

Cumberland County Hiking Marathon Trail Descriptions



Welcome to the 2024 Cumberland County Hiking Marathon. As you hike these trails you will enjoy a wide variety of terrain and geographical features. We hope this marathon takes you places that you would not normally go and that you have positive experiences along the way.

We hope you enjoy hiking these trails but please stay on the trail when hiking and respect private property in residential communities. Carry plenty of water at all times and watch your step – it is easy to twist an ankle on rocks and tree roots. Pets are permitted on all trails but please leash dogs and pick up after them if they foul the trail-bed.

You have the option of hiking the Full-marathon, 26.2 miles, or the Half-marathon, 13.1 miles. Whichever you choose, record your progress on the Log Sheet, either online or on paper (and submit online later.)

Substituting other Marathon Trails is permitted: Hiking the FG Overlook Trail twice and not hiking the FG Seven Bridges Trail is acceptable.

Please log your completed trails online so that we have an accurate picture of everyone's accomplishments with reduced work for our volunteers.

For those who prefer the less strenuous walking on paved trails, once again we are offering a 10K Challenge. This consists of trails with a combined length of 10 kilometers (6.3 miles). There is a separate Trails Description Document and Log Sheet, and registration for the 10K Challenge.

There is an activity program for kids under 12 years old as they hike the trails.

Be sure to check the website for trail maps and other details: <https://hikingmarathon.com>

Table of Contents

1. OVERLOOK TRAIL, FAIRFIELD GLADE.....	3
2. RED LOOP, FAIRFIELD GLADE.....	4
3. SEVEN BRIDGES TRAIL, FAIRFIELD GLADE	5
4. THORNHILL TRAIL, FAIRFIELD GLADE	6
5. SOLDIER'S BEACH TRAIL, MEADOW PARK, CROSSVILLE	7
6. AIRPORT NORTH LOOP, CROSSVILLE	8
7. AIRPORT SOUTH LOOP, CROSSVILLE.....	9
8. UPLANDS, LAKE ALICE TRAIL.....	10
9 OBED RIVER PARK PAVED TRAIL, CROSSVILLE	11
10. GATEWAY TRAIL, MEADOW CREEK PARK, MONTEREY.....	12
11. PIONEER SHORT LOOP, CUMBERLAND MOUNTAIN STATE PARK	13
12. BLACK MOUNTAIN SUMMIT LOOP, CUMBERLAND TRAIL.....	14

1. Overlook Trail, Fairfield Glade

Distance: 2.3 miles

Rating: Moderate

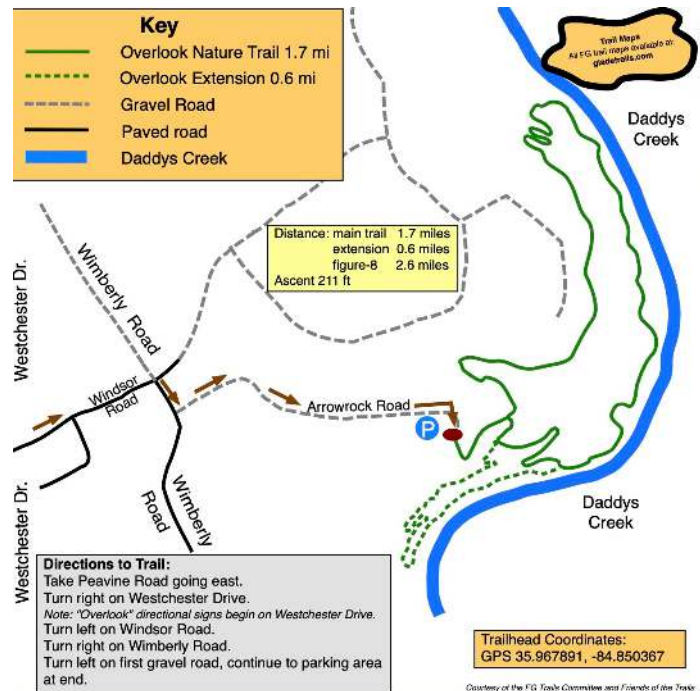
Trailhead GPS Coordinates: 35.967933, -84.850431

Trail Description

This is a hiker favorite and annual standard. The trail was extended in 2022/2023 to the west below the parking lot. This new section has some remarkable rockwork for you to enjoy. You will find the section along Daddy's Creek peaceful and relaxing. Walking alongside water is always interesting.

