

# Difficulty Legend

Level	Description
1 (Easy)	Gentle hikes, well-maintained paths, minimal elevation gain.
2 (Moderate)	Longer trails with modest climbs, suitable for most hikers.
3 (Challenging)	Steeper trails with higher elevation gain, good fitness required.
4 (Strenuous)	Demanding hikes, significant elevation, for experienced hikers.
5 (Very Strenuous)	Very long, steep, and rugged terrain, advanced hikers only.

# Alphabetical Trail Overview

Trail	Distance (mi)	Elevation Gain (ft)	Difficulty
Abrams Falls	5.2	675	Moderate
Albright Grove	6.7	1475	Moderately Strenuous
Alum Cave	4.4	1125	Moderate
Andrews Bald	3.5	900	Moderate
Appalachian Trail	N/A	N/A	Very Strenuous
Avent Cabin	2.0	505	Easy
Balsam High Top	7.6	2535	Strenuous
Baskins Creek Falls	3.0	953	Moderate
Benton MacKaye Trail	N/A	N/A	Very Strenuous
Big Creek / Mouse Creek Falls	4.2	605	Moderate
Big Fork Ridge Loop	9.3	1800	Strenuous
Boogerman Loop	7.4	1040	Moderately Strenuous
Brushy Mountain (Greenbrier)	11.7	3000	Very Strenuous
Brushy Mountain (Trillium Gap)	6.8	1745	Moderately Strenuous
Bullhead Trail	5.9	1607	Moderately Strenuous
Cataloochee Divide	10.0	1250	Moderately Strenuous
Charlies Bunion	8.1	1640	Strenuous
Chasteen Creek Cascade	3.6	340	Easy
Chestnut Top	8.6	1486	Moderately Strenuous
Chimney Tops	3.3	1487	Moderately Strenuous
Cove Mountain	7.7	1776	Strenuous
Cucumber Gap Loop	5.6	830	Moderate
Curry Mountain	6.4	1164	Moderate
Deep Creek Loop	4.6	579	Moderate

Trail	Distance (mi)	Elevation Gain (ft)	Difficulty
Flat Creek Falls	4.0	600	Moderate
Gatlinburg Trail	3.9	235	Easy
Goldmine Loop	3.1	615	Moderate
Grapeyard Ridge Trail	5.8	980	Moderate
Gregory Bald (Gregory Ridge)	11.3	3020	Very Strenuous
Gregory Bald (Parson Branch)	8.8	2300	Strenuous
Grotto Falls	2.6	585	Easy
Hemphill Bald Loop	13.7	2170	Very Strenuous
Hen Wallow Falls	4.4	900	Moderate
Huskey Gap (Little River)	10.0	1080	Moderately Strenuous
Huskey Gap (Newfound Gap Rd)	4.2	1270	Moderate
Indian Creek Falls	1.9	150	Easy
Jump Off, The	6.5	1275	Moderately Strenuous
Juney Whank Falls	0.5	194	Easy
Kanati Fork Trail	4.0	1495	Moderate
Kephart Prong Trail	4.2	955	Moderate
Laurel Falls	2.3	314	Easy
Little Brier Gap	2.6	285	Easy
Little River Trail	4.9	412	Easy
Lonesome Pine Overlook	6.7	2300	Moderately Strenuous
Lumber Ridge Trail	8.1	1524	Moderately Strenuous
Meigs Creek Trail	7.0	1380	Moderately Strenuous
Meigs Mountain Trail	4.6	661	Moderate
Middle Prong Trail	8.3	1140	Moderately Strenuous
Mingus Creek Trail	5.8	1515	Moderately Strenuous
Mountains-to-Sea Trail	N/A	N/A	Very Strenuous
Mt. Cammerer	11.1	3045	Very Strenuous
Mt. LeConte (Boulevard)	15.6	3000	Very Strenuous
Mt. LeConte (Bullhead)	14.4	3993	Very Strenuous
Mt. LeConte (Rainbow Falls)	13.8	3993	Very Strenuous
Mt. LeConte (Trillium Gap)	13.9	3401	Very Strenuous
Mt. Sterling (Baxter Creek)	12.2	4200	Very Strenuous
Newton Bald	10.0	2800	Strenuous
Noland Divide	7.2	1679	Moderately Strenuous

