SOUTHERN APPALACHIAN PUBLIC LANDS

OUTDOOR RECREATION MAP

Public lands in this region offer a wealth of scenic beauty, recreational opportunities, and protection of important natural resources for your enjoyment today—and for generations to come.

www.RecreationLinks.org

THIS INFOMAP IS A COOPERATIVE EFFORT AMONG:

U.S. Forest Service
National Park Service
Blue Ridge Parkway
Blue Ridge National Heritage Area
North Carolina State Parks
Tennessee State Parks

NON-PROFIT PARTNERS

Partners of Cherokee National Forest
Cradle of Forestry in America Interpretive Association
Great Smoky Mountains Association
Blue Ridge Parkway Foundation

OTHERS

TN Dept of Tourist Development
Visit North Carolina

ALL IMAGES BY BILL LEA

	Camping	Group Camping	Trailer Sites	Trailer Dump Station	Picnic Area	Picnic Pavilion	Swim Area	Restrooms	Showers	Drinking Water	Fishing	Hiking Trails	Bike Trails	Horse Trails	Boat Launch	Motorized Boating	Nonmotorized Boating	Whitewater	Accessible Site(s)	Fee Site(s)
CHEROKEE NATIONAL FOREST (TN)																				
C1 Backbone Rock Recreation Area	•		•		•	•		•		•	•	•							•	•
C2 Chilhowee Recreation Area	•	•	•	•	•		•	•	•	•	•	•	•				•		•	•
C3 Hiwassee River Corridor					•	•		•			•			•		•	•	•	•	•
C4 Indian Boundary Recreation Area	•		•	•	•	•	•	•	•	•	•	•		•		•			•	•
C5 Little Oak Recreation Area	•		•	•				•	•	•	•			•	•				•	•
C6 Ocoee River Corridor - Parksville Lake	•	•	•	•	•	•	•	•	•	•	•	•		•	•	•	•	•	•	•
C7 Ocoee Whitewater Center					•	•		•		•		•					•	•	•	•
C8 Paint Creek Corridor	•		•		•			•	•	•	•								•	•
C9 Rock Creek Recreation Area	•	•	•	•	•		•	•	•	•		•							•	•
C10 Tellico River Corridor	•	•	•	•	•			•		•	•	•					•	•	•	•
C11 Watauga Lake Corridor	•		•		•	•	•	•	•	•				•	•	•			•	•
C12 Pigeon River Corridor											•			•	•	•				
NANTAHALA NATIONAL FOREST (NC)																				
N1 Balsam Lake – Lodge					•			•	•	•	•								•	
N2 Cheoah River Corridor										•	•			•	•	•	•			
N3 Cherokee Lake					•	•		•	•	•	•									
N4 Cullasaja Gorge - Dry Falls & Cliffside Lake					•		•	•	•	•	•									•
N5 Hiwassee Lake	•		•		•	•		•		•	•	•	•	•	•	•				•
N6 Joyce Kilmer					•	•		•			•									
N7 Lake Chatuge - Jackrabbit Mountain	•		•	•	•		•	•	•	•	•			•	•	•			•	•
N8 Nantahala River Corridor								•	•	•	•	•	•		•		•	•		•
N9 Standing Indian Recreation Area	•		•		•		•	•	•	•	•									•
N10 Tsali on Fontana Lake	•		•		•		•	•	•	•	•	•	•			•			•	•
N11 Whiteside Mountain								•			•									•
N12 Whitewater Falls					•		•		•		•								•	•
N13 Santeetlah Lake - Cheoah Point	•		•		•	•	•	•	•	•	•			•	•	•				•
PISGAH NATIONAL FOREST (NC)																				
P1 Curtis Creek Corridor	•		•		•		•		•	•	•									
P2 Cradle of Forestry in America							•		•		•								•	•
P3 Davidson River Corridor - Sliding Rock	•	•	•	•	•	•	•	•	•	•	•								•	•
P4 Lake Powhatan	•		•	•	•		•	•	•	•	•	•							•	•
P5 Linville Gorge Corridor - Wilsemans View							•				•								•	
P6 North Mills River Corridor	•		•	•	•		•	•	•	•	•	•	•						•	•
P7 South Toe River Corridor	•	•	•	•	•	•	•	•	•	•	•	•	•						•	•
P8 Wilson Creek Corridor	•				•	•	•		•		•	•							•	•
P9 Catawba Falls							•				•									
CHEROKEE & PISGAH/NANTAHALA																				
T1 Balds of Roan Mountain						•		•			•									•
T2 Cherohala Skyway						•		•			•								•	
T3 Nolichucky River Gorge						•		•			•			•	•	•	•			
T4 French Broad River Corridor						•		•		•	•			•	•	•	•			
MT ROGERS NATIONAL RECREATION AREA																				
M1 Virginia Creeper Trail						•	•	•			•	•	•						•	

