the-art sound and lights, restrooms, and delicious food and beverage concessions, including craft beer, wine and cocktails. The gentle slope of the room and its smooth concrete floor make the venue accessible to music fans with mobility concerns or physical disabilities, as well.







JIM OLIVER'S **SMOKE HOUSE**

850 W Main St, Monteagle, TN 800-489-2091 thesmokehouse.com

Jim Oliver's Smoke House is located within the heart of the South Cumberland Plateau, which is home to Tennessee's largest state park, South Cumberland State Park. This comfy restaurant and lodge offers Southern fare, cabin rentals and lodging, live music each weekend, and easy access to miles of hiking, waterfalls, scenic views, and rock climbing adventures.

Since 1960, visitors have stopped by Jim Oliver's Smoke House to enjoy Southern cooking inspired by generations of family cooks.

Every Friday and Saturday night, the Smoke House hosts Music on the Mountain (7-10:30 pm Central Time). Each show features some of Nashville's legendary and up-and-coming songwriters and musicians. Performers share songs they've written and the stories behind the music - especially if a major artist has recorded the

Music on the Mountain offers cabaret-style seating in a comfortable music room attached to the restaurant. Food and beverages are served during the show. All shows are family-friendly and free to the

Visit TheSmokehouse.com for the weekly schedule.

SONGBIRDS FOUNDATION

located in Chattanooga Choo Choo 35 Station St, Chattanooga, TN 423-531-2473 songbirdsfoundation.org

Located in the Historic Chattanooga Choo Choo depot building, Songbirds is an interactive learning experience and live music venue featuring historic exhibits that spotlight Chattanooga's vibrant musical history, especially how the guitar helped shape pop culture history in the heart of Chattanooga's Southside district.

Between the 1920's and 1950's, 9th Street (now MLK Boulevard) was a thriving entertainment district known as The Big 9, and its clubs played host to Duke Ellington, Ella Fitzgerald, Lois Armstrong, and Chattanooga's own Blues Queen, Bessie Smith.

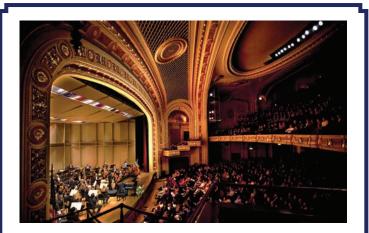
Songbirds is now home to many of the most famous guitars, belonging to Loretta Lynn, Duane Allman, John Entwistle, and pioneering electric guitarist Mary Kaye, housed in a self-guided museum. All revenue generated from The Songbirds Museum will further the "Guitars for Kids" program, providing students across the South with free guitars, music lessons, and in-depth music therapy.

MOUNTAIN OPRY

Bachman Community Center 2815 Anderson Pike, Signal Mountain 423-664-3280 visitchattanooga.com/event/the-mountain-opry

The Mountain Opry is a live stage performance featuring bluegrass, county, gospel, and Americana music. The event is held every fourth Saturday from 6:00 -9:00 PM EST. Admission is free but a \$5 donation at the door is appreciated to pay for the sound system, electricity, and other Opry expenses.

The Opry began in 1979, and before the pandemic, had only been cancelled twice, for bad weather. The performers, from around the region, gather ahead of time in small clusters backstage, or out under the trees when the days are long and the weather warm. You are welcome to bring food or enjoy some BBQ from King's Pig BBQ food truck. They tune their instruments and share songs, awaiting their turn on stage. Jammers are encouraged to bring their instruments and play in the side picking rooms.



TIVOLI THEATRE

709 Broad St, Chattanooga, TN 423-757-5580 tivolichattanooga.com

The Tivoli Theatre, known as "The Jewel of the South," has entertained Chattanoogans and visitors for over 90 years, offering everything from silent movies to Broadway shows. Located downtown on Broad Street, the Tivoli opened its doors in March of 1921.

In 1924, a \$30,000 Wurlitzer organ was installed. In 1926 the Tivoli became one of the first public buildings in the country to be air-conditioned. Throughout the 20s, 30s, and 40s, the Tivoli was Chattanooga's premiere entertainment venue. However, in the 50s, the birth of television put the Tivoli on hard times. The theater fell into disrepair and was almost demolished, but in 1962, a grant from Chattanooga's Benwood Foundation saved the theater and the Tivoli was placed on the National Register of Historic Places.

The Tivoli is one of Chattanooga's three historic theaters, partnering with The Walker Theater and Soldiers and Sailors Memorial Auditorium to hold many events at one time. The Tivoli now hosts world renowned musicians, comedians, and Broadway performances, and is host to the Chattanooga Symphony and Opera and the Chattanooga Ballet.





Apple Valley Orchard 351 Weese Rd. SE, Cleveland, TN

423-472-3044

Applevalleyorchard.com

Seasonal hours of operation.

Family-owned apple orchard, bakery and gift shop recently named one of the "Best Apple Orchards in Tennessee" by *Southern Living* magazine. Check the website for seasonal events. Group / student tours available by appointment.

Crabtree Farms 1000 E. 30th St., Chattanooga, TN

423-493-9155

crabtreefarms.org

Come pick your own tulips, strawberries, sunflowers, and wildflowers in season. Professional photographers are welcome as well for a daily admission price or season pass. Keep up with weather closures on their social media.

Fairmount Orchard 2204 Fairmount Pike, Signal Mountain, TN

423-886-1226

Facebook@Fairmount Orchard, Inc.

Seasonal hours of operation.

Stop in to this small family-owned orchard for fresh cider and a bag of apples grown on-site.

High Meadows Farm 421 Sally Branch Rd., Tracy City, TN

931-212-8317

Facebook@highmeadowstracy

Pick your own daffodils, blueberries, and wildflowers on the beautiful Cumberland Plateau.

Little Trails Farms

280 Leilani Ln., Dunlap, TN

423-455-2136

littletrailsfarms.com

Stay and play and reconnect on this 50 acre family farm on the Cumberland Plateau. Tiny homes or small loft can be rented to stay on the property as well.

Lorenzen Family Farm 1374 New Bethel Rd., Dayton, TN

423-883-4400

We provide everything you need for picking! Tulips (March & April), Sunflowers/Wildflowers (July & August) \$5 per person entrance fee includes a bouquet of flowers. Children 10 and under are free. lorenzenfarm.carrd.co
Seasonal hours of operation.

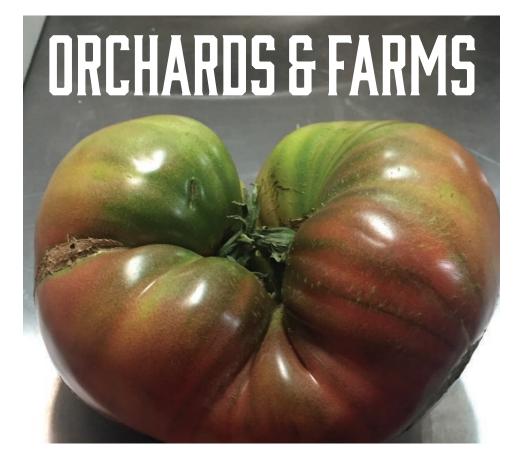
Ocoee Riverside Farm

1087 Reynolds Bridge Rd., Benton, TN

423-241-3738

ocoeeriversidefarm.com

This thirty-acre riverfront farm offers farm events and experiences including farm tours, horseback riding, camel rides, and water adventures. The farm features lodging in their two-story riverside cabin, one of three covered wagons, or a barn loft.



Oren Wooden's Apple House 6351 New Harmony Rd., Pikeville, TN

423-447-6376

Woodensapplehouse.com

Seasonal hours of operation.

The region's oldest continuously operated apple house, Wooden's grows and sells apples, pumpkins and a host of other fruits and vegetables. Enjoy lunch and delicious fried pies at Oren's Orchard Cafe. Group tours available by appointment.

Sequatchie Cove Farm 320 Dixon Cove Rd., Sequatchie, TN

423-942-9201

sequatchiecovefarm.com

Trading post open on Saturdays. Pick your own options: Blueberries.

Family farm in the beautiful Sequatchie Valley, specializing in pasture-raised beef and lamb, forested pork, chicken, eggs, seasonal vegetables, shiitakes and native plants.

Wheeler's Orchard & Vineyard 956 Wheeler Rd., Dunlap, TN

423-949-4255

wheelersorchard.com

Seasonal hours of operation.

Pick-your-own options: blueberries (July-Sept.) and grapes (August).

This family-owned orchard and vineyard on Fredonia Mountain focuses on sustainably grown apples and produce. Be sure to try their fresh cider and other homemade treats.







Southeast Tennessee



CHATTANOOGA AREA

Jordan's Bar-B-Q

910 Stuart Rd. NE, Cleveland, TN

423-478-2171

Kitsch-filled spot serving up classic pulled pork, ribs, stuffed potatoes and other comfort foods.

Stadium BBQ

save room for their homemade fried pies.

Dave's Spiced Right BBQ

423-961-9079

Barbecue (and more) that is notoriously "spiced right."

Edley's Bar-B-Que

205 Manufacturers Rd., Chattanooga, TN

Nashville-based barbecue institution. edleysbbq.com

Nooga-Q Smokehouse Grill

301 Signal Mtn. Rd., Chattanooga, TN

BBQ plates, sandwiches and more in a casual setting.

Shuford's Smokehouse

smoked meats, traditional sides and their famous homemade banana pudding.

2450 15th Ave., Chattanooga, TN

Missionary Ridge overlooking downtown Chattanooga.



DAYTON

423-785-7606 | facebook@banjosbbg Pork, chicken, ribs, brisket and the BOOMER -

prepared with a special blend of 17 seasonings. All sauces made in-house.

Jim Oliver's

Smoke House Restaurant

850 W Main St., Monteagle, TN

Barbecue and Southern-style breakfast, lunch and dinner and buffet served at this landmark establishment on Monteagle Mountain. Fried pies and fudge are legendary.

Hickory smoked pulled pork and burgers.

SEQUATCHIE VALLEY

Jerome's Fine Swine & BBQ

13212 TN-28, Whitwell, TN

of sides of sauces. Mac and pepperjack cheese is a crowd-pleaser.

Enjoy old-school barbecue and daily specials, as well as homemade desserts prepared daily.

7000 TN-28, Dunlap, TN

A tiny place with Big BBQ.

38408 US-127., Pikeville, TN | 423-447-6423 Facebook @morganbrothersbbg

WATTS BAR LAKE

Uncle Gus's Mountain Pit Bar-B-que

423-334-2487

uncleausbarbeque.com

setting near Watts Bar Lake.

ATHENS-ETOWAH-ENLEWOOD

Michael's Casual Dining

Two locations:

925 Congress Pkwy. North, Athens, TN

862 Tennessee Ave., Etowah, TN | 423-263-2603

Michaelsgreatfood.com

slow-cooked barbecue flavored with their own mix of herbs, spices and dry-rubbed seasonings.

423-519-7665

the Southern fixin's.

CHEROKEE NATIONAL FOREST

Bradford's BBQ

1999 Grassy Creek Rd., Copperhill, TN

fireworks store in the Ocoee Basin.

Enjoy slow-cooked barbecue at this restaurant /



Athens - Etowah - Englewood

Angela's Miami Grill 509 W. Madison Ave., Athens, TN

423-453-5064

Great Cuban food in Athens. angelasmiamigrill.pizzamica.com

Dairy Barn

1108 Congress Pkwy. S., Athens, TN 423-745-2286

Tasty ice cream treats and fast food in Athens. Seasonal hours.

Jenkins Grille & Market

411 S. Jackson St., Athens, TN | 423-745-7388 Jenkinsdeli.com

Sixties décor offering tasty rib-eye sandwiches, chicken salad, soups and more.

Lotus Thai Cuisine

420 S. White St., Athens, TN | 423-453-2152

lotusthaicuisine.net

Family-owned restaurant serving authentic Thai cuisine.

Maddie Mae's Café

10 S. White St., Athens, TN | 423-649-3627

maddimaescafe.com

Italian subs that never fail to impress – especially the salami.

Michael's Casual Dining - Two Locations 925 Congress Pkwy. North, Athens, TN

423-649-0000

862 Tennessee Ave., Etowah, TN 423-263-2603

Michaelsgreatfood.com

Sink your teeth into their fresh fall-off-the-bone, slow-cooked barbecue flavored with their own mix of herbs, spices and dry-rubbed seasonings.

Open Door Café

3 N. Jackson St., Athens, TN | 423-744-3020 Romantic setting in the historic Robert E. Lee Hotel featuring a Mediterranean menu.

Smalls Drive-In

802 S. White St., Athens, TN | 423-745-6650 Hamburgers the locals boast about.

Farmhouse Restaurant

1201 Ohio Ave., Etowah, TN | 423-263-3276

Facebook@Farmhouse Restaurant

Enjoy a porch rocker or shop in the country gift shop before enjoying this country-style restaurant offering homemade pies and cakes.

The Spot

257 County Rd. 802, Etowah, TN

423-351-3514

Unique stop for fish sandwiches and fried chicken.

Navarro's Smokehouse

3268 Hwy. **411**, Englewood, TN | 423-519-7665 Barbeque, ribs, wings, pulled pork served with all the Southern fixins.

Tellico Junction Café

17 Main St., Englewood, TN | 423-887-7770

Facebook@Tellico Junction Café

Full breakfast buffet every morning – and don't miss the chocolate gravy and biscuits as part of their Saturday buffet.

CHEROKEE NATIONAL FOREST & OCCEE AND HIWASSEE RIVERS

Benton - Delano - Reliance Ocoee -Copperhill - Ducktown

Bakery on Main

6232 Hwy. **411**, Benton, TN | 423-599-0656

bentonbakeryonmain.com

Beautiful and delicious cakes, cookies, fudge, pies sandwiches, soups, and breakfast! Sugar and gluten free options as well.

GG's Diner

5790 Hwy. **411**, Benton, TN | 423-338-1322

facebook@gg'srestaurant

Home of the famous "Cathead Biscuit."

Myrtle's Café

1841 US-64 Hwy., Benton, TN

423-241-7704

Serving Breakfast, lunch and daily specials

The Old Country Porch

55790 Old Hwy 411, Benton, TN | 423-338-2118 Southern style home cookin'.

Reliance Fly & Tackle 588 Childers Creek Rd., Reliance, TN

423-338-7771

relianceflyandtackle.com

Oldest locally owned fly shop and country store in the area, serving smoked ribs and chicken dinners each weekend. Bagged fisherman lunches available.

Apricot Place Café

283 Hwy **64**, Ocoee, TN | 423-299-9560

Facebook @apricotplacecafe

Breakfast, burgers, sandwiches, salads, and more.





