

## Cumberland Trail South: Signal Point to Rainbow Lake – Signal Mountain

This short (1.2 mile) section of the Cumberland Trail starts at Signal Point, and is marked by white blazes on trees and rocks. It descends the cliffs by a series of steep paths and stairs, then approximately follows the contours until it reaches Rainbow Lake. In places it crosses areas of broken rocks, which need careful negotiation. The overlook, which is on a dangerous cliff top, gives spectacular views over the Tennessee River and adjacent woodlands. The trail passes above Rainbow Falls, but signs warn you that the route to the falls is hazardous. From Rainbow Lake, the walker has a choice of continuing on the Cumberland Trail to Suck Creek Road, or returning to the trailhead on Ohio Avenue, either directly or via the Bee Branch trail.

**Directions:** from just below the traffic lights at the top of the mountain, follow the signs to Signal Point. From the parking area, follow the path to the overlook; the trailhead is immediately on the right.

### Approximate distances:

Signal Point to overlook	0.3 miles
Overlook to bridge	0.7 miles
Bridge to swing bridge at Rainbow Lake	0.2 miles

### Coordinates:

Trailhead at Signal Point	N35° 7.17' W85° 21.99'
Overlook	N35° 7.30' W85° 22.19'
Bridge	N35° 7.69' W85° 21.73'
Swing bridge at Rainbow Lake	N35° 7.82' W85° 21.67'

### Map corners:

Top left	N35° 7.13' W85° 21.44'
Top right	N35° 7.14' W85° 22.41'
Bottom left	N35° 7.99' W85° 21.42'
Bottom right	N35° 8.00' W85° 22.39'

