

# 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**



## TTA Annual Meeting -- October 25-27, 2024 Fall Creek Falls State Park

The Highland Rim and Murfreesboro Chapters are co-hosting the 2024 annual conference at **Fall Creek Falls State Park on October 25-27, 2024**. Activities will take place at the new lodge, a truly stunning facility. Fall Creek Falls State Park is one of the premier state parks in Tennessee, and October is peak "leaf" season making for spectacular hiking. The rooms that we reserved at the Lodge appear to be full. You can ask your TTA friends if they have a room with an extra bed they'd like to share. Cabins also appear full; contact 1-888-867-2757 to check for openings/cancellations.

### Here are some Nearby Lodging Options:

- [Cascade Inn at Fall Creek Falls](#) (now includes Mitchell Manor) -- About 10 minutes from the Lodge. 34 Rozzell Rd, Pikeville, TN (423) 881-5700
- [Cozy Cabins & Cottages](#)--5 minutes outside FCF in Spencer, TN 931-946-3144
- [Mountain Glen RV Park & Campground](#) Camping & Glamping options. 20 minutes from FCF. 877-716-4493

Limited campsites in FCF are currently still available. [Camping Reservations](#) We have added a second group campsite 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—a maximum 15 people per group campsite. Parking is limited. Contact Georganne Ross at [georganne.ross@gmail.com](mailto:georganne.ross@gmail.com) for more information and to reserve your spot.

**Featured Hikes:** We will offer several hikes on the Cumberland Trail. Hikes include the Soddy Creek Gorge Segment, Possum Creek Segment, Snow Falls Trail, and Laurel Falls.

**Pontoon Boat Tour!** We have reserved a Saturday afternoon and Sunday morning ranger-led interpretive Pontoon Boat Tour of the lake. Each 1-hour long tour is limited to 10 people and costs \$10 per person; pay at registration on October 25. This will be a great option for those who take a shorter morning hike and want to cap off the day cruising the lake.

**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](mailto:rjoecampbell@hotmail.com).

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## 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](mailto:wlatham@lathamconsulting.com).

# 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](mailto:duane5505@icloud.com)

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## Trails and Trilliums Festival April 19-21, 2024 Beersheba Springs, Tennessee

The Trails and Trilliums Festival is an annual event hosted by the Friends of South Cumberland and features many events concerning trails, wildflowers, lectures, and plant sales.

The festival includes three days of guided hikes, workshops, and talks by 50 top naturalists from across the state. Visit Stone Door, Savage Gulf, Greeter Falls, and Collins Gulf. The trails, waterfalls, overlooks, and wildflowers are unparalleled.

All information is on their website - [www.trailsandtrilliums.org](http://www.trailsandtrilliums.org). Registration opens on February 12.

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## From the Membership Committee:

Randal Graham of the East Tennessee Chapter recently renewed his membership as a Lifetime Member. Randal has been a member of TTA since 2018 and lives in Knoxville.

TTA appreciates the Lifetime Members and their support of the development and maintenance of hiking trails across Tennessee. Consider becoming a Lifetime Member so you won't have to renew your membership every year!

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## 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/>

# 2023 TTA ANNUAL MEETING REPORT

## NATCHEZ TRACE STATE PARK

The Tennessee Trails Association Annual Meeting was held in Natchez Trace State Park at the Pin Oak Lodge October 20-22, 2023. It was hosted by the Jackson and Memphis Chapters with 114 people registered. The lodge, cabins and campgrounds were available for reservations. 21 hikes were offered over three days.

MANY volunteers spent MANY hours organizing and executing their various duties.

We want to thank every single person who volunteered and those who attended this very successful Annual Meeting!! It took all of us to make this happen and we are so grateful to all of you!

Our willing volunteers coordinated the following areas:

Registration	Hikes and Hike Leaders
Programs and Entertainment	Printing Tags and Forms
Meal Ticket Collection	T-shirts
Bake Sale	Bingo and Prizes
Silent Auction and Fund-Raising	Posters and Table Decorations
Live Auction	AV Support
Welcome Bags for Registrants	
Donations and Silent Auction Contributors	

### FINANCIAL SUMMARY:

TOTAL INCOME (including donations):	\$17,544.50
TOTAL EXPENSES:	\$ 6,819.84
Surplus available for the Evan Means Grant Program:	\$10, 724.66

### RECIPIENTS OF AWARDS:

Tennessee Trails Award: Cheryl Heckler  
Mack Prichard Environmental Award: Wayne Simpson  
Bill Stutz Award: Betsey Darken  
Bill Stutz Award: Philip Anderson



# Cumberland Trails Conference

**Office Location:**

409 Thurman Avenue, Ste 102  
Crossville, TN 38555

**Office Hours:**

Monday - Thursday  
8 AM – 3 PM CT

**Phone:**

931-456-625

**E-mail:**

[ctcoffice2014@gmail.com](mailto:ctcoffice2014@gmail.com)

**Website:**

[www.cumberlandtrail.org](http://www.cumberlandtrail.org)

**Trail Construction Update:** It has been a tough few weeks for the trail crew. Roughly half the month of January had inclement weather that halted trail construction and canceled our events. Rain, snow, wind, and ice challenged us. Regardless, our trail crew toughed out many days of frigid temperatures to build over 1,400 feet of trail with more than 100 stone steps and pavers. There were three old roads that the trail crossed and/or followed within the trail they built. One of the old roads turned into a giant drainage system from decades of erosion. The trail crew placed huge stone pavers (some over 3ft long and 2 ft wide) to traverse above the water, allowing the water to flow into the river without hikers suffering from wet boots. The trail continues towards Piney River, where it proceeds beside the river for a couple hundred feet before heading back uphill. The current location is very steep and dangerous. Multiple stone steps will be placed to aid the elevation gain along the mountainside.



**Events:** February 24<sup>th</sup> - 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 trail-head in North Chick Creek Gorge State Park (354 Montlake Rd, Soddy-Daisy, TN 37379). Please email us if you have any questions.

There will be no set volunteer dates for March. We will be hosting our annual Alternative Spring Break program, where college students spend their spring break learning how to build low-impact sustainable hiking trails with some area-specific educational programs. If you are interested in helping us during this event, please email us at [info@cumberlandtrail.org](mailto:info@cumberlandtrail.org).

**Good News:** The Hinch Mountain Segment is officially open! Find a write-up of the mile-markers along this segment, voluntarily written by Gary Stephens, on our [website](http://www.cumberlandtrail.org). This is a very strenuous hike due to its length and elevation gain. There are no designated campsites along this 17.3-mile section of the Cumberland Trail. There is also a time change within this hike from Eastern to Central time. This section connects Stinging Fork Falls to the Head of Sequatchie.



## 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/>



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## CLARKSVILLE CHAPTER

**CHAPTER CO-CHAIRS:** Steve Turner - 931 220 0927 Cinde Jones - 870 215 8993

[taclarksville68@tennesseetrails.org](mailto:taclarksville68@tennesseetrails.org)

**OUTINGS COORDINATOR:** [taclarksvillehikes68@tennesseetrails.org](mailto:taclarksvillehikes68@tennesseetrails.org)

**MEETS MONTHLY:** 3<sup>rd</sup> Tuesday at 6:30 pm CT, Wade Bourne Nature Center, 2308 Rotary Park Dr., Clarksville, TN 37043.

