The Mountain Goat Trail is a multi-modal recreation trail that connects communities along the historic path of the Mountain Goat Railroad, which carried coal and passengers between communities on the South Cumberland Plateau from 1856 to 1985. Currently, the trail spans 5 miles from Sewanee to Monteagle (trailhead at Mountain Outfitters), and 3 miles in Tracy City (trailhead at Old Roundhouse Park). Visit mountaingoattrail.org to learn more.

Tennessee’s South Cumberland Tourism Partnership
115 Depot St., Tracy City, TN 37387 • MountainsOfAdventure.org
Tennessee’s South Cumberland | Trailheads, Things to Do & More Information

**WHAT IS THERE TO DO?**
Scan to see!

**WHERE CAN WE FIND A PLACE TO STAY?**
MountainsOfAdventure.org

**Are there good places to eat?**

**WHAT IS THERE TO DO?**

Enjoy world-class hiking alongside breathtaking vistas and cool mountain streams, camping and rock-climbing adventures, merry off-road fun and ziplining experiences you’ll never forget! Experience world-class music in some of the most unique and beautiful venues, both above and below ground! Enjoy authentic local foods and flavors. Stay awhile! We offer everything from backcountry campsites to cozy woodland cabins to family-owned inns with welcoming local staff. History runs deep here, too. Discover early architecture and important historic sites stretching back to early Native American history, European settlement, the Civil War era, coal mining and railroad industrial booms, and important black history sites.

**Tennessee’s Most Spectacular Wilderness**
With more than 31,000 acres of pristine wilderness, outdoor adventures await at each of the many trailheads across the South Cumberland region! Dozens of waterfalls, majestic overlooks and deep, cool forests provide many ways to enjoy our Great Nature! Just scan the QR code, and choose the adventures you’re looking for, including trail maps, campgrounds, hiking, climbing, swimming, caving info and more!