

TENNESSEE TRAILS

THE MONTHLY NEWSLETTER OF THE TENNESSEE TRAILS ASSOCIATION
*We are hikers and advocates that have helped to build, maintain,
and promote the responsible use of Tennessee trails since 1968.*
SUPPORTING THE CUMBERLAND TRAIL



Save the Date... Make your reservations Now!

TTA Annual Meeting -- October 25-27, 2024

Fall Creek Falls State Park

Lodging Update:

Limited rooms remain in the Lodge. The remaining rooms are suitable for multiple occupants, so get with a friend or two and split the cost! [Online reservations](#) are available or call the Lodge Front Desk (423) 881-5241; use our **Group Code #1440 (Lodge only)**. [View room types](#). *If you already have a room with space for a friend, think about sharing!*

Cabins: Each cabin hosts six to ten people and includes a fully equipped kitchen. Book a cabin to share spaces with your Chapter members or friends! [View options & reserve](#).

Campground: The campground is filling fast. [Campground information](#).

NEW! Group Campsite! We have reserved a group campsite #4 in the Eli Field area. Water, flush toilets, picnic tables, and a large fire ring are on site. Campers are welcome to use the showers in the other campgrounds. The cost is \$20 per person and includes both Friday and Saturday nights; there is a \$10 non-refundable deposit. Maximum 15 people. Parking is limited. Contact Georganne Ross at georganne.ross@gmail.com for more information and to reserve your spot.

Photo Request:

As a part of the Annual Conference Program, we want to highlight each Chapter's hikes and activities throughout the year. We'd love to have group photos, candid close-ups, picnics, special speakers, and even flowers or animal encounters.

Please send your photos (large format) with a caption (Chapter, location, date, who is in it) to Joe Campbell at rjoecampbell@hotmail.com.



This is going to be a very special event, so don't miss it!

Your hosts: Highland Rim & Murfreesboro Chapters

Video Development Help Needed

We are working to enhance our outreach efforts and would like to produce a short video about the Tennessee Trails Association and what we do. If you or someone you know has experience and expertise in this area and would like to help, please contact:

Duane Frichtl
TTA President
duane5505@icloud.com

Newsletter Editor Needed

Would you like to help us get the word out about TTA hikes and activities and make a little extra spending money? We are looking for a new Newsletter Editor for TTA's monthly newsletter. The newsletter is currently edited using Microsoft Word and the current editor will help you get started. A stipend is provided. Typically, the position involves 5 to 10 hours each month, depending on hike submissions and additional activities such as the annual meeting. If you are interested and would like to learn more, please contact the Communications Committee Chair - Will Latham at wlatham@lathamconsulting.com.

Cumberland Trails Conference



Office Location:
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Office Hours:.....
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Phone:
E-mail:.....
Website:

409 Thurman Avenue, Ste 102
Crossville, TN 38555
Monday - Thursday
8 AM – 3 PM CT
931-456-625
ctcoffice2014@gmail.com
www.cumberlandtrail.org

As we document another year in our record books, we want to express our deepest gratitude for your generous support. Your commitment and unwavering belief in our mission fuel our success and inspire us to keep moving forward. Get ready to embark on an exhilarating journey with us as we continue to add miles to the Cumberland Trail in the coming year! Do not forget to check out our newly designed website at cumberlandtrail.org to keep up to date with our progress and all our upcoming events, including our volunteer events and art auction fundraiser.

We are proud to announce our second annual Wildflowers and Wonders Art Auction on April 13th, 2024. Tickets are available now! Last year was filled with good times as we ventured into the art world. We learned a lot and hope this year will be even better! We are featuring local artists to bring you nature-themed paintings, photography, and sculptures. Follow us on social media as we showcase some of the beautiful pieces that will be in our art auction,



Cumberland Trail Conference, continued

like this Plein Air oil painting of the Kemmer Farm in Grassy Cove by Michael Stiffler.

With the rainy season upon us, the waterfalls will be revived soon! Check out these wonderful waterfalls along the Cumberland Trail: McGill Creek Falls, Piney Falls, and Bruce Creek Falls. Tag our social media page if you take photos! We would love to see them. Cumberland Trails Conference wants to show our appreciation for all our supporters with an appreciation hike on January 27th to Strip Mine Falls at North Chick Creek. We post all our events on social media and in our newsletter if you would like to join us!

*Piney Falls pictured on the right

Want to put your efforts into something worthwhile? Help us build the Cumberland Trail during our monthly volunteer events! We are currently in a section of Upper Piney River that is inaccessible to volunteers. Recent storms created a lot of havoc on that trail segment, so maintenance is much needed!

The trail crew has worked very hard this year to finish the Piney River segment of the Cumberland Trail. We have been building along the Piney River in Rhea County, which will eventually connect what we constructed last year to the Piney River Management Area. This will close a huge gap in the Cumberland Trail! Upon completion, this segment will be roughly 12 miles long with several thousand stone steps and multiple switchback systems. From May 2023 until now, our trail crew has built almost 4 miles of trail, attaching to what we did last year in this area. This segment will be a strenuous hike, but it will pay off with the multiple waterfalls, including part of the trail traversing behind one of the waterfalls.



January 27th: Volunteer Appreciation Hike

Join us on a group hike to Strip Mine Falls at 9:30 Eastern Time! In celebration of North Chick State Natural Area becoming its own state park, we wanted to bring you on one of its most popular trails! This is a moderately strenuous hike. Please wear proper footwear and bring water. The trail will be about 3 miles of hiking from Hogskin Loop to Strip Mine Falls. Meet at Montlake Rd trailhead in North Chick Creek Gorge State Park (**354 Montlake Rd, Soddy-Daisy, TN 37379**). Please direct all questions to info@cumberlandtrail.org

We will have job openings for new trail crew members soon. Interviews will begin once office renovations are completed. Please email info@cumberlandtrail.org a resume, and we will contact you for an interview if we are interested.





TENNESSEE TRAILS ASSOCIATION

EVAN MEANS GRANT OPPORTUNITY!

