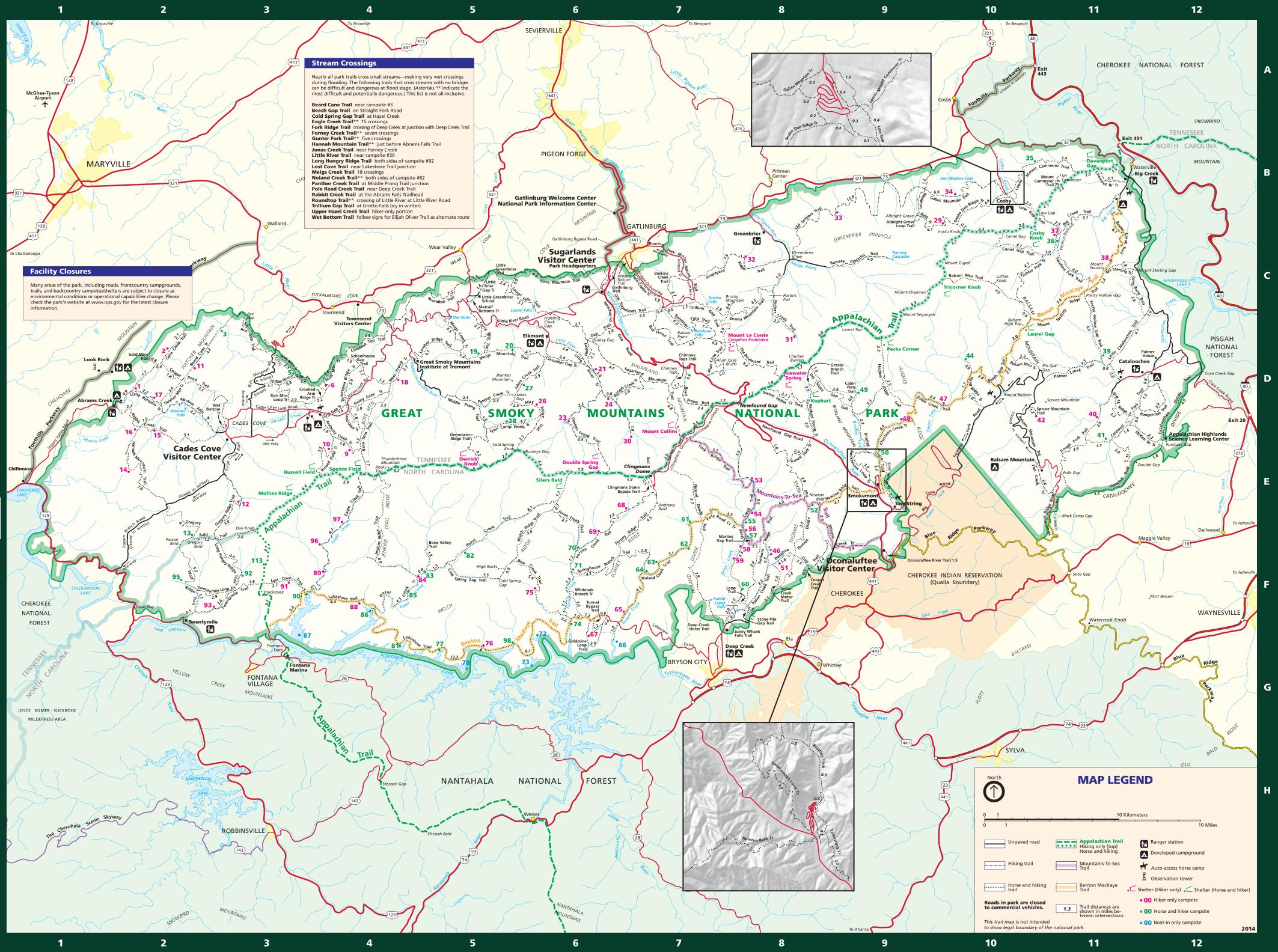
# Great Smoky Mountains Trail Map

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Great Smoky Mountains National Park North Carolina/Tennessee

National Park Service U.S. Department of the In



# Your Guide to the Wondrous Diversity of the Smokies

One hundred and fifty trails extend for approximately 800 miles, crossing the ridges, peaks, and valleys of America's most visited national park.

For those seeking more information, a variety of topographic maps and trail guides are available, including Hiking Trails of the Smokies, the comprehensive park trail guidebook. To order a map or guide, call (865) 436-7318 x226 or visit www.SmokiesInformation.org.