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**Saturday, March 2 – Cedars of Lebanon – Cedar Forest Trail, Hidden Springs Trail.** Cedar Forest Trail – 1.8 Miles Easy. Hidden Spring Trail – 4.3 Miles Moderate. The park is named for eastern red cedar trees found throughout the area. The trees reminded early American settlers of the famed Biblical cedar forests that thrived across Mount Lebanon in what is now the Mediterranean area. Meet at I24 Exit 11 Park and Ride. Depart at 8 am CT. Drive 72 Miles to the Trailhead. Hike Leader – Steve Turner 931 220 0927

**Saturday, March 9 – Hike with another Chapter**

**Saturday, March 16 – Bowie Nature Park.** Bowie Nature Park Perimeter Trail 4.7 Miles Moderate. Lakes of Bowie Loop Trail 2.5 Miles Easy. Dr Evangeline Bowie purchased 722 Acres of barren and eroded land in the 1950's. She worked to improve land management, digging lakes, creating a hydrology system, and planting over 500,00 trees. The park was deeded to the City of Fairview in 1992, with the Nature Center opening in 2003. The park includes 17 miles of trails. Meet at the Big Lots parking area, Riverside Drive, Clarksville. Depart at 8 am CT. Drive 50 Miles to Trailhead. Hike Leader – Jan Hodgson 931 220 4140

**Tuesday, March 19 – Clarksville Chapter Meeting, Rotary Park**

Meet at 6:30 pm CT at the Wade Bourne Nature Center. Agenda to be advised. Meet Up Location – [Rotary Park, Wade Bourne Center](#)

**Saturday, March 23 – Cumberland River Bicentennial Trail - 6 Miles, Easy.** This is a relatively flat trail, with great views of the Cumberland River along with nice bridge crossings. Meet at Food Lion on Madison Street, Clarksville for an 8 am CT Departure. Drive 20 Miles to the Trailhead. Hike Leader - Ed Oliver (931) 561-9946

**Saturday, March 30 – No Hike – Easter Weekend**

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## COLUMBIA/FRANKLIN CHAPTER

**CHAPTER CO-CHAIRS:** Jane Coffey - 615-516-6551 and Marvin Caine - 931-486-1632, [ttacolumbia68@tennesseetrails.org](mailto:ttacolumbia68@tennesseetrails.org)

**OUTINGS COORDINATOR:** Jane Coffey - 615-516-6551, [ttacolumbiiahikes68@tennesseetrails.org](mailto:ttacolumbiiahikes68@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.

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**Tuesday, March 5 - Columbia/Franklin Quarterly Meeting.** We will present Jackie Kelly's hike on the Natchez Trace. Social hour begins at 6 p.m. The program begins at 7 p.m. We will also discuss hikes for the second quarter.

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## EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER CHAIR: Rosemary Marshall - 865-985-9144 - [ttaeasttennessee68@tennesseetrails.org](mailto:ttaeasttennessee68@tennesseetrails.org)

OUTINGS COORDINATOR: Carolyn Reeves - [ttaeasttennesseehikes68@tennesseetrails.org](mailto:ttaeasttennesseehikes68@tennesseetrails.org)

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**Saturday, March 9 - Hike Ft Sam/ Lakeview loop in Norris Dam SP.** Approximately 4-mile trail above lake shore connecting at High Point to Ft Sam loop. This hike takes in rolling hills and great views of Norris Lake. It's rated moderate. After the hike, please join us at the Clinch River Brewery for lunch and beverages. Meet 10a at TVA Norris Dam visitor center on US 441. Bathrooms will be at the trailhead. If you have any questions, please contact our Leader, Jan Lyons at [janlyons.fun@gmail.com](mailto:janlyons.fun@gmail.com)

**Saturday, March 16 - Hike Fort Loudon State Historic Park.** Fort Loudon State Park is located on Tellico Lake. Ft. Loudon was built in 1756, one of the earliest settlements by the British to secure the South during the French and Indian War in the middle 1700s. We will start our hike on the Ridge Top trail for half a mile then take the Meadow Loop trail and then back on the Ridge Top trail to the starting point of our hike. The total length of the hike is about 5 miles, and the hike is rated as easy. We recommend hiking poles, sturdy hiking shoes, other weather-appropriate clothing, a snack, a drink, and a camera. After hiking the two trails mentioned above, we can walk over to the Fort, close to the visitor center where we met. The fort was rebuilt in 1915 from the old structure built during the French and Indian War and designated a National Historic Landmark in 1965. The State has made many improvements over the years and holds re-enactments during the year. It is very interesting to walk through this area of the park. You can find information and a map of the park at <https://tnstateparks.com/parks/fort-loudoun>. After the hike and visit to the fort, we may have a meal and refreshments at a local establishment. To register for the hike, contact Carolyn Reeves at [crhiker04@gmail.com](mailto:crhiker04@gmail.com) or 865-399-2972. We will leave from the Ft. Loudon visitor center at 9:00 a.m. on Saturday. There is plenty of parking there.

**Saturday, March 30 - Hike River Bluff Trail – Norris Dam.** We will park at the trailhead on Dabney Road and hike the lower section of the trail along Norris River, less than two miles each way. The walk along the river is relatively flat. Where we will turn around the trail goes up the bluff to make a loop. Some may want to walk the loop. The total distance, about 3 miles, is about the same either way. The hike difficulty is rated as easy to moderate. We recommend shoes to wear to and from the hike plus sturdy hiking shoes, other appropriate clothing, a snack, something to drink, and a camera. We will meet at Ingles Market, 215 Cedar Lane in North Knoxville, leaving at 9:15 am. You may meet us at the southeast end of the Wal-Mart parking lot at the I-75 / State 61 intersection near Norris, leaving there at 9:45 am, and arriving at the trailhead parking at about 10 am. Round trip distance from Ingles, 44 miles, and Wal-Mart, 8 miles. If you want to meet us at the trailhead, take I-75N to exit 122; turn right on TN-61; about 1.4 miles turn left onto US 441 and proceed across the dam; turn left onto Dabney Road, the first road on the left after the second hairpin turn, staying left, going downhill, to the parking area. 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, leave a message, or send an email to [cressler@retiree.utk.edu](mailto:cressler@retiree.utk.edu). Mar 9 Hike Ft Sam/ Lakeview loop in Norris Dam SP. Approximately 4-mile trail above lake shore connecting at High Point to Ft Sam loop. This hike takes in rolling hills and great views of Norris Lake. It's rated moderate. After the hike, please join us at the Clinch River Brewery for lunch and beverages. Meet 10a at TVA Norris Dam visitor center on US 441. Bathrooms will be at the trailhead. If you have any questions, please contact our Leader, Jan Lyons at [janlyons.fun@gmail.com](mailto:janlyons.fun@gmail.com)



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## HIGHLAND RIM CHAPTER (Coffee and Franklin Counties)

CHAPTER CHAIR: Patricia Deen - 760-703-8115 - [ttahighlandrim68@tennesseetrails.org](mailto:ttahighlandrim68@tennesseetrails.org)

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

MEETS MONTHLY: 4<sup>th</sup> Monday

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**Saturday, March 2 – Short Springs State Natural Area Workday.** Meet at 8:00 am at the Short Springs Natural Area parking lot, 2250 Short Springs Road, Tullahoma. The tasks include re-anchor some steps, dig out stobs, cut away dead-falls, cut away brush. Bring water, work gloves, pruners and clippers and trail building tools. Please register with Joan Hartvigsen, [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net) or 931-636-2914.

**Thursday, March 7 – Jones Mill Trail, Long Hunter State Park. 9 miles, 4 to 5 hours.** The trail is a series of 4 mountain bike loops, which we'll combine into a barbell-shaped double loop that is mostly flat and easy. Mountain bike traffic is very light to non-existent. The terrain varies throughout the trail from cedar glades to cedar forest to deciduous forest, with some lovely old rock walls. There are awesome lake views, especially on the furthest loop and the second half of the hike. Bring lunch and water and wear good boots or trail runners. A walking stick or pole would be useful in several rocky sections. We will meet at the Jones Mill Trailhead near the entrance of the Bryant Grove section of Long Hunter State Park, Mt. Juliet, TN. To register or for more information contact Jim Barritt, [jsbarritt@gmail.com](mailto:jsbarritt@gmail.com) or 931-492-3212.

**Saturday, March 9 – Prater Place and Hemlock Falls Trail, Fall Creek Falls State Park, Spencer, TN. 6 miles out and back. Moderate due to some rocky areas and creek crossings.** Total elevation gain of 649 ft. This trail has everything: waterfalls, rock formations, caves, creeks, and early spring wildflowers. This is one of the newer Fall Creek Falls State Park trails. It is located outside of the park's north entrance just off Hwy 30 on Hwy 285 in Van Buren County. Bring water and lunch. Consider bringing water shoes. Register with hike leader Joan Hartvigsen, at 931-636-2914 or [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net). Meet at the trailhead at 8:30 CT.

