

# Trail Tips

- Plan ahead - check the weather and tell someone where you are going.
- Bring at least one bottle of water per 2 miles.
- Carry a first aid kit, cell phone, map, and compass.
- Wear appropriate footwear and clothing.
- Never hike alone.
- Follow the white blazes marking the trail. Blue blazes indicate side trails.
- Take only pictures and leave only footprints.

# AT Facts

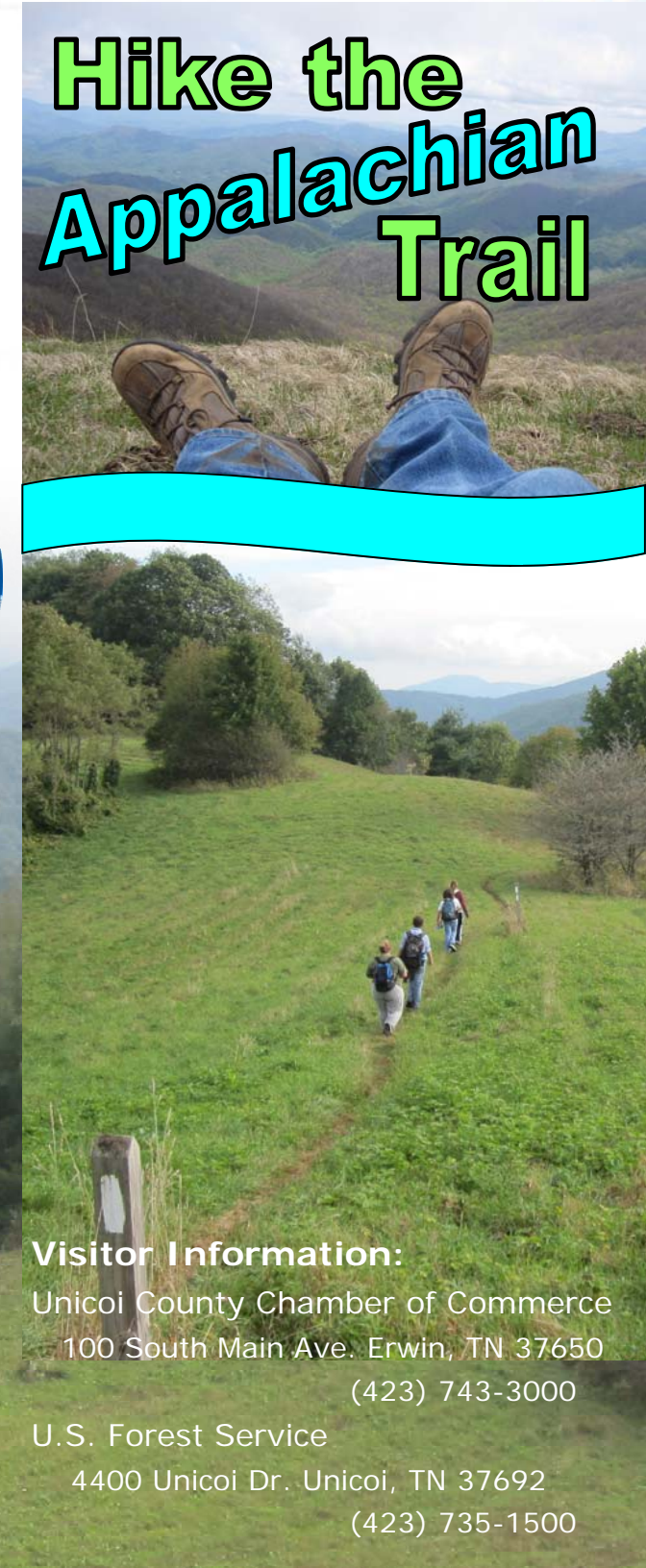
- Nation's longest trail - 2179 miles
- Unicoi County has six trailheads:
  - Devil Fork Gap
  - Sams Gap
  - Spivey Gap
  - Nolichucky River/Chestoa
  - Indian Grave Gap
  - Iron mountain Gap
- Big Bald is the highest point in Unicoi County at 5516 ft.
- The Big Bald Banding Station conducts bird research and education during September and October ([www.bigbaldbanding.org](http://www.bigbaldbanding.org)).
- The Appalachian Trail Conservancy leads the management of the AT, a National Scenic Trail, in partnership with the U.S. Forest Service and National Park Service.
- Local sections of the AT are maintained by the Tennessee Eastman Hiking and Canoeing Club ([www.tehcc.org](http://www.tehcc.org)) and the Carolina Mountain Club ([www.carolinamountainclub.org](http://www.carolinamountainclub.org)).



