

TENNESSEE TRAILS

THE 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



CTC Spring 2007 Schedule (Registration is requested for these events)

February 25-March 31, Break-Away 2007, Lafollette, TN:

Break-Away 2007 will be the start of the Cumberland Trail Conference's major campaign to build the segment of trail between Frozen Head and Cove Lake State Parks, eventually connecting the two state parks. The program will be based at Galilee Bible Camp in Lafollette, Tennessee. All trail crew leaders needed and registered volunteers welcome. Transportation will be provided for volunteers from the camp to the work-site. Registration is requested in order to plan work details and the food needed.

April 26-April 30, Soddy-Daisy, TN:

Step into spring and help build wooden steps in the Board Camp Creek Gorge. Help will also be needed with some trail maintenance. Lodging and food will be provided at the Lutheran Camp. Tent camping is also available. Volunteers will be able to arrive at the camp on April 25. Registration is requested in order to plan work details and the food needed.

May 11-June 10, Spring 07 Trail Building (a.k.a. Big Dig), Stony Fork Community, TN:

Volunteers will continue the trail building effort started during Break-Away 07. Lodging and food will be provided at the Stony Fork School. Educational programs will be offered on some evenings and a "ho-down" on Friday evenings. Besides the usual personal trail building items, volunteers will need some type of bedding such as a cot or air mattress. Tent camping is also available. All volunteers are greatly needed. Registration is requested in order to plan work details and the food needed.

May 13-May 19, American Hiking Society Volunteer Vacation, Stony Fork Community, TN:

American Hiking Society volunteers will be working with CTC staff and volunteers during the Spring 07 Trail Building program. All participants will be staying at the Stony Fork School.

May 18-May 20, Scout Weekend, at Nick's Creek Campground, TN:

Scouts will camp at Nick's Campground on the New River. Saturday, May 19, will consist of morning trail construction and the afternoon will be outdoor classes on merit badge and rank advancement requirements. On Sunday, May 20, the scouts will be able to participate in a 5-or 10-mile hike. Participants are responsible for their own food, camping gear, and transportation.

MAY 25-May 27, TTA Weekend (first annual), Stony Fork Community, TN:

This weekend is concurrent with the Spring 07 Trail Building Program. Lodging and food will be provided at the Stony Fork School. Besides the usual personal trail building items, volunteers will need some type of bedding such as a cot or air mattress. Tent camping is also available. This is an opportunity for all TTA Chapters to participate in helping to build the Cumberland Trail. Saturday, May 26, will be a day of trail construction in the Sundquist Wildlife Management Area. There will be a cookout that evening. Sunday, May 27, will be a day of hikes in the area. Hikes will range from easy to difficult. In addition to the trail volunteering and hikes, the TTA chapter with the most volunteers will win the CTC/TTA Volunteer Spirit Stick for the year.

June 2, National Trails Day, Stony Fork Community, TN:

This will be a day of celebrating NTD by doing trail construction in the Sundquist Wildlife Management Area. There will be a cookout that evening at Stony Fork School.

June 18-June 30, Trail Maintenance and Inventory, Cumberland Trail:

Details will be announced

Registration is requested for these events

1. Sign-up on line at www.cumberlandtrail.org
2. Call the CTC office at 931-456-6259.

CUMBERLAND TRAIL CONFERENCE

CUMBERLAND TRAIL CONFERENCE STAFF:

Executive Director..... Paul Freeman..... paul.freeman@frontiernet.net
Trail Coordinator Tony Hook..... tony.hook@frontiernet.net
Office Manager..... Janet D. Smith..... janet.d.smith@frontiernet.net

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Office Hours 8am5pm
Phone: 9314566259
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BIG SOUTH FORK CHAPTER

CHAPTER OFFICER: Charles Gibbs
423-628-5678 cgibbs@highland.net
SECRETARY / TREASURER: Benita Howell
423-628-5521 or 865-974-7797 bhowell@nxs.net
BOARD REPRESENTATIVES: Tim & Lynn Takacs
615-824-7048 lynntakacs@comcast.net
or ttakacs@comcast.net
OUTINGS COORDINATOR Tom Howell
423-628-5521 tshowell1003@highland.net
(Call Tom & volunteer to lead an outing.)