773 Keith St. NW, Cleveland, TN

423-790-0002 | StadiumBBQ.com Enjoy Southern barbecue with all the fixings - and

12914 TN-58, Georgetown, TN

423-498-2772 Banana pudding is considered a side dish at this

423-752-1935

924 Signal Mtn. Rd., Chattanooga, TN 423-267-0080 | Shufordsbbg.com Shuford's offers classic Southern barbecue, including

Sugar's Ribs

423-826-1199 | Sugarsribs.com Award-winning barbecue and ribs on historic

Banio's BBQ

1410 Maley Hollow Rd., Dayton, TN

SOUTH CUMBERLAND PLATEAU

800-489-2091 | Thesmokehouse.com

Up in Smoke BBQ Café 10 W Main St., Monteagle, TN

931-212-4506 Facebook @Up in Smoke BBQ Café

423-658-8550 Chicken and pork barbecue served with a variety

Ramsey's BBQ 7096 Hwy. 28, Whitwell, TN

423-939-0433 Facebook @RamseysBBQ

Sequatchie Valley BBQ

423-949-5900

Morgan Brothers BBQ

810 Peakland Rd., Decatur, TN

Barbecue and American favorites in a fun, eclectic

423-649-0000

Sink your teeth into their fresh fall-off-the-bone,

Navarro's Smokehouse 3268 Hwy. 411, Englewood, TN

Facebook@Navarrossmokehouse Barbeque, ribs, wings, pulled pork served with all

OCOEE & HIWASSEE RIVER

423-548-2723 Facebook @Bradford's BBQ

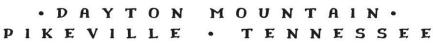


SONS PHILLIP WOODEN FARM MARKET









CHEROKEE NATIONAL FOREST & OCOEE AND HIWASSEE RIVERS

Benton - Delano - Reliance Ocoee-Copperhill - Ducktown

Cajun Lady Seafood

3720 Hwy 411, Ocoee, TN | 423-435-3581 Facebook@CajunLadySeafoodOnTheRun Best Cajun food you'll find outside of the bayou.

Ocoee Dam Deli

1223 US-64, Ocoee, TN | 423-338-8184 Facebook@ocoeedamdelianddiner

Located near all the action on the Ocoee River, this popular stop serves American favorites with a touch of the South.

Los Poblano's

4133 US-411, Ocoee, TN | 423-338-3983

Facebook @Los Poblanos Authentic south of the border taste!

The Bus Bar & Grill

522 TN-64 Hwy., Ocoee, TN

423-338-4325

adventuresunlimited.net/food Serving American Fare, from pizza to burgers, salads, wings & more.

Bradford's BBQ

1999 Grassy Creek Rd., Copperhill, TN

423-548-272

Enjoy slow-cooked barbecue at this restaurant / fireworks store in the Ocoee Basin.

The Copper Grill

109 Ocoee St., Copperhill, TN

423-546-1530

Facebook @thecoppergrill
The state line divides this restaurant between
Tennessee and Georgia, so pick your state to enjoy
hamburgers, hot dogs and specialty sandwiches.

El Rio Mexican Restaurant

113 Ocoee St., Copperhill, TN | 423-496-1826 ElrioMexicanRestaurantandCantina.com Classic cantina and restaurant offering authentic Mexican flavor.

Habanero's Fresh Tex Mex

120 Ocoee St., Copperhill, TN | 423.548.2111 Facebook @habs.tn
Just a Touch of Tex-Mex!

Rod's Rockin' Rolls

327 Main St., Ducktown, TN | 423-761-5000 rods-rockin-rolls.business.site Asian cuisine.

Wildwater Willie's Mineshaft Pub & Grub Old Hwy 64, Ducktown, TN | 423-548-5100

Wildwaterrafting.com
American food at Wildwater Ocoee outfitters.

Chattanooga Highlights

Visit ChattanoogaFun.com for a full listing of Chattanooga-area restaurants.

Bea's Restaurant

4500 Dodds Ave., Chattanooga, TN

423-867-3618

Facebook @beaschattanooga

All-you-can-eat fried chicken and Southern favorites served family-style since 1950. Closed Mon.-Tues.

Big River Grille & Brewing Works

222 Broad St., Chattanooga, TN | 423-267-2739 Bigrivergrille.com

Microbrew beer selections and a made-from-scratch menu, located in a historic trolley barn downtown.

Bread & Butter

3955 Dayton Blvd., Chattanooga, TN

423-803-4446

Butterthebread.com

Artisan bakery and local market.

Champy's - Blues, Brews & Birds

Two locations:

526 E. MLK Blvd., Chattanooga, TN | 423-752-9198 **6925** Lee Hwy., Chattanooga, TN | 423-803-2800

Champyschicken.com

Fried chicken is the draw at this country-hip Southern eatery with live music and a long beer list.



Hi-Fi Clyde's Chattanooga

122 W. Main St., Chattanooga, TN | 423-362-8335 hificlydeschattanooga.com

Laid-back spot featuring sofas, shuffle boards and ping pong tables, plus bar food and draft beers.

Flying Squirrel Bar

55 Johnson St., Chattanooga, TN | 423-602-5980 Flyingsquirrelbar.com

Award-winning atmosphere serving unique small plates and great drinks from 4 p.m. until. (21+ every day except for Sunday brunch.)

Frothy Monkey

1400 Market St., Chattanooga, TN | 423-680-6343 Frothymonkev.com

Local coffeehouse chain serving breakfast, sandwiches and Southern comfort food at the Chattanooga Choo Choo.



Dutch Maid Bakery

TENNESSEE'S OLDEST FAMILY-OWNED BAKERY



Experience the Authentic Old World Style Bakery





Taste and See the History







Located atop Monteagle Mountain, Exit 135 - take Hwy 41 south 6 miles

The store and café are open
7 days a week
for breakfast and lunch
Dinner by reservation only

931.592.3171 www.thedutchmaid.com 109 Main Street
Tracy City, TN 37387
Cindy Day, owner
dutchmaid@blomand.net

Free Wi-Fi
Pet Friendly
Stop in for Lunch

LOCAL FOOD 18 LOCAL FOOD 19



Chattanooga Highlights

Herman's Soul Food & Catering 3821 Brainerd Rd., Chattanooga, TN 423-624-5715

Hermanssoulfood.com

Family-friendly restaurant specializing in fried chicken and home-cooked soul food.

Lakeshore Grille @ Lakeshore Marina 5600 Lake Resort Tce. #300, Chattanooga, TN

423-710-2057 lakeshoregrille.com

American food with an amazing view of Chickamauga Lake. Include deck and dog-friendly patio.

Public House Restaurant

1110 Market St., Chattanooga, TN 423-266-3366

publichousechattanooga.com Updated, locally sourced Southern fare.

Puckett's Grocery & Restaurant 2 W. Aquarium Way, Chattanooga, TN

423-708-8505

Puckettsgro.com

Located next to the Tennessee Aguarium, serving Southern-style favorites for breakfast, lunch and dinner.

Scottie's On The River

491 Riverfront Pkwy., Chattanooga, TN 423-269-7487

scottiesontheriver.net

Airy, casual riverside outpost prepping steaks, seafood & cocktails, plus a patio with a fire pit.

Shuford's Smokehouse

924 Signal Mountain Rd., Chattanooga, TN

423-267-0080

Shufordsbbg.com

Shuford's offers classic Southern barbecue, including smoked meats, traditional sides and their famous homemade banana pudding.

STIR Chattanooga

1444 Market St., Chattanooga, TN | 423-531-7847

Stirchattanooga.com

Creative dishes using fresh, local ingredients and specialty cocktails in a festive, community atmosphere.

Sugar's Ribs

2450 15th Ave., Chattanooga, TN | 423-826-1199 Sugarsribs.com

Award-winning barbecue and ribs on historic Missionary Ridge overlooking downtown Chattanooga.

Tony's Pasta Shop & Trattoria

212 High St., Chattanooga, TN | 423-321-0235 bluffviewartdistrictchattanooga.com

Handmade pasta, fresh sauces and bread in the historic Bluff View Art District overlooking the Tennessee River.

Urban Stack Burger Bar

12 W. 13th St., Chattanooga, TN | 423-475-5350 Urbanstack.com

Inventive burgers and a bustling bar scene in Chattanooga's oldest building (1868).

Cleveland - Charleston

See VisitClevelandTN.com for a full listing of Cleveland restaurants.

Big Tom's Backyard Grill & Bar

88 Mouse Creek Rd. NW, Cleveland, TN

423-790-7391

bigtomsbackyardgrillandbar.com Our goal at Big Tom's is to make the best darn food you ever had.

Bon Life Coffee

1807 Keith St., Cleveland, TN | 423-464-6160 bonlifecoffee.com

Exceptional coffee with a global cause.

Café Roma

220 N. Ocoee St., Cleveland, TN | 423-339-1488

Caferomatn.com

Fresh Southern-inspired Italian dishes.

Catch Bar & Grill

233 Inman St. E, Cleveland, TN | 423-790-1235 Catchbarandgrill.com

Fresh seafood featuring Gulf Coast and Asian cuisine.



Discover Your Chattanooga Adventure

OutdoorChattanooga.com

Explore: Mountains, Rivers, Creeks, Lakes, Trails, Parks

Adventure: Hike, Bike, Camp, Climb, Paddle, Run, Fly

Learn: Info, Programs, Guided Tours, Workshops, Events



Connecting You to the Outdoors! **Outdoor Chattanooga**

200 River St. | Chattanooga, TN 37405 | 423-643-6888



Cleveland - Charleston

Farmhouse Restaurant

2260 Harrison Pike, Cleveland, TN | 423-339-9998 farmhouserestaurantcleveland.com

Family-style restaurant – food just like grandma used to make.

Fork & Spoon

795 Church St. NE, Cleveland, TN

423-790-0035

facebook.com/ForkandSpoonCleveland Locally owned full service salad bar, homemade soups, sandwiches, and creative entrees.

Gabriel's Pizza

2625 Keith St., Cleveland, TN | 423-728-2222

Gabrielspizzas.com

Local art-filled parlor making deep-dish pizza with gourmet toppings and other Italian eats.

Gardner's Market

262 Broad St. NW, Cleveland, TN | 423-478-3906

Step back in time to an old-world deli. gardnersmarket.com

Jenkins Deli 2390 Spring Creek Blvd., Cleveland, TN

423-478-1648

Jenkinsdeli.com

Top-rated regional restaurant featuring American-style cooking.

Jordan's Bar-B-Que 910 Stuart Rd NE, Cleveland, TN

423-478-2171

Facebook @jordans.barbeque

Kitsch-filled spot serving up classic pulled pork, ribs & stuffed potatoes, plus other comfort eats.

Lasater's Coffee & Tea

2450 Spring Creek Blvd., Cleveland, TN

423-790-0513

lasaterscoffee.com

Custom-roasted award-winning coffee and a large selection of teas.

Little Diner on 1st 490 1st St. NW, Cleveland, TN

423-472-5550

Facebook@littledineron1st.com

Family owned breakfast and lunch spot. With great food, service, and the best small town atmosphere.

Old Fort Restaurant

1422 25th St. NW, Cleveland, TN | 423-339-0446

Facebook @oldfortclevelandtn

Home cooked meals in a family atmosphere.

Marthie Ann's Hot Chicken and Cold Treats 3625 Keith St., Cleveland, TN

423-813-7044

marthieannschicken.com

A Chicken centered fast casual restaurant featuring salads, an array of the best chicken sandwiches

Stadium BBQ

773 Keith St. NW, Cleveland, TN | 423-790-0002 StadiumBBQ.com

Enjoy this Southern barbecue with all the fixings - and save room for their homemade fried pies.

The Press

168 1st St. NE, Cleveland, TN

423-584-6077

thepressonfirst.com

Wine, ciders, beers and yummy food make The Press an instant favorite.

Town House Bake Shop

2524 Keith St. NW, Cleveland, TN | 423-478-2822

Townhousebakeshop.com

Sweet stop for bakery items and cakes since 1963.

201 Keith St. SW, Cleveland, TN | 423-472-6000 trueatbhb.com

A contemporary Southern neighborhood restaurant

Village Bake Shop

201 Keith St. SW, Cleveland, TN | 423-476-5179 thevillagebakeshop.com

Established in 1961, this bakery offers a wide variety of delicious sweets and treats.

Dayton - Spring City

Carrabelle's

4370 Rhea County Hwy., Dayton, TN

423-428-9441

carrabelles.net

Check out Dayton'ss favorite family-friendly destination for Exceptional food & fantastic brews.

Dayton Coffee Shop & Restaurant

280 2nd Ave. #1, Dayton, TN | 423-775-6156 Coffee and Southern favorites.

Delia's Mexican Restaurant 8796 Rhea County Hwy., Dayton, TN

423-570-1813

Facebook@Delia's Mexican Restaurant Your destination in Dayton for authentic Mexican

Harmony House Coffee

378 1st Ave. B, Dayton, TN | 423-570-7656

harmonyhousecoffee.com

Fresh roasted coffee, tea and a full-service espresso bar in downtown Dayton.

Jacob Myer's Restaurant on the River 185 Chickamauga Dr., Dayton, TN | 423-570-0023

Jacobmversrestaurant.com

Traditional American fare and seafood in a casual atmosphere just up the road from Chickamauga Lake.



Monkey Town Brewing Co.

287 1st Ave., Dayton, TN | 423-775-1800

Monkeytownbrewing.com

Craft beer made in house - open 7 days lunch & dinner.

1st Avenue Pizza, Books & Treats

283 1st Ave., Dayton, TN | 423-570-1000

1stavenuepbt.com

Fast and casual pizza restaurant with an adorable and unique bookstore. Also serving house-made gelato and desserts.

Screen Door Kitchen

449 Delaware Ave., Dayton, TN | 423-428-9493

Screendoorkitchen.com

Homestyle meals made from scratch.

Banjo's BBQ

1410 Maley Hollow Rd., Dayton, TN

423-785-7606

Faceboo @Banjo's BBQ

Pork, chicken, ribs, brisket and the BOOMER prepared with a special blend of 17 seasonings. All sauces made in-house.

Decatur - Ten Mile

Decatur Family Diner

17315 TN-58 N, Decatur, TN | 423-334-3354

Facebook@Ourfamilytablerestaurant Family-friendly restaurant serving country-style favorites. Breakfast served all day

Euchee Grill & Brewhouse

200 Euchee Ln., Ten Mile, TN | 423-454-0165 eucheegrill.com Seasonal hours Enjoy dinner and craft beer overlooking beautiful

Watts Bar Lake. Indoor and patio seating available.

Mr. Twister

Lake.

2593 TN-304, Ten Mile, TN | 423-334-1984

Facebook@Mr. Twister Ice cream, burgers and dinners next to Watts Bar



Uncle Gus's Mountain Pit Bar-B-Que

810 Peakland Rd., Decatur, TN | 423-334-2487 Barbecue and American favorites in a fun, eclectic setting near Watts Bar Lake.

Dunlap

Andy's Pizza & Steak House

7291 TN-28, Dunlap, TN | 423-949-3633 andyspizza.business.site

Great stop for pasta, pizza, steak and a salad bar.

Anthony & Theresa's Homecookin' **6028 TN-28, Dunlap, TN** | 423-949-4089

Facebook @Anthony & Theresa's Homecookin' Homecookin' passed down from our grandparents. Open Thursday through Sunday for breakfast, lunch and dinner.

Cagle Mountain Trading Post & Restaurant 5734 Old State Hwy. **8**, Dunlap, TN | 423-949-5063

Facebook @Cagle Mountain trading post Offers three meals a day with all-you-can-eat catfish every Friday night.

Cookie Jar Café & Johnson Family Farm

1887 Kelly Cross Rd., Dunlap, TN | 423-949-5852 thecookieiarcafe.com Home-style cooking and decadent desserts in a rural

farm setting with the beautiful Sequatchie Valley.

Dunlap Restaurant 17238 Rankin Ave., Dunlap, TN | 423-949-2595 Facebook@dunlaprestaurant

This restaurant has been serving breakfast, brunch and burgers in the beautiful Sequatchie Valley for more than 50 years.

El Metate

16952 Rankin Ave., Dunlap, TN | 423-949-6132

elmetatemexicanrestaurants.com Family-owned authentic Mexican restaurant.

