



Follow the trail to a new discovery, HIKE CARTER COUNTY!!!!

POPULAR TRAILS IN CARTER COUNTY, TN

Roan Highlands

This area is noted as one of the most scenic regions of the Southern Appalachians. Visit the Roan Mtn. State Park and many other trails for inspiring scenery. Other trails in the Highlands include: Over Mountain Victory Trail, Yellow Mtn, Hump Mtn., Little Hump Mtn., and Roan High Bluff

*Carvers Gap to Roan High Knob (AT) Moderate 2.0 round trip
Highest shelter on the AT; virgin spruce fir forest; deep forest
coves generally dark and wet all year; abundant snow in winter.
Hwy 19E from Eliz to town of Roan Mtn.
Right on Route 143 to Carvers Gap
Parking lot at TN/NC border*

*Carvers Gap to Grassy Ridge (AT) Moderate 5.2 round trip
Trail mostly follows the AT; crosses alpine type meadows with 360
degree views; branch off of the AT to grassy ridge; largest open
bald in the Roan Highlands
Hwy 19E from Eliz to town of Roan Mtn
Right on Route 143 to Carvers Gap
Parking lot at TN/NC border*

*Rhododendron Gardens Easy .5 round trip
Largest natural Catabwa Rhododendron Gardens in the world.
Picnic area, trail is handicap accessible
Hwy 19E from Eliz to town of Roan Mtn
Right on Route 143 to Carvers Gap*

Right at sign to Gardens

Laurel Fork Falls (AT)

Moderate 5.0 round trip

Probably the most popular trail in Carter County. A fairly easy hike with some rock walking, watch out for heavy rains or high water, but traveled by many families. The reward is trout side stream walking with cliffs and crags above as you enter into a river gorge. The final stop is Laurel Fork Falls with the possibility of a dip at the base

Take 19E from Eliz to Hampton

Turn left at Hampton onto Hwy 321, go thru town of Hampton

At the far end of Hampton cross bridge and parking area immediately on right

Jones Falls (AT)

Moderate 3.5 round trip

Tallest falls in Carter County, located on a short spur off of the AT. Continueing

on the AT brings you to the Elk River.

From Eliz take 19E toward Roan Mtn

Go to TN/NC border and turn left on Buck Mtn Rd

Approx 2.5 mi look for AT crossing and Buck Mtn Baptist Church

Take AT north bound

Watauga Dam (AT)

Easy

7.0 round trip

A scenic section of the AT following the shore of Watauga lake to the earthen TVA dam. The At travels over the top of the dam affording views of the lake and surrounding mountains.

Take 19E from Eliz to Hampton

Turn left at Hampton onto Hwy 321, go thru town of Hampton

Come to Watauga Lake and Shook Branch Picnic area

Gravel parking lot on highway

Blue Hole Falls

Moderate .25 round trip

Beautiful cascades of creek over rocks into pools.

Take TN91 from Eliz up Stoney Creek for 10 mi

Turn left onto Panhandle Rd

When road turns to gravel parking area will be on left.

Iron Mountain (AT)

Moderate 15.8 one way

A long section of the AT following the ridge of Iron Mountain. Two shelters on this section and except for the initial trek to the ridge fairly easy ridge running.