- Looking for funding to Improve a trail?
- Need trail building tools for your Volunteers?
- Need signage or help with storm repairs?
- Friends Groups or Non-profits can apply on behalf of their favorite park or natural area!
- Grants are \$1,000 or less, more can be considered!



Applications are considered quarterly.
Please send your application by email with
"Grant Request" in the subject line by the
quarterly deadlines of:

January 1 * April 1
July 1 * September 1

For more info and application visit:
<https://tennesseetrails.org/about/grant-programs/>

CLARKSVILLE CHAPTER

CHAPTER CO-CHAIRS: Paula Sanders - 954-993-5541 and Suva Bastin - 931-645-2849

ttaclarksville68@tennesseetrails.org

OUTINGS COORDINATOR: ttaclarksvillehikes68@tennesseetrails.org

MEETS MONTHLY: 3rd Tuesday at 6:00 pm CT, Wade Bourne Nature Center, 2308 Rotary Park Dr., Clarksville, TN 37043.

Saturday, February 3 – Beaman Park – 7.5 Miles Difficult. The trail is well constructed on natural turf. All of it is in pretty woods. There are a couple of creek crossings that can be a small challenge. Trekking Poles are recommended. Meet at I24 Exit 11 Park and Ride Location. Depart at 8 A.M. CT. 31 Miles to the Trailhead. Hike Leader – Jan Hodgson 931-220-4140.

Wednesday, February 7 – Dunbar Cave – 2.5 Miles, Easy. Circular Hike through Dunbar Cave State Park, some inclines. Hike Commences at 9:00 A.M. – Dunbar Cave. Hike Leader – Suva Bastin 931 216 0325.

Saturday, February 17 – Fort Donelson National Battlefield – 5 Miles Moderate.

We hike around the battlefield and through Fort Donelson National Cemetery. Most of the trail is in the woods on natural turf. We pass by the Cumberland River and sometimes see Bald Eagles. Dogs are welcome if on a leash. The Battle of Fort Donelson, February 11–16, 1862, was the first major Union victory in the Civil War. Nashville would fall to Union troops within a matter of days. The Cumberland River and Tennessee River became integral parts of Union supply lines. There will be an artillery reenactment on February 17-18, we will see cannons firing and reenactment troops to talk to and take pictures with. Meet up location, Kroger, Dover Crossing, Clarksville. Depart at 8 A.M. CT. 30 Miles to the Trailhead. The hike leader is Phillip Anderson, 931-561-0925.

Tuesday, February 20 – Chapter Meeting, Rotary Park. Meet at 6:30 P. CT at the Wade Bourne Nature Center, Rotary Park

Saturday, February 24 – Lake Barkley Wilderness Trail, 4.9 Miles, Moderate. There is a restroom near the trailhead. Ninety percent of the trail is on natural turf through the woods. Meet at Kroger parking area, Dover Crossing Road, Clarksville. Depart at 8 A.M. CT. 43 Miles to the Trailhead—hike leader – Steve Turner 931 220 0927.

COLUMBIA/FRANKLIN CHAPTER

CHAPTER CO-CHAIRS: Jane Coffey - 615-516-6551 and Marvin Caine - 931-486-1632, ttacolumbia68@tennesseetrails.org

OUTINGS COORDINATOR: Jane Coffey - 615-516-6551, ttacolumbiahikes68@tennesseetrails.org

MEETS QUARTERLY: Meets quarterly at the Barnabas Center at 506 Fair Street, Franklin, TN 37064. The Barnabas Center is located behind St. Paul's Episcopal Church. Social hour from 6:00 - 7:00 P.M. Meeting at 7:00 P.M.

Saturday, February 24, 2024 - Larkspur Conservation at Taylor Hollow. To become familiar with Larkspur, you might want to Google "Larkspur Conservation at Taylor Hollow" which will give you a picture of the area to be hiked. It is approximately 80 miles from Tollgate Medical Plaza in Thompson's Station. It is a 90-minute drive. The group should arrive at the trailhead somewhere between 9:45 and 10:00 a.m. if the group leaves Tollgate at 8:00 a.m. The hike is ~3 miles. The trail is moderate with a few roots and a few gentle hills. It is imperative that the group hikes only on the trail. There are no dogs allowed at Larkspur Conservation. There are some lovely views, especially with the leaves gone. Parking is limited - 10 to 12 cars maximum so the group should plan to carpool as there may be other folks there. The hike leader has coordinated the hike with the asst. manager, David Ponoroff, and he is fine with the group hiking on that date. Let's hope there will be nice weather. The roads are not too bad. In the town of Gallatin on the way home there is a great little restaurant - "Swaney Swift on The Square" - should we decide to have lunch on our way home—hike leader: Gary Patterson. Contact Gary at gkp505@gmail.com or 210.722.9526 if you would like to attend this hike. Do not contact Jane Coffey. Plan to meet at Tollgate Medical Plaza (1106 Elliston Way, Thompson's Station, TN 37179) at 7:50 A.M. so everyone can leave at 8:00 A.M.

Saturday, February 10th, EDWIN WARNER PARK - BURCH RESERVE. In 2004, continuing the legacy of Luke Lea and brothers Percy and Edwin Warner, Friends of Warner Parks embraced an opportunity to acquire additional property to

Columbia/Franklin Chapter continued

become parkland. In partnership with Metro Parks and thanks to the generosity of the Lucius E. Burch III family and others, this extraordinary initiative significantly contributed to the ultimate addition of nearly 500 scenic acres to Edwin Warner Park. This land will provide protected natural habitats, undisturbed vistas and recreation opportunities for generations to come. The Burch Reserve is a unique and fragile natural area that has special regulations in place to protect it for generations to come. For this reason, the Burch Reserve is open from Dawn to Dusk, and Dogs and Trail Running is prohibited. Bill Hird will be the hike leader (wdhiker@yahoo.com). Please contact him if you plan on attending and where you will meet. For those in the Columbia/Spring Hill area, please plan to meet at Tollgate Medical Center at 8:10 A.M. From there you can carpool to Warner Park to meet up with the others at 9:00 A.M.

EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER CHAIR: Rosemary Marshall - 865-985-9144 - ttaeasttennessee68@tennesseetrails.org

OUTINGS COORDINATOR: Carolyn Reeves - ttaeasttennesseehikes68@tennesseetrails.org

Saturday, February 3 - Seven Islands State Birding Park, Kodak, Tenn. Join us for an easy to moderate 5 + mile hike in Tennessee's newest state park, designated, as such in September 2013. This Park is on former farmland and includes the Kelly Bend peninsula along the French Board River. Habitats include wooded hills; an intermittent stream and several fields being restored to Native warm-season grasses. More than 180 species of birds have been sighted in this park. The views are great, you can see the Smokey Mountains and Mt. LeConte. The hike is mostly easy with rolling hills. Let's meet at 10:00 am et in the parking lot of the Cracker Barrell at Straw Plans Pike exit off 1-40 East. We should arrive at the trailhead at 10:30 am et if you prefer to meet there. Due to the unpredictable weather conditions, please pre-register with Rosie at 865.985.9144 or rosemary_L@hotmail.com.

Saturday, February 17 - Hike to Castle Rock in Frozen Head State Park: Join us on a hike in the Cumberland Mountains. We will park at the West Lookout Tower trailhead. We will follow the Lookout Tower trail about 2.85 miles to the intersection with the Bird Mountain trail/Cumberland Mountain trail gaining about 1050 feet. We will then follow the Bird Mountain trail for about 4.25 miles to where we first started on the Lookout Tower trail, gaining about 250 feet in the first mile and then losing 1400 feet. Along the way, we will pass Castle Rock. The total hiking distance is about 7.1 miles. The hike difficulty is rated as moderate. The distances and elevation changes are estimates from the park map. We will meet in Oak Ridge at the Books-A-Million parking lot nearest Illinois Ave. for carpooling, leaving at 9 am. Books-A-Million is located at 310 South Illinois Ave. If you prefer you can meet us at the park headquarters. We will leave the Park headquarters at 10 am and drive to the trailhead. We recommend that riders in a carpool pay the driver as requested.

The weather is variable; we recommend hiking poles, shoes to wear to and from the hike, sturdy hiking shoes, other weather-appropriate clothing, a snack, a drink, and a camera. After the hike plan on stopping on the way back for a meal and refreshments. For specific information about the hike please call Tom at 865-588-5622 and leave a message or send an email to cressler@retiree.utk.edu before February 17th.

NEW YEAR REMINDER

Many chapters elect new officers, board representatives and hike coordinators in January. Please check your chapter masthead this month. If there are updates needed, please include that information with your next chapter submission so that your chapter contact information can be updated.

Be sure to include phone numbers and e-mails for any change in personnel for your chapter so that we can post the correct information in the newsletter and on the TTA website. If there is any change in chapter meeting days, locations or times, please include that in your next chapter submission

HIGHLAND RIM CHAPTER (Coffee and Franklin Counties)

CHAPTER CHAIR: Patricia Deen - 760-703-8115 - ttahighlandrim68@tennesseetrails.org

OUTINGS COORDINATOR: Tom Hartvigsen - 931-962-0811 - jhartvigs@comcast.net (contact Tom & volunteer to lead an outing)

MEETS MONTHLY: 4th Monday

Tuesday, February 6 - Foster Falls to Small Wilds Campground, Fiery Gizzard South Trailhead, South Cumberland State Park. 5 miles out-and-back, flat. Easy to moderate. Joint hike with the Scenic City Chapter. On this hike, we will enjoy two overlooks of Foster Falls and many cool overlooks of Fiery Gizzard Cove. We will meet at Foster Falls/Fiery Gizzard South Trailhead, 498 Foster Falls Road, Sequatchie, TN at 8:15 A.M. CT. Bring water and lunch. Register with Joan Hartvigsen, jhartvigs@comcast.net or 931-636-2914.

Thursday, February 8 - Virgin Falls State Natural Area. 2080 Scotts Gulf Road, Sparta. 9.0 miles round trip rated strenuous. The trail descends around 900 feet in elevation along a path that in many areas is rocky with uneven footing. Because this trail is rugged, we will allow 6-7 hours for this hike and will have to maintain a pace to allow plenty of daylight. Virgin Falls State Natural Area is the most-visited state natural area in Tennessee with interesting scenery and features three beautiful waterfalls Big Laurel Falls, Sheep Cave Falls, and Virgin Falls. Bring lunch, and water, and wear sturdy hiking boots. For more information or to sign up, contact Marietta Poteet, nannietta@benlomand.net or 931-924-7666.

Saturday, February 10-Sunday, February 11 – Beginner Backpacking Trip. South Cumberland State Park. Small Wild Area group campsite. Joint event with the Murfreesboro chapter. The campground is a 2.5-mile hike from the Foster Falls parking lot. Water is available next to the campsite and an outhouse is nearby. All levels of experience are welcome. After setting up camp we will hike along the bluff and take the Climbers Loop to the bottom of Foster Falls. There's the option of hiking to Raven Point on Sunday and staying until Monday. Hiking poles are recommended. For more information or to sign up contact Jim Barrett, jsbarritt@gmail.com or 931-492-3212.

Saturday, February 17 - Chinquapin Ridge Trail, 7-mile loop, Fall Creek Falls State Park, Pikeville, TN. Moderate. 498 feet elevation change. Meet at 9:00 A.M. CT at the Visitor Center. We will carpool to the Chinquapin Ridge Trailhead. Please note that the Visitor Center is not the Betty Dunn Nature Center. Register with Joan Hartvigsen, jhartvigs@comcast.net or 931-636-2914.

