

South Cumberland State Park

July Programming 2009

(931) 924-2980

Friday, July 3

8:00 a.m.

Stone Door Hike

Join Ranger Jacob at Stone Door Ranger Station to learn about the Cumberland Plateau and the people who lived there. This is an easy 2-mile hike.

6:00 p.m.

Canoe Float

Meet Ranger Carolyn at the Grundy Lakes Beach for a guided canoe tour of the lake. Safety jackets will be supplied. No experience necessary. Children under 12 must be accompanied by an adult.

Saturday, July 4

8:00 a.m.

Hike Savage Falls

Meet Ranger Roger at Savage Gulf Ranger Station for a four mile moderate hike roundtrip to see a beautiful waterfall. Wear bug spray, the ticks are here!

8:00 a.m.

What Track Is That ?

Join Ranger Carolyn at the South Cumberland State Park Visitor's Center volleyball court for a beginner session on animal tracking! If you have a hamster, lizard, snake, turtle, or other small pet, bring it along. Children under 8 must be accompanied by an adult.

10:00 a.m.

Meadow Hike

Join Ranger Carolyn at the Visitor Center for an hour-long guided tour of the Meadow Trail. We'll look at bugs, blooms, and take an easy hike around the pond.

11:00 a.m.

Greeter Falls Hike

Meet Ranger Jacob at the Greeter Falls parking lot for this difficult 2-mile hike. See the beauty of the upper and lower falls.

Sunday, July 5

8:00 a.m.

Horsepound Falls Hike

Meet Ranger Roger at Collins West access for this strenuous 6 mile hike roundtrip to see two waterfalls and some rugged country.

2:00 p.m.

Creek Games

Join Ranger Carolyn for a splashing good time at the Grundy Forest Pavilion. Shoes required. Prepare to get wet while we look for creek critters and play in the creek. This program involves a moderate hike with a few steep sections.

Sunday, July 5

3:00 p.m.

Slideshow

Meet Ranger George for an informative slideshow on the Savage Gulf/Stone Door area. Meet at the Savage Gulf Ranger Station.

Wednesday, July 8

5:00 p.m.

Sycamore Falls Hike

Meet Ranger Brent at the Grundy Forest parking lot for this moderate 3 mile hike to Sycamore Falls. Bring sturdy shoes, bug spray, and some water.

Saturday, July 11**10:00 a.m.****What Tree Is That?**

Join Ranger Carolyn at the Foster Falls Parking Lot for a short hike. We'll learn how to identify 15 common trees that are native to our area.

10:30 a.m.**Canoe Float**

Come out to Grundy Lakes for a relaxing canoe float and learn about the history of the area. Meet at the beach parking lot. Space is limited so please call 931-924-2980 for reservations.

2:00 p.m.**Canoe Float**

Meet Ranger Carolyn at the Grundy Lakes Beach parking lot for a guided canoe tour of the lake. Safety jackets will be supplied. No experience necessary. Children under 12 must be accompanied by an adult.

Sunday, July 12**8:00 a.m.****Ranger Falls Hike**

Meet Ranger Jacob at Stone Door Ranger Station for a strenuous 7-mile hike to Ranger Falls. Wear sturdy boots and bring water and a snack.

8:00 a.m.**Boulder Crossing**

Meet Ranger Roger at Collins West access for this strenuous three mile hike roundtrip to view a remote beautiful creek. Bring water and snacks.

Friday, July 17**10:00 a.m.****GPS Basics**

Meet at the Visitor Center for this beginner's course on using a GPS. Ranger Jacob will show you how to navigate and how to mark way points.

Saturday, July 18**8:00 a.m.****Stone Door Hike**

Meet at the Stone Door Ranger Station where Ranger Jacob will take you to the Great Stone Door. Be ready for some amazing overlooks.

Sunday, July 19**8:00 a.m.****Savage Day Loop**

Meet Ranger Roger at the Savage Gulf Ranger Station for this moderate five mile hike to see Savage Falls and Rattlesnake Point!

11:00 a.m.**Greeter Falls Hike**

Join Ranger Jacob for this strenuous 2-mile hike to one of Tennessee's beautiful waterfalls. We will go to the upper and lower falls.

Wednesday, July 22**2:00 p.m.****Knot Tying 101**

Meet Ranger Brent at the Visitor Center to learn how to tie a few basic knots.

Friday, July 24**2:00 p.m.****Sport Climbing How-To-Clinic**

Are you ready to move from the world of top-roping to sport climbing? Meet Ranger Jason at the Foster Falls parking lot for a beginner's course on this different style of rock climbing. Basic skills of climbing and rope work required. Due to limited equipment, call South Cumberland's Park office to reserve your spot (931)924-2980.

Friday, July 24**6:00 p.m.****Fine Fishing Fun**

Join Ranger Carolyn at the Grundy Lakes Beach for a relaxing evening of fishing. There will be a short instruction session, then pick your spot on the water's edge, and try your luck at reeling in a big one! Ages 13 and over must have a fishing license. Ages 10 and under must be accompanied by an adult.

Saturday, July 25

9:00 a.m.

Learn To Use a Map and Compass

Join Ranger Carolyn at the Stone Door Ranger Station for this three hour moderate rim hike. Maps will be provided; bring a compass and binoculars, if you have them. Bring water.

Saturday, July 25

1:00 p.m.

Creek Critter Roundup

If you want to find out about the fascinating world of craw-dads and water spiders, or you're just needing an excuse to get your feet wet on a hot summer day, meet Jason at the Grundy Lakes Beach parking lot. Be sure to bring creek shoes and a towel.

Sunday, July 26

8:00 a.m.

Fine Fishing Fun

Join Ranger Carolyn at the Grundy Lakes Beach for a quiet morning of fishing. There will be a short instruction session, then pick your spot on the water's edge, and try your luck at reeling in a big one! Ages 13 and over must have a fishing license. Ages 10 and under must be accompanied by an adult.

8:00 a.m.

Suter Falls Hike

Meet Ranger Roger at Collins West access for this strenuous two mile hike down into the gorge below Suter Falls.

11:00 a.m.

Caterpillar, Chrysalis, Butterfly

Join Ranger Carolyn at the South Cumberland State Park Visitor Center to learn more about our winged friends. We'll take a walk in the meadow and make some butterfly art. Patrons over 10 years of age must be accompanied by a child.

Wednesday, July 29

12:00 noon

Old Log Cabin

Meet Rosa and Wanda at the Visitor Center to view a real log cabin. It was made from hand-hewn logs with a fireplace made from mountain stone.