TRAIL MAINTENANCE COORDINATOR: Bob Hemminger
dagbob@juno.com

Feb 10 "The Slide," Rugby, TN . Meet at Harrow Road Cafe at 9:00 a.m. EST. Beginning at the Laurel Dale Cemetery, hikers will head out the upper Meeting of the Waters Trail, detour to visit The Slide, then hike on to the Meeting and back the riverside trail to the Gents' Swimming hole before returning to the cemetery. Options allow for shorter or longer hikes. For a shorter route hikers can return from The Slide directly to the cemetery. For a longer route hikers can continue from the Gent's on the Historic trail as far as the Ladies' Swimming Hole or even Jones Waterfall before circling back to the cemetery. Be sure to dress for whatever weather the day brings, carry water, and bring a snack to enjoy along the way.

For information and to register, Bob Hemminger
dagbob@juno.com

Tuesday hikes will resume during the winter and spring months of 2007, on the second and fourth Tuesdays of the month. These are usually half-day hikes in the vicinity of Rugby. All will depart from Harrow Road Cafe at 9:00 a.m. eastern time. To suggest a Tuesday hike destination, to join the e-mail list for information about Tuesday hikes, and to volunteer to lead a hike on Tuesdays or Saturdays, please contact Tom Howell at tshowell1003@highland.net

Annual Meeting

The chapter elected the following officers for 2007: Charles Gibbs, chapter officer; Tom Howell, outings coordinator; Tim and Lynn Takacs, board representatives; Benita Howell, secretary-treasurer; and Bob Hemminger, trail work coordinator. Following brief reports on 2006 activities and plans for 2007, Mary and Bob Hemminger presented a program on their travels and hiking in nine western states, from the Badlands of South Dakota, Yellowstone and Teton Village in Wyoming, through Utah and Mesa Verde in Colorado, to Bandelier and other sites in New Mexico, San Antonio and the Texas Hill Country.

BIG SOUTH FORK (cont)

Upcoming Events

March 16-18 Mary Dresser will host a repeat of last year's overnight outing to Pine Mountain Settlement School in Kentucky. If you're interested in reserving a spot, e-mail Tom Howell at tshowell1003@highland.net for tentative hike plans and information about lodging and meal costs.

Mary Hemminger is organizing a mid-week overnight outing to Charit Creek Lodge in Big South Fork NRA, probably the week of April 9. Please e-mail Mary to let her know of your interest in participating: mejs@juno.com

Historic Rugby will sponsor several workshops in 2007 of potential interest to hikers. Mark these dates on your calendar and contact Historic Rugby at 1-888-214-3400 or 423-628-2441 for additional information about activities and fees, and to register:

April 21 Wildflower walks with Jack Carman, author of *Wildflowers of Tennessee*

May 26 Wildcrafting with Ila Hatter. Hike and identify edible wild plants with Ila Hatter, author of *Roadside Rambles - A Collection of Wild Food Recipes*.

June 9 Exercise & nutrition workshop and hiking with Missy Kane, host of *Fit and Fun* TV show seen on channels 2 and 15 in Knoxville.

September 29 Wild Mushrooms: Hunting, Identification, and Eating, with Clinton educator Whitey Hitchcock

EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER OFFICER: Rosemary Marshall
rosemary_l@hotmail.com
TREASURER: Harold Draper
h.m.draper@att.net

Feb 24 We'll meet at Metcalf Bottoms picnic area at 9:45 A.M. and walk the short 2 miles up the Little Brier Gap trail to the historic Walker Sisters Cabin, eat some snacks or lunch, and come back the way we came. This is a very easy hike with little elevation gain -- an unusual trail for the Smokies. Contact Jay Ross at jaymross@mac.com or phone 865-560-0100 or cell 865-776-7845

