

Trail 16: Fall Branch Falls

Key Characteristics

Trail Name	Fall Branch Falls
Region	Cumberland Plateau
Trail #	15
Time Estimate - Hiking Fast	2.5 hours
Time Estimate - Hiking Slowly	4.5 hours
Trail Distance (Miles)	3.7
Elevation Change	Moderate
Pets	Allowed on leash
Parking Pass/Entrance Fee	Not Required
Restroom(s)	Yes
Terrain	Dirt path; ladders; rocky path



Overview

Part of the Big South Fork National River and Recreation Area, a National Park Service-administered area that is a perfect counterbalance to the wonderful but far more familiar Great Smoky Mountains National Park. This hike, like the Big South Fork, is quieter and subtler than the Smokies. It features unique rock cliffs that are perfect for kids to ogle and explore. The visitor center, horse stables—not to mention 100s of miles of nearby trails, complement the hike. Because you can turn around at any point, suitable for kids of any ages. Just be aware of the ladders that can be a little tricky for the youngest kids to navigate!



Figure 1: Credit to VioletSkyAdventures (photo 2487905531 on Shutterstock)

Directions to the Trailhead

Trailhead Address	Bandy Creek Visitors Center, 151 Stable Rd, Oneida, TN 37841
Trailhead GPS Coordinates	36.49062, -84.69777

The trailhead address will navigate you to the nearby Visitors Center (worth a visit when open—9:00 am - 5:00 pm year-round!). From the Visitors Center, walk across Bandy Loop Road toward the campground. Find Duncan Hollow Road, and walk up it a short distance, passing the Bandy Creek Pool (at which you could also park) on the left. The trailhead is immediately past the pool on the right side of Duncan Hollow Road.

Trail Description

Distance from Start	Description
0.0	Start on the Litten-Slaven Farm Loop Trail.
0.2	Begin to gradually descend into the Fall Branch creekbed.
0.5	Trail levels.
0.55	Rocky section featuring a short ladder (to make it easier to navigate through the rocks).
1.8	Fall Branch Falls. A great spot for a break before turning around to return to the start.
3.6	Trailhead.

Nearby

- Camping at Bandy Creek! The Bandy Creek Campground is a gem - spacious sites, nice restrooms, and lots of cul-de-sacs for kids to endlessly play or bike. Consider a stay here as a launching point for this hike.
- Stopping by the visitor's center. A good place to learn more about the Big South Fork—and to ask any questions or to seek the advice of park rangers.
- Hiking the nearby Bandy Creek or Angel Falls Trails. Check out the Bandy Creek or Angel Falls Trails chapters. Note there are 100s of miles of other trails in this area, many well worth a hike (the Grand Gap Loop is a lengthy favorite!). Consider stopping the the visitor center to ask for recommendations and up-to-date information.