The U.S. Forest Service partners with other agencies and commercial outfitters & guides to offer a variety of water-based adventures on rivers that wind through the mountains from North Carolina into Tennessee. Search for these exceptional river corridors and their tributaries - French Broad River (Classes I-III), Hiwassee River (Classes I-III), Nantahala River (Classes I-III), Nolichucky River (Classes II-V), Ocoee River (Classes III-IV & 1996 Olympic Whitewater Venue) and Pigeon River (Classes I-IV).

	Camping	Group Camping	Trailer Sites	Trailer Dump Station	Picnic Area	Restrooms	Showers	Drinking Water	Fishing	Hiking Trails	Interpretive Trail	Horse Trail	Bike Trail	Boat Launch	Camping	Wildlife Viewing	Historic Site/District	Visitor Information	Wheelchair Accessible	Fee Required
BIG SOUTH FORK NATIONAL RIVER AND RECREATION AREA																				
B1 Yahoo Falls					•	•			•	•			•	•						
B2 Alum Ford	•				•	•		•					•	•						
B3 Yamacraw Bridge					•			•				•	•	•						
B4 Stearns Visitor Center						•		•									•			
B5 Blue Heron	•		•	•	•	•	•	•	•	•	•	•		•	•		•	•		
B6 Bear Creek Camp	•		•	•		•	•	•			•									
B7 Station Camp	•		•	•		•	•	•			•									
B8 Charit Creek	•					•	•	•	•	•							•			
B9 Bandy Creek	•	•	•	•	•	•	•	•		•	•	•					•	•		
B10 Leatherwood Ford						•	•	•	•	•	•				•			•		
B11 Burnt Mill Bridge						•			•	•					•					
B12 Brewster Bridge						•				•		•			•					
CUMBERLAND GAP NATIONAL HISTORICAL PARK																				
G1 Park Headquarters						•	•		•		•						•		•	•
G2 Iron Furnace											•						•	•		•
G3 Pinnacle Overlook							•		•		•						•			•
G4 Wilderness Road Campground	•	•	•	•	•	•	•	•			•	•	•				•		•	•
G5 Gibson Gap											•						•			
G6 Hensley Settlement							•		•		•						•	•		
G7 Chadwell Gap	•										•	•					•			
G8 White Rocks	•										•	•					•			
GREAT SMOKY MOUNTAINS NATIONAL PARK																				
S1 Greenbrier						•	•				•		•				•	•		
S2 Cosby Campground	•	•	•	•	•	•	•	•	•	•	•	•	•				•		•	•
S3 Big Creek Campground	•	•				•	•	•	•	•	•	•	•				•		•	•
S4 Cataloochee	•	•	•			•		•	•	•	•		•				•	•		•
S5 Balsam Mountain Campground	•		•			•	•	•			•	•	•				•			•
S6 Collins Creek						•	•	•	•	•							•		•	
S7 Smokemont Campground	•	•	•	•		•		•	•	•	•	•	•				•		•	•
S8 Oconaluftee Visitor Center						•		•	•	•	•	•		•			•	•	•	
S9 Deep Creek Campground	•	•	•	•	•	•		•	•	•	•		•	•			•		•	•
S10 Chimneys Picnic Area						•	•	•	•	•							•			
S11 Sugarlands Visitor Center					•		•	•	•	•	•	•		•			•	•	•	
S12 Elkmont Campground	•	•	•	•	•	•		•	•	•	•	•	•				•	•	•	•
S13 Metcalf Bottoms Picnic Area						•	•	•	•								•			•
S14 Cades Cove Campground	•	•	•	•	•	•		•	•	•	•	•	•	•			•	•	•	•
S15 Cades Cove Visitor Center								•	•		•	•					•	•	•	
S16 Abrams Creek Campground	•					•		•	•	•							•		•	•
S17 Twentymile									•	•							•			
BLUE RIDGE PARKWAY																				
R1 Moses Cone Memorial Park						•		•		•		•					•	•	•	•
R2 Julian Price Park		•	•	•		•	•	•	•	•				•	•	•				
R3 Linville Falls		•		•		•	•	•	•	•							•		•	
R4 Craggy Garden						•	•	•		•							•		•	
R5 Mt. Pisgah		•	•	•		•	•	•		•									•	
R6 Graveyard Fields						•		•	•	•							•			

