



# 2011 Special Events

## Frozen Head State Park

For more information call (423) 346-3318

Frozen Head State Park and Natural Area is situated in the Cumberland Mountains of eastern Tennessee. The 13,122 acres of relatively undisturbed forest contain some of the richest wildflowers areas in the state and is a favorite destination for birdwatchers. There are over 80 miles of scenic and challenging foot trails throughout this wild and rugged mountain park. Trails feature waterfalls, giant sandstone rock formations, bluffs, abundant wildlife and 14 mountain peaks over 3,000 feet in elevation.

Easily accessed from interstate 1-40, the park is approximately 20 miles north of Harriman in Monroe County.

### **April 9 & 10** Wildflower Pilgrimage

Enjoy the wildflowers of the Cumberland Mountains at the 43rd Annual Frozen Head Wildflower Pilgrimage (also takes place on April 16 & 17). Park rangers will lead a variety of walks to discover and identify the wildflowers that carpet the forests of Frozen Head. Saturday hikes are at 10 a.m. and one at 2 p.m., Sunday walks at 2 p.m. EDT. Additional ranger led programs may be offered so please contact the park for more information.

### **May TBD** International Migratory Bird Day

### **May 28** Echo in the Mountains

Bring a blanket or lawn chair and enjoy bluegrass music in the beautiful Cumberland Mountains from 3-6:30 p.m. Food vendors will be on site.

### **June 4** National Trails Day

Looking to get your hands dirty? Then come learn about, and celebrate trails while participating in a trail work project.

### **July 30** CCC Reunion

Did you or a family member serve in the CCC? Are you simply interested in the CCC history? If so you are invited to Frozen Head to meet and reminisce with others that served or know someone that did. If you have old photos we'd love to see them.

### **August 13** Heritage Day Festival

Come enjoy traditional Appalachian crafts, music, demonstrations, and food.

### **December 2** Volunteer Trail Worker Appreciation Lunch

If you volunteered during the year on the park's trail day's you're invited to attend a lunch in your honor. Contact the park for more information.

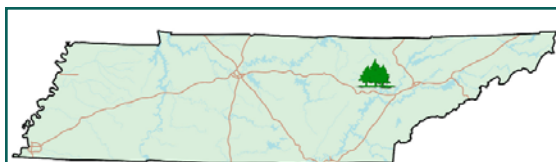
### **Volunteer Trail Days**

Meet at the visitor center at 9 a.m. Bring a daypack with your water, lunch, good pair of hiking boots, and wear appropriate clothing for the weather conditions. Specific projects will be determined later but will focus on trail maintenance and repair. Some moderate hiking may be required and we will return by 3 p.m.

January 15  
March 19  
May 21  
June 4 - National Trails Day  
July 16  
August 20  
September 17  
October 15  
November 19



Photo by Terry Bonham



[www.tnstateparks.com/FrozenHead](http://www.tnstateparks.com/FrozenHead)