



2-ACRE PRIVATE CABIN

HIKING TRAILS AND WATERFALLS

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125 Lindsey Ave, Monteagle, TN 37356

You are on the Cumberland Plateau, surrounded by South Cumberland State Park. Drive times are from the cabin door. Check hours below.

CLOSEST TO THE CABIN — UNDER 15 MINUTES

South Cumberland Welcome Center

11745 US-41 · 5-10 min · free

Start here. Rangers help match a hike to your group, and the \$2 trail map is worth buying. The MEADOW TRAIL out back is an easy 1.3-mile walk through wildflower meadows and small bogs — good with young children.

Grundy Forest & Fiery Gizzard North

Tracy City · 12 min · free · restrooms at trailhead

GRUNDY DAY LOOP, 2 miles, MODERATE — the best short hike nearby. Follows the Fiery Gizzard creeks past Blue Hole Falls, Sycamore Falls, the Cave Spring Rock House and 500-year-old hemlocks. Roots and rock make it slick.

Grundy Lakes

Tracy City · 15 min · free

Swim beach right beside the parking area and the easy 1.25-mile LONE ROCK TRAIL around the lake. The relaxed option when nobody wants a gorge hike.

Sewanee — Perimeter Trail

10-15 min · free · private university land, posted rules apply

A 20-mile loop around the Domain, EASY TO MODERATE, with bluff overlooks, lakes and deep coves. Access at Green's View, the Memorial Cross, Lake Cheston or the University Gates. Short options: Cedar Hollow Lake 2 mi, Shakerag 3.5 mi.

Mountain Goat Trail

5 min · free

Paved rail-trail linking Monteagle and Sewanee. Flat, easy, and open to walkers, runners, bikes and strollers. The go-to when the gorge trails are wet.

A SHORT DRIVE — 20 TO 30 MINUTES

Foster Falls

20-25 min · free · campground on site

A 60-foot waterfall into a wide, deep plunge pool below towering cliffs. The 1.5-mile LOOP is MODERATE, with a suspension bridge and stairs. CLIMBERS LOOP adds a strenuous climb with the best falls views. Popular swimming hole in summer. Twenty-five rustic campsites — the only car camping in the park.

Denny Cove

25 min · free

A double-cascade waterfall and a world-class climbing area with nearly 500 routes graded 5.8 to 5.14. Trail to the falls is MODERATE.



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Buggytop Cave — Carter Natural Area

20-25 min · free · off TN-56 south of Sewanee

Four miles round trip, MODERATELY DIFFICULT, down into Lost Cove to one of the largest cave mouths in Tennessee. Cold air pours from the entrance in summer. The climb back out is the work.

Sherwood Day Loop

25-30 min · free · Lost Cove East

An EASY 2.4-mile loop past the Sherwood Natural Bridge and overlooks, including a view nearly 17 miles into Franklin County. Shaded in summer, wide open once the leaves drop.

Fiery Gizzard Trail (full route)

trailheads 12-25 min · free · permit for backcountry sites

12.5 miles point to point, HARD, about 1,750 feet of climb, 5.5 to 6.5 hours. Ranked by Backpacker magazine among the top 25 trails in the country. Rocky and slow for the first four miles. Start early, arrange a shuttle, and note it closes to through-hikers when water is high.

WORTH THE DRIVE — 35 TO 45 MINUTES

Savage Gulf — Stone Door

40 min · Beersheba Springs · free

The classic. An EASY 2-mile round trip to the Great Stone Door, a 100-foot-deep crack in the bluff that works as a natural staircase into the gorge. Rim overlooks stand 750 feet above the creek. A stair-stepped spur behind the ranger station drops to Laurel Falls.

Greeter Falls & Blue Hole

40 min · free

A 1.2-mile loop, MODERATE TO STRENUOUS, with a spiral staircase down to a 50-foot fall and a cold plunge pool. Boardtree Falls and a scramble under the bluff sit on the same loop, and a half-mile spur reaches the Blue Hole.

ON THE WATER

Swimming holes

12-40 min · no lifeguards anywhere

Foster Falls plunge pool, Blue Hole and Sycamore Falls in Grundy Forest, the Blue Hole below Greeter Falls, and the beach at Grundy Lakes. Cold water, slick rock, fast rises after rain. Never jump from a waterfall.

Paddling — Tims Ford, Elk River, Woods

35-45 min · ramps free · rentals near Kelso

Tims Ford Lake is the best flatwater near the cabin: 10,700 acres, 250 miles of quiet shoreline, easy launches at the state park, and six islands open to primitive camping. The Elk River below the dam is cold, clear Class I water with canoe and kayak rentals nearby. Woods Reservoir is flat and sheltered. Check dam releases before launching.

Before you head out: Dogs welcome on leash. · Download offline maps — service drops in the gorges. · Carry more water than you think you need. Plateau trails are rocky and slick; wear real shoes. · Ticks, snakes and yellowjackets are active March–October. · Stay back from cliff edges.

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