

Cumberland County Hiking Marathon Trail Descriptions



Welcome to the 2025 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, for example: 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. CASCADE TRAIL, FAIRFIELD GLADE	3
2. GLASTOWBURY TRAIL, FAIRFIELD GLADE	4
3. OVERLOOK TRAIL, FAIRFIELD GLADE.....	5
4. RED LOOP, FAIRFIELD GLADE.....	6
5. SEVEN BRIDGES TRAIL, FAIRFIELD GLADE	7
6. AIRPORT SOUTH LOOP, CROSSVILLE.....	8
7. MEADOW PARK NORTH TRAIL	9
8. SOLDIER'S BEACH TRAIL, MEADOW PARK, CROSSVILLE	10
9. MEDITATION TRAIL AT ST RAPHAEL CHURCH	11
10. OBED RIVER PARK PAVED TRAIL, CROSSVILLE.....	12
11. PIONEER SHORT LOOP, CUMBERLAND MOUNTAIN STATE PARK	13
12. CT: PEAVINE ROAD SOUTH	14
13. CT: SELBY LOOP AT HEAD OF SEQUATCHIE.....	15

1. Cascade Trail, Fairfield Glade

Distance: 1.6 miles

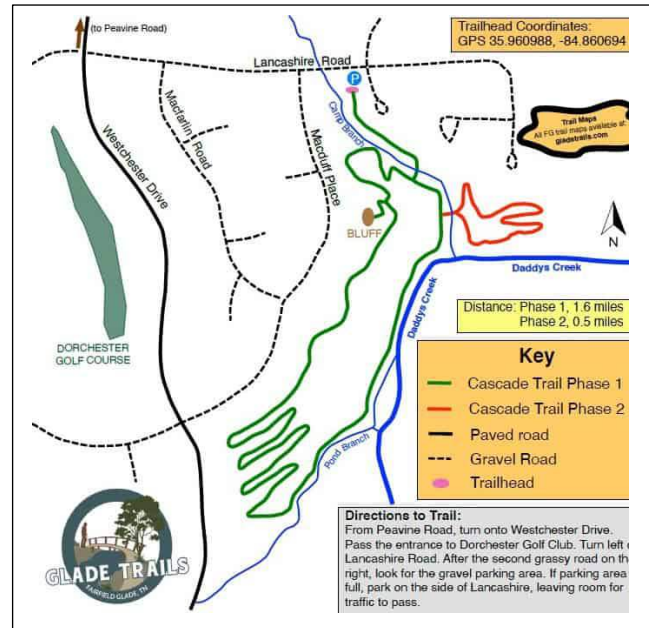
Rating: Moderate

Trailhead GPS Coordinates: 35.961033, -84.860668

Trail Description

Opened in the summer of 2025, this trail may become everyone's new favorite. Great views, beautiful rock features, SHADE, water everywhere (after it rains), and big old trees. A stunning trail.

This trail was very challenging to build as it is on a steep, rocky hillside that is heavily wooded. There is some debate about which way round to hike this trail. If you go counter-clockwise you will ascend a steady climb at the start of the loop to the overlook bluff and then descend the switchbacks at the far end of the loop, returning along the creek. If you go clockwise you start with the level trail along the creek, ascend the steep hill using the switchbacks and then descend steadily after the overlook bluff. Choose wisely! Just below the bluff is "The Squeeze" between two rocks.



Driving Directions

From Peavine Road, turn onto Westchester Drive.

Pass the entrance to Dorchester Golf Club. Turn left on Lancashire Road. After the second grassy road on the right, look for the gravel parking area. If parking area is full, park on the side of Lancashire, leaving room for traffic to pass.

2. Glastowbury Trail, Fairfield Glade

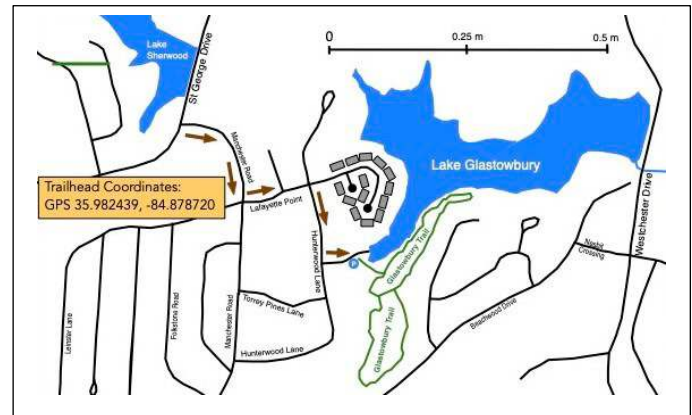
Distance: 1.0 miles

Rating: Easy

Trailhead GPS Coordinates: 35.982439, -84.878720

Trail Description

This trail begins at the boat ramp at Lake Glastowbury. It is not the easiest trailhead to find but worth the effort! This 1.0-mile trail offers some nice views across the lake but most of the trail is a woodland walk.



