Go Fishing! Hiwassee River is a stocked trout fishery managed by Tennessee Wildlife Resources Agency. A three-mile section, between Big Bend and the L&N railroad bridge, is designated as a quality trout fishing area. River access parking is located along TN 30 at Hiwassee River Picnic Area, and off Hiwassee River Road (Forest Road 108) at Childers Creek, Big Bend, pull-offs alongside the river, and at the roads’ end.

Get in the Water! Hiwassee River provides a 5-mile section of class I-III whitewater beginning just below the Apalachia Powerhouse. This area is popular for canoeing, kayaking, rafting, and tubing. Outfitter and guide services are available and offer boat and tube rentals, and shuttle services. Developed put-in and take-out sites are located along the river at Apalachia Powerhouse, Towee Creek, and at the State Park site near the bridge at Reliance. Powerhouse and Towee launch sites require a $3/vehicle use fee.

Follow the Trail! Hike along scenic Hiwassee River on the John Muir National Recreation Trail #152, which is also part of the long-distance Benton MacKaye Trail. Try a short out-and-back hike from one of the trailheads or plan a back-country trip along this 20.7-mile trail. Dispersed camping is allowed on the section of trail located east of the Apalachia Powerhouse. Trailheads are located at Big Bend, Childers Creek, and at the end of Forest Road 108.

Sleep under the Stars! Quinn Springs Recreation Area is located off TN 30 near the river, where site amenities include tables, fire rings, showers, and drinking water. Gee Creek State Park is located on the northern bank of the Hiwassee River and offers campsites with tables, fire rings, showers, and drinking water as well as a group camping area. Lost Creek Campground provides a more remote experience, located off Forest Road 103, with tables and fire rings, but no showers or drinking water.