



VIRGIN FALLS

Pocket Wilderness

Distance	117 miles from Vanderbilt
Directions	Take I-40 East for about 79 miles. Take Exit 288 (Livingston-Sparta). Go right off the exit on Highway 111 South for about 14 miles. After the McDonalds, take the Sparta/Smithville/70 exit. Take a left off the exit (70 East). Go for about 11 miles—you will go through Sparta. Take a sharp right onto Eastland Road. If you get to the BP and DeRosset, you've gone too far. Follow this road for 6 miles. Take a right when you see the sign for Chestnut Mountain Wilderness. Follow this gravel road for 2 miles and the parking area is on the right.
Description	Virgin Falls is formed when an underground river surfaces and cascades 110 feet to enter another cave at its base. The forested trail follows the right side of the creek downstream to a loop near the falls. The return trip is made by backtracking on this main trail once the loop is completed. The total distance is about 8 miles. Side trails lead to scenic overlooks and to a backpacker camp area. Allow 6-8 hours for the full hiking experience. The stream runs year-round, but only high water levels in the summer can create a truly awesome sight.
Campsites	The only camping available is the backpacker site on one of the side trails. It is at the extreme end of the loop (4 miles out) very near to the falls.
Cautions	The trail is rocky and care must be taken to not slide on the loose surface, especially in those places where the trail is somewhat steep.
For More Information	Consult <u>Tennessee Trails: Third Edition</u> by Evan Means, pages 159-161 and <u>Middle Tennessee on Foot</u> by Robert Brandt, pp. 219-226. Information is also available from the Public Relations Department at Bowater Southern Paper Corporation, Calhoun, TN 37309.