



Photos: Matt Morrison

FISHING

Four small lakes at Grundy Lakes in Tracy City range from 1 to 16 acres in size, and provide bank and wade fishing for bass and catfish. No fishing is allowed in swimming areas or waterfall splash pools. A Tennessee fishing license is required.

PLANNED PROGRAMS

A variety of programs covering natural and cultural history are scheduled year-round. Hikes, rock climbing, canoe floats, Junior Ranger camps, wildflower tours, night sky programs, and special events are just some of the programs that we offer.

ANNUAL EVENTS

- April: Trails and Trilliums
- May: Wildflowers and Waterfalls
- June: Fishing Derby
- November: Fiery Gizzard Marathon

NEARBY STATE PARKS

- Old Stone Fort State Archaeological Park: 33 miles
- Savage Gulf State Park: 37 miles
- Fall Creek Falls State Park: 49 miles
- Head of the Crow State Park: 18 miles

GET INVOLVED

The Friends of South Cumberland State Parks assist in protecting and conserving the cultural and natural resources of our parks, giving of their time and talents to ensure the parks' integrity for future generations to enjoy. It's easy to show your support for Fiery Gizzard—join the Friends group or participate in one of the many volunteer opportunities we offer to individuals, families, and groups. Learn more about the Friends of South Cumberland State Parks at friendsofsouthcumberland.org. To learn more about volunteer opportunities inside the park, visit tnstateparks.com.

PICNIC PAVILIONS AND PLAYGROUNDS

Pavilions are located at the visitor center, Grundy Forest, and Foster Falls, and they may be reserved online up to one year in advance. There are many picnic tables, grills, and playgrounds scattered throughout the park. Located just outside the visitor center are various recreation fields, including basketball, beach volleyball, and tennis. Equipment can be checked out for free at the visitor center.



FIERY GIZZARD STATE PARK

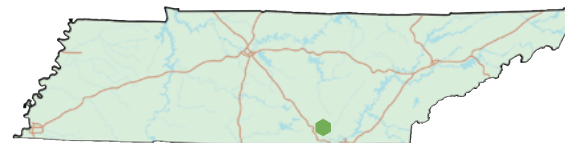
11745 US 41, Monteagle, TN 37356-7609
Visitor center: 931-924-2980

HOURS OF OPERATION

7 A.M. to Sunset
Visitor center: 8 A.M. to 4:30 P.M.

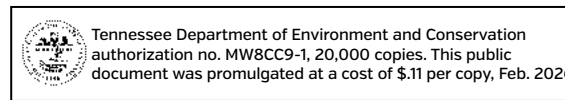
DIRECTIONS

Take either Exit 134 or 135 off I-24. Turn right on Hwy. 41S for 4.5 miles. Visitor center is on the left.



T E N N E S S E E
State Parks

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ASK.TNSTATEPARKS@TN.GOV



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IN OUR OFFICIAL MAGAZINE!**



**FIERY GIZZARD
STATE PARK**
TENNESSEE

Photo: Matt Morrison

tnstateparks.com



Photo: Matt Morrison

FIERY GIZZARD STATE PARK

Fiery Gizzard State Park is one of three parks that were formerly known as South Cumberland State Park. Fiery Gizzard is located in two different Tennessee counties: Grundy and Marion. The park is composed of approximately 7,811 acres and boasts some of the best hiking and backcountry camping in the region. Hikers should expect to see spectacular rock formations, cascading streams, beautiful waterfalls, rocky gorges, panoramic overlooks, and lush woodlands. There is sport climbing (but no rappelling) at Foster Falls and Denny Cove. If you're into hiking and backpacking, Fiery Gizzard is the place for you!

VISITOR CENTER, MUSEUM, AND GIFT SHOP

The visitor center offers hands-on interpretive exhibits depicting local history and wildlife that are welcoming to all ages. The adjacent gift shop carries a wide range of souvenirs, locally sourced gifts, and apparel. There is a storybook trail and park aviary located outside the visitor center.

SWIMMING

One of the most popular destinations for swimming is the Grundy Lakes area, just 4 miles from the visitor center. For a little more adventure, one can head out to one of the many waterfalls found along the trails. Jumping from waterfalls is not allowed.

BOATING

Grundy Lakes does not have a launch ramp; however, smaller boats with paddles or trolling motors are welcome (no gas engines please).

CLIMBING

Sport climbing is located at the Foster Falls and Denny Cove areas. A climbing permit is required and can be obtained online at stateoftennessee.formstack.com/forms/rock_climbing.

HIKING

Fiery Gizzard is a wondrous hiking destination with waterfalls, vistas, historical areas, and some old-growth trees. The park has over 20 miles of hiking trails ranging from easy to very rugged, located at five different trailheads. Stop by our visitor center for a trail map, and register at the trailhead before beginning your hike. Day hikers must be off trails a half hour before sunset.



BACKCOUNTRY CAMPING

We have four backcountry campgrounds that require hiking to reach. Distances range from 0.5 mile to 7.6 miles. Each campground offers a group campsite that will accommodate up to 30 people, and multiple single sites for up to six campers each. Every site has a designated fire ring. Water must be filtered from natural sources or carried in—be sure to check with the visitor center about water availability. A pit toilet is available at each campground. Fiery Gizzard encourages visitors to reserve your campsite early at reserve.tnstateparks.com/fiery-gizzard/campsites.

VEHICLE CAMPING

The Foster Falls campground has 25 primitive sites ideal for tents or small trailers. The Foster Falls campground is the only camping area in the park where guests may park a car and/or small pop-up next to the campsite. The campground is open year-round. All sites have a fire ring and a picnic table. Most sites are level, but a few are on a slight incline. Most sites are wooded, offering some shade, and have a gravel surface. There are no water or electric hookups, but a restroom and heated showers are available. Reserve online at reserve.tnstateparks.com/fiery-gizzard/campsites.

