



2024

TrailLink Unlimited



Guides



# Cumberland River Bicentennial Trail

*Tennessee*



## Cumberland River Bicentennial Trail

Tennessee

*Whether you're after a picnic, a leisurely stroll or a brisk bike ride, the 6.5-mile Cumberland River Bicentennial Trail (a.k.a. Ashland*



Gardens & Comfort Station, a great spot to relax and refuel.

The onward route threads past secluded lakes and a designated waterfowl area to an impressive railroad bridge. One of six original trestles along the trail, it offers sweeping views of the wetlands that border the Cumberland. The trail soon ends at the Sycamore Harbor trailhead on Chapmansboro Road.

From its trailhead on Chapmansboro Road, the Eagle Pass trail section runs 2.5 miles through equally beautiful surroundings to the Cheatham Lock and Dam campground. Its compacted gravel surface is unsuitable for road bikes, so strap on your hiking boots or hop on your mountain bike. To extend your trek, pitch a tent at the campground and save the return trip for another day.

Whether you're after a picnic, a leisurely stroll or a brisk bike ride, the 6.5-mile Cumberland River Bicentennial Trail (a.k.a. Ashland City Rail-Trail) will enchant you as it meanders past lively streams and waterfalls, across misty wetlands and atop jagged bluffs along the Cumberland River. Only 20 minutes northwest of downtown Nashville, it connects users with the great outdoors along two adjoining segments.

A mile north of town, the Marks Creek trailhead offers parking, portable toilets and helpful trail signage. Here begins the Trestle Bridge trail section, an Ashland City park since 1997. This paved, wheelchair-accessible corridor runs 4 miles northwest to the Sycamore Harbor trailhead. The first mile leads past trickling waterfalls and spring dogwood blooms to the Turkey Junction Native



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**States:** Tennessee

**Counties:** Cheatham

Length: 6.5miles

**Trail end points:** Mark's Creek Hill Rd  
(Ashland City) to Cheatham Dam Rd.  
(Cheatham Lake)

**Trail surfaces:** Asphalt,Gravel

**Trail category:** Rail-Trail

**Trail activities:** Bike,Inline

Skating,Fishing,Wheelchair

Accessible,Horseback Riding,Walking

## Parking & Trail Access

Directions from Nashville: Take I-40 West to Exit 204 and head north on SR 155/Briley Parkway. At Exit 24 take SR 12/Hydes Ferry Pike/Ashland City Highway about 13 miles west into town.

Or take I-24 West to Exit 24 and head south on SR 49 about 10 miles to Ashland City.

To reach the Marks Creek trailhead, take SR 12 about a mile north of town. Just past the bridge by the Deerfield Inn, turn left on Chapmansboro Road. The marked trailhead is on the right.

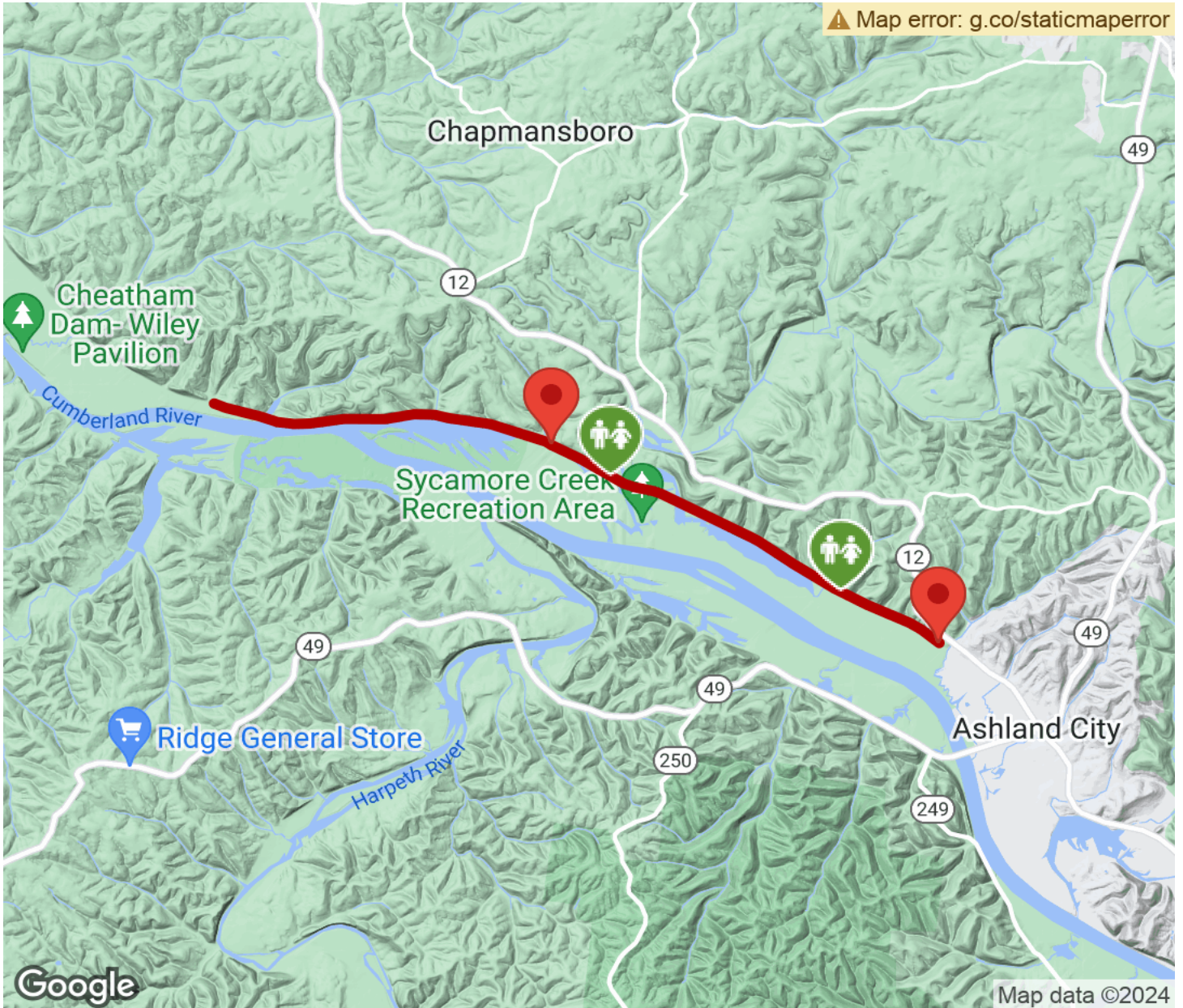
Contact:

Ashland City Parks & Recreation Department  
233 Tennessee Waltz Parkway, Suite 101  
Ashland City, TN 37015  
615-792-2655



# Cumberland River Bicentennial Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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

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