Driving Directions:

From the Peavine Road/Stonehenge Drive junction, take Peavine going east for half a mile. Turn right onto Westchester drive. After 3.0 miles, just after passing Dorchester Golf Club, turn left onto Windsor Road. Take the second right onto Wimberley Road then immediately turn left onto the gravel road. This road ends at the Overlook parking area and trailhead. After parking your vehicle and enjoying the views from the overlook enter the trail on the left.



2. Red Loop, Fairfield Glade

Distance: 3.0 miles

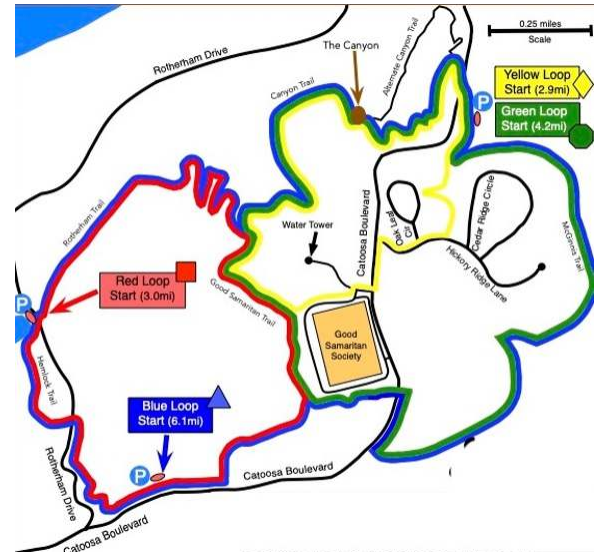
Rating: Strenuous

Trailhead GPS Coordinates: 36.024436, -84.868769

Trail Description

This is the trailhead for both the Hemlock Trail and the Rotherham Trail. We strongly recommend that you hike this loop in the counter-clockwise direction as this avoids climbing up the very steep Rotherham Trail. Follow the red hike markers.

Proceed along the end of the lake to the trailhead sign for the Hemlock Trail. Follow the trail, past the majestic Hemlock tree for which the trail was named, and after half a mile it crosses Rotherham Drive. After another third of a mile it comes to Catoosa Boulevard and parallels the road for a quarter of a mile before turning back into the woods where it goes behind Bluff View Terrace and climbs upwards for nearly half a mile to the Good Samaritan Trail. Turn left and follow the trail behind the Good Samaritan assisted living facility for a half a mile until you reach the intersection with the Rotherham Trail.



Turn left onto the Rotherham Trail and follow the trail as it descends steeply into the valley. After half a mile the trail turns left along the creek and levels out for an easy walk for the last half-mile to the Rotherham Drive parking lot where the hike started.

Driving Directions

From the junction of Peavine Road and Stonehenge Drive, take Peavine Road east for half a mile and turn left on to Catoosa Boulevard. After about 1.2 miles turn left on to Rotherham Drive. Drive down the steep hill and after 0.6 miles you will come to the parking lot on the left at the end of Lake Dartmoor.

Note: There is alternative parking available on Catoosa Boulevard at the junction with Kingsbridge Lane (Blue Hike Parking).