	National Historic Sites & Other	(For info about visitor centers and restroom facilities - visit NPS.GOV)	Map Grid
AJ	ANDREW JOHNSON N.H. SITE	Interprets the life and legacy of the 17th President, Andrew Johnson (term 1865-1869).	E3
CS	CARL SANDBURG HOME N.H. SITE	A popular voice for the American people still speaks through his writings and songs.	F5
MP	MANHATTAN PROJECT N.H. PARK	Tells the story that led to the creation of the atomic bomb, which helped end World War II.	B3
OR	OBED WILD & SCENIC RIVER	Stretches along the Cumberland Plateau and offers a variety of recreational opportunities.	A3

ABOVE: Capture the splendor and excitement of canoeing, kayaking or rafting whitewater rivers in a national forest, national park, or state park. Each river has its own personality. Challenges can be found for everyone from first-timers to Olympic-level athletes.

SAFETY

WATER SAFETY

Surprisingly, drowning is one of the leading causes of death on public lands. These accidents and injuries can easily be avoided. Closely supervise children at all times. Remember, medical assistance for injured persons may be many hours away.

Do not wade in or attempt to cross a rain-swollen stream!
River levels can rise rapidly after a heavy rainfall. A localized thunderstorm dumping rain far upstream on the higher peaks can create sudden and unexpected flood conditions at lower elevations without you seeing a single raindrop!

Do not climb on rocks near water.
Rocks near water are extremely slippery. These rocks are slippery due to mist and algae.

Use extreme caution when walking along streambanks.
Over the years, there have been fatal accidents and many serious injuries resulting from people climbing on rocks near waterfalls or along streambanks.

Do not dive or jump into water.
Submerged rocks, trees or debris could be immediately below the surface of the water.

If you find yourself accidentally swimming in fast moving water, do not try to stand up.
Most drownings result from getting a leg or ankle caught in an underwater rock ledge or between boulders. The force of the water will push you over and hold you under.
The standard defensive swimming position in fast water is lying on your back with your feet pointing downstream and toes up towards the surface. Always look downstream and be prepared to fend off rocks with your feet.

HYPOTHERMIA

The water in mountain streams may be much colder than you think. Exposure to cold water can quickly lead to hypothermia, an extremely dangerous condition involving the lowering of the body's "core" temperature. Hypothermia can kill you! Symptoms include loss of strength and muscular coordination followed by mental confusion and irrational behavior.

PROTECT STREAMS!

Didymo is a destructive and invasive algae species that can smother park streams. You can accidentally spread didymo on your fishing and water recreation equipment. ***To prevent its spread, please visit https://www.nps.gov/grsm/learn/nature/didymo.htm***

IN CASE OF EMERGENCY DIAL 911

If you require emergency services such as police, fire, or ambulance, dial 911 immediately. Do not call the park or forest ranger offices.

Note: In the Appalachian Mountains, heavy foliage or surrounding terrain may prevent your cellular phone or satellite GPS device from receiving a signal. Bear this in mind when making your plans.

BLACK BEARS

At one time, the black bear's range included most of North America. Some of the largest protected areas in the eastern United States where black bears can live in wild, natural surroundings are found on this map. Bears inhabit all elevations in the Appalachian Mountains.