**Sunday, March 17 – Boiling Fork Trail, Tims Ford State Park, 129 Fairview Campground Road, Winchester, TN. Three-mile Loop, easy.** This hike features many nice views of Tims Ford Lake, Devils Step Island, and mature hardwood trees. We will meet at 1:00 pm at the trailhead located in front of the entrance to Fairview Campground. Bring water and lunch. Register with Joan Hartvigsen, [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net) or 931-636-2914.

**Monday, March 18 - Highland Rim Chapter Meeting, 7:00 pm at the DW Wilson Community Center, 501 N. Collins Street, Tullahoma.** This is a joint meeting with the Friends of Short Springs group. Our featured speaker will be Dennis Horn. He will give a presentation about spring wildflowers. Dennis is a charter member of the Tennessee Native Plant Society and an editor of Wildflowers of Tennessee, the Ohio Valley, and the Southern Appalachians. As Short Springs is a reserve known for wildflowers this presentation will be a perfect preview of what we can expect to see at our local park. Before the meeting, at 5:30 pm, we will meet for dinner at **La Fiesta Bar & Grill**, 1410 N. Jackson Street, Tullahoma next to the Quality Inn. **Please contact Highland Rim Chapter member Joan Hartvigsen if you plan to attend dinner** so she can confirm the number for our reservation. Contact Joan at [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net) or 931-636-2914.

**Monday-Tuesday – March 18-19. Cumberland Trail Backpacking – Mullens Cove Loop, Prentice Cooper State Natural Area. Joint event with the Murfreesboro Chapter. A total of 9.8 miles rated moderately strenuous.** We will hike 5.6 miles to the Hemlock Branch campsite which has a water source. After setting up camp, we'll take a short hike to the Ransom Hollow Overlook. The next morning the hike is 4.2 miles out to complete the loop. This section includes spectacular views of the Tennessee River Gorge, an Indian rock house, and a stone door. Bring snacks and food for Saturday lunch, dinner, and Sunday morning breakfast. Hiking poles are recommended. For more information or to register, contact Jim Barritt at 931-492-3212 or [jsbarritt@gmail.com](mailto:jsbarritt@gmail.com). See the picture below.





**Tuesday, March 19 – Little Cedar Mountain Trail, TVA Small Wild Area, TVA Road, Jasper, TN. 3.2 miles loop, easy. 400 ft. elevation gain.** This trail hugs the western shoreline of the Tennessee River/Nickajack Lake as the tail-end of Walden Ridge is broken up in the Tennessee River Gorge and blends into the Sequatchie Valley. We will see many interesting rock formations, early spring wildflowers and overlooks of the beautiful Tennessee River. Bring water and snacks. Directions: take Exit 158 on I-24 about 25 miles west of Chattanooga and turn left. Register with hike leader Joan Hartvigsen, [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net) or 931-636-2914. Meet at the trailhead at 8:00 am CT.

**Saturday, March 23 — Rock Island State Park: Collins River Nature Trail, Eagle Trail (with Blue Hole Trail), & Bluff Trail (with optional Downstream Trail), approximately 6.5 to 8 miles, about 680' el. gain, easy to moderate. This is a joint hike with the Scenic City Chapter, Tim Booth.** This park is located at the confluence of the Collins and Caney Fork Rivers. We will spend the day exploring several short hikes and enjoying the various picturesque views including an impressive limestone gorge and several waterfalls and overlooks. Most notably, we will see the Great Falls, Twin Falls, and Blue Hole, all from streams flowing out of the cliffs. You don't want to miss this one! Wear hiking shoes or boots; bring food and water; and gather up hiking poles, a rain jacket, and sunscreen as needed. Meet at the Visitor Center at 8:30 am CT. Register with Joan Hartvigsen, [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net) or 931-636-2914.

**Friday, April 19-Sunday April 21 – 20<sup>th</sup> 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](mailto:nannietta@benlomand.net) or 931-924-7666.

**Tuesday-Friday, May 14-17 – Great Smoky Mountains Camping and Hiking Trip. Joint activity with the Murfreesboro Chapter, Sara Pollard.** Contact Joan Hartvigsen to reserve a spot at Cosby Group Campsite, [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net) or 931-636-2914. Hike Schedule: Tuesday – Sutton Ridge Overlook by way of the Lower Mount Cammerer Trail. 3.6 miles out and back. 400 ft. elevation change. Easy. Views of Gabes Mountain, Cosby Valley, and Gilliland Ridge. Wednesday – Mount Cammerer Lookout Tower via Low Gap, Appalachian, and Mount Cammerer Trails. 11.2 miles out and back. 2,780 ft. elevation change. Strenuous. Features streams, ridgeline, geologic interests, summit, and spectacular panoramic views. Thursday – Ramsey Cascades Trail. This trail was recently restored. 8 miles round trip and rated strenuous. 2,000 ft elevation change. Ramsey Cascades is the tallest waterfall in the park and one of the most spectacular. Water drops 100 feet over rock outcroppings. The trail follows rushing rivers and streams for much of its length. The last two miles pass through an old-growth cove hardwood forest with large tulip trees, basswoods, sil-verbells, and yellow birches. Friday – Hike to Hen Wallow Falls via Gabes Mountain Trail. 4.4 miles round trip. Rated moderate. The waterfall is 90 ft. high. On Tuesday we will share a potluck dinner. On another evening, we will go to Joe Campbell's favorite Cosby restaurant. Each camper needs to purchase a parking tag, which is available online.

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## JACKSON CHAPTER

CHAPTER CHAIR: Terry Warren – 731-535-0625 - [ttajackson68@tennesseetrails.org](mailto:ttajackson68@tennesseetrails.org)  
OUTINGS COORDINATOR: Glen Rognstad - 731-217-5966 - [ttajacksonhikes68@tennesseetrails.org](mailto:ttajacksonhikes68@tennesseetrails.org)  
MEETS MONTHLY: 1<sup>st</sup> Monday at 6:00 P.M. CT

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**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](mailto:terrymccoy832@yahoo.com). This is about a 45-minute drive from Jackson.

**Saturday, March 9 - Big Hill Pond near Pocahtontas, TN.** Howard Ropp will lead this hike along the edges of Big Hill Pond as well as meandering through the woods & visiting the ever-popular fire tower. Meet in the parking lot near the trailhead at 9:30 a.m. Hike is rated moderate due to length and elevation changes. Hiking boots & poles are recommended. Please bring snacks, water, lunch, etc. Camping is available at the State Park campground or if you wish to carpool meet at Panera Bread at 7:45 a.m. and leave at 8:00 a.m. Please register to hike with Howard Ropp at 731-693-4248.

**Saturday, March 23 - Fort Pillow State Park. Joint hike with Memphis.** See the Memphis section for a description of the hike. Meet at Panera Bread at 7:30 and leave at 7:45 a.m. or meet at the trailhead at 9:15 a.m. (near visitors' center). Please be prompt on arrival time as the Memphis chapter starts hiking promptly at the designated time. For the hike, register with Wayne Simpson at 901-385-1988. For carpooling, register with Terry at 731-535-0625 or [terrymccoy832@yahoo.com](mailto:terrymccoy832@yahoo.com). Please register by Friday, March 22.

**Saturday, April 6 - Fiery Gizzard near Sewanee, TN.** Led by Glenn Rognstad. More details at the March meeting. Camping is available at Foster Falls or motels available in the Sewanee/Monteagle area.

**Saturday, May 4 @ Rich Mountain in Cades Cove area of Great Smoky Mtn National Park. Approximately 8 ½ mile loop trail.** Rated moderate-difficult due to length & elevation changes. Rooms available in Townsend or Gatlinburg and campgrounds in Cades Cove area or Townsend. Will meet at 9:00 EST at the Cades Cove Loop Road Parking Area, before the one lane road begins. Please register with Jeff Chambers at 731-431-1538 before Monday, April 29. Rich mountain has a 1736 elevation making it difficult. However, you will see several meadows that during late spring may be carpeted in wildflowers such as black-eyed Susan, butterfly weed, purple phacelia, jewelweed, daisies and mountain Laurel. Possibly see wildlife of deer, turkeys, bears. You will pass the old John Oliver cabin and homeplace & further down have a birds-eye view of Cades Cove, Townsend & Tuckaleechee Cove. We will also pass the 25 ft Crooked Arm Falls.

