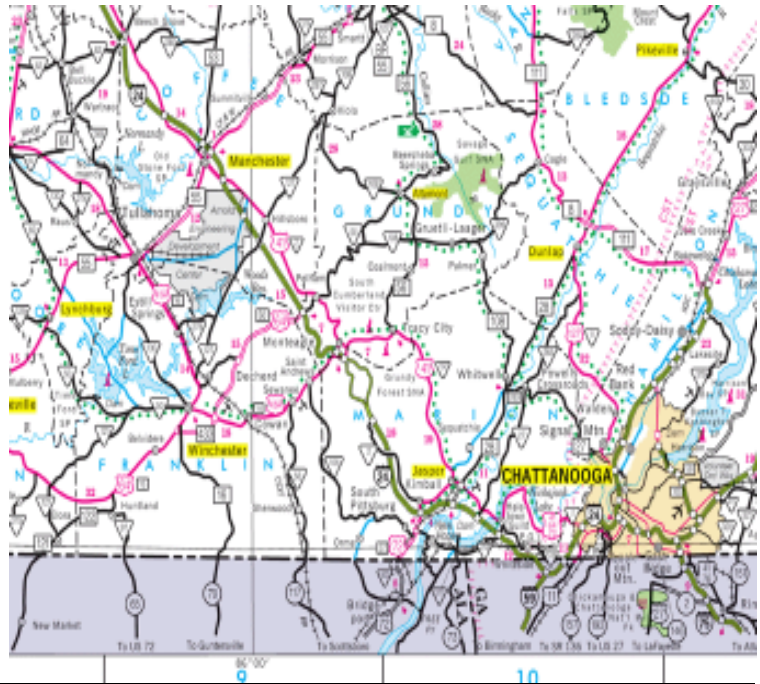


Fiery Gizzard

Background

Fiery Gizzard Trail is a pristine trail between Monteagle and Tracy City Tennessee that was recently named as one of the top twenty-five backpacking trails in the nation. This trail is lightly used and provides hikers with solitude, and a great wilderness experience. Legend has it that the area got its name when Davy Crockett was camping in the gulf and burnt his mouth while taking a bite out of a hot gizzard. Since then, the gorge has been known as Fiery Gizzard.

The weather is fairly moderate when compared with much of the southeast. This is due to thick stands of forest and several cool streams that keep the canyon cool for much of the year. The trail is somewhat similar to the Big Creek Gulf Trail in Savage Gulf in that it features picturesque waterfalls and swimming holes as well as brutal stretches of rocky terrain.



Grundy Forest

This is the brutal section. The trail ascends to Raven Point over a stretch of rocks, boulders, and loose ground. Many of the rocks are unstable so hikers need to take care and prevent ankle injuries. The trail can be obscure as the only markings are paint blazes on the boulders. Once hikers have reached the plateau, they realize that the trouble was worth the scenery. There is a camping area at Raven Point and fresh water.



Foster Falls

This section is fairly easy with moderate terrain and gentle slopes. Nevertheless, there is one difficult section where the trail crosses Laurel Branch Gorge. Here the trail drops 200 feet and crosses Little Gizzard Creek before ascending out of Laurel Branch Gorge. There is an old still on the trail that may be of interest to anyone interested in the history of the area. The trail ends at Foster Falls, a beautiful sixty-foot drop that is a great reward for completing the Fiery Gizzard Trail.

