

Hike Description Frozen Head Segment

Frozen Head Loop trail: The Loop Trail is approximately 6 miles beginning and ending at the trailhead located at the northern end of Big Cove Campground.

Begin the loop on the Lookout Tower Trail at the northern end of Big Cove Campground. After 1/10 mile, the trail turns left into the woods and switchbacks 1900' in 0.9miles to the crest of Bird Mountain at the Castle Rock formation. Turn left at the trail junction and begin hiking along the ridge. The trail will be marked with white blazes. When the leaves are off the trees the views along this ridge top trail are spectacular. After hiking a short distance, the North Bird Mtn. trail will be seen on the right. Continue for 0.4miles to a short spur trail on the right side of the trail that leads to a rock overlook. Soon after leaving the overlook, the hiker will pass over some unique natural stepping stones/boulders.

The trail gently gains and loses elevation over the next mile leading to Mushroom Rock. This is a distinctive formation located in the left side of the trail. Leaving Mushroom Rock the trail will begin some switch backs down off the ridge. Less than half a mile away the trail will cross over a service road and into a pine thicket.

The trail continues down and passes a coal mining retention pond on the left. At 0.2miles the hiker will reach another gravel service road at an area called Ross Gap. To continue the loop, turn left and begin hiking down the gravel service road, following the white blazes for 1.2 miles. The trail leaves the gravel road on the left side following the white blazes. The trail follows an old road bed for approximately 0.5miles before beginning to descend again, traveling over several rock stair cases. This newly built section of trail ends at the parking area by the volley ball courts. The hiker can opt for walking back to the visitor center and park office by turning left and following the trail to a stream crossing located within sight of the visitor center. From the visitor center the hiker can walk approximately 0.8 miles on paved road back to the start of the loop at the northern end of Big Cove Campground

Attention overnight campers! There is no charge for backcountry camping, but a permit is **required**. Please register at the visitor's center. There is a bath house available to back country campers located at the main trailhead.

To preserve this natural and scenic area, please practice Leave No Trace principles.

Directions to Frozen Head State Park:

From Harriman take Hwy. 27 North to Wartburg. Turn right (East) on Hwy. 62. Travel 2 miles and turn left on Flat Fork Road. Travel 4 miles to the park entrance

Location	GPS Waypoint
Big Cove Trailhead	N36 08.154 W84 29.930
Bird Mtn Camp	N36 08.966 W84 29.294
Castle Rock	N36 08.730 W84 29.843
Lookout Tower Trail Trailhead	N36 09.273 W84 28.078
Mushroom Rock	N36 08.358 W84 30.850
North Bird Mtn Trail Junction	N36 08.808 W84 30.018
Overlook	N36 08.880 W84 30.135
Park Office	N36 07.515 W84 30.311
Park Office Trailhead	N36 07.522 W84 30.645
Retention Pond	N36 08.290 W84 31.085
Rock Staircase	N36 07.679 W84 30.937