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## MEMPHIS CHAPTER

CHAPTER CHAIR: Nancy Wark- [ttamemphis68@tennesseetrails.org](mailto:ttamemphis68@tennesseetrails.org)  
OUTINGS COORDINATOR: Wayne Simpson - [w.simpson1@comcast.net](mailto:w.simpson1@comcast.net)

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**Saturday, March 2 – Meeman Shelby Forest – Chickasaw Bluff. This is a 6 mile, moderately strenuous hike.** We will hike from the north trailhead of the Chickasaw Bluff Trail to the trailhead of the Woodland Trail. When we reach the junction with the Woodland trail we will go up the Dragon's Spine and from there take the flatter side of the trail to the Woodland trailhead. Most of the trail isn't too hard, but there are two steep hills on the Woodland Trail. Contact: Wayne Simpson – [w.simpson1@comcast.net](mailto:w.simpson1@comcast.net) or 901-385-1988 (no texts)

**Saturday, March 9 – T.O. Fuller. This 4-mile hike covers moderate to rugged terrain with some wet land and a possible stream crossing.** At the end of the hike there is the option of an additional one-mile loop. Hiking boots are recommended. Bring water and a snack. The Discovery Loop trail includes part of the Nature Bluff trail of the Chucalissa Indian Village. Allow 2.5 hours for the hike. Registration is required. Where to park and the start time for the hike will be sent to you after you register. Contact: Lynne Witherington – [withlynn@aol.com](mailto:withlynn@aol.com) (no texts)

## Memphis Chapter, continued

**Saturday, March 16 – I.H. Managerial Park. International Harvester Managerial Park, Lakeland.** The park is located adjacent to the Lakeland Senior Center on the west side of Canada Rd. between I-40 and Hwy 70 at 4523 Canada Rd. The hike is about 4 miles. Allow 2.5 hours for the hike. We will hike through mostly bottomland forest but there are some moderately strenuous elevation changes in the beginning and at the end. There is one shallow water crossing. Be prepared for mud if we have had a recent rain. Waterproof hiking boots and hiking poles are recommended. Bring water and snacks. Heavy rain and the threat of severe weather will cancel. Registration is required. Contact: Margaret Smith - [spikie542003@yahoo.com](mailto:spikie542003@yahoo.com)

**Saturday, March 16 – First Aid Program.** Following the hike the TTA Memphis Chapter will host a free one hour First Aid Program at the I.H. Managerial Park community center at 12:00 noon. Mary Sprangler, a certified family nurse practitioner will review what to do on the trail in case of sprains, cuts, bee stings, demonstrate a hands only CPR and answer other questions that you may have. All hikers are welcome, and it is not necessary that you hike that day to attend. Come join us and take-home valuable information.

**Saturday, March 23 – Fort Pillow Historic Park. This is a strenuous 7.5-mile hike.** We will hike the Red Trail which is rated strenuous by West Tennessee standards due to some very steep hills. Early in the hike we visit the site of the historic fort, scene of a well-known Civil War battle. We will have lunch overlooking Fort Pillow Lake. Bring lunch & plenty of water. Registration is required. Contact: Wayne Simpson – [w.simpson1@comcast.net](mailto:w.simpson1@comcast.net) – 901-385-1988 (no texts)

**Saturday, March 30 – Meeman Shelby Forest – Woodland.** Meet at the parking lot near the restrooms past the Visitor Center but a short distance from the trailhead. There are 5 steep hills and two possible stream crossings on this trail which is considered strenuous. Total mileage is 4 miles. Plan to hike 2.5- 3 hours. Sturdy boot, hiking poles, plenty of water and a snack are suggested. Registration is required. Contact: Janet Sheahan – [janet.n.sheahan@gmail.com](mailto:janet.n.sheahan@gmail.com)

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## MURFREESBORO CHAPTER

**CHAPTER CO-CHAIRS:** Jeanne Conatser - 615-971-8894 - [djconatser@comcast.net](mailto:djconatser@comcast.net)

Sara Kennedy - 615-692-9057 - [ttamurfreesboro68@tennesseetrails.org](mailto:ttamurfreesboro68@tennesseetrails.org)

**OUTINGS COORDINATOR:** Sara Pollard - 615-714-3610 - [ttamurfreesborohikes68@tennesseetrails.org](mailto:ttamurfreesborohikes68@tennesseetrails.org)

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

**BLOG:** [www.tennesseetrails.org/blog/murfreesboro](http://www.tennesseetrails.org/blog/murfreesboro)

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**Saturday, March 2 – Cumberland Trail - Black Mountain Section. Crab Orchard. 8.0 miles rated moderate.** We will start the hike at the trailhead on Highway 68 and hike to the top of Black Mountain taking a spur trail to Windless Cave along the way. We'll have lunch at the South Overlook with a spectacular view of Grassy Cove. At the top we'll hike the short loop trail and stop at the North Overlook with views of Crab Orchard. We'll also pass a campsite and go through a rock gateway. Bring lunch and water. For carpool information from Murfreesboro or to register, contact Sara Pollard at 615-714-3610 or [sarabpollard@gmail.com](mailto:sarabpollard@gmail.com)

**Monday, March 4 – Marcella Vivrette Smith Park. 1825 Wilson Pike, Brentwood. 3.25 miles rated moderate. Joint hike with the Nashville chapter.** Meet at the trailhead parking lot at 9:00 A.M. CT. There is a restroom there, but none along the trails. We will hike the Blue and Red trails for a total of about 3.25 miles. The trails are dirt, with rocks and roots, elevation gain of probably 200 ft maximum. We will go at a social pace so we can pause to look at the plants and birds along the way. The Red trail is a spur to a lookout point, (with a few benches), then rejoins the Blue trail. Hiking poles are useful, particularly on the rockiest, rootsiest part of the Blue trail. The route goes up and down wooded hills and through a meadow. There are benches here and along the way. Please bring your snacks, water, electrolytes, sunscreen, bug spray, and hat, and check the forecast before gearing up for the hike. For more information, or to sign up, please contact Jane Reyling at 702-279-7805, or [JRYL76@gmail.com](mailto:JRYL76@gmail.com).

**Tuesday, March 12 – Chapter Meeting – 7:00 P.M. CT. Barfield Crescent Park Wilderness Station.** Pick-A-Park Trivia Game Night! Test your Tennessee State Parks knowledge for silly prizes and bragging rights! For more information contact Chapter Co-Chair Jeanne Conatser at 615-971-8894 or [djconatser@comcast.net](mailto:djconatser@comcast.net).

## Murfreesboro Chapter continued

**Thursday, March 14 – Old Stone Fort State Archaeological Park. Approximately 3 miles rated moderate. 8:00 A.M. to 12:00 P.M. Joint hike with the Nashville chapter.** We will start the hike along the Ancient Enclosure trail where we can view several waterfalls as we go. A bit less than halfway around, we will pick up the Backbone Trail until we come back up to the other side of the Ancient Enclosure trail which will take us back to the start. We may add the Moat Trail, depending on time and if the group wants to. The Backbone Trail has steep sections up and down, with many roots, rocks and a few places where a very narrow ribbon of trail is only inches from the river. Depending on conditions on hiking day, we may have to adjust our route. Expect some muddy sections. The views are very pretty, and flowers will probably be starting to bloom. I expect our pace to average 2 mph, depending on the group size. This is only about 3 miles, so we can enjoy the views, the plant growth, birds, the waterfalls and river along the way. Dress for the conditions. Please provide your phone number when signing up in case I need to contact the group. Bring water, snacks and lunch. For more information, or to sign up, please contact Jane Reyling at 702-279-7805 or [JRYL76@gmail.com](mailto:JRYL76@gmail.com)

**Saturday, March 16 - Long Hunter State Park - Bryant Grove Trail. 8.0 miles rated moderate.** A picnic lunch stop at the halfway point. This is a flat trail through the woods, at times adjacent to the lake. At the halfway point there is a picnic area with parking if anyone wishes to stage a vehicle there to shorten the hike. Turning around at any point along the way is also an option if anyone isn't ready for the entire distance. The trail is clear and there are no branching trails. The walking surface is dirt and somewhat rough, with protruding rocks and roots, so hiking poles may be of use. Sturdy, comfortable footwear, probably waterproof hiking boots if possible as it may be wet/muddy/snowy/frozen. Dress for the weather. Bring your snacks, beverages, and lunch. Hot soup in a little thermos is good on very cold days. There may be wildlife on view, and possibly some early plant growth to see. Meet at the trailhead sign at 9:30 A.M. CT and the goal is to finish before 2:30 P.M. CT. For more information, or to sign up, please text Jane Reyling at 702-279-7805, or email at [JRYL76@gmail.com](mailto:JRYL76@gmail.com).

