

Great Smoky Mountains National Park - Trail Data Book

Trails	Trailhead Miles	Trailhead Miles
Abrams Falls Trail	Cades Cove	Hannah Mountain Trail
<i>Trailhead - Cades Cove, Abrams Fall Parking Area</i>	0.0	4.2
<i>Access Trail - right to Oliver's Cabin</i>	0.1	4.1
<i>Footlog</i>	0.7	3.5
<i>Arbutus Ridge - overlook</i>	1.0	3.2
<i>Footlog - Stoney Branch</i>	1.8	2.4
<i>Footlog - Wilson Branch</i>	2.4	1.8
<i>Access Trail - left to Abrams Falls</i>	2.5	1.7
<i>Footlog - Krieder Branch</i>	3.5	0.7
<i>Footlog - Oak Flats Branch</i>	3.7	0.5
<i>Trailhead - Hannah Mountain to left. Hatcher Mountain straight</i>	4.2	0.0
Elevation	1926	1375
Elevation Gain	443.0	978.0
Elevation/mile	105.5	232.9
Grade	2%	4%
Ace Gap Trail	Rich Mountain Road	Beard Cane Trail
<i>Trailhead - Rich Mountain Road</i>	0.0	5.6
<i>Kelly Gap - Remnants of Campsite #4</i>	2.3	3.3
<i>Access trail to private home</i>	2.6	3.0
<i>Ace Gap</i>	4.6	1.0
<i>Blair Gap - Intersection with Beard Cane Trail</i>	5.6	0.0
Elevation	1932	1789
Elevation Gain	1082	1046
Elevation/mile	193.2	186.8
Grade	4%	4%
Albright Grove Loop	Maddron Bald Trail	Maddron Bald Trail
<i>Trailhead - Maddron Bald Trail</i>	0.0	0.7
<i>Access path to Big Polar</i>	0.3	0.4
<i>Switchback</i>	0.4	0.3
<i>Trailhead - Maddron Blad Trail</i>	0.7	0.0
Elevation	3112.0	3302.0
Elevation Gain	225.0	185.0
Elevation/mile	321.4	264.3
Grade	9%	7%

Alum Cave Trail	Newfound Gap Road	Rainbow Falls Trail
<i>Trailhead - Newfound Gap Road</i>	0.0	5.0
<i>Foorbridge - Walker Camp Prong</i>	0.0	5.0
<i>Footbridge - Alum Cave Creek</i>	0.1	4.9
<i>Footlog - Styx Branch</i>	1.1	3.9
<i>Footlog - Styx Branch</i>	1.2	3.8
<i>Footlog - Styx Branch</i>	1.4	3.6
<i>Arch Rock</i>	1.4	3.6
<i>Footlog - Styx Branch</i>	1.4	3.6
<i>Inspiration Point</i>	2.0	3.0
<i>Alum Cave Bluff</i>	2.3	2.7
<i>The Pulpit</i>	2.6	2.4
<i>Switchback at steps</i>	3.8	1.2
<i>Trailhead - Rainbow Falls Trail</i>	5.0	0.0
Elevation	3914.0	6315.0
Elevation Gain	2401.0	37.0
Elevation/mile	480.2	7.4
Grade	9%	0%

Anthony Creek Trail	Cades Cove Picnic Area	Bote Mountain Trail
<i>Trailhead</i>	0.0	3.5
<i>Crib Gap Trail</i>	0.2	3.4
<i>Anthony Creek Horse Camp</i>	0.3	3.3
<i>Footbridge - Abrams Creek</i>	0.6	2.9
<i>Footlog - Abrams Creek</i>	1.0	2.5
<i>Footlbridge - Abrams Creek</i>	1.1	2.4
<i>Footlog - Left Prong Anthony Creek</i>	1.6	1.9
<i>Russell Field Trail - 3.5 miles to Russell Field Shelter</i>	1.6	1.9
<i>Footlog - Anthony Creek</i>	2.0	1.5
<i>Anthony Creek Campsite #9</i>	2.8	0.7
<i>Switchback</i>	2.9	0.6
<i>Views of Cades Cove</i>	3.2	0.3
<i>Trailhead - Bote Mountain Trail</i>	3.5	0.0
Elevation	2018	3756
Elevation Gain	1742	7
Elevation/mile	497.7	2.0
Grade	9%	0%

Bear Creek Trail	Forney Creek Trail	Welch Ridge Trail
<i>Trailhead - Forney Creek Trail</i>	0.0	5.9
<i>Bridge - Bear Creek</i>	0.2	5.7

<i>Switchback - Access path to Hoyle Cemetery</i>	0.5	5.4
<i>Bridge - Bear Creek</i>	1.9	4.0
<i>Bridge - Bear Creek</i>	2.0	3.9
<i>Poplar Flats Campsite #75</i>	2.8	3.1
<i>Switchback</i>	3.2	2.7
<i>Switchback</i>	4.4	1.5
<i>Trailhead - Welch Ridge Trail</i>	5.9	0.0
Elevation	1,825	4,890
Elevation Gain	3065	16
Elevation/mile	519.5	2.7
Grade	10%	0%

