

**September 9, 2019**

**Muddy Boots Hike – Stinging Fork Falls & Twin Rocks**

**Hike Description:** This pair of short day hikes has trailheads that are only 4 miles apart. The Stinging Forks Falls (2.1 miles) is an out-and-back hike that makes its way to a pretty waterfall, with an additional spur to the Indian Head Overlook. The Twin Rocks hike (2.2 miles) visits a segment of the lower Piney River, using the Cumberland Trail and connector paths to make a scenic waterside loop with an optional spur to a rocky overlook that requires climbing a ladder and crossing a bridge.

**Length of Hike:** 4.3 miles total

**Rating:** Moderate

**Departure:** 8:00 a.m. Chota Center parking lot, across from the gas station

**Location/Distance/Drive Time:** Near Spring City, approximately 53 miles, 1:17 hours

**Muddy Boots Coordinators:**

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