**Monday-Tuesday, March 18-19 - Cumberland Trail Backpacking – Mullens Cove Loop. Prentice Cooper State Forest. Joint event with the Highland Rim chapter. A total of 9.8 miles rated moderately strenuous.** We will hike 5.6 miles and set up camp at the Hemlock Branch campsite. After setting up camp, we'll take a short hike to the Ransom Hollow Overlook. The next morning the hike is 4.2 miles out to complete the loop. There is a water source at Hemlock Branch. This section includes spectacular views of the Tennessee River Gorge, an Indian rock house, and stone door. Bring snacks and food for Saturday lunch, dinner, and Sunday morning breakfast. Hiking poles are recommended. For carpool information from Murfreesboro or to register, contact Sara Pollard at 615-714-3610 or [sarapollard@gmail.com](mailto:sarapollard@gmail.com).

Planning ahead:

**Tuesday-Friday, May 14-17, 2024 – Great Smoky Mountain Camping and Hiking Trip. Joint event with the Highland Rim chapter.** Camping at Cosby Group Campsite, Great Smoky Mountains National Park. Hike Schedule: Tuesday – Sutton Ridge Overlook by way of the Lower Mount Cammerer Trail. 3.6 miles out and back. 400 ft. elevation change rated easy. Views of Gabes Mountain, Cosby Valley and Gilliland Ridge. Wednesday – Mount Cammerer Lookout Tower via Low Gap, Appalachian and Mount Cammerer Trails. 11.2 miles out and back., 2,780 ft. elevation change rated strenuous. Features streams, ridgeline, geologic interests, summit, spectacular panoramic views. Thursday – Ramsey Cascades Trail. This trail was recently restored. 8 miles round trip, 2,000 ft elevation change rated strenuous. Ramsey Cascades is the tallest waterfall in the park and one of the most spectacular. Friday – Hike to Hen Wallow Falls via Gabes Mountain Trail. 4.4 miles round trip rated moderate. Tuesday we will share a potluck dinner and one evening, we will have dinner at Carver's Orchard & Applehouse Restaurant in Cosby. Each camper must purchase a parking tag, which is available online. There is a limited number of spots in the two group campsites reserved, so sign up early. Register with Joan Hartvigsen, 931-636-2914 or [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net).



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## NASHVILLE CHAPTER

**CHAPTER CHAIR:** Doug Burroughs - 615-587-0085 - [ttanashville68@tennesseetrails.org](mailto:ttanashville68@tennesseetrails.org)

**OUTINGS COORDINATOR:** Barbara Bennett - 202-236-0880 - [ttanashvillehikes68@tennesseetrails.org](mailto: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.

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

**Monday, March 4 – Marcella Vivrette Smith Park, Brentwood, TN. 3.25 miles. Moderate.** Meet at the Trails parking lot at 9 am. There is a restroom there, but none along the trails. We will hike the Blue and Red trails for a total of about 3.25 miles. The trails are dirt, with rocks and roots, elevation gain of probably 200 ft maximum. We will go at a social pace so we can pause to look at the plants and birds along the way. The Red trail is a spur to a lookout point, (with a few benches), then rejoins the blue trail. Hiking poles are useful, particularly on the rockiest, rootsiest part of the blue trail. The route goes up and down wooded hills and through a meadow. There are benches here and there along the way. Please bring your snacks, water, electrolytes, sunscreen, bug spray, and hat, and do check the forecast before gearing up for the hike. For more information, and to sign up, please contact Jane Reyling at [702-279-7805](tel:702-279-7805), or [JRYL76@gmail.com](mailto:JRYL76@gmail.com).

**Every Wednesday -- Radnor Lake Standing Hike (March 6, 13, 20, 27), 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 Ganier 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, March 14 – Old Stone Fort Archeological Area, Manchester, TN. 3 miles. Easy to moderate.** Be there ready to step off at 8 am. We will start the hike along the Ancient Enclosure trail where we can view several waterfalls as we go. A bit less than halfway around, we will pick up the Backbone Trail until we come back up to the other side of the Ancient Enclosure trail which we will take back to the start. We may add the Moat Trail, depending on time and if the group wants to. The backbone trail has steep sections up and down, with many roots, rocks and a few places where a very narrow ribbon of trail is only inches from the river. Depending on the conditions on hiking day, we may have to adjust our route. Expect some muddy sections. The views are very pretty, and flowers will probably be starting to bloom. I expect our pace to average 2 mph, depending on the group size. This is only about 3 miles, so we can enjoy the views, the plant growth, birds, the waterfalls, and the river along the way. Dress for the conditions. Please provide your phone number when signing up in case I need to contact the group. Bring water, snacks/lunch. For more information, and to sign up, please contact Jane Reyling at [702-279-7805](tel:702-279-7805) or [JRYL76@gmail.com](mailto:JRYL76@gmail.com)

**Sunday, March 17 – Prater Place to Hemlock Falls, Fall Creek Falls State Park, Spencer, TN. 6 ½ miles. Moderately difficult for terrain and length.** This less often hiked out-and-back trail is in the northern sector of Fall Creek Falls State Park. It winds through the forest past a large cave entrance to small but beautiful falls. With luck we'll see some early spring wildflowers. Bring snacks, water, and a lunch. We'll likely encounter muddy sections so plan accordingly. Register with Mark for updates: [midtn@tnhiker.net](mailto:midtn@tnhiker.net) or (615) 669-3221.

**Thursday, March 21 -- Collins Gulf Loop, Savage Gulf State Park, Gruetli-Laager, TN. About 12 miles. Difficult.** This is not a beginner hike. It is rated difficult due to rocky terrain, possible stream crossing challenges, and elevation changes. Route: Suter Falls, Horsepound Falls, Sawmill Camping Area, Stagecoach Rd, then walk along the bluff and back over the Collins River to the finish. Bring water, snacks and lunch, sturdy hiking boots, and clothing appropriate for the weather. Trekking poles, and water shoes (for possible creek crossings) are recommended. Contact Doug Burroughs



## Nashville Chapter continued

at (615) 587-0085 (text or leave a voice message) to register: Then I will give the start time and trailhead details, and I'll know who to notify in case of possible updates.

**Tuesday, March 26--Nashville Chapter Meeting and Program, REI Community Room, 261 Franklin Rd, Brentwood TN. 6:00 PM.** Our speaker will be Ben Nance with the Tennessee Division of Archaeology. He is coordinating with Franklin City Parks to open a trail to the top of Roper's Knob, site of a Civil War earthworks and house. He will discuss the excavation of the Knob, plans to open the trail, and future tour of Roper's Knob this spring. Make plans to join us before the meeting at Jason's Deli at 5:00 PM next door to REI.

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## PLATEAU CHAPTER (Crossville)

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

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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.

Cumberland Trail 200 mi Challenge- limited number of patches are available for those who have logged 200 mi on the CT in 2023 continuing into 2024. Some of you needed a few extra months. Contact Deb Westervelt 931-267-2243.

Upcoming trips:

The Spring getaway is planned for Oak Mountain State Park in Alabama scheduled for April 5-7. Seventeen members have already signed up for cabins. There may be some additional cabins available for those interested. Call the park office at 205-620-2520 if interested in participating.