CLARKSVILLE CHAPTER

CHAPTER OFFICER: Merri Hinton *andrews@logantele.com*
CO-CHAIR: Suva Bastin 931-645-2849
SECRETARY: Lucy Weikel 931-358-5794
j107sw@aol.com
TREASURER: Sandy Janus 931-551-8523
CONTACT FOR HIKE: J. R. Tate 931-920-2692
modelt@charter.net

MEETS MONTHLY: 3rd Tuesday, 7:00 pm CT,
Crow Community Center 211 Richview Rd

Feb 3 Nathan Bedford Forrest SP; 6 to 10 miles, moderate to difficult; call Sandy Janus, 931- 551-8523

Alternate Hike: Dunbar Cave Trail; 2 miles, easy; call Merri Hinton at 270-726-3141

Feb 10 Indian Town Bluff; 6 miles, moderate; call John Sneed, 931-920-3828

Feb 17 Compass Hike, Pickett's Loop, LBL; 3 miles, moderate; call J.R. Tate, 931-920-2692

Feb 24 Hike with Murfreesboro TTA, Percy Warner Park; 4-7 miles, easy to moderate; call Kim Griswold, 615-893-6489, or J.R. Tate, 931-920-2692

COLUMBIA/FRANKLIN CHAPTER

CHAPTER OFFICER: Sherrie Yokley
931-381-9274 *yokley2004@bellsouth.net*

MEETS MONTHLY: 1st Tuesday at 6:30 pm CT
Grand Buffet (North of Spring Hill)

Feb 6 Monthly Meeting at Grand Buffet, Spring Hill Tn. Our speaker will be 4 time through hiker of the Appalachian Trail, J. R. "Model T" Tate. Mr. Tate will begin speaking at 7 pm so come early, 6 or 6:30, if you plan to eat.

February 10 Kerry Sumners will lead our chapter on a hike of Cheeks Bend Trail in the Yanahli Wildlife Management Area. The trail is about 2 miles in length and rated easy. We will hike over river bluffs, cedar woods, a side trip through a cave and along the river side. Knowing our chapter we will probably stop somewhere for lunch afterwards. Bring water, trail snacks and wear sturdy boots. We will meet at Spring Hill Kroger near McDonnell's at 8 am. Register with Kerry at *karofishes@bellsouth.net* or call 615-790-4013.

Feb 17 Work day Still House Falls Trail south of Columbia on Hwy. 43 just south of Judge Workman Bridge. We will meet at the trail head at 9 am. Our plans are to improve the trail from the top of the falls, where we finished last year, to the foot of the falls. Please bring work gloves, water, and lunch. Make sure you wear sturdy boots. Tools will be provided. Register with Sherry Yokley at *yokley@bellsouth.net* or phone 931-381-9274.

Feb 24 Marvin Caine will lead a hike of Virgin Falls Pocket Wilderness Trail. The trail descends into Caney Fork River Gorge passing Big Branch Falls, Big Laurel Creek, Big Laurel Falls, the Sheep Cave and the ultimate detonation of Virgin Falls. This 8 mile trail is rated strenuous for length, rocky trail and accent out. We will meet at A&D Market on Hwy. 431, south of I-840 and leave there at 7 am. Register with Marvin at *mlcaine@aol.com* or phone 931-486-1632.

Looking Ahead

March 6 Paul Freeman, Executive Director of Cumberland Trail Conference will speak at our monthly meeting.

COVE LAKE CHAPTER

CHAPTER OFFICER: Richard Helm
423-562-1110 *Richard.Helm@ahss.org*
CO-CHAIR: George Gill
423-562-7121

MEETS MONTHLY: 1st Monday at 6:00pm ET LaFollette Recreation Center's Craft Room 201 S. 9th

Feb 5 Cove Lake Meeting Contact Richard at 423- 562-1110

Feb 7 First Wednesday Trail Maintenance Meet at Eagle Mart. Contact Jerry or Sharon Phillips at 423 563-0867

Feb 10 Frozen Head-4 mile hike rated moderate. Meet at Eagle Mart at 9 a.m. Contact Faith Dippold at 423-566-8026

SODDY DAISY CHAPTER

This chapter is being reorganized. For further information, contact Charles Jones, East Tennessee Representative At-Large at *cejones9@earthlink.net*. In the interim, you are welcome to attend other chapters (13 to choose from) outings, events and meetings.

