

**CEDAR
CREST
ENVIRONMENTAL
EDUCATION**

Planning Guide

Cedar Crest Environmental Education Mission:

To join with lifelong learners in education, justice, and advocacy with and for the earth.

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Immersion Prices

2 Day/1Night Experience

- ❖ **\$135** per participant
- ❖ **~8** education hours (dependent on schedule)
- ❖ **4** meals provided

3 Day/2 Night Experience

- ❖ **\$180** per participant
- ❖ **~13** education hours (dependent on schedule)
- ❖ **7** meals provided

Encounter Prices

1 Day Experience

- ❖ **\$30** per participant
- ❖ **~4** education hours (dependent on schedule)
- ❖ Lunch can be provided for an additional **\$10.75** per participant

Planning Guidelines

(Immersion-specific information highlighted)

To Book Your Experience

1. Discuss the duration of your trip and possible dates with your school. We encourage you to determine at least 3 sets of possible dates.
2. Discuss EE curriculum, program planning needs, and goals with your school.
3. To make a reservation, or for further questions, contact Phil Salter at philip.salter@twkumc.org.

After Booking

1. Upon booking, Cedar Crest will send you a **Policies & Procedures Agreement, EE Contract, & Group Profile** forms via email. Please complete these forms and mail your deposit to confirm your experience.
2. Recruit adult chaperones to supervise the students. Chaperones are generally parents, teachers, or administrators. You will need at least one adult for every 7 students and a balance of male and female chaperones for sleeping arrangements.
3. Arrange transportation to and from Cedar Crest. Directions can be found in this Planning Guide and on our website at www.cedarcrestEE.org/contact/.

Preparing for Your Experience

1. Prepare students and chaperones for the trip. Share letters and information from this guide and our website with students, parents, and chaperones. Generate enthusiasm!
2. Send home High Ropes & Challenge Forms (*if applicable for your experience*) with each student and chaperone and collect them once completed. Please bring a copy of these forms with you.
3. Let Cedar Crest know in advance of any major allergies (dietary, environmental, etc.) or dietary concerns.
4. Assign students to Learning Groups and **Cabin Groups**. Templates can be found in this guide. Please email a copy of this to Phil prior to arrival.
5. Check with all chaperones regarding your own school's chaperone policies and check if they have received necessary materials from this guide. If they have any questions, please encourage them to contact us by phone or email. We want them to feel confident, well-prepared, and excited!
6. Consider setting up a plan, such as a group email/text, for parents to verify that the group has arrived at Cedar Crest and to relay any other information.
7. The school is responsible for assigning a medical person and providing emergency transportation for the duration of the trip. Designate an adult with your group to be responsible for the handling and distribution of student medications. Cedar Crest has Wilderness First Responders and Professional Rescuers with CPR/AED & First Aid on staff. Should any student/adult arrive ill or become ill during their stay, Cedar Crest reserves the right to request they be sent home to ensure the health/wellbeing of other participants.
8. Work through the enclosed **Forms and Information Checklist** to assist you in the planning of your visit!

Forms and Information Checklist

(Immersion-specific information highlighted)

Please reference this checklist as you prepare your group for your EE experience. These suggestions are here to assist you in keeping the necessary information in order to make your visit as smooth as possible.

Teacher/Leader Planning:

- Forms and Information Checklist
- Learning Groups Form (~8-12 students with 1 adult)
- Cabin Groups Form (7:1 student to adult ratio, minimum)
- Designate an adult to handle the administration of all routine medication and medical treatment (we can assist with storage of medication as needed).

Provide to Participants & their Parents/Guardians:

- Parent/Guardian Letter
- Packing List
- Directions to Cedar Crest
- High Ropes, Zipline & Challenge Release Form (if applicable)

Provide to Chaperones:

- Chaperone Letter
- Packing List
- Directions to Cedar Crest
- High Ropes, Zipline & Challenge Release Form (if applicable)

Provide to Cedar Crest Before Your Visit:

- Final number of participants and chaperones
- Any dietary concerns or major health concerns for Cedar Crest staff to be aware of
- Learning Groups Form
- Cabin Groups Form

Give to Cedar Crest Staff Upon Arrival:

- Copy of all High Ropes & Challenge Release Forms (if applicable)

