

TENNESSEE TRAILS

Monthly newsletter of the Tennessee Trails Association



MISSION: 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.

National Trails Day



June 6, 1998

Make a special effort to get out and enjoy a hike on National Trails Day. But, if you can't, then plan your next hike or read about other's hikes. One good way to do that is by reading about trails and hiking.

MIDDLE TENNESSEE ON FOOT

Hikes in the Woods and Walks on Country Roads

by Robert S. Brandt

With this delightful new book Robert S. Brandt fills a niche for the midstate that Russ Manning, Will Skelton, and others filled for most of East Tennessee several years ago.

It is an excellent guide to the best forest dayhikes in twenty-nine special places scattered across the four physiographic provinces of Middle Tennessee. Eight rewarding walks along country lanes in historic Sumner, Williamson, and Maury counties are also described. More than just a hiking guide, the book is a good read cover to cover for everyone who loves our midstate's natural beauty and colorful local history.

Contents:
Book review
Land Between the Lakes
Editor's note
Rescue
Hikes & Reports

Bob Brandt's long experience as a hiker, fly fisherman, jurist, conservation advocate, and father accustomed him to reading the land for evidence of nature's processes and the people who were there in the past. He opens *MIDDLE TENNESSEE ON FOOT* with a concise overview of the region's landscape, seasons, forests, and wildlife. Then, walking with us through each special place, he shares insights into its ecology and tells stories of many interesting lesser-known historical figures whose lives there touch us today.

With each successive walk he gradually weaves an impressive anecdotal chronicle of the exploration and settlement of Middle Tennessee, its early economic and cultural development, and the important Civil War battles that still echo here. He also tells of the foresighted people who more recently worked, or fought, to preserve these special places before they were lost to chainsaws and bulldozers.

Splendid black and white photographs capture much of the uniqueness of many of these places, and each walk is introduced with a graphic map, clear directions to the trailhead and a brief summary of its highlights. A comprehensive index and an extensive list of references are also provided.

The entire book nicely complements, and supplements with more details, the Middle Tennessee trail

NEWSLETTER CONTRIBUTORS —

NOTE! I'll be on vacation so your information for the July newsletter should go to :

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4951 Edmondson Pike
Nashville, TN 37211

descriptions and historical background in Evan Means' *HIKING TENNESSEE TRAILS* - especially the writeups on Old Stone Fort, Rock Island, Bledsoe Creek, and Mousetail Landing state parks; Lower Station Camp Creek, Rogana, Old Zion, Moran, Old Natchez Trace and Old Smyrna roads, and Del Rio Pike; and the Fort Donelson and Stones River national battlefields.

Hikers and non-hikers alike will greatly enjoy exploring Middle Tennessee on foot with Bob Brandt.

The publisher is John F. Blair and can be reached at (800) 222-9796 if you can't find a copy locally.

contributed by Bob Brown

Editor's note

We are making some changes to make the newsletter better. One change is to switch from green to black ink. This will allow faster turnaround from the printer, provide better quality and also is a little less expensive. As always, I welcome your suggestions and feedback. You may also provide it to the newsletter Board who are Arleen Barnett and the Directors-at-large, shown on the last page of the newsletter.

Andy Stevens—ed.

Land Between the Lakes

North/South Trail at Land Between The Lakes (LBL)

On March 24 at 5:10 a.m., four ambitious hikers started a grueling two day charity hike from the northern tip of LBL. The plan was to hike the entire 65 mile North/South Trail in two days. None of the participants really knew what they were in for or if they would be successful.

Sponsors were solicited from LBL employees for the charity "Operation Smile". (This is a group of health care professionals who donate their skills to perform cosmetic and reconstructive surgery on children with facial deformities.) A total of \$314 was raised for this wonderful

cause.

At the end of day one, two people had made it to the half way point. At 5 a.m. on day two, only one glutton for punishment started on the second leg and was able to complete the entire 65 mile hike. The weather was wonderful and all the participants had a great time getting very sore.

Hopefully, this will become a yearly event and with promotion involve people from outside LBL as well. At least now we know that it can be done.

Recently, the folks at Land Between the Lakes had a small fund raising event involving one of their hiking trails to help generate interest in the trail system. Hopefully, this will help. Information was submitted by Lee Stinnett and can be reached at (502)924-2030.

TRAIL RESCUE

This is not your usual trail rescue story. Is there such a thing as a "usual" trail rescue story anyway?

