Walking Paths and Hiking Trails of Johnson County - Locations

Roan Creek/Neva
1. Roan Creek Elementary
   2410 Roan Creek Rd, Mountain City, TN 37683
   - Paved, shared with vehicle traffic
   - Hours: Weekends & after 6pm on weekdays
   - Distance: 0.25 mile/lap
   - Difficulty: Easy

2. Roan Creek Elementary - Covered pavilion & grill
   423 TN-133, Shady Valley, TN 37688
   - Paved
   - Distance: 0.25 mile/lap
   - Difficulty: Easy

Shady Valley
1. Backbone Falls
   10532 TN-133, Shady Valley, TN 37688
   - Covered pavilion & grill
   - Distance: 0.3 mile/lap
   - Difficulty: Moderate

2. Backbone Rock Trail
   State Rd 133, Cherokee National Forest, Shady Valley, TN 37688
   - Covered pavilion & grill
   - River access
   - Distance: 0.5 mile/lap
   - Difficulty: Difficult

3. Shady Valley Elementary
   423 TN-133, Shady Valley, TN 37688
   - Covered pavilion & grill
   - Distance: 0.25 mile/lap
   - Difficulty: Easy

4. Appalachian Trail Access
   Available at Cross Mountain Rd, at U.S. Hwy 421 on Holston Mountain and at McQueen’s Gap
   - Distance: Approx. 30 miles
   - Difficulty: Difficult

Go Outside
Getting outside has been proven to improve your physical and mental health. So go ahead, step outside, get into your local park, and get moving!

Earn Points
Ever heard of a win, win, win?
With Healthy Parks Healthy Person® TN you get to go outside, improve your health, and earn points in the app. That’s a win, win, win for everyone!

Get Rewards
The motivation to improve your health has to come from the inside, but it doesn’t hurt to get a nice reward every once in a while for your effort! Redeem your points for rewards provided by Tennessee State Parks such as free meals, cabin stays, golfing, and camping.

Scan this QR Code and create your FREE Healthy Parks Healthy Person® account, and start earning today!

Let us reward you for taking steps toward a healthier you!
Visit app.healthyparkstn.com on your PC or mobile device to create an account and start earning points that you can redeem for free meals and activities in our beautiful local parks.