Sample Schedules

Immersion Day 1

9:00 AM Arrive at Cedar Crest! Unload at cabins
10:00 AM Gather for welcome
10:30 AM Intro Class: **Orienting to Place**
(this is every learner's first class at Cedar Crest)
12:00 PM Lunch - family style
1:00 PM Class: **Creek Ecology**
3:30 PM Store time/Free time
5:00 PM Group time @ main camp
6:00 PM Dinner - family style
7:00 PM Journaling sit spot (snacks after)
7:30 PM Class: **Nocturnal Trails**
9:15 PM To cabins/showers
10:00 PM Lights Out

Immersion Day 2

7:30 AM Wake up/showers
8:00 AM Breakfast - family style
9:00 AM Journaling sit spot
9:30 AM Class: **High Ropes**
12:00 PM Lunch - family style
12:45 PM Rest
1:30 PM Class: **Tree Talks**
4:00 PM Store time/Free time
5:00 PM Group time @ main camp
6:00 PM Dinner - family style
7:00 PM Journaling sit spot (snacks after)
7:30 PM Class: **Sparks & Stories**
9:15 PM To cabins/showers
10:00 PM Lights Out

Immersion Day 3

7:30 AM Wake up/showers
8:00 AM Breakfast - family style
8:45 AM Cabin clean up/pack up
9:15 AM Class: **Journals to Justice**
11:30 AM Lunch - family style
12:15 PM Closing
1:00 PM Depart for school

PLEASE NOTE

For Immersion Experiences: 3 day/2 night schedule shown (2 day/1 night experiences are available)

Encounter Day

8:30 AM Arrive at Cedar Crest!
8:45 AM Welcome & Staff Intros
9:00 AM Intro Class: **Orienting to Place**
9:30 AM Class: **Creek Ecology**
11:30 AM Lunch - family style
12:30 PM Class: **Arts & the Earth**
2:00 PM Main camp debriefing
2:30 PM Depart

PLEASE NOTE

For Encounter Experiences: We ask for a minimum of a 4-hr experience on-site at Cedar Crest w/ travel accounted for outside of that time.

Depending on your schedule's flexibility/constraints, the number of classes & class times are subject to change

Cedar Crest EE Curriculum Guide

Day Classes

Creek & Lake Classes

Creek Ecology

Creek and riparian ecosystems are crucial to the success of diverse plant and animal species yet are also frequently impacted by human development. Learners can investigate the elements of these vulnerable ecosystems through bioassessments of macroinvertebrates, water quality testing, and close observations of plant and animal adaptations. We discuss and learn to mitigate negative impacts on watershed health and integrity.

Time: 2 or 3 hours
Accessibility: Moderate to strenuous hike

Life at the Lake

A multitude of aquatic and terrestrial species across all trophic levels depend on lakes (and similar lentic systems) throughout their lives and development. Learners can investigate bordering terrestrial ecosystems and inhabitants, participate in water testing and bioassessments, and observe the unique adaptations and interrelatedness of these species with one another. Can be delivered as a fusion class with *Canoe & Kayak*.

Time: 2 or 3 hours
Accessibility: Moderate hike

Aquatic Connections

This is a multi-session class

What better way to illustrate the distinctions and similarities between interconnected aquatic ecosystems than to visit them each firsthand? Learners can investigate how these systems cycle energy, inform our local watershed, and examine the importance of transitional habitats to organismal development. We will discuss the history and interconnections between these creek and lake ecosystems.

Time: 2 or 3 hours
Accessibility: Moderate hike, narrow trail sections

Field and Forest Classes

Tree Talks

Trees often first come to mind when we think of a forest. These magnificent organisms populate forest ecosystems and create myriad relationships, both seen and unseen. Learners can meet trees, practice tree ID skills, and investigate the web of relationships trees hold with one another and other forest species. We will discuss perspectives on tree use by humans while also reflecting on their intrinsic ecological value to their home ecosystems.

Time: 2 or 3 hours
Accessibility: Light to moderate hike

Soil, Rocks!

Soils and rocks are foundational for terrestrial life, utilized in daily activities, and subject to natural and human-influenced erosion and weathering. Throughout different habitats, learners can investigate rock and soil types, use observation skills to understand how the geology of the land affects the present ecosystem and offers clues about ecosystems of the past. We will also discuss mitigating human-influenced erosion in our daily lives.

