

PINE MOUNTAIN TRAIL

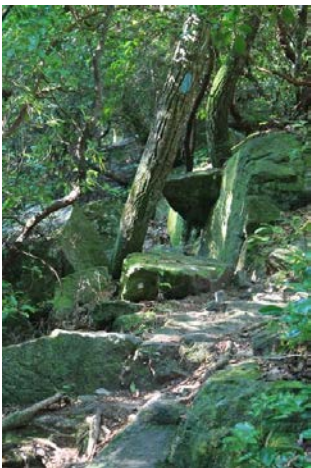
Wolf Den Loop- East End Loop- “Out and back” Hike to Cascade Falls

The Wolf Den Loop is 6.7 miles. The loop is formed with the white blazed Beaver Pond Trail (1.7 miles) and 5 miles of the Pine Mountain Trail (near Mile 18 to 23). Hiking at 30 minutes to the mile, this will take about 4 hours depending on your pace. You can hike the loop using the PMT first (counterclockwise) but we suggest you hike the loop in a clockwise direction, as you save the falls area (Mile 20.9-23) as the “best for last.” Clockwise, starting from the WJSP-TV Tower/Mile 23 Trailhead, hike a short ways past the map kiosk to the signs noting the intersection with the white blazed **Beaver Pond Trail**.

Turn left (west) onto it. Just over a mile along you will cross GA 190 and continue west to the intersection with the blue- blazed main **Pine Mountain Trail**. Turn right (east) and you will pass Mile 18 marker within sight of a second GA 190 highway crossing at **Rocky Point Parking Lot**. It is 5 miles from Mile 18 back to this starting point. You will pass **Sassafras Hill Campsite**, then cross two “logging roads” before Mile 19.

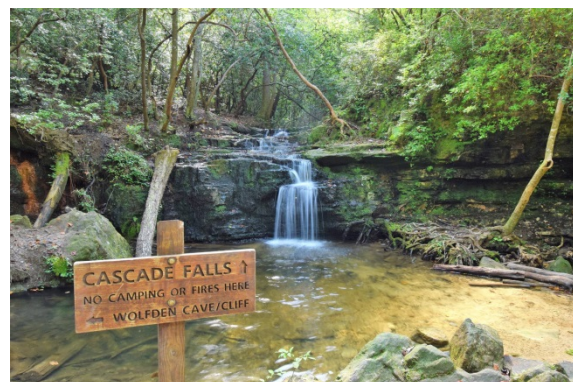


Then over Hogback Mountain ridge past Mile 20 before dropping back down along Cascade Creek. Close to **Old Sawmill Campsite** is **FERNEY** the big pine tree. Ferney at 14.5’ around is estimated to be over 250 years old!



Past the campsite a short ways you hike through “FAT MAN SQUEEZE”, make a left turn and cross the bridge at **Combs’s Crossing**.

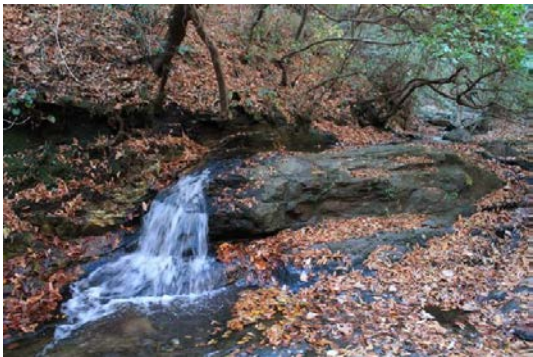
Less than a ½ mile on to **Wolf Den Cliff/cave** and **Cascade Falls**. Cascade Falls is a good resting point. Caution: rocks are slippery, don’t climb to top of falls.





From Cascade Falls just ahead you will pass Mile 21 marker, cross water several times before the steep climb up and over **Bumble Ridge** (sign at top for campsite there.)

