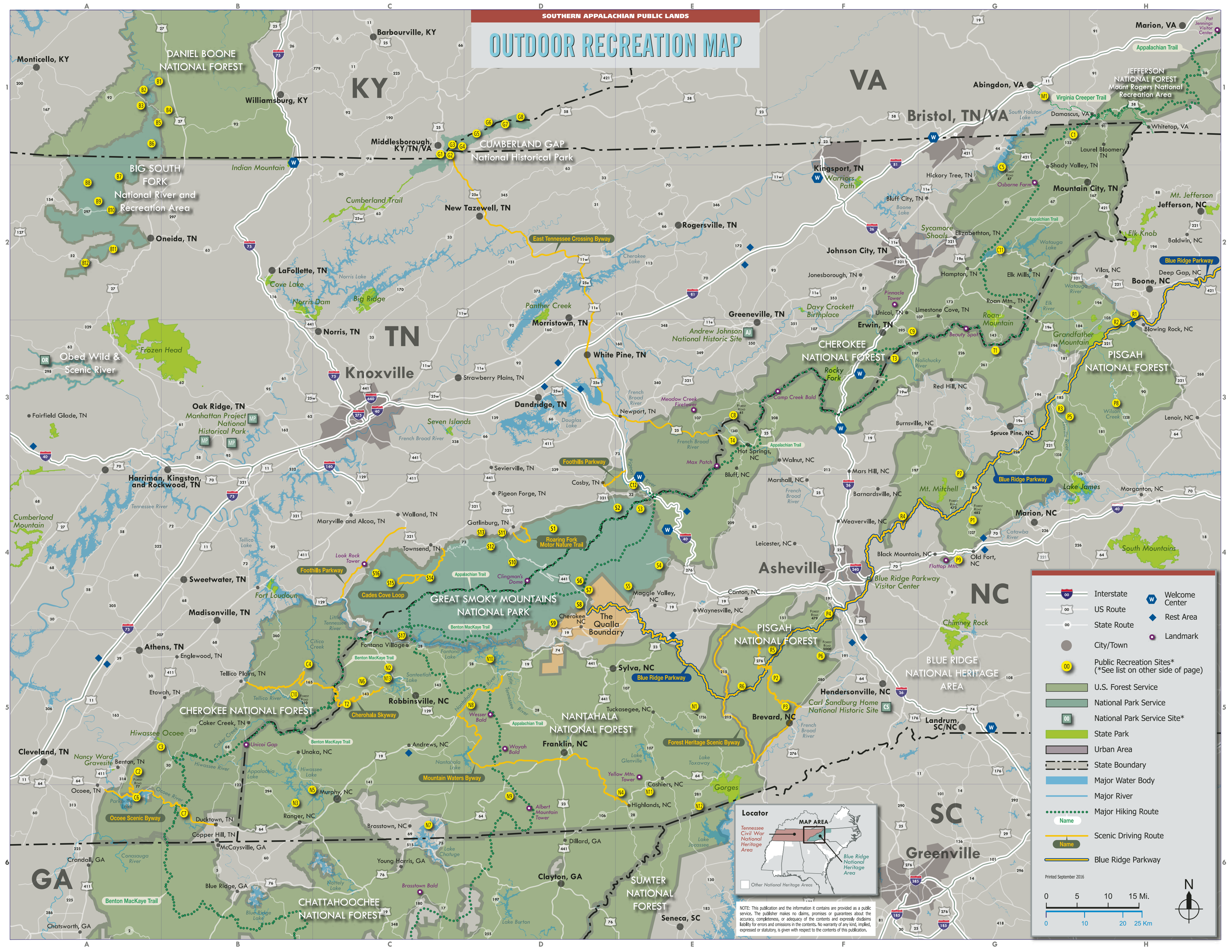


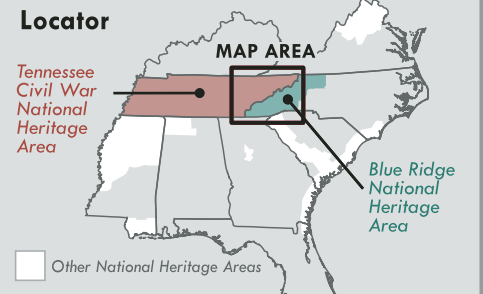
OUTDOOR RECREATION MAP

SOUTHERN APPALACHIAN PUBLIC LANDS




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OUTDOOR RECREATION MAP



TN
NC

Public lands in this region offer a wealth of scenic beauty, recreational opportunities, and protection of important natural resources for your enjoyment today—and for generations to come.

www.RecreationLinks.org

THIS INFOMAP IS A COOPERATIVE EFFORT AMONG:

U.S. Forest Service
National Park Service
Blue Ridge Parkway
Blue Ridge National Heritage Area
North Carolina State Parks
Tennessee State Parks

NON-PROFIT PARTNERS
Partners of Cherokee National Forest
Cradle of Forestry in America Interpretive Association
Great Smoky Mountains Association
Blue Ridge Parkway Foundation

OTHERS
TN Dept of Tourist Development
Visit North Carolina



ALL IMAGES BY BILL LEA

	Compliment	Group camping	Hillside	Public Area	Picnic Area	Picnic Pavilion	Swim Area	Shower	Drinking Water	Fishing	Hiking Trails	Horse Trails	Mountain Biking	Non-motorized Boating	Archery	Fee Site(s)
CHEROKEE NATIONAL FOREST (TN)																
C1	Backbone Rock Recreation Area															
C2	Chilhowee Recreation Area															
C3	Hiwassee River Corridor															
C4	Indian Boundary Recreation Area															
C5	Little Oak Recreation Area															
C6	Ocoee River Corridor - Pickettville Lake															
C7	Ocoee Whitewater Center															
C8	Paint Creek Corridor															
C9	Rock Creek Recreation Area															
C10	Tellico River Corridor															
C11	Watauga Lake Corridor															
C12	Pigeon River Corridor															
NANTAHALA NATIONAL FOREST (NC)																
N1	Balsam Lake - Lodge															