Time: 2 or 3 hours
Accessibility: Moderate to strenuous hike, varying elevations

Phenology in Focus

The study of phenology provides ample opportunities to practice sound scientific observation and evaluation. Learners can utilize phenology skills that can help track and orient ourselves to the seasonal changes throughout the years. These seasonal changes inform animal migrations, springtime blooms, and our daily lives. We investigate ways to look closely at these trends and consider how they can teach us to better live into the future.

Time: 2 or 3 hours
Accessibility: Light hike

Inquiry Mystery

We practice inquiry skills throughout all of our classes at Cedar Crest. But if you are interested in putting your detective skills into practice, we will travel out to specific ecosystems and investigate what we encounter. The mystery lies in what we might find and where we might end up. It's time to practice inquiry in a student-driven, curiosity-sparked atmosphere.

Time: 2 or 3 hours
Accessibility: Light to strenuous hike (dependent on class goals)

Earth & People Classes

Journals to Justice

Many of the inspiring voices of environmental justice, advocacy, and stewardship found direction and wisdom in the quiet moments and places of our natural areas. Learners can hike along our eco-justice trail around our lake and practice nature writing, journaling, and reflection. In both guided and individual settings, learners consider the words of authors and advocates from Tennessee and beyond as they creatively investigate ways in which to promote better relationships with the earth and people in their local communities.

Time: 2 or 3 hours
Accessibility: Light to moderate hike around lake, narrow sections of trail

We Are What We Eat

Garden spaces provide insight into the human relationship with the land and an opportunity to engage our senses in its practice. Learners can investigate the workings of a seasonal garden, beekeeping and the benefits of all bees and pollinators, & raising chickens. We learn to minimize food waste, eat at home, and think about the food we eat. We will consider current agricultural practices and food systems and learn how we can promote food justice.

Time: 2 or 3 hours
Accessibility: Light walk in and around garden

Arts & the Earth

Love for the earth has inspired the creation of diverse works of art, addressed challenging problems, & informed the way humans have built for centuries. Learners can practice age-appropriate journaling skills, express themselves through art, & consider how humans have historically found inspiration to build and create from the earth's own artistic expressions & designs.

Time: 2 or 3 hours
Accessibility: Light to moderate hike

Team Building & Recreation

High Ropes Grades 6-12	<p>In high ropes, learners work individually and collectively, working to climb a 40-foot rock wall, a giant's ladder, and vertical playpen. They can also experience the rush of our giant "swing by choice" and "quick jump" elements as well. The challenges are big on this course; the support of fellow participants and our well-led staff will provide an exhilarating learning experience that expands our ability to create and achieve goals, confront fears, and cultivate self-confidence.</p>	<p>Time: 2 or 3 hours Accessibility: Strenuous physical activity, mental challenge, cooperation</p>
Low Ropes Grades 5-12	<p>In low ropes and team building, learners work cooperatively in unique elements that require balanced communication, problem solving, and trust. These elements encourage group debriefing and reflection on how the challenges faced at the course can be interpreted alongside the relationships we create and build at home, school, and in our communities.</p>	<p>Time: 2 hours Accessibility: Moderate physical activity, mental challenge, cooperation</p>
Zipline Grades 3-12	<p>The newest addition to our programming opportunities! 300 yards (900 feet) long, two lines are available for an exhilarating ride across Cedar Crest's field. Helmets and harnesses are provided. Instruction and facilitation are provided by Cedar Crest Staff.</p>	<p>Time: 2 or 3 hours Accessibility: Light walk to tower (while wearing harness)</p>
Canoe & Kayak Grades 3-12	<p>This activity offers learners a unique learning opportunity to build their teamwork and communication skills through canoeing and self-reliance and focus through kayaking. Learners canoe on a calm lake bordered by the forests of Cedar Crest. Team building and recreation can be the sole focus or it could be fused with our <i>Life at the Lake</i> class. Canoeing is available for grades 3 and up. Kayaking is available for grades 7 and up.</p>	<p>Time: 2 or 3 hours Accessibility: Moderate hike to lake, moderate physical activity & cooperation</p>

Night Life

Nocturnal Trails

Learners encounter the forest at night, using their senses to navigate and communication to guide one another along the way. We will consider the adaptations that are unique to our nocturnal neighbors and learn how we can minimize our impact on the delicate rhythms of their nocturnal world.

