

Lamar Alexander Rocky Fork State Park

Rocky Fork Trail System

- **Appalachian National Scenic Trail Access Route** - Rocky Fork State Park's gateway to the Appalachian Trail at Flint Gap. Moderate: 0.35 mi
 - **Birchfield Camp Trail/Route** - This old logging road will guide you through the park into the Cherokee National Forest. It will lead you to a 4,100 ft elevation bog, teeming with plants, reptiles and amphibians. Strenuous: 2.70 mi
 - **Blockstand Creek Access Trail** - This trail provides access to Blockstand Ridge Trail/Route as it gains nearly 600 ft. a mile and passes by many interesting plant and mushroom communities. Moderate: 0.90 mi
 - **Blockstand Creek Trail/Route** - Blockstand Creek is one of the most overlooked creeks in Rocky Fork, but it is extremely important to the watershed. This trail traverses Blockstand Ridge and follows Blockstand Creek. Strenuous: 4.20 mi
 - **Flint Creek Trail/Route** - This historic trail marks the battle site of John Sevier vs. the Cherokee. It was in this hollow in 1789, that John Sevier ambushed a Cherokee Camp. Moderate: 2.05 mi
 - **Flint Mountain Trail/Route** - This is one of Rocky Fork State Park's only dry ridge ecosystem examples. As it weaves in and out of the State Park and Cherokee National Forest, you will likely see signs of bear, ruffed grouse, and wild turkeys. Strenuous: 4.90 mi
 - **Headwaters Trail/Route** - Whether it is for headwaters fly fishing or your love of high country streams, this trail is beautiful, during every season. Moderate: 1.0 mi
 - **Rocky Fork Trail** - This is the main access road into Rocky Fork State Park and the easiest way to access all other trails in the park. Easy: 0.60 mi
 - **Whitehouse Cliffs Trail** - This short, steep trail travels below the 200-foot quartzite Whitehouse Cliffs, then continues upward to a rewarding view of the park atop Whitehouse Knob-Elevation 3440. Moderate/Strenuous: 1.0 mi
 - **White Oak Flats Trail** - Even though little to no evidence exists of it today, this area once home to several cabins and a functional sawmill. White Oak Flats Trail is a great place for viewing Appalachian Wildlife or a picnic on an out and back hike. Moderate/Strenuous: 1.30 mi
- Appalachian Trail

Sampson Mountain Wilderness

Cherokee National Forest

Wilson Knob

Frozen Knob

Higgins Ridge

Highest Point in Tennessee State Parks
4,310'



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Blockstand Ridge

Cherokee National Forest

Blockstand Creek Rte
1.90 mi

Blockstand Creek Tr
1.80 mi

Blockstand Crk Access Tr
0.90 mi

Appalachian National Scenic Trail Access Rte
0.35 mi

Flint Creek Rte
0.50 mi

Blockstand Crk Rte
0.50 mi

Cherokee National Forest

Flint Mtn Shelter

Flint Mnt Rte
2.05 mi

Flint Mnt Tr
2.70 mi

Flint Creek Tr
1.40 mi

Whitehouse Cliffs Tr
1.0 mi

White Oak Flats Tr
1.30 mi

Birchfield Camp Tr
1.55 mi

Birchfield Camp Rte
1.15 mi

Headwaters Tr/Rte
1.0 mi

Headwaters Backcountry Campsite

Flint Creek Backcountry Campsite

Blockstand Creek Backcountry Campsite

Blockstand Creek Tr
1.80 mi

Blockstand Crk Access Tr
0.90 mi

Flint Creek Tr
1.40 mi

Whitehouse Cliffs Tr
1.0 mi

White Oak Flats Tr
1.30 mi

Birchfield Camp Tr
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Birchfield Camp Rte
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