The Georgia Conservancy's

Cumberland Island National Seashore Trail Map

"Cumberland Island has the greatest abundance of riches that I've ever encountered. These riches are both immediate and subtle, from the sights and smells of the marshlands, forests, ocean and ruins to the sounds that call to you once on the island. These sounds represent the voices of both natural and cultural riches found on the island. I look forward to hearing those welcoming voices, calling me back, time and time again."

– **Suzanne Lewis,** *former superintendent of Yellowstone and Glacier National Parks*

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The Georgia Conservancy is a statewide, member-supported conservation organization. Our Mission: To protect and conserve Georgia's natural resources through advocacy, engagement and collaboration.

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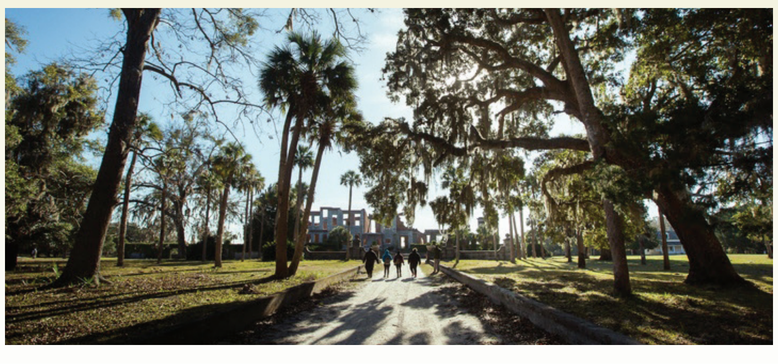

The Trails

30°50'0" N 81°27'0" W

Ashley Pond Trail
Distance - 1.8 mi.

Ashley Pond Trail runs from the Main Road to the north end of Table Point Trail. The trail meanders through pine and oak forest and is a great avenue for hikers to access Table Point Trail. Hiking from the south end, Ashley Pond intersects Rayfield Trail at 0.4 miles and Kings Bottom at 0.9 miles. Just north of the Kings Bottom intersection, look for delicate deer lichen underneath draping sections of Spanish moss. Continue to hike northwest. The trail ends at Table Point Trail.

Brickhill Trail
Distance - 1.3 mi.

One of Cumberland's most underutilized trails, Brickhill Trail is guaranteed to take your breath away! Meandering directly alongside the Intracoastal Waterway, hikers experience spectacular views of oyster beds, marsh, and intricate root systems of tide battered trees. Facing westward toward the Intracoastal Waterway, Brickhill Bluff Campground provides backpackers with prime sunset viewing! This trail runs 1.3 miles, and goes directly through the campground. Campers can pitch their tents right next to the water, with a bonus breeze that can keep bugs at bay. This campground is a true island treasure but isn't as utilized due to its distance from Sea Camp. Definitely the most beautiful backcountry campground, be sure to incorporate Brickhill into your backpacking trip. There's a non-potable water pump at the campground. This trail also has a spur which travels east from the campground, crosses the Main Road, then intersects with Bunkley Trail. This spur passes over an old dike, where you'll cross over two boardwalks. The trail often gets mucky.

Bunkley Trail
Distance - 1.6 mi.

Located on the northern end of the Wilderness Area, Bunkley stands alone in its appearance as one of the most different trails on the island. After a 2008 lightning strike burned the surrounding area, Bunkley is characterized by its primary succession habitat. Unlike the rest of the island which is shrouded in live oaks, Bunkley traverses through dense undergrowth.

Running almost straight north to south for 1.6 miles, the habitat structure makes it impossible to get lost on this trail. Access Bunkley either from North Cut Road, the Brickhill Trail spur, the Main Road, or Killman Field Trail. If time allows, see some of these other trails as well. Consider taking the Brickhill spur route, where you pass through a wetlands area over a few boardwalks. After rain, Bunkley Trail may be muddy or flooded.

Duck House Trail
Distance - 2.5 mi.

