Obed Wild & Scenic River

National Park Service
U.S. Department of the Interior

Obed Wild & Scenic River
P.O. Box 429
208 North Maiden Street
Wartburg, TN 37887

Nemo Trails

A Wild and Scenic River designation refers to more than free-flowing water moving down a stream channel. It includes high bluffs, sculpted cliffs, and lush forested slopes that creep to the edge of the river, which can be placid in summer and torrential in winter and spring. The three trails in the Nemo area lead to the heights and depths of the river gorge offering many habitats to see and explore, and also provide a walk through a history of human activities that have shaped the area. Enjoy wildflowers. Listen and watch for wildlife. Imagine the history of past events.

Emory River Nature Trail

Distance: 1.0-mile loop.

Difficulty: Easy to Moderate.

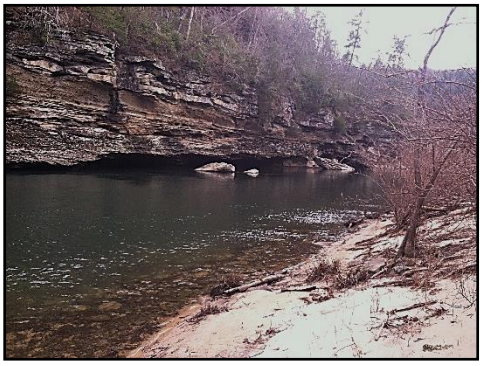
The Nature Trail shares a small portion of the Cumberland Trail before looping down and around to return along the Emory River to the Rock Creek Campground. The trail offers a close up appreciation of the transition from bluff to gorge, where massive sandstone boulders fell from the bluff thousands of years ago and now rest in and near the river gorge.

Cumberland Trail – Emory River Gorge Section

Distance: 2.6-mile round-trip.

Difficulty: Moderate.

Above the Nemo Picnic Area stands the historic Nemo Bridge, now used by hikers to enjoy an above-ground view of the Emory River. The trail leaves the picnic area from the upstream end of the parking lot and ascends above the river to a sweeping overlook of the confluence of the Obed and Emory Rivers. The trail ends at a seasonal stream cascade.

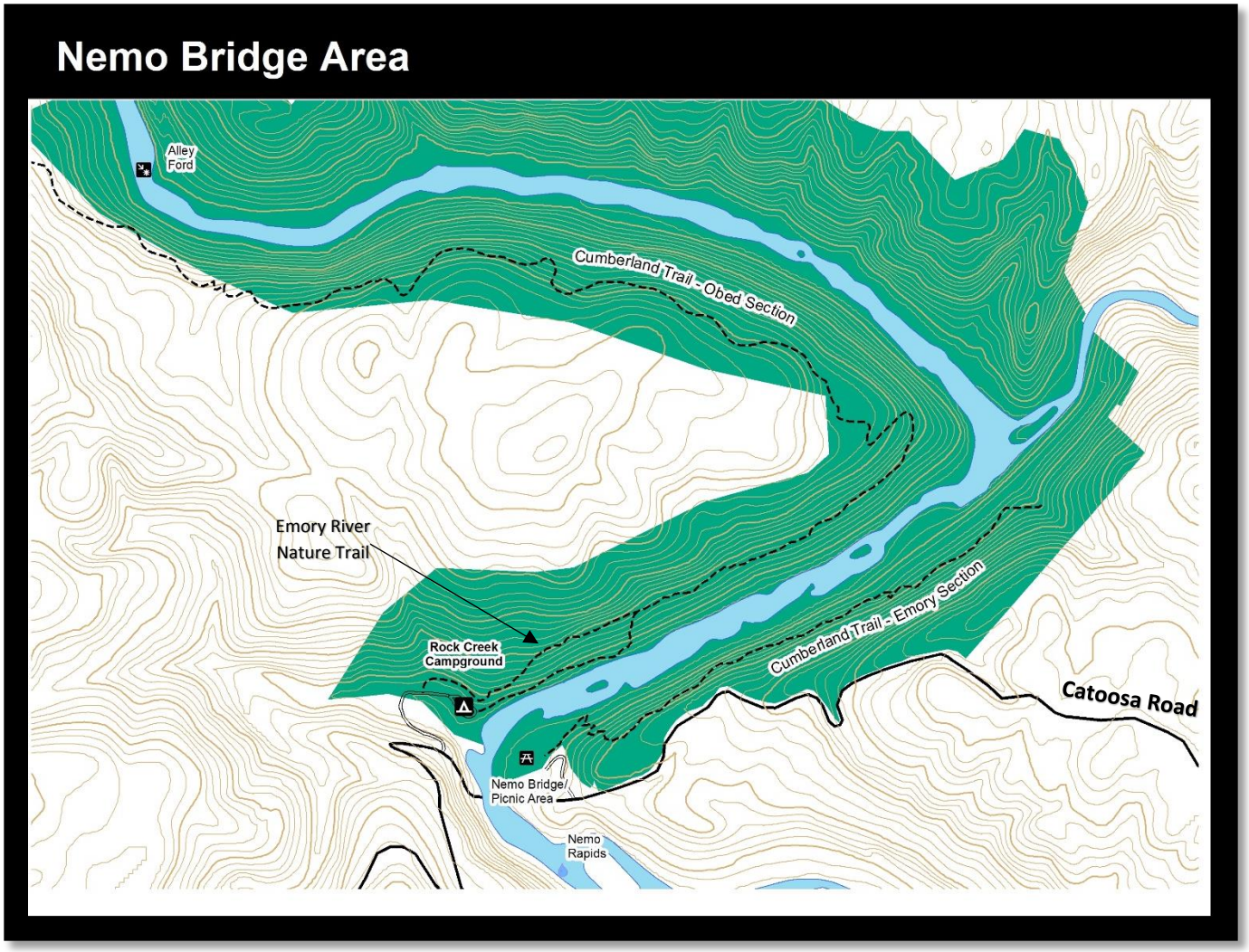


Cumberland Trail – Obed River Section

Distance: 14.2 miles one way.

Difficulty: Very Strenuous.

The trail leaves Rock Creek Campground and includes many ascents and descents along the Obed River leading to remote overlooks that offer solitude and sweeping views of the gorge. The section terminus is at the Devils Breakfast Table trailhead. A popular abbreviated hike on this section is from the campground to Alley Ford and back (5 miles roundtrip – moderate to strenuous).



The trail compels you to know yourself and to be yourself, and puts you in harmony with the universe.

- **Enos Mills**

The Ten Essentials to carry to be prepared for minor injuries, weather changes or delays:

- Map of the area
- Compass
- First aid kit
- Extra food
- Pocketknife
- Candle or other fire starter
- Sunglasses and sunscreen
- Flashlight with extra batteries/bulb
- Extra clothing, including rain gear
- Matches in a waterproof container

Emergencies call 911 (limited cell phone service)