

# TENNESSEE TRAILS

**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.**



## Vital Liquid

Pure water is vital to health. Our bodies cannot store water, so we must drink constantly. The need for water is driven by temperature, metabolism and work. Our bodies perspire to control the body's core temperature during exercise, such as hiking. Water is also needed by the body for breaking down and metabolizing our food intake. Even while resting, we can lose 4 pints (2 liters) of water per day just through normal perspiration, urination and breathing.

Hiking is a strenuous activity, and adequate hydration is crucial for optimal performance and health.

How much water to drink? Drink frequently, between 1 to 2 cups of water per hour and before you feel thirsty, to avoid dehydration. (A good sign that you've drank enough water – clear urine! Cloudy or colored urine indicates the need to drink more.) You can be slightly dehydrated and not feel thirsty. The signs and symptoms of dehydration may include fatigue, flushed skin, headache, dizziness, chest pain, irritability, feeling tired, and cramps. Extreme cases of dehydration could lead to death.

If you've run out of water, and as long as you're close to a water source, most water can be made fit to drink. Never assume the water source to be safe – even if the water is fast flowing, crystal clear and cold. How you purify your water is a matter of preference; however, some methods are safer than others.

One of the most reliable methods of purifying your water is to boil it. This requires a heat source and a container to boil the water – items not common to a day hiker's backpack. Another effective treatment is to use purification tablets (iodine). They are lightweight and easy to use. One pill purifies one quart of water in about 10 minutes. A drawback to iodine tablets is the bad taste it leaves in the water. However, neutralizer tablets placed into the water after the purification process will eliminate the iodine aftertaste. Finally, there are filters. Water is hand pumped through a narrow intake hose, where it passes into a filter assembly for purification, then exits ready to drink. Filters don't leave a bad aftertaste, weigh as little as  $\frac{3}{4}$  of a pound, are

**You're Not Too Late !!!**

**Tickets are still available !!!**

## First Annual Cumberland Trail Auction Saturday April 8

The Cumberland Trail Conference and Tennessee Trails Association are hosting the very first auction dedicated to raising funds for the acquisition and protection of the 280-mile Cumberland Trail greenway in 13 counties in Tennessee.

The auction will be held at the Garden Plaza Hotel, 215 S. Illinois Ave. in Oak Ridge, TN. Tickets are still available: \$25 per person (\$45 per couple) and includes a buffet dinner. Registration and silent auction begins 5:30-6:30pm EST; dinner buffet 6:30pm EST and live auction begins 7:30pm EST.

To order tickets, make a cash donation to help support the auction, or donate items to the auction call the Cumberland Trail Office at 931-456-6259 or e-mail them: [cumberlandtrail@rocketmail.com](mailto:cumberlandtrail@rocketmail.com)

**NOTE:** A block of rooms has been reserved at the Garden Plaza Hotel in Oak Ridge for auction guests who might want to spend the night. Rooms are going fast so don't delay in making your reservation.



## Vital Liquid (cont.)

easy to use and remove a wide range of contaminants; both organic and inorganic.

For a day hike you may not need to consider utilizing any of the above water treatment processes – just be sure you have plenty of water for the hike, and enough to get you back into civilization.

# Letters from Libby ..... TTA's President

Dear friends,

*We had a great February Board meeting. Everyone is working hard to promote trails and hiking. Chapters are continuing to grow and have planned lots of great activities in the months ahead.*

*The Board is pleased to announce the following Evan Means Small Grants Program awards:*

*\$200 for trail maps of the Obed Wild and Scenic segment of the Cumberland Trail*

*\$400 for trail maps of the Grassy Cove segment of the Cumberland Trail*

*\$630 for bridge repair at Shelby Farms in Memphis*

*\$400 for trail repair at Meeman-Shelby Forest in Memphis*

*This small grants program was established in February 1999 to honor Evan Means - journalist, author, conservationist, hiker, trail builder, originator of The Cumberland Trail, and co-founder of the Tennessee Trails Association. Mr. Means has won countless awards for his work over the years to protect Tennessee's natural resources and beauty, as well as for his dedication to projects that allow hikers to enjoy this natural beauty.*

*The purpose of this small grants program is to support volunteer projects which are compatible with the chartered objectives of the TTA of promoting and developing a system of hiking trails in Tennessee, as well as working for the conservation of natural resources.*

*Grant requests in the range of \$300-\$600 are encouraged, however if a project requires additional grant money, considerations will be made. Grants are awarded annually in February.*

*All chapters are encouraged to look within their local area, identify a special trail/park project/need, request and submit a formal grants application for consideration against the February 2001 Evan Means Small Grant Program Award. February 2001 Grant applications must be submitted by December 31, 2000. For additional information and an application, please write to: TTA Grants Administrator, P. O. Box 41446, Nashville, TN 37204*

*'Til next time,*

*Libby Francis*

## BIG SOUTH FORK CHAPTER

### CHAPTER OFFICER:

Eric Wilson 423-628-2817 [ericavi@infoave.net](mailto:ericavi@infoave.net)

### BUSINESS:

Trail clearing and general trail maintenance continues on the Laurel Branch Trail in Rugby. Throughout the spring we will meet each Saturday morning at 10am EST at either the Beacon Hill or cemetery ends of the trail. Anyone wishing to lend a hand is welcome, please call Peter Erickson 423-628-2071 or e-mail him: [chinese@highland.net](mailto:chinese@highland.net)

### HIKE SCHEDULE:

Apr 1 Buffalo Cove. Jamestown, TN. Join us as we scout out the wildflowers indigenous to this secluded area. Hike is approximately 3-4 miles and may be just a little bit more if we opt to include a side trip to Fern Camp Cave and Whirlpool Flume. We'll meet 11am EST at Harrow Road Café in Rugby. Bring water and lunch. For additional information and to pre-register call Barbara Stagg 423-628-2449 or e-mail her: [rugbytn@highland.net](mailto:rugbytn@highland.net)