Time: 2 hours
Accessibility: Moderate hike, low visibility, challenging balance & cooperation

Celestial Quest

Learners search the night sky and participate in stargazing to seek out our seasonal celestial bodies and constellations. Lunar phases, planet orientation, and night pollution are a few highlights that can be of key focus for your needs. Science and cultural stories and myths intersect to provide a colorful experience to better understand the night sky.

Time: 2 hours
Accessibility: Light walk

Sparks & Stories

Learners experience an evening filled with songs, stories, and sharing in good conversation. You may also split into groups to take part in sharing circles that provide learners with a space to share what they've learned that day and throughout their experience.

Time: 2 hours
Accessibility: Light walk to campfire

Learning Groups Form

School/Group Name: _____

We like to have learning groups of 12 or less to help boost learning, conversation, and transformation. We ask that the groups be similar in grade-level readiness, which includes content awareness, social & emotional maturity, and education experience. Please include the full names of participants as that will help our staff familiarize themselves with the groups. Feel free to make more copies of this form for more participants.

Learning Group 1

Grade level: _____

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Chaperone _____

Learning Group 2

Grade level: _____

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Chaperone _____

Learning Group 3

Grade level: _____

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Chaperone _____

Learning Group 4

Grade level: _____

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Chaperone _____

Cabin Groups Form

(For Immersion Experiences)

School/Group Name: _____

Songbird and Owl each hold four separate cabins, each with 4 sets of bunks (8 beds total), two showers, and two toilet stalls. Please write out first and last names of who will be grouped in a cabin together.

At least one adult must be in each cabin.

<p style="text-align: center;">Cabin #1 Adult(s):</p> <p>_____</p> <p>_____</p> <p style="text-align: center;">Students:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p>	<p style="text-align: center;">Cabin #2 Adult(s):</p> <p>_____</p> <p>_____</p> <p style="text-align: center;">Students:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p>
<p style="text-align: center;">Cabin #3 Adult(s):</p> <p>_____</p> <p>_____</p> <p style="text-align: center;">Students:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p>	<p style="text-align: center;">Cabin #4 Adult(s):</p> <p>_____</p> <p>_____</p> <p style="text-align: center;">Students:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p>

Sample Menu

Note: 3 day/2 night Immersion Schedule sample shown. Encounter experiences are welcome to schedule a meal in our Dining Hall as well. Meals shown are examples; we can collaborate together on the menu before confirming. Our Dining Hall staff happily accommodates allergy restrictions and dietary needs as well.

Please let us know what accommodations your group needs at least three weeks in advance.

	Breakfast	Lunch	Dinner
Tuesday		<u>Meal:</u> Burgers with Lettuce, Tomato, Onion, Pickle French Fries Mandarin Oranges <u>Dessert:</u> Cookies	<u>Meal:</u> Bowtie Pasta w/ Sauce Corn on Cob Garlic Toast <u>Dessert:</u> Brownies
Wednesday	<u>Meal:</u> Bacon Biscuit Oatmeal Yogurt Bar & Cereal <u>Juice:</u> Orange & Grape <u>Fruit:</u> Clementines, Apples, Bananas	<u>Meal:</u> Grilled Chicken on Ciabatta Roll Sweet Potato Fries Grapes <u>Dessert:</u> Rainbow Sherbert	<u>Meal:</u> Baked Chicken Potatoes, Squash, Carrots, Celery Cornbread <u>Dessert:</u> Apple Pie
Thursday	<u>Meal:</u> Muffins or Bagels Sausage Eggs <u>Juice:</u> Orange & Apple <u>Fruit:</u> Strawberries, Apples, Bananas	<u>Meal:</u> Turkey or Ham & Cheese Croissants, Veggie Sticks Chips Applesauce	

Letter to Parent/Guardian

Greetings Parent/Guardian,

Thank you for your interest in Cedar Crest's Environmental Education Program. We hope that the resources found on our website in conjunction with the information relayed from your lead educator has begun to illustrate the exciting educational experience your child will take part in here at Cedar Crest.

Cedar Crest's Environmental Education Program is located in Lyles, TN and offers day residential environmental education programming for public and private schools, homeschool organizations, and similar community organizations. Located on the Western Highland Rim of Middle Tennessee, Cedar Crest offers beautiful and unique land and water ecosystems for students of all ages to explore and utilize as an out-of-doors classroom.

