

TENNESSEE TRAILS

The monthly newsletter of the Tennessee Trails Association



ADOPT-A-TRAIL UPDATE

You may have noticed the TTA Adopt-A-Trail position on the back of the newsletter. It has been a while since this program was described in the newsletter. The Adopt-A-Trail Program was conceived as an opportunity for TTA to act as a liaison between land managing agencies and volunteers who can assist with trail needs. The program is flexible in how it works and the type of trail responsibilities adopted. In the simplest program, volunteers or chapters select a trail they wish to hike and inspect twice a year. They then complete an Adopt-A-Trail form after each hike and send it to TTA and the managing agency. Volunteers are also encouraged to accomplish maintenance tasks after agreement with the land manager on the type and amount of work done.

In 1996, the TTA Board encouraged hike leaders to complete the Adopt-A-Trail form after each hike. The form provides information on trail conditions and maintenance needs which will be useful to both the managing agency and other hikers. If these forms could be returned to me, TTA could better document our hikes, and also inform land managing agencies that we are using their trails and are concerned about their condition.

To get Adopt-A-Trail forms, please contact me. Those people who have adopted trails should let me know of their work—we will be happy to publicize those trails, any maintenance needs, and provide status reports to members on trail conditions. Land managing agencies and companies can help by informing TTA of trail adoption opportunities, maintenance opportunities, scheduled work days, new trail openings, other trail news, and agency contacts.

Dr. and Mrs. Wallace Bigbee of McMinnville continue to faithfully patrol and maintain the Trail of Tears between Shellsford and Cumberland Caverns in Warren County.

Bowater Woodlands announces that Virgin Falls Trail is available for adoption. TTA's Cumberland Trail Conference is working on adopting and incorporating other Bowater trails into the Cumberland Trail corridor.

The Great Smoky Mountains National Park Adopt-A-Trail program has entered its 7th year. I continue to participate in this program by patrolling and maintaining Curry Mountain Trail in Sevier County. In addition to Adopt-A-Trail Patrollers who patrol and maintain a single trail 8 times a year, the park also has roving maintainers and teams who are available to help in special maintenance projects. Trail adoption opportunities are also available on the Appalachian Trail both in the park and in the Nantahala National Forest through the Smoky Mountain Hiking Club. Through the cooperation of land managers, who periodically inform us of opportunities, TTA can put you in touch with several volunteer programs, or offer suggestions on how to approach local land managers in your area.

Harold Draper
Adopt-A-Trail Program Chair
(423) 689-7757
e-mail: haroldd385@aol.com

CLARKSVILLE

Meets the third Tuesday of each month at 7:00 pm at the City of Clarksville Crow Community Center at 211 Richview Rd.

JUNE 7 - MAMMOTH CAVE HIKES IN KENTUCKY. Call Wanda Cumberland (615) 358-3338.

JUNE 14 - ROTARY PARK IN CLARKSVILLE. Call Jack Held (615) 645-1348.

JUNE 21 - ASHLAND CITY RAILS TO TRAILS. Call Charles Putnam (615) 647-4197.

JUNE 28 - NATHAN BEDFORD FORREST HIKE. Call Suva Bastin (615) 645-2849.

CUMBERLAND MTN.

JUNE 21 - HISTORIC PALL MALL AND SGT. YORK COUNTRY. *Hike in historic Pall Mall and Sgt. York country. See where Sgt. York was married, his grave, home place and mill. Lunch at Sgt. York Memorial Grist Mill Park. About 2 miles, easy hiking. Optional 2 mile hike to a scenic bluff overlook at Wolf River Valley. Meet at 9:00 am CDT at PWP Greenhouses in Pall Mall. Call Bob Washburn (615) 879-2556 for information.*

EAST TENNESSEE

JUNE 7 (Saturday) - WHITES CREEK TRAIL MAINTENANCE ON NATIONAL TRAILS DAY. Meet at Big Turtle Park in Oak Ridge at 9:00 am or trailhead at 10:00 am. We will join Tennessee Citizens for Wilderness Planning for light trail maintenance. This trail goes through varied terrain—holly grove, moist coves, sawback ridges and briefly crosses through a Bowaters pine plantation. Bring gloves, clippers or hand saw. Whites Creek is a TVA Small Wild Area on Watts Bar Reservoir. Trail is approx. 3 miles. Bring lunch and a drink. Call Judith at (423) 494-9421 for more information.

