



# OUTDOOR GUIDE



# GO. ALL. OUT.™



# EXPERIENCE THE OUTDOORS IN JOHNSON CITY

Whether you are looking for heart pumping adventure or wanting to relax in the beautiful outdoors, this guide will help you discover your perfect activity.

Make Johnson City the home base for all of your Northeast Tennessee adventures.

Not only is the city itself filled with outdoor opportunities, but it is surrounded by 200 miles of Appalachian Trail, internationally known rivers, and incredible mountain landscapes.

In Johnson City, you'll find adventures for all ages, interests, and skill levels just minutes from a lively downtown.

Take in the outdoors from the top of Buffalo Mountain down to the Natural Adventure Area in King Commons. Ride the mountain bike trails at Winged Deer Park and cool off at the Rotary Park Splash pad. From Tannery Knobs to the Tweetsie Trail, you have all you need to GO.ALL.OUT.™ right here in Johnson City.



# REMEMBER TO LEAVE NO TRACE











Many of the outdoor attractions included in this guide are in certified Wilderness Areas. Please be kind to the environment whenever you are enjoying nature and plan to "Leave No Trace."

## THE SEVEN PRINCIPLES OF LEAVE NO TRACE:

- Plan ahead and prepare
- Travel and camp on durable surfaces
- Dispose of waste properly
- Leave what you find
- Minimize campfire impacts
- Respect wildlife
- Be considerate of other visitors

For more information visit [LNT.org](http://LNT.org)






## TABLE OF CONTENTS

	Biking	5-7
	Boating	8-9
	Disc Golf	10-11
	Fishing	12-13
	Hiking	14-18
	Parks	19-23
	Running/Walking	24-26
	Waterfalls	27-29
	Water Sports	30-31
	Meet the Mountains	33-34



## LEGEND

See icons within Table of Contents as well as the following:

-  Appalachian Trail
-  Dining
-  Lodging
-  Relaxing
-  Handicap Accessible





# HARNESS THE POWER

Leave your car in park and spend some time on two wheels. Whether you desire to pedal down long and winding roads, cruise through easy going parks, or trek across professionally designed mountain biking trails, Johnson City is your biking destination.

For links to these attractions and more, check out [VisitJohnsonCityTN.com](http://VisitJohnsonCityTN.com)!



## TANNERY KNOBS MOUNTAIN BIKE PARK



Designed and built by the International Mountain Biking Association (IMBA), Tannery Knobs Mountain Bike Park is the newest addition to Johnson City's biking adventures. Built for riders of all ages and skill levels, the park offers something for any rider out there, including a paved pump track.

18 Tannery Knob, Johnson City, TN



## TWEETSIE TRAIL



The award-winning Tweetsie Trail is a rails-to-trails project traversing the former ET & WNC ("Tweetsie") railroad right of way between Johnson City and Elizabethton. With a relatively flat grade in a natural setting, the 10-mile trail is a delight for anyone.

107 Alabama St., Johnson City, TN

## WINGED DEER PARK



A three-mile-long wooded bike trail located off Carroll Creek Road at the disc golf course.

4137 Bristol Hwy., Johnson City, TN



**BAYS MOUNTAIN PARK**

With over 40 miles of mountain bike trails, from old jeep roads to single tracks, Bays Mountain Park has something for riders of all ages and skill levels.

853 Bays Mountain Park Rd., Kingsport, TN

**BICYCLE RENTALS:****THE TREK STORE**

110 W. Market St., Johnson City, TN  
423-797-8735

**LOCAL MOTION CYCLERY**

701 E. Maple St., Johnson City, TN  
423-328-9049

**GUIDE THE  
EXPERIENCE**

There's nothing quite like spending a hot summer day out on the boat, especially in Northeast Tennessee. Don't have a boat?

No worries. Our local marinas provide affordable boat and equipment rentals for anyone to enjoy! Come for a day or stay for the weekend on the gorgeous Boone, South Holston, and Watauga Lakes.

