Hiking Trails in Tennessee

Middle Creek, Sawmill, Charit Creek and Twin Arches

National Park Service
U.S. Department of the Interior

Big South Fork National River and
Recreation Area
Oneida, TN

Needle Arch

Charit Creek Lodge

The west side of the park has hiking trails featuring creeks, rockshelters, arches and a backcountry lodge.

Middle Creek Trailhead

From the Bandy Creek Visitor Center, turn right and drive 1.6 miles to a stop sign. Turn right onto TN 297W and drive 10 miles. At the stop sign, turn right onto TN 154N and drive 1.8 miles. Turn right on a gravel road, Divide Road. The Middle Creek Trailhead is located 0.7 mile on your right.

Middle Creek Loop Trail
3.5 mile loop – Easy/Moderate

Carved into sandstone bluffs by weathering and erosion, rock shelters abound on the moderate 3.5 mile loop. An easy 0.9 mile Connector Trail joins Middle Creek Loop and Slave Falls Loop. At the junction, you can turn right on the Slave Falls Loop to access Laurel Fork Creek Trail in 1 mile.

Sawmill Trailhead

Follow the directions above to Divide Road. Drive past Middle creek Trailhead. In 0.3 mile turn right on Fork Ridge Road. Continue 2.2 miles to the trailhead.

Slave Falls Loop Trail
3.2 mile loop – Easy/Moderate

Intermittent streams cut through rock very slowly, even in geological time. The result is a tall but narrow hanging waterfall.

From Sawmill Trailhead, you can reach the waterfall in 1.2 miles. Past the 0.2 mile spur leading to the waterfall, a 2.5 mile Connector Trail winds downhill past **Needle Arch** and joins the Twin Arches Trail near Jake's Place. Slave Falls Loop also features a 90 feet wide, 75 feet deep Indian Rock House. Near the rock house is the beginning of the beautiful 13-mile Laurel Fork Creek Trail that highlights approximately 30 creek crossings before connecting to the John Muir Trail near Station Camp Creek.

Charit Creek Trailhead

Follow the directions above to Sawmill Trailhead. Continue past the trailhead to the end of Fork Ridge. Use caution as this section of road serves as a multi-use trail, open to horses and wagons.

Charit Creek Hiking Trail
0.8 mile one way – Difficult

This steep 0.8 mile trail is the shortest way into Charit Creek Lodge. Entering the forest from the parking area, you will descend a wooden staircase to the base of a bluff. The trail begins winding its way down the steep hillside via switchbacks. Cross the swinging bridge over Station Camp Creek and turn right on the graveled road leading to the lodge.

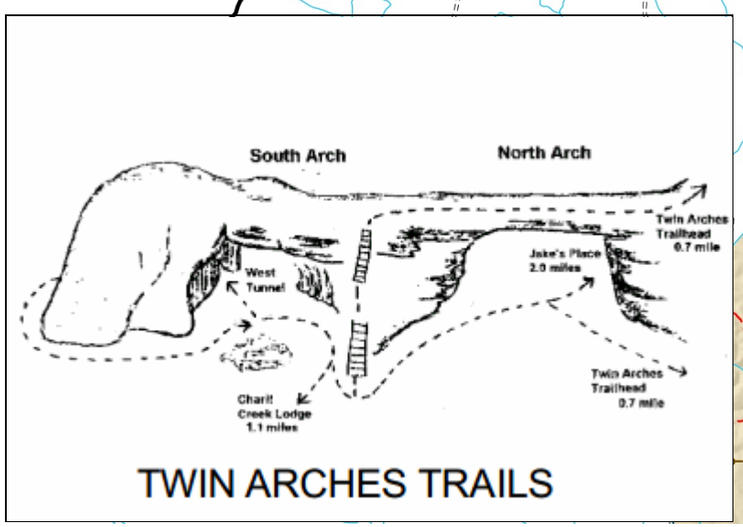
Twin Arches Trailhead

After turning off TN 154N, remain on Divide road, following the Twin Arches signs for 4 miles. Turn right on the 2-mile Twin Arches Road and drive to the parking area.

Twin Arches 1.4 mile Upper Loop
Twin Arches 4.1 mile Lower Loop
Difficult

The **Upper Loop** trail descends steep staircases to reach the base of the arches in 0.7 mile. The trail is easier if you go across the top of the North Arch and down the stairs between the two arches. A sign at the North Arch will direct you back to the parking area. The North and South Arches began as eroding "windows" in the narrow sandstone ridge and are so massive that both cannot be seen from one location. From the South Arch, the 4.1 mile **Lower Loop** descends to Charit Creek Lodge, passes the trail to Slave Falls, travels below high bluffs and finishes at the North Arch.

HIKING TRAIL MAP	
BANDY CREEK AREA TRAILS	
Oscar Blevins Farm Loop	3.6 mi
John Litton Farm Loop	5.9 mi
Bandy Creek Loop	1.3 mi
LEATHERWOOD FORD TRAILS	
*Angel Falls Rapid	2.0 mi
*Angel Falls Overlook	2.8 mi
*O & W	2.3 mi
DIVIDE ROAD AREA TRAILS	
Middle Creek Loop	3.5 mi
Slave Falls Loop	3.2 mi
*Laurel Creek	13.o mi
*Charit Creek	0.8 mi
Twin Arches Loop	5.5 mi
Upper loop only	1.4 mi
*One way mileage	



TWIN ARCHES TRAILS

Gobblers Knob
154
Twin Arches
Twin Arches Loop
Charit Creek Overlook
Charit Creek Lodge
Charit Creek
Station Camp Creek Trail
Station Camp River Access
River Trail East
Station Camp East
John Muir Trail
Bronco Overlook
Fork Ridge Trail
Middle Creek
Middle Creek Loop
Sawmill
Slave Falls Loop
Laurel Fork Creek Trail
Duncan Hollow Road
JMT
Grand Gap Loop
Fall Branch Trail
River Trail East
Angel Falls Overlook
Oscar Blevins
Oscar Blevins Loop
West Entrance Trail
297
Litton-Slaven Farm Loop
Bandy Creek Visitor Center
Angel Falls Trail
West Entrance Trail
Bandy Creek Loop
Leatherwood Ford
Leatherwood Loop
West Entrance
Cumberland Valley
East Rim Overlook
297
Sunset Overlook
O & W Overlook
JMT
O&W Railroad Bridge
North White Oak Overlook
Laurel Fork Overlook