



TENNESSEE TRAILS

Official publication of the
Tennessee Trails Association, Inc.

VOLUME XV, NO. 10

OCTOBER 1984

COME TO THE ANNUAL MEETING

Please PRE-REGISTER if you plan to attend. Don't forget to bring items for the auction (camping gear, books, crafts, prints, home canning, t-shirts, games, photographs, floppy disks, etc.). Also, ask your local merchant for a donation for a door prize--they will get publicity.

BRING LINNENS AND BEDDING if you plan to stay in the hotel.

Unless we get some RAIN, the Collins River canoe trip WILL BE CANCELED.

FENTRESS COUNTY LISTED IN TOP 100 COUNTIES

Outside Magazine has compiled a list in the October issue of the top one hundred counties in the United States. Of the top one hundred counties chosen, two were in Tennessee, those being Fentress and Sevier Counties. Fentress County was noted for its bass fishing and backpacking on the Cumberland Plateau, while Sevier County was chosen for Clingman's Dome, many miles of trails, boar and bear. While not being listed in the top one hundred, Knox County was given honorable mention due to its outstanding climate. The list was compiled out of over three thousand counties from Hawaii to Maine, and those chosen for the top one hundred were chosen for their natural character, beauty, sporting opportunities, and livability. Hats off to Tennessee for having two of the most desirable locations to visit in the nation!

THE TENNESSEE CONSERVATIONISTS

The September/October issue of the Tennessee Conservationist includes a directory of environmental, historical, and cultural groups in Tennessee. TTA is included. This should be a valuable resource for people who want to learn about hiking and other conservation activities and resources in the state. Use the attached card if you want to subscribe to this excellent publication.

Instant Survival Kit. Take a 5"x6"x2" coated nylon belt pouch and add 4 bouillon cubes, 4 tea bags, 2 salt packets or tablets, 6 sugar packets or cubes, a granola or breakfast bar, small pocket knife, safety pin, small candle, 40 matches in a waterproof container, 4 plastic strip bandages, 2 gauze pads, 6 aspirin, 4 antacid tablets, 20 feet of nylon cord, 3" x 4" signaling mirror and a folded plastic tube tent.

CRYSTAL WATERS

by Gene Curp

We have all seen crystal waters laughing down mountainsides, splashing over rock-strewn stream beds, welling up cold and clear in springs and gliding serenely to the edge of a cataract. The very popularity of such places, however, brings the safety and quality of the water into question.

I have seen toothpaste spit beside the Hobbs Cabin spring at Savage Gulf in August, when it is the only reliable water source around. I have seen water from a seeping spring running over decaying animal matter within three feet of its origin. And I have seen numerous streams whose spring at the source is a wild boar's mud hole.

These things I thought of when a fellow remarked, upon seeing me treat water from the Bob Stratton Bald Spring in Joyce Kilmer/-Slickrock Wilderness, that the water was "the purist this side of the Canadian Shield." We can no longer assume the safety of water we find in the wilderness. In fact, the only reasonable course is to assume it needs treatment.

The EDA has a brochure on recommended treatments. Since halzone, porta aqua and other pills can lose effectiveness (up to 50%) if exposed to air or heat (as in a car trunk), I say they are unreliable. I recommend treating each quart with 8 to 12 drops of 2% tincture of iodine, or 4 to 6 drops of household bleach. Shake well. Wait 30 minutes. Rinse the lip and threads of the canteen with the treated water to remove any contamination from the filling process. Now - drink deep.

As a couple of pointers, consider these. The longer the contact time (waiting period), the better. In fact, less iodine can be used. One-half ounce capacity glass eyedropper bottles, with rubber bulbs on the eyedropper, will safely carry iodine or bleach which can dissolve some plastics. Such bottles are available from your pharmacist. Both these things are poison, so pay attention to quantities. Boiling water for at least one minute is generally adequate (5 to 10 minutes to be positive) so that cooking water doesn't have to be treated.

Iodine. Chlorine. "It's all a matter of taste."

Attention chapters: Don't forget to bring your proposed 1985 outings schedule to the annual meeting. A session during the meeting will be devoted to putting together the TTA program.