Do not leave valuables in sight inside your car. Do not leave a note on your car indicating how long you will be hiking. Protect your valuables by taking them with you or hiding them in your car.

# Leave No Trace

Your personal commitment to ethical backcountry use is the most important factor in maintaining the park's wilderness character. Take pride in leaving no trace of your presence here.

 Abide by all backcountry use regulations. They are designed for resource protection. • Use a stove and candle lantern to minimize the trampling and destruction of vegetation that result from collecting firewood.

 Never cook or burn food in a campfire. Food residues and odors remain and attract wildlife that will become a problem for future campers. • Keep your group small to preserve a sense of solitude. • Camp where your campsite

already shows impacts. Don't establish new tent sites. Pack out all leftover food and

trash. Avoid cutting across switchbacks, to prevent destructive trail erosion.

## If You Get Lost

Stay calm, do not leave the trail and do not travel at night. Prevent getting lost by keeping your group together, staying on the trail, and using a map. Let someone know your schedule and travel plans, so they can notify park authorities if you are overdue.

# Toilet Use

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Improper human waste disposal creates one of the most disgusting conditions in the backcountry. Regulations require that human feces be deposited in a six-inch-deep hole and covered with soil. No toilet use may occur within 100 feet of a camp or water source or within sight of a trail. Defecating behind a shelter or near a spring creates very unhealthy conditions and is clearly bad manners. All toilet paper, sanitary napkins, and tampons must be packed out. Do not bury them. Please, take a little extra care!





lines below

humans are extremely rare, but they

and death. Treat bear encounters with

extreme caution and follow the guide-

Encounters along the trail. Stay alert. If

approach it. If your presence causes the

you see a bear at a distance, do not

bear to change its behavior (it stops

promote aggressive behavior from the

bear, like running toward you, making

bear is demanding more space. Don't

loud noises, or swatting the ground. The

run but slowly back away, watching the

between you and the bear, and the bear

persistently follows or approaches you,

swatting, try changing your direction. If

the bear continues to follow you, stand

your ground. If the bear gets closer, talk

together as a group if you have compan-

loudly or shout at it. Act aggressively

ions. Make yourselves look as large as

rocks at the bear. Use a deterrent like a

possible (for example, move to higher

ground). Throw non-food items like

stout stick. Don't run and don't turn

away from the bear. Don't leave food

Most injuries from black bear attacks

are minor and result from the bear

trying to get at people's food. If the

bear's behavior shows that it is after

attacked, separate yourself from the

food and slowly back away. If the bear

shows no interest in your food, and you

aggressively with any available object-

protect others: report all bear incidents

to a park ranger immediately. Above all,

the bear may consider you prey! Help

*Encounters in camp.* The best way to

your food, and you are physically

are physically attacked, fight back

keep your distance from bears!

for the bear; this only encourages

further problems.

and try to intimidate the bear. Act

feeding, changes travel direction,

watches you, etc.)—YOU'RE TOO

CLOSE. Being too close may also

bear. Try to increase the distance

will probably do the same. If a bear

typically **without** vocalizing or paw

# Into the Wild: Visiting the Smokies Backcountry

# If Someone Gets Injured

If someone is injured and can't be moved to a trailhead, do the following: Provide warmth and comfort: leave someone with the injured person; note the exact location and circumstances; and hike out and let rescuers know where to go and what to prepare for. It is your responsibility to make sure you don't get injured. Be careful and use common sense. Getting accident victims out of the backcountry is difficult and often dangerous for all involved.

There are no cellular phone towers in the park so cell phones do not work from most locations. The tops of high ridges near the park boundary are the most likely spots for reception. For emergencies only, call 911 or (865) 436-9171.

## Hazards!

Wind. High winds associated with approaching weather fronts can bring down trees and limbs on heavily forest ed trails. Plan accordingly.

Hypothermia. Hypothermia is when body temperature falls below the point at which the body can maintain its own heat. It is an all-season killer and results from exposure to a combination of wind, rain, and cold. At higher elevations, a wet hiker can succumb to hypothermia in mid-summer. Be prepared for sudden weather changes—and learn how to take care of yourself in extremes of cold, heat, and wetness. Always carry raingear; storms arise quickly. Hypothermia symptoms can appear very rapidly, even in mild weather.

