

# Sumter National Forest

## South Carolina



## Foothills National Recreation Trail

Southern Region, USDA Forest Service

Date: 3/26/2004

### Highlights

This trail covers about 100 miles, including spur and loop trails linking Oconee State Park with Table Rock State Park via Whitewater Falls, the highest waterfall in the east. The trail crosses numerous rivers. The terrain varies drastically from extremely steep ravens to relatively moderate portions. A detailed guide for the trail may be purchased at the Andrew Pickens District Office on Highway 28.

### Surrounding Area

The areas surrounding the trail vary widely from beautiful State parks (Oconee and Table Rock) to Nantahala National Forest lands (Whitewater Falls). Recreational opportunities abound in the area, from camping in the forest and state parks, to fishing and swimming on the rivers and lakes.

### For More Information

*Andrew Pickens Ranger District*

*112 Andrew Pickens Circle*

*Mountain Rest, SC 29664*

*Phone: (864) 638-9568*

*Fax: (864) 638-2659*

*Hours: Monday–Friday, 8 a.m.–4:30 p.m.*

**Directions:** Many easy access points exist. A popular one on the Andrew Pickens District is at Winding Stairs Road. Take Highway 107 north of the ranger station for about 10 miles. At the parking lot pull off and enter the trail at the stairs (to go east) or across the highway (to go west).

**Camping:** Primitive camping is allowed. Choose a site at least 50 feet from the trail, 50 feet from the river or any tributary stream and ¼ mile from the road. Please respect specific limitations when posted.

**Difficulty level:** Moderately to extremely difficult. Consult the trail guide.

**Length:** 100 miles, 16.6 on the Sumter National Forest

**Safety:** Always leave your itinerary with someone you know. Keep alert for poisonous snakes and plants and stinging insects.

**Season:** Year-round. Consult weather reports, especially in winter.

**Volunteers for trail maintenance are always needed and welcome. Contact the district office.**

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## Francis Marion & Sumter National Forests

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