## CLARKSVILLE CHAPTER

### CHAPTER OFFICER:

Suva Bastin 931-645-2849

[stevjune42@aol.com](mailto:stevjune42@aol.com)

**MEETS:** 3<sup>rd</sup> Tues, 7pm, The Crow Community Center, 211 Richview Road

- Apr 1 Ft. Donelson, Dover, TN. This hike is 7 miles and rated moderate. Questions and/or to pre-register call Joanne Brengel 931-289-4452 or Suva Bastin 931-645-2849.
- Apr 8 Cedars of Lebanon State Park, Lebanon, TN. This hike is 7 miles and rated easy. Questions and/or to pre-register call Faye Balbac 931-533-6826.
- Apr 15-16 Frozen Head State Park and Natural Area. Join us for this weekend of camping and hiking. Hikes are rated moderate to difficult. Questions and/or to pre-register call Manuel McKinght 931-358-2115.
- Apr 18 CHAPTER MEETING. 7pm, The Crow Community Center, 211 Richview Road
- Apr 22 Earth Day Event. We'll hike Rotary Park in Clarksville, TN. The hike is 3-4 miles in length. Questions and/or to pre-register call Wanda Cumberland 931-906-3338.
- Apr 29 WE NEED YOUR HELP!! Bring shovels and help us spread pine mulch on the trail at Dunbar Cave State Park. Questions and/or to pre-register call Suva Bastin 931-645-2849.
- Apr 30 Piney River Trail, Bowater Pocket Wilderness. Come meet and hike with the folks from Nashville on this Clarksville/Nashville joint hike. This 10-mile trail is rated easy. As with other hikes this month, wildflowers are the primary feature. Questions and/or to pre-register call Suva Bastin 931-645-2849.

### HIKE REPORT:

- Feb 5 Land Between the Lakes (LBL). A very special thanks to Ron Ashley for the Ft. Henry LBL hike. We all had maps, historical data and even outdoor prizes. If you were not among these lucky hikers, you missed a good one!
- Feb 20 Dunbar Cave. Our first full moon hike was a shining success. After days of clouds, the moon appeared bright and round. Fourteen hikers enjoyed the beauty of the night.

## COLUMBIA CHAPTER

### CHAPTER OFFICER:

Todd Horton 615-302-3336 todd1966@aol.com

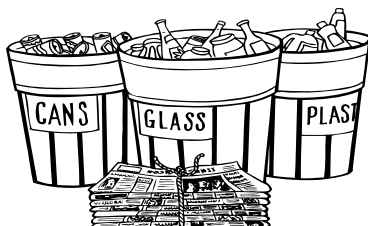
Apr 8-9 Sewanee, TN. Hike one or both days! John was so impressed with Jim Poteet's hike here in 1999 that he had to see it again and add to it an extra day in this fabulous area! On Saturday John will lead a hike on the Perimeter Trail. The plan is to spend the night so that on Sunday, we can hook-up and join the Nashville Chapter for Jim Poteet's hike on Shake Rag Hollow, then a hike in the Short Springs State Natural Area. An astonishing variety of wildflowers can be expected in these areas, and Jim knows them all...well, at least that's what John said! Call John Coleman 931-388-9318 for more info about the stay-over, or, if you prefer to hike only on Sunday, call Jim Poteet to arrange carpooling with the Nashville Chapter 615-824-7666.

Apr 16 Devil's Backbone. A great hike near home! Join Chapter Chair Todd Horton on a hike along the ridges and valleys of the Highland Rim at Devils Backbone State Natural Area, just off the Natchez Trace. Libby Francis introduced us to this trail in January, and we resolved to go back and see the wildflowers she promised in the spring. Todd will meet folks at 1:30pm CST at the fountain on the corner of High and 7th Street in Columbia. This is across the street from the 1st Presbyterian Church parking lot. Please use caution while driving in this area at this time due to the high volume of church traffic. Call Todd if you have any questions at 615-302-3336.

Apr 29 Virgin Falls. A possible joint hike with the East Tennessee Chapter. We cancelled our February backpacking trip due to the weather and the lack of interest from anyone wishing an overnight in the rain, followed by the long hike out. Todd has guaranteed better weather for this weekend!!! Todd will be coordinating logistics with Keith Mertz of the East TN Chapter, so you can call either to get more information: Todd 615-302-3336, Keith 865-376-4827.

### HIKE REPORT:

Feb 26 Burgess Falls Natural Area. Seven people traveled to Burgess Falls for spectacular views of the multiple falls. After a brief break for lunch we made the short drive to Rock Island SP and viewed its' man-made Twin Falls. The trip back to Columbia included a drive by of country music legend George Jones' estate and the sight of his near fatal meeting with a bridge!



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## COVE LAKE CHAPTER

### CHAPTER OFFICER:

Siler McCarty 423-566-1291 emccarty@highland.net

Apr 15 Angel Falls Overlook, Big South Fork Recreation Area. This trail offers a beautiful cliff-top overlook of the river and Angel Falls rapids. This trail is also part of the John Muir trail which intersects the Grand Gap Loop trail. The trail begins by crossing the Low Water bridge (Leatherwood Ford). The first 1.9 miles is relatively easy to Fall Branch. At Fall Branch, the trail climbs approx. 500 feet in elevation to reach Angel Falls Overlook. This part is moderate in difficulty. The round-trip hike is 5.6 miles in length and will take 3-4 hours (excluding breaks). This should be really pretty with lots of spring wildflowers. Meet 7:30am EST at the Eagle Market parking lot. Anyone wishing to meet at BSFRA, meet 9am EST at the Leatherwood Ford Bridge. This will be a hike you may want to bring a camera on !!! Questions and/or to pre-register call Laurie Salvesson at 423-907-0951.