3. Seven Bridges Trail, Fairfield Glade

Distance: 2.5 miles

Rating: Moderate

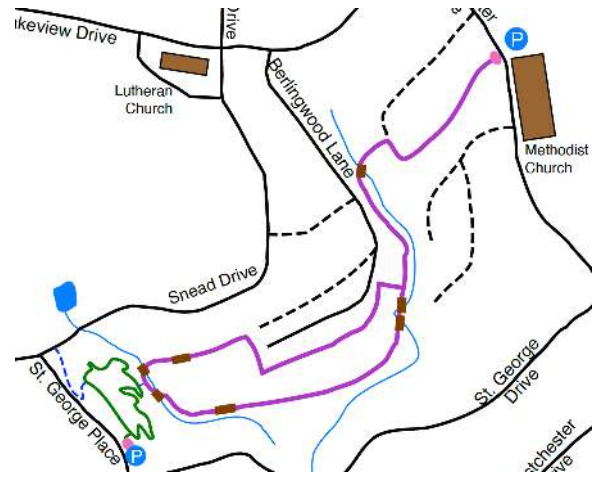
Trailhead GPS Coordinates: 35.998370, -84.870564

Trail Description

This trail begins at the Methodist Church on Westchester Drive. It is a pleasant walk through the woods by a number of streams with, you have guessed it, seven bridges. As you can see on the map it is a lollipop configuration where you walk half a mile up the stem and then a one-mile loop. At the furthest point from the trailhead, take the short connector trail and hike the half-mile St George Loop Trail, with a couple more bridges. Return along the short connector to complete the Seven Bridges trail and return to your vehicle.

Driving Directions

From the junction of Peavine Road and Stonehenge Drive head east along Peavine Road for 0.5 miles. Turn right on to Westchester. Head south for 0.7 miles and pull into the first parking lot of the Methodist Church where trail parking is permitted. Cross the road to the trail head.



4. Thornhill Trail, Fairfield Glade

Distance: 1.8 miles

Rating: Easy

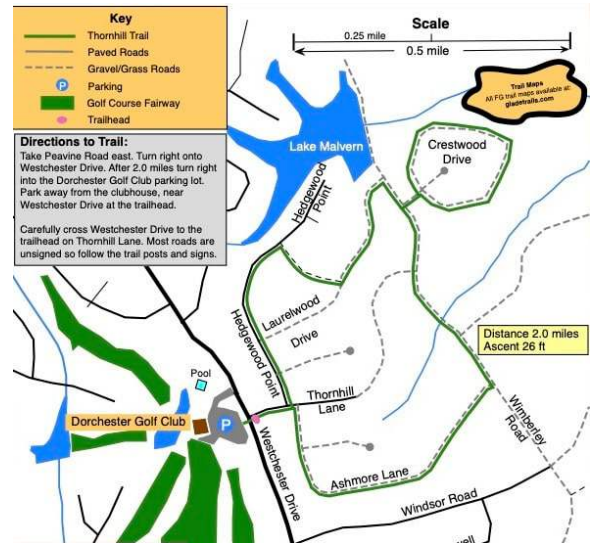
Trailhead GPS Coordinates: 35.998370, -84.870564

Trail Description

The trail-head is in the parking lot of the Dorchester Golf Club. The trail starts by carefully crossing Westchester Drive onto Thornhill Lane. Most of the trail is on gravel/grassy roads that are unsigned so follow the trail posts and signs. It is worth taking a short detour on the dam of Lake Malvern to admire the view. The trail consists of flat roads. The biggest hazard is some deep ruts that fill with mud and water after heavy rains. The length of this trail for the marathon is 1.8 miles (but it is normally 2.0 miles so it is OK to omit the section of trail around Crestwood Drive.)

Driving Directions

From the junction of Peavine Road and Stonehenge Drive, take Peavine Road east towards Hebbertsburg. After 0.5 miles turn right on to Westchester Drive. After 2.0 miles turn right into the Dorchester Golf Club parking lot. Park away from the clubhouse, near Westchester Drive at the trail-head.



5. Soldier's Beach Trail, Meadow Park, Crossville

Note: Meadow Park is south of Crossville and should not be confused with Meadow Creek Park near Monterey.