Beard Cane Trail	Cooper Road Trail	Ace Gap Trail
<i>Trailhead - Cooper Road Trail</i>	0.0	4.2
<i>Marker - Campsite #11 - Campsite is Closed</i>	1.0	3.2
<i>Beard Cane Creek</i>	1.7	2.5
<i>Beard Cane Creek</i>	1.9	2.3
<i>Beard Cane Creek</i>	1.9	2.3
<i>Beard Cane Creek</i>	2.3	1.9
<i>Beard Cane Creek</i>	2.4	1.8
<i>Beard Cane Creek</i>	2.5	1.7
<i>Beard Cane Creek</i>	2.6	1.6
<i>Beard Cane Creek</i>	2.6	1.6
<i>Beard Cane Creek</i>	2.7	1.5
<i>Beard Cane Creek</i>	2.7	1.5
<i>Beard Cane Creek</i>	2.9	1.3
<i>Beard Cane Creek</i>	2.9	1.3
<i>Beard Cane Creek</i>	3.0	1.2
<i>Beard Cane Creek</i>	3.0	1.2
<i>Beard Cane Creek</i>	3.1	1.1
<i>Beard Cane Creek</i>	3.5	0.7
<i>Campsite #3 - Hesse Creek</i>	3.6	0.6
<i>Ford - Hesse Creek</i>	3.7	0.5
<i>Trailhead - Ace Gap Trail at Blair Gap</i>	4.2	0.0
Elevation	1867	1678
Elevation Gain	660	620
Elevation/mile	157.1	147.6
Grade	3%	3%

Boulevard Trail	Appalachian Trail	Rainbow Falls Trail
<i>Trailhead - Appalachian Trail</i>	0.0	5.4
<i>Manway - 0.6 mi to Jump Off</i>	0.1	5.3
<i>Walker Camp Prong</i>	1.0	4.4

<i>Anakeesta Knob</i>	2.5	2.9
<i>Alum Gap</i>	2.8	2.6
<i>Manway - Myrtle Point</i>	4.9	0.5
<i>High Top</i>	5.0	0.4
<i>Mount LeConte Shleter</i>	5.2	0.2
<i>Access path - Cliff Top</i>	5.3	0.1
<i>LeConte Lodge - Intersection with Rainbow Falls Trail</i>	5.4	0.0
Elevation	5959	6422
Elevation Gain	1600	882
Elevation/mile	296.3	163.3
Grade	6%	3%

Brushy Mountain Trail	Porters Creek Trail	Summit Brushy Mountain
<i>Trailhead - Porters Creek Trail</i>	0	4.9
<i>Access Trail to SMHK Cabin</i>	0.3	4.6
<i>The Fittified Spring</i>	1.2	3.7
<i>Switchback</i>	3.3	1.6
<i>Trillium Branch</i>	2.7	2.2
<i>Trillium Gap - Intersection with Trillium Gap Trail</i>	4.5	0.4
<i>Trailhead - Brushy Mountain Summit</i>	4.9	0.0
Elevation	2200	4911
Elevation Gain	2711	12
Elevation/mile	553.3	2.4
Grade	10%	0%

Bull Head Trail	Old Sugarlands Trail	Rainbow Falls Trail
<i>Trailhead - Old Sugarlands Trail</i>	0.0	5.9
<i>Bull Head</i>	2.4	3.5
<i>The Pulpit</i>	2.6	3.3
<i>Balsam Point</i>	5.4	0.5
<i>Trailhead - Rainbow Fall Trail</i>	5.9	0.0
Elevation	2699	5928
Elevation Gain	3687	113
Elevation/mile	624.9	0.1
Grade	12%	0%

Cane Creek Trail	Cane Gap	Park Boundary
<i>Trailhead - Cane Gap intersection with Cooper Road Trail</i>	0.0	2.1
<i>Cane Creek</i>	0.7	1.4
<i>Cane Creek</i>	0.9	1.2
<i>Cane Creek</i>	1.1	1.0

<i>Cane Creek</i>	1.3	0.8
<i>Creek Crossing</i>	1.7	0.4
<i>Creek Crossing</i>	1.9	0.2
<i>Cane Creek</i>	2.0	0.1
<i>Trailhead - Park Boundary</i>	2.1	0.0
Elevation	1532	1226
Elevation Gain	76	321
Elevation/mile	36.2	152.9
Grade	1%	3%

Chestnut Top Trail	Townsend "Y"	Schoolhouse Gap Trail
<i>Trailhead - Townsend "Y"</i>	0.0	4.3
<i>Switchback</i>	0.7	3.6
<i>Hollow Tree Trunk</i>	1.3	3.0
<i>Switchback</i>	1.4	2.9
<i>View of Thunderhead Montain</i>	1.8	2.5
<i>Bryant Gap</i>	2.8	1.5
<i>Trailhead - Schoolhose Gap Trail</i>	4.3	0.0
Elevation	1209	2135
Elevation Gain	1325	400
Elevation/mile	308.1	93.0
Grade	6%	2%

