

Some Things to Do While in Oak Ridge

Area Attractions

Concerts and Events

ConcertWire

<http://www.concertwire.com/calendar.asp>

MetroPulse Events Calendar

http://www.metropulse.com/dir_suncity/dir_calendar/calendar.html

Knoxville Area Theatres

<http://www.knoxvilletennessee.com/theatre.html>

Oak Ridge Playhouse

<http://www.orplayhouse.com/>

Cumberland County Playhouse

<http://www.ccplayhouse.com/>

Clarence Brown Theatre

<http://web.utk.edu/~cbr/>

American Museum of Science and Energy

<http://www.amse.org/>

Boat/Jet Ski Rentals at several marinas, including:

Fort Loudon Marina

<http://www.fortloudonmarina.com/rentals.htm>

Shanghai resort <http://www.shanghaioresort.com/>

Dollywood (not as tacky as it sounds) ★★★

<http://www.dollywood.com/>

Dolly's Splash Country

<http://www.dollywoodssplashcountry.com/>

Ice Rinks:

Ice Chalet <http://www.chaleticerinks.com/>

Icearium <http://www.icearium.com/>

Knoxville Museum of Art ★★

<http://www.knoxart.org/>

Knoxville Zoo ★★★

<http://www.knoxville-zoo.org/>

Lost Sea, Sweetwater ★★★

<http://www.thelostsea.com/>

McClung Museum ★★★

<http://mcclungmuseum.utk.edu/>

Museum of Appalachia, Norris ★★★★★

<http://www.museumofappalachia.com/>

Old City Historic District

<http://oldcityevents.homestead.com/Links.html>

Ripley's Aquarium of the Smokies, Gatlinburg ★★★★★

<http://www.ripleysaquariumofthesmokies.com/>

Star of Knoxville Riverboat

<http://www.tnriverboat.com/>

Swimming:

Oak Ridge Pool (“this is the biggest and best municipal swimming pool in America clear water fed by a natural spring”)

<http://www.cortn.org/RECPARK-html/outdoor.htm>

Indoor pool at Oak Ridge Civic Center:

<http://www.ci.oak-ridge.tn.us/RECPARK-html/indoor.htm>

Tennessee Smokies Baseball, Sevierville:

<http://www.smokiesbaseball.com/>

Train rides:

Secret City Scenic Excursion Train

http://www.techscribes.com/sarm/srm_scs.htm

<http://www.techscribes.com/sarm/sarm.htm>

Three Rivers Rambler

<http://www.threeriversrambler.com/>

Women's Basketball Hall of Fame, Knoxville ★★

<http://www.wbhof.com/menu.htm>

Whitewater Rafting ★★★★★

<http://www.ocoerafting.com/>

<http://www.ocoeadventurecenter.com/>

<http://www.wildwaterrafting.com/ocoee.html>

<http://www.raftinginthesmokies.com/>

http://www.noc.com/rafting_nantahala.htm

Road Trips

Abingdon, VA (150 miles)

Virginia Creeper trail (see "Biking" below)

Asheville, NC (130 miles)

Biltmore Estate ★★★★★ <http://www.biltmore.com/>

Blue Ridge Parkway

Atlanta (200 miles) <http://www.tripsmarter.com/atlanta/>

Braves baseball: <http://atlanta.braves.mlb.com/>

International Farmer's Market

Stone Mountain Park <http://www.stonemountainpark.com/>

World of Coca-Cola <http://www.woccatlanta.com/>

CNN Center <http://www.cnn.com/StudioTour/>

Museums <http://www.museumspot.com/cities/atlanta.htm>

Underground Atlanta <http://www.underground-atlanta.com/>

Silver Comet Bike Trail http://www.trailexpress.com/sct_mainpage.shtml

Charleston, SC (400 miles)

Ft. Sumter National Monument <http://www.nps.gov/fosu/>

Patriots Point <http://www.patriotspoint.org/>

Spoletto Festival <http://www.spoletousa.org/>

Chattanooga (100 miles):

Tennessee Aquarium ★★★★★ <http://www.tnaqua.org/>

IMAX theater ★★★★★ <http://www.tnaqua.org/IMAX/Imax.asp>

Lookout Mountain:

Rock City <http://www.seerockcity.com/>

Ruby Falls <http://www.rubyfalls.com/>

Chickamauga & Chattanooga Battlefield <http://www.nps.gov/chch/>

Hang gliding! <http://www.hanglide.com/>

Mammoth Cave National Park (200 miles)

<http://www.nps.gov/mac/>

Myrtle Beach, SC (440 miles)

Nashville (160 miles)

Grand Old Opry <http://www.opry.com/>

Music clubs: <http://www.blueshoenashville.com/music2.html>

Parthenon <http://www.nashville.gov/parthenon/>

Great Smoky Mountains National Park

<http://www.nps.gov/grsm/>

Cades Cove <http://www.nps.gov/grsm/gsmsite/cadescove.html>

The Chimneys ★★★

Description: 2.2-mile hike, with some strenuous parts, to rocky tip of mountain with a good view. A good work-out.

Estimated driving time from Oak Ridge: 1.5 hours

Estimated time to complete: 2 hours

Ramsey Cascades ★★★★★

Description: 8-mile round-trip hike through woods with some very large trees to very nice falls.

Estimated driving time from Oak Ridge: 1.5 hours

Estimated time to complete: 4-5 hours

Alum Cave Bluff trail ★★★

<http://www.mtleconte.com/acblockations.html>

Description: 5.5 mile trail to top of Mt. Le Conte. The shortest, fastest, steepest and the most scenic trail to top. 2700' elevation change.

