

Hike the Hills in Tennessee



Paddle to the Ghost Town of Caney Creek & Explore

Rating: Easy

Hike throughout the remains of the historic settlement. Paddle 10 minutes in a canoe/raft to the Ghost Town of Caney Creek, TN. Hike a mile to visit the site of this historic settlement that existed from 1912 'til 1941. Hear the history of Caney Creek Settlement as well as the history of the Ocoee River rafting industry as told by hike leader / raft guide and BMTA member Judy Norton. The raft and canoes will be provided at the put-in. Prepare for a creek crossing and elevation change.



Benton Falls (65 feet high) & Lake McCamy Trail on Chilhowee Mountain

Rating: Easy / 3.4 miles

One of the most beautiful waterfalls in the region will be provided at the put-in.



BMTA Annual Meeting & Hike Fest

November 5 - 8, 2026

Copperhill, Tennessee

Hike the Hills in Tennessee



Scenic Spur Waterfall Trail

Rating: Moderate / 3.4 miles.

Hike along scenic rocky bluffs. Cross Rock Creek twice to arrive at an unusual waterfall and swimming hole.



Newly Opened Lost Creek Waterfall Trail

Rating: Moderate (due to the five creek crossings) / 2.24 miles

Beautiful trail along Big Lost Creek to 200-foot hidden waterfall. No elevation change. Unique rock outcropping along the creek.



Book Your Accommodation Today!
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Clear Creek Trail

Rating: Moderate / 5.4 miles

Part of the Chilhowee Trail System, running from Chilhowee Mountain to Hwy 30. Gorgeous views of Parksville Lake and the surrounding mountains. Hike features rolling hills, a hardwood forest and rhododendrons. Creek Crossing. Requires shuttle.



Rhododendron Trail with Option to include Bear Paw Trail

Rating: Easy-Moderate / 2 or 3.7 miles

Parallels the Ocoee River from Thunder Rock Campground to the Ocoee Whitewater Center with the option of adding the uphill Bear Paw Trail Loop. Offers beautiful views of the Ocoee River. Learn the history of the 1996 Olympic Canoe and Kayak event. Locate some of the 14 fake rocks along the competition course.



**Annual Meeting Raffle Set for the
Awards Banquet November 7, 2026**

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Big Frog Trail

Rating: Strenuous / 12 miles

Gradual uphill to the 4,000+ summit of Big Frog Mountain. Pass through two long rhododendron tunnels. Scenic views. This hike will start early!



BMT along Lost Creek

Rating: Moderate / 6 miles

Start in Reliance and hike along Lost Creek through the stunning limestone gorge. Pass by cascading waterfalls and lovely rock outcroppings.



Do you have an artistic flair for creating crafts?
Consider donating an item to the raffle.
Contact Donna at djones@bmta.org

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BMT & Rock Creek Trails

Rating: Moderate-Strenuous / 7.6 miles

Begin at Thunder Rock Campground, up the BMT/Dry Pond Loop 2 miles to Rock Creek Trail. Continue along Rock Creek to Hwy 64. Pretty trail along the creek up to mountain views. Requires easy shuttle.



Abandoned Trail to BMT to The Narrows

Rating: Moderate / 5 miles

Amazing trail along the National Scenic Hiwassee River to the BMT to The Narrows. View a small cave, outcroppings, and explore fun large limestone potholes in the riverbed.



Friday Nite Social
Rod's Rockin' Rolls in Copperhill, TN

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Boyd Gap Down to Old Copper Road Trail to Ocoee Whitewater Center

Rating: Moderate / 6 miles

Begin at scenic Boyd Gap hiking down to the historic Old Copper Road Trail along the gorgeous Ocoee River to the Ocoee Whitewater Center. View Dam #3 and the Upper Put-In for rafting the Olympic Section of the Ocoee River.



BMT from Childers Creek to Big Bend with option to Towee Creek

Rating: moderate / 3 or 4.2 miles.

Many consider this one of the most beautiful sections of the BMT. It also is the John Muir National Recreation Trail along the National Scenic Hiwassee River in Reliance TN.



**Hike with Us at the Hike Fest
November 5-8, 2026**

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Copper Basin Museum Outside Tour & Ducktown Trail

Rating: Easy / 1.5 miles

Learn about the mining industry of Copper Basin as well as the “clean-up” operation. Outside walking tour of the museum and the Ducktown Trail.



BMT to Thunder Rock Express Loop Trail

Rating: Moderate / 5 miles

Begin at Thunder Rock Campground, hike up the BMT and over to Thunder Rock Express Trail back down to the Campground. View hardwoods, two small bridges, nice trails, well maintained.



**Saturday Nite, November 7, 2026
Featured Speaker**

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Turtle-town Creek Falls

Rating: *Moderate / 5 miles.*

See two beautiful waterfalls on one hike, plus an 1860s gravesite.



Brush Creek Trail – 2-mile loop, 4-mile loop, or 6.8-mile shuttle

Rating: *Easu or Moderate (little elevation change)*

Beautiful views of hidden Ocoee Lake. Shared mountain biking trail.



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