Trail	Distance (mi)	Elevation Gain (ft)	Difficulty
Oconaluftee River Trail	3.0	70	Easy
Ogle Place	0.8	90	Easy
Old Settlers Trail	8.8	1650	Moderately Strenuous
Porters Creek Trail	4.0	699	Moderate
Rainbow Falls	5.4	1685	Moderately Strenuous
Ramsey Cascades	8.0	2190	Strenuous
Rich Mountain Loop	8.5	1736	Moderately Strenuous
Rocky Top / Thunderhead	13.9	3665	Very Strenuous
Rough Fork Trail	5.2	600	Moderate
Schoolhouse Gap	3.8	513	Moderate
Silers Bald	9.3	2152	Strenuous
Smokemont Loop	6.5	1441	Moderately Strenuous
Spence / Russell Field Loop	13.3	3050	Very Strenuous
Spence Field (Anthony Creek)	10.3	2842	Strenuous
Spence Field (Lead Cove)	9.4	3100	Strenuous
Spruce Flats Falls	1.4	460	Easy
Spruce-Fir Trail	0.4	25	Easy
Sugarland Mountain (Lower)	6.0	1500	Moderately Strenuous
Sugarland Mountain (Upper)	7.0	1090	Moderately Strenuous
Toms Branch Falls	0.6	47	Easy
West Prong Trail	5.4	1375	Moderate

# Trail Profiles

## ***Abrams Falls***

Distance: 5.2 miles

Elevation Gain: 675 ft

Difficulty: Moderate

Notes: Scenic waterfall, popular hike.

## ***Albright Grove***

Distance: 6.7 miles

Elevation Gain: 1475 ft

Difficulty: Moderately Strenuous

Notes: Old-growth forest and solitude.

## ***Alum Cave***

Distance: 4.4 miles

Elevation Gain: 1125 ft

Difficulty: Moderate

Notes: Unique rock features, gateway to Mt. LeConte.

## ***Andrews Bald***

Distance: 3.5 miles

Elevation Gain: 900 ft

Difficulty: Moderate

Notes: Open bald with panoramic vistas.

## ***Appalachian Trail***

Distance: N/A miles

Elevation Gain: N/A ft

Difficulty: Very Strenuous

Notes: Iconic long-distance trail.

## ***Avent Cabin***

Distance: 2.0 miles

Elevation Gain: 505 ft

Difficulty: Easy

Notes: Historic cabin, peaceful forest setting.

## ***Balsam High Top***

Distance: 7.6 miles

Elevation Gain: 2535 ft

Difficulty: Strenuous

Notes: Quiet hike through spruce-fir forest.

### ***Baskins Creek Falls***

Distance: 3.0 miles

Elevation Gain: 953 ft

Difficulty: Moderate

Notes: Secluded waterfall, moderate hike.

### ***Benton MacKaye Trail***

Distance: N/A miles

Elevation Gain: N/A ft

Difficulty: Very Strenuous

Notes: Remote long-distance hiking trail.

### ***Big Creek / Mouse Creek Falls***

Distance: 4.2 miles

Elevation Gain: 605 ft

Difficulty: Moderate

Notes: Follows Big Creek to a waterfall.

### ***Big Fork Ridge Loop***

Distance: 9.3 miles

Elevation Gain: 1800 ft

Difficulty: Strenuous

Notes: Historic areas with forest solitude.

### ***Boogerman Loop***

Distance: 7.4 miles

Elevation Gain: 1040 ft

Difficulty: Moderately Strenuous

Notes: Streams and old-growth forest.

### ***Brushy Mountain (Greenbrier)***

Distance: 11.7 miles

Elevation Gain: 3000 ft

Difficulty: Very Strenuous

Notes: Challenging climb with scenic views.

### ***Brushy Mountain (Trillium Gap)***

Distance: 6.8 miles

Elevation Gain: 1745 ft

Difficulty: Moderately Strenuous

Notes: Access to Grotto Falls, wildflowers.

