

Tremont to The Sinks

Point-To-Point

Lumber Ridge, and Meigs Creek Trails

Trail Map



Elevation Profile



Trailhead

From the Townsend Wye, drive the Laurel Creek Road to the bridge over the Middle Prong of the Little River. Just across the bridge turn left on the road leading to the Great Smoky Mountains Institute at Tremont. Turn left into the institute visitors center and park. Walk the road on your left and follow the signs to the Lumber Ridge Trail.

Waypoints

- 1) Junction with the Meigs Creek Trail to your left and the Meigs Mountain Trail straight ahead. Turn left on the Meigs Creek Trail.

Note: There is an unmaintained trail to your right. This, before the park stopped maintaining it (In the late 70' to early 80's to the best of my recollection) was the continuation of the Meigs Mountain Trail down to Tremont by way of the Spruce Flats Falls Trail. At one time there was a Trail Shelter on this portion of the trail, but it has also been removed. I would love to see it this trail restored.

- 2) Meigs Creek Cascade.
- 3) This waypoint is not on your hike. I include it just as something to look for as you drive the Little River Road. The Meigs Creek Falls well back from the road and is difficult to see unless you park in the pull-off and walk upstream to the point where you can look across the river to the falls.

Hike Description

The Lumber Ridge Trailhead is in the Tremont Institute. Park in the Information Center lot and then follow the signs, first on the road uphill and then past the left end of a dormitory building. The trail begins to climb immediately. In about 2.5 miles you will reach the top of your climb, having gained about 1270 feet. From here to the end of the Lumber Ridge Trail, just over 1.5 miles the elevation profile will be slightly downhill to level.

Turn left on the Meigs Creek Trail and continue downhill. Be prepared for numerous stream crossings, some of which will, in all probability, lead to shoe changes or wet feet. At 5.8 miles into your hike you will come to the Meigs Creek Cascade, a very impressive little waterfall. Beyond the cascade you will encounter a short climb as the trail leaves the Meigs Creek watershed. At the crest you will begin your decent to the Little River and The Sinks.

Comments

This is a very pleasant hike. It does begin with a 2.5-mile climb, but once that is behind you elevation changes are gentle and mostly downhill, allowing for the quick up and down at the end. Stream crossings may be an issue if you are not prepared (my preference is a pair of the newer type of trail shoes along with a change of hiking socks).