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BIKE TRAILS

The 6.9-mile Lookout Tower Trail is available for mountain bicycles. Originally a logging road, the trail climbs from the Big Cove Campground to the top of Frozen Head Mountain.

HIKING

The park features over 50 miles of foot trails that meander by waterfalls, rock shelters and giant mountaintop cap rocks. A portion of the Cumberland Trail passes through the park.



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PICNIC PAVILIONS AND PLAYGROUNDS

The park features a wooded picnic area with 32 picnic sites including tables and grills. Three group shelters are available and may be reserved throughout the year. Picnic Pavilion B features a 240-seat amphitheater. Water fountains, restrooms and two playgrounds are available in the picnic area. The park also features two volleyball courts.

NEARBY ATTRACTIONS

- Obed National Wild and Scenic River: five miles
- Lone Mountain State Forest Horse and Bike Trail: six miles

NEARBY STATE PARKS

- Justin P. Wilson Cumberland Trail State Park: 57 miles

ANNUAL PARK EVENTS

- March: Junior Trout Tournament
- April second and third weekends: Wildflower Pilgrimage
- October second Saturday: Heritage Day Festival

GET INVOLVED

Friends and volunteers assist in protecting, preserving, and promoting the cultural and natural resources of their favorite state park. They do this by giving of their time and talents to ensure the park's integrity for future generations to enjoy. It's easy to show your support—join a Friends group or participate in one of the many volunteer opportunities offered to individuals, families, and groups. To learn more visit tnstateparks.com/about/get-involved.

FROZEN HEAD STATE PARK

964 Flat Fork Road
Wartburg, TN 37887
423-346-3318

HOURS OF OPERATION

8:00 a.m. to Sunset E.T.

DIRECTIONS

From Harriman take Highway 27 North to Wartburg. Turn right (east) on Highway 62. Travel two miles and turn left on Flat Fork Road. Travel four miles to the park entrance.



TENNESSEE STATE PARKS

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TENNESSEE
State Parks



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FROZEN HEAD STATE PARK TENNESSEE

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FROZEN HEAD STATE PARK

This beautiful park is situated in the beautiful Cumberland Mountains of Eastern Tennessee. The 22,098 acres of relatively undisturbed forest contain some of the most abundant wildflower areas in the state. This bird watchers' paradise provides ample opportunity for nature enthusiasts, while also providing a variety of recreation opportunities. The mountainous terrain varies from an elevation of 1,340 feet to over 3,000 feet on 16 different mountain peaks.

HISTORICAL SIGNIFICANCE

In 1894 the state acquired a large area in Morgan County for the Brushy Mountain State Prison. Coal was deep mined by convict labor and the trees were harvested to supply timbers for the mines. The land was transferred to State Parks in 1970, and became Frozen Head State Park. In 1988, most of the state park acreage was classified as a State Natural Area.

DAY USE RENTALS

The Stage Area is a covered stage with an acre of open space that includes picnic tables. The Emory Room is a 34 foot by 29 foot room located inside the visitor center. This room can accommodate approximately 60 people.



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GIFT SHOP

The visitor's center gift shop carries a variety of souvenirs and gifts. A topographic trail map can also be purchased here.

PLANNED PROGRAMS

Park naturalists are available for interpretive programs, both in the park and off-site. Schools and organized groups are encouraged to participate.

SWIMMING

While there is no swimming pool at Frozen Head, many people enjoy the cooling waters of Flat Fork Creek where larger pools allow for wading and splashing.

FISHING

Flat Fork Creek is stocked with rainbow trout in the spring. A valid Tennessee fishing license and supplemental trout stamp are required.

CAMPING

Campsites available include 20 rustic campsites in Big Cove Campground with two group sites #5 and #18 accommodating 15 to 20 people; eight Flat Fork Creek primitive group sites accommodating up to 15 people per site; and 10 backcountry campsites. All may be reserved online or by calling the office.



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FROZEN HEAD STATE PARK