## EAST TENNESSEE CHAPTER (Oak Ridge / Knoxville)

### CHAPTER OFFICER:

Keith Mertz 865-376-4827 kmertz@compaq.net

Apr 15 Frozen Head. We'll hike up Panther Branch Trail to the intersection with North Old Mac and then up North Old Mac to the top. Down South Old Mac and Judge Branch. We'll cover 7 miles and the hike is rated moderate. Wild flowers should be at their peak. Meet 9am EST on the front porch of the Frozen Head Visitor's Center. Wear sturdy footwear, bring water and lunch. For further information and/or to pre-register call Keith Mertz 865-376-4827.

Apr 22 Max Patch. We will hike approximately 2 hours North on the A.T. and then turn around and come back to the top of the bald at Max Patch. We will pass through some rhododendron tunnels just north of the bald and cross a few small streams. A good possibility of seeing hundreds and hundreds and hundreds of trilliums and other wildflowers. Max Patch is at 4,629' feet and provides a 360° degree view. Hike is rated moderately difficult. Wear sturdy boots, bring rain protection, water and lunch. Meet 9am EST at the Cracker Barrel at the Strawberry Plains exit on I-40 East. Driving time from Cracker Barrel to the trailhead will be 60-90 minutes. For additional information and/or to pre-register Rick Jones 865-690-6817.

Apr 29 Virgin Falls. This will be an 8-mile hike, rated moderate. We'll see waterfalls and lots of wildflowers. Meet 9am EST in the gravel parking lot behind Hardee's in Kingston/Hwy 58. Wear sturdy footwear, bring lunch and water. For further information and/or to pre-register for this hike call Keith Mertz 865-376-4827.

### HIKE REPORT:

Feb 26 Maryville/Alcoa Greenway. 37 hikers turned out on this beautiful winter day for this walk through both natural areas and city parks.

## MEMPHIS CHAPTER

### CHAPTER OFFICER:

Ray Burkett 901-357-9183  
rburkett@sscc.cc.tn.us

### ELECTED BOARD REPRESENTATIVE:

Gloria Norrid 901-382-4227  
gloria.norrid@spcorp.com

**MEETS:** 3<sup>rd</sup> Thur 7p, Germantown Library (Sep-May)

### ANNOUNCEMENTS:

**Monthly Meeting:** April 20, 7pm CST Germantown Library. Frederick Belton, a world adventurer, will present a slide show on his hiking trips in Eastern Europe, focusing on Romania and a corner of Slovakia. Highlights will include the Transylvanian Alps, Dracula's Castle, a bit of spelunking in the Apuseni mountains, and the spectacular Piatra Craiului ridge traverse. The show will conclude with the exciting ladder trails of Slovensky Raj National Park. Bring a friend to hear Frederick Belton's exciting stories.

### HIKE SCHEDULE:

- Apr 1 Mousetail Landing State Park, Parsons, TN. Carpool 7:30am CST from Walnut Grove soccer field, or meet at 10am CST at the visitor's center parking lot. This 8-mile trail is rated moderate with some steep and rugged hills. For more information call Ray Burkett 901-357-9183 or e-mail him: rburkett@sscc.cc.tn.us
- Apr 15 Village Creek State Park near Forrest City, AR. Carpool at 8:15am CST at Davis-Kidd or meet at the park's visitor's center at 9:30am CST. This is a 10-mile loop trail with an option to shorten it to a 5-mile hike. This trail is rated easy to moderate. Bring lunch and plenty of water. For more information call Freddi Felt 901-685-9915.
- Apr 15-22(Sat-Sat) Great Smoky Mountains National Park, Gatlinburg, TN. An entire week of beautiful wildflowers and hikes in the Smokies!!! For information and to pre-register call Betty Porter 901-755-4740.
- Apr 28-30(Fri-Sun) Buffalo National River, Jasper, AR. Weekends in April are heavily booked in Jasper so make reservations ASAP. Carolyn Pierce is organizing this weekend and can be reached at 901-755-5635.
- On Sat, meet at the Little Switzerland resort at 8am CST to hike the 8-mile Buffalo River Trail. We will catch the trail at Steel Creek and hike to Kyles Landing. The trail is labeled moderate to strenuous and has some long uphill stretches, as well as panoramic views of the river.
- On Sun, canoes will put in at Ponca and float about 12 miles down river. There is a possibility of hiking into Hemmed-in-Hollow from the river.

## MURFREESBORO CHAPTER

### CHAPTER OFFICER:

Fount Bertram 615-765-5357 fwbertram@hotmail.com

**MEETS:** 2nd Tues, 7pm, St. Marks United Methodist, 1403 E. Main St

- Apr 1-2 Big South Fork Recreation Area backpack & camp. A short backpack will bring us to a riverside camp in the Leatherwood section of BSFRA. We'll hike further after we set up our campsite. For the last three years the wildflowers have been beautiful on these trails. The Leatherwood section of BSFRA is northeast of Jamestown on HWY 227. It is very easy to find. Camping gear can be rented from MTSU's recreation center 615-904-8335 or from some of the stores that sell gear. To sign up for this trip call Heloise Shilstat: 615-896-6278(hm) 615-254-5461(wk) or e-mail her at: hshilstat@hardaway.net
- Apr 8 Trail of Tears hike. A noted historian will accompany us on this portion of the actual Trail of Tears. Contact Dr. Bob Hornsby for registration, shuttle arrangements and other details: 615-895-4930
- Apr 11 Monthly Meeting. 7pm, St. Marks United Methodist, 1403 E. Main St
- Apr 15 Murfreesboro Greenway clean up. Although this is a community effort, we want TTA to be well represented. To volunteer and/or for additional information, please call Bertha Chrietzberg 615-896-1146 or e-mail her: bertha@hotmail.com
- Apr 22 Earth Day Event. The Murfreesboro Chapter will have a booth representing the Tennessee Trails Association and the Cumberland Trail Conference at Oakland High School 10am to 5pm CST. We need volunteers to help with the booth. Call Fount Bertram 615-765-5357 or e-mail him: fwbertram@hotmail.com
- Apr 28-30 North Chickamauga BackCountry Outing. See CTC Announcements on page 8 for details.