Send material for Tennessee Trails to: David Stidham, Editor
1015 Hitt Lane
Goodlettsville, TN 37072

The deadline is the 20th of each month. If possible, submit material camera ready, typed in a full 4½ inch column. Artwork is welcomed.

HIKES

JOHN MUIR TRAIL
OCTOBER 7, 1984

This hike was originally scheduled for October 6. It will be a joint hike with TSRA. Reggie Reeves, former Hiwassee River Ranger, will be co-leader of the hike. Meet at the Hiwassee Powerhouse at 10 a.m. (EDT). This is an easy 4-mile roundtrip with a few side trips in the gorge. If we are lucky, we will see Ruth's Golden Aster--this is a very rare flower and worth the trip (it was in bloom last year when we were there).
Dot Lingerfelt, Leader.

HIDDEN PASSAGE HIKE (Pickett State Park) Sunday, October 14, 1984

On October 14 the Cumberland Mountain Chapter plans to take a fall hike around the Hidden Passage Trail at Pickett State Park. The meeting location will be at the park office at 8:00 a.m. CST. This will be an excellent occasion to enjoy the fall colors as there are several good overlooks along the trail. The distance of the hike will be approximately six miles and the walking is easy. Be sure to bring lunch and water.

Leaders: Howard Ray Duncan 879-8245
Steven Burke 879-9381 between 7:00
Jamestown a.m. and 5:00 p.m.

OCTOBER 13-14 - PETIT JEAN STATE PARK, ARK

Explore the Ozark mountains with the Memphis Chapter in Arkansas' most popular state park. Located near Little Rock, this could be a nice overnight camping and hiking trip.
Call Bob for details.

Leader: Bob Barnett 767-9347

OCTOBER 28 - FT. PILLOW STATE PARK

Overlooking the Mighty Mississippi, Ft. Pillow has always provided the Memphis Chapter with a nice "up and down" hike. We'll be hiking the short trail, so meet at the Visitor/Interpretive Center at 9:30 a.m. Bring your lunch and a friend. Call Gene Jacobson for carpool information.

Leader: Bob Barnett 767-9347

SAVAGE GULF TRAIL CLOSED FOR HUNTING

The North Plateau Trail will be closed to hiking November 17, 18, 23, 24, 25, 30 and December 1 and 2 for manager deer hunts. The Laurel Falls and Big Creek Trails, also located in Savage Gulf Natural Area, will remain open to hiking during this period. For more information, call the South Cumberland Recreation Area office (615-924-2980).

CUMBERLAND TRAIL, BRADY MT TO BLACK MT (Cumberland Co)
27-28 October 1984

This is a Class III backpack along the crest of Brady Mt. Saturday's hike will be about 8 miles, ending at the campsite on Black Mt. Sunday we will hike several miles along country lanes to the trail's end. Most of the trail has been recently recleared and remarked by TIA.

Meet at 10:00 am Central Time (sharp) at the gas station on the Crab Orchard exit of I-40 (Exxon, I think?) for carpooling. Bring water for the trail; there is a good spring at the campsite. Be prepared for cool autumn weather. Views from the mountain crests should be great!

LEADER: David Stidham 615-859-3621 251-5115 (wk)
Goodlettsville

STONES RIVER CANOE TRIP (RUTHERFORD COUNTY) Saturday, 3 November 1984

The Murfreesboro Chapter is hosting a canoe trip on Stones River. This is an easy pastoral float of about 8 miles. We will encounter a few fast curves and ripples, but one does not need to be a skilled paddler to participate. However, you will need a canoe, paddles and a life jacket. A Also bring lunch and water. Meet at 9 00 CST in the Greenland Parking lot behind Murphy Center, the large athletic complex on the MTSU campus. For further information, and pre-registration, call or write:
Leaders:

Bertha Chrietzberg	Glenn Hanley
1715 Elrod Street	Campus Recreation
Murfreesboro, TN 37130	MTSU, Murfreesboro,
(615) 896-1146	TN 37132
	(615) 898-2300,
	ext. 2104