Patron Mexican Grill

182 Walnut St., Dunlap, TN | 423-308-2692 Facebook @Patron Mexican Grill Fresh Mexican favorites.

Seguatchie Valley BBQ

7000 TN- 28, Dunlap, TN | 423-949-5900 Barbecue drive-through in the Sequatchie Valley.

Harrison - Georgetown

Dockside Café @ Harrison Bay State Park 7855 Bay Marina Cir., Harrison, TN

423-344-9998

docksidecafe.biz Seasonal hours Casual atmosphere serving American favorites, country cooking and seafood on Chickamauga Lake.



Fresh Burger Grill 6306 TN-58, Harrison, TN

423-713-9131

freshburgergrill.com

Fresh, never frozen meat. Great food and fast service.

Dave's Spiced Right BBQ 12914 TN-58, Georgetown, TN

423-961-9079

Facebook @DavesSpicedRightBbg

Barbecue (and more) that is notoriously "spiced right."

Pikeville

3-Way Market

79 Tom Hale Flat Rd., Pikeville, TN | 423-881-4433 Facebook@3 Way Market

A simple convenience store, but the locals love their burgers and pizza.

The Butter Dish

3651 Main St., Pikeville, TN | 423-447-3663

thebutterdishtn.com Fresh Ingredients & Home-Style Meals.

and great atmosphere.

Duke's Place 1444 Bellview Rd., Pikeville, TN | 423-881-4444 Pizzas are awesome, very good service, friendly staff

Ember's Ice Cream Shoppe

3089 Main St., Pikeville, TN | 423-447-3500 Facebook@Ember's Ice Cream Shoppe

Morgan Brothers BBQ

38408 US-127., Pikeville, TN | 423-447-6423 Facebook @morganbrothersbbg

Oren Wooden's Apple House

6351 New Harmony Rd., Pikeville, TN

423-447-6376

Woodensapplehouse.com

Purchase seasonal fruits and veggies and enjoy Oren's Orchard Café and Pie Shop. Group tours available. Seasonal hours.

Pizza King

3729 Main St., Pikeville, TN | 423-447-7564

Facebook@Pikeville Pizza King

Pizza and Italian food in a casual atmosphere.



Pikeville

Scottie's

3211 Main St., Pikeville, TN | 423-447-6892 Facebook@Scottie's Restaurant

Enjoy burgers and fries on a barstool in downtown

Soddy-Daisy

Zois Harbor Lights Restaurant

9718 Hixson Pike, Soddy-Daisy, TN | 423-541-7287 Overlooking the Tennessee River, this family-friendly restaurant offers food and entertainment with indoor and outdoor seating. Private boat dock available for boats.

Home Folks Restaurant

8981 Dayton Pike, Soddy-Daisy, TN | 423-332-5724 Facebook@homefolksrestaurant Comfort food in a comfortable setting.

Rafael's Italian Restaurant 9607 Dayton Pike, Soddy-Daisy, TN

423-332-4559

rafaelsitalianrestaurantmenu.com All of your Italian Favorites prepared and served with love, and lots of garlic.

Ricko's Pizzeria and Italian Cuisine 10330 Dayton Pike, Soddy-Daisy, TN

423-682-8050

rickospizza.com

Great food served in a casual, comfortable, and fun atmosphere.

Steve's Landing Waterfront Grill

1145 Poling Cir., Soddy-Daisy, TN | 423-332-4098 Steveslandingsoddy.com

Overlooking Chickamauga Lake, this marina restaurant has a large deck with a menu that ranges from seafood

Wimpies Country Restaurant 9826 Dayton Pike, Soddy-Daisy, TN

423-332-6201

Facebook@Wimpies Country Restaurant Old fashioned meat and three also offering burgers, hotdogs & breakfast items.

South Pittsburg - Jasper -Whitwell - Powell's Crossroads

Dixie Freeze

200 Elm Ave., South Pittsburg, TN | 423-837-6423 Facebook@Dixie Freeze

Walk up or dine in on burgers, fries and shakes.

South Cedar Artisanal

310 S Cedar Ave., South Pittsburg, TN

423-309-8055

Facebook@South Cedar Artisanal Great food, friends and cheer! Serving panini's, charcuterie & more.

Dayton Mountain Farm District:

Oren Wooden's Apple House

6351 New Harmony Rd., Pikeville, TN 423-447-6376

Phillip Wooden & Sons Farm Market

3687 New Harmony Rd., Pikeville, TN 423-447-6621

L&D Swafford Family Farm

5394 Summer City Rd., Evensville, TN 423-618-2969

Gary Swafford Farm

489 Summer City Rd., Pikeville, TN 423-447-7480

R&R Kuntry Pumpkin Center

46901 TN-30, Pikeville, TN 423-447-6352

Eddie Wooden Farms

3762 New Harmony Rd., Pikeville, TN 423-468-0497

Rodriquez Produce

3157 Wooden Loop Rd., Pikeville, TN 423-447-2553



Homemade Food **Fresh Ingredients**

Full Breakfast Menu All Day -Every Day

Lunch and Dinner

DAILY SPECIALS

HOURS:

Thursday - Saturday 7am - 8pm CST

Sunday 8am - 2pm CST

2573 Hwy 283 Powells Crossroads, TN 423-658-8575

www.suebobs.com

Stevarinos Italian Eatery & Pub 238 S. Cedar Ave., South Pittsburg, TN

423-837-5420

Stevarinos.com

Italian eatery and pub in historic building in downtown South Pittsburg.

Café 41

15 Courthouse Sq., Jasper, TN | 423-942-3800 Facebook@Cafe41inJasper

Popular spot for breakfast, sandwiches, salads, soups and homemade desserts near South Cumberland State Park

Rafael's Restaurant

4725 Main St., Jasper, TN | 423-942-8287 Italian favorites served hot and fresh

Snack Shack

904 Betsy Pack Dr., Jasper, TN | 423-942-8955 Stop by for burgers and with some hand-dipped ice cream or an old fashioned banana split.

Top of the Rock Restaurant & Brewery 1584 Jasper Highlands Blvd., Jasper, TN 423-939-9037

Topoftherockbrewery.com.

Lookout Winery & Wood Oven Pizza 11848 US-41, Guild, TN | 423-939-9334

Lookoutwinery.com

Enjoy wood-oven pizza and wine overlooking Nickaiack Lake.

Jerome's Fine Swine & BBQ

13212 TN-28, Whitwell, TN | 423-658-8550 Chicken and pork barbecue served with a variety of sides of sauces. Mac and pepperjack cheese is a crowd-

The Hook & Grill

pleaser.

13060 Hwy. **28**, Whitwell, TN | 423-815-4014 thehookandarill.com

Fish, chicken and burgers served in a casual atmosphere in the beautiful Sequatchie Valley.

Ramsey's BBQ

7096 Hwy. 28, Whitwell, TN

423-939-0433

Ribs, barbecue, chicken and lots of fixins' and desserts in the Sequatchie Valley.

The Chef's Restaurant

13329 TN-28, Whitwell, TN

423-658-0333

Facebook@The Chef's

We have down home cooking, pizzas, burgers, and the best catfish east of the Mississippi.

Whitwell Dairy Bar

13292 TN-28, Whitwell, TN | 423-658-6050

Facebook@Whitwell Dairy Bar Popular stop for ice cream and frozen desserts.

SueBob's Diner

2573 Hwy 283, Powell's Crossroads, TN

423-658-8575 Suebobs.com

Country cooking in a comfortable atmosphere within the beautiful Sequatchie Valley.

2630 TN-283, Powell's Crossroads, TN

423-364-6879

the-hype-2630.square.site Coffees, Teas, Smoothies and More.

Mountain Mart

4351 Hwy. **150**, Sequatchie, TN | 423-619-8616 mountainmart.net

Family-owned market near Denny Cove serving hot food and grocery items.

VEGETARIAN & VEGAN OPTIONS

See ChattaVegan.com for additional information

Cashew

149 River St., Chattanooga, TN | 423-355-5486 Cashewchattanooga.com

Vegetarian / vegan restaurant in Chattanooga. Open Wed.-Sat.

Clark's Bakery at Stone Cave 612 Stone Cave Lp. - Unit A, Dunlap, TN

423-949-4333 Clarksretreat.com

Natural foods store specializing in whole grain breads and desserts.

Mooney's Market & Emporium 1265 W. Main St., Monteagle, TN

931-924-7400

mooneysmarketandemporium.com Vegan juice bar and natural foods grocery store.

Vegan-raw-vegetarian meal friendly, as well as smoothies, juice and more.

423-702-2233

plantpowercafe.com

Plant Power Café & Juice Bar

6215 Lee Hwy. Suite 137, Chattanooga, TN

Sluggo's North Vegetarian Café 505 Cherokee Blvd., Chattanooga, TN 423-752-5224

sluggos.weebly.com Vegetarian / vegan restaurant in Chattanooga.







Monteagle - Tracy City Pelham - Gruetli-Laager **Coalmont - Palmer**

Depot Cafe

403 W. Main St., Monteagle, TN | 931-924-2233 Facebook@The DEPOT CAFÉ Family-style restaurant serving breakfast, lunch, dinner and homemade desserts.

Dixie Lee Diner

service.

420 Dixie Lee Ave., Monteagle, TN 931-924-9292 Facebook @dixieleegirls Fun environment, fresh food cooked to order, friendly

High Point Restaurant

224 E. Main St., Monteagle, TN | 931-924-4600 Highpointrestaurant.net Enjoy fine dining in this 1929 three-story mansion, presumably financed by Al Capone.

Jim Oliver's Smokehouse Restaurant, **Lodge & Trading Post**

850 W Main St., Monteagle, TN | 800-489-2091 Thesmokehouse.com Southern-style breakfast, lunch and dinner served at this landmark establishment on Monteagle Mountain. Live music every Friday and Saturday night.

Monteagle Inn & Retreat Center 204 W. Main St., Monteagle, TN

931-924-3869 Monteagleinn.com Breakfast served daily. Special occasion and wine dinners scheduled throughout the year.

Mooney's Market & Emporium 1265 W. Main St., Monteagle, TN

931-924-7400 mooneysmarketandemporium.com

Vegan juice bar and health food market.

Mountain Goat Market

109 Main St., Monteagle, TN | 931-924-2727 mtngoatmarket.com Popular stop for breakfast, lunch, dinner and coffee, desserts and a few grocery store goods.

Papa Ron's Pizza & Italian Steakhouse 402 W. Main St., Monteagle, TN

931-924-3355 Paparons.net Italian steakhouse and pizza in a casual atmosphere.

Up in Smoke BBQ Café 10 W Main St., Monteagle, TN

931-212-4506 Facebook @Up in Smoke BBQ Café Hickory smoked pulled pork and burgers.

Dari-Delight

740 Main St., Tracy City, TN | 931-592-2226 dari-delight.business.site Serving grill favorites.

Dutch Maid Bakery

109 Main St., Tracy City, TN | 931-592-3171 dutchmaid.net

Breakfast, lunch, dinner, coffee and traditional bakery sweets and treats served at Tennessee's oldest family-owned bakery and café.

Henry Flury & Sons Grocery

223 Main St, Tracy City, TN | 931-592-5661 Facebook@Henry Flury & Sons Grocery Established in 1905 by Henry Flury, this oldfashioned store serves sandwiches for lunch.

Hank's Corner Grille

24 Main St., Tracy City, TN | 931-592-4499 Facebook@hankscornergrill Hank's Corner is a family friendly restaurant with a sports bar feel.

Potbellies Family Restaurant

268 Colyar St., Tracy City, TN 931-592-4662

Facebook @Potbellies Family Restaurant Family Restaurant featuring a Meat and Three and plenty of your Southern favorites.

Rosie's Farmhouse Kitchen 13947 US Hwy. 41, Tracy City, TN

931-592-2530 Facebook @rosiesfarmhousekitchen Family Restaurant serving breakfast, lunch and

Northcutt's Family Market

dinner.

2521 TN-50, Pelham, TN | 931-467-2888 Facebook@Northcutt's Family Market Serving grill favorites, sandwiches and a salad bar, as well as grocery needs.

Tess's Kitchen Café & RV Sites **1553 US-41, Pelham, TN** | 931-467-8113

Facebook@tesskitchencafe Southern home cooking.



Simply Southern Café 1749 US-41, Pelham, TN | 931-467-2600 Facebook@SimplySouthernCafe Southern home cooking.

Brown's Dairy Bar 27210 TN-108, Gruetli-Laager, TN 931-779-5168 Grill favorites.

The Southern Oven

139 TN-399, Palmer, TN | 931-779-6836 Facebook@southernoven399 Southern home cooking.





WINE, BEER & WHISKEY

Chattanooga Whiskey Experimental Distillery 1439 Market St., Chattanooga, TN

423-760-4333

Chattanoogawhiskey.com Public tours offered hourly (with paid admission). Pre-booking recommended. Private tours for groups of 10 or more available with reservation.

Lookout Winery & Wood Oven Pizza 11848 Hwy. **41**, Guild, TN | 727-499-8974

Lookoutwinery.com

Serving hand-crafted wines using old-time winemaking techniques, as well as wood-fired pizza and desserts. Indoor and outdoor seating with beautiful views of Nickajack Lake.

Monkey Town Brewing Co. 287 1st Ave., Dayton, TN | 423-775-1800

Monkeytownbrewing.com Craft beer made in-house. Open 7 days a week for lunch and dinner. Check website for live entertainment and events.

Morris Vineyard & Tennessee Mountainview Winerv

346 Union Grove Rd., Charleston, TN 423-479-7311

Morrisvineyard.com

Free wine tastings. Established in 1965, this vineyard grows grapes, muscadines, raspberries, blackberries and blueberries to produce 17 wine varieties. Pick-your-own berries offered seasonally.

Ocoee Winery

5365 Waterlevel Hwy., Cleveland, TN 423-614-5100

Ocoeewinery.com

Offering a wide array of wines produced at the winery. Free tours by reservation only. Open seven days a week.

Savannah Oaks Winery

1817 Delano Rd., Delano, TN | 423-263-1513 Facebook @Savannah Oaks Winery

Free wine tastings. This family-owned winery grows their own grapes and produces 23 wines, specializing in muscadine. Located near the scenic Hiwassee River Blueway, this venue has an event hall and hosts weddings, receptions and special

Top of the Rock Restaurant & Brewery 1584 Jasper Highlands Blvd., Jasper, TN 423-939-9037

Topoftherockbrewery.com

Located at the top of Jasper Mountain in Jasper Highlands, you can see for miles from this expertly designed and situated restaurant and brewery. Try a range of house-brewed beers, a cocktail from the full-service bar, and fill up a growler to go. After a meal, walk the short bridge across to Pat's Summit pavilion, which also offers a lovely view of the valley below.







Experience the Southeast Tennessee Brewery Trail

Find your quide at welcome centers across the area and by visiting: southeasttennessee.com

A helpful guide to the area's best breweries.