Monday, February 26 - Highland Rim Chapter Meeting, 7:00 pm at the DW Wilson Community Center, 501 N. Collins Street, Tullahoma. We're bringing back a TTA favorite, LouAnn Partington, a Songbird Specialist and a Director for Ziggy's Tree Wildlife Rehabilitation Center. She will give a presentation called "Wildlife in Your Backyard," which will focus on her role as a rehabilitator and provide suggestions on how to peacefully coexist with our wild neighbors. As a "Thank You" and to help in LouAnn's local efforts, please bring newspaper (aka bird cage liner), paper towels, unscented Kleenex, or gift cards to local stores (Kroger, Wal-Mart, Aldi, Publix, Tractor Supply). There will also be an important discussion of items related to the October 25-27, 2024, Annual Meeting at Fall Creek Falls State Park. Before the meeting, at 5:30 P.M., we will gather for dinner at La Fiesta Bar & Grill, 1410 N. Jackson Street, Tullahoma next to the Quality Inn. Please contact Highland Rim Chapter Chair Patty Deen if you plan to attend dinner so I can confirm the number for our reservation. Contact Patty at pdeen@palomar.edu or 760-703-8115 for more information.

Friday, April 19-Sunday April 21 – 20th Anniversary Trails & Trilliums Naturalist Rally. Beersheba Springs, adjacent to Savage Gulf State Park and Stone Door. Guided hikes, presentations, and workshops by top Naturalists and Rangers. For more information contact Marietta Poteet, nannietta@benlomand.net or 931-924-7666.

May 14-16, 2024 – Camping at Cosby Group Campsite, Great Smoky Mountains National Park. We will hike to the Mount Cammerer Lookout via the Low Gap and Appalachian Trails. Other hikes include Porters Creek Trail or Ramsay Cascades Trail and Gabes Mountain Trail to Hen Wallow Trail. Joint outing with the Murfreesboro Chapter, Sara Pollard. Register with Joan Hartvigsen, jhartvigs@comcast.net or 931-636-2914.

JACKSON CHAPTER

CHAPTER CHAIR: Terry Warren – 731-535-0625 - ttajackson68@tennesseetrails.org
OUTINGS COORDINATOR: Glen Rognstad - 731-217-5966 - ttajacksonhikes68@tennesseetrails.org
MEETS MONTHLY: 1st Monday at 6:00 P.M. CT

Saturday - February 3 - Big Hill Pond - joint hike with Memphis. The hike is a 7-mile loop rated moderate to difficult. See the Memphis Chapter for a full description of the hike. Please register with Kam Hipkins from Memphis if you wish to hike, at 901-299-8359. If you wish to carpool, meet at Panera Bread at 7:15 (& leave at 7:30) to arrive at the trailhead by 9:00 A.M., otherwise, be at the trailhead around 8:45 as the hike will start promptly at 9:00 A.M.

Monday - February 5 - Monthly Meeting at Mulligan's in Jackson TN (Union University Drive) at 6:00 p.m. Door will be open earlier so that we may start ordering our food before 6 pm.

Saturday - February 24 - Pecan Tree/Maple Lake Trail - This hike is about 6 miles in length rated moderate due to length and slight elevation changes. We will meet at 9:30 at the Pecan Tree parking lot which is near the trailhead. This hike goes through the forest and along the edges of Maple Lake. We have the option to take a different path and go by the fire tower and a cemetery or we can stick to the original trail. Please dress according to the weather. Hiking boots are recommended; hiking poles are optional. Please bring snacks, lunch, and water. Please register with Terry Warren by Friday, February 23 @ 731-535-0625 or terrymccoy832@yahoo.com. This is about a 45-minute drive from Jackson.

MEMPHIS CHAPTER

CHAPTER CHAIR: Nancy Wark- ttamemphis68@tennesseetrails.org
OUTINGS COORDINATOR: Wayne Simpson - w.simpson1@comcast.net

February 3 – Big Hill Pond State Park near Poca hontas, TN. We will meet at the parking lot above the boat dock where the hike begins. Hike is approximately a 7-mile loop. We will hike 2.5 miles of rolling hills, followed by a half-mile long boardwalk across the Dismal Swamp. The next 0.7 miles goes up a fairly steep hill to the fire tower where we will have lunch. After lunch we have another 4 miles of mostly moderate hills until we finish back at the boat dock. It is considered a moderate to difficult hike. Good boots are suggested due to a sometimes-swampy area near the end of the hike along the lake. Also bring hiking poles if available and plenty of water, a snack and a lunch. Rain will cancel. Registration is required. Contact Kam Hipkins – 901-299-8359 (call or text)

Saturday, February 10 – Nesbit Park – Bartlett. We will hike the White Trail with possible additions for a total of 6 - 6.5 miles. Two creek crossings (most likely with water) are part of this trail so wear waterproof hiking boots or shoes. Bring water and a snack and allow 3 hours for this hike. Rain will cancel the hike. Registration is required. Contact: Margaret Smith – spikie542003@yahoo.com

Saturday, February 17 – Shelby Forest – Woodland and Pioneer Springs Trail. This is a 5-mile moderate hike. We will begin at the trailhead of the Woodland Trail and hike the flatter parts of the trail to the Woodland Shelter where we will take a snack break. From there we will take the Pioneer Springs Trail to Poplar Tree Lake passing the spring shelter. We will have the option of going up the new trail along the bluff or staying on the flat trail. Boots or sturdy shoes are recommended. Contact: Wayne Simpson – w.simpson1@comcast.net or 901-285-1988 (no texts)

Saturday, February 24 – Wolf River Environmental Restoration Trail. This 5-mile hike is flat in the woods and partly on a gravel road. The trails are often used by people on horseback. Sturdy shoes or boots are recommended. Bring water and a snack. Rain will cancel the hike and registration is required. Since this is a new hike for our group directions are as follows: Google Maps lists the trailhead location as the **Collierville Greenbelt trailhead, Collierville TN 38017**. The trailhead located on a dirt parking lot is off Collierville-Arlington Rd. There is a sign (Wolf River Environmental Greenway Trail System) at the entry to the parking lot but is difficult to see because it faces north. There will be TTA signs on Collierville Arlington Rd. to direct you. Turn onto the road at the sign and follow the dirt parking lot at the dead end. Contact: Janet Sheahan – janet.n.sheahan@gmail.com

