

The Chattanooga Guides Series

Outdoor Adventures in Chattanooga

Read time: 8 minutes

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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