Black bears may exceed six feet in length and three feet high at the shoulder. During the summer months, a typical adult male bear may weigh 250 pounds or more while adult females are generally smaller and weigh less. Bears can run up to 30 miles per hour—which is faster than humans.

Bears are most active during early morning and late evening hours in spring and summer.

Bear Behavior

Bears in the national park and national forest are wild and their behavior can be unpredictable. Although extremely rare, attacks on humans have occurred, inflicting serious injuries and death. Treat bear encounters with extreme caution! Before hiking in bear country, learn in advance how to handle bear encounters.

WHAT DO I DO IF I SEE A BLACK BEAR?

If you see a black bear:
- Remain watchful.
- Do not approach it.
- Do not allow the bear to approach you.
- If your presence causes the bear to change its behavior (stops feeding, changes its travel direction, watches you, etc.) you are too close.

Being too close may promote aggressive behavior from the bear such as running toward you, making loud noises, or swatting the ground. The bear is demanding more space. Don't run, but slowly back away, watching the bear. Increase the distance between you and the bear. The bear will probably do the same.

If a bear persistently follows or approaches you, without vocalizing, or paw swatting:
- Change your direction.
- If the bear continues to follow you, stand your ground.
- If the bear gets closer, talk loudly, shout at it, wave your arms, make yourself look big.
- Act aggressively to intimidate the bear.
- Act together as a group if you have companions. Make yourselves look as large as possible (for example, move to higher ground).
- Throw non-food objects such as rocks at the bear.
- Use a deterrent such as a stout stick.
- Don't run and don't turn away from the bear.
- Don't leave food for the bear; this encourages further problems.

If the bear's behavior indicates that it is after your food:
- Separate yourself from the food.
- Slowly back away.

If the bear shows no interest in your food and you are physically attacked, the bear may consider you as prey:
- Fight back aggressively with any available object!
- Do not play dead!

Remember to keep your distance from bears and store trash and food properly. To learn more, visit online: **https://www.nps.gov/grte/planyourvisit/bearsafety.htm**

Note: Use binoculars, telephoto lens, or a spotting scope to view the animals.

ABOUT THIS MAP

National parks and national forests have been established in the Southern Appalachian Mountains of Tennessee and North Carolina to preserve and conserve natural and cultural resources. They occupy more than 2.2 million acres of land connected by rivers, trails, parkways and history. Several supporting nonprofit organizations have worked together in cooperation with the National Park Service, U.S. Forest Service and several state agencies to provide this map and encourage you to appreciate and experience your public lands.

Is There a Difference Between a "Park" and a "Forest"?

The answer is yes. Although they may look similar, national parks and national forests have very different purposes. Together they offer the public a wide spectrum of uses.

National parks emphasize preservation of resources and recreational experiences. They focus on protecting natural and cultural resources "unimpaired for the enjoyment of future generations." Park rangers work for the National Park Service (NPS) under the Department of Interior.

National forests emphasize conservation of our natural resources. National forests are managed under the principles of "multiple use and sustained yield" to provide Americans with wood, water, forage, wildlife and recreation for generations to come. They are managed by the U.S. Forest Service (USFS) under the Department of Agriculture.

Because they have different purposes, adjoining national parks and national forests have different rules. For example:
- National parks usually forbid hunting, while forests usually allow it.
- Dogs can be taken on national forest trails, but are generally not allowed on trails in national parks.
- National forests may provide trails for off-highway vehicles; national parks usually do not.

United States Congress has also designated several special areas and trails to be managed by the National Park Service and U.S. Forest Service for their unique characteristics and opportunities. These include, but are not limited to, Wilderness, Wild & Scenic Rivers, National Recreation Areas, National Parkways, National Historic Sites, National Historic Trails, and the Appalachian National Scenic Trail.

Please note: Visitors need to pay attention to whether they are in a national park or a national forest. A perfectly legal activity in one area may not be permitted in another.

This institution is an equal opportunity provider.