JUNE 22 - GREGORY BALD IN THE SMOKIES. Hike to Gregory Bald in the Smokies for one of the best wild azalea displays around. Meet at the information kiosk at the entrance to Cades Cove loop at 8:30 am. Distance is 11 miles. Caution: includes 3,000 foot elevation climb. For more information, call Keith at (423) 376-4827.

TRIP REPORT

Ellen Bean led a hike on River Bluff Trail at Norris. This easy 3-mile trail is especially beautiful in the spring. Several members practiced their wildflower identification in preparation for the wildflower pilgrimage in the Smokies. We are lucky to have such great members who are generous with their talents and interests in wildflowers, photography, and birds.

Diana and Andrew Stevens led a 12-mile hike on Hidden Passage Trail at Pickett State Park. What a good trail! We had beautiful weather, and made side trips to an abandoned railroad tunnel and Crystal Falls. This trail is long, but easy. Great for those of us who hate to climb! Right, Diana? Harold "GPS" Draper kept us on the straight and narrow.

Don Coffman reports that someone left a nice hiking stick at Bacon Ridge Trail. If it is yours, call Don at (423) 376-5842.

MEMPHIS

Meets the third Thursday at 7:00 pm at Davis-Kidd, 387 Perkins Extended

JUNE 8 - GHOST RIVER CANOE FLOAT.

Gerry Wright will lead this canoe trip in one of the state's newest natural areas. Meet at Fire Station at LaGrange at 10:00 am. If you are a little late, just drive down to the Wolf River bridge. Canoes may be rented at A.J.'s Canoe Rental (901) 753-6426. Please call Gerry to preregister for this trip at (901) 386-9356.

MURFREESBORO

Meets the third Tuesday at 7:00 pm at St. Mark's Methodist Church.

HIKING HOTLINE 367-7045

**JUNE 21 - HARPTETH RIVER CANOE
FLOAT.** Call Mike Harvey (615) 893-9594.

JUNE TBA - ROAN MOUNTAIN. Call Mark Hall (615) 896-4345.

NASHVILLE

Meets the third Tuesday at 7:30 pm at the Cumberland Science Museum.

HIKING HOTLINE 367-7045

JUNE 4 - 7th Annual 39th Nightlife Hike led by Bob Barnett. We will begin with a tour of the Bicentennial Mall, then dinner at Monell's in historic Germantown. We'll walk off dinner calories by walking to downtown night spots. Meet at 6:00 pm at the Betty Smith Nursery end of Farmer's Market on the Bicentennial Mall side. Call Bob at (615) 832-6484 for more info and to preregister.

JUNE 7 - Trail Work at Short Springs State Natural Area. We will build water bar steps, pick up trash and perform other trail maintenance tasks as needed. After working, we'll hike to Machine Falls. Meet at the Target parking lot at Bell Rd. and I-24 at 7:30 am or at the Short Springs trailhead at 8:45. Bring lunch, lots of water, and work gloves. Call Arleen Barnett for more info and to preregister (615) 832-6484.

JUNE 8 - Radnor Lake Hike. We will hike Ganier Ridge and the South Lake trail, 4 ½ miles moderate. Meet at 8:00 am at the west parking lot at the Visitor's Center. Call Jennifer Hann at 941-1503 to more info and to preregister.

JUNE 15 - Cumberland Trail Hike - Obed Wild & Scenic River Section. Come see the work done during this spring's Breakaway program. We will hike 8 miles (moderate) on the "Trail of a Thousand Steps." Meet at 7:00 am at the K Mart parking lot, close to Kinko's, in Donelson off I-40 or at 9:30 am at the Crab Orchard exit on I-40 at the BP station. Call Arleen Barnett (615) 832-6484 for more info and to preregister.