Know its symptoms and treat them immediately: uncontrolled shivering, slurred speech, memory lapses, stumbling, fumbling hands, drowsiness, and the inability to get up after a nap. Victims need dry clothing, warm fluids if conscious, and shelter from the elements. To prevent hypothermia, drink before thirsty, eat before hungry, rest before tired, and stay dry. Travel and stay with a companion. Two people can look after each other better than one can look after oneself! Clothing should be worn in layers, an outer layer to ward off wind and precipitation and inner layers to insulate. Keep your head warm and dry with a good hat. Other cold weather hazards include frostbite, icy trails, and deep snow.

Stream crossings and waterfalls. Rain swollen streams can be unsafe to ford. Don't cross a stream unless you are sure you can make it. As an additional precaution, make sure your pack can be discarded quickly, wear shoes to protect your feet, use a stout stick for extra support, and, if you lose your footing, float with your feet downstream to protect your head. Walking near a stream on moss- and spray-covered rocks

can be hazardous. Never camp next to a stream swollen by high water. Waterfalls can be extremely hazardous; climbing on them has resulted in many fatalities.

Drinking water. All water obtained in the backcountry should be treated before drinking to protect you from health hazards. The recommended treatment is to boil it for one minute. Many park waters are clear, cold, and free-running. Nevertheless, they may not be safe to drink unless boiled. Filters may not remove certain bacteria or viruses, and chemical disinfectants require very long contact times for the water temperatures found in these mountains. Do not drink untreated water!

Trees and Limbs. Before you set up camp, take a moment to look up and around you for any trees or limbs that may pose a hazard. Camp away from any areas that may be threatened by tree or limb fall.

# Special Equipment Concerns

Clothing. One essential piece of equipment for hiking in the Smokies is a rain jacket. Bring it along even on sunny days when there's not a cloud in the forecast. Sooner or later you'll be thankful you

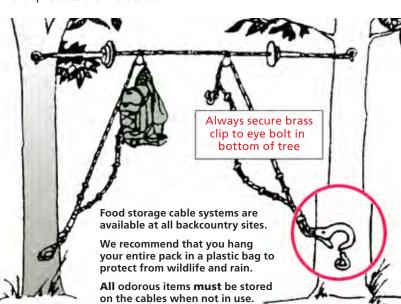
If hiking in the high country between September and May, always carry warm clothing, including hat and gloves.

Foot Wear. Truly water-proof boots can be a big plus in the Smokies. Not only will they keep your feet drier during rainy weather, they also give you a little extra assistance when crossing shallow streams.

Crampons. Small, clip-on crampons can be very helpful when hiking high elevation trails during cold weather.

## Bears and You!

Bears in the park are wild, and their behavior is unpredictable. Attacks on



avoid bears is not to attract them to you. Keep your cooking and sleeping areas have happened, inflicting serious injuries separate. Keep tents and sleeping bags free of food odors; do not store food, garbage, or other attractants (like toothpaste, soap, etc.) in them. A clean camp is essential to reducing problems. Pack out all food and litter; don't bury it or try to burn anything.

Regulations require proper food storage. Secure all food and odorous items (e.g. toothpaste, lip balm) when not in use. Where food storage devices are present, they must be used. Otherwise, place all odorous items in your pack. Select two trees, 10-20 feet apart, with limbs 15 feet high. Using a rock for a weight, toss a rope over a limb on the first tree; tie one end to the pack. Repeat this process with the second tree. Raise the pack about six feet via the first rope and tie it off. Then pull the second rope until the pack is suspended at least 10 feet high and evenly spaced; it must be four feet or more from the nearest

# Camping Permits

prohibited.

The maximum group size is eight persons, except at the following campsites where parties of up to 12 are permitted: 17, 20, 46, 60, 86, and 90. For parties greater than eight persons, reservations for these sites must be made through the Backcountry Information Office.

Under Title 36, Code of Federal Regulations, failure to abide by park regulations may result in a fine or imprisonment.

# Planning Your Trip

For a safe and enjoyable backpacking experience, know your limitations. A maximum trip length of eight to 10 miles a day is recommended. Group size, elevation gain, weather, and availability of good water may also affect the success of your trip.

All backcountry camping requires a reservation and a permit. Both reservations and permits may be obtained online at www.smokiespermits.nps.gov, by calling (865) 436-1297, or by visiting the Backcountry Information Office located in Sugarlands Visitor Center, two miles south of Gatlinburg, TN on U.S. 441 (Newfound Gap Road). Permits are \$4 per person, per night, with a maximum fee of \$20 for up to 7 consecutive nights. Trips exceeding seven nights require an additional permit. Reservations may be made up to 30 days in advance of the first day of your trip.