### ***Bullhead Trail***

Distance: 5.9 miles

Elevation Gain: 1607 ft

Difficulty: Moderately Strenuous

Notes: Steep, scenic route to Mt. LeConte.

### ***Cataloochee Divide***

Distance: 10.0 miles

Elevation Gain: 1250 ft

Difficulty: Moderately Strenuous

Notes: Historic sites with mountain views.

### ***Charlies Bunion***

Distance: 8.1 miles

Elevation Gain: 1640 ft

Difficulty: Strenuous

Notes: Exposed rocky outcrop, stunning vistas.

### ***Chasteen Creek Cascade***

Distance: 3.6 miles

Elevation Gain: 340 ft

Difficulty: Easy

Notes: Waterfall with wildflowers in spring.

### ***Chestnut Top***

Distance: 8.6 miles

Elevation Gain: 1486 ft

Difficulty: Moderately Strenuous

Notes: Known for spring wildflower displays.

### ***Chimney Tops***

Distance: 3.3 miles

Elevation Gain: 1487 ft

Difficulty: Moderately Strenuous

Notes: Steep climb, famous panoramic summit.

### ***Cove Mountain***

Distance: 7.7 miles

Elevation Gain: 1776 ft

Difficulty: Strenuous

Notes: Old-growth forest, fire tower views.

### ***Cucumber Gap Loop***

Distance: 5.6 miles  
Elevation Gain: 830 ft  
Difficulty: Moderate  
Notes: Streams, wildflowers, old homesteads.

### ***Curry Mountain***

Distance: 6.4 miles  
Elevation Gain: 1164 ft  
Difficulty: Moderate  
Notes: Quiet, less-traveled forest hike.

### ***Deep Creek Loop***

Distance: 4.6 miles  
Elevation Gain: 579 ft  
Difficulty: Moderate  
Notes: Loop past multiple waterfalls.

### ***Flat Creek Falls***

Distance: 4.0 miles  
Elevation Gain: 600 ft  
Difficulty: Moderate  
Notes: Scenic falls in a remote setting.

### ***Gatlinburg Trail***

Distance: 3.9 miles  
Elevation Gain: 235 ft  
Difficulty: Easy  
Notes: Easy riverside walk near town.

### ***Goldmine Loop***

Distance: 3.1 miles  
Elevation Gain: 615 ft  
Difficulty: Moderate  
Notes: Historic sites and Fontana Lake views.

### ***Grapeyard Ridge Trail***

Distance: 5.8 miles  
Elevation Gain: 980 ft  
Difficulty: Moderate  
Notes: Wreckage of old steam engine.

### ***Gregory Bald (Gregory Ridge)***

Distance: 11.3 miles

Elevation Gain: 3020 ft  
Difficulty: Very Strenuous  
Notes: Flame azaleas in June, big views.

### ***Gregory Bald (Parson Branch)***

Distance: 8.8 miles  
Elevation Gain: 2300 ft  
Difficulty: Strenuous  
Notes: Alternative approach to Gregory Bald.

### ***Grotto Falls***

Distance: 2.6 miles  
Elevation Gain: 585 ft  
Difficulty: Easy  
Notes: Walk behind the waterfall.

### ***Hemphill Bald Loop***

Distance: 13.7 miles  
Elevation Gain: 2170 ft  
Difficulty: Very Strenuous  
Notes: Panoramic meadow views.

### ***Hen Wallow Falls***

Distance: 4.4 miles  
Elevation Gain: 900 ft  
Difficulty: Moderate  
Notes: Tall, narrow waterfall.

### ***Huskey Gap (Little River)***

Distance: 10.0 miles  
Elevation Gain: 1080 ft  
Difficulty: Moderately Strenuous  
Notes: Streams and historic cabins.

### ***Huskey Gap (Newfound Gap Rd)***

Distance: 4.2 miles  
Elevation Gain: 1270 ft  
Difficulty: Moderate  
Notes: Quiet wildflower hike.

