



2026

TrailLink Unlimited



Guides



Mountain Goat Trail

Tennessee



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The Mountain Goat Trail is a 10.4-mile trail through Monteagle and Tracy City, Tennessee. About the Route The Mountain Goat Trail



Sewanee-Monteagle segment, it also threads through wooded settings and past town homes and businesses. There is also a short disconnected segment in Monteagle.

Trail History

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.

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About the Route

The Mountain Goat Trail runs in two main segments. The first links Sewanee and Monteagle in Grundy County with a paved pathway stretching nearly six 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 3.8 miles. Like the



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States: Tennessee

Counties: Grundy

Length: 10.4miles

Trail end points: Sewanee Highway (Sewanee)
to Main St. (Tracy City)

Trail surfaces: Asphalt

Trail category: Rail-Trail

Trail activities: Bike, Inline

Skating, Walking, Wheelchair Accessible

Parking & Trail Access

The Mountain Goat Trail runs between Sewanee Highway (Sewanee), where parking is available, and Main St. (Tracy City).

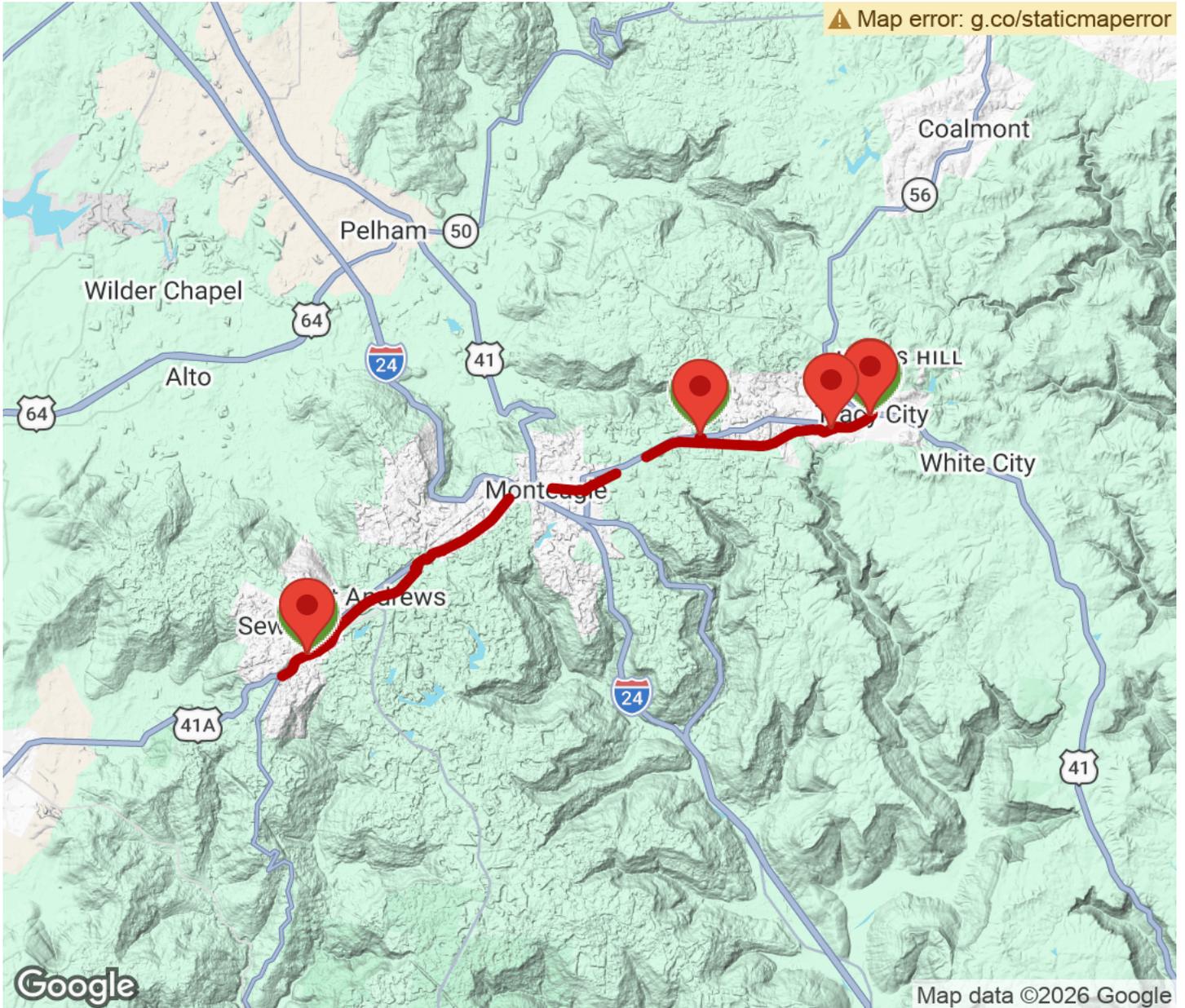
In Tracy City, trail users can park at the lot on the corner of Depot St. & Laurel St.

Please see [TrailLink Map](#) for all parking options and detailed directions.



Mountain Goat Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com