Driving Directions

From St George Drive take Manchester Road then turn left onto Lafayette Lane. Just before entering the condo complex, turn right onto Hunterwood Lane (Signed to the boat-launch). Turn left to the boat-launch and park at the trailhead.

3. Overlook Trail, Fairfield Glade

Distance: 2.3 miles

Rating: Moderate

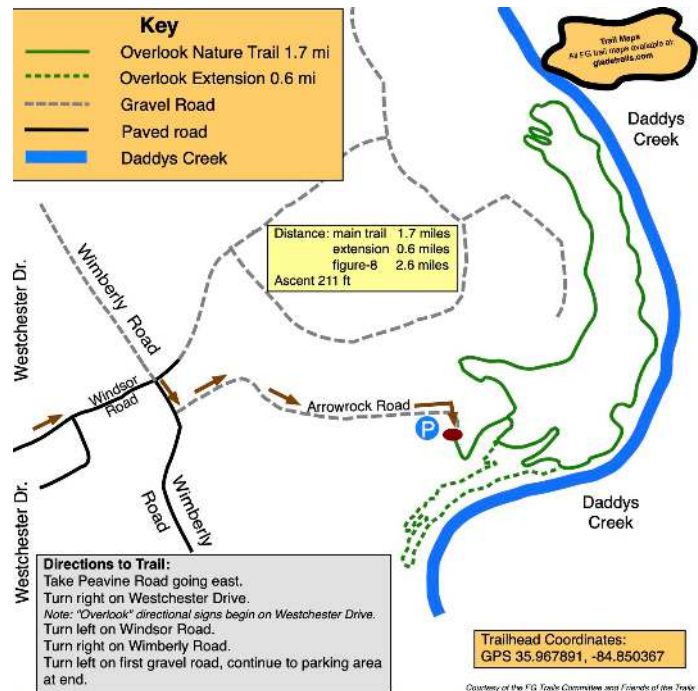
Trailhead GPS Coordinates: 35.967933, -84.850431

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.



4. Red Loop, Fairfield Glade

Distance: 3.0 miles

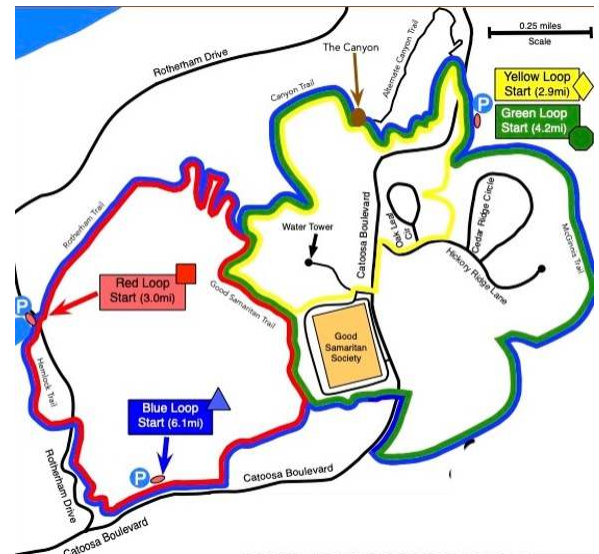
Rating: Strenuous

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).

5. Seven Bridges Trail, Fairfield Glade

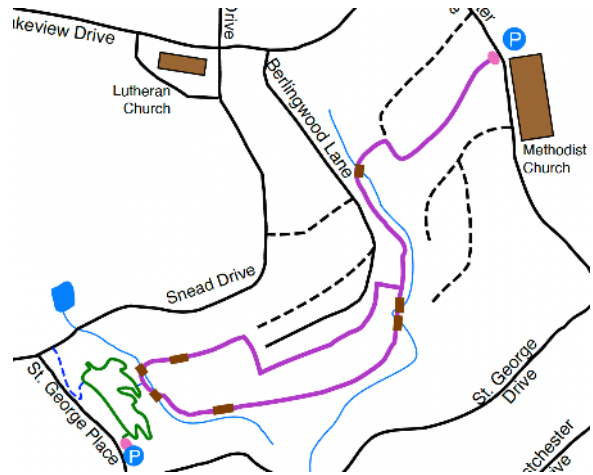
Distance: 2.5 miles

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 trail-head, 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.

