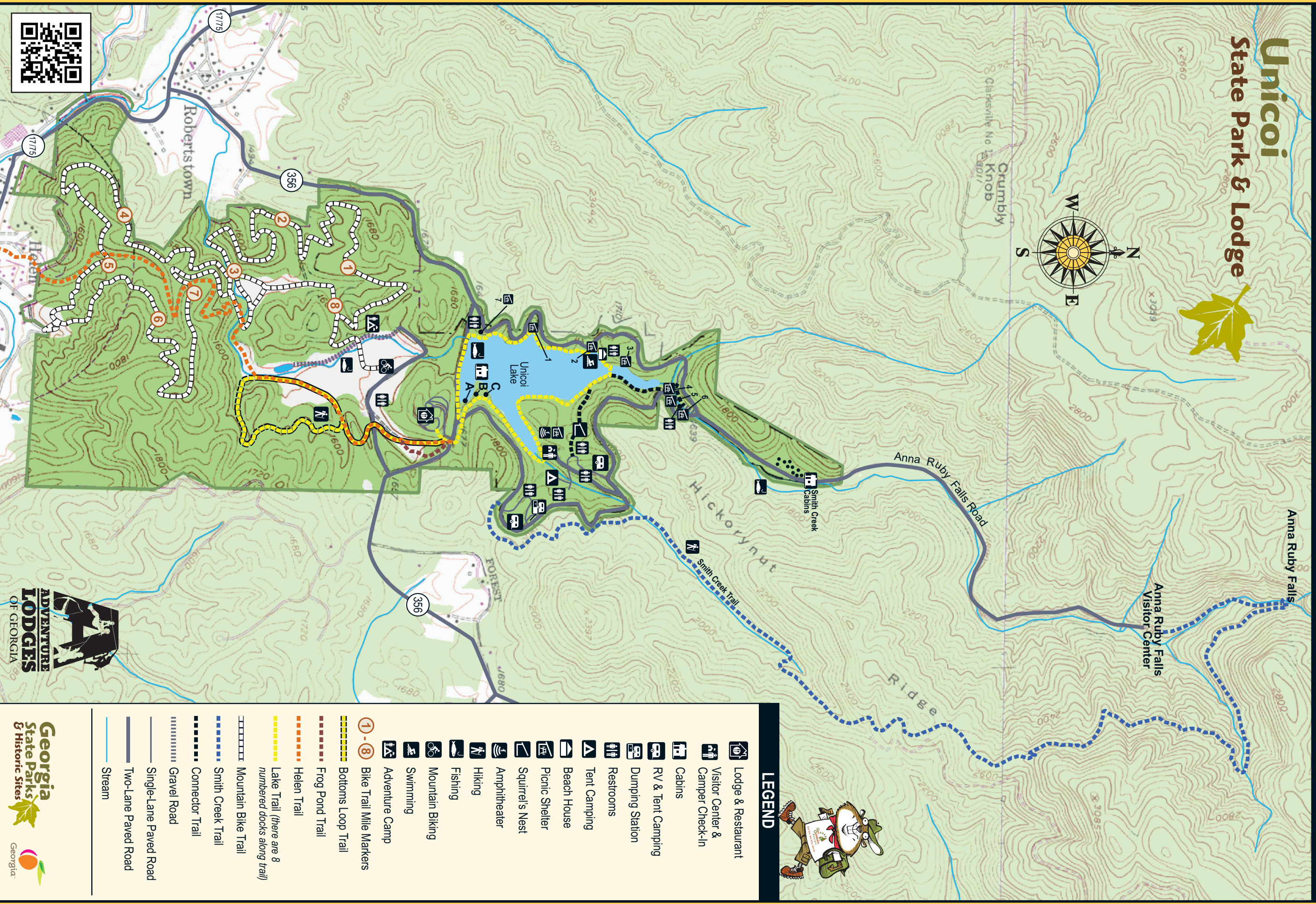
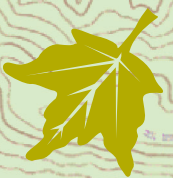


Unicoi State Park & Lodge Trail Map

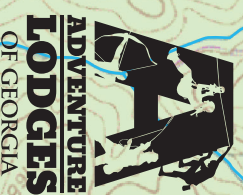
1788 Highway 356 • Helen, GA 30545 • 706-878-2201 • Reservations: 800-573-9659 • Emergency: 911 • UnicoiLodge.com