Duck House Trail connects to a network of other trails. Duck House runs east to west from Plum Orchard to the beach. Intersecting with Yankee Paradise Trail, Tar Kiln Trail, Lost Trail and Table Point Road, Duck House is a great connector trail for hikers moving up and down the island. Yankee Paradise Campground is located on Duck House 0.5 miles east of the Main Road, and provides campers with spacious sites and quiet serenity. The section of trail leading to the dunes comes out of the forest, over a big dune, and back through a pine forest before emerging through the dunes on the beach. This area is well signed: follow the double-directional arrows and enjoy this beautiful beach access point.

Dungeness Trail
Distance - 1.5 mi.

Dungeness Trail, a mix of road, boardwalk and path, is one of the most enjoyed and photographed trails thanks to its vivid scenery and proximity to Dungeness Dock. Located east of Dungeness Ruins, follow the road past the historic Carnegie Carriage House, and enter at a sign saying "cemetery" across from an equipment shed. Here, you'll pass the historic Greene-Miller cemetery. Continue east down the trail until you find a boardwalk crossing through the "living mud" of the salt marsh. After crossing the boardwalk, continue down the trail as it passes through a sand dune complex filled with dead, standing live oaks known as "boneyard trees". The trail will intersect the beach road, so continue down the road for a short stretch until the second boardwalk begins. This boardwalk winds through lush tropical wetlands amid a dense canopy of trees. On a sunny day, you'll even see small lizards sunning on the boardwalk. Follow the arrows winding through the dunes to the beach access point where you'll encounter a stunning view of pristine beach.

Killman Field Trail
Distance - 0.9 mi.

Killman Field circles through diverse habitats and is a great connecting trail when backpacking the northern trail complex. The south entrance of Killman begins at the Main Road then intersects with Southcut Road and Bunkley Trail before ending back at the road. The north entrance is directly across from Brickhill Trail, leading to Brickhill Campground. The northern end of the trail is characterized by typical Cumberland maritime forest, with a few small bridges over trickling streams. The pine forest on the southern end of the trail allows for great wilderness views and an excellent chance to see a variety of wildlife.

Kings Bottom Trail
Distance - 1.4 mi.

Kings Bottom Trail is part of the complex trail system on the western side of the island. It is easily accessible to those staying at Yankee Paradise Campground. Starting at both the Main Road and at Table Point Road, this trail runs east to west and intersects with Ashley Pond and Rayfield Trails. Rayfield Trail crosses Kings Bottom 0.2 miles in and 0.3 miles heading in from the Main Road. Ashley Pond intersects them at 0.8 and 0.9 miles. It's not a four-way intersection with both Rayfield and Ashley Pond Trail. Each intersection has approximately 0.1 mile between where the trail branches north then branches south. Hikers find themselves immersed in a beautiful and peaceful section of woods, along with passing nearby wetlands which makes ideal hog habitat. This trail is an excellent way for hikers to get from the Main Road to Table Point Trail for outstanding views of the Intracoastal Waterway. Consider spending a day hiking around this complex of trails to experience the wide variety of different terrains and wildlife the island has to offer.

Lost Trail
Distance - 2.1 mi.

Gently rolling up and down through palmettos and maritime forest, the beauty of Lost Trail is captivating. Lost Trail can be divided into two parts, before and after its intersection with Roller Coaster Trail. The trail begins on the Main Road heading east. Passing the entrances of Oyster Pond Trail and Tar Kiln Trail 0.6 miles in, Lost Trail spurs into two directions. The left veers to Roller Coaster and the right begins the second section of Lost Trail. This section begins with blossoming wildflowers when in season and tall grass amid live oak and palmettos. Soon, the trail transitions into a corridor framed with palmettos that gently rolls up and down traveling parallel to the dunes. Nesting birds can be heard, and swampy pools of water frame the eastern side of the trail. The south end of Lost Trail connects to Duck House Trail. From here, you can choose to head east half a mile toward the beach, or loop back to the main road by heading west.

Nightingale Trail
Distance - 0.8 mi.