HIGHLAND RIM CHAPTER (Tullahoma Area)

CHAPTER OFFICER: Tom Bentley
931-455-5859 *htbentley@charter.net*
VICE PRESIDENT: Joette Carter 931-968-0073
TREASURER: Marietta Poteet 931-924-7666
NEWSLETTER CONTACT: Sharon Bell 932-455-1652
MEETS MONTHLY: 1st Tuesday at 7:00p at the Crockett's restaurant in Tullahoma

Feb. 6 Tuesday, Monthly Meeting This month we will meet at Camino Real in Winchester for dinner. After that, we will be joining the Tennessee Ornithological Society (TOS) at their regular meeting where Louann Partington (of TTA and TOS) will give a talk on "Wildlife Rehabilitation" with an update on the proposed nature center/wildlife rehabilitation center at Tims Ford State Park. The TOS meeting will be at the Recreation Building at Tims Ford. To get to the Rec. Bldg., take the main road into the park past the Visitor Center until the road dead-ends. Take a left at the stop sign, then turn right into the first parking lot. Contact Tom Bentley at *htbentley@charter.net* or 931-455-5849 for car pooling information

Feb 10 Virgin Falls Considered moderate to difficult because of the length (8 miles) and for the long, steep ascent out of the gorge from the river. It should be a beautiful hike with the falls being quite impressive with as much rain as we've had lately. Contact Marietta Poteet at *nanniette@blomand.net* or 931-924-7666 for meeting time and place.

Feb. 17 Eat, Hike, Eat This is an easy 4-5 mile hike on the Perimeter Trail in Sewanee. Meet at The Blue Chair at 9:00 for breakfast and to decide where to eat for lunch. We will carpool to Lake Cheston where we will hike to Gate 15 then take the firebreak back to Lake Cheston. After the hike we will join everyone to eat again for a leisurely lunch. Contact Tom Bentley at *htbentley@charter.net* or 931-455-5849.

JACKSON CHAPTER

CHAPTER OFFICER:

731-424-5375

Gary Cooper

gcooper52@yahoo.com

MEETS MONTHLY: 1st Tuesday. Socializing & meal starts at 6:00p CT; meeting starts at 7:00 at Perkins Restaurant 999 Vann Drive in Jackson

Feb 6- Monthly Meeting come at 7:00 to eat or 8:00 for the meeting. Come and meet new friends and discuss hikes.

Feb 10- Mousetail Landing State Park-This 8-mile trail is rated moderate with some steep and rugged hills. Bring snacks, lunch and water. You have the option of carpooling from Jackson or meeting us at the Park's Visitor Center. For carpool/Visitor Center meeting time contact Sara Hakim 731-424-6692 *hakim@lambuth.edu*

Feb 17- Natchez Trace State Park- Candy Higgs 731-660-2332

Feb 24- Percy Warner Park, Nashville, TN-We will get 7 miles of hiking by combining two trails-Warner Woods and Mossy Ridge. The trail passes through mature woods with hugh oaks, tulip poplars, sassafras, sugar maples, hickories and many other trees over terrain that is rated moderate for the several hills we will ascend/descend. Bring snacks and water. We will meet at 10:00amCT at the Warner Woods & Mossy Ridge trailhead in Percy Warner Park's "Deep Well" picnic area on TN-100, which is 1 1/2 miles from US-70S. For information and to register, contact Anne Goodson 731-664-1556

PLATEAU CHAPTER (Crossville)

CHAPTER OFFICER:

865-354-6101

Rita Senko

rsenko@usit.net

SECRETARY/TREASURER: Mitze Anderson

931-788-6731

Wanderso121@yahoo.com

There is a leaderless hike (typically 5 - 7 miles) every Wednesday morning. For additional information or to get on an e-mail list for the hikes, contact Bill Harris at 931/484-9152 or Jim McCullough at *sue1290@frontiernet.net*. Rain cancels.