Note: Avoiding this trail on Sunday mornings would be respectful of the church congregation as the parking lot gets rather full then.

6. 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.



7. Meadow Park North Trail

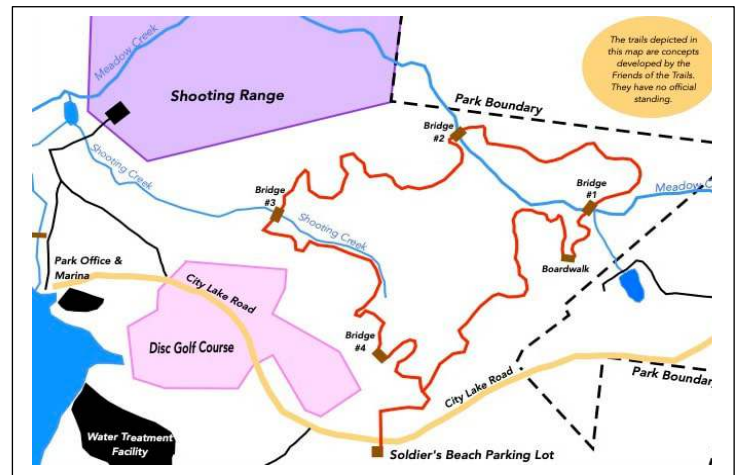
Distance: 2.5 miles

Rating: Easy

Trailhead GPS Coordinates: 35.899123, -85.088388

Trail Description

This is a new trail that was completed in August 2024. The trail-head is the Soldier's Beach parking lot. Cross the road and follow the sign entering into woods. After 0.3 miles the trail splits. This is the start of the loop so you can go either clockwise or counterclockwise around the loop.



Driving Directions:

To get to Meadow Park take Lantana Road, Highway 101, south out of Crossville. After about 3.5 miles, go straight 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. The trail-head parking is about half a mile on the left but you might want to follow City Lake Road to where it dead-ends at the park marina and office. Enjoy the views across the lake, and maybe use the restrooms at the campsite. Feel free to stop in the office and say "Hi" to the park manager, then drive back up the entrance road 0.6 miles to the trail-head parking lot which will now be on the right-hand side of the road.

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

Distance: 1.7 miles

Rating: Easy

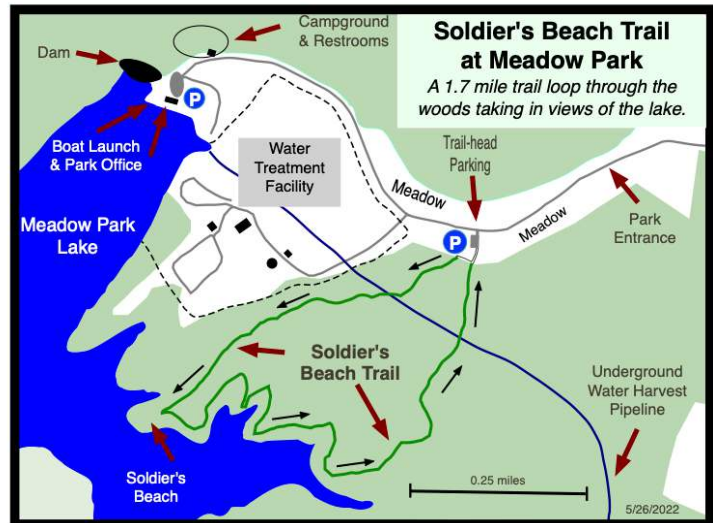
Trailhead GPS Coordinates: 35.899123, -85.088388

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.

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.