The early summer getaway is planned for June 2nd through the 7th. This is a Road Scholar organized event to hike in Acadia National Park. If interested, contact Road Scholars at 800-454-5768, trip #6125, to see about joining those from the chapter already planning to attend.

4-day Llama Trek in Montana 15-18 Aug, please contact Melissa Love 763-742-2934 and the Swan Mountain Outfitters (406) 387-4405. There are 2 spots available for the Llama Trip portion of the trip. Current plans also include August 11-14, 2024, to explore Glacier National Park before the Llama Trek.

The fall getaway is planned for Paris Mountain State Park in South Carolina. Details are being developed.

The Plateau Chapter has planned a speaker series for the spring of 2024 as part of its community outreach efforts. The following speakers and topics have been organized for our monthly Chapter meetings:

March 14 – John and Dale Stokes - Topic: Birds of Prey presentation with live birds by Wings-to-Soar

April 11 - Isaac Zuercher - Topic: Mountain Climbing in Nepal

**Saturday, MARCH 3 WALK IN THE WOODS THE CROSSVILLE GREENWAY: Habitat Trail 10am-noon. Distance: 2.1 miles. Rating: Easy.** This is an easy lollypop trail along the Obed River. MEET AT: The trailhead parking lot on Deerfield Road by Spiders Branch. The trail starts across the road from the parking lot. Bring water, bug spray, sunscreen and a snack. Persons 18 and over, members and non-members welcome. Minors must be accompanied by an adult. Dogs must be leashed. For more information contact hike coordinator, Sirka, email [plateaulocalwalks@yahoo.com](mailto:plateaulocalwalks@yahoo.com) or text (404) 790-3945.

**Wednesday, March 6 Hidden Passage Trail, Pickett State Park, Jamestown, TN. Joint hike with Upper Cumberland Chapter.** Short Hike: 6 mi easy to moderate. Long Hike: 8.3 mi moderate to strenuous due to elevation change. Sturdy hiking boots and hiking sticks are recommended. Bring lunch, snacks, (electrolytes) water, bug spray and

## Plateau Chapter continued

sunscreen. Depart 8:00 am CT from the Crossville Cracker Barrel Southeast parking lot. Carpool gas cost \$6. hike coordinator Deb 931-267-2243. <https://tennesseetrails.org/chapters/plateau-chapter/>

**Sunday, MARCH 10 WALK IN THE WOODS Obed River Park 10am-noon Distance: 1.2 miles. Rating: Easy.** Established in 1982. Offers 2.1 miles of paved walking trails, much of which is along the banks of the scenic Wild Obed River! Approximately 35 acres located off HWY 70 West, just past the entrance to the Cumberland County Community Complex. While exploring the park, be on the lookout for 2 historical Markers – FIRST: Broken Dam from the 1930s – Second signifies the site where the railroad once crossed the Obed River. MEET AT: 24 Obed River Park Drive, Crossville, TN. Bring water, bug spray, sunscreen and a snack. Persons 18 and over, members and non-members welcome. Minors must be accompanied by an adult. Dogs must be leashed. For more information contact hike coordinator, Sirka, email [plateaulocalwalks@yahoo.com](mailto:plateaulocalwalks@yahoo.com) or text (404) 790-3945.

**Wednesday, March 13 - CT North Chickamauga Section, Old Anderson Rd Trailhead, Lone Oak, TN. Joint hike with Upper Cumberland Chapter. Short Hike: 4-5 moderate miles in/out. Long Hike: 8 total moderate miles in/out.** The trail follows the creek with cascades and a waterfall with rocky bluffs framing the trail. Sturdy hiking boots and hiking sticks are recommended. Bring lunch, snacks, (electrolytes) water, bug spray and sunscreen. Carpool gas fee is \$7.00. Depart 8:00 am CDST from the Central Baptist Church, South Main St, Crossville, TN. For additional information contact the hike coordinator, Deb, email [taplateauhikes68@tennesseetrails.org](mailto:taplateauhikes68@tennesseetrails.org)

**Thursday, March 14 - TTA Plateau Chapter Speaker Series and Meeting, Crossville, TN.** 6pm at First United Methodist Church Annex, 69 Neecham St, Crossville, TN. Birds of Prey presentation with live birds flying by Wings-to-Soar. RSVP to John Martin, speaker series coordinator, at [jr.dmartin77@gmail.com](mailto:jr.dmartin77@gmail.com) if interested in attending the speaker portion and/or the meeting. Please be in your seat by the 6pm start time.

**Sunday, MARCH 17 WALK IN THE WOODS FAIRFIELD GLADE: Central Spine Hiking Trail 10am-noon Distance: 2.1 miles. Rating: Easy.** The Central Trail in Fairfield Glade is a network of paved walking trails. It is a mixture of delightful trails meandering through woods alongside streams and more functional sidewalks. MEET AT: the Trailhead at 3711 Wilshire Heights Drive Crossville, TN. Bring water, bug spray, sunscreen and a snack. Persons 18 and over, members and non-members welcome. Minors must be accompanied by an adult. Dogs must be leashed. For more information contact hike coordinator, Sirka, email [plateaulocalwalks@yahoo.com](mailto:plateaulocalwalks@yahoo.com) or text (404) 790-3945.

**Wednesday, March 20 – Frozen Head State Park, Lookout Tower, and CT -Bird Mountain Trails, Wartburg, TN. Joint hike with Upper Cumberland Chapter. Short Hike: 4.7 mi in/out moderate. Long Hike: 7.1 mi loop strenuous.** We will start at the West Lookout Tower trailhead. We will follow the Lookout Tower trail about 2.85 miles to the intersection with the CT Bird Mountain trail gaining about 1050 feet turning left for 4.25 miles passing Castle Rock gaining about 250 feet in the first mile then losing 1400 feet. The total hiking distance is about 7.1 miles. The hike difficulty is rated as moderate. Depart at 8:00 AM CT from the southwest parking lot of Landers Crossing (former OutletMall). Carpool cost is \$5. Sturdy hiking boots and hiking sticks are recommended. Bring lunch, snacks, (electrolytes) water, bug spray, and sunscreen. Persons 18 and over, members and non-members welcome. Minors must be accompanied by an adult. For additional information contact the hike leader, Melissa Love 763-742-2934.

**Saturday, March 23 - Savage Gulf West Trailhead (Greeter Falls), 550 Greeter Falls Road, Altamont, TN. Joint hike with Upper Cumberland Chapter.** We'll hike about 5.2 miles, 550 ft elevation change. This trail combination features Upper and Lower Greeter Falls and Boardtree Falls and a walk to one of the best views in the natural area, Big Bluffs Overlook. From Big Bluff Overlook we will see two panoramic vistas. To the left Big Creek Gulf stretches into the distance. Bring lunch, snacks, (electrolytes) water, bug spray and sunscreen. Sturdy hiking boots and hiking sticks are recommended. Persons 18 and over, members and non-members welcome. Minors must be accompanied by an adult. Carpool gas fee is \$7. Depart 8:00 am CDST from Central Baptist Church SE parking lot. For more information and to register for the hike contact Cheryl Heckler at (931) 200-7436 or email to [thehecklers@charter.net](mailto:thehecklers@charter.net).

**Sunday, MARCH 24 - WALK IN THE WOODS Daddy's Creek Trail OVERLOOK 10am-noon. Distance: 2.2 miles. Rating: Easy to moderate.** Daddy's Creek Trailhead Overlook is a 2.2 mile lightly trafficked out and back trail located near Crab Orchard, Tennessee that features a river and is good for all skill levels. The trail is primarily used for hiking and nature trips and is accessible year-round. MEET AT: the Trailhead parking lot off Hebbertsburg Rd by the yellow gate, in Crab Orchard, TN. Bring water, bug spray, sunscreen and a snack. Persons 18 and over, members and non-members

## Plateau Chapter continued

welcome. Minors must be accompanied by an adult. For more information contact hike coordinator, Sirka, email [plateaulocalwalks@yahoo.com](mailto:plateaulocalwalks@yahoo.com) or text (404) 790-3945.