Cooper Creek Trail	Cooper Dreek Road	Deeplow Gap Trail
<i>Trailhead - Cooper Creek Road</i>	0.0	0.5
<i>Cooper Creek - Wet Crossing</i>	0.2	0.3
<i>Footlog - Cooper Creek</i>	0.5	0.0
<i>Trailhead - Deeplow Gap Trail</i>	0.5	0.0
Elevation		
Elevation Gain	75.0	0.0
Elevation/mile	150.0	0.0
Grade	3%	0%

Cooper Road Trail	Abrams Creek Campground	Cades Cove Loop Road
<i>Trailhead - Abrams Creek Campground</i>	0.0	10.9
<i>Kingfisher Creek</i>	0.6	10.3
<i>Little Bottoms Trail</i>	0.9	10.0
<i>Campsite #1 - Cooper Road</i>	0.9	10.0
<i>Gold Mine Gap - Gold Mine Trail Intersection</i>	2.5	8.4
<i>Cane Gap - Intersection with Can Creek Trail</i>	3.1	7.8
<i>Beard Cane Trail</i>	4.9	6.0
<i>Wilson Branch</i>	6.3	4.6

<i>Stoney Branch</i>	7.3	3.6
<i>Abrams Branch</i>	9.2	1.7
<i>Wet Bottom Trail</i>	10.3	0.6
<i>Trailhead - Cades Cove Loop Road</i>	10.9	0.0
Elevation	1357	1951
Elevation Gain	2309	1645
Elevation/mile	211.8	150.9
Grade	4%	3%

Crib Gap Trail	Finely Cane Trail	Anthony Creek Trail
<i>Trailhead - Finely Cane Trail</i>	0.0	1.6
<i>Ford - Creek Tunnel under Laurel Creek Road</i>	0.1	1.5
<i>Turkey Pen Ridge Trail</i>	0.2	1.4
<i>Laurel Creek Road</i>	0.7	0.9
<i>Stream</i>	1.4	0.2
<i>Trailhead - Anthony Creek Trail</i>	1.6	0.0
Elevation	1799	2182
Elevation Gain	486	213
Elevation/mile	303.8	133.1
Grade	6%	3%

Crooked Arm Ridge Trail	Rich Mountain Loop Trail	Indian Grave Gap Trail
<i>Trailhead - Rich Mountain Loop Trail</i>	0.0	2.2
<i>Crooked Arm Falls</i>	0.2	2.0
<i>Crooked Arm Branch</i>	0.4	1.8
<i>Switchback</i>	1.2	1.0
<i>Switchback</i>	1.9	0.3
<i>Trail Split</i>	2.0	0.2
<i>Trailhead - Indian Grave Gap Trail</i>	2.2	0.0
Elevation	1500.0	35.0
Elevation/mile	681.8	15.9
Grade	13%	0%

Finley Cane Trail	Laurel Creek Road	Bote Mountain Trail
<i>Trailhead - Laurel Creek Road</i>	0.0	2.6
<i>Sugar Cove Prong</i>	0.1	2.5
<i>Access path to Turkey Pen Ridge Trail</i>	0.2	2.4
<i>Laurel Cove Creek</i>	0.8	1.8
<i>Hickory Tree Branch</i>	0.8	1.8
<i>Finley Cane Creek</i>	1.8	0.8

<i>Trailhead - Bote Mountain Trail</i>	2.6	0.0
Elevation	1760	1959
Elevation Gain	459	259
Elevation/mile	176.5	99.6
Grade	3%	2%

Fork Ridge Trail	Clingmans Dome Road	Deep Creek Trail
<i>Trailhead - Clingmans Dome Road</i>	0.0	5.1
<i>Switchback</i>	1.8	3.3
<i>Deep Creek Gap</i>	4.7	0.4
<i>Deep Creek - Ford</i>	5.1	0.0
<i>Trailhead - Deep Creek Trail</i>	5.1	0.0
Elevation	5901	3240
Elevation Gain	13	2799
Elevation/mile	2.5	548.8
Grade	0%	10%

Gold Mine Trail	Park Boundary	Gold Mine Gap
<i>Trailhead - Park Boundary at Steffner Road</i>	0.0	0.8
<i>Stream</i>	0.4	0.4
<i>Stream</i>	0.3	0.5
<i>Trailhead - Goldmine Gap at Cooper Road Trail</i>	0.8	0.8
Elevation	1997	1690
Elevation Gain	21	354
Elevation/mile	26	443
Grade	0%	8%

Goshen Prong Trail	Little River Trail	Appalachian Trail
<i>Trailhead - Little River Trail</i>	0.0	7.6
<i>Bridge - Little River</i>	0.1	7.5
<i>Road Turnaround</i>	1.2	6.4
<i>Stream</i>	1.3	6.3
<i>Wars Branch</i>	1.4	6.2
<i>Former Camp Rock Campsite</i>	2.1	5.5
<i>Battle Hollow</i>	2.2	5.4
<i>Rock Overhang</i>	2.7	4.9
<i>Fish Camp Prong</i>	3.0	4.6
<i>Fish Camp Prong</i>	3.2	4.4
<i>Camp Rock - Campsite #23</i>	3.2	4.4
<i>Former Lower Buckeye Gap Campsite</i>	4.3	3.3
<i>Cascade</i>	4.6	3.0
<i>Stream</i>	4.8	2.8
<i>Stream</i>	4.9	2.7

