

# FIERY GIZZARD TRAIL

Distance	98 miles from Vanderbilt
Directions	Take I-24 East to Exit 134. At the top of the exit ramp, turn right onto US 41. Drive through Monteagle and toward Tracy City. The turn-off is before you reach downtown Tracy City, and it is a right turn. Hopefully, there is a sign. Follow the signs back through a little residential area to the trailhead parking. To reach the south end of the Fiery Gizzard Trail, get back to US41 and proceed through Tracy City. The turnoff is to the right and is marked with a sign that reads “Foster Falls.”
Description	Fiery Gizzard is an overnight trail along the Fiery Gizzard Creek. Along the trail are excellent views, and in the winter and in the spring, the hiker can find ice formations on waterfalls and beautiful wildflowers, respectively. There are numerous stories and legends told about how this area got its name. Davy Crocket burning his tongue on a hot turkey gizzard as he camped on the trail and a Native American throwing a turkey gizzard into a campfire to get the attention of white men during a peace conference are two colorful stories concerning this issue.
Campsites	As this is a backpacking trail, campsites along this trail include the TVA Small Wilds Camping Area (which is about 10.3 miles from the Grundy Forest Day Loop access trail), the Raven Point Campsite (which is a little over 3.8 miles from the same access trail), and the Foster Falls TVA Small Wild Area (which is a car camping campground at the other trailhead).
Hiking	The rating for the trails at Fiery Gizzard is difficult, although the spectacular views of waterfalls, gorges, and wildflowers could take your mind off of the physical energy that you are exerting. The entire trail is 12.3 miles, but a popular day hike can be made by hiking 9.7 mile “loop.”
Cautions	As stated, this trail is difficult. Another note of caution or something to keep in mind is that there are no campfires allowed at the Raven Point Campsite. Finally, be sure to carry a canteen or a large container of water since the Fiery Gizzard Creek contains water that is unsafe for consumption.
For More Information	Consult pages 177-179 of <u>Hiking Tennessee</u> by Kelley Roark, page 105 of <u>Tennessee Trails: Third Edition</u> by Evan Means, pages 24-26 of <u>The South Cumberland and Fall Creek Falls: A Hiker’s Guide to Trails and Attractions</u> by Russ Manning and Sondra Jamieson, and/or pages 249-262 of <u>Middle Tennessee on Foot</u> by Robert Brandt.