

The Chattanooga Guides Series

# Outdoor Adventures in Chattanooga

**Read time:** 8 minutes

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

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

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

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

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

**#outdoor-adventures**

## 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](#)