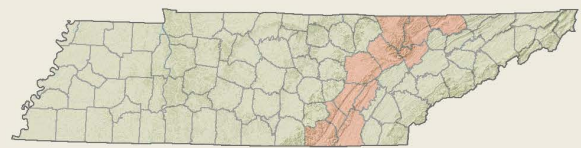


Cumberland Trail 2016



- Trailhead
- Open Trail
- Proposed Trail
- Prentice Cooper Trails



The Cumberland Trail wanders among the remnants of the Cumberland Mountains that once rose as high as the Rockies. The trail represented a barrier to all who dared push through storied gaps westward onto and over the Cumberland Plateau. It now provides a linkage north to south, forming natural connections and opportunities for scenic vistas and curious geological formations. Several hiking trail segments, totaling more than 185 miles, are now complete and ready to hike.
 tnstateparks.com