For Links to these attractions and more, check out [VisitJohnsonCityTN.com](http://VisitJohnsonCityTN.com)







## LAKES



Boone Lake  
South Holston Lake  
Watauga Lake

## MARINAS:

**JAY'S BOAT DOCK - BOONE LAKE**

[Jaysboatdock.com](http://Jaysboatdock.com)

423-282-3522

945 S. Pickens Bridge Rd., Gray, TN

**ROCKINGHAM MARINA - BOONE LAKE**

[Rockinghammarina.com](http://Rockinghammarina.com)

423-207-6014

639 Rockingham Rd., Johnson City, TN

**SONNY'S MARINA - BOONE LAKE**

[Thesonnysmarina.com](http://Thesonnysmarina.com)

423-282-9440

109 One St., Johnson City, TN

**WATAUGA LAKESHORE  
RESORT & MARINA**

[Lakeshoreresortmarina.com](http://Lakeshoreresortmarina.com)

423-725-2201

2285 US-321, Hampton, TN

JOIN THE  
**FUN**

Believe it or not, disc golf is kind of a big deal around here. In fact, the 2021 PDGA Pro Masters World Championship was held at Winged Deer Park and Harmon Hills. This simple yet incredibly fun sport requires no prior experience and only a few pieces of equipment. Bring your friends or family out to one of our local courses and give it a whirl. You won't regret it!

For links to these attractions and more, check out [VisitJohnsonCityTN.com](http://VisitJohnsonCityTN.com)





**WINGED DEER PARK**

An 18-hole course designed for recreational play with multiple basket locations.

4137 Bristol Hwy., Johnson City, TN

**PERSIMMON RIDGE DISC GOLF**

This new course, featuring nine holes, winds through the majestic landscape of Persimmon Ridge Park.

1527 Persimmon Ridge Rd., Jonesborough, TN

**HARMON HILLS**

The number one course in the state of Tennessee serves up 27 holes of the best disc golf, hands down. Also featured is an 18-hole, par 2 course.

