

**Ladies' Monthly Hiking Group**  
**2 - Day Trip to Savage Gulf and South Cumberland State Park**

**Itinerary**

Friday, October 11th

Depart FBCLC at 9:00 a.m.

Lunch at Jim Oliver's Smoke House Restaurant in Monteagle at 11:30.

Arrive at Collins Gulf Trail (Savage Gulf State Park) at 1:00.

Hike from Collins Gulf Trail to Horsepound Falls and Collins River.

Moderate

4.5 miles/ 866 ft. elevation gain

1:00- 4:00

Arrive at South Cumberland State Park to unpack and set up campsite, dinner, and look around.

Saturday, October 12th

7:00 - 8:30 Breakfast, pack up campsite, prepare for hike

9:00 Grundy Day and Fiery Gizzard Loop Trail

3 miles/ 308 Ft. elevation gain

9:00-11:00

Lunch at Dutch Maid Bakery and Cafe in Tracy City at 11:30.

Arrive home at FBCLC at 3:00

**Supplies**

Tent

Sleeping Bag

Sleeping pad

Pillow

Headlamp or flashlight

Backpack

Water bottles

Water filter

Camping stove and fuel

Cooking pot

Collapsible bowl and eating utensils

Basic toiletries (toothbrush, toothpaste, comb, baby wipes, Rx medications, etc.)

First aid supplies (bandaids, alcohol wipes, antibiotic cream, allergy medicine)

Dinner, breakfast, and trail snacks

**Cost (based on 6 campers)**

Campsite: \$3.00

Meals: \$40.00

Gas: TBD