**Unicoi County, TN features over fifty miles of the AT. This beautiful mountain setting has been designated as an Appalachian Trail Community.**

**The area is an outdoorsmen's paradise featuring 60,000 acres of Cherokee National Forest, whitewater rafting on the Nolichucky River through the deepest Gorge east of the Mississippi, numerous scenic trails, waterfalls, and abundant fishing.**

# Hike the Appalachian Trail



## Visitor Information:

Unicoi County Chamber of Commerce  
100 South Main Ave. Erwin, TN 37650

(423) 743-3000

U.S. Forest Service

4400 Unicoi Dr. Unicoi, TN 37692

(423) 735-1500

# Appalachian Trail

## Unicoi County, TN

### Indian Grave Gap to Iron Mountain Gap

Distance: 10.7 miles Best Direction: IMG to IGG  
 Difficulty: 3 Scenic Beauty: 5  
 Elevation: 3,400—5,200 feet  
 Diverse fauna and mountain-top meadow with extensive views.

### Nolichucky River (Chestoa) to Indian Grave Gap

Distance: 8.3 miles Best Direction: IGG to NR  
 Difficulty: 2 Scenic Beauty: 3  
 Elevation: 1,700—3,400 feet  
 Ridgetop hike descends to Nolichucky River.

### Spivey Gap to Nolichucky River

Distance: 11.2 miles Best Direction: SG to NR  
 Difficulty: 4 Scenic Beauty: 3  
 Elevation: 1,700—3,700 feet  
 Forested mountain trail offers panoramic views from cliffs above Nolichucky River.