### ***Indian Creek Falls***

Distance: 1.9 miles  
Elevation Gain: 150 ft



Difficulty: Easy  
Notes: Short hike to a beautiful falls.

### ***Jump Off, The***

Distance: 6.5 miles  
Elevation Gain: 1275 ft  
Difficulty: Moderately Strenuous  
Notes: Cliffside overlook with vistas.

### ***Juney Whank Falls***

Distance: 0.5 miles  
Elevation Gain: 194 ft  
Difficulty: Easy  
Notes: Quick walk to a small falls.

### ***Kanati Fork Trail***

Distance: 4.0 miles  
Elevation Gain: 1495 ft  
Difficulty: Moderate  
Notes: Known for abundant wildflowers.

### ***Kephart Prong Trail***

Distance: 4.2 miles  
Elevation Gain: 955 ft  
Difficulty: Moderate  
Notes: Stream crossings and old CCC camp.

### ***Laurel Falls***

Distance: 2.3 miles  
Elevation Gain: 314 ft  
Difficulty: Easy  
Notes: Most popular waterfall trail, paved.

### ***Little Brier Gap***

Distance: 2.6 miles  
Elevation Gain: 285 ft  
Difficulty: Easy  
Notes: Visit the Walker Sisters' cabin.

### ***Little River Trail***

Distance: 4.9 miles  
Elevation Gain: 412 ft  
Difficulty: Easy

Notes: Follows river, wildflowers, historic cabins.

### ***Lonesome Pine Overlook***

Distance: 6.7 miles

Elevation Gain: 2300 ft

Difficulty: Moderately Strenuous

Notes: Overlook with scenic views.

### ***Lumber Ridge Trail***

Distance: 8.1 miles

Elevation Gain: 1524 ft

Difficulty: Moderately Strenuous

Notes: Quiet hike with solitude.

### ***Meigs Creek Trail***

Distance: 7.0 miles

Elevation Gain: 1380 ft

Difficulty: Moderately Strenuous

Notes: Quiet forest path with small streams.

### ***Meigs Mountain Trail***

Distance: 4.6 miles

Elevation Gain: 661 ft

Difficulty: Moderate

Notes: Historic cemeteries and forest.

### ***Middle Prong Trail***

Distance: 8.3 miles

Elevation Gain: 1140 ft

Difficulty: Moderately Strenuous

Notes: Multiple cascades, old logging relics.

### ***Mingus Creek Trail***

Distance: 5.8 miles

Elevation Gain: 1515 ft

Difficulty: Moderately Strenuous

Notes: Historic Mingus Mill and streams.

### ***Mountains-to-Sea Trail***

Distance: N/A miles

Elevation Gain: N/A ft

Difficulty: Very Strenuous

Notes: Part of NC long-distance trail.

### ***Mt. Cammerer***

Distance: 11.1 miles

Elevation Gain: 3045 ft

Difficulty: Very Strenuous

Notes: Fire tower with sweeping views.

### ***Mt. LeConte (Boulevard)***

Distance: 15.6 miles

Elevation Gain: 3000 ft

Difficulty: Very Strenuous

Notes: Longest route to Mt. LeConte.

### ***Mt. LeConte (Bullhead)***

Distance: 14.4 miles

Elevation Gain: 3993 ft

Difficulty: Very Strenuous

Notes: Steep climb with big elevation gain.

### ***Mt. LeConte (Rainbow Falls)***

Distance: 13.8 miles

Elevation Gain: 3993 ft

Difficulty: Very Strenuous

Notes: Iconic waterfall along the route.

### ***Mt. LeConte (Trillium Gap)***

Distance: 13.9 miles

Elevation Gain: 3401 ft

Difficulty: Very Strenuous

Notes: Passes Grotto Falls on way to summit.

### ***Mt. Sterling (Baxter Creek)***

Distance: 12.2 miles

Elevation Gain: 4200 ft

Difficulty: Very Strenuous

Notes: Challenging climb, fire tower at top.

### ***Newton Bald***

Distance: 10.0 miles

Elevation Gain: 2800 ft

Difficulty: Strenuous

Notes: Remote grassy bald, quiet hike.

