



Frozen Head State Natural Area

Distance	168 miles from Nashville
Directions	Take I-40 East to Exit 347. Turn left onto US 27 North and drive to Wartburg, TN. In Wartburg, find the junction of US 27 and TN 62. Turn right onto TN 62 East and travel two miles east to the Frozen Head access road, Flat Fork Road. Frozen Head, on the left-hand side of the road, is well-marked from Wartburg to its entrance.
Description	Frozen Head is a well-organized park complete with color-coded trails, picnic areas with rest rooms and running water, an outdoor amphitheater, and a visitor's center with a theater and rest rooms. Frozen Head also offers the hiker several natural highlights including many of the highest peaks in the Cumberland Mountains, great cap rocks, rock houses, small waterfalls, as well as massive boulders in the narrow valleys. The trails in the northern section were refurbished between 1985 and 1988 and are therefore much easier on the hiker than those in the southern section. Trail maps are available at the park headquarters or from the TN Department of Conservation, 701 Broadway, Nashville, TN 37203.
Campsites	One small campground is located within Frozen Head. It includes restrooms with running water, showers, picnic tables, and fire rings. NOTE: These restrooms are open on a seasonal basis. The Visitor Center restrooms, however, are available year round.
Cautions	Because this is copperhead and rattlesnake country, be careful around rocks and fallen trees. Also, because springs are infrequent and rather small, there is a shortage of water during late summer and fall, so come prepared. All the trails in Frozen Head are rocky, and some, especially in the southern section, are overgrown, so wear sturdy hiking boots when visiting this area.
In the Area	Frozen Head lies on the fringe of the Catoosa Wildlife Management Area within which lies the Obed-Emory river system, a diverse system great for white-water canoeing/kayaking as well as calm-water boating. Its office is in Wartburg. To the south, one will find Mount Roosevelt State Forest, the Oak Ridge National Laboratory – center of the development for the Nuclear Bomb – and finally, Lone Mountain State Forest. To the North is located Big South Fork Recreation Area, Pickett Rustic Park, Cove Lake State Park, and Daniel Boone National Forest in KY. Big South Fork is of special interest since it provides hiking trails as well as another whitewater river for kayaking/canoeing.
For More Information	Consult <u>Tennessee Trails: Third Edition</u> by Evan Means, pages 63-73 and <u>Hiking Tennessee</u> by Kelley Roark pages 99-104.