Abrams Falls ★★★★★

<http://www.smokiestraveler.com/abramsfa.htm>

Description: 5-mile round-trip hike from Cades Cove loop, with a good falls at the end.

Other Natural Areas

Big South Fork National Recreation Area ★★★★★

<http://www.nps.gov/biso/>

Description: less-traveled hiking, biking, horse trails with scenic views of gorge. Nice campground, plus backcountry camping.
Estimated driving time from Oak Ridge: 1.5 hour

Cumberland Gap Natural Historic Area ★★★★★

<http://www.nps.gov/cuga/>

Description: Nice mix of history and scenery. Uncrowded camping with bike trail; several nice hiking trails. Sand Cave & Hensley settlement are highlights.
Estimated driving time from Oak Ridge: 1.5 hour

Fall Creek Falls State Park ★★★★★

<http://www.state.tn.us/environment/parks/parks/FallCreekFalls/>

Tennessee's premier resort park. Four impressive waterfalls; hiking above and into gorge, some bike trails, campground (fills up fast), golfing, cabins.

Frozen Head State Park ★★★

<http://www.state.tn.us/environment/parks/parks/FrozenHead/>

Description: nice, less-traveled trails to top of Frozen Head. Good view from top of fire tower.
Estimated driving time from Oak Ridge: ½ hour

Ozone Falls ★★★★★

<http://www.state.tn.us/environment/nh/natareas/ozone/>

Description: Very nice falls within a few hundred meters of the road. Easy walk. Best in spring or after some heavy rains. Can walk behind the falls.

Estimated driving time from Oak Ridge: 45 minutes
Estimated time to complete: 1 hour

Piney Falls ★★★★★

<http://www.state.tn.us/environment/nh/natareas/piney/>

Description: Very nice falls
Estimated driving time from Oak Ridge: 1 hour
Estimated time to complete: 1.5 hours

Stinging Fork Falls ★★★

<http://www.state.tn.us/environment/nh/natareas/stinging/stinging.pdf>

<http://www.state.tn.us/environment/nh/natareas/stinging/stinging2.pdf>

Description: 3-mile round-trip hike to a nice falls in a scenic gorge. Could be a good place to swim in the summer.
Estimated driving time from Oak Ridge: 1 hour
Estimated time to complete: 2 hours

Virgin Falls ★★★★★

<http://www.centennialwilderness.com/vfpw.htm>

<http://www.state.tn.us/environment/nh/natareas/virgin/>

Description: 8-mile round-trip hike, with a reasonable vertical change. Four very nice waterfalls within four miles. Good places to picnic, and backpacking campsite.
Estimated driving time from Oak Ridge: 1.5 hours
Estimated time to complete: 6 hours

Biking/Hiking

Concord Park ★★★

<http://www.cs.utk.edu/~dunigan/mtnbike/concord.html>

Mtn. biking/hiking trails in Concord Park, on Ft. Loudoun Lake, about a half mile east of Concord Road on Northshore Drive.

Gallaher Bend ★★★

<http://www.cs.utk.edu/~dunigan/greenways/maps03/index.html>

Nice trail with excellent view of Melton Hill Lake at end. Start at Clark Center Park.

Haw Ridge ★★★★★

<http://www.cs.utk.edu/~dunigan/mtnbike/haw.html>

Extensive collection of mountain bike/hiking trails ranging from intermediate to challenging. Nice scenery and an opportunity for any desired activity level. Often some muddy spots; expect to get a little dirty. Don't be scared off by the climb in the first ½ mile. 10 minutes from ORNL.

Knoxville Third Creek Greenway ★★★

<http://www.ci.knoxville.tn.us/greenways/#thirdcreek>

Description: 4.5-mile paved trail running from the mouth of Third Creek at the Tennessee River (parking area on Neyland Drive) to the Bi-Lo near the Ice Chalet on Kingston Pike. Some scenic spots, some not so scenic. Close-up views of UT married housing and the back of a factory.
Estimated time to complete: 1 hour.

Melton Lake Greenway ★★★

<http://www.cs.utk.edu/~dunigan/greenways/maps03/ml.html>

Description: Paved 3.4-mile greenway trail along Melton Hill Lake. Good views of geese and rowing crews.

North Boundary Trail ★★★

<http://www.cs.utk.edu/~dunigan/mtnbike/nbdry.html>

Description: 7-mile Oak Ridge greenway trail made up of smooth dirt roads. Best place is quarry, which is technically not on the greenway. Two places to park:

1. Guard shack on Oak Ridge Turnpike at west end. Have your friend drop you off at top of Wisconsin Ave. to avoid the torturous 600-ft climb from the guard shack.
2. On right side of road going south on Oak Ridge Turnpike before the 58-95 interchange. Level for a few miles.

Estimated time to complete: 2 hours

Virginia Creeper Trail, Abingdon/Damascus, VA

★★★★★!!

<http://www.cccyclery.com/vacrep.htm>

Excellent rails-to-trails bike trail. Can take a shuttle service in Damascus (e.g., <http://www.vacreepertrailbikeshop.com/>) to top of mountain for nearly effortless 17-mile downhill ride through fabulous scenery; several wooden bridges. Scenic 16-mile stretch between Abingdon and Damascus is much flatter.
Estimated driving time from Oak Ridge: 2.5 hours