

Hiking Trails in Monroe County, TN

Hiking in Tennessee is a popular outdoor activity. Monroe County has plenty of hiking trails you can choose from including hiking in the Cherokee National Forest. Our trails range in difficulty and length. See below for a complete list of hiking trails in and around Monroe County, TN. People come from all over to enjoy the beautiful scenery of East TN while being active and disconnecting from the distractions of modern life.

Call the Ranger Station at (423) 253-8400 or visit them at 250 Ranger Station Rd, Tellico Plains for more information before you plan your journey.

There are two National Recreation Trails on the Cherokee National Forest (CNF) - the Warrior's Passage Trail and the John Muir Trail. The nation's newest long distance trail, the Benton MacKaye, also runs through the CNF. Hiking is allowed in the CNF on all trails even though some trails are "designated" for Mountain Bikes, Motorcycles, or Equestrian. Please be courteous, cooperate and abide by the "share the trail" rules.

Trail Name	Trail Number	Length	Difficulty	Notes
Bald River Trail	FS Trail 88	5.6 miles	Easy	Hiking Only.
Big Indian Branch Trail	FS Trail 94	12.5 miles	Moderate	Hiking Only.
Big Stack Gap Branch Trail	FS Trail 139	1.7 miles	Difficult	Hiking Only.
Bob Bald Connector	FS Trail 54A	2.1 miles	Difficult	Hiking Only.
Brookshire Creek Trail	FS Trail 180	5.7 miles	Moderate	Multi-Use Trail. Equestrian and Hiking. Motorcycles and mountain bikes are prohibited.
Brush Mountain Trail	FS Trail 97	4.1 miles	Difficult	Hiking Only.
Cold Springs Gap Trail	FS Trail 149	1.1 miles	Easy	Hiking Only.
Conasauga Falls Trail	FS Trail 170	1.2 miles	Moderate	Hiking Only.
Cow Camp Trail	FS Trail 173	0.8 mile	Moderate	Hiking Only.
Crowder Branch Trail	FS Trail 84	2.6 miles	Moderate	Hiking Only.
Falls Branch Trail	FS Trail 87	1.3 miles	Easy to Moderate	Hiking Only. Dead-end trail.
Flats Mountain Trail	FS Trail 102	6.1 miles	Moderate	Hiking Only.
Fodderstack Horse Trail	FS Trail 95	12.5 miles	Difficult	Multi-Use Trail. Hiking and Equestrian. Motorcycles and mountain bikes are prohibited.
Grassy Branch Trail	FS Trail 91	3.3 miles	Moderate	Hiking Only.

Trail Name	Trail Number	Length	Difficulty	Notes
Gravelstand Top Trail	FS Trail 136	2.5 miles	Difficult	Hiking Only.
Hemlock Trail	FS Trail 101	3.35 miles	Moderate	Hiking Only.
Henderson Mountain Trail	FS Trail 107	5.1 miles	Moderate	Hiking Only.
Indian Boundary Lake Trail	FS Trail 129	3.1 miles	Easy	Multi-Use Trail. Mountain Bike and Hiking. Motorcycles and Equestrian are prohibited.
Jeffrey Hell Trail	FS Trail 196	2.0 miles	Moderate	Hiking Only.
Kirkland Creek	FS Trail 85	6.7 miles	Moderate	Hiking Only.
Laurel Branch Trail	FS Trail 93	3.0 miles	Moderate	Hiking Only.
Little Citico Horse Trail 1	FS Trail 165-1	1.5 miles	Easy	Multi-Use Trail. Mountain Bike and Equestrian. Motorcycles are prohibited.
Little Citico Horse Trail 2	FS Trail 165-2	5.6 miles	Difficult	Multi-Use Trail. Equestrian, Mountain Bike and Hiking. Motorcycles are prohibited.
Little Citico Horse Trail 3	FS Trail 165-3	6.2 miles	Difficult	Multi-Use Trail. Equestrian, Mountain Bike and Hiking. Motorcycles are prohibited.
Long Branch Trail	FS Trail 103	2.6 miles	Moderate	Hiking Only.
McNabb Creek Trail	FS Trail 92	3.7 miles	Moderate	Hiking Only.
Mill Branch Trail	FS Trail 96	2.3 miles	Difficult	Hiking Only.
North Fork Citico Trail	FS Trail 98	5.2 miles	Difficult	Hiking Only.
Panther Branch Trail	FS Trail 162	2.6 miles	Moderate	Hiking Only.
Pine Ridge Trail	FS Trail 99	3.6 miles	Difficult	Multi-Use Trail. Hiking and Equestrian. Motorcycles and mountain bikes are prohibited.
Rocky Flats Trail	FS Trail 100	4.9 miles	Moderate	Hiking Only.
South Fork Citico Trail	FS Trail 105	9.5 miles	Difficult	Hiking Only.
Stiffknee Trail	FS Trail 106	3.2 miles	Difficult	Hiking Only.
Sugar Cove Trail	FS Trail 89	2.4 miles	Difficult	Hiking Only.
Sycamore Trail	FS Trail 163	5.8 miles	Moderate	Hiking Only.

Trail Name	Trail Number	Length	Difficulty	Notes
Unicoi Mountain Trail	FS Trail 117	7.9 miles	Moderate	Multi-Use Trail. Equestrian, Mountain Bike, and Hiking.
Unicoi Trail	FS Trail 82	5.8 miles	Moderate	Multi-Use Trail. Hiking, Mountain Biking, Equestrians, and Motorcycles.
Warrior's Passage National Recreation Trail	FS Trail 164	8.1 miles	Moderate	Hiking Only.
Whigg Ridge	FS Trail 86	2.8 miles	Difficult	Hiking Only.

Benton Mackaye Trail

The Benton MacKaye Trail winds nearly 300 miles through the Appalachian Mountains. The trail runs from Springer Mountain in Georgia to the Big Creek Campground on the northern edge of the Great Smoky Mountains National Park.

Warrior's Passage National Recreation Trail

This trail was first designed and constructed by Boy Scouts and Scouters from the Great Smoky Mountain Council, BSA (Knoxville, TN) in 1966. The trail fell into disuse in the late 1990s after fires destroyed much of the trail corridor. The trail was reopened in 2008 and is now maintained by Cherokee National Forest volunteers. The trail follows what is believed to be one of the routes used by the Cherokee to cross the mountains. There were many Warrior's Passages across the Appalachian Mountains and several became pioneer routes, then later became established roads and trail corridors.