Our curriculum is intentionally designed and continuously adapted to provide students with an inclusive learning experience that complements learning in the classroom. These experiential classes and important discussions encourage active participation outside in the ecosystems that inform our neighborhoods, towns, and cities. Students spend their days at Cedar Crest living into an educational experience that offers them a chance to explore our lands, creek, lake, wetland, and garden while using inquiry skills and cultivating curiosity.

We take our time to immerse ourselves in the learning experience in order to welcome all learning styles and personalities into this space. These wonderful and diverse ecosystems take their time to develop and we like to take our time to make sure your students can take the necessary time they need to develop as critical, empathetic, and active learners as well. Students have the opportunity to positively deepen their physical, social, and psychological awareness while also relating these elements to a deeper understanding of ecological well being, participation, and justice.

Our EE staff has years of educational and camping experience with young people and are passionate about lifelong learning. We have Wilderness First Responders on staff and all other staff members are well trained in class facilitation & CPR/AED & First Aid. Our staff looks forward to extending hospitality and care to all who visit. Learning and living are celebrated equally at Cedar Crest, and we celebrate your learner's time engaging with the human and more-than-human world.

If you would like to learn more about our program or would like to access forms and materials pertaining to your learner(s) visit, please visit our website at www.cedarcrestee.org. You can also visit our Facebook and Instagram pages where we will post pictures throughout the experience. If you have any questions, please call our office at (931) 670-3025 or email our director at philip.salter@twkumc.org.

Sincerely,



Phil Salter
Environmental Education Director

Chaperone Letter

Greetings Chaperone,

Thank you for your commitment to accompany students throughout an exciting experience at Cedar Crest! Your engagement informs students' experiences and will create a fun and safe learning environment.

The best way you can support students is through genuine curiosity, engagement, and enthusiasm. We're trying to build a learning community within the group, and you're an important part of it! We're also trying to help students become engaged and curious about nature, science, their own ideas, and ideas of others. You are role models, and students will notice what you do. If you are engaged with what we're doing, following instructions, and being enthusiastic, it helps the students see it as a worthwhile thing to do. Whether adventures outside are commonplace for you or if this is your first experience of this kind, we celebrate your participation because your energy and involvement motivates student learning.


Focus on things you don't know, and try to figure them out *with* students. Listen to their questions, or ask them questions. Over time, try to get little moments of connection with everyone. The more connections you make, the more you'll really care about the students, and the more effective you'll be in supporting their learning experiences. We encourage you to learn more about your students (interests, passions, etc.) because your investment helps to make this experience special. We'll also participate in a lot of discussion in our learning experiences - in pairs/small groups and with the whole group. In these discussions, please partner/group with students and participate fully, but give students lots of time to share their ideas. Our goal is to help empower students to share their ideas and think together, so it's important to listen more than speak!

Meal times are shared family-style and are learning opportunities just like any other at Cedar Crest. We ask chaperones to enjoy their time with the students at their tables. Encourage great conversation, healthy habits, and good listening during announcements. If you have dietary needs, please reach out to us at least three weeks prior to your experience so that we can best support you during your time here.

Safety is foundational to any EE experience. We have Wilderness First Responders on staff and all other staff members are well trained in class facilitation & CPR/AED & First Aid. If an emergency occurs, immediately notify your school's emergency care personnel and Cedar Crest staff members.

If you would like to learn more about our program or would like to access forms and materials pertaining to your visit, please visit our website at www.cedarcrestee.org. If you have any questions, please call our office at (931) 670-3025 or email our director at philip.salter@twkumc.org.

Sincerely,



Phil Salter
Environmental Education Director

Packing List

Please make sure to reference this list before your visit! Pack seasonally and comfortably. Older clothes are great because they will likely get wet and/or dirty. We move around and walk a lot at Cedar Crest. Classes are held outside rain or shine. **Closed-toed shoes are required. Participants of all ages are expected to honor our close-toed shoe policy.**

Recommended

Day & Residential:

- Comfortable clothes and shoes
- Journal & pen/pencil
- Backpack
- Closed-toe shoes
- Water shoes, closed-toe (class-dependent)
- Jacket/rain poncho
- Water bottle
- Insect repellent & sunscreen

Residential-specific additions:

- Bedding (sleeping bag or sheets)
- Pillow
- Towels & toiletries
- Flashlight
- Medicine* (including necessary emergency medications - inhaler, epipen, etc.)

