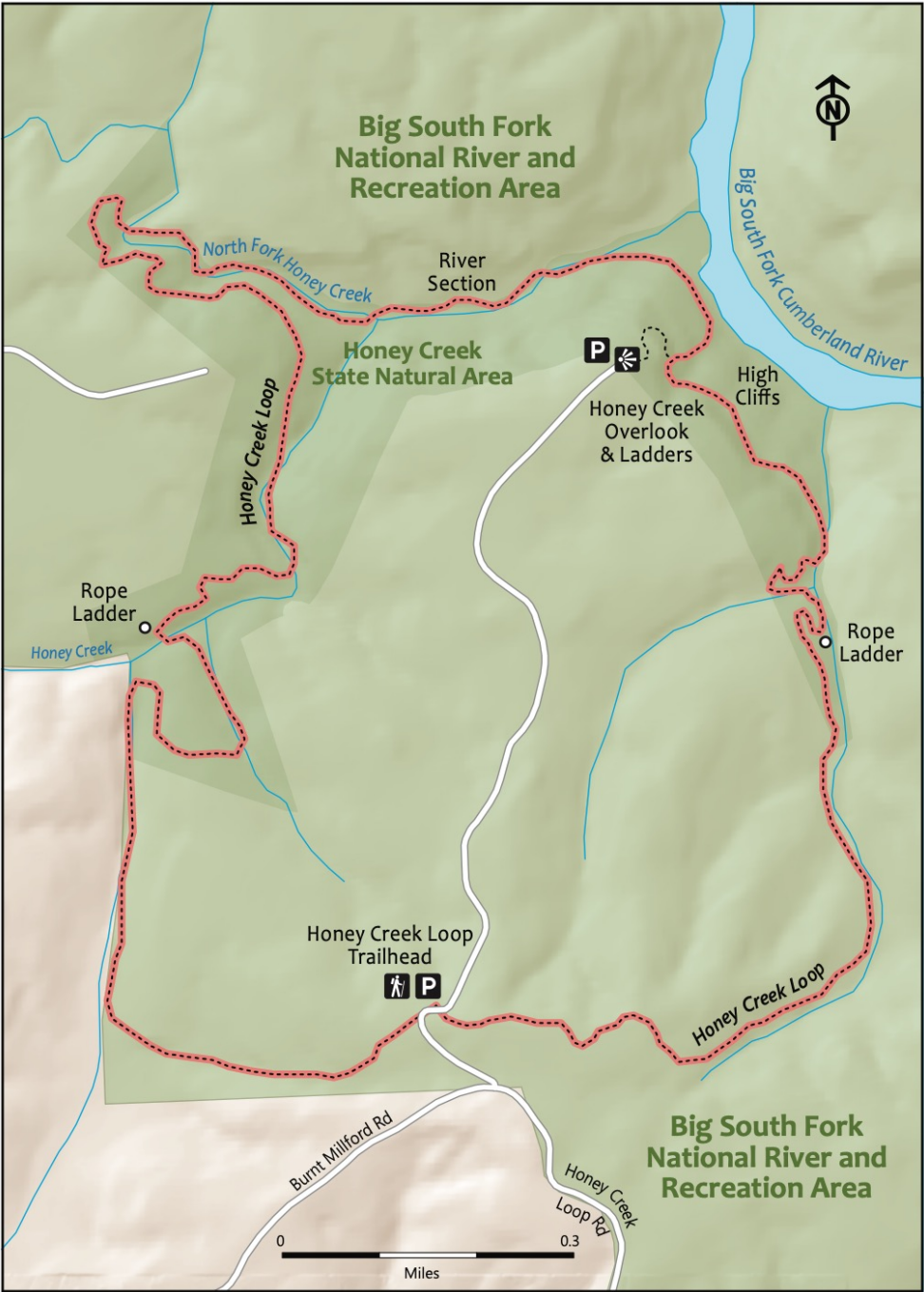


## Trail 19 : Honey Creek

### Key Characteristics

Trail Name	Honey Creek Loop
Region	Cumberland Plateau
Trail #	18
Time Estimate - Hiking Fast	4 hours
Time Estimate - Hiking Slowly	7 hours
Trail Distance (Miles)	4.4
Elevation Change	Steep
Pets	Not Allowed
Parking Pass/Entrance Fee	Required
Restroom(s)	No
Terrain	Rocky path; dirt path; ladders; river rock hopping



## Overview

Unreal! This trail features rope ladders, wooden ladders, gigantic sandstone walls, a scenic overlook, a trail that traverses *up* a river, and boulders you crawl over and through. It's spectacular and challenging. A memorable trail that exemplifies what makes the Cumberland Plateau region such a worthy complement to the Great Smoky Mountains National Park. Younger children may be able to hike the first half (traveling counterclockwise from the trailhead); you can walk the road back to the trailhead. The second half of the trail contains more challenging (but very beautiful) sections. Still, it's hard — probably the most difficult for most in this book.



## Directions to the Trailhead

Trailhead Address	Honey Creek Trailhead and Parking Area, C8CX+G7 Allardt, Tennessee
Trailhead GPS Coordinates	36.42123, -84.65180

Navigate to the Honey Creek Trailhead. Note that there is also a Honey Creek Overlook —

the incorrect start for this hike. The above address uses a Google Maps “Plus” code in lieu of a street address for this trailhead; it only works in Google Maps.

Park in one of the many spots at the trailhead. The trail begins slightly past the trailhead, on the other side of the road from the large signpost for the trailhead, slightly up the road. Look for the Honey Creek Loop Trail sign.

## Trail Description

Distance from Start	Description
0.0	Start on the Honey Creek Loop Trail. Gently wind through the densely wooded forest.
0.2	Gently, then more steeply, descend through the woods.
0.9	Rope ladder.
1.05	Enter the section with high cliff walls along the left of the trail.
1.35	Trail splits to the left to head to the overlook. Ladders.
1.45	Overlook. After stopping at the overlook, head back down to resume the trail—or, optionally, walk the road back 0.8 miles to the parking area and trailhead!). Turn left at the trail juncture to head down toward the Big South Fork.
1.75	Trail turns up into Honey Creek. This is the wildest (and most fun) section of the trail. Look for the green symbol with two hikers as a guide to follow the trail; in places, you’ll walk on the of and even through the creek and through crevices and cracks in giant boulders!
2.25	Head up and away from the creek.
2.75	Wind through and around huge boulders and rocks. Continue to look for the green trail symbols—you’re almost out of the chaotic section!
3.0	Ice Castle Falls, a beautiful waterfall.
3.1	Gentle climb through a rocky, exposed section with different vegetation.
3.25	Short rope ladder.

Distance from Start	Description
3.3	Trail levels out, then climbs back to the start and the trailhead.
4.4	Trailhead.

### Nearby

- Grabbing a slushie! This is one of the most remote—if not the most remote—hikes in this book. A favorite stop on the way back from Honey Creek is a slushie at the Pilot Travel Center (106 Comfort Ln, Pioneer, TN 37847) off exit 122 on I-75.