You may not stay two nights in a row in the same shelter or campsite 113. You may not stay more than three consecutive nights at any other campsite. Using a tent or a nammock at any shelter is

# Using the Chart at Right

Backcountry campsites and shelters are listed by map coordinates (7E, etc.), with their elevations in feet. Backcountry campsites are numbered and grouped by the major access areas. All sites and shelters are available to hikers, but camping with horses and other



pack animals is allowed only at those with a bold H. Each site's allowable capacities are shown in parentheses. For example, (12, 6H) means 12 hikers, 6 horses; (12) means 12 hikers, no horses. See "Camping Permits" for more information



# **Trip Planning and Permits**

For trip planning assistance, visit or call

the Backcountry Information Office at (865) 436-1297.

The following equipment is considered essential for a safe backpacking trip: two flashlights, water, raingear, comfortable ankle-supporting shoes, high-energy food, and extra clothing. Always carry a map and know how to use it

# **Rules and Regulations**

**1** You must possess a valid backcountry permit while camping in the back-coun-

2 Camping is permitted only at designated sites and shelters. All sites require advance reservations.

3 You may not stay two nights in a row in the same shelter or campsite 113. You may not stay more than three consecutive nights at any other campsite.

4 Maximum group size is eight persons, except at the sites noted in the "Camping Permits" section.

**5** Open fires are prohibited except at designated sites. Use only wood that is dead and on the ground. Never cut live or standing trees. Use only established fire rings.

6 Use of tents and hammocks at shelters is prohibited. They may not be used inside or attached to shelters. Tents may only be used within designated campsites. Hammocks may be used at campsites as long as wide or tree saver straps are used and they are set up in areas where vegetation will not be trampled

7 Food storage: When not being consumed or transported, all food, trash, and odorous items must be suspended at least 10 feet off the ground and four feet from the nearest limb or trunk or shall be stored as otherwise designated. See Bears and You!

8 Toilet use must be at least 100 feet from a campsite or water source and out of sight of the trail, campsite, or shelter. Human feces must be buried in a hole that is 6 – 8 inches deep. All toilet paper, tampons, and sanitary items must be packed out.

**9** All trash must be carried out. **10** All plants, wildlife, and natural and historic features are protected by law. Do not carve, deface, or cut any standing trees or shrubs.

**11** Polluting park waters is prohibited; do not wash dishes or bathe with soap in a stream. Biodegradeable soap does not break down in water and is a pollutant.

12 Pets, motorized vehicles, and bicycles are not permitted in the backcountry

13 Hunting is prohibited. **14** Feeding or harassing any wildlife is prohibited.

# Horse Use

Horses and other pack animals (i.e. mules and llamas) are permitted in the park, but they are restricted to trails specifically designated for horse use (see map on other side). Many horse trails are very steep and narrow—a challenge for even the most experienced horse and rider. Remoteness and difficulty of access often make continual trail clearing and care impractical. Expect to encounter rugged conditions. Please report down trees or landslides to a ranger. Off-trail or cross-country use is prohibited. Horse parties may use designated campsites open to their use (see chart). Horse parties are subject to all backcountry regulations.

**Requirements: Horse parties must** obtain a backcountry camping permit and reservation for any overnight backcountry camping. Horses must be under physical control at all times; they may not be left to water unattended; grazing is prohibited. All food for stock must be packed in, and unused food must be packed out. At designated backcountry sites where stock are permitted, the number of animals in any one party is limited to one per person plus one pack animal per person, but shall not exceed a total of ten (10) animals for the same group or the stock capacity for that site. See chart at right

In campsites with no hitch posts or racks, horses must be cross-tied so that they cannot chew on or otherwise damage trees or other vegetation. Tying horses directly to trees is prohibited.

Horses are not permitted within 100 feet of trail shelters or in cooking or sleeping areas of campsites. Their manure must be scattered away from the campsite. Horses must not be tied closer than 100 feet to any stream or water source

• Carry and use a collapsible bucket to water your horse—keep horses away from springs. 

Never leave feed where wildlife can get to it—wildlife attracted to feed can come into conflict with people. • Use processed feed to eliminate introducing weed seeds into the park—hay may contain seeds of exotic plants, and some non-native plants can take over the habitat of native plants.