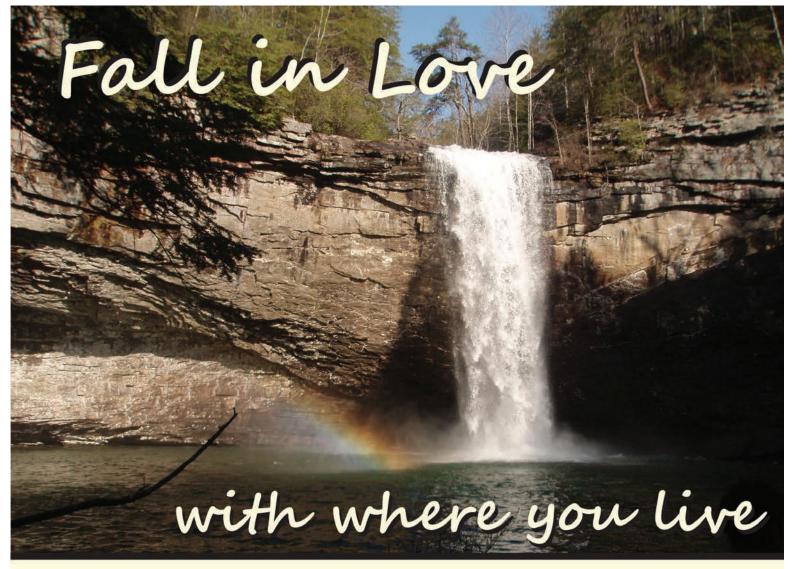












At the foothills of the Cumberland Plateau, a convergence of natural beauty, picturesque towns, and rich culture forms Marion County. Everyone from outdoor enthusiasts to amateur historians are sure to find something memorable and fun.

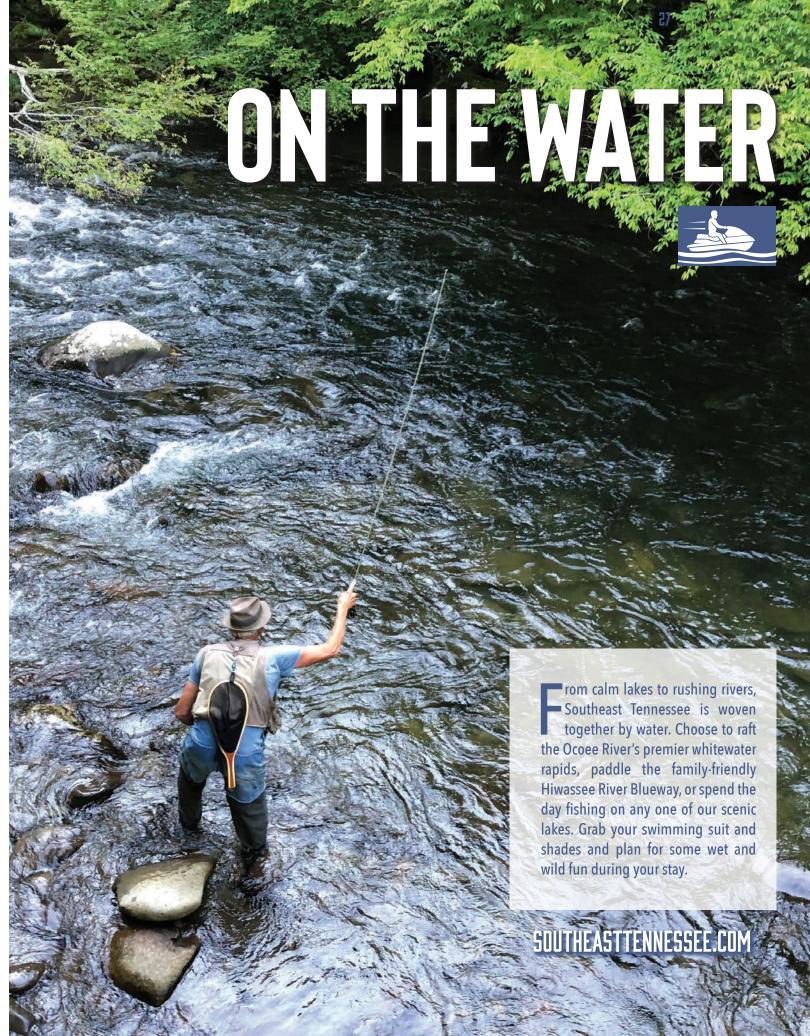




Jasper · Kimball · Monteagle · New Hope Powell's Crossroads · South Pittsburg · Whitwell



MarionCountyChamber.com 423.942.5103 · info@marioncountychamber.com



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 www.OcoeeCountry.com.

OUTFITTERS:

Adventures Unlimited

522 US-64, Ocoee, TN | 423-338-4325 Adventuresunlimited.net

Big Frog Expeditions

1278 Welcome Valley Rd., Benton, TN 877-776-2633 Ocoeeriver.biz

Carolina Ocoee

225 Industrial Dr., Copperhill, TN | 423-496-5050 Carolinaocoee.com

Cascade Outdoors

1248 US-64, Ocoee, TN | 800-338-7238 Cascadeoutdoors.com

Cherokee Rafting

869 US-64, Ocoee, TN | 423-338-5124 Cherokeerafting.com



High Country Adventures

430 US-64, Ocoee, TN | 423-338-8634 Hcrivers.com

NOC Ocoee Outpost

1680 US-64, Benton, TN | 423-212-1195 Noc.com

Ocoee Adventure Center (OAC)

4651 US-64, Copperhill, TN | 1-888-723-8622 Ocoeeadventurecenter.com

Ocoee Inn Rafting

Ocoee River Mile Marker 12.8 2496 US-64, Benton, TN | 423-338-9375 ocoeeinnrafting.com

Ocoee Outdoors

1985 US-64., Benton, TN | 800-533-7767 Ocoeeoutdoors.com

Ocoee Rafting

1548 TN-68, Ducktown, TN | 423-496-3388 Ocoeerafting.com

Outdoor Adventure Rafting (OAR)

629 Welcome Valley Rd., Benton, TN | 423-338-5746 ocoee.com

Outland Expeditions

6501 Waterlevel Hwy. SE, Cleveland, TN 800-827-1442 Outlandexpeditions.com

Quest Expeditions

281 US-64, Ocoee, TN | 800-277-4537 Questexpeditions.com

Raft One

4599 US-64, Copperhill, TN | 1-888-723-8663 Raft1.com

Sunburst Adventures

702 Welcome Valley Rd., Benton, TN | 423-338-8388 Facebook@Sunburst Adventures

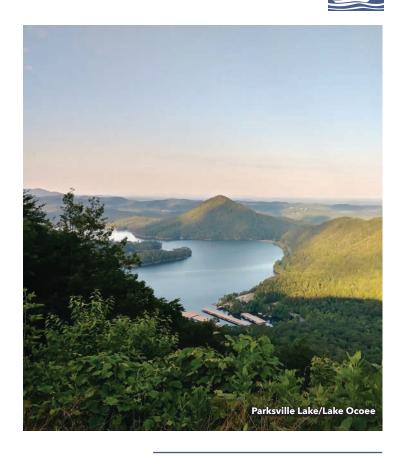
Whitewater Express

703 Golf Course Rd., Copperhill, TN | 423-496-9126 ocoee.whitewaterexpress.com

Wildwater LTD

4596 US-64 W, Ducktown, TN | 423-496-4904 Wildwaterrafting.com





PARKSVILLE LAKE [LAKE OCOEE]

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.

Lake Ocoee Inn & Marina

2496 US-64, Benton, TN | 423-338-2064 Ocoeeinn.com

Parksville Lake Campground

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

MCKAMY LAKE **[CHILHOWEE LAKE]**

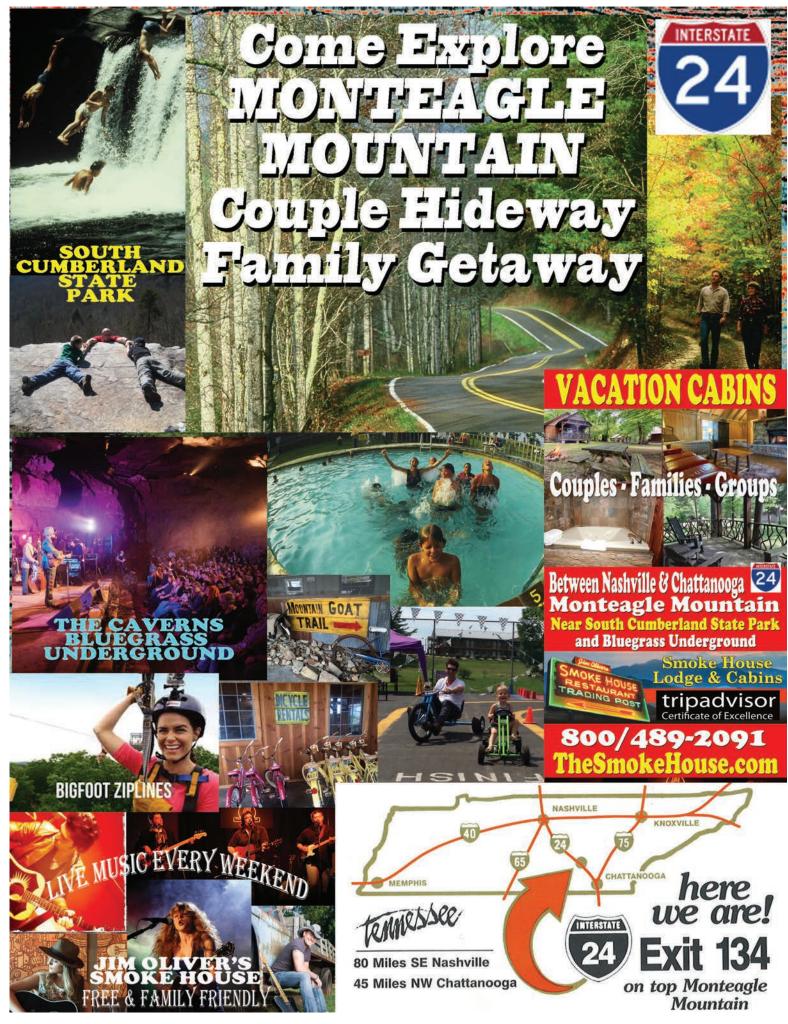
McKamy Lake, also known as Chilhowee Lake, is located on top of Chilhowee Mountain overlooking the Ocoee River within the Cherokee National Forest. This 7-acre lake is popular for swimming, fishing, paddling, and camping.

Chilhowee Recreation Area & Campground 3171 US-64, Benton, TN | 423-338-3300 Fs.usda.gov









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

www.HiwasseeBlueway.com for more information.

Webb Brothers Rafting & General Store

3708 TN-30, Reliance, TN | 423-338-2373 Webbbros.com

Hiwassee Outfitters

155 Ellis Creek Rd., Reliance, TN | 423-338-8115 Hiwasseeoutfitters.com

B&B Marina

Hiwassee River Mile Marker 12.9 117 Marina Dr. NW, Charleston, TN | 423-336-2341 Facebook@B&B Marina

Gee Creek Campground

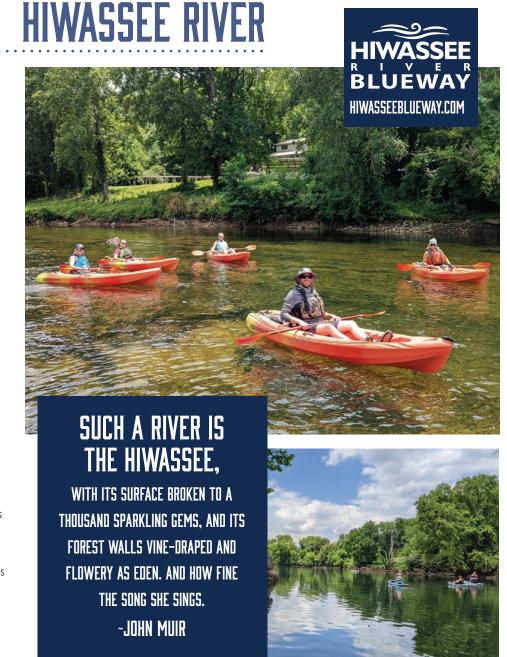
@ Hiwassee/Ocoee Scenic River State Park

404 Spring Creek Rd., Delano, TN | 423-263-0050 Tnstateparks.com

John Muir National Recreation Trail

Reliance, TN

Ocoee-Hiwassee Ranger Station: 423-338-3300 The 20.7-mile John Muir National Recreation Trail winds through the scenic Hiwassee River Gorge and Cherokee National Forest. It is said to follow the path taken by naturalist John Muir in 1867, which he outlined in his book "A Thousand-Mile Walk to the Gulf." The trail begins at Childers Creek in Reliance and follows alongside the Hiwassee River for 4.2 miles to Towee Creek before heading to Coker Creek Scenic Area.



FISH VIEWING / SNORKELING

Conasauga River Underwater Fish Viewing Area

Come to the Conasauga Snorkeling Hole to play, float and sightsee! Put on a face mask and get a closer look at the many species this river harbors. The Conasauga River supports over sixty fish species, including the federally listed blue shiner, amber darter, and Conasauga logperch. An exceptionally diverse community of mussels is also present. The Conasauga River Watershed encompasses only 1% of the of the land base of the Colorado and Columbia Watersheds combined but supports more native fish species. This is one reason why the Conasauga is recognized as an ecologically important area by private and public organizations alike. Guided snorkeling tours (private or groups) are available at select times during the year by calling the Cherokee National Forest at 423-476-9700.

Important Reminders: Always snorkel with a partner and wear safety flotation gear.

Please do not disturb or collect the sensitive fauna of this river.



FISHING GUIDES & SUPPLIES

Chattanooga Fishing Guides

391 Skip Ln., Soddy-Daisy, TN | 423-240-5389 Chattanoogafishingguides.com Bass fishing guides on Chickamauga Lake and the Tennessee River.

FishDayton - Chickamauga Lake @ Dayton Boat Dock & Grill

107 Main St., Dayton, TN | 423-775-6171 Flshdayton.com Home base for the "Bass Fishing Capital of the South" on Chickamauga Lake.

Reliance Fly & Tackle

588 Childers Creek Rd., Reliance, TN | 423-338-7771 relianceflyandtackle.com
Fishing supplies and food, drinks, camping & live music.

Scenic City Fishing Charters

Chattanooga, TN | 423-509-4655 Sceniccityfishing.com Tennessee River fishing guide service based in Chattanooga, specializing in trophy catfish, bass and

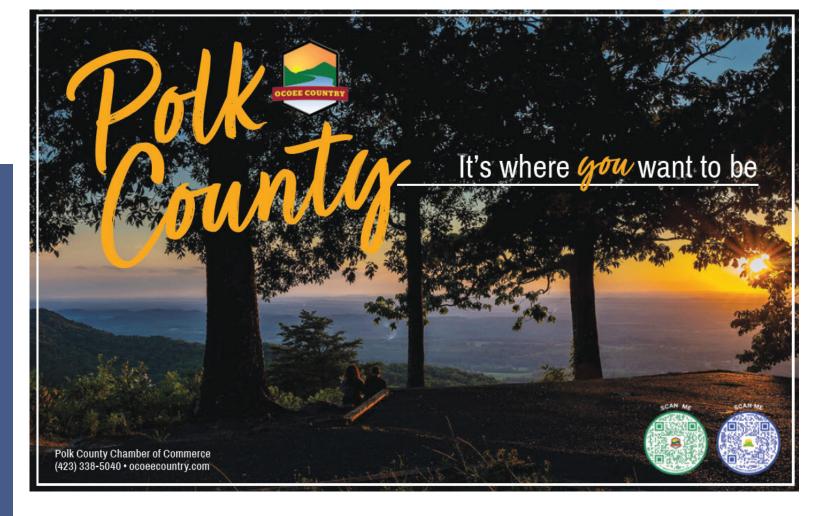
Southeastern Anglers

107 Riverview Ln., Reliance, TN | 770-655-9210 southeasternanglers.com
Fly fishing outfitter and guide service focusing on regional rivers and streams.

Sullivans Bait & Tackle

US-72, Chattanooga, TN
Old-time bait and tackle shop located near Sullivan's
Landing on the Tennessee River.





