

# Cumberland Gap

National Historical Park  
National Park Service  
U.S. Department of the Interior



## Hiking and Backcountry Camping



### General Information

Cumberland Gap National Historical Park reigns supreme in the rich beauty of the Appalachian Mountains. Almost 80 miles of hiking trails meander through the park. Experience solitude with lush hardwood forests, pristine mountain streams and diverse vegetation. Look closely along the trails and discover an abundance of rare and delicate wildflowers. See white-tailed deer, black bear, rabbit, raccoon, opossum, gray squirrel, fox, and wild turkey. Whether a leisurely day hike or an overnight stay, a trip into the backcountry is an adventure not to be missed.

### Leave No Trace Guidelines

**Prepare Well:** If unsure of your route, check with a ranger. Stay on established trails – no short cutting. Take adequate equipment, food, water, and clothing suitable for weather conditions and terrain.

**Backcountry campsites:** Obtain backcountry camping permit from the visitor center. Camp only in designated areas. Do not ditch around tents. Use a plastic ground cover.

**Garbage:** Pack it in, pack it out! Please help us by picking up litter as you encounter it. Smokers – please carry out cigarette butts.

**Sanitation:** Use established latrines if provided. Use a cat hole if there are no established latrines. Dispose of all human waste and wash water at least two hundred feet away from water sources, trails and camp.

**Leave what you find:** Allow others a sense of discovery by leaving rocks, plants, archaeological artifacts and other objects of interest as you find them.

**Fires:** Keep fires small. Build fires only in established fire rings. Use only dead wood which is down. Completely extinguish fires.

### “An Ounce of Prevention...”

For day hikes, carry enough water for the entire trip. Treated water is available seasonally at Hensley Settlement. Untreated water is found at Martins Fork and may be available in drainages near other backcountry campsites. Water obtained from drainages for drinking and cooking should first be brought to a rolling boil for 1 minute. (Add an additional minute for each 1000 feet above sea level.) Water can also be treated using an approved commercial filter. Follow filter instructions according to manufacturer’s directions.

Hypothermia can be a problem for the improperly dressed hiker, even in summer because of lower temperatures caused by rain and wind. Autumn and winter temperatures demand warmer dress. As a rule of thumb, air temperature drops three and one half to five degrees for every one thousand feet in elevation.

The visitor center is 1,100 feet, the Pinnacle 2,440 and Hensley Settlement 3,400 in elevation.

Please do not leave children unattended.

Watch your footing to prevent falls from rocks and cliffs.

Alcoholic beverages are allowed only in camp.

Do not feed wild animals! It creates a dependence on man, upsets feeding habits, and creates situations which may result in injury.

Pets must be on a leash at all times. During summer months, please do not leave pets unattended in vehicles.

Timber rattlesnakes and copperheads live at Cumberland Gap. Leave them alone.



# Cumberland Gap National Historical Park Trails