Cave	5.0	2.6
Trailhead - Appalachian Trail	7.6	0.0
Elevation	2930	5829
Elevation Gain	2930	33
Elevation/mile	385.5	4.3
Grade	7%	0%

Greenbrier Ridge Trail	Middle Prong Trail	Appalachian Trail
Trailhead - Middle Prong Trail Intersection	0.0	4.2
Ford - Indian Flats Prong	0.4	3.8
John Frank Walker Branch	0.6	3.6
Double Trstle Branch	1.4	2.8
Switchback	1.9	2.3
Switchback	2.6	1.6
Trailhead - Sams Gap at Appalachian Trail	4.2	0.0
Elevation	3297	4819
Elevation Gain	1568	49
Elevation/mile	785	12
Grade	15%	0%

Gregory Bald Trail	Sams Gap	AT at Doe Knob
Stream Crossing	0.6	7.4
Panther Gap	3.2	4.2
Spring - watersource for CS #13	3.9	3.5
Sheep Pen Gap - Campsite #13	4.1	3.3
Gregory Bald	4.5	2.9
Manway to Moore Spring	4.9	2.5
Rich Gap - Gregory Ridge Trail	5.2	2.2
Long Hungry Ridge Trail	5.3	2.1
Forge Knob	6.2	1.2
Trailhead at Buck Gap and AT Intersection	7.4	0.0
Elevation	2738	4526
Elevation Gain	2516	965
Elevation/mile	340.0	130.4
Grade	6%	2%

Gregory Ridge Trail	Forge Creek Road Turnaround	Rich Gap
Trailhead - Forge Creek Road	0.0	5.0
Footlog - Forge Creek	0.3	4.7
Footlog - Forge Creek	1.8	3.2
Footlog - Forge Creek	1.9	3.1
Campsite #12 - Forge Creek	2.0	3.0

<i>Trailhead - Rich Gap on Gregory Bald Trail</i>	5.0	0.0
Elevation	2116	4655
Elevation Gain	2608	66
Elevation/mile	521.6	13.2
Grade	10%	0%

Hannah Mountain Trail	Cooper Road Trail	Sams Gap
<i>Trailhead - Hatcher Mountain Trail at Abrams Creek</i>	0.0	9.5
<i>Ford - Abrams Creek</i>	0.0	9.5
<i>Creek Crossing - Scott Gap Branch</i>	1.7	7.8
<i>Scott Gap - Intersection with Rabbit Creek Trail</i>	1.9	7.6
<i>Camsite #16 - Scott Gap</i>	1.9	7.6
<i>Polecat Ridge</i>	3.2	6.3
<i>Campsite #14 - Flint Gap</i>	5.1	4.4
<i>Stream Crossing - Hannah Branch</i>	5.4	4.1
<i>Hannah Mountain</i>	6.4	3.1
<i>Trailhead - Sams Gap</i>	9.5	0.0
Elevation	1312	2796
Elevation Gain	2149	659
Elevation/mile	226.2	69.4
Grade	4%	1%

Hatcher Mountain Trail	Abrams Falls Trail	Cooper Road Trail
<i>Trailhead - Abrams Falls Trail</i>	0.0	2.8
<i>Little Bottoms Trail</i>	0.2	2.6
<i>Creek Crossing - Oak Flats Branch</i>	1.5	1.3
<i>Trail - Cooper Road Trail</i>	2.8	0.0
Elevation	1301.0	1984.0
Elevation Gain	928	246
Elevation/mile	331.4	87.9
Grade	2%	0%

Indian Grave Gap Trail	Rich Mountain Road	Crooked Arm Ridge Trail
<i>Trailhead - Rich Mountain Road</i>	0.0	3.7
<i>Indian Grave Gap</i>	0.6	3.1
<i>Rich Mountain Loop Trail</i>	1.1	2.6
<i>Rich Mountain Trail</i>	1.9	1.8
<i>Access Path to Cerulean Knob Summit</i>	2.1	1.6
<i>Overlook</i>	2.5	1.2
<i>Trailhead - Crooked Arm Ridge Trail</i>	3.7	0.0
Elevation	2515	3390
Elevation Gain	1165	287

Elevation/mile	315	78
Grade	6%	1%

Jonas Creek Trail	Forney Creek Trail	Welch Ridge Trail
<i>Trailhead - Forney Creek Trail</i>	0.0	4.1
<i>Footlog - Forney Creek</i>	0.0	4.1
<i>Jonas Creek Campsite #70</i>	0.1	4.0
<i>Ford - Jonas Creek</i>	0.4	3.7
<i>Ford - Jonas Creek</i>	0.5	3.6
<i>Switchback</i>	0.5	3.6
<i>Ford - Jonas Creek</i>	1.0	3.1
<i>Ford - Jonas Creek</i>	1.2	2.9
<i>Ford - Jonas Creek</i>	1.3	2.8
<i>Yanu Branch</i>	1.8	2.3
<i>Switchback</i>	2.3	1.8
<i>Switchback</i>	2.5	1.6
<i>Switchback</i>	2.6	1.5
<i>Switchback</i>	3.1	1.0
<i>Trailhead - Welch Ridge Trail</i>	4.1	0.0
Elevation	2459	4501
Elevation Gain	2083	39
Elevation/mile	508.0	9.5
Grade	10%	0%