Distance: 1.7 miles

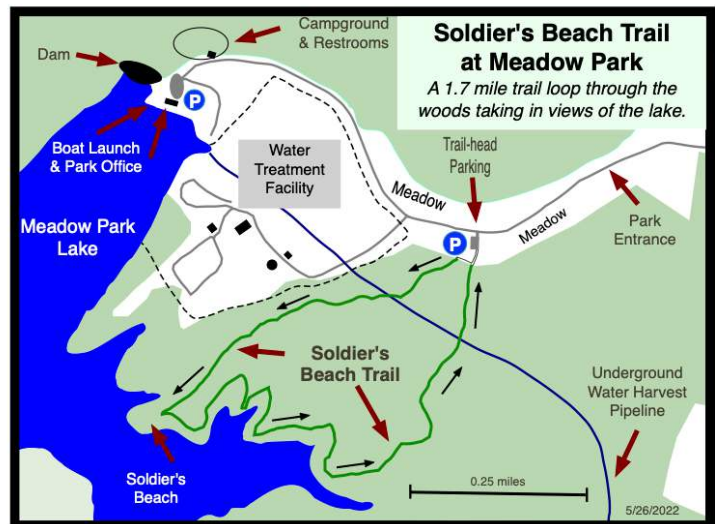
Rating: Easy

Trailhead GPS Coordinates: 35.899123, -85.088388

Trail Description

It is a very pretty trail in Meadow Park with not many uphill sections to be negotiated and many views across the lake. The trail does pass close to the lakeshore so children do need to be supervised. The trail passes by Soldier's Beach a popular picnic and swimming area for families.

Note: If you feel like doing an extra 2.5 mile hike, the North Trail is now open for hiking. The entrance is located right across the street from the Soldier's Beach parking lot.



Driving Directions

To get to Meadow Park take Lantana Road, Highway 101, south out of Crossville. After about 3.5 miles, go straight on through the lights where Highway 282 turns off for Lake Tansi. The road narrows from four lanes down to two lanes. After another mile turn right on to City Lake Road. There is a large Meadow Park sign on the corner. Follow City Lake Road for 1.4 miles and it dead-ends at the park marina and office. Enjoy the views across the lake, and maybe use the restrooms at the campsite before returning to the trail-head parking lot.

6. Airport North Loop, Crossville

Distance: 2.3 miles

Rating: Moderate

Trailhead GPS Coordinates: 35.946734, -85.093314

Trail Description

This trail was completed shortly before the 2023 marathon. The trailhead is a parking lot on Earl Jones Road that is used for both the Airport North and Airport South trails. The North Loop Trail is lollipop design with 0.2-mile stem and a 1.9-mile loop. Head along the trail out of the parking lot for about a quarter of a mile to the split in the trail where the North Trail goes off to the left and the South Trail goes straight ahead. This is an interesting trail that takes you through a variety of terrain and vegetation, including multiple views of the airport activities. There is nothing quite like it anywhere else in Crossville. I have no doubt that you will enjoy hiking this trail.



There is nothing quite like it anywhere else in Crossville. I have no doubt that you will enjoy hiking this trail.

Driving Directions

From Crossville, take West Avenue past Rural King and the Farmers Market to the stop light at Parkside Drive. Turn left to the stop light at Sparta Highway. Turn right and head west, past the airport terminal building and runway. At the end of the runway turn left, just before the recycling center and almost immediately turn left again on to Earl Jones Road. After about a quarter of a mile you will see the trailhead parking lot on the left.

7. Airport South Loop, Crossville

Distance: 2.5 miles

Rating: Moderate

Trailhead GPS Coordinates: 35.946734, -85.093314

Trail Description

This is Crossville's newest trail, completed shortly before the 2024 marathon. The trailhead is the parking lot on Earl Jones Road that is now used for both the North and South trails. Head along the trail out of the parking lot for about a quarter of a mile to the split in the trail where the North Trail goes off to the left. The trail is lollipop design with a 0.4-mile stem and a 1.7-mile loop. There are no major features on this trail but it is a very pleasant hike through the woods.