Unicoi State Park & Lodge



LEGEND

- Lodge & Restaurant
- Visitor Center & Camper Check-In
- Cabins
- RV & Tent Camping
- Dumping Station
- Restrooms
- Tent Camping
- Beach House
- Picnic Shelter
- Squirrel's Nest
- Amphitheater
- Hiking
- Fishing
- Mountain Biking
- Swimming
- Adventure Camp
- ① - ⑧ Bike Trail Mile Markers
- Bottoms Loop Trail
- Frog Pond Trail
- Helen Trail
- Lake Trail (there are 8 numbered docks along trail)
- Mountain Bike Trail
- Smith Creek Trail
- Connector Trail
- Gravel Road
- Single-Lane Paved Road
- Two-Lane Paved Road
- Stream



Unicoi State Park & Lodge



Nestled in the north Georgia mountains just two miles from the Alpine village of Helen, Unicoi is one of Georgia's most beloved state parks. Throughout the year, the park offers outstanding programs which focus on natural, cultural, historical and recreational resources. Groups can make advanced reservations for specialized programs. Outdoor enthusiasts will enjoy hiking and biking on scenic mountain trails, especially those leading to Helen and Anna Ruby Falls. The Unicoi Adventures shop offers local fare, unique souvenirs, and sundries for your hike. Numerous picnic tables are located throughout the park.

The trails at Unicoi are enjoyable year-round. In the spring and summer you will find colorful blooms and buds, in the autumn the mountains are adorned with an array of reds, yellows, and oranges as leaves begin to change, and the winter months allow hikers and bikers to enjoy scenic views of the area not available any other time of the year. All trail heads, except the Unicoi Mountain Bike Trail, are located at the far end of the level 3 lodge parking area.

The hiking trails are for foot traffic only and the mountain biking trail is for bike traffic only.

Activities & Facilities

Camping: Unicoi has 84 campsites: 51 tent/trailer/RV sites with water and electricity; 33 walk-in tent sites with water nearby but no electricity; and 16 Squirrel's Nest Platforms for group camping.

Cabins/Lodge: The park also has 29 cabins and a 100-room lodge for overnight or extended stays. The lodge serves conference groups, families, and individuals with guest rooms, meeting space, restaurant, tavern and catering. The lodge also offers wireless Internet access.

Adventure Camp: The Adventure Camp at Unicoi is a self-contained facility comprised of 5 sleeping cabins, a communal kitchen and separate bath houses for men and women. A picnic shelter is located next to the cabins for the group's use.

Picnicking: Picnic tables, grills, and shelters are available on a first come-first serve basis, with the option of reserving a picnic shelter up to 11 months in advance for a fee.

Fishing: Unicoi Lake is stocked with catfish, bass, and bream. Lake fishing is allowed from the bank year-round. There are also 6 fishing docks around Unicoi Lake. All anglers age 16 or older must have a valid fishing license. Stream fishing on Upper Smith Creek, above the lake, is subject to Georgia's Trout Fishing Regulations. Lower Smith Creek, below the dam, is a Delayed Harvest Stream. From November 1 to May 14, this section is catch-and-release only with artificial lures with a single hook. A free permit, obtainable at the Lodge Front Desk is required, along with a \$5 per day or a \$50 annual ParkPass. All other normal license requirements (fishing license, trout stamp) also apply. From May 15 to October 31, the stream will be open to the harvest of trout under the general state regulations.

Boating: Only non-motorized private boats are permitted on Unicoi Lake. Canoes, kayaks and pedal boats may be rented seasonally for a small fee at the beach area located on Anna Ruby Falls Road.

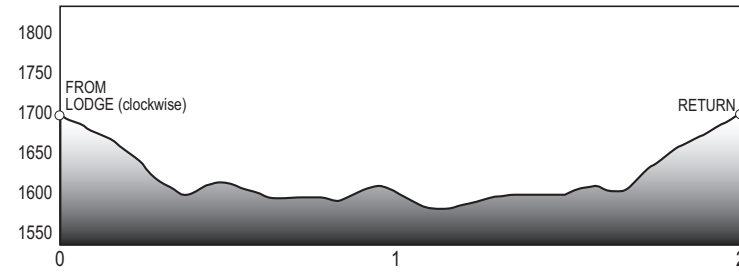
Swimming: Unicoi's beach is open for swimming during the summer months. No lifeguards are provided.

Beachhouse: A group/meeting facility overlooking Unicoi Lake is available for rent.

Hiking: Five hiking trails are located at Unicoi or nearby Anna Ruby Falls.