Kephart Prong Trail	Newfound Gap Road	Sweat Heffer Trail
<i>Trailhead - Newfound Gap Road</i>	0.0	2.0
<i>Chimney</i>	0.3	1.7
<i>Bridge - Kephart Prong</i>	0.4	1.6
<i>Footlog - Kephart Prong</i>	0.9	1.1
<i>Footlog - Kephart Prong</i>	1.1	0.9
<i>Footlog - Kephart Prong</i>	1.6	0.4
<i>Kephart Prong Shelter</i>	2.0	0.0
<i>Trailhead - Sweat Heffer Trail</i>	2.0	0.0
Elevation	2703	3519
Elevation Gain	814	3
Elevation/mile	407.0	1.5
Grade	8%	0%

Lead Cove Trail	Laurel Creek Road	Bote Mountain Trail
<i>Trailhead - Laurel Creek Road</i>	0.0	1.8
<i>Sugar Cove Prong</i>	0.4	1.4
<i>Laurel Cove Creek</i>	1.4	0.4

<i>Trailhead - Sandy Gap at Bote Mountain Trail</i>	1.8	0.0
Elevation	1832.0	3008.0
Elevation Gain	1,161 ↑	3
Elevation/mile	645.6	1.7
Grade	12%	0%

Little Bottoms Trail	Cooper Road Trail	Hatcher Mountain Trail
<i>Trailhead - Cooper Road Trail</i>	0.0	2.3
<i>Kingfisher Creek</i>	0.1	2.2
<i>Crest of Ridge</i>	0.4	1.9
<i>Buck Shank Branch</i>	0.6	1.7
<i>Mill Branch</i>	1.2	1.1
<i>Little Bottoms - Campsite #17</i>	1.6	0.7
<i>Stream</i>	1.8	0.5
<i>Trailhead - Hatcher Mountain Trail</i>	2.3	0.0
Elevation	1245	1041
Elevation Gain	650	430
Elevation/mile	541.3	187.0
Grade	10%	4%

Little Brier Gap Trail	Metcalf Bottoms Trail	Little Brier Gap
<i>Trailhead - Metcalf Bottoms Trail at Little Greenbrier School</i>	0.0	1.5
<i>Little Brier Branch</i>	0.5	1.0
<i>Side Trail to Walker Cabin</i>	1.0	0.5
<i>Trailhead - Little Brier Gap at Little Greenbrier Trail</i>	1.5	0.0
Elevation	1795	2130
Elevation Gain	371	36
Elevation/mile	247.3	24.0
Grade	5%	0%

Little River Trail	Elkmont Road	Three Forks Campsite #30
<i>Trailhead - Elkmont Road</i>	0.0	6.2
<i>Turnaround</i>	0.9	5.3
<i>Bridge - Huskey Branch</i>	2.1	4.1
<i>Cucumber Gap Trail</i>	2.4	3.8
<i>Bridge - Little River</i>	2.7	3.5
<i>Huskey Gap Trail</i>	2.8	3.4
<i>Bridge - Groundhog Branch</i>	3.3	2.9
<i>Bridge - Lost Creek</i>	3.7	2.5
<i>Goshen Prong Trail</i>	3.7	2.5
<i>Bridge - Stream</i>	4.3	1.9

<i>Rough Creek</i>	4.3	1.9
<i>Rough Creek - Campsite #24</i>	4.4	1.8
<i>Rough Creek Trail</i>	4.5	1.7
<i>Meigs Post Prong</i>	5.9	0.3
<i>Little River</i>	6.2	0.0
<i>Three Forks - Campsite #30</i>	6.2	0.0
<i>Trailhead - CS# 30</i>	6.2	0.0
Elevation	2207	3318
Elevation Gain	1132	26
Elevation/mile	182.6	4.2
Grade	3%	0%

Low Gap Trail II	Cosby Campground	AT
<i>Trailhead - Cosby Campground Hiker Parking</i>	0.0	2.9
<i>Footlog</i>	0.2	2.7
<i>Footlog</i>	0.3	2.6
<i>Footlog - Cosby Creek</i>	0.3	2.6
<i>Lower Mount Cammerer Trail</i>	0.4	2.5
<i>Alternat Low Gap - Cosby Horse Trail</i>	0.9	2.0
<i>Switchbacks</i>	1.2	1.7
<i>Creek Crossing - Cosby Creek headwaters</i>	2.5	0.4
<i>Trailhead - Appalachian Trail</i>	2.9	0.0
Elevation	614	2528
Elevation Gain	1916	3
Elevation/mile	660.7	1.0
Grade	13%	0%

Lower Mount Cammerer Trail	Cosby Campground	Appalachian Trail
<i>Trailhead - Cosby Campground</i>	0.0	7.4
<i>Footlog - Cosby Creek</i>	0.1	7.3
<i>Low Gap Trail</i>	0.1	7.3
<i>Turnaround</i>	0.7	6.7
<i>Ford - Stream</i>	0.9	6.5
<i>Footlog - Toms Creek</i>	1.0	6.4
<i>Stream</i>	1.2	6.2
<i>Side Trail - Sutton Overlook</i>	1.4	6.0
<i>Riding Fork - Cascade</i>	1.6	5.8
<i>Stream</i>	1.9	5.5
<i>Gilliland Fork</i>	3.2	4.2
<i>Gilliland Fork - CS#35</i>	3.3	4.1
<i>Ford - Robinson Creek</i>	3.6	3.8
<i>Ford - Rowdy Creek</i>	4.3	3.1
<i>Groundhog Creek</i>	5.2	2.2