7870 Old Snapps Ferry Rd., Fall Branch, TN

**ETSU DISC GOLF COURSE**

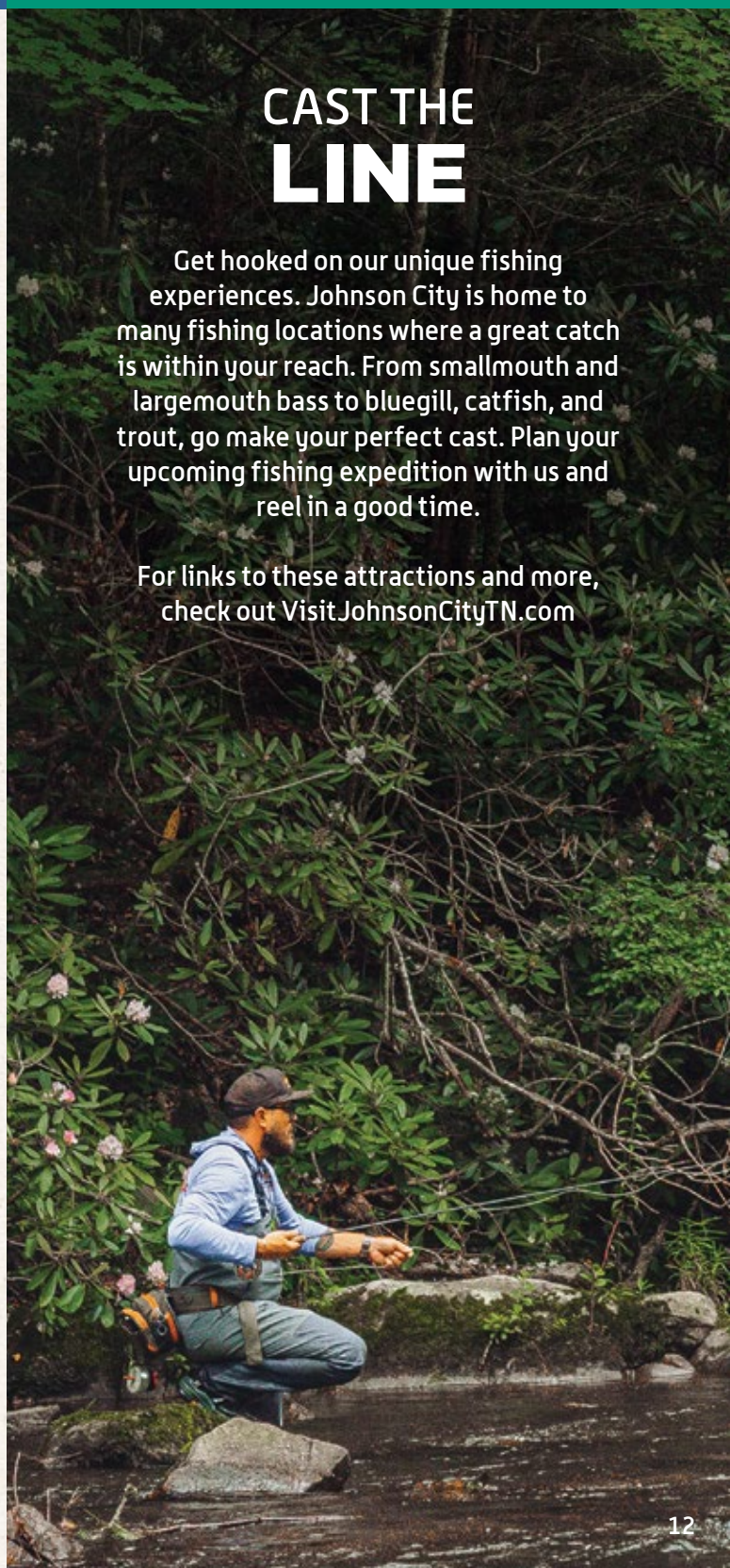
A short and open nine hole course on the ETSU campus.

Pirate's Cove Rd., Johnson City, TN

**CAST THE LINE**

Get hooked on our unique fishing experiences. Johnson City is home to many fishing locations where a great catch is within your reach. From smallmouth and largemouth bass to bluegill, catfish, and trout, go make your perfect cast. Plan your upcoming fishing expedition with us and reel in a good time.

For links to these attractions and more, check out [VisitJohnsonCityTN.com](http://VisitJohnsonCityTN.com)







## FISHING SPOTS



Boone Lake  
Nolichucky River  
Watauga Lake  
Rocky Fork State Park

Watauga River  
South Holston Lake  
South Holston River  
Clarks Creek

## GUIDED FISHING:

## THE HIGH COUNTRY ANGLER: TN FLY FISHING GUIDES

704-641-6815

[highcountryangler.com](http://highcountryangler.com)

## EAST TENNESSEE FLY FISHING TOURS

423-213-8129

[easttennesseeflyfishing.com](http://easttennesseeflyfishing.com)

## USA RAFT ADVENTURE RESORT

(800) 872-7238

[Usaraft.com](http://Usaraft.com)

## SOUTH HOLSTON RIVER COMPANY

276-492-9614

[Southholstonrivercompany.com](http://Southholstonrivercompany.com)

## WATAUGA RIVER LODGE

828-208-3428

[Wataugariverlodge.com](http://Wataugariverlodge.com)

## TROPHY WATER GUIDE SERVICE

423-896-7237

[Trophywaterguideservice.com](http://Trophywaterguideservice.com)

## EASTERN FLY

423-538-3007

[Easternflyoutfitters.com](http://Easternflyoutfitters.com)

## THE FLY BOX

423-573-5668

[theflyboxtn.com](http://theflyboxtn.com)

## FIND THE VIEW

Here it's easy to find a path full of outdoor wonder. Immerse yourself in Johnson City's mountainous glory by connecting with the Appalachian Trail or exploring our other hiking destinations. From scenic mountain top views and ever-flowing streams to abundant greenery and wildlife, we offer something spectacular for any explorer out there. So take a hike!