TENNESSEE RIVER



The 652-mile Tennessee River is formed at the confluence of the Holston and French Broad rivers to the east of Knoxville and flows south into Alabama and Mississippi and then north into Kentucky where it empties into the Ohio River. In the Southeast Tennessee, three dams create reservoirs along the river: Watts Bar Lake, Chickamauga Lake, and Nickajack Lake.

Water recreation on the Tennessee River and its tributaries is a growing activity in the Chattanooga region. A number of communities and businesses throughout the region provide river access, fishing, marinas, outfitters, food, lodging and camping. For more information, visit www.TVA.gov.

OUTFITTERS:

L2 Outside

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

Located in downtown Chattanooga, offering SUP board and kayak rentals, lessons and various group options.



River Canyon Adventures

21726 River Canyon Rd., Chattanooga, TN 423-488-8211

Rivercanyonadventure.com Located 10 mins from downtown Chattanooga,

offering kayak and SUP boards to individuals and groups to paddle the Tennessee River Gorge. \$15 parking fee if you bring your own boards/boats.

Rock/Creek Outfitters

Office: 1530 Riverside Dr., Chattanooga, TN 423-265-1836 rockcreekoutfitters.com

Rusty's Kayaks and Paddle Boards @ Harrison Bay State Park

8332 Harrison Bay Rd., Harrison, TN 423-591-5526 Rustyskayaks.com Rent sit-on-top kayaks or stand up paddle boards for up to a full day on Chickamauga Lake.

Scenic City Safari Shuttles & Outfitters

1111 Cranbrook Cir., Hixson, TN 423-653-4845

Facebook@sceniccitysafarishuttles&outfitters Full-service canoe, kayak, and stand up paddleboard rental and shuttle service.

Southeastern Adventure Tours 1117 Dayton Blvd., Chattanooga, TN

423-800-4644 Southeasternadventuretours.com Outdoor recreation company offering 4-hour tours of the Tennessee River Gorge in inflatable rafts propelled

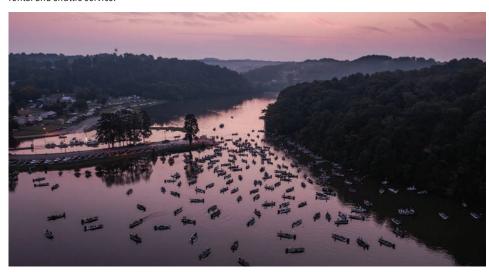
Outshine Adventures

by outboard motors.

outshineadventures.com | 423-763-7357 Outshine Adventures provides unique, guided and equipped paddleboard tours on Chattanooga waterways. We can customize tours for you and your group, and we provide all the equipment and planning.

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 www.TVA.gov.



Blue Water RV Resort & Marina

TN River Mile Marker 504.4 220 Blue Water Campground Rd., Dayton, TN 423-775-3265 Bluewaterdayton.com

Booker T. Washington State Park Marina

5801 Champions Rd., Chattanooga, TN 423-894-4955 Tnstateparks.com

Chester Frost Park & Campground

2277 North Gold Point Cir., Hixson, TN 423-209-6894 parks.hamiltontn.gov

FishDayton - Chickamauga Lake @ Dayton Boat Dock & Grill

107 Main St., Dayton, TN | 423-775-6171 Fishdayton.com

Harrison Bay State Park Marina

TN River Mile Marker 478 8411 Harrison Bay Rd., Harrison, TN 423-344-6214 Tnstateparks.com

Island Cove Marina & Resort

TN River Mile Marker 477.5 6701 TN-58, Harrison, TN | 423-344-8331 islandcove.com

Lakeshore Marina

TN River Mile Marker 471 5600 Lake Resort Terr., Chattanooga, TN 423-870-2000 Lsmarina.com

Soddy Lake Public Fishing Pier

11306 Dayton Pike, Soddy-Daisy, TN 423-332-5323 soddydaisy.org

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 www.TVA.

Hales Bar Marina & Resort

TN River Mile Marker 431.1L 1265 Hales Bar Rd., Guild, TN | 423-942-9000 Halesbarmarina.com

Marion County Park & Campground

TN River Mile Marker 429.0 9696 US-41, Jasper, TN | 423-942-6653 marioncountytn.net



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. For more information about attractions on Watts Bar Lake, visit www.MeigsTN.com and www.TVA.gov.

Arrowhead Resort & Marina

TN River Mile Marker 544.6 261 Bennett Dr., Spring City, TN | 423-365-6484 Arrowheadresort.com

Cottonport Marina & RV Resort

TN River Mile Marker 513.7 797 Cottonport Ferry Rd., Decatur, TN 423-454-4110 cottonport.wixsite.com

Eden Marina & Campground

TN River Mile Marker 542.3 653 Scenic Lakeview Dr., Spring City, TN 423-365-6929 wattsbar.com

Euchee Marina Resort & Campground

TN River Mile Marker 540.5 200 Euchee Ln., Ten Mile, TN | 423-334-1004 Eucheemarinaresort.com

Sam's Boat Dock

TN River Mile Marker 538.5 322 Sam's Boat Dock Rd., Ten Mile, TN 423-334-5620 Facebook@samsboatdock

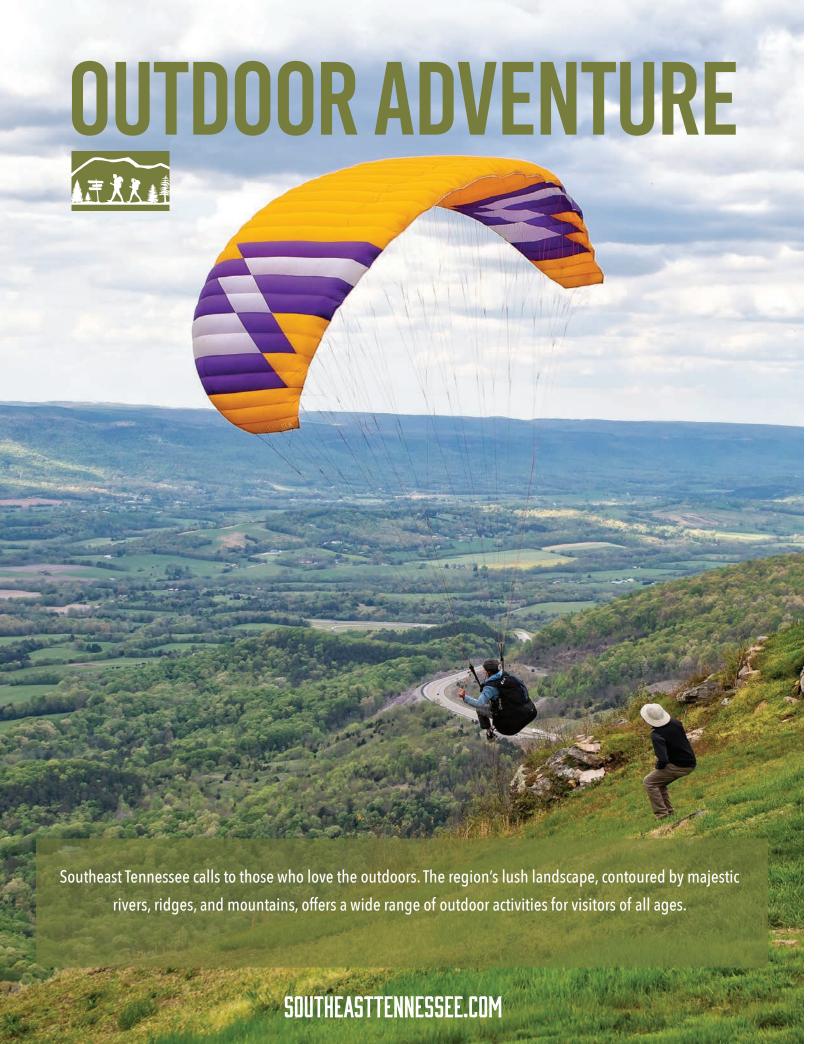
Terrace View Marina, Resort & Restaurant

3367 Euchee 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

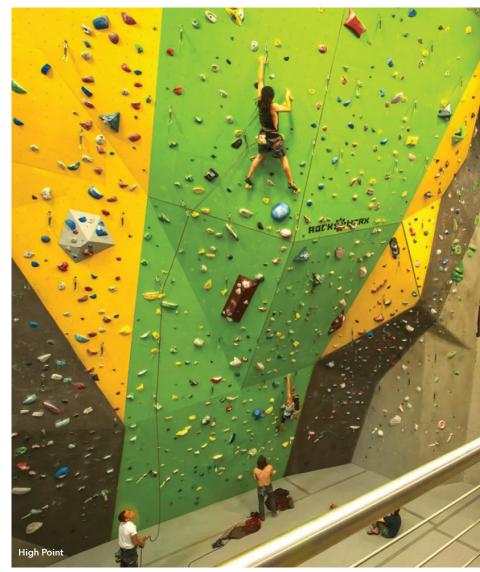




ROCK CLIMBING IN SOUTHEAST TENNESSEE

Southeast 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.

The Southeast Tennessee Tourism Association partnered with regional climbing advocates to create a rock climbing guide that highlights a collection of the most popular climbing areas within an hour's drive of Chattanooga. A pdf version of the quide is available at SoutheastTennessee.com.

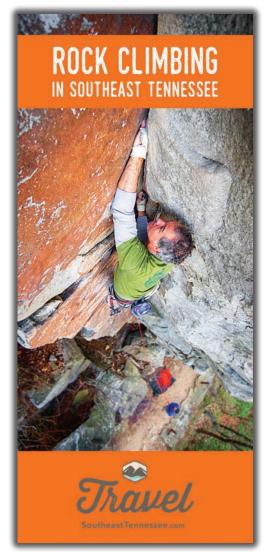


High Point Climbing & Fitness

Two locations: 219 Broad St., Chattanooga, TN 423-602-7625 1007 Appling St., Chattanooga, TN | 423-475-6578 Highpointclimbing.com

Indoor rock-climbing gyms in downtown Chattanooga.

High Point Climbing & Fitness - Cleveland 2499 Keith St. NW., Cleveland, TN 423-250-8023 Highpointclimbing.com Indoor rock-climbing gym.



Synergy Climbing and Ninja 427 E. Main St., Chattanooga, TN synergyclimbingandninja.com 423-206-2800

Lisa Rands and Wills Young are world-renowned climbing coaches, and American Mountain Guides Association (AMGA) certified instructors with over 60 years of climbing experience between them.



STATE PARKS



The Cumberland Trail (CT) Cumberland Trail State Park: 423-566-2229 Cumberlandtrail.org

The Cumberland Trail is a Tennessee scenic footpath that follows a line of high ridges and deep gorges along East Tennessee's Cumberland Plateau. Currently, 15 segments of trail have been developed, with more than 210 miles of trail open for hiking. The southern terminus of the trail is located at the Chickamauga-Chattanooga National Military Park on Signal Mountain just outside of Chattanooga. The northern terminus of the trail is located at Cumberland Gap National Historical Park at the TN/KY/VA borders.

Fall Creek Falls State Park

2009 Village Camp Rd., Spencer, TN | 423-881-5298 Tnstateparks.com

◆ In addition to Fall Creek Falls, one of the tallest waterfalls in the eastern United States, the park features smaller waterfalls and more than 34 miles of trails.

Harrison Bay State Park

8411 Harrison Bay Rd., Harrison, TN | 423-344-6214 Tnstateparks.com

Harrison Bay State Park lines 40 miles of Chickamauga Lake shoreline and features marina facilities, RV and tent campsites, a 4.5-mile loop trail, and the Bear Trace Golf Course at Harrison Bay, a Jack Nicklaus course.

Hiwassee/Ocoee Scenic River State Park

404 Spring Creek Rd., Delano, TN |423-263-0050 Tnstateparks.com

Whitewater rafting and paddling are popular activities on the Ocoee and Hiwassee rivers within the park, which borders the Cherokee National Forest. Gee Creek Campground is located along the Hiwassee River, offering 47 tent campsites.

Booker T. Washington State Park

5801 Champions Rd., Chattanooga, TN 423-894-4955

Tnstateparks.com

Situated on the shores of Chickamauga Lake featuring a 6-mile mountain bike trail, Olympic-sized swimming pool, three large picnic pavilions and individual picnic sites.

Piney Falls State Natural Area

Part of the Cumberland Trail Firetower Rd., Grandview, TN | 423-566-2229 A 440-acre natural area featuring hiking trails, creeks, waterfalls and old-growth forest.

Red Clay State Historic Park

1140 Red Clay Park Rd. SW, Cleveland, TN 423-478-0339

Tnstateparks.com

This park brings to life the reality of the removal of Cherokee life during the 19th century. Located on the land where the Cherokee council once met, this park provides opportunities to learn about Cherokee heritage. Amenities include an amphitheater and a picnic area.

Guided Climbing Trips

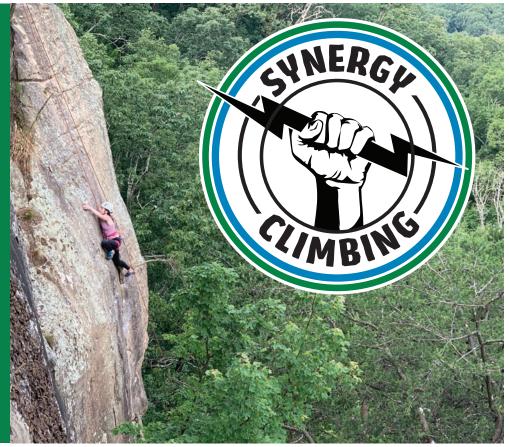
Synergy Climbing & Guide Service

Chattanooga, Tennessee

Will Young & Lisa Rands

SynergyClimbing.com

Call or text: 760-920-5348



OUTDOOR RESOURCES



Outdoor Chattanooga

200 River St., Chattanooga, TN | 423-643-6888 Outdoorchattanooga.com

Located within Coolidge Park on the banks of the Tennessee River, this resource center offers outdoor information for the region and outdoor programs for all ages and abilities.



Experience Chattanooga

423-834-4197

experiencechattanooganow.com

Seeking adventure? Experience Chattanooga offers guided tours for all ages & skill levels. Let them lead you to the best mountain views & waterfalls



REI

2507 Lifestyle Way, Chattanooga, TN | 423-485-1249 rei.com

The REI Chattanooga store is a premier outdoor gear and sporting goods store serving outdoor enthusiasts in Southeast Tennessee.



Velo View Bike Tours

veloviewbiketours.com | 423-834-8388

Velo View Bike Tours provides a personalized cycling experience through private custom bike tours. From our home base in Chattanooga, Tennessee, we have access to some of the best cycling in the country - road riding, mountain biking and gravel grinding!



Outshine Adventures

outshineadventures.com | 423-763-7357

Outshine Adventures provides unique, guided and equipped paddleboard tours on Chattanooga waterways. We can customize tours for you and your group, and we provide all the equipment and planning.

SOUTH CUMBERLAND STATE PARK

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

Visitor Center - South Cumberland State Park

11745 US-41, Monteagle, TN | 931-924-2980 Hours: Monday-Sunday 8 a.m. to 4 p.m. CST TNstateparks.com

Savage Gulf Ranger Station

3157 TN-399, Palmer, TN | 931-779-3532 Overnight parking for camping only. Distance from Visitor Center: 27 miles The Savage Gulf ranger station is the 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

Overnight parking for camping only.
Distance from Visitor Center: 25.7 miles
The Stone Door ranger station is the western access
point for the Savage Gulf-Stone Door trail system.