<i>Stream</i>	5.3	2.1
Access trail to cemetery	5.9	1.5
<i>Stream</i>	6.1	1.3
<i>Stream</i>	6.5	0.9
<i>Stream</i>	6.7	0.7
<i>Stream</i>	7.0	0.4
<i>Appalachian Trail</i>	7.4	0.0
Elevation	2448	3566
Elevation Gain	1512	394
Elevation/mile	204.3	53.2
Grade	4%	1%

Lumber Ridge Trail	Tremont	Buckhorn Gap
<i>Trailhead - Tremont</i>	0.0	4.1
<i>Switchback</i>	0.4	3.7
<i>Ridge Crest</i>	1.6	2.5
<i>Stream</i>	2.4	1.7
<i>Stream</i>	3.1	1.0
Elevation	1370	2335
Elevation Gain	1306	348
Elevation/mile	421.3	112.3
Grade	8%	2%

Maddron Bald Trail	Laurel Springs Road	Snake Den Ridge Trail
<i>Trailhead - Laurel Springs Road</i>	0.0	7.2
<i>Willis Baxter Cabin</i>	0.1	7.1
<i>Cole Creek</i>	0.8	6.4
<i>Gabes Mountain Trail</i>	1.2	6.0
<i>Turnaround</i>	2.3	4.9
<i>Footlog - Indian Camp Creek</i>	2.8	4.4
<i>Albright Grove Loop Trail</i>	2.9	4.3
<i>Albright Grove Loop Trail</i>	3.2	4.0
<i>Indian Camp Creek</i>	3.9	3.3
<i>Ford - Indian Camp Creek</i>	4.3	2.9
<i>Copperhead Branch</i>	4.7	2.5
<i>Otter Creek - CS #29</i>	5.7	1.5
<i>Maddron Bald</i>	6.8	0.4
<i>Trailhead - Snake Den Ridge Trail</i>	7.2	0.0
Elevation	2010	5656
Elevation Gain	3724	82
Elevation/mile	517.2	11.4
Grade	10%	0%

Metcalf Bottoms Trail	Wear Gap Road	Little Greenbrier School
<i>Trailhead - Wear Gap Road at Metcalf Bottoms</i>	0.0	0.7
<i>Footlog - Little Brier Branch</i>	0.5	0.2
<i>Footlog - Little Brier Branch</i>	0.6	0.1
<i>Trailhead - Little Greenbrier School</i>	0.7	0.0
Elevation	1711	1794
Elevation Gain	138	62
Elevation/mile	197.1	88.6
Grade	4%	2%
Middle Prong Trail	Tremont Road	Greenbrier Ridge Trail
<i>Trailhead - Tremont Road</i>	0.0	4.1
<i>Cascade</i>	0.4	3.7
<i>3 Step Waterfall</i>	0.7	3.4
<i>Woodchuck Branch</i>	1.8	2.3
<i>Panther Creek Trail</i>	2.3	1.8
<i>Clearing</i>	2.9	1.2
<i>Switchback</i>	3.2	0.9
<i>Bridge - Indian Flats Prong</i>	3.5	0.6
<i>Switchback</i>	3.6	0.5
<i>Switchback</i>	3.7	0.4
<i>Trailhead - Greenbrier Ridge Trail</i>	4.1	0.0
Elevation	1992	3175
Elevation Gain	138	62
Elevation/mile	33.7	15.1
Grade	1%	0%
Mingus Creek Trail	Mingus Creek Parking	Newton Bald Trail
<i>Trailhead - Mingus Creek Parking Area</i>	0.0	5.8
<i>Bridge- Mingis Creek</i>	0.2	5.6
<i>Bridge- Mingis Creek</i>	0.4	5.4
<i>Firing Range</i>	0.4	5.4
<i>Bridge- Mingis Creek</i>	0.9	4.9
<i>Access road to Mingus Creek Cemetary</i>	1.2	4.6
<i>Madcap Branch</i>	1.3	4.5
<i>Switchback</i>	2.2	3.6
<i>Deeplow Gap Trail</i>	2.9	2.9
<i>Switchback</i>	4.7	1.1
<i>Trailhead - Newton Bald</i>	5.8	0.0
Elevation	2104	4993

Elevation Gain	2920	30
Elevation/mile	512.0	5.0
Grade	10%	0%

Miry Ridge Trail	Jakes Gap	Appalachian Trail
<i>Trailhead - Jakes Gap at Jakes Creek Trail</i>	0.0	5.0
<i>Access Path - Dripping Spring Mountain - CS# 26</i>	1.9	3.1
<i>Lynn Camp Prong Trail</i>	2.5	2.5
<i>Trailhead - Appalachian Trail</i>	5.0	0.0
Elevation	4081	4920
Elevation Gain	1276	433
Elevation/mile	255.2	86.6
Grade	5%	2%