For links to these attractions and more, check out [VisitJohnsonCityTN.com](http://VisitJohnsonCityTN.com)





**BUFFALO MOUNTAIN PARK**

Just a couple of miles from downtown, Buffalo Mountain Park provides nine miles of hiking trails with varying difficulty levels. Though quite strenuous, White Rock Trail and Tip Top Trail are popular hikes leading to gorgeous views of Johnson City. An easier hike with scenic views is at Huckleberry Knob.

570 High Ridge Rd., Johnson City, TN

**NOLICHUCKY RIDGE CLIFF**

This 1.6 mile trail is located along the Appalachian Trail near Erwin, TN. This moderately challenging trail is commonly referred to as "The Gorge" due to the spectacular view of the Nolichucky River down below. Time it right and you will get to see a train rumbling through the valley below on the still active CSX railroad line.

151 River Rd., Erwin, TN

**PINNACLE FIRE TOWER**

Although a long hike at 9.1 miles round trip, the destination makes it worthwhile. Venture up Buffalo Mountain to a restored, public-access fire tower with a breathtaking panorama of the Appalachian Mountains.

Powder Hollow Rd., I-26 at Exit 32, Unicoi, TN

**ROCKY FORK STATE PARK**

Rocky fork inhabits 2,036 acres of scenic wilderness in Unicoi County and features steep, rugged terrain that is fed by cool mountain streams. Ranger-led and group hikes area available.

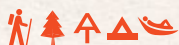
501 Rocky Fork Rd., Flag Pond, TN







### ROAN MOUNTAIN STATE PARK



With short and long hikes with amazing mountain views and plenty of plant and animal life, Roan Mountain is a nature-lover's paradise and home to the world's largest natural Catawba rhododendron garden.

527 Hwy. 143, Roan Mountain, TN

### ROCK CREEK PARK



Offering both day-use and extended-stay camping opportunities, Rock Creek park features short hiking trails, picnic tables, a natural swimming pool, a bike trail, and an amphitheater.

2001 Rock Creek Rd., Erwin, TN

### APPALACHIAN TRAIL TO WATAUGA DAM



A moderately difficult lakeside hike that finishes at the historic Watauga Dam.

Directions: From Elizabethton, take 19E/321 toward Hampton. In Hampton, turn left onto 321 toward Mountain City, travel two miles to parking area at Cherokee National Forest sign on left by Watauga Lake. Follow Appalachian trail north to the dam about 2.9 miles

### UNAKA MOUNTAIN BEAUTY SPOT



A grassy bald on the TN/NC border where the Appalachian Trail passes over Unaka Mountain. Known for sunsets and panoramic views, the Beauty Spot is one of the most easily accessible lookouts in Northeast Tennessee. A short walk from the gravel parking area leads to stunning views.

Directions: take Rock Creek Rd in Erwin to North Carolina state line. Turn left on gravel road. Stay on gravel road for two miles until road forks. Stay right to arrive at Beauty spot.







# ESCAPE THE ORDINARY

Picnics, dog walks, playgrounds; there are so many possibilities for a great day at the park. Enjoy a variety of prominent parks with lots of fun-filled activities stretched across the region!

For links to these attractions and more, check out [VisitJohnsonCityTN.com](http://VisitJohnsonCityTN.com)



## ROTARY PARK & INCLUSIVE PLAYGROUND



This 10.4-acre park offers an inclusive playground, six covered picnic areas, restrooms, and a splash pad.

1001 N. Broadway, Johnson City, TN

## FOUNDERS PARK



A five-acre green space in the heart of downtown Johnson city features rotating art installations, an amphitheater, creek, large pavilion, and a great lawn area. It's the perfect venue for festivals, concerts, and afternoons spent with the family.

225 Commerce St., Johnson City, TN







### KING COMMONS



A 3-acre recreational and event green space in the heart of downtown. Featuring decorative railings and the Passion Flowers sculpture, King Commons is best known for being home to the landmark Johnson City sign. The most recent addition is a children's natural adventure park, complete with a slide, climbing logs and story walk.