### ***Noland Divide***

Distance: 7.2 miles  
Elevation Gain: 1679 ft  
Difficulty: Moderately Strenuous  
Notes: Diverse forest and vistas.

### ***Oconaluftee River Trail***

Distance: 3.0 miles  
Elevation Gain: 70 ft  
Difficulty: Easy  
Notes: Easy riverside walk with history.

### ***Ogle Place***

Distance: 0.8 miles  
Elevation Gain: 90 ft  
Difficulty: Easy  
Notes: Historic farmstead and stream.

### ***Old Settlers Trail***

Distance: 8.8 miles  
Elevation Gain: 1650 ft  
Difficulty: Moderately Strenuous  
Notes: Historic sites and old homesteads.

### ***Porters Creek Trail***

Distance: 4.0 miles  
Elevation Gain: 699 ft  
Difficulty: Moderate  
Notes: Flowers, waterfalls, old-growth forest.

### ***Rainbow Falls***

Distance: 5.4 miles  
Elevation Gain: 1685 ft  
Difficulty: Moderately Strenuous  
Notes: Tallest waterfall in the park.

### ***Ramsey Cascades***

Distance: 8.0 miles  
Elevation Gain: 2190 ft  
Difficulty: Strenuous  
Notes: Tallest waterfall in GSMNP.

### ***Rich Mountain Loop***

Distance: 8.5 miles

Elevation Gain: 1736 ft  
Difficulty: Moderately Strenuous  
Notes: Wildflowers, views, historic sites.

### ***Rocky Top / Thunderhead***

Distance: 13.9 miles  
Elevation Gain: 3665 ft  
Difficulty: Very Strenuous  
Notes: Panoramic summit, mountain laurel.

### ***Rough Fork Trail***

Distance: 5.2 miles  
Elevation Gain: 600 ft  
Difficulty: Moderate  
Notes: Quiet forest hike.

### ***Schoolhouse Gap***

Distance: 3.8 miles  
Elevation Gain: 513 ft  
Difficulty: Moderate  
Notes: Easy access, wildflowers in spring.

### ***Silers Bald***

Distance: 9.3 miles  
Elevation Gain: 2152 ft  
Difficulty: Strenuous  
Notes: Bald with sweeping vistas.

### ***Smokemont Loop***

Distance: 6.5 miles  
Elevation Gain: 1441 ft  
Difficulty: Moderately Strenuous  
Notes: Stream crossings, wildflowers.

### ***Spence / Russell Field Loop***

Distance: 13.3 miles  
Elevation Gain: 3050 ft  
Difficulty: Very Strenuous  
Notes: Loop with panoramic high fields.

### ***Spence Field (Anthony Creek)***

Distance: 10.3 miles  
Elevation Gain: 2842 ft

Difficulty: Strenuous

Notes: High meadow with mountain laurel.

### ***Spence Field (Lead Cove)***

Distance: 9.4 miles

Elevation Gain: 3100 ft

Difficulty: Strenuous

Notes: Shorter climb to Spence Field.

### ***Spruce Flats Falls***

Distance: 1.4 miles

Elevation Gain: 460 ft

Difficulty: Easy

Notes: Hidden waterfall near Tremont.

### ***Spruce-Fir Trail***

Distance: 0.4 miles

Elevation Gain: 25 ft

Difficulty: Easy

Notes: Short interpretive trail.

### ***Sugarland Mountain (Lower)***

Distance: 6.0 miles

Elevation Gain: 1500 ft

Difficulty: Moderately Strenuous

Notes: Quiet section of Sugarland Mtn.

### ***Sugarland Mountain (Upper)***

Distance: 7.0 miles

Elevation Gain: 1090 ft

Difficulty: Moderately Strenuous

Notes: Ridge hike with solitude.

### ***Toms Branch Falls***

Distance: 0.6 miles

Elevation Gain: 47 ft

Difficulty: Easy

Notes: Quick walk to a small waterfall.

### ***West Prong Trail***

Distance: 5.4 miles

Elevation Gain: 1375 ft

Difficulty: Moderate

Notes: Quiet trail with stream crossings.