Driving Directions

From Crossville, take West Avenue past Rural King and the Farmers Market to the stop light at Parkside Drive. Turn left to the stop light at Sparta Highway. Turn right and head west, past the airport terminal building and runway. At the end of the runway turn left, just before the recycling center and almost immediately turn left again on to Earl Jones Road. After about a quarter of a mile you will see the trailhead parking lot on the left.



8. Uplands, Lake Alice Trail

Distance: 1.5 miles

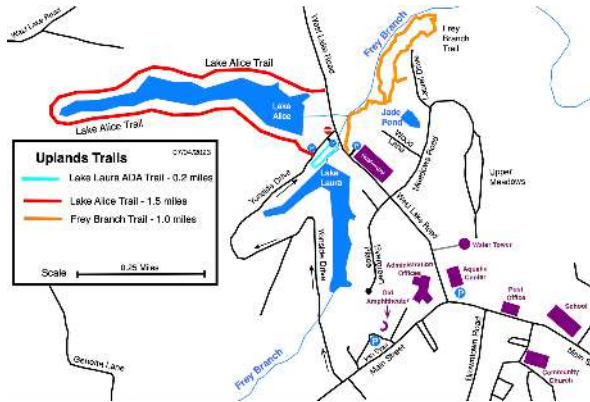
Rating: Moderate

Trailhead GPS Coordinates: 35.982645, -85.203944

Trail Description

The Lake Alice Trail is in Uplands Village at Pleasant Hill. The Lake Alice Trail has been on the marathon a few times in the past and is a pleasant around the lake.

NOTE: When walking on West Lake Road between trails or parking, walk on the shoulder on west side of West Lake. The shoulder is wider there safer around the blind curve.



hike

the
and

Driving Directions

Take the Sparta highway from Crossville for about 7 miles (after detouring around the Obed River bridge construction) to Pleasant Hill then, shortly after passing a gas station on the left, take the right turn on East Main Street into the village of Pleasant Hill. Pass the Elementary School and a short distance later turn right on to West Lake Road. After about half a mile pull over to the left onto Yonside Drive and immediately left again into the gravel trailhead parking from where you can access the Lake Alice Trail. (Yonside is a one-way road but the town has given permission to go the wrong way the short distance to the trail-head during the Marathon.)

9 Obed River Park Paved Trail, Crossville

Distance: 1.5 miles

Rating: Easy

Trailhead GPS Coordinates: 35.9744077, -85.046567

Trail Description

This is an easy 1.5 mile trail that is shaded for about ½ the hike. Along the hike you will see the Obed River, the failed G.E. Harrison and J. Ridley Mitchell Dam, the location of the closed Tennessee Central Railroad Trestle and Corridor, and many Bluebird houses.

Enter the Obed River Park and go into the second parking lot on the left (third entrance). Look for the sign marking the trail entrance toward the left. Follow the paved trail along the river. After about a half mile the trail turns up the hill at the failed G.E. Harrison and J. Ridley Mitchell Dam. Continue up to the field and continue on the paved trail following the fence and observing the exercise equipment. Follow the trail as it does a U-turn. Take the first left turn and go down the hill. Continue on the paved trail until you come to a parking lot. Turn right and walk along the edge of the road following the white posts. Turn into the trail-head parking lot to complete the hike and return to your vehicle.



Driving Directions

Obed River Park is located on West Avenue past Rural King and the farmer's market.

10. Gateway Trail, Meadow Creek Park, Monterey

Note: Meadow Creek Park is near Monterey and should not be confused with Meadow Park near Crossville

Distance: 3.0 miles

Rating: Moderate

Trailhead GPS Coordinates: 36.115286, -85.187851

Trail Description

Meadow Creek Park is a multiuse recreational park that is being developed, by the town of Monterey for mountain biking, hiking, fishing, kayaking, etc. There are many trails in the park but they are primarily biking trails but hikers are welcomed. A trail all around the lake is under construction.