112 N. Commerce St., Johnson City, TN



Grab a clue card from a participating downtown business and search for 30 bronze animal sculptures in the district. The Wildabout Walkabout Scavenger Hunt spans from the Public Library to Main St. It's inspired by the "Wildabout" mural in King Commons and features a black bear, turtle, ladybug and more!



### WINGED DEER PARK



This 200-acre park offers paved walking trails, a flat walking track, an 18-hole disc golf course, a lakefront amphitheater, sand volleyball courts, a playground, softball & soccer fields, Batters Up batting cages, pavilions, restrooms, a boardwalk, mountain bike trails, the historic Robert Young Cabin, the James H. Quillen Historical Tree Arboretum, the Massengill Monument, and a Festival Plaza multi-use area.

4137 Bristol Hwy., Johnson City, TN



### WILLOW SPRINGS PARK



With More than 30 open acres of rolling hills and abundant fields to explore, Willow Springs park provides breathtaking views of the Appalachian Mountains anywhere on the grounds.

Dog friendly.

1201 Huffine Rd., Johnson City, TN



**ROCK CREEK RECREATION AREA**

This area is named for the creek that runs alongside the site. The park features a stream-fed swimming pool, bath house, campsites, amphitheater, and trails for biking or hiking.

2001 Rock Creek Rd., Erwin, TN

**DOE MOUNTAIN RECREATION AREA**

This protected area features more than 8600 acres of mountain terrain with OHV trails, mountain biking, hiking, geocaching and birdwatching.

1203 Harbin Hill Rd., Mountain City, TN

**WARRIORS PATH STATE PARK**

Hiking, biking, horseback riding, disc golf, fishing, picnicking, and playing – the adventures are endless.

490 Hemlock Rd., Kingsport, TN

**BAYS MOUNTAIN PARK & PLANETARIUM**

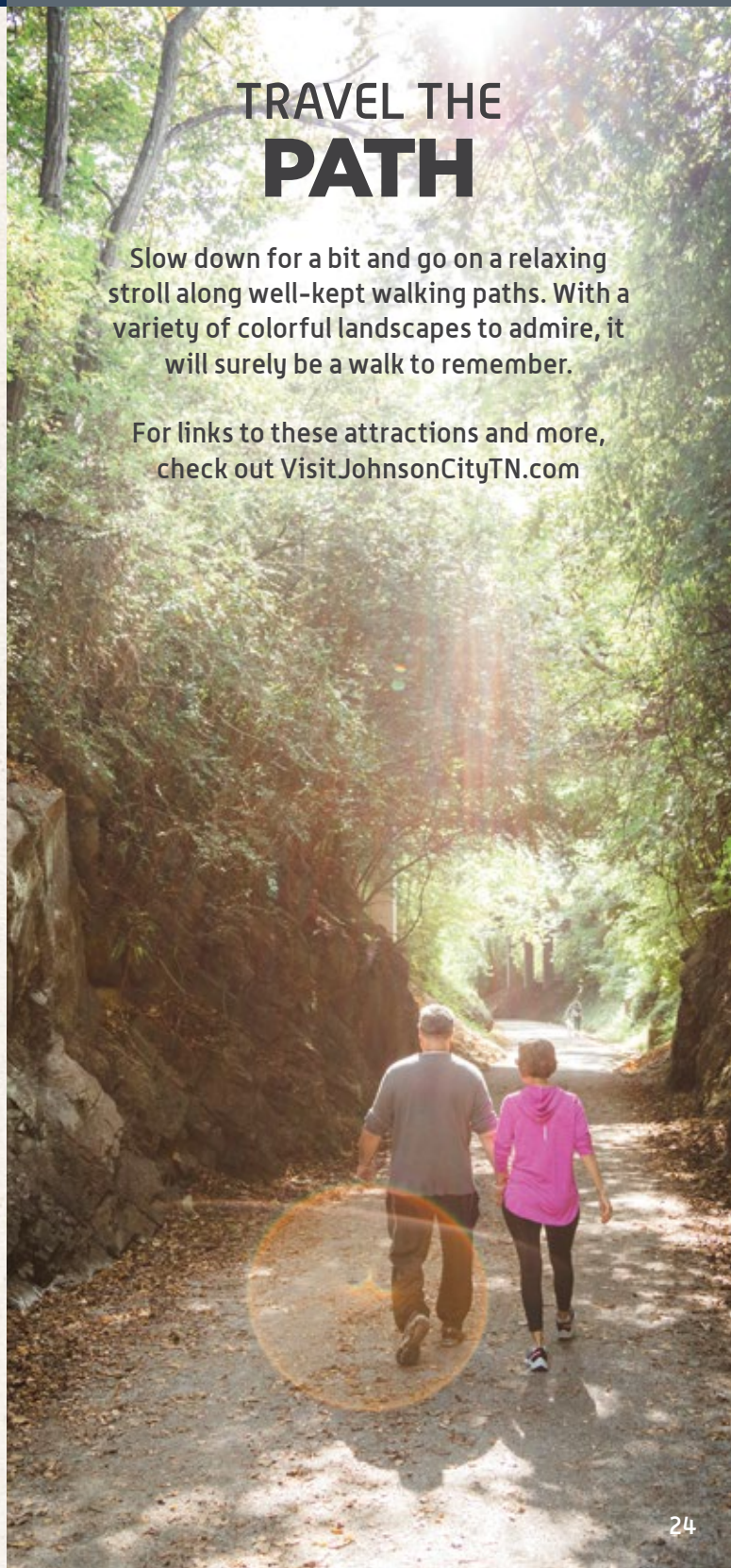
The park is a 3,550-acre nature preserve with a planetarium, animal habitats, hiking, biking, and daily public programming.

