

Trails on the Natchez Trace Parkway

Before you head out to walk a trail, please check the What's Open What's Closed page on our website www.nps.gov

Milepost 0 is at Natchez, MS to Rocky Springs at milepost 54.8

5.1 Elizabeth Female Academy -450-foot paved trail to the academy remains

10.3 Emerald Mound Walk -400-foot uphill walk leading to Emerald Mound's eight-acre plateau. Nice views of the countryside

15.6 Partially ADA Mount Locust Trail -one-half mile network of trails that lead to the historic house, grape arbor, cemeteries of past owners and enslaved workers, and a brick kiln. Paved (some rough) from contact station to a little past the house.

17 Natchez Trace National Scenic Trail - Potkopolu section - southern trailhead- 3.5-mile trail on the Old Trace between mp 17 and 20 (MS Hwy 553). This southernmost section of National Scenic Trail is the longest stretch of "sunken" historic Trace Some embankments on this trail are over twenty-feet high. The trail is deeper, closer to the northern end (mp 20). Maps for the Potkopolu section of the Natchez Trace National Scenic Trail are available online at www/nps.gov/natt (Maps)

18.4 Bullen Creek -1100-foot walk with interpretive stops explaining the characteristics of a mature hardwood forest

20 Natchez Trace National Scenic Trail - Potkopolu section – northern trailhead -3-mile trail on the Old Trace between mp 20 (HWY 553) and mp 17. This is the deeper end of the trail

41.5 Historic Sunken Trace Trail - 600-foot walk that is sunken due to thousands of travelers walking on the easily eroded loess soil

45.7 Grindstone Ford Trail -one-half mile loop that takes you to the Old Trace and an old cemetery

52.4 Picnic area spur – ADA - Natchez Trace National Scenic Trail - Rocky Springs section at Owens Creek - southern trailhead

6.6 -mile hike to the northern trailhead of the National Scenic Trail. The southern trailhead begins at Owen's Creek waterfall, a good spot to sit quietly and listen to the forest. 2.5 miles to Rocky Springs Campground.

54.8 Campground Road loop- ADA Natchez Trace National Scenic Trail - Rocky Springs section at the Rocky Springs Campground. From the Rocky Springs Campground trailhead, the southern route is 5 miles round-trip. The northern route is 8.4 miles, round-trip. Hikers can take the trail from the campground and continue north or access the trail from the restrooms near the picnic area and continue south 2.5 miles to the Owens Creek Waterfall.

59.2 Natchez Trace National Scenic Trail - Rocky Springs section at Fisher Ferry Road - northern trailhead - 6.6-mile hike to the southern trailhead of the Rocky Springs National Scenic Trail. This trail crosses gently rolling, forested land. To get to the northern trailhead, exit the Parkway at mp 59.2. Turn right at the stop sign onto Fisher Ferry Road, cross over the Parkway and take the first right to the parking area.

Jackson, Mississippi Area

73.5- Dean's Stand -quarter-mile trail near the homestead of William Dean and his wife, Margaret, who settled near here in 1823

88 ADA -Ridgeland Cowles Mead Cemetery Trail - 600-foot walk that leads to Cowles Mead cemetery

100.7. ADA Chisha Foka Multi-Use Trail - southernmost parking area - The trail runs from mp 95.8 to mp 105.6 The paved trail may be used by cyclists, walkers and joggers. The trail about 5 miles south and 5 miles north of this parking area for a total trail length of about 10 miles.

102.4 ADA Chisha Foka Multi-Use Trail - Parking and access (see above, mp 100.7)

104.5 Boardwalk trail - ADA - Chisha Foka Multi-Use Trail & Brashear's Stand Old Trace & Trail to Mississippi Craft Center - 550-foot loop takes you to a portion sunken part of the Old Natchez Trace. A wheelchair accessible boardwalk takes you to the Mississippi Crafts Center and a view of the Old Trace. This lot is also parking and access to the Chisha Foka Multi-Use Trail (see above, mp 100.7)

105.6 – ADA (but no curb cut) Chisha Foka Multi-Use Trail & Reservoir Overlook - northern terminus – 10-mile paved trail used by cyclists, walkers, dog walkers and joggers. Total down and back about 20 miles. Wheelchair users may need assistance from the parking lot to the trail.

