

**Rock Creek and BMT in TN** - With a beautiful creek crossing to rock hop or wade with fairly shallow water, we begin in the Little Frog Wilderness with moderate climbing. After crossing Rock Creek we parallel the creek a way in beautiful forest, then climb to the Benton MacKaye Trail and use it to drop down to U.S. 64. Total distance: 7.5 mi. A short shuttle is involved. Meet at Piggly Wiggly grocery parking on U.S. 64, Ducktown.

