

# Big Frog Mountain Recreation Zone



## Ocoee-Hiwassee Ranger Station



3171 Hwy. 64  
Benton, TN 37307  
(423) 338-3300

This Recreation Zone is known for solitude and backcountry adventure. Managed as a black bear reserve, Big Frog Mountain Recreation Zone is a destination for backpacking, day-hiking and hunting. The area offers about 35 miles of backcountry trails, some of which climb to over 4,000 feet. Try snorkeling at Conasauga River, renowned for remarkable fish viewing. Pitch a tent at Tumbling Creek or Sylco Campgrounds. Visit the Cohutta Wilderness just across the state line in Georgia's Chattahoochee-Oconee National Forest. Horsemen enjoy camping in the Cottonwood Patch Horse Camp in the Chattahoochee-Oconee. Main routes to access this area include US 64, US 411, TN 68, and Forest Road 221. Copperhill, TN and McCaysville, GA are the nearest towns.

**Explore the Forest!** Snorkel the shallow riffles and still, deep pools of Conasauga River to view brilliantly colored fish as close as your face mask! The great variety and numbers of fish in this renowned river amaze even those who have snorkeled marine coral reefs. Conasauga River Trail #61 offers easy access to the river. Check out the area for other wildlife, including black bear, deer, wild boar, turkeys, and a variety of birds.

**Follow the Trail!** Hike Big Frog Trail #64 to the top of Big Frog Mountain. The steep climb tops out at over 4,000 feet elevation. Group size is limited to 12 people in the Wilderness. Several trailheads give access to the Big Frog trail including, Hemptop #145 off Forest Road 62 and Wolf Ridge # 66 and Big Creek # 68 off Forest Road 221 and Chestnut Mountain #63 off the Big Frog Loop road. This trail is part of the long distance Benton MacKaye Trail.

**Go Fishing!** Conasauga and Jacks rivers, along with numerous other small streams in the area, offer opportunities to catch both native and stocked trout as well as other cold and warm water species. Be prepared for some rough terrain, cold water, and fun.

**Sleep under the Stars!** Primitive tent camping is available at three campgrounds in this vicinity. Jacks River is located across the road from the confluence of the Jacks and Conasauga rivers. Tumbling Creek is within walking distance of Ocoee Lake #3, a beautiful, secluded portion of the Ocoee River. Sylco Campground is located near the Big Frog Wilderness boundary. All three offer picnic tables, fire rings, lantern posts and access to vault toilets. These sites have a pack it in - pack it out trash management policy, so be prepared to dispose of your trash responsibly.



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