853 Bays Mountain Park Rd., Kingsport, TN

**TRAVEL THE PATH**

Slow down for a bit and go on a relaxing stroll along well-kept walking paths. With a variety of colorful landscapes to admire, it will surely be a walk to remember.

For links to these attractions and more, check out [VisitJohnsonCityTN.com](http://VisitJohnsonCityTN.com)





**FOUNDERS PARK**

A five-acre green space in the heart of downtown Johnson City features rotating art installations, an amphitheater, creek, large pavilion, and a great lawn area. It's the perfect venue for festivals, concerts, and afternoons spent with the family.

225 Commerce St., Johnson City, TN

**TWEETSIE TRAIL**

The award-winning Tweetsie Trail is a rails-to-trails project traversing the former ET & WNC "Tweetsie" railroad right-of-way between Johnson City and Elizabethton. With a relatively flat grade in a natural setting, the 10-mile trail is a delight for anyone on its path. Dog friendly.

107 Alabama St., Johnson City, TN

**WINGED DEER PARK WALKING TRAIL**

One mile of lighted and paved trails wind throughout the forested section of the park. A half-mile walking track encircles the softball complex.

4137 Bristol Hwy., Johnson City, TN

**JACOB'S NATURE PARK**

The park is a 28-acre tract of restored wetlands and steep wooded slopes. The park offers nearly two miles of trails through the woodland and along the creek and wetlands.

1254 King Springs Rd., Johnson City, TN

**ELIZABETHTON LINEAR PATH**

This six mile path stretches between Eastside Elementary School and Sycamore Shoals State Historic Area. Following along the scenic Doe River and Watauga River, the Linear Path has several great fishing spots, bike racks, picnic tables and benches.

1651 W. Elk Ave., Elizabethton, TN

**ERWIN LINEAR TRAIL**

The Linear Trail includes wooded areas, natural ponds, wetlands, and mountain views.

Directions: Take Exit 37 from I-26, turn left towards Erwin. Right on Industrial Drive to the parking lot on the right.





## FEEL THE RUSH

The area is overflowing with stunning waterfalls that are guaranteed to cool you off on a hot summer day. Maybe you only have time to make a quick splash or perhaps you are looking to soak it all in. Either way, you can explore one of nature's greatest treasures in our own backyard.