106.9 Boyds Site Trail -150-foot trail to an American Indian mound site which was constructed during the late Woodland, early Mississippian period around 800 -1100 CE

107.9 - Natchez Trace National Scenic Trail - Yockanookany section at West Florida Boundary - southern trailhead Short loop on the nature trail or continue north for 23.9 miles to the Yockanookany northern trailhead.

114.9 - Natchez Trace National Scenic Trail - Yockanookany section at Highway 43 -From the Highway 43 trailhead, the southern route is 14 miles round-trip and the northern route is 32-mile round trip. Exit the Parkway on Highway 43 and travel west. Turn left on Yandell Road, located just past the DAR marker. The trailhead will be on your left.

122 -Natchez Trace National Scenic Trail - Yockanookany section at Cypress Swamp - Across the Parkway from the Cypress Swamp, on the west side, the southern route is 28 miles round-trip and the northern route is 18 miles round-trip.

122 - Cypress Swamp Walk -A stairway leads to a boardwalk and a 2000-foot trail with interpretive stops explaining a typical swamp

128.4 - Natchez Trace National Scenic Trail - Yockanookany section at Upper Choctaw Boundary - Hikers access the National Scenic Trail from the self-guided interpretive walk at the Upper Choctaw Boundary. Hike 2.6 miles to the northern trailhead or 20.4 miles to the southern trailhead.

130.9 - Natchez Trace National Scenic Trail - Yockanookany section of the National Scenic Trail - northern trailhead Hikers can travel 23.9 miles south to the southern trailhead at the West Florida Boundary.

Trails from Kosciusko, Mississippi, to South of Tupelo, Mississippi

164.3 - Hurricane Creek - 850-foot trail with a stream, different soil types, and forest

175.6 - Cole Creek -750-foot trail with interpretive stops that explain changes from swamp to mixed hardwood forest

193.1 - Jeff Busby Little Mountain Trail - one mile, beginning at the top of Little Mountain or from the campground across from the campground host site, and next to the restroom. A two-mile loop can be made by returning on the road.

193.1 - Jeff Busby Native Food Plants Nature Trail Loop - Starting from the Little Mountain parking area, go .15-mile to a .2-mile loop. Total trip from parking lot and back is one-half mile. Interpretive stops showcase plants used as food by American Indian and settlers

232.4- ADA - Bynum Mounds - 200-foot paved loop that includes interpretive displays and two American Indian mounds built during the Middle Woodland period, between 100 BCE and 100 CE

233.2 - Witch Dance Trail is at the trailhead of a 15-mile hiking and horse trail in the Tombigbee National Forest

Tupelo, MS area

260.8 - Natchez Trace National Scenic Trail - Blackland Prairie section at Jackson Street - southern trailhead - 6 miles to the Parkway Visitor Center. From the Parkway, exit onto Main Street at mp 260. Go west on Main Street for ½-mile to Air Park Road and turn north. At the T, turn right onto Jackson Street. A paved parking/ horse staging area is on the left just past Robindale Road. Two trail heads (one for horses) run parallel for .75 miles to the Chickasaw Village Site. These trails can make a 1.5-mile loop trail for hikers.

261.8 - Natchez Trace National Scenic Trail - Blackland Prairie section at Chickasaw Village - Hikers may hike north for 4 miles to the Visitor Center, or hike 2 miles south to Jackson Street trailhead. Hikers may also enjoy a 1200-foot trail with interpretive stops that explain American Indian use of plants. The walk around the prairie is about 1.25 miles. Maps available at the Parkway Visitor Center.

