

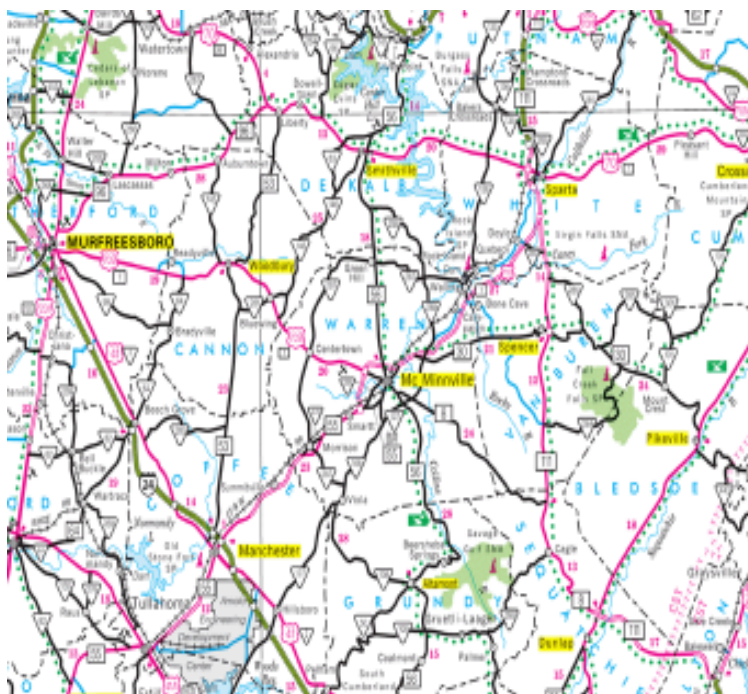
Rock Island State Park

The Park

Rock Island State Park is simply a beautiful place located on the shores of Collins River, the Caney Fork River, and Center Hill Lake. Rock Island contains a 19th century textile mill and an early hydroelectric plant. While historical sites are interesting, they can lack an element of adventure that the recreational opportunities at Rock Island easily fulfill.

Rock Island has sports fields and the like, but the real fun is found on the lake or on the trails. Center Hill Lake features a swimming beach and excellent fishing opportunities with a natural stock of bass, muskunge, bluegill, and walleye. It also has a free boat launch ramp and is an excellent place for a troop to work on any aquatic merit badges.

The park has a campground with sixty sites that have grills and picnic tables as well as three modern bathhouses. There is a fee for camping and reservations are recommended.



Hiking

Rock Island provides visitors with four easy hiking trails that provide an excellent way to explore the park. The Caney Fork Gorge gives hikers the chance to explore Twin Falls, which is adjacent to the Great Falls Dam, and is popular with those who enjoy climbing on rocks, finding swimming holes, and exploring the forest. The Collins River Nature Trail is a three-mile loop that follows the Collins River peninsula and features white-tailed deer, pileated woodpeckers, Christmas ferns, and an assortment of wildflowers. The Eagle Trail is a 1½-mile trail that links the Badger Flatt picnic area, located on Center Hill Lake, to the Blue Hole picnic area. On the Eagle Trail, hikers can see a wide array of wildflowers and songbirds. This trail is definitely best hiked during the spring when the flowers are in bloom. The Moonshine Trail is a ½ mile trail that passes an old moonshine still and provides hikers with history and an opportunity to see wildflowers such as firepink and jack-in-the-pulpit as well as wildlife such as deer and barred owls.



Side Trips

Rock Island is nearby several other major natural areas and state parks such as South Cumberland Recreation Area and Fall Creek Falls State Park. For large troops and venture crews, Rock Island State Park can serve as a centrally located base camp for running day and overnight trips to nearby areas such as Cumberland Caverns, Virgin Falls, and Burgess Falls.