Planned Activities & Special Events: Unicoi's programming staff offers a variety of outdoor, environmental, and recreational activities as well as cultural programs, team-building activities and special events throughout the year. Programs are available for school, individual and corporate groups and the public.

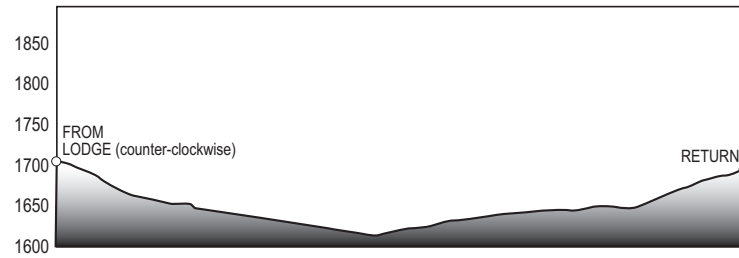
Park Trail Descriptions & Other Information



Bottoms Loop Trail

2-mile loop | Compacted Soil Surface | 1.5 hours | Moderate

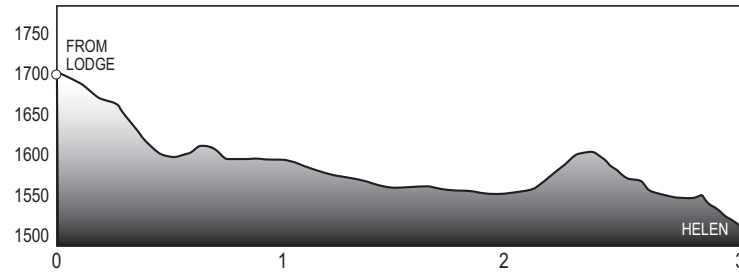
A moderate hike through rhododendrons, mountain laurels, and hemlocks that passes by remains of an old homestead. In the spring, you will find a variety of wildflowers and blooms. The trail crosses several brooks as it winds through a hardwood forest, and then meets the rippling waters of Smith Creek as it makes its way back to the lodge.



Frog Pond Nature Trail

1/3-mile loop | Compacted Soil Surface | 25 minutes | Easy

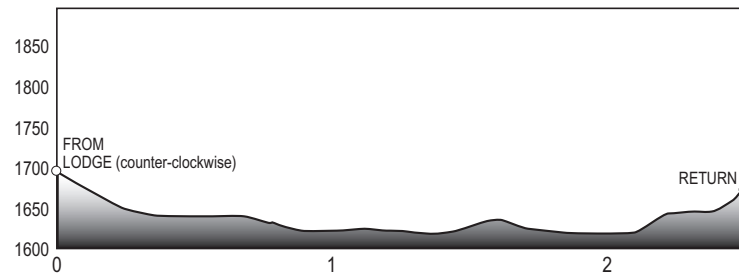
A short walk around Frog Pond marked by interpretive signs and tree identification signs. Learn more about the wildlife that make Unicoi its home. Interested in a brief, informative stroll? This one is for you.



Unicoi/Helen Trail

3 miles, one-way | Compacted Soil Surface
2 hours, one-way | 4 hours, round-trip | Moderate to Strenuous

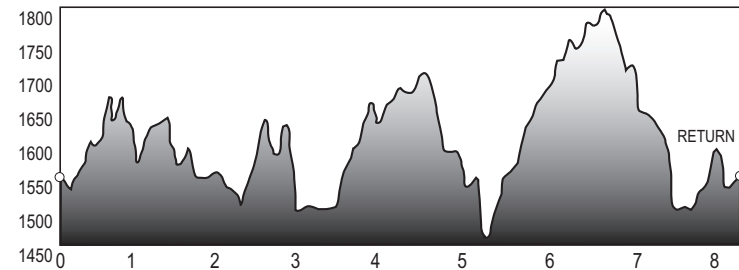
This moderate to strenuous trail into Helen starts out as the Bottom Loop Trail and winds through rhododendrons and mountain laurels. It crosses Lower Smith Creek and several small streams and intersects with the Mountain Biking Trail before reaching Helen's Unicoi Hill City Park. Continue to Ga. Hwy. 17/75 (Main St.) - turn left for the town center/river bridge or right for Charlemagne's Kingdom/Betty's Country Store.