### HIKE REPORT:

Feb 18-20 Standing Indian Mountain (NC)

A group of five chapter members traveled to the Standing Indian Wildlife Management Area to survey for a potential chapter backpack trek. Arriving Friday evening in the dark, the camping area was found to be closed for the winter months. Not to be deterred the group pitched their tents along an old logging road just off the backpack parking lot. And then the rains came, and came, and came. But the morning brought an end to the downpour and the day became bathed in welcome sunlight. Finding a campsite just 200 yards away, we relocated and then were on our way.

The team followed the Kimsey Creek trail along the beautiful flowing water for 4.2 miles to Deep Gap, where the AT crosses coming up from north Georgia. After a lunch break, we climbed the 2.4-mile section of the AT up to the summit of Standing Indian Mountain and the view from the overlook was magnificent. The bright sun was lighting the valley directly below, with snowy white cumulus clouds beyond. The white billowing cloud tops below the 5500-foot apex gave one the notion that they were but a soft carpet waiting to be tread upon.

Realizing that the phone attached to a tree was out of service and no helicopter pizza delivery was possible, we pulled ourselves away with this picture etched in our memories. A sharp north wind with a 30° degree or less chill factor hurried our descent along the 4.8-mile Lower Ridge trail back to the campsite. Even the valley temperatures were falling rapidly as we finished the evening meal in the dark. Too tired, after the 11.5-mile trek of the day, to engage in fireside chatter (we never did get it started anyway), we cuddled into the warmth of the sleeping bags early. Drifted off to slumber with the screech of an owl sounding in our ears.

## MURFREESBORO CHAPTER (cont.)

The cold night was bathed in bright moonlight as the temperatures continued to drop. The Campmor thermometer indicated 22° degrees by morning and water bottles were ice bottles, food bags were covered with frost, and the cold had penetrated the marrow of our bones. After basking in the warmth of a morning fire and downing a quick breakfast, we departed the area. A pair of participants made a 1.5-mile roundtrip loosening up hike down to view the "big" Wasilik Poplar tree -- it was in excess of 8 feet in diameter -- before heading for home. We all came away eager to plan a backpack to this section of the AT, awed by the beauty of the area.

Submitted by Jim Schroeder

## NASHVILLE CHAPTER

### CHAPTER OFFICER:

Anne Wesley 615-851-1052 ttahiker@juno.com

**MEETS:** 4<sup>th</sup> Tues, 7:30pm, Radnor Lake Visitor's Center, Granny White Pike

**HIKING HOTLINE** 615-367-7045

### ANNOUNCEMENTS:

**Thank You:** Jim and Jenice Johnson !! The Johnsons donated 2 Motorola TalkAbout Walkie Talkies to the Nashville Chapter. They were used on a hike to Virgin Falls and were particularly helpful as the large group started to get strung out along the trail. We also think their use on long hikes will prevent the Golden Squirrel Award from returning to the Nashville chapter. Hike leaders may borrow "Jim" and "Jenice" (the honorary names for the Walkie Talkies) by calling Anne Wesley at 851-1052.

**In Memorium:** - We are sad to announce John Currey, a longtime member of the Nashville chapter, died on January 29 after an extended illness. He was an avid hiker and completed over 1800 miles of the Appalachian Trail. We are proud that he was a member of our organization, and our thoughts and sympathy are with his family.

**Earth Day Event:** Sat Apr 22 - The Nashville Chapter has been invited to participate in Team Green's Earth Day Festival !! The festival will be held from noon to 6pm CST at the Green Hills YMCA. Team Green (the outdoors club sponsored by WRLT 100 fm radio station) will provide live music, performances and food. We will have tables to answer questions and distribute material about TTA. We will also have an activity for children and young adults. They are estimating the attendance to be 3,000-5,000 people. Not only is this a great way to publicize our organization, we will also receive a share of the profits from food and T-shirt sales. We need happy-faced volunteers to staff our tables !! There will

## NASHVILLE CHAPTER (cont.)

be two-hour shifts: 11a-1p, 1-3p, 3-5p, and 5p-? until we breakdown our tables. This is a great service opportunity for all chapter members. Please donate your time and enthusiasm to this project so we can have a good showing. You may sign up by calling Anne Wesley at 851-1052 or e-mail her: ttahiker@juno.com. See you there !