ENJOY YOUR PUBLIC LANDS

National Park Service
United States Department of the Interior
Units throughout East Tennessee and Western North Carolina provide incredible opportunities to experience the diversity of place, history, and nature of our region. Visit our website to learn more about the sites where you can take a scenic drive, explore the backcountry by trail, take the family camping, walk through history, rock climb, or kayak. Explore, experience, and enjoy your National Parks!
Visitor Info: www.nps.gov

U.S. Forest Service
United States Department of Agriculture, Forest Service
The Cherokee National Forest in Tennessee, the Nantahala and Pisgah National Forests in North Carolina, and other Forests in the Southern Appalachians offer opportunities to experience the thrill of whitewater, the pursuit of wildlife, epic mountain bike trails, iconic waterfalls & mountain balds, scenic byways and backcountry trails, plus a wide range of overnight accommodations.
Note: Campground and cabin reservation services are available at www.recreation.gov.
Visitor Info: http://www.fs.fed.us/visit

North Carolina State Parks Department of Cultural and Natural Resources
The NC state park system encompasses iconic landscapes within state parks, state recreation and state natural areas. In operation for 100 years, its 74 units attract 17 million visitors annually. Its 228,000 acres include mountains, beaches, swamps, lakes, rivers, grasslands, meadows, forests and waterfalls.
Note: There are fees for camping, swimming and certain activities.
Visitor Info: (919) 707-9300 www.ncparks.gov

Tennessee State Parks
Tennessee Department of Environment & Conservation
Discover Tennessee's natural, cultural, and historic heritage. State parks offer diverse and varied natural landscapes, family-friendly recreation, affordable lodgings, and hundreds of interpretive programs and events. Parks are open to the public seven days a week, year-round. There is no access fee charged, although there may be fees associated with certain activities.
Note: Fishing and hunting require licenses (tn.gov/twra/).
Visitor Info: (615) 532-0001 www.tnstateparks.com

ABOVE: There is nothing quite like a public recreation area to provide the solitude of a backcountry campsite, tent camping in a family campground, or a quiet spot in a convenient RV area.

PARTNER ORGANIZATIONS

Blue Ridge Parkway Foundation
The Foundation is the primary nonprofit fundraising partner of the Blue Ridge Parkway, helping ensure cultural and historical preservation, natural resource protection, educational outreach, and visitor enjoyment. Since 1997, the Foundation has provided over $10 million to protect and enhance the Parkway. The Foundation also created the Kids in Parks program which provides a network of kid-friendly trails in the Blue Ridge Mountains and beyond. www.kidsinparks.com
Visitor Info: (866) 308-2773 www.brpfoundation.org

Cradle of Forestry in America Interpretive Association
The Cradle of Forestry in America Interpretive Association promotes educational, recreational, and interpretive opportunities about forest and water resources, natural history, and the Cradle of Forestry in America. The CFAIA co-manages the 6,500 acre Cradle of Forestry historic site, celebrating the birth of scientific forestry in America.
Note: Nonprofit 501(c)(3) organization chartered in 1972.
Visitor Info: (828) 884-5713 www.cfaia.org

Great Smoky Mountains Association
The mission of our Association is to support the perpetual preservation of Great Smoky Mountains National Park and the national park system by promoting greater public interest and appreciation through education, interpretation, and research
Visitor Info: (888) 898- 9102 www.smokiesinformation.org

Partners of Cherokee National Forest
The Partners provide the public with current information about issues and resources related to the Cherokee National Forest. The Partners promote enjoyment and responsible use of the Forest by sponsoring custom maps, trails for kids, student field trips, public outreach, and more. The organization is directly involved in continuing projects in multiple locations within the Forest and new members are always welcome.
Note: Nonprofit 501 (c) (3) organization chartered in 2002
Visitor Info: (866) 308-2773 www.partnersofthecherokee.org

LOCAL HOSPITALITY INFORMATION

Tennessee Department of Tourist Development
Come face to face with awe-inspiring nature and breathtaking wilderness. Climb cliffs, raft rapids, discover the beauty.
Explore more: At tnvacation.com and follow "tnvacation" on Facebook, Twitter (#madeintn), Pinterest, Instagram and YouTube.

Visit North Carolina
You're invited to experience and explore our many unique forests, spectacular parks and outdoor activities.
Visitor Info: 800-VISITNC www.visitnc.com