Foster Falls Campground @ South Cumberland State Park

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

Backcountry Camping @South Cumberland State Park

Reservations: 931-924-2980 The park has over 90 miles of backpacking trails with 93 campsites and eight group sites.

Hobbs Cabin Rustic Lodge @ South Cumberland State Park

BEERSHEBA SPRINGS

(56)

FIERY GIZZARD NORTH

GRUNDY FOREST 41

SAVAGE GULF WEST GREETER FALLS RANGER FALLS BIG CREEK GULF

GRUETLI-LAAGER

FIERY GIZZARD SOUTH

DENNY COVE

72

108

ALTAMONT

108

COALMONT

Reservations: 931-924-2980
This rustic tin roof cabin lies along the park's North
Plateau Trail and is approximately a 9-mile hike from
both the Stone Door and Savage Gulf ranger stations.

SAVAGE GULF NORTH

SAVAGE GULF SOUTH

108

PALMER

SAVAGE GULF EAST

WHITWELL

State Parks

SEQUATCHIE

FRIENDS OF SOUTH CUMBERLAND



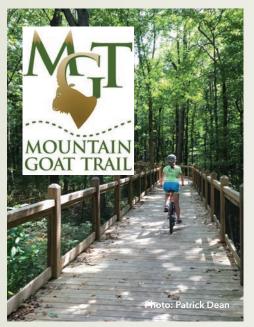
Friends of South Cumberland Sewanee, TN

friendsofsouthcumberland.org

The Friends of South Cumberland is a group of volunteer citizens dedicated to supporting the South Cumberland State Park, at 30,837 acres, Tennessee's largest state park. As a 501(c)(3) non-profit membership corporation, funding for the Friends of South Cumberland is derived from individual and corporate memberships and from private donations.







Mountain Goat Trail

The Rail-Trail of the South Cumberland Plateau
The Mountain Goat Trail is a rail-to-trail system that
connects communities along the historic path of the
Mountain Goat Trail in a region known as the South
Cumberland Plateau in Southeast Tennessee.



Currently, the 4.6-mile Sewanee-Monteagle section of the trail begins in Sewanee, Tenn., and ends at Mountain Outfitters in Monteagle, Tenn. A new 3-mile segment connects Tracy City Elementary School to downtown Tracy City.

The Mountain Goat Trail Alliance, a nonprofit organization, is working to complete the entire 40-mile trail, retracing the railroad's former route from Cowan to Palmer.

MountainGoatTrail.org

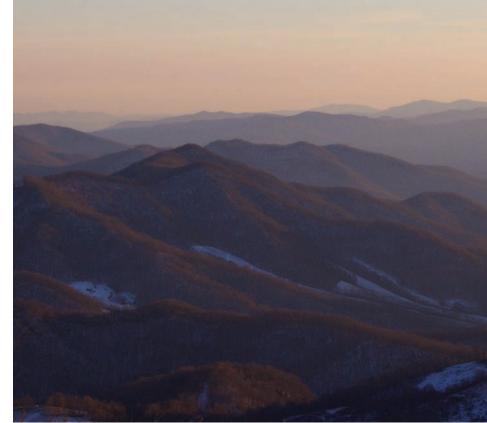
CHEROKEE NATIONAL FOREST

Visitor Center: Ocoee Ranger District Office

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

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.







24

ALTO

(56)

LOST COVE WEST LOST COVE CAVE ('BUGGYTOP') & PETER CAVE (41A)

LOST COVE NORTH

(24)

156

SOUTH PITTSBURG

Chickamauga & Chattanooga National Military Park

3370 Lafayette Rd., Fort Oglethorpe, GA 706-866-9241

The oldest and largest of America's Civil War parks.

Moccasin Bend National Archaeological District

Moccasin Bend Rd., Chattanooga, TN | 423-648-5623

A 750-acre historic park features two trails: the Brown's Ferry Federal Road Trailhead and the Blue Blazes Hiking Trail.

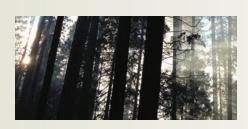
Red Clay State Historic Park

1140 Red Clay Park Rd. SW, Cleveland, TN 423-478-0339

Instateparks.com

This former capital of the Cherokee Nation is today a historic park that features a museum, replicas of Cherokee structures, the Eternal Flame, and a loop trail that passes the sacred Blue Hole Springs.

HISTORIC PARKS & STATE FORESTS



Bledsoe State Forest

310 Firetower Rd., Sewanee, TN | 615-202-9393 This forest is used for hunting and small amounts of fishing. Some hiking and horesback riding occur on the 8,274 acre Cumberland Plateau forest.

Franklin State Forest

310 Firetower Rd., Sewanee, TN | 615-202-9393 The forest offers 20 miles of marked trails for hiking. bird watching, mountain biking, horseback riding and hunting on the Cumberland Plateau.

Prentice Cooper State Forest

Office: Suck Creek Drive on Suck Creek Mtn., Chattanooga, TN 423-658-5551

Prentice Cooper State Forest protects nearly 26,000 acres and highlights the spectacular Tennessee River Gorge along the Tennessee River. Recreation activities include hiking, rock climbing, camping, horseback riding, mountain biking and hunting. The forest offers 35 miles of hiking on three main trails: the 12-mile Pot Point Loop Trail, the 10-mile Mullen's Cove Loop Trail, and a 14-mile section of the Cumberland Trail. The section of Prentice Cooper east of Highway 27 is a designated Wildlife Management Area, managed in cooperation with the Tennessee Wildlife Resources Agency for deer, turkey, raccoon, squirrel and several nongame species. Call or check the website for hunting closure dates before visiting

HORSEBACK RIDING



Blanche Manor

160 Blanche Manor Ln., Copperhill, TN 706-455-7433 Blanchemanor.com

Explore the mountains by saddle any time during the year.

Fall Creek Falls Riding Stables

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

fallcreekfallsridingstables.com Two-mile guided rides available, as well as trail rides (with reservations). March-November.

Hidden Hills Farm & Saddle

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

A 500-acre family farm offering boarding, riding lessons, guided trail rides, horse shows and events.

Ocoee Horseride

515 Old Bacon Rd. NE, Charleston, TN 423-432-2376

Ocoeehorseride.com

Privately owned ranch offering guided horseback trail rides for all ages and experience levels.

Tennessee Dude & Guest Ranch

1050 Ray Hixson Rd., Dunlap, TN | 423-554-4677 Tnhorsevacation.com

Enjoy dude ranch stays, farm stays and horseback riding adventures in the beautiful Sequatchie Valley.

Appalachian Bee Farm

1943 Old Federal Rd., Ocoee, TN | 423-338-1149 Honeybeesrock.com

Producing 100 percent pure raw unfiltered artisan honeys and hone products, as well as natural skincare products. Visit the farm, sample products, peek at the observation hike, and learn more about honeybees. Call for tour information.

Guthrie Pumpkin Farm & Corn Maze

490 County Rd. 67, Riceville, TN | 423-650-2939 guthriepumpkinfarm.com Bring the family for fun farm activities including a hayride, corn maze, petting barn, and more.

Mayfield Dairy Farm Park

257 TN-307, Athens, TN | 423-746-9859 mayfieldfarmpark.com Dedicated to providing genuine, fall family fun for all ages with 40 acres of safe, old fashioned attractions.

Ocoee Valley Farms

1371 Hwy. 64, Benton, TN 423-650-0710

ocoeevalleyfarms.com

Come pick sunflowers, cosmos, zinnias, and pumpkins. Experience the 8-acre corn maze and other attractions for the whole family.

River Maze - Ocoee Valley Farms

1371 Hwy. 64, Benton, TN 423-650-0710 Therivermaze.com

Corn maze, pumpkin patch, hayrides and more.





- FACTORY STORE -

SOUTH PITTSBURG 423.837.5919 | 220 East 3rd Street

Present this coupon for 10% off your next purchase. Valid only at the South Pittsburg Factory Store (220 E. 3rd St., South Pittsburg, TN 37380). Limit one use per coupon, one coupon per visit. This coupon cannot be combined with any other offer or discount.

ENJOY THE VIEW: THE BEST OVERLOOKS IN SOUTHEAST TENNESSEE

Southeast Tennessee is one of the most beautiful regions in the country, anytime of year. With a landscape featuring mountains, valleys, natural rock formations, waterfalls and more, there's something to see in every season. Here are eight local overlooks in the region to enjoy any time of year.

1. GREAT STONE DOOR AT SOUTH CUMBERLAND STATE PARK

Park boasts almost 26,000 acres of land for hiking and backcountry camping, but perhaps it's best-known for the Great Stone Door, a cliff line overlooking the Savage Gulf. It draws its name from a crack in the cliff that runs from top to bottom, looking like a door left slightly ajar. The Great Stone Door is one of many ways to access the gulf below. The trails provide great wildflower hunting in the spring and summer.

2. SEOUATCHIE VALLEY

Take in the splendor of the Sequatchie Valley from an overlook located on Tennessee Highway 111 North. From the pull-off, you'll see the narrow valley below and the bluffs on the opposite side that comprise the Cumberland Plateau.

3. CHILHOWEE OVERLOOKS IN CHEROKEE NATIONAL FOREST

Three overlooks grace the 7-mile drive to the Chilhowee Recreation Area along the Ocoee Scenic Byway. All three offer expansive views of the Appalachian Mountains and Parksville Lake. Chilhowee is also a great area to camp, hike, swim

4. POINT PARK ON LOOKOUT MOUNTAIN

Only a few minutes from downtown Chattanooga, Point Park offers a beautiful view of the Scenic City and Moccasin Bend. The park sits at an elevation of 2,135 feet above the city and includes a paved walking path that takes visitors by historic tablets, monuments, Confederate artillery and the scenic overlook. Admission is charged most days of the year.

5. SIGNAL POINT - SIGNAL MOUNTAIN

Signal Point overlooks the Tennessee River that divides Signal and Raccoon Mountains. Union soldiers used Signal Point to communicate during the Civil War. Today Signal Point is a popular hiking destination. In addition to scenic views of the Tennessee River, Signal Point is an access point for the Cumberland Trail, which stretches several hundred miles across the Cumberland Plateau. There is parking at the overlook and a covered picnic table to have lunch with a view.



6. SNOOPERS ROCK - TENNESSEE RIVER GORGE

The Snoopers Rock Trail features several beautiful overlooks and, during the spring and summer, beautiful wildflowers. It's also a great area for hiking, birding and

7. BIG BEND

Located within the Cherokee National Forest near Reliance, Tenn., Big Bend overlook on Hood Mountain provides stunning views of the upper section of the Hiwassee River. From Reliance, cross the bridge and follow Childers Creek Road to Powerhouse Road to Big Bend Recreation Area parking.

8. FOSTER FALLS AT SOUTH CUMBERLAND STATE PARK

Foster Falls is part of South Cumberland State Park and is located along the Fiery Gizzard Trail, which is one of the best-known trails in the state, region and even the nation among hiking enthusiasts. The biggest plus of Foster Falls, besides its beauty, is the fact that it's handicapped-accessible because the overlook is so close to the parking area.

9. FALL CREEK FALLS STATE PARK

One of the best-known overlooks within the park is Fall Creek Falls, the park's namesake waterfall. The overlook is close to the parking lot and handicapped-accessible.



Armstrong Ferry Recreation Area

6450 Armstrong Ferry Rd., Decatur, TN 423-618-3715

Audubon Acres

900 N. Sanctuary Rd., Chattanooga, TN | 423-892-1499 Chattanoogaaudubon.org

Brainerd Levee Trailhead

Trailheads @ Shallowford Rd. and Camp Jordan Park City of Chattanooga Parks | 423-425-6311 Outdoorchattanooga.com

Camp Jordan

323 Camp Jordan Pkwy., East Ridge, TN 423-463-4391 Eastridgeparksandrec.com

Chester Frost Park

2277 N. Gold Point Cir., Hixson, TN 423-209-6894 parks.hamiltontn.gov

Cleveland/Bradley Co. Greenway

2487 Keith St. NW, Cleveland, TN | 423-479-4129 Cbcgreenway.com

Coolidge Park

150 River St., Chattanooga, TN | 423-643-6311 Chattanooga.gov

Enterprise South Nature Park

190 Still Hollow Lp., Chattanooga, TN 423-209-5350 parks.hamiltontn.gov

Eureka Trail

1400 E. Madison Ave., Athens to Engelwood, TN 423-744-2700 Cityofathenstn.com

Greenway Farms

5051 Gann Store Rd., Hixson, TN | 423-643-6311 Northchick.org

Harris Park

245 Cedar St. Dunlap, TN

Stringer's Ridge

Trailheads @ Spears Ave. and Bell Ave., Chattanooga, TN 423-643-6888 Chattanooga.gov

Tennessee Riverwalk

Paved greenway stretches 16 miles from Chickamauga Dam through downtown Chattanooga to the base of Lookout Mountain, and from downtown to Camp Jordan. 423-209-5370 Parks.hamiltontn.gov

Walnut Street Pedestrian Bridge

1 Walnut St., Chattanooga, TN | 423-643-6311 walnutstreetbridge.com







GARDENS

Delano Davlilies

153 County Rd. 854, Delano, TN | 423-263-9323 Four acres with over 1,400 varieties of daylilies during bloom season. (May-July)

Ponds & Plants

1668 Rhea County Hwy., Dayton, TN | 423-570-1234 Pondsnplants.com

Nature and art collide at this unique venue that includes wildlife exhibits, sculpture gardens and a natural playscape. Admission fee

Reflection Riding Arboretum & Nature Center

400 Garden Rd., Chattanooga, TN | 423-821-1160 Reflectionriding.org

Visit the arboretum to enjoy walking trails, wildlife exhibits, the Discovery Forest Treehouse, educational programs and paddling on Lookout Creek. Admission fee.



198 County Rd. 52, Athens, TN | 423-745-2936 Sunshinehollow.com

Visit the nursery and display gardens to enjoy 1,750 varieties of daylilies, dahlias, roses and hostas. Enjoy bakery treats at Sunshine Hollow Bakery.







OFF-ROAD MOTORCYCLE FUN

Adventure Off-Road Park

1040 Ellis Cove Rd., South Pittsburg, TN 423-582-7060 Adventureoffroadpark.com A 500-acre private property offering off-road experiences on more than 120 trails with a variety of difficulty levels. Camping available.

Aetna Mountain Adventures

319 West Hills Dr., Chattanooga, TN 423-933-2198 Chattanooga's #1 off-roading outdoor adventure park

Trials Training Center

300 Woodland Rd., Seguatchie, TN | 423-942-8688 Trialstrainingcenter.com A motorcycle vacation destination offering training to

improve riding skills and techniques.

CAVES & ROCKS

Raccoon Mountain Caverns & Campground

319 West Hills Dr., Chattanooga, TN 423-821-9403

Raccoonmountain.com

More than 5 ½ miles of cavern passageways to explore. Wild cave tours available.

Rock City Gardens

1400 Patten Rd., Lookout Mountain, GA 706-820-2531

Seerockcity.com

This boulder paradise features massive ancient rock formations, gardens with over 400 native plant species, and breathtaking "See 7 States" views.

Ruby Falls

1720 S. Scenic Hwy., Lookout Mtn., TN 423-821-2544 Rubyfalls.com See a 145-feet high underground waterfall in Chattanooga's most historic cave destination.