### HIKE SCHEDULE:

- Apr 1 Radnor Lake Newcomers Hike. We'll hike both ridge trails. Meet 9am CST at the Radnor Lake Visitor's Center in the west parking lot. For additional information and/or to pre-register call Dan Brennan 615-599-4713.
- Apr 2 Short Springs and Blue Bell Island. These are short, easy hikes in an area known for exceptional wild flowers. Meet 8am CST at the Target on Bell Road / I-24. For additional information and/or to pre-register call Charlie and Jennifer Hann 615-941-1503.
- Apr 2 Honey Creek. We are joining forces with Team Green (WRLT-FM / "Lightning 100" radio station's outdoor club) to hike Honey Creek. The trail is a delightful but feisty 5-1/2 mile loop near Rugby, TN. It is rated strenuous for the many interesting obstacles along the way (ladders, rock hopping, creek wading). Due to the challenging terrain, Team Green will send a maximum of 12 people, and Anne Wesley is also limiting the TTA group to 12 hikers. Anne would also like two Honey Creek veterans to be "co-leaders" to help keep everyone together. Call Anne at 615-851-1052 for more information. Pre-registration is required.
- Apr 8 Beaman Park. Wildflowers will be blooming in this park for a hike lead by Sandy Bivens and Deb Beasley. Although an entrance gate has been erected, Beaman Park is not officially open to the public so hiking in this yet to be developed park is by permit only and space is limited. Pre-register by calling Sandy or Deb at 615-352-6299 (Warner Park Nature Center). We'll meet 9am CST at the spring on Little Marrowbone Road.
- Apr 8 Bowie Trail. Alicia Gray and a Bowie Nature Park naturalist will lead this 6-8 mile hike on new trails that are designated as hiking only. If you have avoided this park because you thought that all trails were multi-use, join Alicia to see what has been developed exclusively for hikers. Call Alicia for meeting time and location 615-453-5138.
- Apr 9 Shakerag Hollow and Short Springs. Jim Poteet is offering us a second chance to see the wildflowers in Short Springs and an opportunity to hike Shakerag Hollow, land on the Cumberland Plateau which is owned by the University of the South. We'll meet 8am CST at the Target on Bell Road/I-24. Pre-register by calling Jim 615-824-7666.
- Apr 9 Little Swan Creek. Return to the Little Swan - 4.3 mile loop, rated moderate. We saw her just seven weeks ago, wrapped in February's browns. Let's look again, now that she has "violets for her furs." Just one hour southwest of Nashville on the Natchez Trace Parkway. This trail begins and ends at the Meriweather Lewis gravesite. We will break halfway at a picnic ground, so pack a lunch. Meet 9am CST at the Kroger on Hwy 100 across from Chaffin's Theater. For additional information and/or to pre-register call Dave Walton 615-646-5355. BONUS: As this is Carl Perkin's birthday, anyone hiking in blue suede shoes will have their name "slandered all over the place." No charge.

# NASHVILLE CHAPTER (cont.)

## Apr 15-16 Smoky Mountains (Overnight)

Anne Wesley will lead a weekend of hikes in the GSMNP. Come see the early wildflowers in the GSMNP!! We will be car camping (not backpacking) at Elkmont campground. Anne recommends that you drive to the Smokies on Fri the 14<sup>th</sup> for an early Sat start. For this, Anne has reserved a group campsite that will hold up to 6 tents (depending on size). Other tent sites at Elkmont will be on a first-come, first-served basis, but a full campground is not anticipated. Anne will provide directions to Elkmont and attempt to facilitate carpools, but ultimately each person is responsible for his/her own transportation, food and gear. If you want to camp with us and do your own hikes we'll talk. Please call Anne for complete details and to pre-register: 615-851-1052.

On Apr 15, we'll start at Clingman's Dome and hike west on the Appalachian Trail passing Siler's Bald. We will then take the Miry Ridge and Jake's Creek Trails back to Elkmont for a total of 15 miles (mostly downhill).

On Apr 16, we'll hike the Little Greenbrier Trail (supposedly great wildflowers) to connect with the Cove Mountain Trail. This is a 13-mile car shuttle hike.

Apr 15 Beaman Park. Can't make it to the Smokies? Laura Franklin and the Friends of Beaman Park are providing an opportunity to hike in Beaman Park and view the wildflowers. Although an entrance gate has been erected, Beaman Park is not officially open to the public so hiking in this yet to be developed park is by permit only and space is limited. Pre-register by calling Nancy Dorman at 615-299-9586. We'll meet 9am CST at the spring on Little Marrowbone Road.

Apr 16 Beaman Park. Two days in a row, double WOW! John Froeschouer will be leading us on this special botany walk. Although an entrance gate has been erected, Beaman Park is not officially open to the public so hiking in this yet to be developed park is by permit only and space is limited. Pre-register by calling Nancy Dorman at 615-299-9586. We'll meet 1pm CST at the spring on Little Marrowbone Road.

Apr 25 Monthly Meeting. Radnor Lake Visitor's Center, Granny White Pike, 7:30pm CST. Many surprises in store.

Apr 29 Beaman Park. Spend the whole day exploring Beaman Park on a hike lead by Forrest Evans. Although an entrance gate has been erected, Beaman Park is not officially open to the public so hiking in this yet to be developed park is by permit only and space is limited. Pre-register by calling Nancy Dorman at 615-299-9586. Bring your lunch and meet 9am CST at the spring on Little Marrowbone Road.

## Apr 29-30 Smoky Mountains (Overnight)

Richard Horvath will lead a weekend of hikes in the southern GSMNP. A six person "camping cabin" has been reserved at Fontana for Fri April 28 and Sat April 29. For additional information and/or to pre-register call Richard 270-586-0178.

On Apr 29, we'll hike Gregory and Parsons Balds in the Smokies - Pair O' Balds - If one bald is good, two HAVE to be better. We will start at the Twenty-Mile ranger station, ascend Long Hungry Ridge trail to the balds, and loop back via Wolf Ridge trail. On clear days the views of Cades Cove from the balds are impressive. This is a strenuous 16-mile hike with several, unbridged stream crossings. Meet at 8am EST at the Twenty-Mile ranger station.

## Apr 29-30 Smoky Mountains Overnight (cont.)

On Apr 30, we'll hike Shuckstack/Lost Cove - Feel like tackling an IPO? (An "IPO" in trail talk is a trail with an unreasonable ascent at the beginning). Come hike from Fontana Dam to the Shuckstack fire tower via the Appalachian Trail. Your reward for the effort - spectacular views of the southern Smokies. From Shuckstack, we will loop back to Fontana via the Lost Cove and Lakeshore trails. This will be a 12-mile strenuous hike. Meet 8am EST at the AT trailhead on the north side of Fontana Dam. (If the road across the dam is still closed, we will meet at the Fontana Dam Visitor's Center adding 2 more miles to the hike.)