TN91 from Eliz to Hunter

Turn right onto Blue Springs Rd, follow signs to Wilbur/Watauga

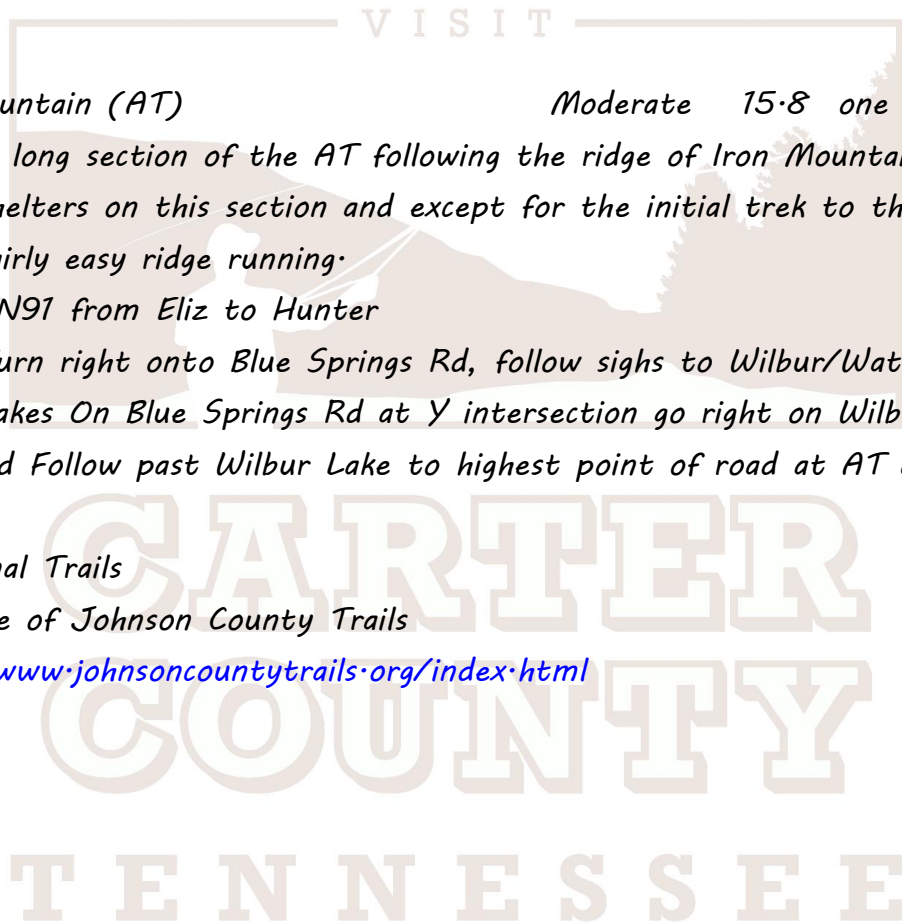
Lakes On Blue Springs Rd at Y intersection go right on Wilbur Dam

Rd Follow past Wilbur Lake to highest point of road at AT crossing

Additional Trails

Web site of Johnson County Trails

<http://www.johnsoncountytrails.org/index.html>



Notes:

The above directions are very brief. It is suggested that a good area map, like the one below be used to locate trail heads.

ADDITIONAL INFORMATION

Waterfalls Total of 19 waterfalls in Carter County

<i>Jones Falls</i>	<i>100'</i>	<i>moderate trail, spur of AT</i>
<i>Laurel Fork Falls</i>	<i>55'</i>	<i>easy trail, family friendly</i>
<i>Coon Den Falls</i>	<i>50'</i>	<i>moderate to difficult trail</i>
<i>Twisting Falls</i>	<i>30'</i>	<i>difficult trail</i>
<i>Little Laurel Branch Falls</i>	<i>50'</i>	<i>view from road, family friendly</i>
<i>Mountaineer Falls</i>	<i>50'</i>	<i>Moderate, spur of AT</i>

Mountains

<i>Roan High Knob</i>	<i>6,285'</i>
<i>Grassy Ridge Bald</i>	<i>6,160'</i>
<i>Round Bald</i>	<i>5,800'</i>
<i>Jane Bald</i>	<i>5,750'</i>
<i>Little Hump Mt</i>	<i>5,440'</i>
<i>Hump Mt</i>	<i>5,280'</i>

Wilderness Areas

<i>Highlands of Roan Scenic Area</i>	<i>12,000 Ac</i>
<i>Pond Mountain Wilderness</i>	<i>6,195 Ac</i>
<i>Big Laurel Branch Wilderness</i>	<i>6,251 Ac</i>
<i>Doe River Gorge Scenic Area</i>	<i>1,783 Ac</i>
<i>Hampton Creek Cove Natural Area</i>	<i>693 Ac</i>
<i>Flint Mill Scenic/Primitive Area</i>	<i>6,510 Ac</i>
<i>Watauga River Bluffs Natural Area</i>	<i>50 Ac</i>

Cherokee National Forest

Located in East TN 650,000 Ac
Largest National Forest in TN
Over 600 Mi of marked trails

150 Mi of the AT

www.fs.usda.gov/cherokee/

Appalachian Trail

Longest marked footpath in the nation at 2,181 mi

First completed in 1937

Crosses 6 other National Parks

Enters 8 National Forests

Touches 14 States

TVA Lakes

Watauga Lake 6,430 Ac, 106 Mi Shoreline, 16 Mi Length

Wilbur Lake (Horseshoe Lake)

www.tva.gov/river/lakeinfo/index.htm

Sources:

Trail Illustrated, National Geographic Maps

www.nationalgeographic.com/maps

Cherokee National Forest

www.fs.usda.gov/cherokee/

Appalachian Trail Conservancy

<http://www.appalachiantrail.org>

Map of state Natural Areas

http://www.state.tn.us/environment/na/natareas/single_map.shtml

TN Natural Areas Program

<http://www.state.tn.us/environment/na/natareas/>

Appalachian Trail Conservancy

<http://www.appalachiantrail.org>

Tennessee Landforms



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<http://web.eecs.utk.edu/~dunigan/landforms/index.php>



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