Nightingale Trail is an excellent avenue to step off the Main Road into an immersion of picturesque maritime forest while exploring the historical south end of Cumberland. For day hikers exploring Dungeness Ruins, the Icehouse Museum, and Dungeness Beach, Nightingale's 0.8 mile trail is an excellent introduction to a classic Cumberland Island trail. Traveling through a corridor of palmettos, this trail showcases Cumberland's striking wild, natural beauty. Many people believe this trail accesses the beach, however it loops back to the main road instead of entering the dunes. Don't be fooled by deer, horse or pig paths leading you away from the trail.

Old River Trail
Distance - 1.9 mi.

Old River Trail runs the western side of Cumberland Island, starting and ending at the Main Road. Old River is an excellent alternative to the Main Road for hikers heading to or from Plum Orchard. Its northern entry point is located just south of the first bridge, which provides a scenic overlook into a tidal creek. Old River Trail consists of spacious woods and delicate vegetative communities. Approximately halfway through the trail, hikers find themselves surrounded by towering oaks with monstrous vines. A very straightforward trail, be sure to incorporate Old River Trail no matter in which direction you're headed!

Oyster Pond Trail
Distance - 1.2 mi.

Oyster Pond Trail is a stunning scene of open woods, lively wetland and towering oak trees. It can be hiked as part of a connecting loop with Lost Trail and Rayfield Trail. The south end of Oyster Pond begins a half mile down Lost Trail, then heads north where it connects with the Main Road. The north end of this trail meanders through very open stretches of woods, so keep an eye out for double directional arrow signs to ensure you don't wander off the trail. Approximately halfway down the trail, you'll discover "Oyster Pond," a small majestic wetland where you'll be sure to spot some great wildlife! Cross over the boardwalk, and continue down this magical trail.

Parallel Trail
Distance - 6.1 mi.

Parallel Trail is Cumberland's longest trail, which makes it an exhilarating journey for hikers who want an iconic Cumberland experience. Heading north, Parallel Trail achieves its name by running parallel to the Main Road and the beach. Parallel connects Sea Camp directly to Hickory Hill Campsite. It also intersects Pratts Trail, which takes backpackers directly to Stafford Campground. Numerous roads, trails, and beach access points intersect with Parallel Trail, giving hikers a variety of options to go out to the beach and see some other sights. The north end of Parallel Trail dead ends at Hickory Hill Campsite. The closest water source from here is approximately one mile north, traveling up Yankee Paradise Trail.

A common misconception among hikers is that the Main Road is a shortcut and trails are a longer distance to hike. Hiking to Hickory Hill or Yankee Paradise is a faster and more enjoyable experience along the footpath. Be sure to incorporate Parallel Trail as part of your day hike or backpacking wilderness adventure!

Pratts Trail
Distance - 1.1 mi.

Pratts Trail is a 1.1 mile long trail running from the Main Road to Stafford Campground. At 0.2 miles from the south entrance, Pratts Trail crosses Parallel Trail in a spacious wooded area. Don't worry, it's well signed! For backpackers heading up to Stafford, use Pratts as an entrance to the south end of the campground while simultaneously avoiding the dusty Main Road and experiencing the beauty of Cumberland's maritime forest. It will lead you directly to the campsites as well as the bathhouse, which has non-potable water.

Rayfield Trail
Distance - 1.2 mi.

Rayfield Trail runs north-south, beginning at the Main Road on the north end, then running through Kings Bottom Trail ending at Ashley Pond Trail. Rayfield is characterized by its wide open spaces, scenic views of Cumberland's tidal creeks, and beautiful pine forests. Hikers can use Rayfield to access the Table Point/Ashley Pond/Kings Bottom Trail complex. The north end of the trail ends at the Main Road, across from Oyster Pond Trail, which is an excellent avenue for hikers to explore the east and west side of the island without having to traverse the dusty Main Road.

River Trail
Distance - 0.8 mi.

River Trail is an excellent choice for day hikers and Sea Camp adventurers alike to explore the south end and many of its iconic features while simultaneously avoiding the dust and traffic of the Main Road. Stretching from Sea Camp Dock to Dungeness Dock, River Trail parallels the Intracoastal Waterway. Hiking from either direction, visitors can experience the intersection of an intracoastal and maritime forest habitat. Birds thrive in this area, and it is common to notice commotion up in the canopy. The trail also provides several viewing points of the Cumberland's western-facing shore, along with intermittent benches where you can stop and rest.