Twenty-eight hikers (that's not a typo—there were 28) showed up for Ann Markham's Nashville Chapter Newcomers Hike on the Ashland City Rail-to-Trails on March 28, and most of them were newcomers! We were treated to a delightful, sunny warm day and dozens of shooting stars (the wildflower variety). As we were crossing one of the trestles converted to a footbridge, we heard crying coming from the ravine beneath us. We located the source of the crying—a young white cat, trapped in a tangle of briars, scared and starved.

Jenice Johnson, who is always prepared for any emergency that might come up, happened to have a can of pop-top tuna in her daypack, which she promptly opened. She started tossing tuna tidbits down to the cat in an attempt to entice it out of the ravine, but even though the kitty could smell the tuna, she was still too scared to venture out of her briar prison. Another resourceful hiker found a long tree limb and beat down some of the briars and had Jenice put a morsel of tuna on the end of the branch and poured some tuna juice on for good measure. The branch was slowly and carefully extended down the ravine until the cat was able to devour the morsel and smell the tuna cocktail on the branch. The branch was just as slowly and carefully drawn back up, with Miss Kitty following in pursuit, where she was re-

warded with the rest of the can of tuna and some fresh water to drink.

Jenice then fashioned a kitty-carrier from her oxford-cloth shirt (not to worry, Jim — she had a tank top on underneath!) and proceeded to escort the cat 2 + miles to the other trailhead. Everybody loves happy endings, so here's one for you. Miss Kitty was promptly adopted by one of the hikers, Martha Lisle, who christened her Moon.

Thanks, Ann, for a delightful hike!

Arleen Barnett

Edible plants

These are meant to illustrate usefulness of wild plants and is not an invitation to go out and harvest them.

Trilliums

Before fully unfolded, the young leaves are an excellent addition to salads, often tasting vaguely like raw sunflower seeds. The leaves can also be boiled for 10 minutes and served with butter or vinegar. Once the flowers appear, the leaves become bitter. The berries and roots are inedible.



CLARKSVILLE

JUNE 6 Nathan B. Forest Hike; Suva Bastin, 645-2849

JUNE 13 Long Hunter St. Park -4 miles; Eileen Hurt, 615-244-1669

JUNE 20 Ashland City, Rails to trails; Charles Putnam, 362-3669

JUNE 27 Virgin Falls, near Sparta; Jim Hampton, 647-5899

EAST TENNESSEE

No June Meeting. Picnic instead.

June 13th (Saturday) - Cucumber Gap Loop Hike (GSMNP). An easy to moderate 5.5 mile loop hike out of the Elkmont cabin area of the National Park. We will begin the hike at the Jakes Creek trailhead which is at the end of the road beyond the cabin area. The trail begins with a steep climb up an old jeep road for less than one fourth mile. We then take a foot trail to the left on a more gentle grade which follows the side of a slope to Cucumber Gap. After two and one half miles or so we come to a crossing of Husky Branch; a beautiful little stream with medium size boulders. This is a good lunch spot and there are rarely many people on this section of trail. Soon after crossing Husky Branch, the trail comes to the old jeep road along Little River which we will follow back to our vehicles. For those who are familiar with Elkmont, but haven't been there in a while, the road up Little River is now gated at the old "T" in the cabin area. That means we will have to walk less than one half mile on a road currently used by vehicles. To carpool, meet in Knoxville at 8:30 a.m. at the UT Faculty Club parking lot on Neyland Dr. To meet at the trailhead (10:00 a.m.), drive to Elkmont campground entrance off Little River Road, turn left and follow the road for another mile or so to its end at the Jakes Creek trailhead parking area. For additional information, call Bill Monroe at 481-3032 (day) or 494-0994 (evenings).

June 20th (Saturday) - Norris Potluck Picnic and Hike - Summer get-together. Bring family for potluck picnic at Norris Dam. Meet at 11:30 at the Aquatic Biology Lab on Hwy. 441 1-mile south of Norris Dam on the right. We will eat under a covered pavilion nearby. Bring a dish. Plates, utensils, and drinks provided. We will explore a 1930's CCC camp after lunch. A local Boy Scout Troop is uncovering the distinctive stonework and camp remains after years of overgrowth. We will also take an easy 2 mile stroll on Songbird Trail beside the Clinch River. Call Esther Ruffner at 523-7082 so she can plan for drinks and plates.