N2	Cheoah River Corridor															
N3	Cherokee Lake															
N4	Cullasaga Gorge - Dry Falls & Cliffside Lake															
N5	Hiwassee Lake															
N6	Joyce Kilmer															
N7	Lake Chatugee - Jacobus Mountain															
N8	Nantahala River Corridor															
N9	Standing Indian Recreation Area															
N10	Tsali on Fontana Lake															
N11	Whiteside Mountain															
N12	Whitewater Falls															
N13	Santeetlah Lake - Cheoah Point															
PISGAH NATIONAL FOREST (NC)																
P1	Curtis Creek Corridor															
P2	Cradle of Forestry in America															
P3	Davidson River Corridor - Sliding Rock															
P4	Lake Powhatan															
P5	Linville Gorge Corridor - Wismans View															
P6	North Mills River Corridor															
P7	South Toe River Corridor															
P8	Wilson Creek Corridor															
P9	Catawba Falls															
CHEROKEE & PISGAH/NANTAHALA																
T1	Balds of Roan Mountain															
T2	Cherochala Skyway															
T3	Nolichucky River Gorge															
T4	French Broad River Corridor															
MT ROGERS NATIONAL RECREATION AREA																
M1	Virginia Creeper Trail															

The U.S. Forest Service partners with other agencies and commercial outfitters & guides to offer a variety of water-based adventures on rivers that wind through the mountains from North Carolina into Tennessee. Search for these exceptional river corridors and their tributaries - French Broad River (Classes I-III), Hiwassee River (Classes I-III), Nantahala River (Classes I-III), Nolichucky River (Classes II-IV), Ocoee River (Classes III-IV & 1996 Olympic Whitewater Venue) and Pigeon River (Classes I-IV).

