

# Foothills National Recreation Trail



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 Stumphouse Ranger Station 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 in 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 through Friday, 8 a.m. to noon  
and 12:30 p.m. to 4:30 p.m.  
On the Web at <http://www.fs.fed.us/r8/fms>

# Sumter National Forest



U.S. Department of Agriculture  
Forest Service  
Southern Region

May 2010

**Directions:** Many easy access points exist. A popular one on the Andrew Pickens Ranger District is at Winding Stairs Road. Take Highway 107 north of the ranger station for about ten 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, but campsites must be more than 50 feet from streams and trails, and more than 0.25 miles from roads.

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

**Length:** 100 miles, 16.6 of which are on the Andrew Pickens Ranger District.

**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 welcomed.  
Contact the district office.**

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or a part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TDD). USDA is an equal opportunity provider and employer.