JUNE 20 - Full Moon Hike at Edwin Warner Park. Come see a beautiful view of Nashville in the moonlight. Meet at 8:00 pm in the parking lot at the entrance to Edwin Warner Park just past Old Hickory Blvd. going away from town. We will hike on blacktop roads that are blocked off. Call Diane Manas at (615) 352-7777 for more info and to preregister.

JUNE 22 - Long Hunter Bryant Grove Trail. We will celebrate summer's official arrival by hiking 4 miles from Couchville Lake to the Bryant Grove Picnic and Swimming Area. This easy trail follows the shoreline through hardwood forests and cedar thickets and glades. After picnicking and swimming at Bryant Grove, we'll ride a shuttle van back to Couchville Lake. Meet at the Couchville Lake fishing pavilion in Long Hunter State Park at 1:00 pm. Call Bob Barnett at (615) 832-6484 for more info and to preregister.

JUNE 22 - Fiery Gizzard Hike. This hike will offer two options: hike from Foster Falls to Raven Point for 6 miles or hike 12 miles from Foster Falls to Raven Point to Grundy Forest via the Dog Hole Trail. Both options offer beautiful

Bring Map

John Message
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there
w/guest

Male w/ red hair
Pam - cracker
bandell?

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scenery. Meet at 7:00 am at the Target parking lot at Bell Rd. and I-24. Call Jim Poteet for more info and to preregister.

JUNE 29 - Percy Warner Mossy Ridge and Warner Woods Hike. This hike offers a 2 1/2 mile option and a 7 mile option. Meet at 9:00 am at the end of Belle Meade Blvd. at the stone pillars. Call Diane Manas at (615) 352-7777 for more info and to preregister.

Be sure to call the hike leader to let him/her know of your intention to join the hike. Occasionally plans change and hikes are cancelled.

TRIP REPORT Piney River Hike May 3

It was lightning, thundering and pouring down rain Friday night as I received calls from prospective hikers asking, "Are you still going tomorrow?" You never know what the weather will be like the next day 3 hours away so I bravely said, "Yes, we're going, rain or shine." Longtime Nashville Chapter hikers Libby Francis, Alan Stokes, Linda Bowman, John and Jeannie Myers, as well as new TTA members Pat Burns and Jeff turned out for an absolutely beautiful hiking day—blue skies, sunshine and a nice cool breeze. Plateau Chapter members Rob and Susan Weber caught up with us about 2 miles down the trail after sending relatives off to Opryland for the day.

The creeks, river and waterfalls were spectacular with the extra flow from the previous night's storms. There was so much water, as a matter of fact, that we gave up trying to step around wet, muddy spots and just sloshed through them. In many places, we were walking through a stream of water following us down the trail! Crossing McKee Branch, which is normally routine rock hopping, was a bit tricky since all the rocks to hop on were under water but everyone made it safely across.

We saw lady slippers (pink and yellow), lots of wildflowers and 2 1/2 snakes. Half a snake? Someone had dispatched a copperhead in the middle of the trail and left part of it to scare unwary hikers, I suppose.

Thanks to everyone who shared this special trail with me!

Arleen Barnett

PLATEAU

Meets the third Thursday at 7:00 pm at the Crossville Housing Authority, 202 Irwin Ave.

JUNE 7 - FALL CREEK FALLS/LOWER CANE CREEK. Contact Carolyn Miller (615) 456-4465. 12.4 miles, moderate.

TRAIL WORK REPORT

The Plateau Chapter recently hosted a work day to connect up the Black and Brady Mtn. Trails of the Grassy Cove Segment of the Cumberland Trail. In blazing and picking up the litter on Cox Valley Rd., Hwy 68 and the top of Black Mtn. In Cumberland County, the volunteers picked up **1460 pounds** of trash. What a sight it was!! This day also saw the first of the diamond-shaped CT trail signs, previewed at the 1996 Annual Meeting, placed at the trailheads for the Grassy Cove Segment. These signs will mark all trailheads on the CT, and areas where the trail may be difficult to follow.

Thanks to Alan Stokes for his time and creative effort in manufacturing these signs.

Thanks to those who attended the work party: Bill & Sue Eldridge, Jim Lifsey, Tom & Dottie McClatchie, Barry and Sandra Spearman, and Jim and Barbara Sampson.

