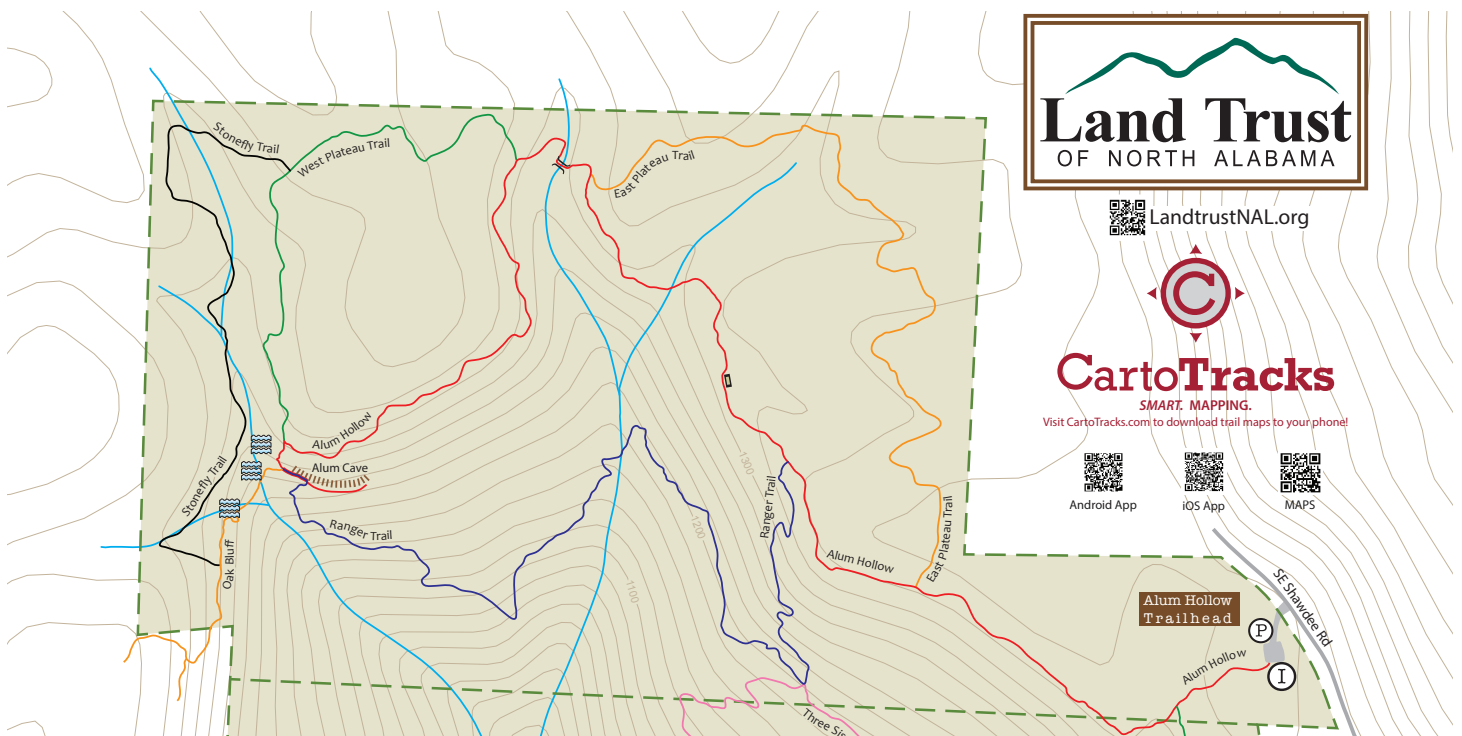


ALUM HOLLOW TRAIL TOUR

Green Mountain Nature Preserve



TOUR ROUTE

Alum Hollow Trailhead » Alum Hollow Trail » East Plateau Trail » Alum Hollow Trail » Stone Fly Trail » West Plateau Trail » Alum Hollow Trail » Back to Alum Hollow Trailhead
(approximately 3.5 miles, 1.5 hour, Moderate)

Start from Alum Hollow Trailhead and begin your hike on Alum Hollow Trail. You'll stay on this trail crossing a small foot bridge before catching a glimpse of the Tennessee River for the first time. Turn right on East Plateau Trail. This trail wanders gently through the woods, crossing a small spring and a nice foot bridge for .6 miles. It will end into Alum Hollow Trail. Go straight ahead onto Alum Hollow Trail downhill toward the creek. There is a nice bridge to cross the creek. The water is always running here and it's a nice place to stop and let your kids or dogs check out the water.

Continuing across the bridge and up the hill, continue on Alum Hollow Trail. This trail will skirt the edge of the mountain giving nice little views. The trail ends at the waterfall. This area is steep. Stay left toward the waterfall. It's a beautiful area. There are some rocks to sit and enjoy the sounds of the waterfall. Continuing around on the left, you will see the

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very large rock shelter. It's interesting to look at and imagine who has used it over the years. Look down the hill and you'll see remnants of a Ford Ranger truck. How did that get there?

Turning around, head back to the waterfall but instead of going uphill on Alum Hollow Trail, follow along the water upstream for 30 feet and you will find some rocks to hop to the other side. Cross over the stream and you'll find a connector trail that will take you uphill to Stone Fly Trail. When you get there turn right and follow Stone Fly Trail for a bit - stepping over some streams that all feed into the waterfall. It's a pretty trail. It will cross a bigger stream and then intersect West Plateau Trail, where you'll turn left.

Where West Plateau Trail meets Alum Hollow Trail, turn left and down the hill to cross the bridge again. At the top of the hill turn right to stay on Alum Hollow. This trail will take you all the way back to the parking lot. I like to come back on Alum Hollow because the views are nice in this direction. You will be able to see the river several times and feel a breeze as it skirts the mountain edge.

Hike Notes: I like this route as it involves all the trails in the top portion of the preserve. Most are fairly flat and in the shade. You see a diversity of plants and trees and see many sources of water all coming together. It takes roughly an hour and the hike is just approximately 3.5 miles. You'll pass a few benches to sit a spell if you would like. Hope you enjoy visiting!

Always take a trail map!

Green Mountain Nature Preserve trail map available at landtrustna.org/green-mountain-preserve

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