9. Meditation Trail at St Raphael Church

Distance: 1.0 miles

Rating: Easy

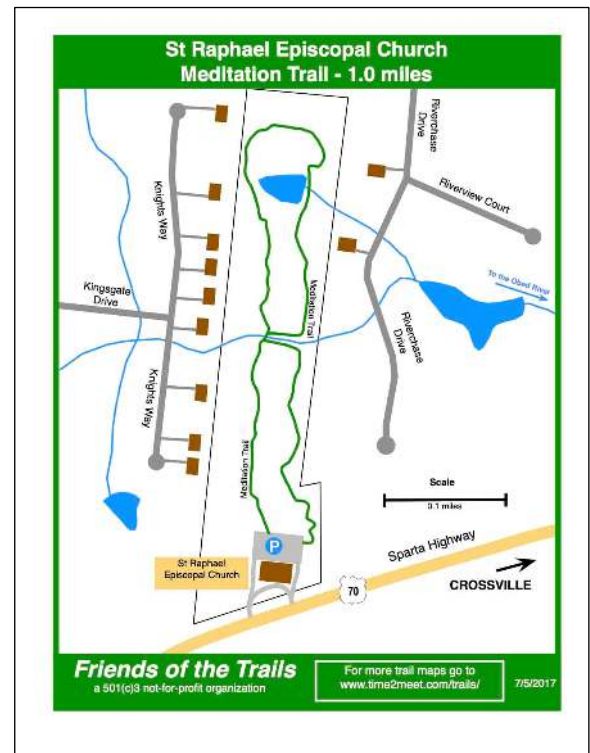
Trailhead GPS Coordinates: 35.959534, -85.060152

Trail Description

Please do not hike this trail on a Sunday morning as the parking lot will be full with the congregation's cars. Enter the Meditation Trail and enjoy an easy walk in this quiet spot close to the bustling activity in Crossville.

Driving Directions

Head out of Crossville along Sparta Highway, Route 70. After three quarters of a mile pass Ace Hardware on the right. Approximately a quarter of a mile after Ace turn right into the parking lot of the St Raphael Episcopal Church. Park behind the church close to the trailhead.



11. Pioneer Short Loop, Cumberland Mountain State Park

Distance: 2.1 miles

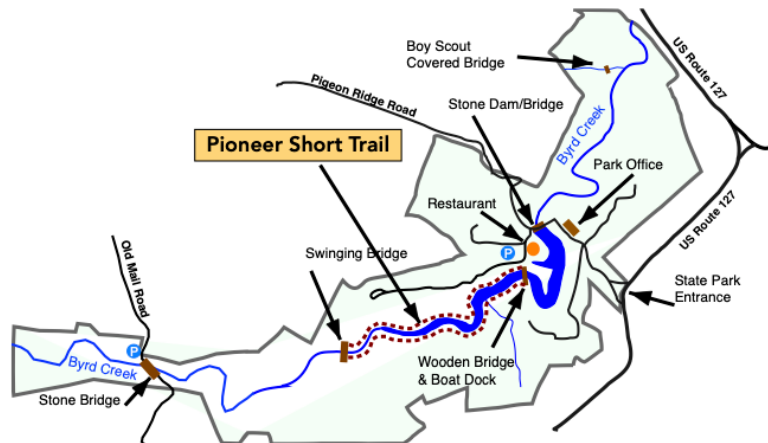
Rating: Easy

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 Bryd 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. CT: Peavine Road South

Distance: 3 miles

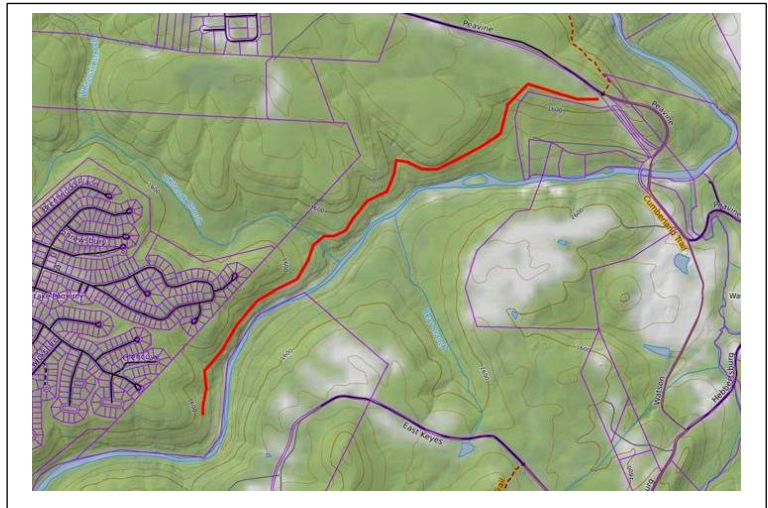
Rating: Moderate

Trailhead GPS Coordinates: 36.000824, -84.825522

Description

This is a new trail that is still under construction in places. The first half mile is easy with very little change in elevation. The second half mile is a little more challenging with some elevation changes and rock steps. The final half mile is even more challenging with significant elevation and many large rock steps.

