

Hiking Trails in Tennessee

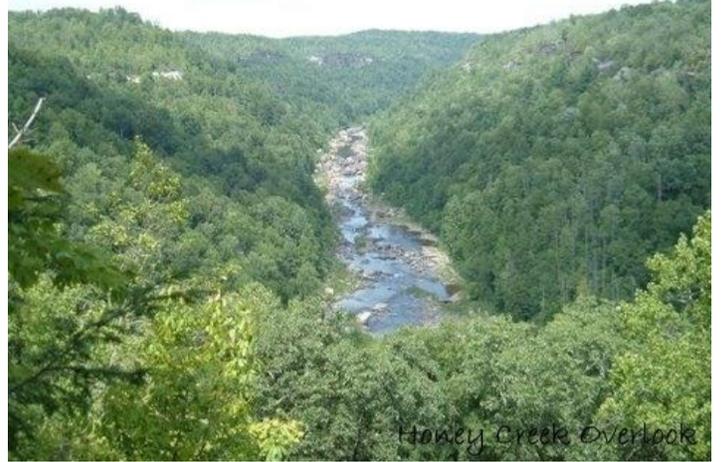
Rugby, Burnt Mill, Honey Creek Areas

National Park Service
U.S. Department of the Interior

Big South Fork National River and
Recreation Area
Oneida, TN



**The Clear Fork River
near the Gentleman's Swimming Hole**



**The Big South Fork River
from the Honey Creek Overlook**

Cutting deeply into the Cumberland Plateau, the Clear Fork and New Rivers come together at the Confluence to form the Big South Fork of the Cumberland River. Their main channels descend approximately eleven feet per mile. The swiftness of free-flowing water through the boulder-filled river beds have created a paddler's paradise. Although the rugged terrain limits access, there are several popular hiking trails in the south end of the Big South Fork National River and Recreation Area.

Rugby	Thomas Huges, author of <i>Tom Brown's School Days</i> and a renowned social reformer from England, established the experimental community of Rugby in 1880. One result of his progressive thinking was his creation of public park land along the Clear Fork River for the residents of Rugby to enjoy. Several trails were developed leading to the river.	beautiful walk between the high bluffs and the river leads to a low rock ledge and a great place to sit and enjoy the sights and sounds of the creek. However, this ledge may be under water after a heavy rain. The moderate/strenuous 2.1 mile loop to the trailhead can be completed by climbing to the ridgetop and following the old roadbed.
Gentlemens Swimming Hole	The moderate 0.4 mile hike to the Gentlemens Swimming Hole passes a small waterfall in the creek and Witches' Cave as the trail descends to the river.	From Oneida, TN take U.S. 27 south to Elgin. Turn right on Tenn. 52 and drive 7 miles to Rugby. Across from the commissary, turn right and drive to the Laurel Dale Cemetery. The trailhead and parking is on the left of the circular drive.
Meeting of the Waters	The Meeting of the Waters, where White Oak Creek joins the Clear Fork River, is 0.7 mile farther down the trail. The	From Jamestown, TN and U.S. 127, take Tenn. 52 east to Rugby.

Burnt Mill	Burnt Mill Bridge is a primary access to the Clear Fork River where rafters and paddlers often begin their trips.	The Big South Fork General Management Plan includes <i>proposed</i> trails which would complete the John Muir Trail from Peter's Ford to Burnt Mill Loop and Honey Creek Loop to Devil's Den near the O & W Bridge.
Burnt Mill Loop	The Burnt Mill Loop is a moderate 4.3 mile trail. Much of the trail follows the river and is well known for its variety of wildflowers.	From Oneida, TN take U.S. 27 south. Cross the bridge over New River. As you crest the hill, look on your right for the brown and white park service sign for Burnt Mill Bridge. While there are several turns, signs will direct you to the bridge. The trailhead is on the left. Continue 3 miles past the bridge to reach the Honey Creek Overlook Road.
John Muir Trail (Burnt Mill / Honey Creek Connector)	The Burnt Mill Loop and the Honey Creek Loop have a 4.3 mile connector trail which is part of the John Muir Trail. Begin hiking the Burnt Mill Loop counter clockwise (downstream) and you will reach the beginning of the connector trail in 1.3 miles. At the intersection with the Honey Creek Loop, you can turn left and walk 500 feet to reach the trailhead parking area.	

Honey Creek

Honey Creek Loop

The **5.9 mile** Honey Creek Loop, originally a “pocket wilderness” set aside by the Bowater Company, is the most **strenuous trail** in the Big South Fork. Hikers should allow five daylight hours to enjoy the beautiful rugged terrain. The trail features waterfalls, high bluffs, rock shelters and “in-the-creek” hiking.

The trail literally goes up Honey Creek, so check on rainfall and trail conditions before you begin this hike.

From Jamestown, TN follow Tenn. 52 to Allardt. Remain left on Tenn. 52 for 5.4 miles. Turn left on the Mt. Helen Road and follow the signs toward Burnt Mill Bridge for 10 miles. Turn left to reach the trailhead. Continue past the trailhead for 0.8 mile to reach the overlook.

Honey Creek Overlook

The Honey Creek Overlook is a **0.2 mile paved ADA trail**.