MURFREESBORO CHAPTER

CHAPTER CO-CHAIRS: Jeanne Conatser - 615-971-8894 - djconatser@comcast.net

Sara Kennedy - 615-692-9057 - ttamurfreesboro68@tennesseetrails.org

OUTINGS COORDINATOR: Sara Pollard - 615-714-3610 - ttamurfreesborohikes68@tennesseetrails.org

MEETS MONTHLY: 2nd Tuesday at 7:00 pm CT, Barfield-Crescent Park's Wilderness Station, 401 Volunteer Road, Murfreesboro

BLOG: www.tennesseetrails.org/blog/murfreesboro

Saturday, February 3 – “Pick a Park” series. Standing Stone State Park. Hilham. 4.7 miles rated moderate. Parts of the trail around the lake are uphill both ways, but the views are great. Meet at 10:00 A.M. CT at the Visitor Center for a slow, cold jaunt around Kelly Lake. Bring sturdy shoes, sturdy stick, water, and snacks. You MUST RSVP by Thursday, February 1, since the weather can be unpredictable. For more information or to sign up, contact Jeanne Conatser at 615-971-8894 (text only please).

Thursday, February 8 – Virgin Falls State Natural Area. 2080 Scotts Gulf Road, Sparta. 9.0 miles rated strenuous. Multi chapter hike with Highland Rim and Nashville. The trail descends around 900 feet in elevation along a path that in many areas is rocky with uneven footing. Because this trail is rugged, we will allow 6-7 hours for this hike and will have to maintain a pace to allow plenty of daylight. Virgin Falls State Natural Area is the most-visited state natural area in Tennessee with interesting scenery and features three beautiful waterfalls Big Laurel Falls, Sheep Cave Falls, and Virgin Falls. Bring water, snacks, and lunch. For more information or to sign up, contact Sara Pollard at 615-714-3610 or sarabpollard@gmail.com

Saturday, February 10-Sunday, February 11 – Beginner Backpacking. South Cumberland State Park. Sequatchie. Small Wild Area group campsite. Joint event with the Highland Rim chapter. The campground is a 2.5-mile hike from the Foster Falls parking lot. Water is available next to the campsite and an outhouse is nearby. All levels of experience are welcome. After setting up camp we will hike along the bluff and take the Climbers Loop to the bottom of Foster Falls. There's the option of hiking to Raven Point on Sunday and staying until Monday. Hiking poles are recommended. For more information or to sign up, contact Sara Pollard at 615-714-3610 or sarabpollard@gmail.com

Tuesday, February 13 – Chapter Meeting – 7:00 P.M. CT. Barfield Crescent Park Wilderness Station. Jana Foster will give a presentation on a recent hike in the Dolomites in Italy. The Dolomites also known as the Dolomite Mountains are a mountain range in northeastern Italy known for the beauty and diversity of the landscape. For more information contact Chapter Co-Chair Jeanne Conatser at djconatser@comcast.net.

Saturday, February 17 – Henry Horton State Park. Chapel Hill. John's Breakfast Hike. 5.8 miles rated moderate. Meet at John Ruth's Campsite 14 for breakfast at 9:00 A.M. CT and hike begins at 10:00 A.M. CT. For the hike, park at the hammock campground parking lot. The hike will begin on the Adeline Wilhoite River Trail, turn left, and hike to the end. Turn around and hike past the point from the start and to where it connects to the Adeline Wilhoite River Loop Trail. We'll hike this trail to where it connects to the Wetland Trail and back to our starting point on the Adeline Wilhoite River Trail. The hike includes an observation tower and deck and most of the trail travels along the Duck River. If you are coming for breakfast, RSVP to John Ruth, johnmruth@comcast.net by Monday, February 12. For more information or to sign up, contact John Ruth at johnmruth@comcast.net.

Thursday, February 22 – Barfield Crescent Park. 697 Veterans Parkway, Murfreesboro. From 9:30 A.M. CT - 1:00 P.M. approximately 4 miles rated moderate. Meet at the porch of the Wilderness Station. Follow signs in the park to locate the Station. There is a restroom at the station, but none along the hiking route. We will hike the Marshall Knobs Trail (2.65 miles) plus the Blue Loop (Valley View) add (1.15 miles) where we can stop for a light lunch at the raised observation platform if the weather is agreeable. Bring snacks, beverages, and a light lunch. Wear layers, and dress for the weather. The White Loop (Rocky Path) may be included if some or all of the group want to add the additional 1.10 miles. The Blue and White Loops are directly off the Marshall Knobs Trail. The trail is paved at first, then a dirt path with abundant rocks and roots to trip over. Please wear appropriate shoes or hiking boots for rough footing that may be slippery or muddy. Hiking poles can be useful, some of the steps are high. The trail does have some elevation gain, though not much. There may be wildlife along the way as part of the path is along the Stones River and it's all in the woodland. NO PETS, please. For more information, or to sign up, please contact Jane Reyling at 702-279-7805 (text may be most efficient), or email at JRYL76@gmail.com.

Sunday, February 25 – Cedars of Lebanon State Park. Lebanon. Limestone Sink Trails. 4.6 miles total rated easy. The Hidden Springs Trail is 4.2 miles and Limestone Sink Trail adds .4 miles. After the hike, we can stay for a picnic lunch at one of the shelters if the weather is pleasant enough. Bring your snacks, beverages, and lunch. The trail is mostly flat but may be muddy or frozen, depending on the weather. Please check the weather conditions and dress accordingly. If it is too muddy, the event will be canceled, so please include your phone number when signing up. This area is interesting at this time of year for the possibility of seeing wildlife, and new growth in the plants. The sinkholes are always interesting to see. We will meet at the trailhead on Stables Road, near the picnic area with shelters at 9:00 A.M. CT. There are restrooms at the picnic area. No restrooms along the trail. For more information, or to sign up, please text 702-279-7805, or email Jane Reyling at JRYL76@gmail.com.