Thanks to the Cumberland County Road Commission for hauling all the trash away!

--Rob Weber

UPPER CUMBERLAND

JUNE 7 - JUNE CHAPTER MEETING AND HIKE ON BONNIE'S MOUNTAIN, 5 miles, moderate. Enjoy a spring picnic on Bonnie's back porch followed by a walk or two around her mountain fitness loop! A meeting and amusing program will follow the walk. Bring goodies for a picnic potluck. Meet at First Union in Sparta at 4:00 pm. Contact Bonnie Greene (615) 836-3696, Sparta, or Paul & Pam Miller (615) 526-9259, Cookeville.

JUNE 21 - HIKE LOCATION TBA. Contact Bonnie Greene (615) 836-3696.

ON ANY DAY - DENISE CHARVOZ' MOUNTAIN, 2 miles, easy. Walk with Denise on her mountain near Monterey, overlooking Cherry Creek. Meet at Denise's about 8:30 am. Contact: Denise Charvoz (615) 738-3595, Sparta.

TENNESSEE TRAILS

NASHVILLE CHAPTER

JUNE 1997 HIKES

HIKING HOTLINE - 367-7045

Urban Hike *Weds*
JUNE 4 - 7th ANNUAL 39th NIGHT LIFE HIKE led by Bob Barnett. We will begin with a tour of the Bicentennial Mall and continue to Nashville downtown night spots. Meet at 6:00 p.m. at the Betty Smith Nursery end of Farmers' Market on the Bicentennial Mall side. Call Bob at 832-6484 for more information and to preregister.

Sat
JUNE 7 - SHORT SPRINGS TRAIL WORK led by Arleen Barnett. We will build water bar steps, pick up trash, and perform other trail maintenance tasks as needed. After our work is finished, we will hike to Machine Falls and Big Busby and Little Busby Falls. Short Springs is a beautiful area. Bring a lunch and meet at the Target parking lot at Bell Road and I-24 or meet at the Short Springs trail head at 8:45. Call Arleen at 832-6484 for more information and to preregister.

Sun
JUNE 8 - RADNOR LAKE HIKE led by Jennifer Hann. We will hike Ganier Ridge and the South Lake trail, 4 1/2 miles moderate. Meet at 8:00 a.m. at the west parking lot at the Visitor's Center. Call Jennifer at 941-1503 for more information and to preregister.

Sun *Father's Day*
JUNE 15 - CUMBERLAND TRAIL - SECTION # 4 HIKE led by Arleen Barnett. Come see the work done during the Break Away weeks this spring. We will hike 8 miles in the Catoosa Wilderness Area. Overnight camping may be an option at the Rock Creek campground by the Obed River. Meet at 7:00 a.m. at the K-Mart parking lot in Donaldson near I-40 or at Crab Orchard exit of I-40 at the B P gas station at 9:30. Call Arleen at 832-6484 for more information and to preregister.

Fri
JUNE 20 - FULL MOON HIKE AT EDWIN WARNER PARK led by Diane Manas. Come see a beautiful view of Nashville in the moonlight. Meet at 8:00 p.m. in the parking lot at the entrance to Edwin Warner Park just past Old Hickory Blvd. going away from town. We will hike on blacktop roads that are blocked off. Call Diane at 352-7777 for more information and to preregister.

Sun
JUNE 22 - LONG HUNTER BRYANT GROVE TRAIL HIKE led by Bob Barnett. We will hike from the Long Hunter lake to the swimming hole and picnic area at Bryant Grove and swim and picnic there and shuttle back to the lake. Meet at the fishing pavilion, picnic area by the lake at 1:00 p.m. Call Bob at 832-6484 for more information and to preregister.

Sun
JUNE 22 - FIERY GIZZARD HIKE led by Jim Poteet. This hike will offer two options: hike from **Foster Falls** to **Raven Point** for 6 miles or hike 12 miles from **Foster Falls** to **Raven Point** to **Grundy Forest** via the Dog Hole Trail. Both options offer beautiful scenery. Meet at 7:00 a.m. at the Target parking lot at Bell Road near I-24. Call Jim Poteet at 366-4777 for more information and to preregister.