For links to these attractions and more, check out [VisitJohnsonCityTN.com](http://VisitJohnsonCityTN.com)



### BLUE HOLE FALLS IN CARTER COUNTY



Directions: Take highway 91 east [NE] out of Elizabethton, TN, about 10 miles. Turn left onto Panhandle Road at the brown national forest sign for "Blue Hole". Falls are less than 0.1 miles.

### LAUREL FALLS IN CARTER COUNTY



Directions: Drive east on US 321 out of Hampton, TN for 0.8 miles. Turn right onto Dennis Cove Road, marked with a brown national forest campground sign. From US 321 [four miles], see small parking area on left for Appalachian Trail. A moderate 1.3-mile hike to the falls.



### ROCKY FORK FALLS IN UNICOI COUNTY



Directions: Take I-26 E toward Flag Pond Exit #50. At stop sign, turn left on Higgins Creek Road. Drive 0.5 miles until you reach Route 23, turn right and travel 2.5 miles through Flag Pond. Turn left onto Rocky Fork Road. The falls are 0.5 miles on the right.





### MARGARETTE FALLS IN GREENE COUNTY



Directions: From Hwy 11E in Greeneville, take 107 to TN 351 (107 cut-off.) Travel five miles to the four-way stop. Turn left on Greystone Road, drive about four miles. Turn right on Shelton Mission Rd, drive for approximately 1.3 miles. Trailhead will be on the right.

### UPPER ROCK CREEK FALLS IN UNICOI COUNTY



Directions: Take I-26 E to Exit #36, turn left at the top of the ramp. At light, turn right, go 0.2 miles to Rock Creek Park and take camping Loop C to trailhead. A 2-mile hike to the falls.