NASHVILLE CHAPTER

CHAPTER CHAIR: Doug Burroughs - 615-587-0085 - ttanashville68@tennesseetrails.org
OUTINGS COORDINATOR: Barbara Bennett - 202-236-0880 - ttanashvillehikes68@tennesseetrails.org
(email Barbara & volunteer to lead an outing)

MEETS MONTHLY: 4th Tuesday 6:00 P.M. CT in the REI Community Room 261 Franklin Rd, Brentwood TN.
Optional Pre-Meeting Activity if posted on the TTA website calendar.

Every Wednesday -- Radnor Lake Standing Hike (February 7, 14, 21, 28), Radnor Lake State Park, Nashville TN. 5 miles. Moderate. Meet at the Visitor Center, West Parking Lot off Granny White, 1160 Otter Creek Road. Arrive 5-10 minutes early to be ready to hike at 7 am, or earlier if everyone has arrived. This hike has elevation gains on both Gainer Ridge and South Cove Trails. We usually walk at a moderate pace and finish up around 9 AM. There are several opportunities to take shorter and flatter alternatives if you want to make it an easier hike. Text Doug Burroughs at 615-587-0085 to register.

Thursday, February 8 -- Virgin Falls State Natural Area, 2080 Scotts Gulf Road, Sparta, TN. 9 miles roundtrip. Strenuous. Meet at "Virgin Falls Trailhead Parking" on Google Maps. The trail descends around 900 feet in elevation along a path that in many areas is rocky with uneven footing. Because this trail is rugged, we will allow 6-7 hours for this hike and will have to maintain a pace to allow plenty of daylight. Virgin Falls State Natural Area is the most-visited state natural area in Tennessee with interesting scenery and features three beautiful waterfalls Big Laurel Falls, Sheep Cave Falls and Virgin Falls. Bring lunch, water, and wear sturdy hiking boots. For more information on the hike & trailhead, and to register, contact Doug Burroughs at 615-587-0085 (text or leave a message). Also, be sure to check the TTA website listing of this hike for possible updates.

Friday February 16 – Montgomery Bell State Park, Dickson County, TN. ~11 miles. Moderately difficult for terrain and length. We'll hike the Montgomery Bell trail with a short detour on the Ore Pit trail, enjoying a combination of forest scenery, water features, and history. Bring plenty of snacks, water, and lunch for the trail. We may encounter muddy sections. Register with Mark for updates: midtn@tnhiker.net or (615) 669-3221. *Alternate date for inclement weather: Friday, February 23rd.*

Planning Ahead:

March 1 –TTA volunteer day at Beaman Park, Ashland City, TN. 9:30-11:30 am. Activities include invasive removal, trail rehab, or whatever the ranger needs. Please consider helping and please contact Wendy Fish: 4fishies@comcast.net or 615-268-4586 for a meeting location. Other future 2024 Beaman Park volunteer days are June 7, September 6, and December 6.

Liability Waiver REQUIRED

Attention: Hike Coordinators and Hike Leaders:

A TTA Release of Claims & Hold Harmless Agreement form (aka "Liability Waiver") must be signed by everyone before you start your hike or before carpooling to your hiking destination.

The form can be obtained from your local Chapter Officer or downloaded easily from our website:
<https://tennesseetrails.org/hikes-events/liability-release-form/>

PLATEAU CHAPTER (Crossville)

CHAPTER CHAIR: Bill Wisniewski - 931-335-9360 - tplateau68@tennesseetrails.org
OUTINGS COORDINATOR: Deb Westervelt - 931-267-2243 - tplateauhikes68@tennesseetrails.org
MEETS MONTHLY: 2nd Thursday at 6:00 P.M. CT

All of our hikes can be found in the Chronicle Scene Section calendar, on our website <https://tennesseetrails.org/chapters/plateau-chapter/> or Facebook Group page: TTA PLATEAU CHAPTER CROSSVILLE. We look forward to Walking in the Woods with you.

On Friday October 27th, 17 Plateau Chapter members and friends headed out to [Cumberland Gap National Historical Park](#). Tucked away in the far southwest corner of the state, this 24,000-acre national park encompasses three states: Virginia, Kentucky, and Tennessee. Upon arriving, the travelers split into two hiking groups. Deb Westervelt led the more challenging hikes on the Cumberland Trail (CT) consisting of 10 hikers, while Melissa, Rosie and Cyn led the rest on trails in the Cumberland Gap National Historical Park.

The fall colors were spectacular, and the weather was beautiful. The group stayed in the quaint little town of Cumberland Gap which is on the Tennessee, Kentucky, and Virginia borders.

Pictured below is the pavilion at the tri-state peak. Here you can see all 3 states. It was a beautiful view, on one side you can see the town of Cumberland Gap TN. There is another shorter trail up that side of the mountain to the top. Next, they headed up to Pinnacle Overlook. The road had lots of sharp turns, but the view from the top at 2440 ft. was beyond stunning. They indeed hit the jackpot for a beautiful weekend when the trees were at their peak. The pictures below do not convey the beauty, but it was stunning.



DEB'S GROUP AT EAGLE BLUFF OVERLOOK



THE PAVILION AT TRI-STATE PEAK AND THE VIEW FROM PINNACLE OVERLOOK

SCENIC CITY CHAPTER

(Greater Chattanooga Area)

CHAPTER CHAIR: Lucy Cahill - - ttasceniccity68@tennesseetrails.org

OUTINGS COORDINATOR: Betsy Darken - 423-718-2060 - ttasceniccityhikes68@tennesseetrails.org

MEETS QUARTERLY: Thursday of the week following the TTA Board Meetings in Feb, May, Aug and Oct at 5:30 P.M. ET

Saturday, February 3 — Prentice Cooper: Indian Rockhouse to Lawson Rock, 6.4 miles in & out, moderate. Stone steps lead down to the Rockhouse, then wind around rocky bluffs to a spectacular view of Suck Creek gorge and the Tennessee River. Check the weather forecast and choose appropriate layers; wear hiking shoes or boots; bring water, snacks, and/or lunch; gather up hiking poles, rain jacket, and sunscreen as needed. For carpooling/caravanning, meet at 8:30 A.M. ET at Food City on Signal Mountain Road, the near back corner of the parking lot. <https://bit.ly/3pk0suY> Please register with hike leader Will Latham, (704) 365-8889. Carpool costs: \$2.00.

