



2024

TrailLink Unlimited



Guides



# Mountain Goat Trail

*Tennessee*



# Mountain Goat Trail

Tennessee

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The trail follows the former Mountain Goat Railroad, dating back to 1856. The railroad was primarily used to move coal out of the Tennessee mountains, but, as the population grew, it also transported people. Eventually the Sewanee Mining Company rail (later to become CSX) fell into disuse by 1985. The nonprofit Mountain Goat Alliance was created to raise funds and develop the right-of-way rail corridor into a multi-use trail.

Two segments of the Mountain Goat Trail are complete. The first links Sewanee and Monteagle in Grundy County with a paved pathway stretching nearly five miles. The route parallels busy Highway 41, providing a safer alternative between the towns for pedestrians and bicyclists. It offers a nice mix of both quiet wooded areas and connections to businesses where travelers can grab a drink or a bite to eat.

The Tracy City segment runs from Main Street, along Railroad Avenue and heads west for 2.8 miles. Like the Sewanee-Monteagle segment, it also threads through wooded settings and past town homes and businesses. The rail-trail will one day be 35 miles, extending farther west to Cowan and farther east through Tracy City, Coalmont, Gruetli-Laager, and Palmer.



# Mountain Goat Trail

Tennessee

**States:** Tennessee

**Counties:** Grundy

Length: 7.5miles

**Trail end points:** University Ave (Sewanee) to W Main St (Monteagle) to Main St to Ingman Rd (Tracy City)

**Trail surfaces:** Asphalt

**Trail category:** Rail-Trail

**Trail activities:** Bike,Inline

Skating, Wheelchair Accessible, Walking

## Parking & Trail Access

Park at the Legion Hall in St. Andrews and just south of US 41 off University Avenue at it's southern terminus in Sewanee.

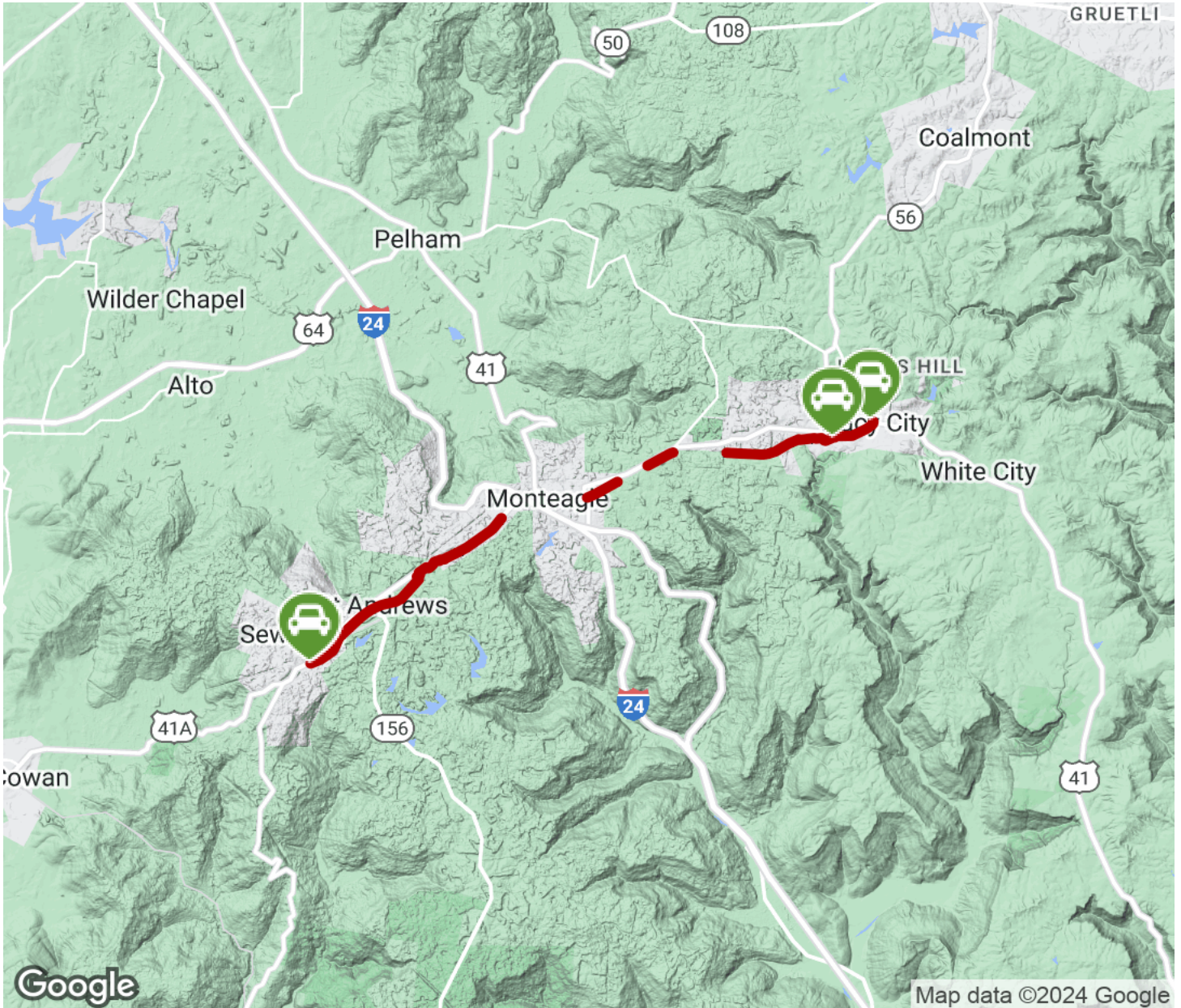
In Tracy City, you can park at the lot on the corner of Depot St & Laurel St.





# Mountain Goat Trail

Tennessee



Trailhead



Restroom



Parking



Water Fountain



Tunnel



**TrailLink**  
by Rails-to-Trails Conservancy

[TrailLink.com](https://www.TrailLink.com)