263.9 - Natchez Trace National Scenic Trail - Blackland Prairie section at Old Town Overlook - Hikers can hike north for 2 miles to reach the Parkway Visitor Center or hike south for 2 miles to Chickasaw Village site, or 4 miles to reach the southern trailhead at Jackson Street.

266 (access road) Natchez Trace National Scenic Trail - Blackland Prairie section at the Parkway Visitor Center -This trailhead is located on the access road across the Parkway from the Natchez Trace Parkway Visitor Center. Hikers can travel 6 miles south through woods, prairie to the southern trailhead at Jackson Street.

266 - Visitor Center – Mostly ADA -Beech Springs at mp 266.0 - At the end of the Visitor Center sidewalk there is a 2800-foot paved trail with interpretive stops that identify plants of a hardwood forest. Wheelchair users may require some assistance on some slopes.

269.4 - Confederate Gravesites/Old Trace Trail - 1400-foot (up and back) partially paved trail to an interpretive stop at the burial site of 13 unknown Confederate soldiers and a section of the Old Trace. Parkway road sign labeled, Old Trace.

275.5 - Dogwood Valley -1600-foot trail with interpretive stops that explain the natural history and value mature hardwood trees

283.3 - Donovan's Slough -1600-foot trail with interpretive stops that explain the habitat and the story of a slough

293.2 - Partially ADA - Tenn-Tom Trail - 475-foot paved trail that leads to the waterway. North of the signs at the waterway, on USACE property, a half-mile unmaintained access road leads to a mile-long trail around a small lake.

[Trails from the Alabama state line to the Tennessee State Line](#)

317 - Freedom Hills Overlook Trail - 2200-foot (up and back) trail to Freedom Hills Overlook

308.4 - Partially Cave Spring Trail at mp 308.4 - 250-foot walk, with stairs to Cave Spring. The cave can be viewed from above without descending the stairs.

320.3 - Buzzard Roost Trail - 500-foot trail to a spring, the source of water for the Colbert house and travelers on the Old Trace

327.3 - Colbert Ferry Trail -1200-foot trail to the site of the ferry stand, taking you along the Old Trace to the bluff overlook and back

330.2 - Rock Spring -2200-foot loop trail with interpretive stops about the succession from meadow to bottom land to hillside

[Alabama/Tennessee State Line to Northern Terminus near Nashville, Tennessee](#)

346.2 – ADA - Holly Picnic Area Trail - 1200-foot trail with picnic area

350.2 - Sunken Trace Trail - 1500-foot trail along the Sunken Trace

363 - Sweetwater Branch - 2500-foot trail (up and back) with interpretive stops that explain the struggle for survival in a poor habitat

382.8 - Metal Ford Trail - 890-foot Old Trace crossing for Buffalo River

[Meriwether Lewis Trails](#)

385.9 – ADA - Footsteps Through History Trail - 750-foot paved interpretive trail leads to the Old Trace. Starts across from the restroom closest to Parkway

385.9 - Old Trace Trail - 2.6 miles - From Meriwether Lewis gravesite to Parkway - intersects CCC trail at .5 mile - intersects Little Swan Creek Trail at 1.1 miles.

385.9 - Little Swan Creek Trail -1.5 miles - From Little Swan Picnic Area to Old Spring - intersects Campground Spur at .2 mile - intersects Old Trace at .7 mile - intersects CCC Trail at 1.4 miles

385.9 –Dyestone Hollow Trail - 1.8 miles. From Meriwether Lewis gravesite to Little Swan Picnic area - intersects CCC Trail at .75 mile.

385.9 - CCC Trail - .5-mile connector trail between Old Trace and DADAtone Hollow - Start at Old Spring go .14-mile on the Old Trace, then .5 on CCC Trail to DADAtone Hollow trail then .8 mile back to the Meriwether Lewis gravesite.

