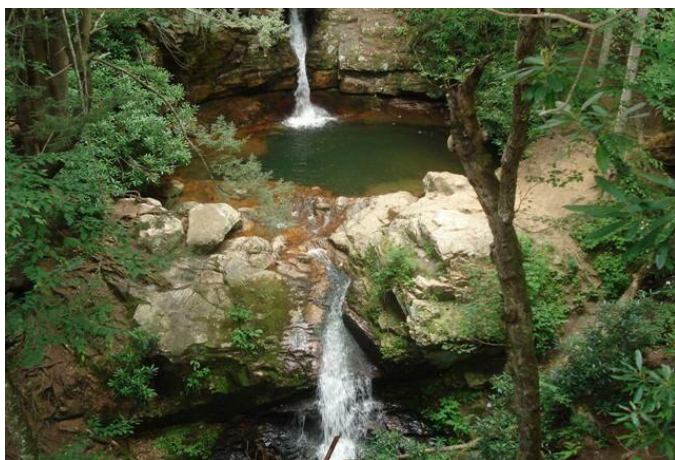


Waterfalls

[Blue Hole](#) [Backbone Rock & Falls](#) [Laurel Fork Falls](#) [Gentry Falls](#)
[Poga Big Falls/Twisted Falls](#) [Elk Falls](#)

Blue Hole T

Lat: 36.4362 Long: -82.0767



On the right side of the parking area is a marked trail that takes you down to 4 waterfalls that make up Blue Hole Falls and down to the plunge pool. It is a short hike and the scenery is beautiful.

Cold, very beautiful and small swimming hole, never crowded. A primo swimming hole! Small, beautiful rocky gorge with cliffs as high as fifty feet with several cascading pools. Blue Hole is approximately 40 ft. by 30 ft. and estimated to be 15 ft. deep at its deepest point. There is a 20 ft. cliff adjacent to it where people jump off into it. And more . .

There is another trail that leaves from the left of the parking area. This trail moves closely along a high ridge above the falls.

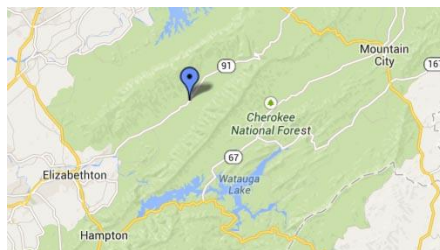
DIRECTIONS

From Elizabethton - To Panhandle Rd.
Take Hwy 91 drive east to Panhandle Road.
Turn Left. Continue on Panhandle.

From Butler Area - To Panhandle Rd.
Take Hwy 67 west to Hampton. At the stop sign turn right on to Hwy 19E and continue 5.5 miles. Take Hwy 91 east to Panhandle Rd. and turn left.

From Mountain City To Panhandle Rd.
Go west 6.25 miles and turn right on Spear Branch Rd. Proceed on Spear Brancy Rd 1.8 miles, bear left onto Cross Mountain Rd. Continue on Cross Mountain Rd to Hwy 91. Turn left on Hwy 91. Continue 6.6 miles and turn left on to Panhandle Rd.

Proceed up Panhandle Rd.
exactly 0.9 miles. The first 0.7 miles of Panhandle Rd is paved, then it turns to gravel. At exactly 0.9 miles there is a pull-out to the left where you can park. Park at that point and you'll notice a small forest road that is gated. Walk past the gate about 20 ft. and you'll see a pathway leading off to the left. Follow this pathway down the ravine and the Blue Hole is less than 100 yd. from there.



Backbone Rock and Falls **BB**

Lat: 36.594 Long: -81.814



Somewhat shallow swimming/water play place in national forest campground and recreation area. Located near "The World's Shortest Tunnel" and Backbone Falls.

Directions

Backbone Falls is located Backbone Rock Campground on Hwy 133 eight miles east of Shady Valley, TN and Damascus, VA.

Once you park at the Backbone Rock parking lot, the waterfall trail is located to the right of the parking lot and across the street. It is also near a small informational sign. There are two entrances to the trail for the Waterfall. The 1st entrance is closest to Backbone Rock and the informational signs. This trail is the longer of the two. It will take you through a wooded forest. There are blue dots painted on trees throughout the trail to help guide you to the waterfall. It will probably take you 15 minutes or so to hike to the waterfall from this entrance. Once you near the waterfall you will cross over a small creek and walk down and around to the waterfall below. Here the trail does get a little steep and rocky. There are several steps carved into the rocks to get you down near the falls. If you want to actually get down to the base of the waterfall, you will have to hike down an embankment with rocks grass, and weeds. It can be done, but there is no actual "trail" leading you to the base of the falls.

Laurel Fork Trail to Falls **D**

Lat: 36.27278 Long: -82.135



DIRECTIONS

There is a trail head at the east end of Hampton on Hwy 67/321 by the bridge and the river. The trail follows a scenic gorge along Laurel Fork creek to Laurel Falls. There are several swimming places, both in the creek and at the falls. The hike is about 3 miles, round trip.

Elk Falls **DD**

Lat: 36.1906 Long: -81.9706



This waterfall is easy to find. Elk Falls, also known as Big Falls, is a waterfall of extremes. It is 50', With a high volume of water, it drops almost vertically into a huge, neat pool surrounded by massive rock bluffs, which is quite scenic and photogenic.