## **Auto-access Horse Camps**

Limited auto-access horse camps provide ready access to backcountry trails from April through October. Reservations are required and may be made up to five months in advance. For reservations call 1-877-444-6777 between 10 a.m. and 10 p.m. eastern time or visit www.recreation.gov.

| No. of Campsites |
|------------------|
| 3                |
| 5                |
| 7                |
| 5                |
| 2                |
|                  |

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| Site<br>No. | Capacity                                                        | Elev.<br>(Feet)     | Maµ<br>Key      |
|-------------|-----------------------------------------------------------------|---------------------|-----------------|
|             | Cades Cove Area                                                 | (1004)              | <b>,</b>        |
| 1           | Cooper Road (12)                                                | 1200                | 2D              |
| 2           | Cane Creek (4)<br>Hesse Creek (8, 2H)                           | <u>1320</u><br>1360 | 2D<br>3D        |
| 5           | Rich Mountain (4, 2H)                                           | 3400                | 3D              |
| 6<br>9      | Turkeypen Ridge (8)<br>Anthony Creek (12)                       | 3400<br>3200        | 4D<br>4E        |
| 10<br>11    | Ledbetter Ridge (8)<br>Beard Cane (6)                           | 3000<br>1530        | 4E<br>2D        |
| 12          | Forge Creek (12)                                                | 2600                | 3E              |
| 13<br>14    | Sheep Pen Gap (15, 8H)<br>Flint Gap (8)                         | 4640 2050           | 2F<br>2E        |
| 15          | Rabbit Creek (12)                                               | 1550                | 2E              |
| 16<br>17    | Scott Gap (10)<br>Little Bottoms (14)                           | 1700<br>1240        | 2E<br>2D        |
|             | Elkmont/Tremont Area                                            |                     |                 |
| 18          | West Prong (12)                                                 | 1600                | 4D              |
| 19<br>20    | Upper Henderson (8, 2H)<br>King Branch (12, 4H)                 | 2880<br>2520        | <u>5D</u><br>5D |
| 21          | Mile 53 (12)                                                    | 2640                | 6D              |
| 23<br>24    | Camp Creek (12)<br>Rough Creek (15)                             | <u>3200</u><br>2860 | 6D<br>6D        |
| 26          | Dripping Spring Mountain (10)                                   | 4400                | 6D              |
| 27<br>28    | Lower Jakes Gap (12, 2H)<br>Marks Cove (12, 6H)                 | <u>3520</u><br>3490 | <u>5D</u><br>5D |
| 30          | Three Forks (12)                                                | 3400                | 6E              |
|             | Greenbrier/Cosby Area                                           |                     |                 |
| 29<br>31    | Ottercreek (10)<br>Porters Flat (8)                             | 4560<br>3400        | 10B<br>8D       |
| 32<br>33    | Injun Creek (8)<br>Settlers Camp (8)                            | 2280<br>1960        | 8C<br>9B        |
| 34          | Sugar Cove (10)                                                 | 3240                | 10B             |
| 35          | Gilliland Creek (12, 4H)                                        | 2680                | 10B             |
|             | Cataloochee/Big Creek A                                         |                     |                 |
| 36<br>37    | Upper Walnut Bottom (20, 20H)<br>Lower Walnut Bottom (20)       | 3040<br>3000        | 11C<br>11C      |
| 38          | Mount Sterling (12)                                             | 5820                | 11C             |
| 39<br>40    | Pretty Hollow (20, 10H)<br>Big Hemlock (8)                      | <u> </u>            | 11D<br>11D      |
| 41          | Caldwell Fork (12, 6H)                                          | 3360                | 11E             |
| 42          | Spruce Mountain (4)                                             | 5480                | 10D             |
|             | Oconaluftee Area                                                |                     |                 |
| 44<br>47    | McGee Spring (12, 4H)<br>Enloe Creek (8)                        | 5040<br>3620        | 10D<br>10D      |
| 48          | Upper Chasteen (8)                                              | 3320                | 9D              |
| 49<br>50    | Cabin Flats (12, 8H)<br>Lower Chasteen Creek (15, 6H)           | 3060<br>2360        | 9D<br>9E        |
|             | Deep Creek Area                                                 |                     |                 |
| 46          | Estes Branch (12)                                               | 2870                | 8F              |