The Hiking Marathon Gateway Trail is one of the trails that is an enjoyable hike with a short section around halfway that is rather steep. Navigate carefully by following the many red arrows.

Driving Directions

From Crossville, take Highway 70 North to Monterey. In Monterey turn right on to South Holly Street for four or five blocks before turning right on to East Commercial Street (which is Monterey's "Main St." where you can find a few stores and restaurants). Stay on East Commercial St, which becomes Clark Range Highway, for five miles. You will see the entrance to Meadow Creek Park on the right. Go to the end of the gravel road, about a third of a mile, to the trailhead parking lot that is shared with fishermen and kayakers.



11. Pioneer Short Loop, Cumberland Mountain State Park

Distance: 2.1 miles

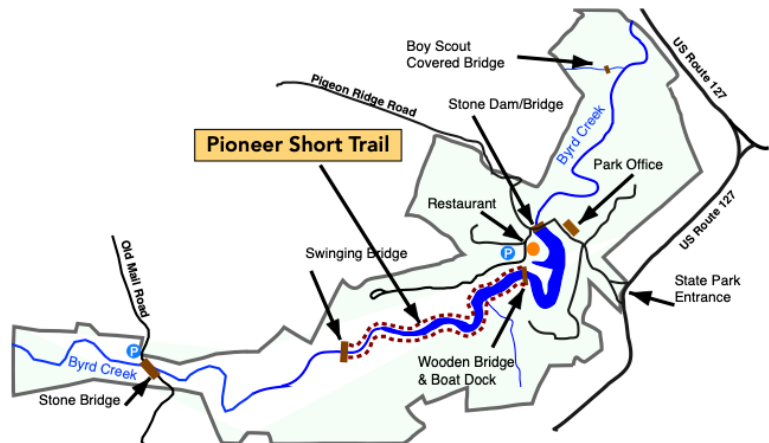
Rating: Moderate

Trailhead GPS Coordinates: 35.898544, -85.000171

Trail Description

Walk down to the wooden bridge where the Pioneer Trail starts and ends. Follow the Pioneer Trail along Byrd Creek then cross the creek on the swinging bridge and return on the other side of the creek.

This trail has many exposed roots on the trail so take extra care to avoid turning an ankle. The trails in the park pass close to water and there are steep drop-offs in many places so children should be supervised.



Driving Directions

The Cumberland Mountain State Park is very well known and there are plenty of road signs directing you to the park, which is about four miles south east of Crossville on Highway 127. There is plenty of parking in the park but please do not park in the restaurant parking lot as that gets very busy at times. We suggest you park near the kayak boat dock behind the restaurant which is close to the trail-head..

12. Black Mountain Summit Loop, Cumberland Trail

Distance: 2.0 miles

Rating: Easy

Trailhead GPS Coordinates: 35.868440, -84.887748

Trail Description

After parking the car, follow the signs to the Main Trail and the South Overlook. Stop in at the Spring House on the way. After enjoying the views at the overlook return to the Main Trail and head south along this section of the Cumberland Trail. Although it is not required for the marathon, you can take the staircase down off the summit if you want to admire the fascinating rock formations, then back up the stairs and turn left onto the loop trail to the northern overlook (which is a disappointment). Continue along the loop trail, crossing over the access road. Note where the main, Cumberland Trail branches off the left but remain on the loop trail and return to the parking lot. The trails in the park pass close to steep drop-offs in many places so children should be supervised.



Driving Directions

Take Bat Town Road south from the Crab Orchard exit from I-140, Exit 329. After about two miles turn left onto Owl Roost Road where it is signed to the Justin P Wilson State Park. Take Owl Roost Road and Black Mountain Road for three miles to the parking lot at the summit of the mountain. Drive carefully as it is a single-track road with few passing places.