Apr 30 Piney River Trail, Bowater Pocket Wilderness. Come meet and hike with the folks from Clarksville on this Nashville/Clarksville joint hike. This 10-mile trail is rated easy. As with other hikes this month, wildflowers are the primary feature. Meet 8am CST at K-Mart on Donelson Road / I-40. Questions and/or to pre-register, call Jim Poteet 615-824-7666.

Apr 30 Bowie Trail. If you were not able to hike this park on April 8 with Alicia Gray, Guerry Jameson is giving us another opportunity to see it. Questions and/or to pre-register call Guerry 615-889-4159.

## HIKE REPORT:

Feb 20 Virgin Falls. Jim Poteet led an enthusiastic group of 17 hikers over hills, across streams (which were blessedly crossable), and down to the banks of the Caney Fork river. Even though the streams were low enough to cross without too much trouble, there was definitely an abundance of water at the falls. It was lovely and a perfect spot to lunch, and celebrate Elizabeth Gerlock's birthday - complete with a birthday cake (large enough to feed all 17 hikers) and candles! Anne Wesley led a group to the upper entrance to Virgin Falls Cave while the remainder explored the upper and lower falls. We learned from each other about new kinds of clothing to use on this type of conceivably "wet" trip and how to utilize walkie-talkies a hiking trip (see walkie-talkie article). A most beautiful, fun hiking trip.

Mar 5 Savage Gulf. Percy Rucker led 7 lively Nashville hikers on the Big Creek Gulf and Rim Loop trails. We had the best of all possible hiking conditions. The sunshine and warm temperatures were coaxing the toothwort and trilliums into bloom. Trees were only beginning to bud, so we had long views of Big Creek (raging with water from a recent rain). We managed to rock hop the normally dry crossing to see a roaring Ranger Falls. At the falls, we found some puzzling skeletal remains. After much debate over whether the bones came from a deer or the Grundy County version of "Nessie", we decided to call it Percysaurus after our fearless leader. We all agreed this was a Herbalicious day!

## UPPER CUMBERLAND CHAPTER (Sparta / Cookeville)

### CHAPTER OFFICER:

Denise Charvoz or Barbara Phifer 931-738-3595

- Apr 8 Savage Falls. This is an easy five-mile walk. The falls are especially beautiful and if we continue to receive early spring rains they'll be magnificent. Meet 7:30am at Penny's in Cookeville or 9am at the Savage Gulf ranger station. For additional information and to pre-register call Willa Parrish 931-738-8175 or e-mail her: [parrishwillla@hotmail.com](mailto:parrishwillla@hotmail.com)
- Apr 15 Colditz Cove. Allardt, TN The walk is less than three miles, but parts of it are difficult. The trail offers many vistas of the cove, a 67-foot waterfall, dense vegetation, and "rock houses". Meet 8:30am at Penney's in Cookeville. We will have lunch in Rugby and then hike to the river from the cemetery, which will be less than one easy additional mile. For additional information and to pre-register call Barbara Phifer 931-537-6852.
- Apr 29 Piney River. Spring City. TN. This is an 8 to 10 mile hike rated easy to moderate. There should be lots of Lady Slippers. Meet 7:30am First Union Bank in Sparta. For additional information and to pre-register call Marnell Cothran 931-738-5874.

### HIKE REPORT:

On a beautiful 80° degree day mid-week, ten of us enjoyed walking along the lake trail at Standing Stone. We were rewarded with so many beautiful wild flowers. The spring beauties and various colors of hepatica were especially plentiful.

### UPCOMING HIKES TENTATIVELY SCHEDULED:

- |        |   |                 |  |
|--------|---|-----------------|--|
| May 6  | Black Mountain  | Carol Anderson  | 615-597-5660<br><a href="mailto:ander@dtccom.net">ander@dtccom.net</a> |
| May 13 | Mystery Hike at Bridgestone Firestone Conservation Area | Ross Cardwell   | 931-738-2760   |
| May 20 | Standing Stone  | Barbara Phifer  | 931-537-6852   |
| Jun 17 | Virgin Falls  | Marnell Cothran | 931-738-5874   |

## PLATEAU CHAPTER (Crossville)

### CHAPTER OFFICER:

Vicki Perdue 931-456-6466

### MEETS: 3<sup>rd</sup> Thurs, 7pm CST, Crossville Housing Authority

- Apr 8 Standing Stone State Park. See one of Tennessee's most beautiful state parks and maybe see some wildflowers! Our 5-mile hike is rated moderate. Meet 8am CST in the back parking lot of the Cracker Barrel restaurant at the I-40 exit in Crossville. Questions and/or to pre-register call Joe and Carol Schulte 931-484-5010.
- Apr 20 CHAPTER MEETING. 7pm CST at the Crossville Housing Authority. Chris South, from the Crossville Fire Department, will present a program on Safety and First Aid on the trail, and discuss what to do if you have a bad encounter with anything that slithers!
- Apr 22 Piney River. Our annual wildflower hike. We saw over 70 species last year! We'll hike 10 miles on this trail rated easy to moderate. Meet 8am CST at Cumberland Mountain State Park Visitor's Center. Questions and/or to pre-register call Bill Eldridge 931-456-4459.



## April 22 celebrates Earth Day

(Earth Day...Every Day)

30<sup>th</sup> Year Anniversary  
1970-2000

Get involved in the many activities scheduled locally, nationally or globally.

## ADOPT-A-TRAIL NEWS

### ADOPT-A-TRAIL OFFICER:

Harold Draper 865-689-7757

[hmdraper@knoxnews.infi.net](mailto:hmdraper@knoxnews.infi.net)

If you are interested in maintaining a particular trail or section of trail, please contact Harold Draper, Adopt A Trail Coordinator 865-689-7757.