| 51<br>52    | Georges Branch (12)                                             | 2800                | 8F              |
| 53          | Newton Bald (8, 2H)<br>Poke Patch (6)                           | <u>5000</u><br>3000 | <u>8E</u><br>8E |
| 54<br>55    | Nettle Creek (6)<br>Pole Road (15, 15H)                         | 2600<br>2410        | 8E<br>8E        |
| 56          | Burnt Spruce (6)                                                | 2405                | 8F              |
| 57<br>58    | Bryson Place (10, 10H)<br>Nicks Nest Branch (6)                 | 2360<br>2360        | 8F<br>8F        |
| 59          | McCracken Branch (10)                                           | 2320                | 7F              |
| 60          | Bumgardner Branch (20, 4H)                                      | 2120                | 7F              |
| 64          | Noland Creek Area                                               | 2560                | 75              |
| 61<br>62    | Bald Creek (10, 6H)<br>Upper Ripshin (8, 6H)                    | 3560<br>3160        | 7E<br>7F        |
| 63          | Jerry Flats (8, 6H)                                             | 2920<br>2540        | 7F<br>7F        |
| 64<br>65    | Mill Creek (12, 10H)<br>Bear Pen Branch (8)                     | 2040                | 6F              |
| 66<br>67    | Lower Noland Creek (Boats Only) (4)<br>Goldmine Branch (6)      | 1720<br>1840        | 6G<br>6G        |
|             | Forney Creek Area                                               | 1010                |                 |
| 68          | Steeltrap (8)                                                   | 3960                | 6E              |
| 69<br>70    | Huggins (8)<br>Jonas Creek (12, 8H)                             | 2800<br>2400        | 6F<br>6F        |
| 71<br>74    | CCC (12, 12H)<br>Lower Forney (12, 8H)                          | 2180<br>1720        | 6F<br>6G        |
| 74<br>75    | Poplar Flats (8)                                                | 2800                | 5F              |
|             | Hazel Creek Area                                                |                     |                 |
| 82          | Calhoun (8, 4H)                                                 | 2720                | 5F              |
| 83<br>84    | Bone Valley <b>(20, 10H)</b><br>Sugar Fork <b>(6)</b>           | 2280<br>2160        | 5F<br>4F        |
| 85<br>86    | Sawdust Pile (10, 6H)<br>Proctor (20, 8H)                       | 2000                | 4F<br>4F        |
| 88          | Proctor (20, 8H)<br>Possum Hollow (12)                          | 1680<br>1960        | 4F<br>4F        |
|             | Twentymile Area                                                 |                     |                 |
| 89<br>90    | Lower Ekaneetlee (8)<br>Lost Cove (12, 6H)                      | 1880                | 4F              |
| 91          | Upper Lost Cove (4)                                             | <u>1760</u><br>2040 | 3F<br>3F        |
| 92<br>93    | Upper Flats (10, 6H)<br>Twentymile Creek (8)                    | 2520<br>1880        | 3F<br>3F        |
| 95          | Dalton Branch (12, 6H)                                          | 2360                | 2F              |
| 96<br>97    | Eagle Creek Island (8)<br>Big Walnut (8)                        | 2880<br>2400        | 4F<br>4E        |
| 113         | Birch Spring Gap (12, 6H)                                       | 3680                | 3F              |
|             | Lakeshore Area                                                  |                     |                 |
| 87<br>72    | Jerry Hollow (Boats only) (6)<br>Gunter Branch (Boats only) (6) | 1720                | 3G              |
| 72<br>73    | Gunter Branch (Boats only) (6)<br>Lone Pine (Boats only) (6)    | 1720<br>1720        | 6G<br>6G        |
| 76<br>77    | Kirkland Creek (6)<br>Pilkey Creek (12, 6H)                     | 1770<br>1800        | 5G<br>5G        |
| 78          | Double Island (Boats only) (6)                                  | 1720                | 5G              |
| 81          | North Shore (12, 6H)                                            | 1800                | 4G              |

| Shellers                 |      |     |
|--------------------------|------|-----|
| Davenport Gap (12, 12H)  | 2600 | 11B |
| Cosby Knob (12, 12H)     | 4700 | 10C |
| Tricorner Knob (12, 12H) | 5920 | 10C |
| Pecks Corner (12, 12H)   | 5280 | 9D  |
| Icewater Spring (12)     | 5920 | 8D  |
| Mount Collins (12)       | 5870 | 7E  |
| Double Spring Gap (12)   | 5507 | 6E  |
| Silers Bald (12, 12H)    | 5460 | 6E  |
| Derrick Knob (12)        | 4890 | 5E  |
| Spence Field (12, 12H)   | 4900 | 4E  |
| Russell Field (14, 12H)  | 4360 | 4E  |
| Mollies Ridge (12, 12H)  | 4570 | 3E  |
| Mount Le Conte (12)      | 6440 | 7D  |
| Kephart (14, 12H)        | 3900 | 8D  |
| Laurel Gap (14, 12H)     | 5600 | 10D |
|                          |      |     |