Tuesday, February 6 — South Cumberland State Park: Foster Falls to Small Wilds Campground, 5 miles out-and-back, flat, easy to moderate. On this hike we will enjoy two overlooks of Foster Falls and many cool overlooks of Fiery Gizzard Cove. Check the weather forecast and choose appropriate layers; wear hiking shoes or boots; bring water, snacks, and/or lunch; gather up hiking poles, rain jacket, and sunscreen as needed. Meeting time is 9:15 am ET at the Foster Falls/Fiery Gizzard South Trailhead, 498 Foster Falls Road, Sequatchie, TN. For carpooling/caravanning from Chattanooga, meet at 8:30 am ET at the parking lot just after LaQuinta Inn, right (north) off I-24 Exit 175.

<https://bit.ly/3QITAD4> Register with Joan Hartvigsen, at jhartvigs@comcast.net or 931-636-2914. Carpool cost: \$3.00.

Saturday, February 10 — Upper Bald River Trail and Benton McKaye Trail along Brookshire Creek, around 11-12 miles out-and-back, strenuous. This trail leads deep into the wilderness, first gently up the Bald River. This is a beautiful mountain stream that takes us to a 15-foot waterfall. Then we branch onto the Benton MacKaye Trail along Brookshire Creek, turning around at the TN-NC state line. Bring your water shoes. Check the weather forecast and choose appropriate layers; wear hiking shoes or boots; bring water, snacks, and/or lunch; gather up hiking poles, rain jacket, and sunscreen as needed. For carpooling/caravanning, meet at 8:30 am ET in the parking area near the gas station at Food City in Ooltewah, right (east) off I-75 exit 11. <https://bit.ly/3dwmbxn> Please register with hike leader Betsy Darken, 423-718-2060. Carpool cost: \$8.00.

Tuesday, February 13 — Goforth Creek and Scenic Spur Trails, 4 miles or so, moderate, out-and-back. Goforth Creek is a crazy little whitewater creek that jumps over huge boulders before it settles down for 50 feet and flows quietly into the Ocoee River. We'll walk along this creek for a little way to admire the waters leaping over, around, and through the boulders. Then we'll drive to the Scenic Spur trailhead and hike on a beautiful trail that takes us to an impressive waterfall, known by some as Rainbow Falls. The trail follows Rock Creek, which is making a determined exit off Chilhowee Mountain after jumping down Benton Falls and carving its way through several cliffs. We will pass scads of rhododendron bushes and look up at impressive cliffs guarding the northern edge of this narrow valley. There are a couple of creek crossings, so be sure to bring your water shoes. Check the weather forecast and choose appropriate layers; wear hiking shoes or boots; bring water, snacks, and/or lunch; gather up hiking poles, rain jacket, and sunscreen as needed. For carpooling/caravanning, meet at 8:30 am ET in the parking area near the gas station at Food City in Ooltewah, right (east) off I-75 exit 11. <https://bit.ly/3dwmbxn> Please register with hike leader Tom McElhone, 805-208-4654 or sarmitta@yahoo.com. Carpool cost: \$4.00.

Saturday, February 17 — Cumberland trail: Retro-Hughes Road to Leggett Road, with a shuttle. Longer option: 8-9 miles, moderate, about 1000' el. gain. Shorter option: 5.4 miles, moderate. We all start at the Retro-Hughes trailhead of the CT, traverse through a lovely pine forest, climb up a wooden ladder, and descend rock stairs into the impressive Rock Creek gorge. After we cross an 80-foot bridge, we take the upper Rock Creek loop up the ridge to a T intersection. Here, hikers taking the shorter option turn left to hike a short distance to the Upper Leggett trailhead and their shuttle vehicle. Hikers taking the longer option turn right, take a spur trail to a fine lookout, then continue on the Rock Creek trail out to the lower Leggett trailhead. Check the weather forecast and choose appropriate layers; wear hiking shoes or boots; bring water, snacks, and/or lunch; gather up hiking poles, rain jacket, and sunscreen as needed. For carpooling/caravanning, meet at 8.30 am ET at the Durham Street parking lot (ball fields) off Dayton Pike in Soddy-Daisy. <https://bit.ly/3Qjdc0S> Please register with Tammy Hendrick at 315-949-8187. Carpool cost: \$3.00.

Tuesday, February 20 — Greenway Farm in Hixson TN, 4.7 miles, easy. We will combine the paved and graveled main trail with the dirt trail that borders North Chickamauga Creek. Check the weather forecast and choose appropriate layers; wear hiking shoes or boots; bring water, snacks and/or lunch; gather up hiking poles, rain jacket, and sunscreen as needed. Meet at the parking lot at Greenway Farm, 3008 Hamill Road, which is about 1.6 miles NE of the intersection of Hamill Road and Highway 153. Please register with hike leader Ginny Kidd by texting her at (423)304-3799.

Saturday, February 24 — Option #1: Turtletown Falls Trail, 5.2 miles, 730' el. gain, lollypop, moderate. Option #2: After the Turtletown Falls hike, drive to Coker Creek Falls Trail for an out-and-back hike, for a total of 9.9 miles, 1320' el. gain, moderate/strenuous. Turtletown Falls Trail is well maintained, winds through a beautiful forest, and takes us to not one but two waterfalls. What more can you ask for? Coker Creek Trail is somewhat rougher but provides lots of entertainment along this whitewater creek, including fine cascades and waterfalls. Check the weather forecast and choose appropriate layers; wear hiking shoes or boots; bring water, snacks and/or lunch; gather up hiking poles, rain jacket, and sunscreen as needed. For carpooling/caravanning, meet at 8:30 am ET in the parking area near the gas station at Food City, 6043 Relocation Way, Ooltewah, right (east) off I-75 exit 11. <https://bit.ly/3dwmbxn> Please register with hike leader Betsy Darken, (423) 718-2060. Carpool cost: \$6.00.

