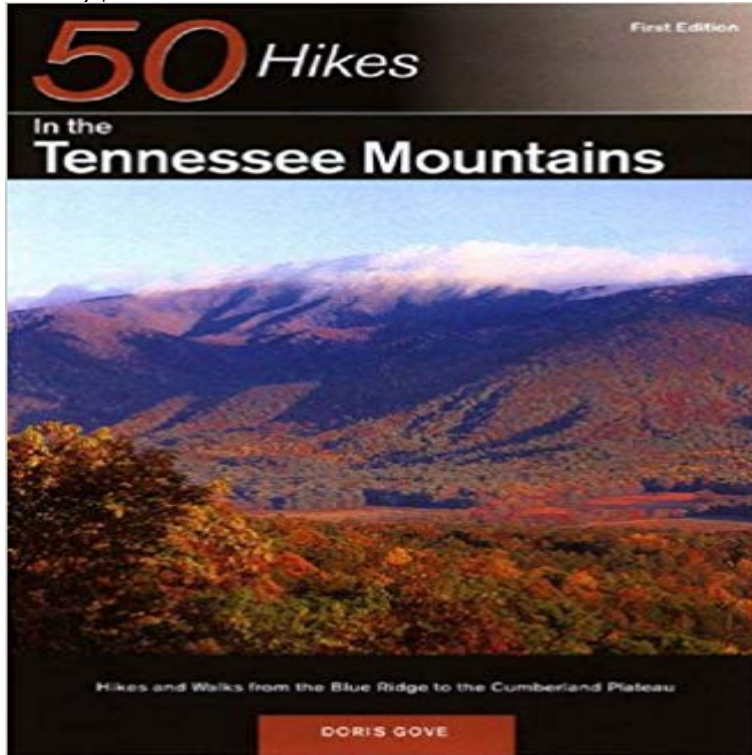


50 Hikes in the Tennessee Mountains: Hikes and Walks from the Blue Ridge to the Cumberland Plateau



A new guide to the outstanding hiking opportunities to be found in the mountains, ridges, and valleys of eastern Tennessee. The mountains of eastern Tennessee, with their miles of rugged trails, spectacular waterfalls, and colorful wildflowers, offer some of the finest hiking in the Southeast. Doris Gove has hiked hundreds of miles throughout the region to choose 50 of its most appealing hikes in the Smokies, the Blue Ridge, Cherokee National Forest, Big South Fork, and Cumberland Gap. Although Great Smoky Mountains National Park is the most heavily used in the country, hundreds of miles of its trails receive little use and can provide a true wilderness experience. Many of these trails, plus remote trails of the Smokies and the Appalachian Trail and sections of the 220-mile Cumberland Trail linear state park, were selected to provide excellent hiking with minimal crowds. The routes range in length from less than a mile to 12 miles, offering rewarding trips for hikers of every ability—some trails are even accessible to strollers and wheelchairs. An overview chart at the beginning of the book provides information on the 50 hikes at a glance. Each hike description includes directions to the trailhead, a detailed account of the route, a map, and entertaining asides on natural and historical points of interest. 50 black and white photographs, 51 maps

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Doris has been an instructor at the University of Tennessee and a writer at the