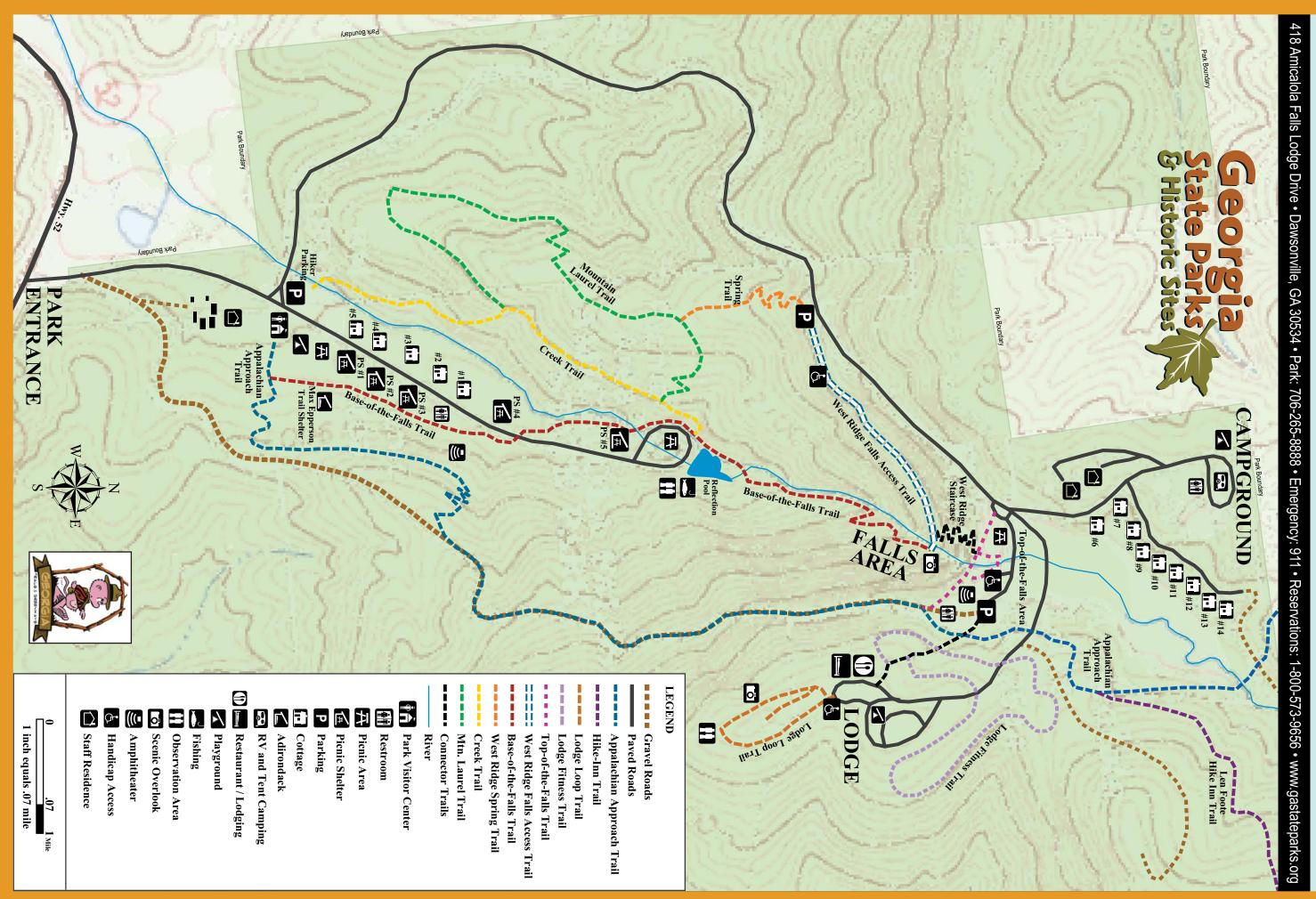
Amicalola Falls State Park Trail Map



AMICALOLA FALLS STATE PARK

Amicalola Falls State Park is home to the Southeast's tallest waterfall and one Georgia's Seven Natural Wonders.