MISSISSIPPI TRAILS

Sun

JUNE 29 - PERCY WARNER WARNER WOODS AND MOSSY RIDGE HIKE led by Diane Manas. This hike offers a 2 1/2 option and a 7 mile option. Meet at 9:00 a.m. at the end of Belle Meade Blvd. at the stone pillars. Call Diane Manas at 352-7777 for more information and to preregister.

Be sure to call the hike leader to let him or her know of your intention to join the hike. Occasionally plans change and hikes are canceled.

For membership information call: 297-2281

Cumberland Trail Summer Intern Program

The Student Conservation Association has approved and is advertising a 12-week summer internship opportunity for Cumberland Trail development. The intern will spend 12 weeks researching land ownership, assessing current trail conditions, and completing a development plan. The intern will be supervised by Rob Weber, Cumberland Trail Conference Project Manager.

SCA provides \$1,450 to fund the intern position and TTA has to match this amount, plus mileage and gas expense. TTA needs to raise a total of \$2,000 in

Please consider making a tax-deductible gift to Tennessee Trails-Cumberland Trail Project to fund this summer intern. This is an opportunity to give something back for all the trails we enjoy hiking.

YES! I want to help support the summer CT intern. Enclosed is my gift of:

☐ \$15 ☐ \$25 ☐ \$50 ☐ \$100

☐ Other

Please make your checks payable to TTA, Cumberland Trail and mail to: Susan Weber, CTC Financial Administrator, Rt. 1, Box 219A, Pikeville, TN 37367.



"Face it, Fred—you're lost!"

The Far Side

APRIL

17

Thursday

South Cumberland Recreation Area

Call (615) 924-2956 for details

- 6/1 Foster Falls/Small Wilds Hike
- 6/1 Aquatic Critter Search
- 6/7 National Trails Day Work Hike
- 6/7 Raven's Point Hike
- 6/8 Sycamore Falls Hike
- 6/8 Lone Rock Trail Hike
- 6/14 Grundy Lakes Fishing Rodeo
- 6/14 Greeter Falls Tour
- 6/15 Ticks! And Other Arachnids
- 6/21 Meadow Trail Hike
- 6/21 Blue Hole Rock Hop
- 6/22 Foster Falls Pool Hike
- 6/22 Blue Planet
- 6/22 Raven Point Sunset Hike
- 6/28 Lone Rock Trail Tour
- 6/28 Grundy Forest Day Loop
- 6/28 Hidden Crevice Walk
- 6/28 Snakes Alive
- 6/29 Meadow Trail Hike
- 6/29 Lost Cove Cave Tour
- 6/29 Early Americans

Arden Poling

(Wanderlust)

P. O. Box 290035

Nashville, TN 37229-0035

(615) 366-4906 (after 7 PM Central Time)

Thirty snakes, three bears, five moose, and many various critters and creatures later, I have completed a thru-hike of the Appalachian Trail. In other words I backpacked (walked) from Georgia to Maine, 2,159 miles in all.

On March 21st, 1996, I left Amicalola Falls State Park in Georgia starting my journey in six inches of snow, a venture that would end up taking over eight months to complete on November 26th, 1996.

Through the course of the journey I learned to take one day at a time as well as one step at a time embracing each day as it dawned. Yes, rain, snow and fog are beautiful.

For those who love to hike, imagine waking each morning stepping out of your front door (tent fly) and hiking as far as you can on a premiere hiking trail nearly every day for eight months. I learned the true meaning of and took to another degree - flexibility, adaptation, patience, perseverance, and discipline.

Words cannot describe the wonderful people that I met both on and off the trail. I would like to thank those people who opened their lives and allowed me to share their warmth and generosity while embracing me as part of their trail family. Off the trail, people with many faces in many towns fed me, housed me, provided transportation and information with an unselfish desire to help someone they had never met. Above all, you highlighted the goodness of people. I experienced a passage that I could only imagine in the past and never to the degree that transpired.

Mine was above all else a spiritual passage that has enlightened and changed my life forever. Eight months in the woods to pray, reflect, and commune with my creator with little outside interference was beyond comprehension. I was never alone.

May you experience the peace in your life that my journey brought to mine.