## TENNESSEE RAILS-TRAILS ADVISORY COUNCIL (T.R.A.C.)

### BOARD REPRESENTATIVE:

Charlie Tate 931-381-9569

[ctate2@mail.state.tn.us](mailto:ctate2@mail.state.tn.us)

Local groups have been formed to support the development of rails-trails to serve as spurs from the Cumberland Trail now under construction to neighboring communities and points of interest between Cumberland Gap and Chattanooga. They are the Sequatchee Valley Rail-trail (SVRTA) and the Crossville-Crab Orchard Rail-trail (C-CORT).

The former would extend a maximum of 29 miles from north of Dunlap in Sequatchie County to Jasper in Marion County near the Alabama State line. Discussions have been held with the CSX RR for the purchase of 3 miles in Jasper and now preliminary plans are being made for the construction of 7 miles of the trail in the vicinity of Dunlap.

C-CORT is seeking more activist members. One of the problems facing this project has been the difficulty of scheduling contacts with responsible Norfolk Southern RR officials.

Efforts are being made with the Tennessee Conservation Committee to encourage TDOT and TDEC to address Tennessee railroad abandonments and their conversion to multi-use community rails-trails. Reviews are being made in the Commissioner's offices and a vote is expected in May.

Written by Burt Schappel for T.R.A.C.

# CUMBERLAND TRAIL CONFERENCE

## CUMBERLAND TRAIL CONFERENCE CONTACTS:

Executive Director	Rob Weber robweber@usit.net
Resource Manager	Arleen Schellerscheller@usit.net
Financial Administrator	Susan Weber sweber1@usit.net
Office Location	19 East 4 <sup>th</sup> Street Crossville, TN 38555
Office Hours	8am – 5pm
Phone:	931-456-6259
Fax:	931-456-4934
E-mail	cumberlandtrail@rocketmail.com
Website:	<a href="http://users.multipro.com/cumberlandtrail">http://users.multipro.com/cumberlandtrail</a>

## First Annual Tennessee Paddle 2K Obed Wild & Scenic River April 7-9

The Tennessee Paddle Club in Knoxville is hosting the First Annual Tennessee Paddle 2K April 7-9 on the Obed Wild & Scenic River near Wartburg, TN. They have invited the Cumberland Trail Conference / Tennessee Trails Association to lead hikes on Friday and Sunday on the Cumberland Trail as part of the event. The Paddle 2K race is scheduled for Saturday so no hikes will occur on Saturday.

The Tennessee Paddle 2K event will have live music, activities, food vendors, the race of course, water activities on the Obed, and more. We are excited to be a part of this event, which will hopefully join the other famous annual paddle events around the country. More information on the Tennessee Paddle 2K can be found on their website: <http://www.tennesseepaddle.com>

We are looking for volunteers to staff a Cumberland Trail Conference booth at the festival from 1-6pm CST on Friday, Saturday and Sunday. We are also looking for volunteers to lead the hikes on Friday and Sunday.

### Here's the hike info:

Friday, April 7 - Obed Wild & Scenic River Segment Cumberland Trail Hike - 4 miles roundtrip, rated easy. Meet at 9am EST at the kiosk at Rock Creek Campground at Nemo Bridge.

Sunday, April 9 - Bird Mountain Hike on Frozen Head Segment of the Cumberland Trail. The hike is 7 miles round trip and rated moderate because of the steep climb at the beginning; but the rest of the hike is easy. Meet at 8am EST at Frozen Head State Park Visitor's Center.

Keep in mind that Saturday, April 8 is the Cumberland Trail Auction in Oak Ridge, so if you're planning on coming to the auction, you might want to make a weekend of it!

If you'd like to help, let me know!! Arleen Scheller 931-456-6259 or email me: [scheller@usit.net](mailto:scheller@usit.net)

## Let's Finish the Devil's Backbone Trail!!! Sunday, April 16th 11am CST

A trail work outing is scheduled for Sunday afternoon, April 16 to finish the trail loop at Devil's Backbone State Natural Area on the Natchez Trace Parkway in Middle Tennessee. There's only about 1/4 mile of trail to be cleared to finish the 3-mile loop, and blazes need to be painted to mark the trail. We will also do light maintenance on the completed portions of the trail. Meet at 11am CST at the Loveless Motel & Cafe on Hwy 100 near the entrance to the Natchez Trace Parkway. It's a 30-45 minute drive from our meeting site to the trailhead. Bring lunch, water, and your enthusiasm!!! Wear old clothes (trail work is dirty). NO experience is necessary; we will provide training and tools. The spring wildflowers should be at their peak. Call Arleen Scheller to pre-register and/or questions 931-707-8333.

## North Chickamauga BackCountry Outing April 28-30

This three-day event is co-sponsored by CTC and the North Chickamauga Creek Conservancy, and hosted by the Murfreesboro Chapter of TTA, to perform trail maintenance and blazing in Bowater's North Chickamauga Pocket Wilderness. This pocket wilderness trail has become part of the Cumberland Trail system. We will meet at the trailhead on Friday, April 28<sup>th</sup>, for the backpack in to Stevenson campsite. This is an isolated spot so please plan and pack accordingly. There will be water available from the creek, but it must be filtered/treated.

Directions to the site: From US HWY 27, take the TN HWY 153 exit and continue north on Dayton Pike 3 miles to the intersection with Montlake Road (just past Chickamauga Creek intersection with Dayton Pike). Turn left (north) on Montlake Road and go 1 mile to the entrance to the Pocket Wilderness. Turn left (west) on access road and go to parking and trailhead.

There will also be a single day FrontCountry Outing to work on the trail on Saturday, April 29<sup>th</sup>. We will again meet at the trailhead in the Pocket Wilderness.

Please pre-register by contacting Jim Schroeder at 615-896-3023, or e-mail him: [TENNBADGER@aol.com](mailto:TENNBADGER@aol.com)

Details and meeting times will be finalized at the time of registration, which is necessary so that adequate work planning can be completed and equipment made available.