Careful coming off the ridge on rocks and follow the **BLUE BLAZES** as you make your way down the switch backs to **Slippery Rock Falls**. You will then pass **Big Rock Falls**, **Csonka Falls** and the last of 13 water crossings from Cascade Fall just before Mile 22. The last mile is a gentle uphill climb. You go through evidence of the 2011 tornado near **Dry Falls**. Just about another .3 of a mile, is the old **Beaver Ponds** and from there another ¼ mile back to the Mile 23 trailhead.



Mile 23 map kiosk “Neal’s Rest”



HIKING the Wolf Den Loop and going west on the trail first (counter clockwise), you will thus hike the first 5 miles on the main blue blazed Pine Mountain Trail starting from the WJSP TV Tower/Mile 23 trailhead, over to Rocky Point Parking Lot. Just past the parking lot on the left is Mile 18 and beyond that a short ways is the intersection with the white blazed Beaver Pond Trail on your left. Follow the Beaver Pond Trail (about ½ mile along you will cross GA 190) and it takes you back to the Pine Mountain Trail and turn right and in short ways you'll be back at the WJSP-TV Tower/Mile 23 area.

The **East End Loop** is 3.4 miles. It is formed by hiking the white blazed 1.7 mile **Beaver Pond** and the 2.4 mile **White Candle** trails together. Starting from the WJSP TV tower/Mile 23 trailhead, hike a short ways to the marked intersection with the Beaver Pond Trail. Turn left and hike about .2 mile along the Beaver Pond Trail take a left (west) onto the **White Candle Trail**.



The trail crosses GA 190 about ¼ mile along the hike. Just as you cross the road is a historical marker about the pine trees you are about to hike through. The most scenic point along the Pine Mountain Trail system is **ODIE OVERLOOK on this White Candle Trail** just ahead about .3 of a mile.

From there, looking west you can see **Dowdell Knob** ridge some 2.75 miles away. The view in the fall is the most colorful.



Continue on west back to the intersection with the Beaver Pond Trail. Turn right, and in a short ways/100 yards you cross GA 190 again. Follow the Beaver Pond Trail to its' end, turn right and you are back on the main PMT and a short ways (100 yards) to the WJSP TV tower/Mile 23 trailhead .

"Out and back" Hike to Cascade Falls

Hike to Cascade Falls and back from WJSP-TV Tower/Mile 23 area is a just over at 4.2 miles round trip (2.1 miles in one way) on the blue blazed Pine Mountain Trail only. You will cross water using steppin' stones and foot bridges 13 times going in. Along the route, you come to **Csonka Falls** first, then **Big Rock Falls** and **Slippery Rock Falls**.



From Slippery Rock Falls the trail climbs steeply up **Bumble Bee Ridge** and on past the campsite sign. Caution: watch for the BLUE trail blaze markers and stay on the trail. The trail descends off the ridge steeply and then back along and across the creek several times before reaching Cascade Falls just west past Mile 21 marker. The trail continues west in front of **Wolf Den Cliff**. You can walk off the trail around up to the top of the cliff. Use caution going around up to the top of the cliff for a view of the falls below, and making your way back down.

NOTE: No rope/hand climbing the face of the cliff. Do not climb on or up onto the falls, as they are slippery. You want to allow about an hour+ to hike in, rest and enjoy Cascade Falls and Wolf Den Cliff area and then another hour+ out (about 2.5 hours total.) There are wooden signs marking each falls.

DON'T PLAN MORE HIKE THAN DAYLIGHT

On any hike in FDR State Park and the Pine Mountain Trail system you want to plan to be OFF the trails about 30-45 minutes **before** dark at minimum. LOOK at the time before you start out. Figure how long it may take you and give yourself plenty of DAYLIGHT time. Thus, if it is **less** than 2.5 hours till dark, DON'T attempt to hike to Cascade Falls and back. It gets darker along this trail route way sooner than sunset time which you can see at <http://sunrise-sunset.org/us/pine-mountain-ga> [this is for Pine Mountain, zip code 31822](http://sunrise-sunset.org/us/pine-mountain-ga)

signs at end of parking lot at the WJSP TV Tower Mile 23 parking lot trail head.