Amicalola, a Cherokee Indian word meaning "tumbling waters," is an appropriate name for this 729-foot cascade.

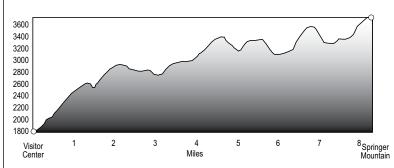
Offering a range of accommodations, including a majestic 56-room mountaintop lodge with a full-service dining room and banquet/meeting facilities, 14 fully equipped cottages, and a 24-site campground, Amicalola Falls is the perfect getaway. An eight-mile approach trail leads from the park to Springer Mountain, the southern end of the 2,150-mile Appalachian Trail. For hikers looking for a rustic lodging experience, the backcountry Len Foote Hike Inn is reached by a 5.5-mile trail starting at the park and traveling through portions of the Chattahoochee National Forest.

For more information visit: www.GeorgiaStateParks.org/AmicalolaFalls

Also visit: www.Hike-Inn.com

Appalachian Approach Trail

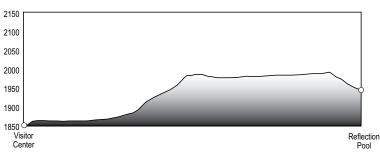
This trail is moderate to strenuous in difficulty. Length is 8.3 miles to southern terminus of the Appalachian Trail at Springer Mountain. Blue Blaze.



Appalachian Approach Trail - 8.3 miles Compacted Natural Soil Surface Moderate to Strenuous in difficulty.

Creek Trail

This trail is moderate in difficulty. Length is 0.6 mile, providing a nice walk from the Visitor Center to the Reflection Pool at the base of the falls. Yellow Blaze.



Creek Trail - 0.6 mile Compacted Natural Soil Surface Moderate in difficulty.

Spring Trail

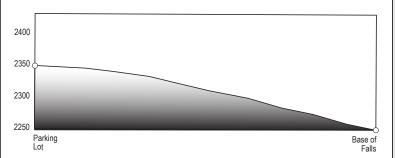
This trail runs from the parking lot of the West Ridge/ Falls Access Trail to the Mountain Laurel Loop Trail. It is moderate in difficulty. Length is 0.4 mile. Orange Blaze.



Spring Trail - 0.4 mile Compacted Natural Soil Surface Moderate in difficulty.

West Ridge Falls Access Trail

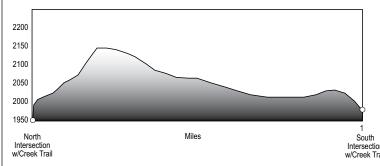
One of the best views of the falls and one of the easier trails. Trail surface is flat and coated with recycled tires. Length is 0.3 miles with a gentle slope. Wheelchair accessible.



West Ridge Falls Access Trail - 0.3 miles Recycled Tire Surface Wheelchair Accessible - Gentle Slop

Mountain Laurel Loop

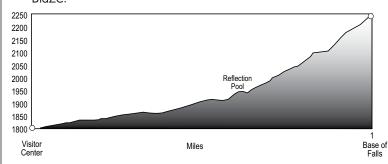
This trail is a loop that runs along the ridge above Amicalola Creek. The trail is moderate in difficulty. Length is 1 mile and sections of the trail can be used along with the Spring Trail, the West Ridge Falls Access, and the West Ridge Stairs to connect the lower sections of the park to the upper areas. Green Blaze.



Mountain Laurel Loop - 1 mile Compacted Natural Soil Surface Moderate in difficulty.