Mount Cammerer Trail	Appalachian Trail	Mt. Cammerer Lookout
<i>Trailhead - Appalachian Trail</i>	0.0	0.6
<i>Hitching Post</i>	0.5	0.1
<i>Trailhead - Mt. Cammerer Tower</i>	0.6	0.0
Elevation	4955	4926
Elevation Gain	118	141
Elevation/mile	196.7	235.0
Grade	4%	4%

Rabbit Creek Trail	Abrams Falls Trail	Abrams Creek Campground
<i>Trailhead - Abrams Falls Trail</i>	0.0	7.8
<i>Ford - Mill Creek</i>	0.1	7.7
<i>Stream Crossing - More Licker Branch</i>	1.0	6.8
<i>Andy McCully Ridge</i>	2.0	5.8
<i>Campsite #15 - Rabbit Creek</i>	4.1	3.7
<i>Creek Crossing - Rabbit Creek</i>	4.2	3.6
<i>Scott Gap - Intersection with Hannah Mountain Trail</i>	5.1	2.7
<i>Capsite #16 - Scott Gap</i>	5.2	2.7
<i>Pine Mountain</i>	5.6	2.2
<i>Footlog - Abrams Creek</i>	7.6	0.2
<i>Trailhead - Abrams Creek Campground</i>	7.8	0.0
Elevation	1729	1816
Elevation Gain	1581	2116
Elevation/mile	202.7	271.3
Grade	4%	5%

Rainbow Falls Trail	Cherokee Orchard Road	LeConte Lodge
Trailhead - Cherokee Orchard Road	0.0	6.7
<i>Trillium Gap Trail</i>	0.1	6.6
<i>Footlog - LeConte Creek</i>	1.9	4.8
<i>Footlog - LeConte Creek</i>	2.7	4.0
<i>Rainbow Falls</i>	2.8	3.9
<i>LeConte Creek</i>	3.3	3.4
<i>Bull Head Trail</i>	6.0	0.7
<i>Alum Cave Trail</i>	6.6	0.1
<i>Access Trail to Cliff Tops</i>	6.6	0.1
<i>LeConte Lodge</i>	6.7	0.0
Elevation	2699	6299
Elevation Gain	3635	32
Elevation/mile	542.5	0.0
Grade	10%	0%
Ramsay Cascades Trail	Ramsey Prong Road	Ramsey Cascades
<i>Trailhead - Ramsey Prong Road</i>	0.0	4.0
<i>Birdge - Middle Prong of Pigeon River</i>	0.1	3.9
<i>Footlog - Ramsey Prong</i>	2.2	1.8
<i>Big Poplars</i>	2.6	1.4
<i>Footlog - Ramsey Prong</i>	2.9	1.1
<i>Trailhead - Ramsey Cascades</i>	4.0	0.0
Elevation	2180	4438
Elevation Gain	2382	69
Elevation/mile	595.5	17.3
Grade	11%	0%
Rich Mountain Loop Trail	Cades Cove Loop Road	Indian Grave Gap Trail
<i>Trailhead - Cades Cove Loop Road</i>	0.0	3.4
<i>Crooked Arm Branch</i>	0.4	3.0
<i>Crooked Arm Ridge Trail</i>	0.5	2.9
<i>Harrison Branch</i>	1.0	2.4
<i>Side Trail to John Oliver Cabin</i>	1.4	2.0
<i>Marthas Branch</i>	1.7	1.7
<i>Switchback</i>	3.0	0.4
<i>Trailhead - Indian Grave Gap Trail</i>	3.4	0.0
Elevation	1980	3515
Elevation Gain	1535	23
Elevation/mile	451.5	6.8
Grade	9%	0%

Rich Mountain Trail	Rich Mountain Road	Indian Grave Gap Trail
<i>Trailhead - Rich Mountain Road</i>	0.0	2.3
<i>Switchback</i>	0.2	2.1
<i>Overlook</i>	1.2	1.1
<i>Hesse Creek</i>	1.9	0.4
<i>Rich Mountain - Campsite #5</i>	2.3	0.0
<i>Trailhead - Indian Grave Gap Trail</i>	2.3	0.0
Elevation	2052	3657
Elevation Gain	1605	79
Elevation/mile	697.8	34.3
Grade	13%	1%
Roundtop Trail	West Cove Gap Road	Little River Road
<i>Trailhead - West Cove Gap Road</i>	0.0	7.5
<i>Joint Ridge</i>	2.5	5.0
<i>Trailhead - Little River Road</i>	7.5	0.0
Elevation	1872	1240
Elevation Gain	1260	1,883
Elevation/mile	168.0	251.1
Grade	3%	5%
Russell Field Trail	Anthony Creek Trail	AT
<i>Trailhead - Anthony Creek Trail</i>	0.0	3.5
<i>Stream Crossing - Left Prong Anthony Creek</i>	0.2	3.3
<i>Footlog - Left Prong Anthony Creek</i>	0.7	2.8
<i>Campsite #10 - Ledbetter Ridge</i>	0.9	2.6
<i>Switchback</i>	1.2	2.3
<i>Ridgetop</i>	2.0	1.5
<i>Side trail to clearing</i>	3.1	0.4
<i>Spring</i>	3.4	0.1
<i>Trailhead - Russell Field Shelter on AT</i>	3.5	0.0
Elevation	2483	4319
Elevation Gain	1,916	1,916
Elevation/mile	574.0	574.0
Grade	10%	10%
Schoolhouse Gap Trail	Laurel Creek Road	Schoolhouse Gap
<i>Trailhead - Laurel Creek Road</i>	0.0	2.2
<i>Dorsey Gap - Intersection with Turkeypen Ridge Trail</i>	1.1	1.3
<i>Side Trail - leading 0.8 mi to cave</i>	1.2	1.4
<i>Large Bend in Trail</i>	1.4	0.8