390.7 - Phosphate Mine Trail -550-foot trail by a historic phosphate mine

391.9 - Fall Hollow Waterfall -1025-foot trail to a waterfall overlook at Falls Branch

403.7 - Old Trace Walk - 2000-foot trail on a section of the Old Trace following a ridge 300 feet above the Duck River

404.7 - Jackson Falls - 900-foot trail that steeply descends to Jackson Falls

404.7 - Baker Bluff Trail - 2100-foot hiking trail between the Jackson Falls area and Baker Bluff

408 - Natchez Trace National Scenic Trail - Highland Rim section at the Highway 50/Shady Grove Trailhead - southern trailhead - 19.5 miles one way to the northern trailhead of the Highland Rim National Scenic Trail. The Highway 50 trailhead is a great place for hikers to start their journey on the Highland Rim section of trail.

410 - Historic Gordon House Trail - .64-mile (round trip) trail past the historic Gordon House, then a somewhat difficult crossing of the shallow Fattybread Branch stream. Continue on the Old Trace to find the Duck River. (do not cross if Fattybread is deep or swift)

416 - Natchez Trace National Scenic Trail - Highland Rim section at the Highway 7 or Fly trailhead - 8.1 miles south one-way to the southern trailhead or 11.4 miles north one-way to the northern trailhead of the Highland Rim National Scenic Trail. From the Highway 7 exit, turn left and travel under the Parkway. Take your first left, and the trailhead will be on your left.

422.9 - Natchez Trace National Scenic Trail - Highland Rim section at the Carter Road Parking Area trailhead - 15 mile south one-way to the southern trailhead and 4.5 mile north one-way to the northern trailhead of the Highland Rim National Scenic Trail.

423.9 - Natchez Trace National Scenic Trail - Highland Rim section at the Tennessee Valley Divide trailhead - 1.4 miles north one-way to Burns Branch or 3.7 miles north one-way to Garrison Creek. 15.9 south one-way to the Highway 50/Shady Grove Trailhead. As the scenic trail passes the parking lot, hikers are rewarded with views of the Parkway, including vibrant blooms in the spring, and spectacular colors in the fall.

425.4 - Natchez Trace National Scenic Trail - Highland Rim section at the Burns Branch trailhead - 17.5 mile south one-way to the southern trailhead or 2 miles north one-way to the northern trailhead of the Highland Rim National Scenic Trail.

426.3 - Natchez Trace National Scenic Trail - Highland Rim section at the Old Trace trailhead - 18.4 mile south one-way to the southern trailhead or 1.1 mile north one-way to the northern trailhead of the Highland Rim National Scenic Trail. The Old Trace trailhead is available to hikers and provides an opportunity for visitors to walk along the historic travel route.

427.4 - Natchez Trace National Scenic Trail - Highland Rim section at the Garrison Creek trailhead at milepost 427.4 Hikers can start their walk from the trailhead near the restrooms, or at the trailhead near the picnic tables. As the northern terminus for the Natchez Trace National Scenic Trail, it is a great location to start a hike or trail ride. To the southern trailhead at Highway 50, is 19.5 miles. A .66-mile loop back to the parking area can be taken after .62 miles of the National Scenic Trail. This total loop is 1.28 miles. Hikers can also walk a loop by following 1.7 miles of horse trail.

Hiking Safety Tips:

Plan your hike with the weather and your fitness in mind - Hike with a friend - Carry plenty of water - Wear closed toed shoes and weather appropriate clothing - Let someone know where you are going and when you should be expected to return - Stay on the trail - Avoid all wildlife - Avoid poisonous plants - Do not hike in storms - Be aware that cell phones do not work in some places - Dogs must be leashed; 6' maximum - Use insect repellent

Always watch where you put your hands, feet and seat. Remember rocks in streams are very slick.

For emergencies call 911: tell the dispatcher exactly where you are and that you are on the Natchez Trace Parkway.