CARPPOOL COORDINATORS:

Memphis - Gene Jacobson 901-755-9073
Nashville - Evelyn Tretter 615-859-0566
Murfreesboro - Maryedith McFarlin
615-896-1344
Chattanooga - Dot Lingerfelt
615-842-8043
615-751-3292
(work)

Chapter News

Nashville

NO NEWS TO REPORT

Cumberland Mountain

On September 15 the Cumberland Mountain Chapter held their fall cookout and meeting at Pickett State Park. Everyone enjoyed barbequed hamburgers and hotdogs, before the business meeting. Several items of business were discussed, among them being the election of officers for the 1985 year, beginning a membership drive for 1985, a report on Colditz Cove, and several announcements of upcoming events. The meeting was then turned over to the guest speakers who were Steve Seven, Dan Bickford, and Bruce Gregory, all staff members of the Big South Fork NRR. Steve, Dan, and Bruce informed the chapter of the Park Service's V.I.P. program in which volunteers are being recruited to help in maintaining the National Area's trails and other facilities. The Cumberland Mountain Chapter is in the process of entering an agreement with the National Park Service and plans to participate as an organization, as well as encouraging individuals to sign up on the program also. Upon completion of the presentation the meeting was adjourned, and everyone enjoyed cold watermelon. All Cumberland Mountain Chapter members are urged to attend the November meeting as it will be the final meeting of the 1984 year, and elections will be held. We also plan to have a slide show review of activities held during 1984.

Memphis

Soar like an eagle in Alaska! Come to Memphis' October meeting and glide over Mt. McKinley, burrow through ice glaciers, and gaze over elk filled meadows! Visit Alaska through Lichterman Nature Center's Bob Barni slides and hear of the wonderful and beautiful creatures and habitats that exist in the mountains of this vast wilderness. We'll see you on October 18 at Kingsway Christian Church, Poplar at Massey Road at 7:30 p.m.

Jill and Charlie Norvell have moved to 8603 John Sunderland, Millington 38053. Call them at home at 873-2149.

Chattanooga

NO NEWS TO REPORT

Murfreesboro

The chapter will meet at 7pm on October 16th. Call Arthur Yates (252-3455/355-1682) for the location. Did you know Arthur is Murfreesboro Chapter chairman again, vice Jim Chrietzberg?

ADOPT-A-TRAIL - CHAPTER COORDINATORS

Nashville - Pat Anderson
Cumberland Mtn. - Howard Ray Duncan
Memphis - ?
Murfreesboro - ?
Chattanooga - ?

TRIP REPORTS

Tishomingo State Park, Ms
Memphis Chapter TTA

Never let it be said that the Memphis Chapter of TTA isn't an optimistic group. In fact, optimism overcame common sense when thirteen people met to carpool to Mississippi's Tishomingo State Park on Saturday, September 15th. It was a chilly, grey day with dark clouds hovering ominously in the sky. Driving the 120 miles to the park did little to dispel the gloomy image the day had presented earlier. A shower that we drove through confirmed the fear that this might not be an ideal day to hike. However, once we hit the trail in this interesting park we all agreed that we'd done the right thing, and the sun was shining on us to convince us further. The trail led us through, over and around fascinating rock formations, outcroppings of sandstone, shale and limestone that provided a training ground for groups of rock climbers. As we walked the trail took us to the banks of Bear Creek, a pretty stream wide enough for canoeing and unusual in that it flows from south to north. Along the trail we saw a variety of wild flowers including seed tick daisies, fleabane and fall's favorite sneeze-maker, goldenrod. Part of our group had the dubious pleasure of spotting a long coach whip snake out for its morning slither.

After touring a transplanted pioneer cabin we ate our lunches at picnic tables along the shore of the sparkling lake which by now was reflecting a bright blue sky overhead and giving paddleboaters a perfect playground. We set off after lunch for a hike around the lake where the trails kept turning into newly-constructed, or partially-constructed roads. Newcomers to TTA seemed to feel that this fairly short hike over moderately hilly terrain was a good introduction to trails in our area. If they don't return for future hikes we'll know they found it more strenuous than they admitted!

