

# Tellico Village Hiking Club



## Frozen Head Tower Via North Old Mac Trail

Distance:  
9 miles

Rating:  
Moderate

Driving Time:  
1.25 hour

Elevation Gain:  
Approx. 1800 fr.

Leader:  
Nancy LeRoy  
at 802-578-9357 or  
nancymleeroy@gmail.com





## Frozen Head Observation Tower via the North Old Mac Trail

Friday  
November 11, 2022

**Depart at 8AM from Lakeside Realty Parking Lot**

This hike affords the opportunity to explore Frozen Head State Park and its rugged wild terrain, close by the Cumberland Mountains. In the Tennessee State Park system, Frozen Head is a gem. This is a loop hike starting on the North Old Mac and returning on the Spicewood Trail.

From the tower we will get a good view of the surrounding peaks and the old Brushy Mountain Penitentiary. It was home to James Earl Ray for 29 years. Sentenced in 1969, he escaped in 1977 and roamed through the Park and the Cumberland Mountains for 55 hours before being recaptured. He was returned to Brushy Mountain where he lived until he died.

-  Hiking boots and hiking sticks are recommended.
-  Driving directions will be provided the morning of the hike.
-  Bring water and a trail lunch.
-  Passengers are asked to contribute \$6 to the driver to help cover gas, etc.