**Wednesday, March 27 – East Tellico Lake from Marina/ Antioch Trailhead to Coytee Loop Trailhead 8.1 easy to moderate miles with shuttle.** Option for short hike from Antioch to Glendale Parking 3.3 miles. Carpool cost is \$7. Sturdy hiking boots and hiking sticks are recommended. Bring lunch, snacks, (electrolytes) water, bug spray and sunscreen. Persons 18 and over, members and non-members welcome. Minors must be accompanied by an adult. Depart 8:00 AM CT from the southwest parking lot of Landers Crossing (former OutletMall). For additional information contact the hike coordinator, Beth, text/call 928-782-5564.

**Sunday, APRIL 7 WALK IN THE WOODS FAIRFIELD GLADE: Stonehenge Trail 10am-noon. Distance: 3.1 miles. Rating: Easy to moderate.** Stonehenge Trail is a 3.1 mile lightly trafficked out and back trail that features a great forest setting and is good for all skill levels. The trail winds north through woods, crossing a small seasonal creek a couple of times. Volunteers built two bridges to make it easier to cross at times of high water. MEET AT: the Heatherhurst Golf Club's lower parking lot. 421 Stonehenge Drive Crossville, TN. Bring water, bug spray, sunscreen, and a snack. Persons 18 and over, members and non-members welcome. Minors must be accompanied by an adult. Dogs must be leashed. For more information contact hike coordinator, Sirka, email [plateaulocalwalks@yahoo.com](mailto:plateaulocalwalks@yahoo.com) or text (404) 790-3945.

**Sunday, APRIL 14 WALK IN THE WOODS Centennial Park 10am-noon. Distance: 1.1 miles. Rating: Easy.** This trail is great for road biking, running, and walking, and it's unlikely you'll encounter many other people while exploring. This trail is paved and lighted. The best times to visit this trail are September through October. MEET AT: 837 Industrial Boulevard Crossville, TN. Bring water, bug spray, sunscreen, and a snack. Persons 18 and over, members and non-members welcome. Minors must be accompanied by an adult. Dogs are welcome but must be on a leash. For more information contact hike coordinator, Sirka, email [plateaulocalwalks@yahoo.com](mailto:plateaulocalwalks@yahoo.com) or text (404) 790-3945.

**Sunday, APRIL 21 WALK IN THE WOODS Woodlawn Loop Trail 10am-noon. Distance: 1.2 miles (loop). Rating: Easy.** Explore this 1.2-mile loop trail near Crossville, Tennessee. Generally considered an easy route. This trail is great for hiking, running, and walking, and it's unlikely you'll encounter many other people while exploring. MEET AT: the Trailhead on Wyatt Court, off Woodlawn Rd. (Close to Buc-ee's) Bring water, bug spray, sunscreen, and a snack. Persons 18 and over, members and non-members welcome. Minors must be accompanied by an adult. For more information contact hike coordinator, Sirka, email [plateaulocalwalks@yahoo.com](mailto:plateaulocalwalks@yahoo.com) or text (404) 790-3945.

**Sunday, APRIL 28 WALK IN THE WOODS Fairfield Glade: Windsor Bluff Overlook 10am-noon. Distance: 1.6 miles. Rating: Easy.** The Overlook Trail is a local hiker's favorite and a gem for the Fairfield Glade area. For those wanting a quick and enjoyable reset in nature this is a great trail. It's recommended to complete the look clockwise to have a mostly flat/downhill hike until the final stretch of climbing back to the start. Take your time to enjoy the many scenic vistas over Daddy's Creek along the way! MEET AT: 158 Arrowrock Rd, Crossville, TN. Bring water, bug spray, sunscreen, and a snack. Persons 18 and over, members and non-members welcome. Minors must be accompanied by an adult. For more information contact hike coordinator, Sirka, email [plateaulocalwalks@yahoo.com](mailto:plateaulocalwalks@yahoo.com) or text (404) 790-3945.



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## SCENIC CITY CHAPTER (Greater Chattanooga Area)

CHAPTER CHAIR: Lucy Cahill - - [ttasceniccity68@tennesseetrails.org](mailto:ttasceniccity68@tennesseetrails.org)

OUTINGS COORDINATOR: Betsy Darken - 423-718-2060 - [ttasceniccityhikes68@tennesseetrails.org](mailto: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

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**Saturday, March 2 — Graysville Mountain, 9 miles, moderate with rocky terrain, 900' el. gain.** Shuttle required. On this section of the Cumberland Trail, we will start at the Roaring Creek Trailhead and travel along the creek before heading up rocky switchbacks to the top of Graysville Mountain, then continue all the way to Hwy 30, with the last bit just recently completed. Highlights include an old mining area, a seasonal waterfall, and a spectacular view overlooking Roaring Creek, the town of Graysville, and Cranmore Valley. 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 hike leader Betsy Darken, (423) 718-2060. Carpool cost \$2.00.

**Tuesday, March 5 — Five Points trails, 4 to 5 miles, loop, easy.** Starting at the Escalon trailhead, we will take the Cloudland Canyon Connector Trail northeast into the maze of trails known as Five Points. Assuming we can plow our way through the can-full-of-worms junction of at least seven trails at the center of this maze, we'll keep heading NE on Windy Shot. Then we will wander back to the start via Slickenside and North Hogsback Trails, or whatever trails that are going in the general SW direction. Check the weather forecast and choose appropriate layers; wear hiking shoes or boots; bring food and water; and gather up hiking poles, rain jacket, and sunscreen as needed. For carpooling/caravanning, meet at 8:30 am ET at Food City in St. Elmo, in the parking area straight ahead off TN Ave. <https://bit.ly/3C3Um9L> Please register with hike leader Will Latham, (704) 365-8889. Carpool cost \$2.00.

**Saturday, March 9 — Fall Creek Falls State Park: Prater Place/Hemlock Falls, 6 miles, out and back, el. gain 649', moderate due to some rocky areas and creek crossings.** This trail has everything: waterfalls, rock formations, caves, creeks, early spring wildflowers! This is one of the newer Fall Creek Falls State Park trails. It is located outside of the park's north entrance just off Hwy 30 on Hwy 285. Bring water and lunch. Consider bringing water shoes. 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 hike leader Joan Hartvigsen, 931-636-2914 or [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net) Carpool cost \$5.00.

**Tuesday, March 12 — Walden's Ridge Park trails, 4 to 5 miles, loops, moderate.** This is yet another new set of trails in the Chattanooga area, located on the side of Signal Mountain/Walden Ridge. We will start our hike at the bottom of the ridge, using the trailhead off Mountain Creek Road. We'll proceed to meander through the woods in a generally uphill fashion, then wander more or less downhill to complete a loop or two. Rocks and boulders will be encountered. Crazy mountain bikers will be avoided. Check the weather forecast and choose appropriate layers; wear hiking shoes or boots; bring food and water; and gather up hiking poles, rain jacket, and sunscreen as needed. For carpooling/caravanning, meet at 8:30 am ET at Food City on Signal Mountain Road, in the near back corner of the parking lot. <https://bit.ly/3pk0suY> Please register with hike leader Tom McElhone, 805-208-4654 or [sarmitta@yahoo.com](mailto:sarmitta@yahoo.com). Carpool cost \$1.00.

**Saturday, March 16 — Laurel Snow SNA. Joint hike with the Chattanooga Hiking Club (CHC), two options. LONG-ER: Laurel Falls and a natural bridge, about 9 miles and 1200' el. gain, out-and-back, moderate/strenuous. SHORTER: Laurel Falls, 4.7 miles, 708' el. gain, out-and-back, moderate.** We will all start out on the mostly flat trail along Richland Creek, which should be quite frisky this time of year, and we'll pass many signs of the old coal-mining operation along this creek. The trail up to Laurel Falls is via switchbacks. If we're lucky, this 80-foot falls will be at full blast—quite a sight! Hikers doing the shorter hike will head back at this point, while long hikers will head uphill and then through a steep and narrow passage to the top of the plateau. We'll cross Laurel Creek before it's even thinking about jumping off



## Scenic City Chapter continued

the cliff, but it will probably not be shallow, so bring water shoes. Next, we stroll to Laurel Point for a fine view, then take the old road leading out from this point, find a secret trail, and end up at an impressive natural bridge. Wow! Steve Boone of CHC and Betsy Darken of SC and CHC will be our co-leaders. Check the weather forecast and choose appropriate layers; bring water shoes for crossing Laurel Creek, especially since the water will very likely be high at this time of year; wear hiking shoes or boots; bring snacks and lunch along with more water than you think you need; and gather up hiking poles, rain jacket, sunscreen, and insect repellent as needed. Do not forget your water shoes. 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 Betsy Darken, (423) 718-2060. Carpool cost: \$2.00.