	Compliment	Group camping	Hillside	Public Area	Picnic Area	Picnic Pavilion	Swim Area	Shower	Drinking Water	Fishing	Hiking Trails	Horse Trails	Mountain Biking	Non-motorized Boating	Archery	Fee Site(s)
BIG SOUTH FORK NATIONAL RIVER AND RECREATION AREA																
B1	Yahoo Falls															
B2	Alum Ford															
B3	Yamacraw Bridge															
B4	Stearns Visitor Center															
B5	Blue Heron															
B6	Bear Creek Camp															
B7	Station Camp															
B8	Charit Creek															
B9	Bandy Creek															
B10	Leatherwood Ford															
B11	Burnt Mill Bridge															
B12	Brewster Bridge															
CUMBERLAND GAP NATIONAL HISTORICAL PARK																
C1	Park Headquarters															
C2	Iron Furnace															
C3	Pinnacle Overlook															
C4	Wilderness Road Campground															
C5	Gibson Gap															
C6	Hensley Settlement															
C7	Chadwell Gap															
C8	White Rocks															
GREAT SMOKY MOUNTAINS NATIONAL PARK																
S1	Greenbrier															
S2	Cosby Campground															
S3	Big Creek Campground															
S4	Cataloochee															
S5	Balsam Mountain Campground															
S6	Collins Creek															
S7	Smokemont Campground															
S8	Oconaluftee Visitor Center															
S9	Deep Creek Campground															
S10	Chimneys Picnic Area															
S11	Sugarlands Visitor Center															
S12	Elkmont Campground															
S13	Metcalf Bottoms Picnic Area															
S14	Cades Cove Campground															
S15	Cades Cove Visitor Center															
S16	Abrams Creek Campground															
S17	Twentymile															
BLUE RIDGE PARKWAY																
R1	Moses Cone Memorial Park															
R2	Julian Price Park															
R3	Linville Falls															
R4	Craggy Garden															
R5	Mt. Pisga															
R6	Graveyard Fields															
National Historic Sites & Other (For info about visitor centers and restroom facilities - visit NPS.GOV) Map Grid																
AJ	ANDREW JOHNSON N.H. SITE															E3
CS	CARL SANDBURG HOME N.H. SITE															F5
MP	MANHATTAN PROJECT N.H. PARK															B3
OR	OBED WILD & SCENIC RIVER															A3



ABOVE: Capture the splendor and excitement of canoeing, kayaking or rafting whitewater rivers in a national forest, national park, or state park. Each river has its own personality. Challenges can be found for everyone from first-timers to Olympic-level athletes.

SAFETY

WATER SAFETY

Surprisingly, drowning is one of the leading causes of death on public lands. These accidents and injuries can easily be avoided. Closely supervise children at all times. Remember, medical assistance for injured persons may be many hours away.

Do not wade in or attempt to cross a rain-swollen stream!

River levels can rise rapidly after a heavy rainfall. A localized thunderstorm dumping rain far upstream on the higher peaks can create sudden and unexpected flood conditions at lower elevations without you seeing a single raindrop!

Do not climb on rocks near water. Rocks near water are extremely slippery. These rocks are slippery due to mist and algae.

Use extreme caution when walking along streambanks.

Over the years, there have been fatal accidents and many serious injuries resulting from people climbing on rocks near waterfalls or along streambanks.

Do not dive or jump into water. Submerged rocks, trees or debris could be immediately below the surface of the water.

If you find yourself accidentally swimming in fast moving water, do not try to stand up. *Most drownings result from getting a leg or ankle caught in an underwater rock ledge or between boulders. The force of the water will push you over and hold you under.*

The standard defensive swimming position in fast water is lying on your back with your feet pointing downstream and toes up towards the surface. Always look downstream and be prepared to fend off rocks with your feet.

