



2026

TrailLink Unlimited 

Guides



Cumberland River Bicentennial Trail

Tennessee



Cumberland River Bicentennial Trail

Tennessee

The 7-mile Cumberland River Bicentennial Trail (a.k.a. the Ashland City Rail-Trail) meanders past lively streams and waterfalls,



From the Marks Creek Trailhead, the first mile leads past trickling waterfalls and spring dogwood blooms to the Turkey Junction Native Gardens & Comfort Station, a great spot to relax and refuel. Continuing northwest, the trail 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 northwest end of the paved trail section 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 northwest through equally beautiful surroundings to the Cheatham Lock and Dam campground in the Cheatham Lake Right Bank Recreation Area. It has a compacted gravel surface that is unsuitable for road bikes, so mountain bikes are recommended. To extend the adventure, pitch a tent at the campground and save the return trip for another day.

The 7-mile Cumberland River Bicentennial Trail (a.k.a. the Ashland City Rail-Trail) 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.

About the Route

A mile north of town, the Marks Creek Trailhead on Chapmansboro Road 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 (also on Chapmansboro Road but further northwest).



Cumberland River Bicentennial Trail

Tennessee

States: Tennessee

Counties: Cheatham

Length: 7miles

Trail end points: Cheatham Lake Right Bank
Recreation Area (Ashland City) to
Chapmansboro Rd (Ashland City)

Trail surfaces: Asphalt,Gravel

Trail category: Rail-Trail

Trail activities: Bike,Fishing,Horseback
Riding,Mountain Biking,Inline
Skating,Walking,Wheelchair Accessible

Parking & Trail Access

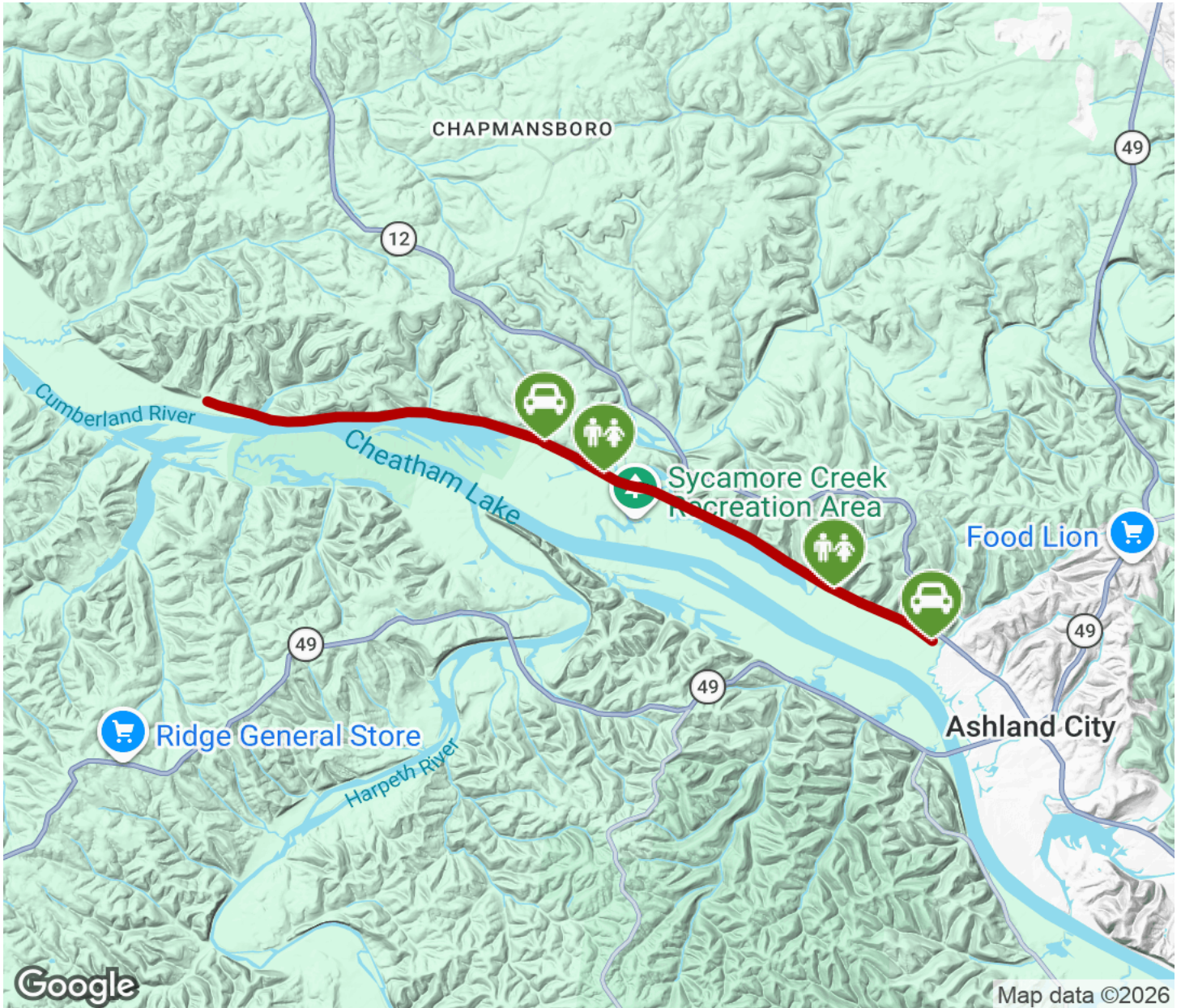
The Cumberland River Bicentennial Trail runs between the Cheatham Lake Right Bank Recreation Area (Ashland City) and Chapmansboro Rd (Ashland City), where parking is available.

Visit the [TrailLink map](#) for all parking options and detailed directions.



Cumberland River Bicentennial Trail

Tennessee



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com