Base of the Falls Trail

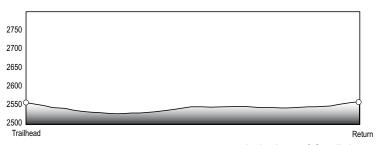
Very scenic as it runs along the creek below the falls and eventually climbs the falls corridor itself on a series of stairs and decks. This trail is moderate to strenuous due to the steep slope and stairs. Length is 1 mile. Red Blaze.



Base of the Falls Trail - 1 mile Compacted Natural Soil Surface Moderate to Strenuous in difficulty.

Lodge Loop

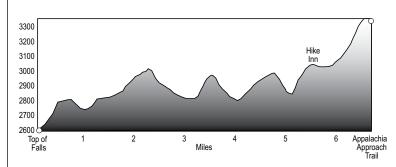
Paved surface with educational displays. Length is 0.25 mile. Trail is easy and wheelchair accessible.



Lodge Loop - 0.25 mile loop Paved Asphalt Surface / Wheelchair Accessible Trail is lighted for early morning and/or evening use.

Hike Inn Trail

The only access to the Len Foote Hike Inn. This trail is moderate in difficulty. A permit must be obtained from the Visitor Center to hike this trail. Length is 5.5 miles. Yellow Blaze.



Hike Inn Trail - 5.5 miles Compacted Natural Soil Surface Moderate in difficulty.

Fitness Trail

Easy access from the lodge. More than 20 exercise stations along the wooded route.

SAFETY TIPS & ETIQUETTE

Amicalola Falls is a fragile beauty that can also be dangerous when people ignore rules and regulations. Several fatalities and injuries have occurred from visitors leaving the designated trails and entering restricted areas. For this reason, anyone who leaves the designated trail or staircase system and attempts to climb or walk down the waterfall corridor will be considered in violation of the law and subject to arrest or citations. Remain on marked trails, steps, and structures to help us protect this natural beauty and to ensure your safety. Other tips to follow:

- Tell someone your itinerary and expected return time.
- Be prepared for unexpected weather changes by dressing in layers and carrying rain gear.
- Take a map, water, snacks, first aid kit, flashlight and whistle.
 Three short blasts on a whistle are known as a call for help.
- Do not stray from trails. If you become lost, stay in one location and wait for help. This will make it easier for rescuers to find you.
- Don't count on cell phones to work in the wilderness, but if they
 do, be able to give details about your location.
- Invest in good hiking socks such as those found at sporting goods stores. Avoid blisters by carrying "moleskin" and applying it as soon as you feel a hot spot on your feet. Available in the foot care section of drug stores, moleskin is like felt that sticks to your skin.
- Be prepared for unexpected rain and wind which can lead to hypothermia. Always carry quality rain gear and turn back in bad weather. If you become wet or cold, it is important to get dry and warm as quickly as possible.
- Dress in layers and avoid cotton. Luckily, today's hikers can choose from numerous fabrics that wick moisture, dry quickly or conserve heat. Many experienced hikers wear a lightweight shirt that wicks moisture, while carrying a fleece pullover and rain jacket.
- Pack out all trash.
- · Keep pets on a leash.
- · Do not pick flowers or disturb wildlife
- · Protect the landscape by staying on trails.

PARK INFORMATION

 Park Hours
 7:00 a.m. to 10:00 p.m.

 Office Hours
 8:00 a.m. to 5:00 p.m.

In Case of Emergency:

Pay Phones are located at the Visitor Center and in the Lodge. Park staff residences are indicated on the map. There are two residences near the campground and the upper cottages. One residence is located next to the Visitor Center.

 Park Emergency Phone
 911 or (706) 265-8888

 EMT, Fire, Sheriff
 911

 Hospital
 911 or (706) 864-6136

Chestatee Regional Hospital is located 18 miles east of the park in Dahlonega. Turn left onto Hwy 52 out of the park gate. Go 18 miles to Dahlonega and turn right at the second light onto Hwy 60. The hospital is located 1/4 mile ahead on the right.