

UAB OUTDOOR PURSUITS
HIKING THE FALLS OF THE CUMBERLAND PLATEAU, TN
March 26-28, 2010

Friday, March 26

- Meet in room 290 at the Campus Recreation Center at 8:00 AM.
- Eat Breakfast and pack your pack with gear/food/snacks and fill your water bottles before you come.
- Drive to the Cumberland Plateau of TN, Eat lunch on the way at a fast food restaurant.
- Enter Fall Creek Falls State Park, TN (FCFSP) and see Piney Falls.
- Stay at walk-in site in campgrounds at FCFSP, showers available.
- Sleep Friday night.

Saturday, March 27

- Wake up; eat breakfast from your duffel at camp.
- Drive to Bow Water Pocket wilderness and hike to Big Laurel and Virgin falls.
- Eat your lunch from your day pack along the trail as you hike. Try for a great view spot for your meal.
- If time allows go to Fosters Falls and take a short hike to the falls. (Part of the TVA small wild area.)
- Return to FCFSP and see Fall Creek Falls.
- Eat dinner from your duffel at camp.
- Sleep Saturday night

Sunday, March 28

- Wake up; eat breakfast from your duffel at camp.
- Pack up camp and load in van.
- Drive to Snow Pocket Wilderness and hike to little Laurel Falls and Snow falls.
- Eat your lunch from your day pack along the trail as you hike. Try for a great view spot for your meal.
- Ride to Birmingham.
- Stop for dinner at restaurant on the way home.
- Return to Birmingham around 10:00 PM Sunday.

Pre-trip meeting and deadline for sign-up, Tuesday, March 23, at 6:00 PM in room 290 in Campus Recreation
Pick up equipment, packing list, and receive additional instructions. Trip fee covers equipment, transportation, and permits. Participants are responsible for all meals.

Any questions not answered at pre-trip meeting should be directed to:

Bill Pierce 996-4913

For your outdoor needs visit

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