### MARTIN CREEK FALLS IN UNICOI COUNTY

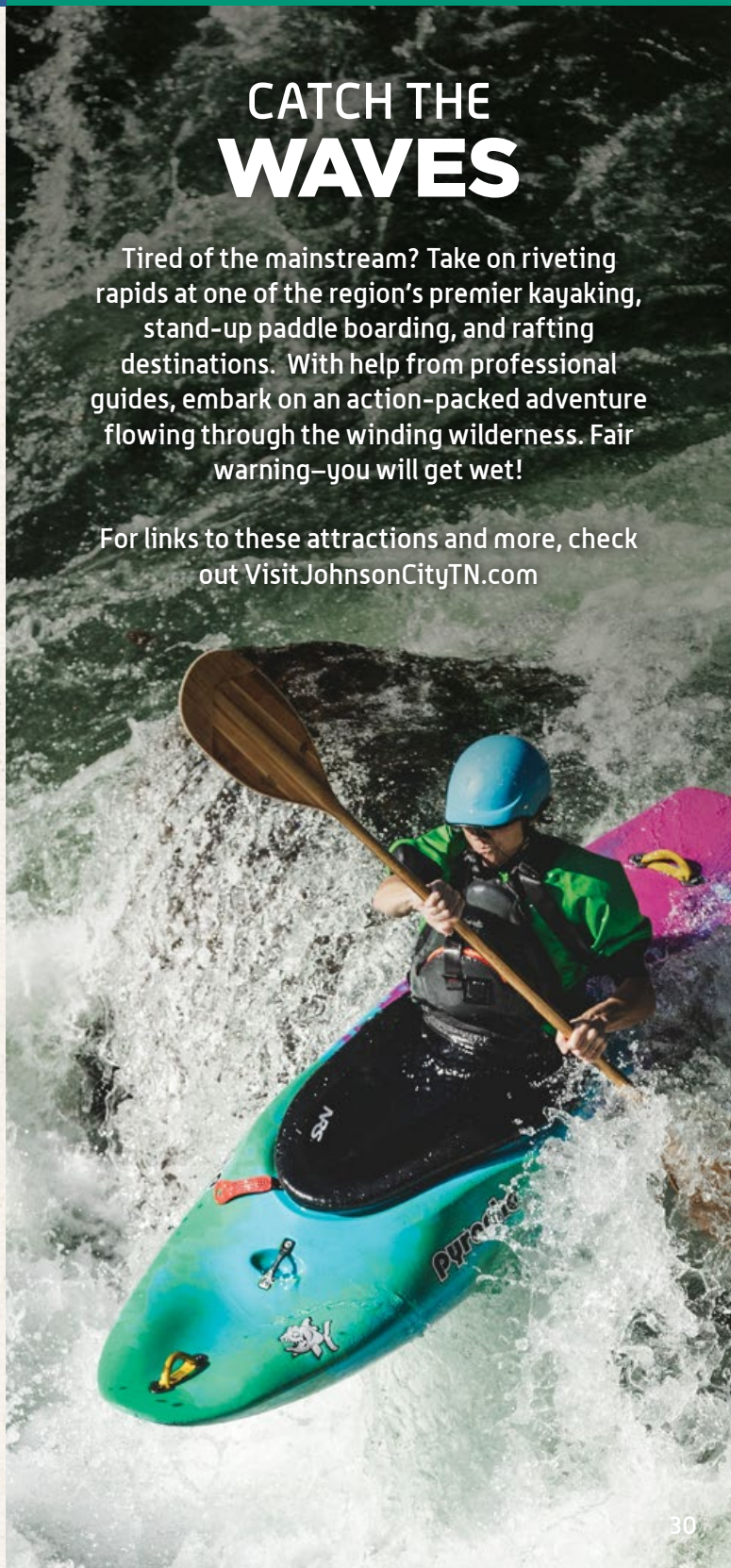


Directions: Take I-26 E to Exit #40, turn left on Jackson Love Hwy, go 1.8 miles and turn right on S Mohawk Dr. Go 0.5 miles then stay left onto Martin Creek Rd, turn right to stay on Martin Creek Rd. Go 0.6 miles to parking area. A 1-mile hike to the falls.

## CATCH THE WAVES

Tired of the mainstream? Take on riveting rapids at one of the region's premier kayaking, stand-up paddle boarding, and rafting destinations. With help from professional guides, embark on an action-packed adventure flowing through the winding wilderness. Fair warning—you will get wet!

For links to these attractions and more, check out [VisitJohnsonCityTN.com](http://VisitJohnsonCityTN.com)







## LAKES & RIVERS



Nolichucky River  
Watauga River

Watauga Lake  
South Holston River



## GUIDED ADVENTURE:

*(Call to book your tour today)*

### USA RAFT - NOLICHUCKY RIVER

1-800-USA-RAFT

[Usaraft.com](http://Usaraft.com)

### BLUE RIDGE PADDLING - NOLICHUCKY RIVER

(423) 388-6002

[Blueridgepaddling.com](http://Blueridgepaddling.com)

### WATAUGA KAYAK - WATAUGA LAKE

(423) 542-6777

[Wataugakayak.com](http://Wataugakayak.com)

### WAHOO'S ADVENTURES - WATAUGA RIVER & NOLICHUCKY RIVER

1-800-444-7238

[Wahoosadventures.com](http://Wahoosadventures.com)

### OFF THE GRID ADVENTURES - WATAUGA LAKE

(423) 430-5696

[facebook.com/offthegridadventure](https://facebook.com/offthegridadventure)







## FREE FAMILY FRIENDLY OUTDOOR FESTIVAL

AIR DOGS  
DEMO POOL  
ZIPLINING

BIKE COURSE  
VENDORS  
EDUCATION

OFF-SITE EVENTS  
FOOD & CRAFT BEER  
LIVE MUSIC



EVERY AUGUST  
IN JOHNSON CITY, TN  
[MTMFEST.ORG](http://MTMFEST.ORG)







**Visitor Center**  
302 Buffalo St.  
Johnson City, TN 37604  
423-900-2526  
[visitjohnsoncitytn.com](http://visitjohnsoncitytn.com)