We all felt that this was a park that we'd like to visit again, and maybe try a canoe trip on the Bear Creek next time. We also were certain that optimism about the weather had served us well. Maybe the saying golfers use applies to hikers too, "It never rains on the trail!"

GFJ

Buffalo Cave, August 26 (Cumberland Mountain Chapter) - Twenty-four people turned out for the trip into one of the largest and most well known caves in Fentress County. The group left the Fentress Farmer's Co-op parking lot and drove deep into Buffalo Cave, where they hiked approximately one mile to the entrance of Buffalo Cave. Once in the cave, the group visited several rooms, among them being the Throne Room, in which there is a rock formation known as the Cave King, the Dinosaur Room, and the Room of the Lost Boat. Everyone went through the narrow, winding tunnel, known as the Snake Passageway. Some even went through a second time without lights, which proved to be a strange experience. Upon emerging from the depths, everyone hiked back to the vehicles for snacks and cold drinks. The day was beautiful and hot, but one thing is for sure, when it's too hot to hike the ridges and hollows, you can always go underground... Steven Burke.

Stuffed Apple. An apple stuffed with peanut butter and raisins or with cream cheese, sugar and cinnamon makes a great trail snack. Just cut off the top quarter of the apple, remove the core (leaving the bottom of the apple intact to keep the filling in). Stuff the opening, replace the lid, and carry in a plastic bag.

6 Oct	Raven's Point to Grundy Forest, South Cumberland Recreation Area (Randy Hedgepath - 924-2965)	16 Oct	Murfreesboro Chapter Meeting
7 Oct	Buggytop Cave, SCRA (Randy Hedgepath - 924-2965)	18 Oct	Memphis Chapter Meeting
7 Oct	John Muir Trail (Hiwassee Gorge above the power plant) (Dot Lingerfelt 615-842-8043/755-2254)	19-21 Oct	TTA Annual Meeting, Beersheba Springs. See this newsletter.
11 Oct	Annual meeting of the Savage Gulf Preservation League (Dennis Brown - 615-668-8154)	21 Oct	Volunteer Trail, Long Hunter State Park (Reggie Reeves - 885-2422)
13-14 Oct	South Rim backpack, Savage Gulf (Randy Hedgepath - 615-924-2965)	26-27 Oct	Kentucky Trails Society meeting
13 Oct	Trace Branch, Sheltowee Trace, Daniel Boone National Forest, KY (Rita Ellis - 606-354-3144)	27 Oct	Laurel Loop, Savage Gulf (Randy Hedgepath)
14 Oct	Grassy Fork, Sheltowee Trace, Daniel Boone National Forest (Rita Ellis - 606-354-3144)	28 Oct	Rim Walk, Savage Gulf (Randy Hedgepath)
14 Oct	Bryant Grove Trail, Long Hunter State Park (Reggie Reeves - 885-2422)	27-28 Oct	Brady Mt.-Black Mt. backpack (Dave Stidham--615-859-3621)
14 Oct	Hidden Passage Trail (Howard Ray Duncan - 615-879-8245)	28 Oct	Fort Pillow Trail (Bob Barnett - 901-767-9347)
13-14 Oct	Petit Jean State Park, Ark. (Bob Barnett--901-767-9347)	1-4 Nov	SE Trails Conference and LBL Hike Day, Paris Landing State Park, co-sponsored by TTA.
		3 Nov	Stones River Canoe Trip (Betha Chrietzberg - 615-896-1146)
		3-4 Nov	Savage Gulf backpack (Larry Turner - 901-682-2359)
		11 Nov	Big Hill Pond (Jill Norvell - 901-873-2149)
		24 Nov	Chickasaw Bluff Trail (Jill Norvell)

TTA The Tennessee Trails Association, Inc.

OBJECTIVES: To promote, construct, and maintain a statewide system of hiking trails, and to work for the conservation of natural resources inherent to this objective. Sponsor for the Cumberland Trail. Regular dues are \$8.00 per year: \$3.00 for students and family dependents.

TTA OFFICERS - 1984

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