Trip Reports

Falls Branch Trail (Cherokee National Forest) - 8 brave hikers started out on a sunny Saturday morning. An abundance of wildflowers greeted us on the 1.3 mile hike to Falls Branch Falls. The falls, which is 75' high, had a very good flow over it. (see photo at end of newsletter) The second hike, Grassy Branch, was approximately a 2 mile drive down the Cherokeela Skyway. We hiked about 1 mile down Grassy

Branch Trail. Seven different types of trilliums were seen: painted, Catesby's, wakerobin, white, erect, great white, toadshade, lemon sessile. Eagle Eye Award to Janie Mertz for seeing flame azalea while driving along the road, and Diana Stevens for spotting flowers way off the trail.

Thanks to Janie Mertz for a wonderful slide show on her trip to the Peruvian Amazon. Janie is an accomplished photographer and world traveler and provided a lively narration to go with excellent slides of bats, bugs, flowers, people, moths and more bugs - really huge bugs. 25+ folks turned out for the slide show and great brownies.

>From *Tennessee Conservationist*, May-June issue, "Seven new multi-use trails, totaling over 50 miles, are slated to open this spring in the Cherokee National Forest in Cocke County around the French Broad and Pigeon Rivers. Designed for hiking, mountain biking and horse use, the trails offer many levels of difficulty and scenic options for any age or skill level..... Information and a complete map and directions are available from the Cocke County office of tourism by calling 423-625-9675."

MEMPHIS

* No monthly meeting in June.

* June 13: WHITEWATER RAFTING ON OCOEE RIVER. Lots of people have signed up to do the float Saturday morning, but there may be space available if someone cancels. Call Norma McMinn, 901-785-1479.

* June 20: EVENING WALK ALONG MISSISSIPPI RIVER in downtown Memphis. Meet 5:30 p.m. Saturday at the Tennessee Welcome Center off Riverside Drive.

We'll probably check out the new walking path in Harbortown. Call Martye Burkett, 357-9183.

* June 28 (Sunday): WOLF RIVER CANOE TRIP. We'll do the Moscow section of the river. You must have canoe experience. For more info, call Betty Porter, 755-4740.

MURFREESBORO

Canoe Float Trip June 13 Mark Hall 615-896-4345

NASHVILLE

JUNE 1998 HIKES

HIKING HOTLINE 367-7045

June 6 - Radnor Lake hike led by Jennifer Hann. Meet at 8:00 a.m. at the Visitor's Center to hike 4 1/2 miles some of which is difficult. Call Jennifer at 941-1503 for more information and to preregister.

June 6¹³ - Short Springs Hike and Work Day led by Bob Barnett. Come and celebrate National Trails Day hiking and working on trails in this lovely area. Meet at the Target parking lot at 1-24 and Bell Road at 9:00 a.m. or meet at 10:15 at the trail head. Call Bob at 832-6484 for more information and to preregister.

June 7 - 8" Annual 3dh Birthday hike led by Bob Barnett. Meet at 2:00 p.m. at Bosco's in Hillsboro Village for a walking pub crawl which will end at the Gerst Haus??? Call Bob at 832-6484 for more information and to preregister.

June 7 - Savage Gulf hike led by Jim Poteet. Meet at 7:00 a.m. at the Target parking lot at Bell Road and 1-24. Call Jim at 377-4777 for more information and to preregister.

June 10 - Full Moon hike at Radnor Lake led by Bob Barnett. Meet at 6:30 at the Visitors' Center for a twilight walk to Gainier Ridge and a moonlight walk on the Lake Trail. Call Bob at 832-6484 for more information and to preregister.

June 13 - Bemheim Forest, Kentucky hike led by Ann Welsey. Call Ann at 851-1052 for more information and to preregister.

June 14 - Honey Creek hike led by Charlie and Jennifer Hann. This a rugged but beautiful 5 mile hike rated difficult. Call Charlie and Jennifer at 941-1503 for more information and to preregister.

June 20 - Barren River State Park Hike led by Bob Barnett. Barren River is about 1 1/2 hour drive from Nashville in Southern Kentucky. We will hike there in the morning, have lunch in the State Park restaurant, and swim in the afternoon. Call Bob at 832-6484 for meeting time and place, more information, and to preregister.