Optional

- Hat
- Sunglasses
- Camera
- Laundry bag
- Camp store money**

Cold Weather Additions

- Heavy jacket
- Warm Hat
- Gloves
- Extra socks

*To be kept with a trip health coordinator.

**The camp store can be available for your group at the request of your group leader(s) prior to arrival. At the camp store, participants can buy up to \$3 worth of snacks per day (\$6-\$9 on a 3 day/2 night experience) and merchandise that varies from a \$3 sticker to a \$20 Long Sleeve Tee. The camp store is optional during your experience. You are welcome to bring your own snacks, which would be stored in our Dining Hall outside of store time.

High Ropes, Zipline, & Challenge Experience Release Form

School/Group Name:

Date(s) Attending:

Thank you for choosing Cedar Crest for your Challenge Adventure! Everyone participating in the course must sign a release form. Persons under 18 years must have a parent or legal guardian sign for them.

I, the undersigned, recognize that there are risks, including those of injury and even death, in the activities initiated and carried out at the Cedar Crest Camp low ropes / challenge course. I freely assume those risks on my own and my child's behalf. I agree to release and hold harmless from liability the workers, and other employees and agents in the event of injury or death of myself, my son(s)/ daughter(s)/ youth listed below resulting from any theory of liability while engaging in the high ropes course, zipline, low ropes course or related activities. I agree not to make any claim or file any lawsuit against Cedar Crest Camp, its staff members, volunteer workers; employees and agents, for injuries or damages related to my/ my child's participation in low ropes / challenge course activities. I understand that this is a legally binding contract and that the camp activities are provided in consideration for this signed Release of Liability Agreement. I agree that this release is intended to be as broad and inclusive as permitted by the laws of the State of Tennessee, and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full force and effect.

I have carefully read this release of liability agreement and fully understand its contents. I sign this contract of my own free will.

Name of Participant (please print):

Signature of Participant (if 18 years old) or of Parent/Guardian:

Date:

Directions to Cedar Crest

Address
Cedar Crest Camp
7900 Cedar Crest Camp Road
Lyles, TN 37098

Location Names for GPS*
Cedar Crest Camp Office
OR
Cedar Crest Environmental Education

From Nashville

Travel on I-40W and take exit 172 and go south on Highway 46. Stay on TN-46 S for approximately 6 miles. TN-46 S turns into TN-7 once you cross TN-100. Stay on TN-7 for approximately 2 miles. Following the blue sign for Cedar Crest Camp, take a left onto Middle Lick Creek Road and you will see the sign and entrance of Cedar Crest a half mile down the road on the left.

From Franklin

Travel on either TN-246 S or US-31 S and merge onto I-840 W. Follow I-840 W for close to 45 miles and take exit 7 for TN-100 and head west on TN-100 W for approximately 6 miles. Turn left onto TN-7 and travel approximately 2 miles. Following the blue sign for Cedar Crest Camp, take a left onto Middle Lick Creek Road and you will see the sign and entrance of Cedar Crest a half mile down the road on the left.