ZIPLINES & SOARING

Bigfoot Adventure TN Zipline

514 Brawley Rd., Tracy City, TN | 931-488-8652 Bigfootadventuretn.com

Chattanooga Skydiving Company

300 Airport Rd., Jasper, TN | 855-776-5867 Chattanoogaskydivingcompany.com Tandem skydiving instruction in the beautiful Sequatchie Valley.

Chilhowee Gliderport

8261 US-411 N., Benton, TN | 423-338-2000 Chilhowee.com Motorless flight over the beautiful Tennessee countryside.

Flying Camp Paragliding

1692 Window Rock Rd, Dunlap, TN | 423-355-1477 Flying.camp

Paragliding tandem flights, instruction and equipment sales in the Sequatchie Valley. Seasonal operations from April to October with flying almost every day.

Lookout Mountain Flight Park

7201 Scenic Hwy., Rising Fawn, GA | 706-383-1292 flylookout.com

Hang gliding resort and school at the base of Lookout Mtn.

Ocoee River Basin Canopy Tours @ Wildwater LTD 5000 US-64 W, Ducktown, TN | 423-548-5100

Wildwaterrafting.com Nine zip line sections and three swinging sky bridges



on this fully wooded canopy tour.

Ocoee Ziplines & Canopy Tours @ Raft One

4599 US-64, Copperhill, TN | 888-723-8663 Ocoeeziplines.com More than a mile of cable racing through the Cherokee National Forest.

Ruby Falls ZIPStream Aerial Adventure

1720 Scenic Hwy., Chattanooga, TN | 423-821-2544 rubyfalls.com Suspended obstacle course, zip line adventure and climbing tower.

Tennessee Tree Toppers

1570 Window Rock Rd., Dunlap, TN tennesseetreetoppers.net Launch site for hang gliding flights.

Canopy Challenge Course at Fall Creek Falls

1997 Village Camp Rd., Spencer, TN | 615-499-5779 challengefcf.com Zip line and ropes course near Fall Creek Falls State Park.

DISC GOLF

Athens Regional Park Disc Golf Course

18-hole course 2405 Decatur Pike, Athens, TN | 423-744-2404

9 on Top Disc Golf Course

9-hole course over some challenging terrain 1836 Taft Hwy., Signal Mountain, TN | 423-505-5605

Camp Jordan Disc Golf Course

19-hole course 323 Camp Jordan Pkwy., East Ridge, TN 423-490-0078

Carver Rec Center Disc Golf Course

9-hole course 600 N. Orchard Knob Ave., Chattanooga, TN 423-697-1280

Johnston Woods Retreat Disc Golf Course

9-hole course (Private - reservations required) 298 Brymer Creek Rd., McDonald, TN | 423-476-5586 johnstonwoods.org

Portland Park Disc Golf Course

9-hole course 98 Weeks St., Chattanooga, TN 423-309-1685



9-hole course

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

Southern Adventist University Disc Golf Course

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

The Sinks Disc Golf Course

18-hole course 4502 N. Access Rd., Chattanooga, TN 423-309-1685

Valley Fest Disc Golf Course

9-hole course 292 Pine St., Dunlap, TN 423-949-7608



Chattanooga Chew Chew Canine Park

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

Play Wash Pint

113 Johnson St., Chattanooga, TN 423-643-2275

Greenway Farms Dog Park

5051 Gann Store Rd., Hixson, TN Northchick.org

Collegedale Dog Park

5225 Tallant Rd., Ooltewah, TN

Red Bank Dog Park @ White Oak Park

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

Soddy-Daisy Dog Park @ Soddy Daisy Veterans Park 9009 Dayton Pike, Soddy-Daisy, TN 423-332-5323

BOLT FARM TREEHOUSE

We know how overwhelming it is to find a unique travel experience that leaves you recharged and inspired.

At Bolt Farm Treehouse, we provide an unforgettable, luxury, nature-immersive travel experience so that you leave the mountain feeling on-top-of-the-world.

boltfarmtreehouse.com





WATERFALL WONDER IN SOUTHEAST TENNESSEE

Rivers, creeks, and waterfalls are part of Southeast Find your waterfall adventure with the Waterfall Tennessee's natural charm, and there's just no better way to experience the region's lush landscape than by sitting on a boulder in the misty realm of a waterfall or hiking along a cascading creek to a breathtaking waterfall.



Wonder Guide, produced by the Southeast

The guide features 16 of the most scenic and accessible waterfalls on public lands in the greater Chattanooga area, including spectacular waterfalls in South Cumberland State Park, the Cherokee National Forest, Cumberland Trail State Park, and Fall Creek Falls State Park.

Of course, please use caution when visiting any of the region's waterfalls. Be sure to wear stable shoes and avoid slippery rocks or crossing in dangerous places and keep children safe distances from dangerous ledges.

Download the Waterfall Wonder Guide at: SoutheastTennessee.com or pick up a guide at Outdoor Chattanooga, the Chattanooga Airport or one of the region's Tennessee Welcome Centers.







LOCAL BIKE SHOPS

2871 Lafayette Rd, Fort Oglethorpe, GA battlefield-outdoors.com

East Ridge Bicycles

5910 Ringgold Rd., Chattanooga, TN 423-894-9122

Scott's Bicycle Centre

2544 Georgetown Rd. NW, Cleveland, TN 423-472-9881

Suck Creek Cycle

630 W Bell Ave., Chattanooga, TN 423-266-8883

Trailhead Bicycle Co.

423-472-9899

Trek Store Chattanooga

307 Manufacturers Rd. #117, Chattanooga, TN trekstorechattanooga.com

USBR 21, BIKE ROUTE FROM KENTUCKY TO CHATTANOOGA

A new U.S. Bicycle Route designated trail in Tennessee will take cyclists from the Kentucky border, through Knoxville and into Chattanooga.

The trail will be the second in Tennessee to be designated on the U.S. Bicycle Route System, the Adventure Cycling Association announced Wednesday. In addition, another route starting in Memphis and going into Arkansas joined the system. This route will be the first designated U.S. Bicycle Route in Arkansas. The U.S. Bicycle Route System is a network of numbered and signed routes that use existing roads, trails, and more to allow bike travel across the country. The network is growing with the goal of encompassing 50,000 miles of routes allowing for cross-country travel, regional touring, and commuting by bike according to the Adventure Cycling Association.

Tennessee's new route, USBR 21, begins in Cumberland Gap National Historical Park on the Kentucky border and continues through the Tennessee River Valley to Chattanooga and the Georgia border, linking Cleveland to Atlanta. Cyclists on the route will round Norris Lake, visit Knoxville, pass the Great Smoky Mountains National Park, and cross the east side of Chickamauga Lake. In total, the route is 250.4 miles.

Find this new route and other Tennessee bike routes at ridewithgps.com/routes







MOUNTAIN BIKING

There are over 75 miles of single-track heaven in Southeast Tennessee within 30 minutes of downtown Chattanooga. Visit www.mtbproject.com for route details.

Stringers Ridge

5 miles of intermediate single-track trail. Primary Trailhead @ Spears Ave. and Bell Ave. Chattanooga, TN | 423-425-6311

Raccoon Mountain

24 miles of mixed-level single-track trail with some challenging technical sections.

- Laurel Point Trailhead
 Electric Ave Two, Chattanooga, TN
- Overlook 3800 Racoon Mountain Dr., Chattanooga, TN

Booker T. Washington State Park

6 miles of single-track trail, all intermediate. 5801 Champions Rd., Chattanooga, TN 423-894-4955

Harrison Bay State Park

4 miles of easy single-track trail. 8411 Harrison Bay Rd., Harrison, TN 423-344-6214

Enterprise South Nature Park

10 miles of single-trail trail, mostly easy with some intermediate-level.
8015 Volkswagen Dr., Chattanooga, TN
423-893-3500

Collegedale/Southern Adventist University Trailheads:

19 miles of single-track trail split between two parks – White Oak Mountain and Bauxite – with something for all skill levels.

- White Oak
- 4707 Morningside Dr, Collegedale, TN
- Bauxite

College Dr. (near Collegedale Memorial Park Cemetary), Collegedale, TN

Johnston Woods Trail System

4 miles of easy trail. 298 Brymer Creek Rd., McDonald, TN 423-476-5586

Guild-Hardy Trail

498 Ochs Hwy, Chattanooga, TN
Following the path of a former railroad bed, this relatively easy double-track trail begins on Ochs Hwy and wraps around Lookout Mountain to the John Smart/Jackson Gap trail.

Chilhowee Recreation Area Cherokee National Forest

12 miles of mixed-level single-track trail.

Ocoee Ranger Station, Benton, TN | 423-338-3300

Tanasi Trail System @ the Ocoee Whitewater Center Cherokee National Forest

30 miles of mostly easy and intermediate single-track trail. The Tanasi Trail System has been designated by the International Mountain Bike Association as "Hall of Fame Epic."

4400 US-64, Copperhill, TN | 423-496-0100



FAMILY-FRIENDLY CYCLING IN THE CHATTANOOGA REGI

Looking for a safe place to take the family for a bike ride?

Southeast Tennessee has plenty of car-free recreation paths that are perfect for a leisurely bike ride without having to worry about traffic.



Chattanooga Riverwalk

The most popular rec path in the region is the 13-mile Chattanooga Riverwalk, which follows the Tennessee River from the Chickamauga Dam all the way to the foot of Lookout Mountain. The Riverwalk also provides access to the South Chickamauga Creek Greenway, which provides another 3.5 miles of scenic cycling alongside the creek.

Brainerd Levee

Trailheads @ Shallowford Rd. and Camp Jordan Park City of Chattanooga Parks | 423-425-6311
This path is 5.5 miles from the trailhead at Shallowford Road in Brainerd to Camp Jordan Park in East Ridge.
The trail is gravel for 3.5 miles and paved for 2 miles.

Cleveland/Bradley County Greenway

This beautiful Greenway runs through central Cleveland for four miles with no street crossings and is lighted 24/7, making it an excellent option for exploring the city by bike.
2487 Keith St. NW, Cleveland, TN

Mountain Goat Trail

mountain go attrail.org

The Mountain Goat Trail is a multi-modal rail-trail in Tennessee's South Cumberland that connects communities along the historic path of the Mountain Goat Railroad (1856-1985). A 5-mile section of trail runs from Sewanee to Monteagle. Park in Sewanee at the gravel lot on Highway 41A at Hawkins Lane. In Monteagle, park at Mountain Outfitters to access the trail.) Also, 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. A 3.5-mile section of trail in Tracy City can be accessed from Tracy City Old Roundhouse Park and Tracy City Elementary School.

Eureka Trail

1400 E. Madison Ave., Athens to Engelwood, TN | 423-744-2702

Cityofathenstn.com/trails/eureka
Following a former railroad bed, this gravel trail winds
nearly 5 miles through the woods and rural landscape
before ending at the outskirts of Englewood, Tenn.



GRAVEL BIKING

Southeast Tennessee has plenty of off-the-beaten path gravel roads, but the greatest concentration (and the best place for gravel grinding adventure) can be found in the Cherokee National Forest (about an hour from downtown Chattanooga). There are numerous places to enter the forest, but here are a couple of options for parking.

Cherokee National Forest

Thunder Rock Recreational Area 3171 Hwy 64 | 423-338-3300 Provides access to: Forest Road 45 & Forest Road 221

Cherokee National Forest

Sugar Loaf Boat Ramp Sugar Loaf Road Provides access to: Forest Road 55 and 302

Eureka Trail

1400 E. Madison Ave., Athens to Engelwood, TN |
423-744-2702
Cityofathenstn.com/trails/eureka
Following a former railroad bed, this gravel trail winds
nearly 5 miles through the woods and rural landscape
before ending at the outskirts of Englewood, Tenn.

Brainerd Levee

Trailheads @ Shallowford Rd. and Camp Jordan Park City of Chattanooga Parks | 423-425-6311 Outdoorchattanooga.com/land/brainerd-levee-camp-jordan-2 The greenway that runs atop the Brainerd Levee is an easy ride for beginners and families. The trail is 5.5 miles from the trailhead at Shallowford Road in Brainerd to Camp Jordan Park in East Ridge. The trail is gravel for 3.5 miles and paved for 2 miles.

VELO VIEW BIKE TOURS



Shannon Burke and Celeste Cyr of Velo View Bike Tours relocated from Austin, Texas to Chattanooga in 2016 in large part to have access to the incredible variety of scenic road, gravel and mountain bike routes available in the Chattanooga region. While their bike tour business continues to offer tours all over the country, the focus has shifted to offering more regional tours that showcase the unique beauty of southeast Tennessee.

Since its founding in 2012, Velo View Bike Tours has specialized in personalized bike vacations for small groups, with all-inclusive, fully supported bike tours. In addition to these pre-scheduled vacation packages, they also offer "build-your-own" custom tour options, which allow cyclists to choose their own distances, destinations and level of the support rather than buying a pre-set package. These custom options are a new service Velo View is offering, made possible by the number of amazing cycling choices so close to their new home base in Chattanooga.

For more information, check out their website at www.veloviewbiketours.com or call 423-834-8388.



he Charles H. Coolidge National Medal of Honor Heritage Center memorializes the history of our nation's highest military award for valor, and the recipients who demonstrated the six characteristics of Patriotism, Citizenship, Courage, Integrity, Sacrifice, and Commitment. Chattanooga is home to the first Medal of Honor awarded and where visitors can experience the powerful stories of ordinary people accomplishing extraordinary feats. The Medal of Honor Heritage Center is located downtown in Chattanooga at 2 W. Aquarium Way, Suite 104, Chattanooga, TN, and is open seven days a week. For more information, visit mohhc.org.

EXPLORING THE PAST 5



SOUTHEAST TENNESSEE MINING TRAIL



Various mining, quarrying, iron and copper production and metal manufacturing industries once formed the backbone of the economy in Southeast Tennessee. These intriguing sites include coal and copper mines, coke ovens, iron works and foundries, and transportation corridors. Download the detailed Mining History Trail at www.SoutheastTennessee.com to learn more about these historic mining industries and their significant impact on communities and the natural landscape.

Ducktown Basin Museum

the region. Admission fee.

212 Burra Burra St., Ducktown, TN | 423-496-5778 Ducktownbasinmuseum.com Journey through 150 years of copper mining history in

Dunlap Coke Ovens Park & Museum

Mountain View Cir., Dunlap, TN | 423-949-2156 Cokeovens.com

Explore this 88-acre park and its coke ovens. The museum features the history of coal mining and coke production in the region.

Marion County Coal Miners Museum

900 Main St. S., Whitwell, TN 423-658-6868

Coalminersmuseum.com

This one-of-a-kind coal mining museum is filled with objects and stories that mark more than a century of coal mining in the Whitwell community.

RAILROAD HISTORY

Tennessee railroads date back to 1845 when the Nashville & Chattanooga Railroad was chartered to connect its namesake cities. Explore Tennessee's fascinating history with trains at the following sites in the region.

Etowah Railroad Depot & Museum

727 Tennessee Ave., Etowah, TN | 423-263-7840 Tennesseeoverhill.com

Listed on the National Register of historic places, this two-story Victorian-style railroad station was the first building erected in Etowah. Exhibits include the history of the Old Line Railroad, built in 1890. Purchase tickets here for the Hiwassee River Rail Adventure.

Hiwassee River Rail Adventure

9406 Hwy. 411, Delano, TN 423-894-8028

tvrail.com

Climb on board a restored vintage passenger train for a ride through the beautiful Hiwassee River Gorge and over the famous Hiwassee Rail Loop. Trains run April-November offering standard coach seating and luxury seats in the dome car. Choose from two trip options – the Hiwassee River Loop Trip (half-day) and the Copperhill Special (full day). Call for information about popular holiday excursions.