Roller Coaster Trail
Distance - 3.0 mi.

Roller Coaster is truly Cumberland's hidden gem. The second-longest trail on the island, Roller Coaster stretches three miles parallel to the beach and is a must see for more experienced backpackers. Roller Coaster was an impassable trail, so don't let old tales stop you from hiking this beauty now! The south entrance is accessible via Lost Trail and travels north. From here, the name Roller Coaster is appropriate, as the trail takes a gentle up and down course, meandering through maritime forest and ancient dunes. Out of reach for most day hikers based at Sea Camp, be sure to incorporate this trail on your backpacking trip, especially if you are headed to Brickhill Bluff Campsite or day hiking around the north end. Roller Coaster Trail continues for two miles until it hits South Cut Road. Approximately 1.6 miles in, the terrain opens up into a woodsy area. The trail is well signed but as always, be aware of horse trails which misleadingly crisscross through.

Once you approach South Cut Road, you have the option to continue north, or detour right a quarter mile to the beach. One of the most beautiful dune habitats, large sand dunes tower above the ocean and offer a relaxing beach experience. Continue north on Roller Coaster as you approach Lake Whitney. There are several cleared viewpoints overlooking freshwater ponds on the west side of the trail, which provide optimal wildlife viewing. As you near the end of the trail, it will begin to climb up toward the dunes. On your left is inarguably one of the most beautiful viewpoints on the island, where you can gaze through the oaks onto the lake. Maybe if it's warm enough you'll even see an alligator or two off in the distance!

Hiking Roller Coaster north and returning down Bunkley Trail (using North Cut Road as a connector) will easily bring you to Brickhill Bluff Campsite while offering one of Cumberland's best wilderness experiences.

South End Trail
Distance - 1.7 mi.

South End Trail is a beautiful trail located on the Cumberland's southernmost tip. Following Dungeness Trail to the beach, turn right and walk 1.5 miles to the trailhead. Look for a black and white marker where the two-track trail originates. Begin by walking through the dunes as you get a rare glimpse of the beach from a slight elevation. This trail through the dune ecosystem is unusual as it doesn't descend into maritime forest but instead winds through an ecosystem with more low-growing plants. The trail opens up and transitions from sandy to marshy. Be prepared to get your feet muddy as South End Trail can get fairly wet after it rains. Hikers can see all the way to Amelia Island and enjoy a stunning view of Fort Clinch and the St. Marys River separating Georgia and Florida. Follow the trail through the grassy lowlands past several freshwater ponds. The trail winds alongside the waterfront, an excellent place for bird-watching or spotting dolphins.

Table Point Trail
Distance - 1.9 mi.

Probably the most scenic and desirable of trails in the vicinity of Plum Orchard, Table Point Trail is a beautiful hike bordering the Intracoastal Waterway. A great location for bird-watching, photography and a general sense of serenity, this wilderness trail is sure to take your breath away. Table Point can be accessed on the south entrance through Table Point Road or on the north entrance via Ashley Pond Trail. This trail complex borders the saltwater marsh and occasionally opens up to a scenic view of the Brickhill River. On a breezy day, you can observe the Spanish moss rippling in the wind. Table Point stands alone in its tranquility, as hikers are immersed in majestic habitats.

Tar Kiln Trail
Distance - 1.4 mi.

Tar Kiln Trail consists of woodsy habitat versus the typical maritime forest that characterizes Cumberland Island. Approaching from either Duck House Trail on the south or Lost Trail on the north, Tar Kiln is an excellent way to ensure you're hiking off of the Main Road. Tar Kiln is a straight shot north to south, and it transitions through light elevation and beautiful pine forest.

Terrapin Point Trail
Distance - 2.0 mi.