## OFFICERS:

### President

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lfran99625@aol.com

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cejones@webtv.net

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### Past President

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VACANT

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### Cumberland Trail Conference Representatives

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sandbar@usit.net

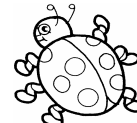
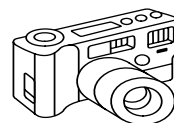
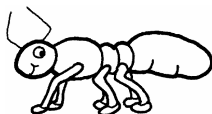
### TN Rails To Trails Advisory Council

Charlie Tate 931-381-9569  
ctate2@mail.state.tn.us

### Other Chapter Officers:

Listed within each Chapters' header

# Calling All Shutter Bugs



Fount Bertram (Murfreesboro) and Gloria Norrid (Memphis) are in the process of putting together a slide presentation for statewide TTA Chapter uses. This collection is being designed as an introduction medium about who we are and what we do. It can be used as a programming topic for a local chapters' monthly meeting or a presentation package when conducting programming meetings to other community organizations.

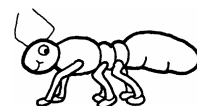
We have received some slides, thanks to those sending them, yet we want more, more, more, and have plenty of room for more, more, more.

As mentioned before, we would prefer slides, however will gladly accept photograph prints and negatives. We will return all negatives, prints, and slides submitted to their owners upon completion of this project, provided the owners request this and owners clearly identify submissions so we know who to return them to. The sooner we receive submissions the sooner we can finalize our selections, which we need to finalize by our Spring Quarterly Board Meeting.



Send all submissions to:

Fount Bertram  
2100 Bradyville Hill Road  
Bradyville, TN. 37026



Thank you in advance for your help!

## The 22<sup>nd</sup> Annual Percy Priest Lake Clean Up Saturday April 1<sup>st</sup>

The Clean up is sponsored by the U.S. Army Corps of Engineers and Long Hunter State Park. Participants should meet at the Visitor's Center parking lot on the west side of Percy Priest Dam or the Long Hunter State Park Visitor's Center. The Clean up will begin at 9am CST. Refreshments, trash bags and other supplies will be provided. For more information call 615-889-1975 or 615-885-2422.

## Tennessee Trails Merchandise Order Form

\_\_\_\_\_ Hiking Tennessee Trails, 5<sup>th</sup> Edition ..... \$12.95  
\_\_\_\_\_ TTA Patch ..... 3.00  
\_\_\_\_\_ Round embroidered patch, sew it on anything.  
\_\_\_\_\_ TTA Window Decal ..... 1.00  
\_\_\_\_\_ A must for each car.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Home Ph \_\_\_\_\_ Work Ph \_\_\_\_\_

Mail your check payable to:

Tennessee Trails Association  
c/o Marietta Poteet  
324 Raintree Drive  
Hendersonville, TN 37075

Please allow 4 weeks for delivery and prices shown include postage.

## Newsletter Deadlines:

Copy due the 10<sup>th</sup> of the month for an announcement to appear on the 1<sup>st</sup> of the following month

(ie: April 10th submissions will appear May 1st)

Please send all submissions to:

Diane Manas  
5729 Stoneway Trail  
Nashville, TN 37209  
615-352-7777

e-mail: diane.manas@nashville.com  
dianemanas@home.com

Tennessee Trails Association  
P.O. Box 41446  
Nashville, TN 37204-1446

ADDRESS SERVICE REQUESTED

First Class Mail  
U.S. Postage Paid  
Nashville, TN  
PERMIT NUMBER 4053



**NOTICE: YOUR MAILING LABEL CONTAINS YOUR MEMBERSHIP EXPIRATION DATE.**

To avoid any interruption with delivering your newsletter, we ask that you renew at least one month before the date shown. Use the Membership Form provided below. If you fail to re-apply we will send you one newsletter and a reminder notice. If you have not re-applied by this time, your membership will terminate.

**PLEASE RENEW, STAY INFORMED, WE NEED YOU!!!**

**NEW MEMBER AND  
RENEWAL MEMBERSHIP FORM**

**YES, I want to join Tennessee Trails Association...**

(Memberships are for one year, unless you have a Lifetime Membership.)

_____ Individual	\$25.00
_____ Family	\$35.00
_____ Student	\$15.00
_____ Life Member	\$500.00
_____ Supporting	(\$200.00, \$100.00, \$50.00 or other)

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
Home Phone \_\_\_\_\_ Zip \_\_\_\_\_  
Work Phone \_\_\_\_\_  
e-mail \_\_\_\_\_

Please list me with the following chapter:

_____ Big South Fork	_____ Murfreesboro
_____ Clarksville	_____ Nashville
_____ Columbia	_____ Plateau(Crossville)
_____ Cove Lake	_____ Upper Cumberland(Sparta/Cookeville)
_____ East TN(Oak Ridge/Knoxville)	_____ At Large
_____ Memphis	

☐ Please do not list my e-mail address in the TTA Annual Membership Directory

**Please Mail This Form To:**

**Membership Director  
P.O. Box 41446  
Nashville, TN 37204-1446**

**...volunteer ?...**

endless opportunities  
available  
contact your local  
Chapter Chairperson

When you become a TTA member, you will receive a monthly newsletter containing information on hiker safety, upcoming hikes / overnight trips, volunteer opportunities, chapter meeting announcements as well as events occurring within TTA's Associate Organizations: C.T.C. and T.R.A.C. You are invited to attend any number of monthly meetings scheduled, where you will enjoy diverse programs, socializing and refreshments. Each April you will receive the Membership Directory listing members by chapter and how to reach them. Every spring and fall we meet at one of Tennessee's many parks for a weekend of hiking, camaraderie and where the board members can meet to exchange ideas and hear reports on TTA's progress.

**As a member of TTA, you are welcome to attend all TTA / CTC / TRAC functions.**