DIRECTIONS

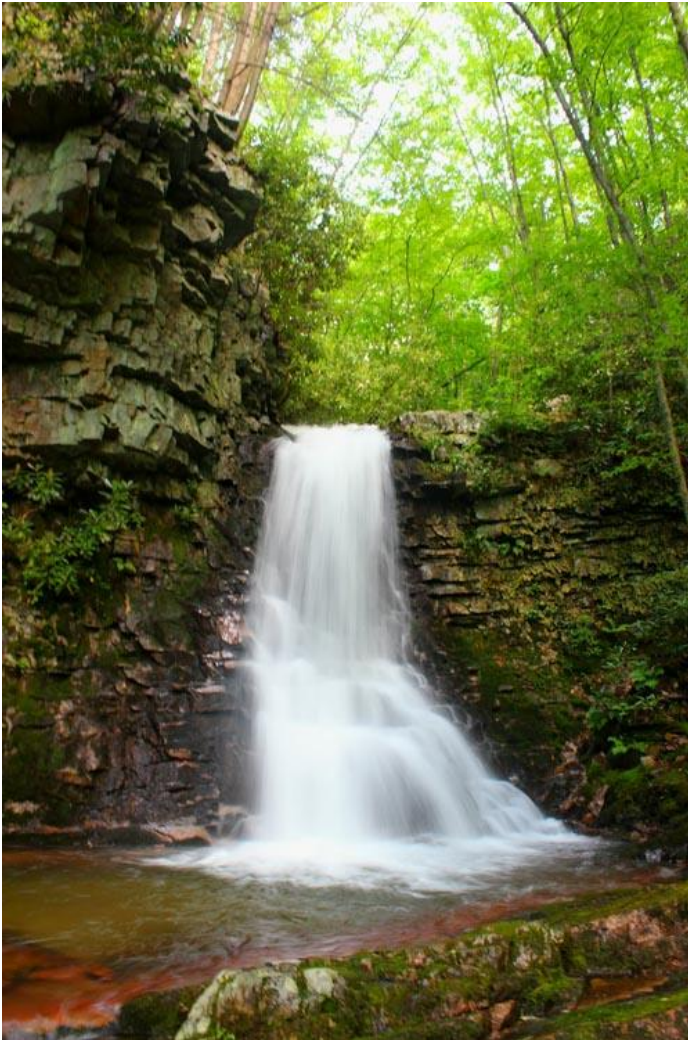
Traveling east on U.S. 19E from Hampton, look for a sign just before entering the town of Elk Park. The sign is brown with white letters, on the left side of the road, and says "Elk River Falls" 1 mile over the NC border.

Turn left at the sign onto Old Mill Rd. Continue about 1/4 mile, turn left onto Elk River Rd.

Follow this road to the end (just over 4 miles). The road appears to "Y" at a one lane bridge, bear right (there is a sign for the bridge). Bear right on the main road at this spot to the parking area.

Gentry Falls AA

Lat: 36.54222 Long: -81.72416



DIRECTIONS

Start in Mountain City at the intersection of Hwy 421 and Hwy 67 (Main Street), Rite-Aid on corner. Head north on Hwy 421, turn right on Hwy 91(North) and go 6.3 miles to Laurel Bloomery. Turn right on Gentry Creek Rd (across from A-Z market) and go .7 mile, turn right. Follow that road (also Gentry Creek Rd) 1.8 miles. It turns into a dirt road, 0.2 mile beyond that there is a parking area to left, continue on the road to the right 1.8 miles (road is very rough and narrow). At end there is a wide spot to park.

The trail goes NE from here, crossing the creek 13 times. There are four log bridges. Gentry Creek Falls are actually two different falls, each about 30' high. During the early part of this century the railroad built a trestle to the top of the higher falls (the trestle is no longer there). Length: 2.5 miles each way.

The trail crosses the creek 13 times. There are four log bridges. Gentry Creek Falls are actually two different falls, each about 30' high.

Poga Big Falls/Twisting Falls CC

Lat: 36.2309 Long: -81.97517

DIRECTIONS

Go to **Elk Mills**. -

From Hampton - Take Hwy 321 east toward Boone. (About 7+ miles from Hampton make sure that you make a right turn and stay on Hwy 321 for 4 miles)

From Mountain City - Take Hwy 67 west toward to Hampton 17 miles. Turn left on Hwy 321 east and go to 4 miles to Elk Mills.

From Boone - Take Hwy 321 west about 19 miles to Elk Mills.

Take Poga Rd.; turn left cross the bridge, then right, for 4 miles. Right on Clawson Rd. Right on Dark Ridge Rd. Bear right and follow the road to the end. Park in front of a gated dirt road. When the road forks, bear right and follow the road to the end. As you near the end of the road, you will see an old barn on a hill on left side of the road. When you reach the end of the road, there will be an apparent parking area in front of a gated dirt road.

The correct trail is to the right of the parking area and has yellow blazes (do not take the gated dirt road). This is a short trail that will lead to a small clearing beneath some power lines. As you approach the clearing, the trail that goes down to the river is on the left. This trail is short, but very steep (there are no switch backs, its a direct path down the side of the gorge).

Once you reach the river, you should have a partial view of Twisting Falls upstream. Work your way along the riverbank, 0.2 miles, to the swimming hole at the base of the falls. To access the swimming hole at the top of the falls, take the steep trail on the right side (when facing upstream) of the river.

Mark where you came out if the trail happens to be overgrown and hard to see!



Twisting Falls is an impressive site. Swimming holes located at the top and bottom of a 30-40 foot waterfall. You can slide off the waterfall and take a 30 foot plunge into the lower pool. The upper pool is lined with cliffs where people can jump from heights ranging from about 10-40 feet.