Tuesday, February 27 — Bay Point Loop Trail in Harrison Bay State Park, easy, about 4.3 miles, 124' el. gain. Enjoy awesome views of the bay as we meander through the woods. Hopefully we will see wildlife, possibly even some deer. Check the weather forecast and choose appropriate layers; wear hiking shoes or boots; bring water, snacks and/or lunch; gather up hiking poles, rain jacket, and sunscreen as needed. Meet at 8:30 am at the trailhead, which is near Dockside Café in the park. Please register with hike leader Tim Booth, (423) 400-2011, Tceebooth@epbfi.com.

SUMNER TRAILS CHAPTER

CHAPTER CO-CHAIRS: Donna & David Hobbs - 803-634-3470 - tsumnertrails68@tennesseetrails.org
OUTINGS COORDINATOR: Donna Hobbs - 803-634-3470 - tsumnertrailshikes68@tennesseetrails.org

Wednesday, February 14, 10:30 A.M. Triple Creek Park, Gallatin. 3.5 miles. Easy. Paved. Bring your favorite valentine! Meet at the Gallatin Civic Center outer parking lot, 210 Albert Gallatin Ave. We will walk from the Civic Center into Triple Creek Park (.85m), then follow the park's perimeter loop trail (1.80m) and return to the Civic Center (.85m). Mostly flat with one gentle uphill section. Restrooms at the Civic Center. Lunch to follow in downtown Gallatin if you so desire. Contact: Donna at 925-759-0518 or John at 925-759-0517.

Friday, February 23 – Percy Warner Park. Nashville, TN. 5.1 miles. We will hike the Mossy Ridge Trail beginning at the Deep Well Trailhead. Moderately challenging trail with several steep sections and gradual inclines. Hiking boots, hiking poles, and plenty of water are recommended. Meet at Glenbrook Kroger if carpooling at 9:15 A.M. or meet at the trailhead at 10:00 A.M. There are restrooms at the trailhead. If meeting at the trailhead or for additional information, contact David Hobbs at 803-634-3470.

UPPER CUMBERLAND CHAPTER (Sparta / Cookeville)

CHAPTER CHAIR: Cathy Moran 931-544-2764 tauppercumberlandhikes68@tennesseetrails.org
OUTINGS COORDINATOR: Cathy Moran 931-544-2764 tauppercumberlandhikes68@tennesseetrails.org

Check the website for hikes or updates.



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CHAPTER REPRESENTATIVES ON THE BOARD

ARE LISTED WITHIN EACH CHAPTER'S HEADER

Newsletter Editor

Mary Lewis Tims 731-780-5550
ttaeditor68@tennesseetrails.org

2023 TTA Board of Directors Meetings

All members are invited to attend board meetings. Contact Duane Frichtl for the link to join Zoom meetings!

Feb 6, 6:30pm CST via Zoom

May 7, 6:30 pm CST via Zoom

Aug. 6, 6:30 pm CST via Zoom

Oct. 27, at 8:00 am at Fall Creek Falls Lodge

Guidelines for Submitting Hike Information

When submitting monthly hike listings, please include the following information:

- **At the front of the description include the date, trail name, location** (Park, City, State), **mileage, and rating** (easy, moderate, etc.),
- **Also include a hike description** (what you may expect to see, elevation changes, obstacles that affect the hike rating), **what to wear or bring, meeting time and location, and hike leader's contact information.**
- Please identify any hikes that are multi-chapter events.
- Please DO NOT format the submissions (avoid bold, italics, underlining or colored text) as this slows the editorial process.

A good hike description can encourage members (and prospective members) to try a new hike, but also alerts prospective hikers to outings that may be unsuitable for their level of expertise, fitness, or fear of heights and suspension bridges.

We will also be glad to print any hike reports, general chapter news and hike or event photography.

Newsletter Deadlines:

Deadlines for Chapter announcements and articles of special interest are due on or before the 10th of each month for the following month's newsletter.

All submissions are subject to editing. Articles of general interest and non-hiking events will be included as space permits.

Please send all submissions to:
ttaeditor68@tennesseetrails.org

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☐

A NEW MEMBER

☐

RENEWING MY MEMBERSHIP

Memberships are for one year, unless you have a Lifetime Membership.
Gift Memberships are also available. Contact our Membership Director,
Marti Owensby ttamembership68@tennesseetrails.org

Please Mail This Form To:

Membership Director

P.O. Box 41446

Nashville, TN 37204-1446

PLEASE PRINT CLEARLY.

____ Individual \$25.00
____ Family \$35.00
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____ Supporting (\$50.00, \$100.00 or more)
____ Life Member (Individual) \$500.00
____ Life Member (Family) \$750.00

Name _____
Address _____
City _____ State _____
Phone () _____ Zip _____ -- _____

E-mail (required) _____

For privacy, please do not list the following in
the TTA Annual Membership Directory

- ☐ E-mail addresses
- ☐ Mailing address
- ☐ Telephone numbers

Please list me with the following chapter:

____ Clarksville	____ Murfreesboro
____ Columbia/Franklin	____ Nashville
____ East TN (Oak Ridge/Knoxville)	____ Plateau (Crossville)
____ Highland Rim (Manchester/Tullahoma)	____ Scenic City (Greater Chattanooga Area)
____ Jackson	____ Sumner Trails (Sumner County)
____ Memphis	____ Upper Cumberland (Sparta/Cookeville)
____	____ At Large

When you become a TTA member, you will have access to the Members Area of our website (www.tennesseetrails.org) which includes the Membership Directory listing members by chapter and how to reach them. You will also receive our monthly newsletter which contains information on upcoming hikes, events, chapter meetings, and volunteer opportunities. We encourage you to review the Hiking Handbook (under the Hikes & Events section), a reference containing information about TTA, trail etiquette, and hiker responsibilities. We invite you to attend any number of monthly meetings where you will enjoy diverse programs, socializing and refreshments. Also, we hold our annual meeting in the fall at one of Tennessee's many parks for a weekend of hiking, camaraderie, and programs, in addition to learning about the progress and plans of the organization.

Not a member yet? Please check out one of our hikes or meetings soon!