Niota TN Southern RR Depot

201 E. Main St., Niota, TN | 423-568-2584 Constructed from handmade bricks in 1853, the Niota Depot is the oldest remaining pre-Civil War railroad in Tennessee. Now used as offices for the Town of Niota, the depot is open for tours during business hours.



CHILDREN'S HOLOCAUST MEMORIAL

@ Whitwell Middle School

1 Butterfly Ln., Whitwell, TN | 423-658-5635 Whitwellmiddleschool.org

Whitwell Middle School is home to one of the world's most profound memorials to the Holocaust victims of Nazi Germany, the Children's Holocaust Memorial. The memorial, which opened in 2001, features an authentic German rail car that was once used to transport detainees to Nazi death camps. Thirty-million paper clips are encased with the railcar, along with letters and mementos sent from around the world, to honor the memory of the millions of people who were murdered during the Holocaust. This memorial project was featured in the 2004 documentary, *Paper Clips*.

Student-led tours are offered on Friday mornings when school is in session. To book a tour, visit www.whitwellmiddleschool.org or email lhooper@mctns.net. Self-guided tours are also available. Visitors may gain access by picking up a key from Castle's Grocery at 13563 Hwy. 28 between 9 am-5 pm Central. The store can be reached at 423-658-6542.



CIVIL WAR HISTORY

The Chickamauga-Chattanooga National Military Park, located in northern Georgia and eastern Tennessee, preserves the sites of two major battles of the American Civil War: The Battle of Chickamauga and The Battles for Chattanooga. Established in 1895 through the efforts of Civil War veterans from both north and south, the park is the oldest and largest military park in the nation. The military park consists of four main areas: Chickamauga Battlefield, Missionary Ridge, Lookout Mountain Battlefield / Point Park, and Moccasin Bend.

Chickamauga & Chattanooga National Military Park Visitor Center

3370 LaFayette Rd., Fort Oglethorpe, GA 706-866-9241

Nps.gov/chch

The Battle of Chickamauga takes its name from West Chickamauga Creek, which meanders through northwest Georgia and into the Chattanooga area. Union and Confederate troops fought the Battle of Chickamauga on September 18-20, 1863. Although the Confederates were technically the victors, driving Union troops to Chattanooga, they did not achieve their objective of restoring Confederate control of East Tennessee. The battle caused the second-highest number of deaths in the Civil War: 34,000 Union and Confederate casualties

The park's visitor center features interpretive exhibits, a book store, an artillery display, and a multi-media program about the battle. The 5,200-acre battlefield park contains hundreds of monuments, interpretative tablets, wayside exhibits, and hiking and biking trails.

Point Park

110 Point Park Rd., Lookout Mountain, TN 706-866-9241

Point Park is a 10-acre memorial park that overlooks the Lookout Mountain Battlefield and Chattanooga. In December 1863, a photographer from Ohio, Robert "Royan" M. Linn, established a photo studio at Point Lookout, naming it Gallery Point Lookout. He and his brother, J. Birney Linn, took hundreds of photos of Union officers, soldiers and civilians posing at Point Lookout and nearby Umbrella Rock.

Point Park features a paved walking trail that highlights historic tablets, monuments and scenic overlooks. The largest monument in Point Park is the New York Peace Memorial, which was erected by the state of New York as a tribute to peace and reconciliation between Union and Confederate veterans after the war. The Ochs Memorial Observatory features exhibits, photographs and overlooks of Chattanooga and the Tennessee River. Admission fee.



Lookout Mountain Battlefield - Visitor Center 110 Point Park Rd., Lookout Mtn., TN

706-866-9241

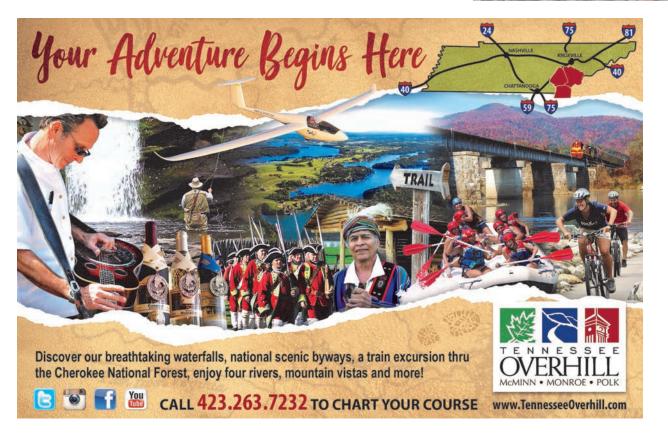
After the Confederate victory at Chickamauga, troops occupied Lookout Mountain, where they could peer down upon and watch Union activities in Chattanooga. On November 24, 1863, Union troops attacked the Confederates and drove them from the mountain during the "Battle Above the Clouds." The following morning, the American flag flew from the mountain's pinnacle. For the rest of the Civil War, Lookout Mountain was a tourist destination for Union soldiers and civilians. A visitor center is located outside Point Park and features exhibits about the Civil War campaign for Chattanooga, including a large painting "The Battle Above the Clouds."



Tennessee Civil War Trails tnyacation.com/civil-war

Civil War sites span across the Southeast region, and we have mapped out over 350 significant places across the state. To learn more, please visit our immersive

website to explore Tennessee's Civil War Trail. Read about people, artifacts, battles, and historic parks significant in the Civil War.



CHEROKEE HERITAGE

Native American towns and villages thrived for thousands of years along the rivers and within the valleys of Southeast Tennessee. One of the tribes that inhabited the region was the Cherokee, who by 1700 claimed land that included parts of Southeast Tennessee, Alabama, Georgia, South Carolina and North Carolina. However, by 1837, 46,000 Native Americans had been forcibly removed from their lands East of the Mississippi River through what became known as the Trail of Tears.

Despite this tragic chapter in American history, the Cherokee people today live on as a renewed, invigorated nation – and their legacy continues in this region through the natural, historical and cultural landscape. Historically significant sites throughout the region offer a deeper understanding of the cultural heritage of the people who lived in Southeast Tennessee prior to European settlement. Download the guide to Cherokee Heritage in Southeast Tennessee at www.SoutheastTennessee. com to learn more about important historical sites and stories relating to Cherokee history in the region.

Hiwassee River Heritage Center

8746 Hiwassee St., Charleston, TN 423-665-3373

Hiwasseeheritage.com

Discover a compelling story of human spirit and tragic sacrifice at this certified site on the Trail of Tears National Historic Trail. The center also details Charleston's pivotal role in the Civil War, as well as its industrial and agricultural history.

Red Clay State Historic Park

1140 Red Clay Park Rd. SW, Cleveland, TN 423-478-0339

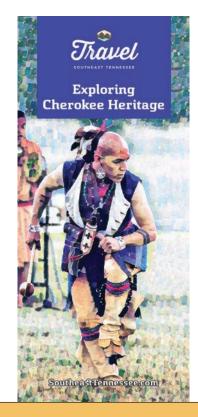
Instateparks.com

This site served as the last Eastern Capital of the Cherokee Nation before the Cherokee Removal in 1838

Cherokee Removal Memorial Park

6615 Blythe Ferry Rd., Birchwood, TN 423-339-2769

Cherokeeremoval.org
View the nation's only Cherokee Removal
Memorial and explore the visitor center and
grounds, with views of the Tennessee and
Hiwassee Rivers



James Brown Cherokee Plantation

9521 Ooltewah-Georgetown Rd.

Ooltewah, TN

Privately owned. View from street.

James Brown was a Cherokee Supreme Court judge who signed the 1839 Cherokee Constitution. The James Brown house, a Federal-style brick farmhouse, was built sometime between 1826 and 1830.



CHEROKEE HISTORY EXHIBITS AND "VOICES FROM THE PAST" TRAIL AT HIWASSEE RIVER HERITAGE CENTER IN CHARLESTON

The banks of the Hiwassee River in Southeast Tennessee were witness to nationally significant history involving the Trail of Tears and the Civil War. Present-day Charleston, Tenn., was once the site of the federal Indian Agency and eventually Fort Cass, the U.S. military headquarters for the entire Cherokee "Trail of Tears" Removal. The Hiwassee River was also a pivotal crossing point for troop movement in the Civil War, and several officers on both sides of the conflict made Charleston a stop in their operations.

In 2019, the Hiwassee River Heritage Center expanded its footprint and education efforts to include a National Historic Trail experience, exhibits and an education room.

The first segment of Charleston's new National Historic Trail Experience, Voices from the Past, connects the Hiwassee River Heritage Center to Charleston Park. The paved trail features signage with quotes about the Cherokee Removal at Fort Cass from Cherokee people, missionaries and U.S. military figures.

"The trail sets the stage for learning more about the Trail of Tears and bringing the struggle of that time to a personal level," says Melissa Woody, vice president for Tourism Development of the Cleveland/Bradley Chamber of Commerce and Development Chair for the CCH Historical Society. "Presenting quotes from the people affected by this difficult time in history really brings this story to life and to a relatable place for all of us as human beings."

The center's new George Robert & Doris Bolen Johnson Exhibit Hall features artifacts that help interpret pre-Cherokee native peoples, Cherokee settlements, the federal Indian Agency, Fort Cass and the Cherokee Removal. The exhibit also examines the area's role in the Civil War, as well as industrialization in the region.

The museum is honored to house artifacts from the region, as well as a special set of images, which are all on loan from the Frank H. McClung Museum of Natural History & Culture at the University of Tennessee at Knoxville. The images feature colorized versions of sketches drawn by Madeline Kneberg, who is known for her work on excavations in the Tennessee Valley beginning in the 1930s. Kneberg was the first female to become a full professor at UT outside of the home economics curriculum and one of the first prominent female archaeologists in the U.S.

The trail experience and the heritage center are two components of a master plan for heritage development in the Charleston and Calhoun communities. The trail will eventually extend beyond Charleston Park to the Hiwassee River, with plans to connect with the Cleveland/Bradley Greenway.

The Hiwassee River Heritage Center, located at 8746 Hiwassee Street in Charleston, serves as an educational resource, welcome center and a gateway to other regional historic sites. For more information, visit HiwasseeHeritage.com.













Updated Trail

The Cherokee Removal Memorial Park in Meigs County has updated their trail. It highlights the beginning of the actual path the Cherokee people took on the Trail of Tears. It's an important place to visit to remember the suffering the Cherokee endured when they were forced to leave their homeland. After visiting the trail, you can go to the Memorial Wall to read the names of those who walked the same path.



REGIONAL HISTORY MUSEUMS:

ENGLEWOOD TEXTILE MUSEUM

Englewood Textile Museum

101 S. Niota Rd., Englewood, TN | 423-887-5455 Townofenglewood.com

Explore the history of the region's 1850 textile industry in Englewood.



Grundy County Historical Society Heritage Center

465 Railroad Ave., Tracy City, TN | 931-592-6008 Grundycountyhistory.org

Includes a library and research center, assembly hall, and exhibit hall with artifacts.



International Towing & Recovery Museum

3315 Broad St., Chattanooga, TN | 423-267-3132 International towing museum.org Tow truck and towing equipment dating back to 1916. Admission fee.



McMinn County Living Heritage Museum

522 W. Madison Ave., Athens, TN | 423-745-0329 Livingheritagemuseum.com

Thirty permanent exhibits, including a recreated log cabin, general store and early doctor's office.



Jasper Regional History Museum

715 Phillips Ave., Jasper, TN | 423-942-2233 tennesseerivervalleygeotourism.org Offers an exceptional collection of regional artifacts and memorabilia.



Scopes Trial Museum & Festival @ the Historic Rhea County Courthouse

1475 Market St., Dayton, TN, | 423-775-7818

rheacountyheritage.com

By far the most celebrated court case in perhaps all of Tennessee history, the Scopes Trail took place in the Rhea County Courthouse in Dayton, Tenn., in 1925.



Museum Center at 5ive Points

200 Inman St. E, Cleveland, TN | 423-339-5745 Museumcenter.org

Explore the Ocoee region through exhibits, creative programming, local art, and more. Admission fee.



Meigs County Historical Museum

200 Smith Ave., Decatur, TN | 423-334-4424 Meigschs.org

Artifacts and genealogy research material.

SOUTH PITTSBURG Heritage Museum

South Pittsburg Heritage Museum

316 Cedar Ave., South Pittsburg, TN | 423-837-8714 historicsouthpittsburgtn.org

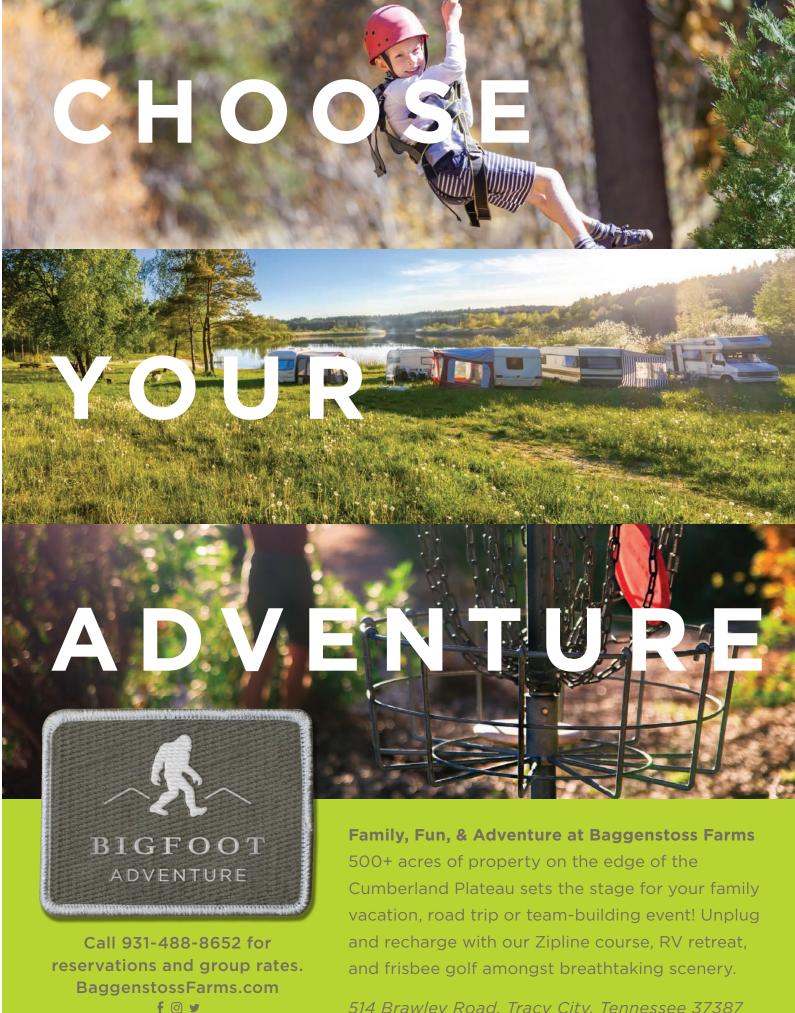
South Pittsburg Historic Preservation Society's museum outlines the city's history.



National Medal of Honor Heritage Center

2 W Aguarium Way Suite 104, Chattanooga, TN 423-877-2525 mohhc.org

Chattanooga is the birthplace of the Medal of Honor, and here visitors can experience the powerful stories of those who earned the nation's highest military honor for valor



514 Brawley Road, Tracy City, Tennessee 37387



1000 Riverfront Parkway Chattanooga, TN 37402







