

2024 Tennessee Mountain Laurel Hiking Marathon Trail Log

Start date: March 16, 2024 End Date: May 18,2024

Printed Name: _____ Email: _____ Marathon: 1/2 Full Ultra

Trail Name	Mileage	Date Completed
Story Book Trail (Flat Fork Creek Trail) FHSP	1	
Interpretive Loop Trail FHSP	0.8	
Interpretive/Judge Branch Loop FHSP	2.75	
Panther Branch to Debord/Emory Gap Falls FHSP	2.6	
Big Mac with 2 sides FHSP	8.2	
Spicewood/South Mac Loop FHSP	7.9	
Panther Branch to Debord/Emory Gap Falls/North Mac Loop FHSP	5.8/6.7(road)	
Chimney Tops – Lookout Tower – Panther Gap Rock House – North Old Mac FHSP	12.25	
Bird Mountain/Emory Tract Section of the CT FHSP/CTSP	7.8	
Lookout Tower East FHSP	6.3	
Lookout Tower West FHSP	12.6	
Boulder Field Trail OWSR	0.8	
Bridge Trail to Overlook OWSR	1	
Point Trail/Overlook Trail OWSR	4.4	
Overlook Trail OWSR	0.6	
Emory River Nature Trail OWSR	1	
Emory River Gorge Section of the CT OWSR/CTSP	2.6	
Obed River Section of the CT to Alley Ford OWSR/CTSP	4.8	
Obed River Section of the CT to Breakaway Bluff OWSR/CTSP	8.4	
Obed River Section of the CT to Devils Breakfast Table OWSR/CTSP	14.2/28.4	
Carl Black Spur LMSF	3.2	
Coyote Point Trail (start at Tree Farm Road) LMSF	8.3	
Coyote Point Trail (start at Clayton Howard Road) LMSF	7	
White Oak RSNA	2.3	
Gentlemen’s Swimming Hole RSNA/BSFNRRRA	0.7	
Gentlemen’s Swimming Hole/Meeting of the Waters RSNA/BSFNRRRA	2.5	
Massengale Loop and Kellogg Loop RSNA	3.25	

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Northrup Falls CCSNA	1.4	
Pogue Creek Canyon Overlook PCCSNA	1.75	
Pogue Creek Canyon Overlook/Upper Canyon Trail/Mesa Top Trail PCCSNA	6.2	
Hazard Cave Loop Trail PCCCMSP	1.6	
Hazard Cave PCCCMSP	0.5	
Indian Rock House PCCCMSP	0.4	
Hazard Cave/Natural Bridge PCCCMSP	2.9	
Hidden Passage Loop PCCCMSP	7.8	
Hidden Passage/Double Falls/Tunnel Trail PCCCMSP	10.1	
Pickett State Park Highlight Loop PCCCMSP	4.6	
Ladder Trail PCCCMSP	0.95	
Ridge Trail PCCCMSP	2.65	
Burnt Mill Bridge Loop BSFNRR	3.6	
Angel Falls Rapids BSFNRR	4	
Angel Falls Overlook BSFNRR	5.6	
Honey Creek Loop BSFNRR	5.63	
Twin Arches Loop BSFNRR	4.5	
Oscar Blevins Farm Loop BSFNRR	3.7	
O&W Trail BSFNRR	4.6	
John Litton Farm Loop BSFNRR	6.3	
Slave Falls Loop/Needle Arch BSFNRR	4.2	
Middle Creek Loop BSFNRR	3.5	
Rock Creek Loop BSFNRR	7.1	
Blue Heron Loop BSFNRR	6.4	
Catawba Overlook/Big Spring Falls BSFNRR	7.48	
Yamacraw-Yahoo Falls Loop BSFNRR	16	
Grand Gap Loop BSFNRR	7	

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Black Mountain Segment of the CT (including top loop) CTSP	9	
Black Mountain Loop CTSP	1.8	
Brady Mountain Trail to Brady Bluff CTSP	4.8	
Stinging Fork Falls CTSP	2.2	
Piney Falls State Natural Area CTSP	2	
Newby Branch/Cascades of Duskin Creek CTSP	7.8	
Laurel Snow Wilderness Hike CTSP	12.4	
CHS Loop CTSP	3.1	
Ozone Falls CTSP	0.4	
Ranger Led Miles (list ranger and hike)		
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TOTAL MILES HIKED

Park Guide

BSFNRR-Big South Fork National Park
 CCSNA-Colditz Cove State Natural Area
 CTSP-Cumberland Trail State Park
 FHST-Frozen Head State Park
 LMSF-Lone Mountain State Forest

OWSR-Obed Wild & Scenic River
 PCCCMSP-Pickett State Park
 PCCSNA-Pogue Creek Canyon
 RSNA-Rugby State Natural Area