Terrapin Point is known for its remote beauty and incredible views. An absolute must-see for any backpacker on the north end and only 1.5 miles north of Brickhill Bluff Campground. With a drop of about 50 feet on the north end, this provides hikers with a scenic view of the Intracoastal Waterway from the highest point of elevation on the island. On a clear day, one can even see the bridge over to Jekyll Island. This north section of Terrapin is also undoubtedly one of the best places to watch the sunset, but make sure you're prepared for the night hike back to Brickhill Campground afterward! The southern entrance meanders through more open woods, and about 1.0 mile into the trail, you will cross a boardwalk over a trickling stream. Be sure to keep an eye out as you look at the marsh in case you glimpse a feral hog!

Willow Pond Trail
Distance - 2.1 mi.

Willow Pond is one of the most comprehensive trails on Cumberland. Winding through a variety of different habitats, this trail is a wonderful two-mile route beginning on the Main Road and ending at one of the most beautiful stretches of beach on the island. The entrance is just north of the wilderness border, 4.9 miles north of Sea Camp and 1.6 miles south of Plum Orchard. If you are biking up to Plum Orchard, consider allocating enough time to complete this trail. Walking in, you quickly come across an extensive boardwalk. This boardwalk is 1,000 feet long and runs through Swamp Fields. This is one of the prime spots to view alligators and other swamp wildlife. One half mile in, Yankee Paradise Trail branches off, heading north. Two-tenths of a mile later you will encounter Parallel Trail splitting off to the south near Hickory Hill Campsite. For campers staying at Yankee Paradise or Hickory Hill backcountry campsites, this is part of an exciting network of trails nearby. From here, the trail winds through a variety of different habitats including an open pine forest and grassy marsh. As the trail progressively gets grassier before it transitions into the dune habitat, do take advantage of multiple bird-watching spots. When you approach the dunes, it's a straight shot to the beach.

Yankee Paradise Trail
Distance - 1.8 mi.

Yankee Paradise is a must-hike for any wilderness backpacker. The southern entrance of Yankee Paradise is an excellent starting spot for hikers looking to travel north from Hickory Hill to experience numerous other trails and backcountry campsites. This trail travels north to south and is one of the few trails that has a water source on it. This water is non-potable, so it must be treated before drinking. It can be found 0.25 miles south of Yankee Paradise Campground. This trail is somewhat a continuation of Parallel Trail, helping hikers stay off the Main Road. The southern trailhead of Tar Kiln Trail is located .1 miles east of Yankee Paradise Campground; the southern trailhead of Lost Trail is just .5 miles west of Yankee Paradise Campground. Both are excellent choices to continue exploring northbound.

The Georgia Conservancy is a statewide, member-supported conservation organization. Our mission is to protect and conserve Georgia's natural resources through advocacy, engagement and collaboration.

This Cumberland Island Trail Map was made possible by the 2015-2016 Cumberland Island Trail Restoration Project funded by REI's Every Trail Connects program and led by the Georgia Conservancy's Trail Restoration Fellow Laura Buckmaster. More than 500 volunteers from groups across the U.S. worked to clear, mark and map Cumberland's trail system. The Georgia Conservancy is proud to present the first professionally-designed trail map in Cumberland Island's history.

The Georgia Conservancy thanks our partners at the National Park Service for their support of the 2015-2016 Cumberland Island Trail Restoration Project and their dedicated work as caretakers for Cumberland Island National Seashore and the visitors drawn to its shores.

To learn more about the Georgia Conservancy and to become a member and support our work to protect precious places across Georgia, please visit georgiaconservancy.org.

Planning a trip to Cumberland? Public access to the Cumberland Island National Seashore is managed by the National Park Service. Please visit nps.gov/cuis.

For a complimentary electronic version of this map, individual trail descriptions, photos from Cumberland Island and trail downloads for GPS, tablets or smart phones, visit georgiaconservancy.org/cumberlandtrails.

Map Credit: Laura Buckmaster, Bryan Schroeder, Georgia Conservancy; Dave Baselt, Redwood Hikes Press; Dave Whitling, Dave Whitling Design; and Jim Osborne and John Fry, National Park Service. Photo Credit: Phuc Dao.

Guests enjoying Cumberland Island are strongly encouraged to stay on marked trails, public roads and beaches. Private property must be respected at all times. Honor all signs and use only marked beach crossings. Stay away from any road or property marked private. Any activity on private land without permission is considered trespassing.