About 1.3 miles from the trailhead you will come to a large metal bridge. Immediately after the bridge is a step staircase of large steps followed by a quarter of a mile of level trail to the “Stop and Turn Around” sign.



Note1: Take care that you take the trail south. Heading towards the Devil’s Breakfast Table is the wrong direction. Stop and turnaround!

Note 2: Because of the steepness of the trail after the bridge it is acceptable to turn around at the bridge and claim the complete trail.

Note 3: For those who like rising to a challenge, the trail continues for about a mile beyond the bridge. Construction crews are still working to extend the trail.

Driving Directions

This trailhead is about 3.5 miles from the corner of Peavine Road and Stonehenge Drive (the last stop light) on Peavine Road in Fairfield Glade, heading away from Crossville, towards Hebbertsburg.

The trailhead parking is located on the right hand side of the road. It is not a parking lot, just pull-off at the side of the road. Do not cross the road. The trail entrance is on the same side of the road as the parking area.

13. CT: Selby Loop at Head of Sequatchie

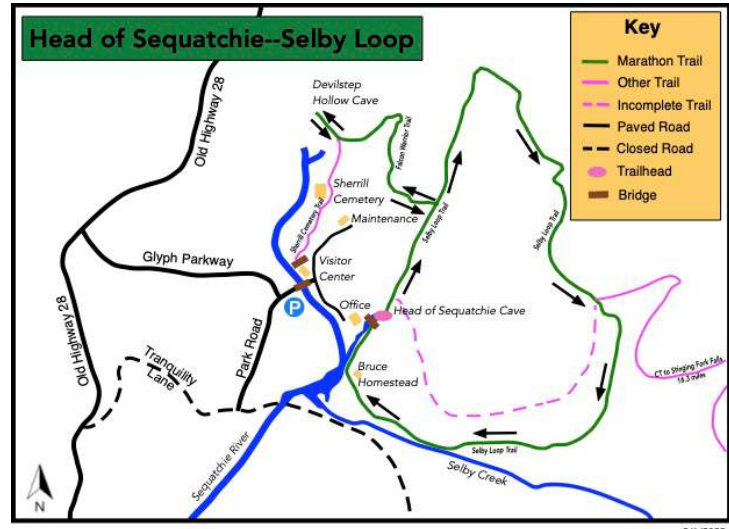
Distance: 1.5 miles

Rating: Easy

Trailhead GPS Coordinates: 35.794242, -85.012695

ABOUT THE HEAD OF SEQUATCHIE

The Head of Sequatchie is an area of the Justin P. Wilson Cumberland Trail State Park admired for its serenity and beauty. Named for the headwaters of the Sequatchie River, the Head of Sequatchie boasts hiking, history, and pristine beauty serving as a snapshot of a time since passed.



Enjoy the birthplace of the Sequatchie River, which rushes forth as the only natural water outlet of the pristine Grassy Cove to the north as a result of the karst topography of the area. The beginning of the Sequatchie Valley, which stretches into Alabama, is an excellent place for picnics, outings, and gatherings of all sorts.

Trail Description: Leave the parking lot over the bridge and go to the visitor's center (stop in if you wish) and then turn right towards the park office and the head of Sequatchie cave. Cross the bridge and turn left to join the Selby Loop. After less than a quarter of a mile turn left and take the trail to the overlook of Devilstep Hollow Cave. Retrace your footsteps to Selby Trail and continue around the loop until it brings you back to the Head of Sequatchie cave. Return to the parking lot and maybe take a short side trip to the Sherrill Cemetery where rests the first sheriff of Cumberland County—Craven Sherrill (descendant of Katherine “Bonnie Kate” Sherrill, wife of John Sevier).

Driving Directions: 270 Glyph Parkway, Pikeville, TN 37367.

Take Hwy 127S south out of Crossville. At the Homestead Tower, keep right on Hwy 127S. Continue about 5.7 miles, passing Cumberland Mountain State Park and Bassetts Creek Bridge.

Turn left onto Brown Rd, a tar and chip road. Follow for 0.8 miles to a T-junction; turn left onto Rhea Rd. Drive for 0.5 miles to a T-junction; turn right onto Old Hwy 28 S. Drive carefully 2.5 miles down this narrow, winding road. Turn left on Glyph Parkway at the Head of Sequatchie sign. Follow this road to the paved parking area at the bottom of the hill.