Lake Trail

2.5-mile loop | Compacted Soil Surface | 2 hours | Easy

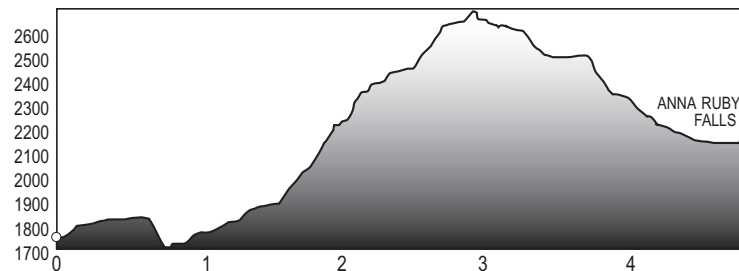
This trail is mostly flat as it winds around the edge of the 53-acre Unicoi Lake. A pleasant loop trail with views of Unicoi Lake and surrounding mountains. A great fall hike for viewing leaves. Pick up a tree identification guide and learn how to identify trees common to Unicoi and the north Georgia mountains. This trail is also a "Tons of Fun" fitness trail with signs along the path showing fun exercises to do while hiking.



Mountain Bike Trail

8-mile loop | Compacted Soil Surface | 2.5 hours | Moderate to Strenuous

This bike-only trail takes riders over mountainous terrain and over ridges with scenic overlooks, then back to the park. This trail, intended for experienced riders, has been used for several national and regional racing events. Trailhead located at the Angler/Mt. Biking parking area.



Smith Creek Trail

4.8 miles, one-way | Compacted Soil Surface
3 hours, one-way | 6 hours, round-trip | Strenuous

This is a U.S. Forest Service trail that goes from the park campground to Anna Ruby Falls Recreation Area. The trail is considered strenuous, and guests are encouraged to bring water, wear appropriate footwear, and plan for shuttling if hiking only one direction. Shuttle service is not provided by the park. Beginning at Unicoi, follow this trail through the Chattahoochee National Forest. This trail leads to the headwaters of Smith Creek and passes stands of rhododendron and mountain laurel.

Safety Tips & Etiquette

- Tell someone your itinerary and expected return time.
- Take a map, water, snacks, first aid kit, flashlight and whistle. Three short blasts on a whistle are known as a call for help.
- Do not stray from trails. If you become lost, stay in one location and wait for help. This will make it easier for rescuers to find you.
- Don't count on cell phones to work in the wilderness, but if they do, be able to give details about your location.
- Invest in good hiking socks such as those found at sporting goods stores. Avoid blisters by carrying "moleskin" and applying it as soon as you feel hot spots on your feet. Available in the foot care section of drug stores, moleskin is like felt that sticks to your skin.
- Be prepared for unexpected rain and wind which can lead to hypothermia. Always carry quality rain gear and turn back in bad weather. If you become wet or cold, it is important to get dry and warm as quickly as possible.
- Dress in layers and avoid cotton. Today's hikers can choose from numerous fabrics that wick moisture, dry quickly and conserve heat. Many experienced hikers wear a lightweight shirt that wicks moisture, while carrying a fleece pullover and rain jacket.
- Pack out all trash.
- Keep pets on a leash at all times and clean up after them.
- Do not pick flowers, disturb wildlife or take anything off the park.
- Protect the park and help prevent erosion by staying on marked trails.

Climate Data for Helen, Georgia

Month	Avg. High	Avg. Low	Avg. Mean	Avg. Precip.	Record High	Record Low
Jan	48°F	27°F	38°F	7.11 in	84°F (1985)	-12°F (1985)
Feb	54°F	29°F	41°F	6.42 in	80°F (1996)	-1°F (1958)
Mar	61°F	35°F	48°F	7.60 in	85°F (1974)	6°F (1993)
Apr	70°F	42°F	56°F	5.28 in	92°F (2002)	21°F (1960)
May	76°F	51°F	64°F	6.55 in	96°F (1962)	27°F (1963)
Jun	82°F	60°F	71°F	4.93 in	99°F (1964)	36°F (1984)
Jul	86°F	64°F	75°F	5.59 in	100°F (1986)	49°F (1962)
Aug	85°F	64°F	74°F	5.29 in	99°F (1986)	44°F (1968)
Sep	80°F	58°F	69°F	5.52 in	96°F (1957)	29°F (1967)
Oct	70°F	45°F	58°F	4.31 in	82°F (1986)	20°F (1962)
Nov	60°F	37°F	49°F	6.08 in	84°F (2003)	10°F (1970)
Dec	51°F	30°F	41°F	6.23 in	76°F (1998)	-6°F (1962)