From Clarksville

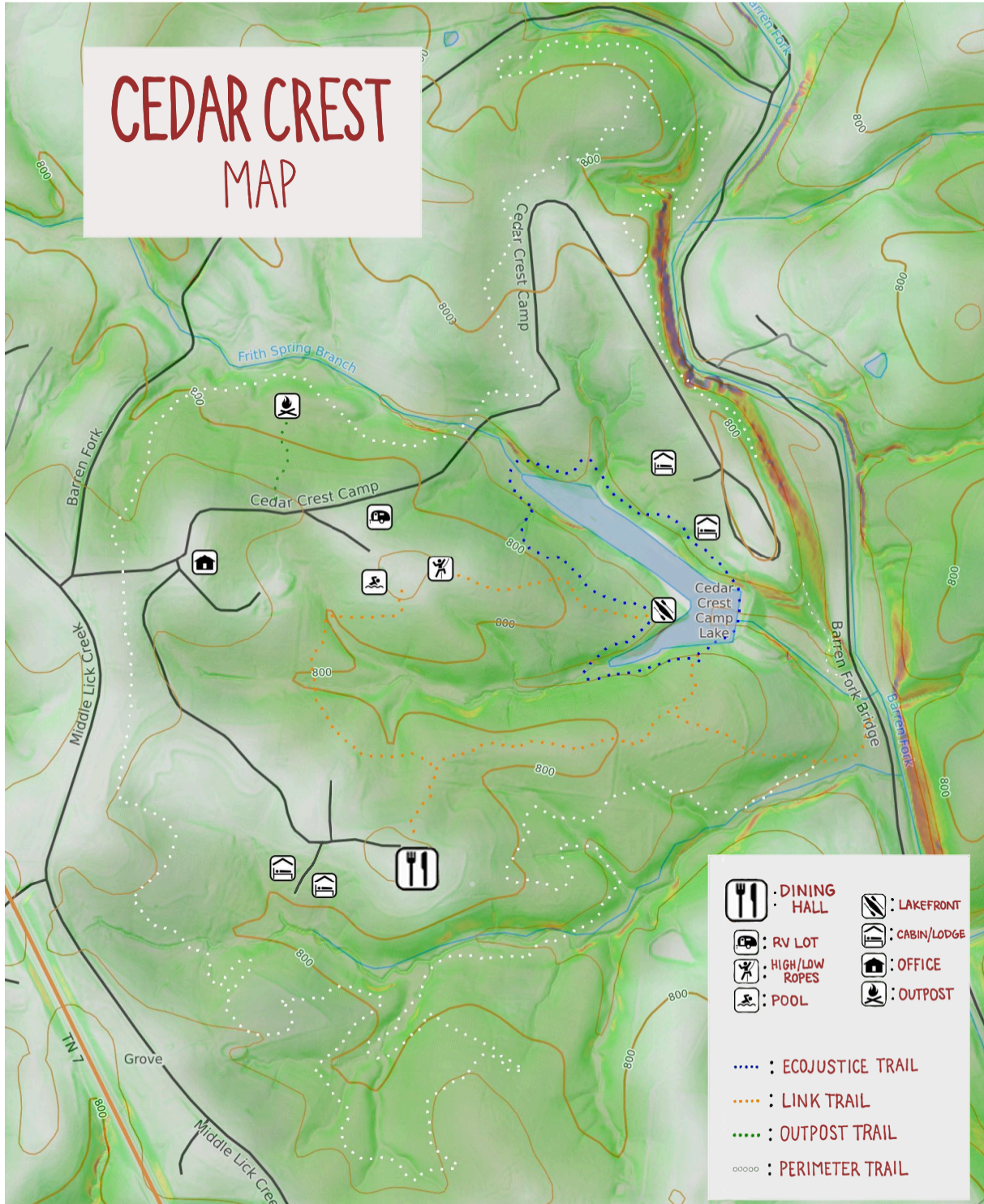
Travel on TN-48 S and travel for approximately 30 miles. Take the ramp for US-70 E/Henslee Dr. and then turn right onto TN-46 and continue for approximately 11 miles as you pass through Dickson, crossing over I-40 and into Hickman County. TN-46 S turns into TN-7 once you cross TN-100. Stay on TN-7 for approximately 2 miles. Following the blue sign for Cedar Crest Camp, take a left onto Middle Lick Creek Road and you will see the sign and entrance of Cedar Crest a half mile down the road on the left.

From Murfreesboro

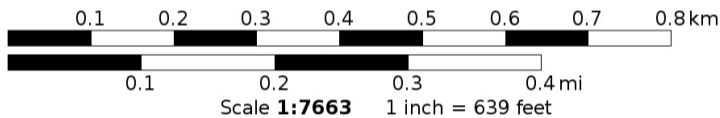
Travel on I-24 W and take exit 74A for I-840 W. Follow I-840 W for close to 45 miles and take exit 7 for TN-100 and head west on TN-100 W for approximately 6 miles. Turn left onto TN-7 and travel approximately 2 miles. Following the blue sign for Cedar Crest Camp, take a left onto Middle Lick Creek Road and you will see the sign and entrance of Cedar Crest a half mile down the road on the left.

*At times, GPS has led visitors along routes that include a small creek crossing. We encourage you to stay on main highways until you reach Middle Lick Creek Road and the entrance of Cedar Crest Camp in order to avoid these routes. Please call our office for any questions regarding directions at (931) 670-3025.

Map of Cedar Crest



Mercator Projection
WGS84
UTM Zone 16S
 CALTOPO



↑
MN
-3.6°