<i>Chestnut Top Trail</i>	2.0	0.2
<i>Trailhead - Schoolhouse Gap</i>	2.2	0.0
Elevation	1726	2097
Elevation Gain	482	92
Elevation/mile	219.1	41.8
Grade	4%	1%

Smokemont Loop Trail	Smokemont Campground	Bradley Fork Trail
<i>Trailhead - Concrete Bridge at Smokemont Campground</i>	0.0	3.9
<i>Exit Gravel Road</i>	0.2	3.7
<i>Side Trail to Bradley Cemetery</i>	0.3	3.6
<i>Switchback</i>	0.7	3.2
<i>Switchback</i>	1.3	2.6
<i>Switchback - Ridge Crest</i>	2.2	1.7
<i>Switchback</i>	3.6	0.3
<i>Footlog - Stream</i>	3.7	0.2
<i>Footlog - Bradley Fork</i>	3.8	0.1
<i>Trailhead - Bradley Fork Trail</i>	3.9	0.0
Elevation	2274	2488
Elevation Gain	1293	1079
Elevation/mile	588	635
Grade	11%	12%

Tow String Trail	Tow String Horse Camp Road	Bradley Fork Trail
<i>Trailhead - Tow String Horse Camp Road</i>	0.0	2.2
<i>Side Trail</i>	0.2	2.0
<i>Rock Gateway</i>	0.3	1.9
<i>Side Trail Intersection - Unmaintained Trail</i>	0.9	1.3
<i>Side Trail Intersection - Unmaintained Trail</i>	1.6	0.6
<i>Horse Trail</i>	1.7	0.5
<i>Trailhead - Bradley Fork Trail</i>	2.2	0.0
Elevation	2203	2404
Elevation Gain	541	338
Elevation/mile	246	154
Grade	5%	3%

Trillium Gap Trail	Rainbow Falls Trail	Boulevard Trail
<i>Trailhead - Rainbow Falls Trail - 125 yd. from Parking Area</i>	0.0	8.9
<i>Baskins Creek Trail</i>	0.7	8.2
<i>Side Trail to Roaring Fork Nature Trail</i>	2.4	6.5
<i>Grotto Falls</i>	3.6	5.3
<i>Trillium Gap - Brushy Mountain Trail</i>	5.3	3.6

<i>Switchback</i>	6.6	2.3
<i>Twin Falls</i>	6.7	2.2
<i>Switchback</i>	7.8	1.1
<i>Basin Spring</i>	8.9	0.0
<i>Trailhead - Boulevard Trail</i>	8.9	0.0
Elevation	2709	6316
Elevation Gain	3607	181
Elevation/mile	405	20
Grade	8%	0%

Tunnel Bypass Trail	Lakeshore Drive	Lakeshore Trail
<i>Trailhead - Lakeshore Drive at Parking Lot of Road To Nowhere</i>	0.0	1.6
<i>Goldmine Trail</i>	0.4	1.2
<i>Hyatt Branch</i>	1.4	0.2
<i>Trailhead - Lakeshore Trail</i>	1.6	0.0
Elevation	2075	2300
Elevation Gain	150	100
Elevation/mile	94	63
Grade	2%	1%

West Prong Trail	Tremont Road	Bote Mountain Trail
<i>Trailhead - Tremont Road Parking Lot</i>	0.0	2.7
<i>Access to Walker Family Cemetary</i>	0.1	2.6
<i>Access to Walker Family Cemetary</i>	0.3	2.4
<i>Dewey Branch Trail exits to right</i>	1.1	1.6
<i>Footlog - West Prong</i>	2.1	0.6
<i>Campsite #18 - West Prong</i>	2.1	0.6
<i>Trailhead - Bote Mountain Trail</i>	2.7	0.0
Elevation	1412	2005
Elevation Gain	978	502
Elevation/mile	362.0	185.9
Grade	7%	1%

Wet Bottom Trail	Cooper Road Trail	Abrams Creek Parking
<i>Trailhead - Cooper Road Trail</i>	0.0	1.0
<i>Red Barn</i>	0.3	0.7
<i>Access Trail - Oliver's Cabin</i>	0.5	0.5
<i>Wet Ford - Abrams Creek</i>	0.9	0.1
<i>Trailhead - Abrams Falls Trail</i>	1.0	0.0
Elevation	1822	1757
Elevation Gain	20	85

Elevation/mile

20.0

85.0

Grade

0%

2%