June 27 - Newcomers Get-Acquainted Hike and Social at Edwing Warner Park, led by Libby Francis. We will hike the 2 1/2 mile Harpeth Woods Trail rated moderate. Meet at the Nature Center at 9:00 A.M. We will have lunch at the Sportsman Grill. Call Libby at 889-5718 for more information and to preregister.

Looking Ahead ...

July 4 - Collins Gulf Stagecoach Road Dayhike in the Savage

Gulf State Natural Area led by James Leininger. This rugged area is located in Grundy County. It abounds in cliffs, streams, waterfalls, overlooks, and varied plant life. The trail is thirteen miles with multiple stream crossings, boulder hopping; all this with elevation gains and losses too. This a strenuous hike, and if raining could be treacherous. Sturdy hiking boots strongly recommended. Bring water and a lunch. This is an all day event. Meet at the front of the Target parking lot at I-24 and Bell Rd. (Exit 59). Meet at 6:45, leaving Target at 7:00 a.m. We will arrive at the trail head at approximately 9:00 a.m. Registration is requested. Please contact James Leininger at 615-726-3272 for further information and to preregister.

Hikers Make Partnership Permanent - Tennessee Trails president Jim Poteet and member Marietta Matthews were married on Saturday, May 9th in Hendersonville. Our best wishes for their continued happiness.

Not One, But Two Awards For Bob Brown! - The Tennessee Department of Environment and Conservation honored our own Bob Brown with two awards recently. The *Lifetime Environmental/Conservation Achievement Award* recognizes individuals who have devoted a working lifetime of effective and valuable service to Tennessee's environmental protection and/or conservation stewardship. Bob shares the award with Dr. Patrick Doyle, Professor of Biology at MTSU. Additionally, Bob is the winner of this year's *Governor's Greenways and Trails Award* for Trail Development. We are pleased to join those who celebrate Bob's continuing commitment.

Earth Day at Radnor - The Nashville Chapter gathered with a number of other grassroots organizations as the Radnor Lake Nature Center hosted an Earth Day celebration on April 25th. A mix of music and conversation created the perfect atmosphere for renewing our commitment to environmental stewardship in its various forms. Special thanks to Mike and to Sandy of the Radnor staff for making it all possible.

Friends of Beaman Park Hike Dates Announced - As usual, space is limited. Call Nancy Dorman at 299-9586 to make your reservation today!

June 20, 9:00 a.m. - noon (August 23, 1:00 p.m. - 4:00 p.m.)

July 26, 1:00 p.m. - 4:00 p.m. (September 19, 9:00 a.m. - noon)

June Program Meeting - June 23rd, 7:30 p.m., Radnor Lake Visitors' Center. Rob Weber of the Cumberland Trail Conference will bring us details of Breakaway '98 (sure to in-

clude copious bragging on the Middle Creek Suspension Bridge) as well as exciting plans for the C. T. in the coming months.

Oh! The old swimmin'-hole! When I
last saw the place,
The scene was all changed, like the
change in my face.

- James Whitcomb Riley

UPPER CUMBERLAND

The following hikes and meetings are planned for May and June:

Saturday, May 23 Cumberland Mountain State Park Meet at the Ranger Station at 9:00 a.m., 3, 5, or 10 miles, easy to moderate.

Saturday, May 30 Angel Falls Over-look at Big South Fork Meet at Penney's in Cookeville at 8:00 a.m., 6 miles, difficult.

Saturday, June 6 Caves at Pickett State Park Meet at Penney's in Cookeville at 8:00 a.m., about 5 miles, easy to moderate. Meeting in the shelter following the hike.

Saturday, June 27 Potluck at Burgess Falls Meet at the shelter at 12 noon. Hike will follow meal and meeting, 2 miles, easy.

Saturday, July 11 Waterfalls and Mountains Car Hike and Chapter Meeting Meet at First Union in Sparta at 9:30 a.m. Drive about 120 miles. See two waterfalls. Hike approximately 7 miles. Chapter meeting and picnic are atop scenic Mount Roosevelt, above Rockwood!

Saturday, August 8 Walk and chapter meeting at Cookeville's City Lake Park Bring your lunch and meet at the parking lot at noon.

Saturday, August 29 Virgin Falls from the Trailhead Meet at First Union in Sparta at 9:00 a.m. Join us on our chapter's most popular hike! See Scott's Gulf as you hike to the falls with no river flowing to or from it. Sound like magic? It is a magical place! Bring your lunch and plenty to drink. 9 miles, strenuous!

