

# ADVENTURE UNDER THE STARS

## Camping at Frozen Head State Park

Types of campsites available:

- Electric
- Primitive
- Backcountry

**964 Flat Fork Road  
Wartburg, TN 37887**

Located in the shadows of the Cumberland Mountains, the 24,000 acres of wilderness is an outdoor playground with dense forest floors, two pretty waterfalls and rock strewn stream beds. It is also home to the infamous Barkley marathon.



3 Day Trip

Camping

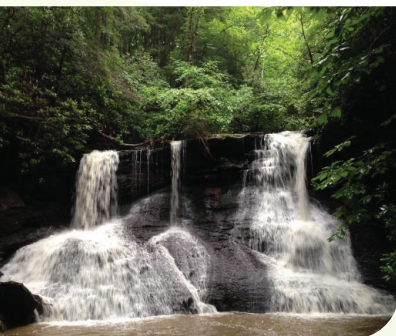
Waterfalls

Hiking



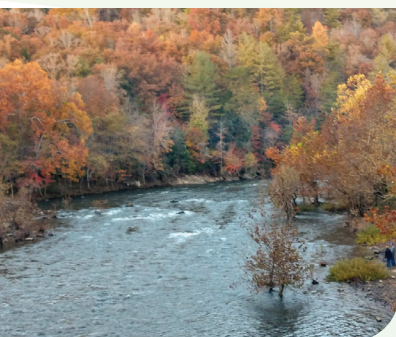
DAY  
1

**Set up camp.** Explore the park with a simple **hike on Emory Gap Trail**, a 2.5 mile moderately trafficked out and back trail featuring a **waterfall** and good for all skill levels. End the evening with a **marshmallow roast**.



DAY  
2

Drive to nearby **Historic Rugby**. Pick up a picnic lunch at the RM Brooks Store. Enter the **Big South Fork National River and Recreation Area** from downtown Rugby. Hike to Gentleman's Swimming Hole, unpack your picnic lunch, and enjoy a refreshing dip in the crystal clear waters. Hike back out and head to **Obed Wild and Scenic River** for some amazing photo opportunities. Stop by the Hops Lily Pad for a pint of locally brewed beer and a snack. If you can stay to dark, Obed is one of the **International Dark Sky Parks** in America and only the second east of the Mississippi. Head back to camp.



DAY  
3

Wake up early and **go birding** along **Flat Creek**. Frozen Head is a part of the Southern Cumberland Mountains Important Bird Area. Head back to camp for a hearty breakfast. Breakdown and **make plans to come again**.



Start Exploring with our Interactive Map Online!

**www.9LakesEastTN.com**

