

The Chattanooga Guides Series

# Outdoor Adventures in Chattanooga

**Read time:** 8 minutes

**Published on:** 01/15/2025

**Seasonality:** Year-round; peak season March-October for water activities

**#outdoor-adventures**

**Last updated:** 01/15/2025

**Neighborhoods:** Downtown, North Shore, Signal Mountain, Lookout Mountain, Tennessee River Gorge

**Best for:** Adventure seekers, Outdoor enthusiasts, Families, Nature lovers

## 1. Hiking Trails .

Explore Chattanooga's extensive network of hiking trails, from the challenging Signal Point Trail to the family-friendly Riverwalk. Discover scenic overlooks, waterfalls, and diverse ecosystems throughout the region.

hiking

trails

nature

family-friendly

## 2. Rock Climbing .

Experience world-class rock climbing at destinations like Sunset Rock on Lookout Mountain and T-Wall in the Tennessee River Gorge. Routes range from beginner-friendly to expert-level challenges.

[rock-climbing](#)[lookout-mountain](#)[adventure](#)[sport](#)

### 3. Kayaking & Paddle Sports .

Paddle through the Tennessee River Gorge or explore the calm waters of the Chickamauga Lake. Rentals and guided tours available for all skill levels, with opportunities to spot local wildlife.

[kayaking](#)[paddle-sports](#)[water-activities](#)[wildlife](#)

### 4. Mountain Biking .

Ride through the Raccoon Mountain trails or explore the urban bike paths along the Tennessee River. Chattanooga offers trails for every skill level, from smooth beginner routes to technical singletrack.

[mountain-biking](#)[cycling](#)[trails](#)[outdoor-fitness](#)

### 5. Caving & Underground Exploration .

Discover the underground world at Ruby Falls and explore the extensive cave systems beneath Lookout Mountain. Guided tours available for safe exploration of these natural wonders.

[caving](#)[underground](#)[lookout-mountain](#)[guided-tours](#)