NOTE: Other summer hikes may be announced at a later date! Check the monthly state TTA newsletter.

For information about the hikes, call Nora Miller, 931-526-9252, Cookeville.

Trip reports:

Hurricane Bridge Hike and Meeting Saturday, April 18, 1998 By Nora Miller

One of the loveliest locations for a meeting and socializing is the Hurricane Bridge picnic area. It was a beautiful day for a hike, but our plans to hike to Floating Mill Recreation Area didn't materialize because no one knew how to get there. Apparently the person who suggested the hike didn't show up, and we couldn't remember who suggested it in the first place. After much discussion we walked to the observation tower at the Craft Center and back. We then walked around the picnic area and the old camping area, which is closed off during the winter (no camping is allowed there now).

We then gathered to eat our lunches and hold our meeting. We were reminded about the Earth Day booth we were sponsoring on Saturday, April 18 on the TTU quad. Don Howard of the Sierra Club contacted Nora to present to our TTA chapter about having some joint hikes this year. We agreed it would be a good idea. The members also agreed to publish only a one page (front and back) newsletter.

Piney River Hike Saturday, April 25, 1998 By Nora Miller

Wow! What a day for a hike! If you didn't go for one you really missed out. Fifteen Happy Hikers and a dog met at Penney's to carpool to Piney River. We met Jack and Marnell Cothran and Willa Parrish at the trailhead. Carpoolers included: Barbara Phifer, Carol Swindell, Brilla Weilenman, Richard, Diane, and Simon Miller, Janice Garman, Nancy Stigler, Kisha West, Linda Henderson and her dog, Lin Chou, Paul and Nora Miller.

We shuttled to the other end of the trail believing it was all down hill. It's amazing how quickly we forget. Piney River has never failed to bless wildflower lovers with an amazing variety of beautiful flowers. This hike was no different. We sighted 52 species with a prolific number of gaywings at several locations on the trail. Other sightings included:

birdfoot violet, white violet, longspur violet, yellow and purple violets, pussytoes, wood anemones, wild geraniums, fire pinks, foamflower, vetch, dwarf iris, bellwort, Solomon seal, Solomon plume, wood betony, hawkweed, yellow ragweed, little brown jug, golden Alexander, buckeye, pink ladyslipper, yellow ladyslipper, sweet shrub, white saxifrage. Jack-in-the-pulpit, nodding mandarin, pink honeysuckle, lemon trillium, white trillium, red trillium, bluet, baneberry, cucumber plant, maple leaf verben, toothwort, rue anemone, purple phacelia, cinque foil, star chickweed, yellow star grass, Canada violet, blue cohosh, stonecrop, wild azalea, daisy fleabane, squaw root, oxalice, and a lily we think might be a clintonia or bluebead. We didn't see the Dutchman's pipe but did see the vine with some leaves still on it.

Oh, yes, there is some climbing while going down hill. The river was beautiful; the various falls and cascades were breathtaking. It is a long and rocky hike, but it is well worth it to see so much beauty!

Edible wild plant



False Solomon's Seal (left)

The young shoots can be added to salads or prepared like asparagus. Note: The berries and root stocks are also edible, but the berries are mildly cathartic, and the root stocks must first be soaked overnight in lye and then parboiled.

Solomon's Seal (right)

The young shoots (minus the leafy heads, which turn bitter when cooked) can be boiled for 10 minutes and served like asparagus. The whole shoots can be chopped up and added to salads. The starchy root stocks can be added to stews, or boiled for 20 minutes and served like potatoes.

MEMBERSHIP FORM

Memberships are for one year, unless you have a Life Membership. YES, I want to join Tennessee Trails Association:

_____ Student	\$6.00	_____ Supporting,	\$30, \$40, \$50
_____ Individual/Family	15.00	_____ Life Member	\$500
_____ Corporate Sponsor	_____ (Amount enclosed)		

NAME: _____ DATE: _____

Please print clearly

ADDRESS: _____ CITY: _____ STATE: _____

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☐ MURFREESBORO
☐ NASHVILLE
☐ PLATEAU (Crossville)
☐ UPPER CUMBERLAND (Cookeville/Sparta)
☐ AT LARGE

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Cumberland Trail Web Page:	http://users.multipro.com/cumberlandtrail/

Reminder
Send newsletter info
to Arleen for July

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