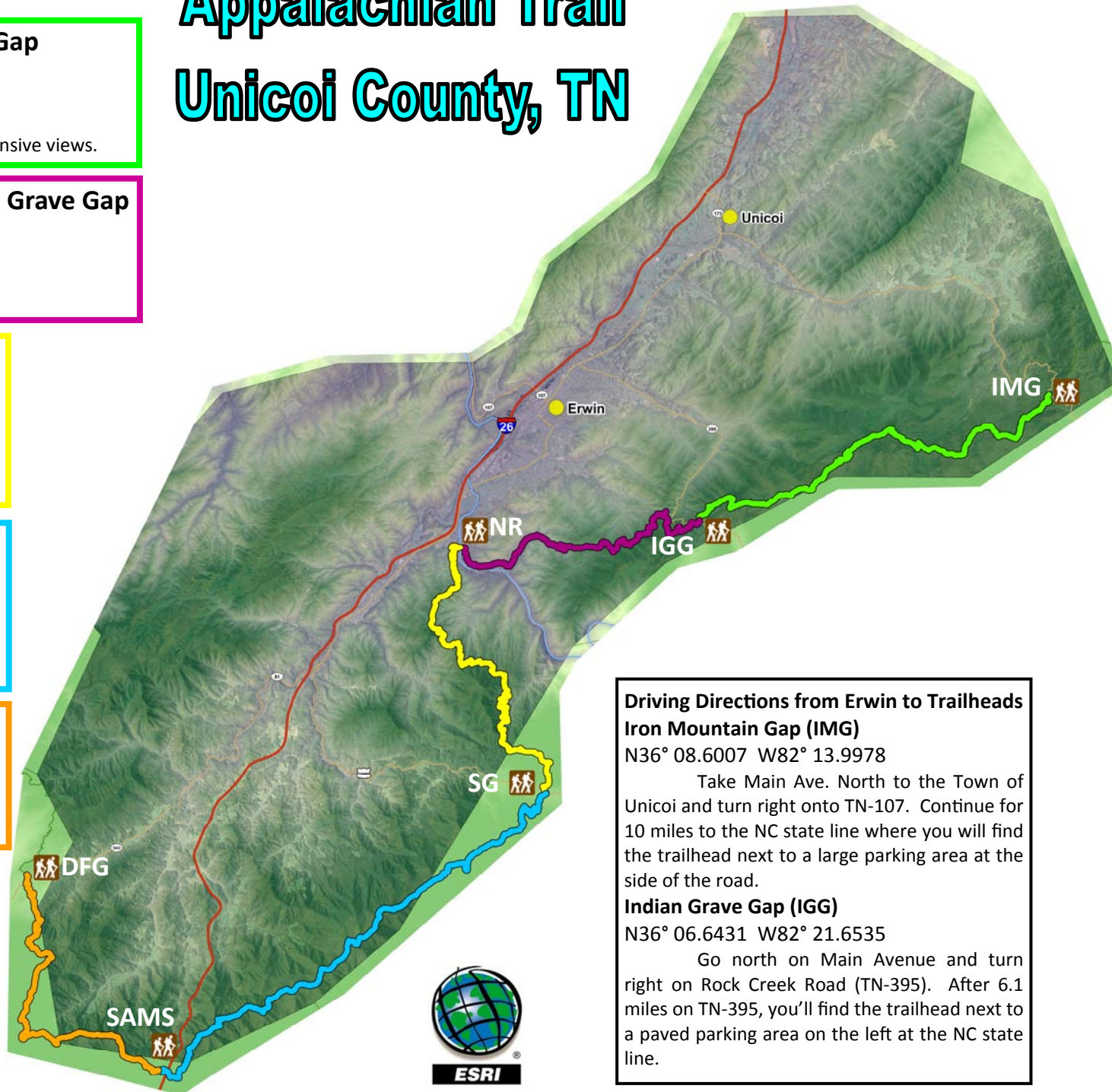
### Sams Gap to Spivey Gap

Distance: 13.4 miles Best Direction: Sams to SG  
 Difficulty: 4 Scenic Beauty: 5  
 Elevation: 3,800—5,500 feet  
 Outstanding 360° views at Big Bald, the highest peak in Unicoi County.

### Devil Fork Gap to Sams Gap

Distance: 8.5 miles Best Direction: Sams to DFG  
 Difficulty: 2 Scenic Beauty: 2  
 Elevation: 3,100—4,500 feet  
 Gentle sloping trail through forest.

\*Best direction is based on elevation change to minimize the amount of uphill hiking.  
 \*Difficulty is rated on a scale of 1 to 5 with 5 being the most strenuous.  
 \*Scenic Beauty is rated on a scale of 1-5 with 5 being the most beautiful.



**Driving Directions from Erwin to Trailheads Iron Mountain Gap (IMG)**  
 N36° 08.6007 W82° 13.9978  
 Take Main Ave. North to the Town of Unicoi and turn right onto TN-107. Continue for 10 miles to the NC state line where you will find the trailhead next to a large parking area at the side of the road.

**Indian Grave Gap (IGG)**  
 N36° 06.6431 W82° 21.6535  
 Go north on Main Avenue and turn right on Rock Creek Road (TN-395). After 6.1 miles on TN-395, you'll find the trailhead next to a paved parking area on the left at the NC state line.

**Driving Directions from Erwin to Trailheads Nolichucky River/Chestoa (NR)**  
 N36° 06.2976 W82° 26.9121  
 Go east on I-26 to exit 40 (Jackson Love Hwy) and turn left at the end of the exit ramp. Turn right on the first road. Turn left at the first road after Holiday Inn Express and follow the signs to Chestoa Rec. Area. The AT crosses the Nolichucky River on the road bridge.

**Spivey Gap (SG)**  
 N36° 01.9099 W82° 25.2038  
 Take I-26 east to exit 43 (Temple Hill). Turn left at the end of the exit ramp and then right onto US 19W. Go 1 mile and turn left onto US 19W (Spivey Gap Rd.). Continue on US 19W into North Carolina. The trailhead is located 0.3 miles past the USFS Spivey Gap Recreation Area sign on the right.

**Sams Gap (SAMS)**  
 N35° 57.1622 W82° 33.6471  
 Take I-26 east to the first exit in NC, exit 3. Turn left at the end of the exit and left again onto NC Hwy 23A. Go 3.1 miles to the parking area on the left side of the highway next to the I-26 overpass.

**Devil Fork Gap (DFG)**  
 N36° 00.6368 W82° 36.5026  
 Take I-26 east to exit 43 (Temple Hill). Turn left at the end of the exit ramp and then right onto US 19W. Continue on TN-352 for about 6 miles. Turn right on TN 352 and go 4.2 miles to the NC state line. There is a small parking area at the trailhead.