HYPOTHERMIA

The water in mountain streams may be much colder than you think. Exposure to cold water can quickly lead to hypothermia, an extremely dangerous condition involving the lowering of the body's "core" temperature. Hypothermia can kill you! Symptoms include loss of strength and muscular coordination followed by mental confusion and irrational behavior.

PROTECT STREAMS!

Didymo is a destructive and invasive algae species that can smother park streams. You can accidentally spread didymo on your fishing and water recreation equipment. *To prevent its spread, please visit <https://www.nps.gov/grsm/learn/nature/didymo.htm>*

IN CASE OF EMERGENCY DIAL 911

If you require emergency services such as police, fire, or ambulance, dial 911 immediately. Do not call the park or forest ranger offices.

Note: In the Appalachian Mountains, heavy foliage or surrounding terrain may prevent your cellular phone or satellite GPS device from receiving a signal. Bear this in mind when making your plans.

BLACK BEARS

At one time, the black bear's range included most of North America. Some of the largest protected areas in the eastern United States where black bears can live in wild, natural surroundings are found on this map. Bears inhabit all elevations in the Appalachian Mountains.

Black bears may exceed six feet in length and three feet high at the shoulder. During the summer months, a typical adult male bear may weigh 250 pounds or more while adult females are generally smaller and weigh less. Bears can run up to 30 miles per hour—which is faster than humans.

Bears are most active during early morning and late evening hours in spring and summer.

Bear Behavior

Bears in the national park and national forest are wild and their behavior can be unpredictable. Although extremely rare, attacks on humans have occurred, inflicting serious injuries and death. Treat bear encounters with extreme caution! Before hiking in bear country, learn in advance how to handle bear encounters.



WHAT DO I DO IF I SEE A BLACK BEAR?

- If you see a black bear:**
- Remain watchful.
 - Do not approach it.
 - Do not allow the bear to approach you.
 - If your presence causes the bear to change its behavior (stops feeding, changes its travel direction, watches you, etc.) you are too close.
- large as possible (for example, move to higher ground).
- Throw non-food objects such as rocks at the bear.
 - Use a deterrent such as a stout stick.
 - Don't run and don't turn away from the bear.
 - Don't leave food for the bear; this encourages further problems.

If the bear's behavior indicates that it is after your food:

- Separate yourself from the food.
- Slowly back away.

If the bear shows no interest in your food and you are physically attacked, the bear may consider you as prey:

- Fight back aggressively with any available object!
- Do not play dead!

Remember to keep your distance from bears and store trash and food properly. To learn more, visit online: <https://www.nps.gov/grte/playourvisit/bearsafety.htm>

Note: Use binoculars, telephoto lens, or a spotting scope to view the animals.

ABOUT THIS MAP

National parks and national forests have been established in the Southern Appalachian Mountains of Tennessee and North Carolina to preserve and conserve natural and cultural resources. They occupy more than 2.2 million acres of land connected by rivers, trails, parkways and history. Several supporting nonprofit organizations have worked together in cooperation with the National Park Service, U.S. Forest Service and several state agencies to provide this map and encourage you to appreciate and experience your public lands.

Is There a Difference Between a "Park" and a "Forest"?

The answer is yes. Although they may look similar, national parks and national forests have very different purposes. Together they offer the public a wide spectrum of uses.

National parks emphasize preservation of resources and recreational experiences. They focus on protecting natural and cultural resources "unimpaired for the enjoyment of future generations." Park rangers work for the National Park Service (NPS) under the Department of Interior.

National forests emphasize conservation of our natural resources. National forests are managed under the principles of "multiple use and sustained yield" to provide Americans with wood, water, forage, wildlife and recreation for generations to come. They are managed by the U.S. Forest Service (USFS) under the Department of Agriculture.

Because they have different purposes, adjoining national parks and national forests have different rules. For example:

- National parks usually forbid hunting, while forests usually allow it.
- Dogs can be taken on national forest trails, but are generally not allowed on trails in national parks.
- National forests may provide trails for off-highway vehicles; national parks usually do not.