**Tuesday, March 19 — Little Cedar Mountain Trail, in a TVA Small Wild Area, off TVA Road near Jasper, TN. 3.2 miles, loop, easy, 400 ft' el. gain.** This trail hugs the western shoreline of Nickajack Lake (aka Tennessee River) at the tail-end of Walden Ridge, where it breaks up in the Tennessee River Gorge and blends into the Sequatchie Valley. We will see many interesting rock formations, early spring wildflowers, and overlooks of the beautiful Tennessee River. Bring water and snacks. Directions: take Exit 158 on I-24 about 25 miles west of Chattanooga and turn left. For carpooling/caravanning, 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 hike leader Joan Hartvigsen, [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net) or 931-636-2914. Carpool cost: \$2.00.

**Saturday, March 23 — Rock Island State Park: Collins River Nature Trail, Eagle Trail (with Blue Hole Trail), & Bluff Trail (with optional Downstream Trail), approximately 6.5 to 8 miles, about 680' el. gain, easy to moderate.** This park is located at the confluence of the Collins and Caney Fork Rivers. We will spend the day exploring several short hikes and enjoying the various picturesque views including an impressive limestone gorge and several waterfalls and overlooks. Most notably, we will see the Great Falls, Twin Falls and Blue Hole, all from streams flowing out of the cliffs. You don't want to miss this one! Check the weather forecast and choose appropriate layers; wear hiking shoes or boots; bring food and water; and 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 Tim Booth, 423-400-2011 or [tceebooth@epbfi.com](mailto:tceebooth@epbfi.com) Carpool cost: \$6.00.

**Tuesday, March 26 — Sitton Gulch trail, 3-5 miles out & back, easy to moderate, depending on how many waterfalls you want to see.** A well-maintained trail, three spectacular waterfalls, a rushing whitewater creek, looming cliffs, and lots of wildflowers (we hope). What more could you ask for? Trail starts near Trenton GA and heads up into Cloudland Canyon SP. For carpooling/caravanning, 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> Please register with hike leader John Prescott, (352) 496-0977. Carpool cost: \$2.00.

**Saturday, March 30 —Grundy Forest loop to the Fiery Gizzard and Raven's Point, with return on the Dog Hole trail. 10 miles, nearly 1300' el. gain, strenuous.** Waterfalls, rock formations, boulder fields, panoramic overlooks! Check the weather forecast and choose appropriate layers; wear hiking shoes or boots; bring snacks and lunch along with more water than you think you need; gather up hiking poles, rain jacket, sunscreen, and insect repellent as needed. For carpooling/caravanning, 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> Please register with Tammy Hendrick at 315-949-8187. Carpool cost: \$4.00.

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## SUMNER TRAILS CHAPTER

**CHAPTER CO-CHAIRS:** Donna & David Hobbs - 803-634-3470 - [tsumnertrails68@tennesseetrails.org](mailto:tsumnertrails68@tennesseetrails.org)  
**OUTINGS COORDINATOR:** Donna Hobbs - 803-634-3470 - [tsumnertrailshikes68@tennesseetrails.org](mailto:tsumnertrailshikes68@tennesseetrails.org)

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**Wednesday, March 6 – Peacock Hill Nature Park, 6990 Giles Hill Road, College Grove (Williamson County). 3-4 miles. Moderate difficulty with some steep sections.** Meet at Gallatin Chick-fil-A by the Gallatin Walmart for carpooling at 9:00 a.m. It will take about an hour to drive there. There is a nice visitor center with restrooms. Please let the leaders know if you plan to meet at the visitor center. Contact Marcia Powell at 217-855-3013 or email at [mpow1221@gmail.com](mailto:mpow1221@gmail.com) , or text John Jones at 214-215-2190 or email at [john8849@sbcglobal.net](mailto:john8849@sbcglobal.net).



## Sumner Trails Chapter continued

### **Thursday, March 21 – Mammoth Cave National Park. 4.3 miles. Moderate difficulty with a 564 ft. elevation gain.**

Our hike will begin at the visitor center parking lot, near the picnic area to the Green River Bluff Trail, to the Echo River Spring Trail, the Mammoth Dome Sink Trail, and finally the Heritage Trail back to the visitor center. Meet at 8:15 a.m. at the Gallatin Chick-fil-A by the Gallatin Walmart OR at the parking lot in front of Boot Barn at 240 Long Hollow Pike in Goodlettsville for carpooling. If not carpooling, meet at the visitor center at 9:45 a.m. For those interested, we will stop for a late lunch at Mellow Mushroom in Bowling Green on the way home. Bring water and snacks. Poles and hiking boots recommended. Contact David Hobbs at 803-634-3470 for more information and to let us know you are coming.

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## Upper Cumberland CHAPTER (Sparta / Cookeville)

**CHAPTER CHAIR:** Cathy Moran 931-544-2764 [tauppercumberlandhikes68@tennesseetrails.org](mailto:tauppercumberlandhikes68@tennesseetrails.org)  
**OUTINGS COORDINATOR:** Cathy Moran 931-544-2764 [tauppercumberlandhikes68@tennesseetrails.org](mailto:tauppercumberlandhikes68@tennesseetrails.org)

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**Wednesday, March 6 Hidden Passage Trail, Pickett State Park, Jamestown, TN. Joint hike with Plateau Chapter.** See the Plateau Chapter listing for details and registration information.

**Wednesday, March 13 - CT North Chickamauga Section, Old Anderson Rd Trailhead, Lone Oak, TN. Joint hike with Plateau Chapter.** See the Plateau Chapter listing for details and registration information.

**Wednesday, March 20 – Frozen Head State Park, Lookout Tower and CT -Bird Mountain Trails, Wartburg, TN. Joint hike with Plateau Chapter.** See the Plateau Chapter listing for details and registration information.

**Saturday, March 23 - Savage Gulf West Trailhead (Greeter Falls), 550 Greeter Falls Road, Altamont, TN. Joint hike with Plateau Chapter.** See the Plateau Chapter listing for details and registration information.

### **Don't Miss an Outing Plan Ahead Register Early!**

Our hike coordinators are volunteers. Make it easier for them to contact you if a hike needs to be cancelled by registering!

There are times when a hike leader must limit the number of participants (due to park regulations, etc.) on an outing. Please do not wait until the afternoon or evening before the outing to RSVP.

Plan and register early.



## OFFICERS:

### President

Duane Frichtl 309-830-9720  
[ttapresident68@tennesseetrails.org](mailto:ttapresident68@tennesseetrails.org)

### Vice-President

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### Secretary

Susan Woods 731-441-8066  
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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](mailto: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!

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 10<sup>th</sup> 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](mailto:ttaeditor68@tennesseetrails.org)

# Interested In Hiking?

## Tennessee Trails Association is just for you !

**IT'S EASIER AND FASTER  
TO JOIN OR RENEW  
ONLINE!**

To **Join** on-line go to  
<https://tennesseetrails.org/plans/memberships/>  
or use the QR code:

To Join:



To **Renew** online go to  
<https://tennesseetrails.org/account/?action=subscriptions>  
or use the QR code and log-in:

To Renew:



**YES, I WANT TO JOIN TENNESSEE TRAILS ASSOCIATION, I AM . . .**

☐

**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](mailto: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  
\_\_\_\_ Student (FULL TIME) \$15.00  
\_\_\_\_ 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](http://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!***