Feb 3. John Litton Loop, Big South Fork. This is a 6-mile hike rated moderate. We'll walk along a ridge, and then see a waterfall, some rock houses and the old John Litton farmstead. Meet at Cracker Barrel's rear parking lot at 8:00 AM CST to car pool. For more information and to register, contact Terry/Pam Brophy at 931/707-7234 or *tpbrophy@multipro.com*.

Feb 8. Monthly meeting. 6:30 PM Art Circle Public Library Community Room, Crossville. Contact Chapter officers for details.

Feb 17. Greeter Falls to Stone Door in the Savage Gulf, Beersheba Springs, TN. We will shuttle cars between Greeter Falls and the Stone Door. The hike is about 6 miles and rated moderate. It features great waterfalls, rock formations, and overlooks. The Stone Door is a 10 ft. wide by 100 ft. deep crack from the top of the bluff into the gorge below. Greeter Falls drops over a 15-foot upper ledge and then plummets over a 50-foot lower ledge into a cold, clear plunge pool. The drive to the trailhead takes about 1 1/2 hours so plan a day for this trip. Meet at Tractor Supply parking lot at 8:00 AM CST to car pool. For more information and to register, contact Gary and Doris Ruetenik at *druetenik@frontiernet.net* or 931/484-0824.

MEMPHIS CHAPTER

CHAPTER OFFICER:

Gloria Lenski

glorialenski@yahoo.com

MEETS MONTHLY: (Sep - May) 3rd Thursday at 7:00 pm at Cordova Library, 8457 Trinity Rd. Turn east off Germantown Parkway onto Trinity Rd. approx. 1 mile on the right. Library shares entrance with Bert Ferguson Community Center

Feb 3, Meeman-Shelby Forest, Poplar Lake Trail Meet at the visitor center at 9 a.m. and bring water and snack/lunch. Hike begins with a car shuttle to the south end of the trail for a 5 to 6-mile easy to moderate hike through the forest connecting with the Woodland Trail and back to the visitor center. For information call Kathryn Skinner at 901-527-4308.

Feb 10-11 Sat-Sun Walls of Jericho & Monte Santo State Park, Alabama Jerry will lead the WOJ hike Saturday. Meet at the Alabama trailhead at 9:30 a.m. for a 3.5 mile hike downhill into the gorge. This is a strenuous hike, so wear comfortable shoes, boots strongly recommended. Be equipped for a serious hike (take plenty of water, snacks, dry socks, walking stick, and rain gear)! The trail is well marked but is often muddy and several streams have to be crossed. Sunday morning Deena will lead us on a 3-4 mile hike at Monte Santo State Park. Pre-registration required. For additional information and to register call Jerry Lenski 901-213-0604 or Deena Spuryer 901-685-7706. Please make lodging reservations in advance. Suggested lodging: Comfort Inn Scottsboro, AL 256-574-6740 Jameson Inn Scottsboro, AL 256-574-6666 Econo Lodge Inn & Suites Scottsboro, AL 256-574-1010 Best Western, Winchester, TN 800-780-7234

Feb 15, Monthly Meeting Cordova Library Join me, Deena Spuryer, as I share an abundant wealth of resources and information on Arkansas hiking trails. I have been trekking around Arkansas since childhood, and will be sharing my "potpourri" of knowledge, including great website links, guidebooks, and descriptions of some of the most splendid day hiking trails, ever. We will also check out what Arkansas hiking clubs are doing. The "Natural State" offers spectacular waterfalls, caves, wilderness areas, and scenery, and most of it is less than half a day's drive from Memphis. Come sit on "Sam's Throne", take a peek through the "Glory Hole", and find yourself at "Lost Valley", and you'll see why Arkansas has inspired the hiker in me with its best kept secret, scenic spots. Bring a friend, and start planning to hike Arkansas!

Feb 24 Meeman-Shelby Forest, Millington, TN Meet at the visitor center at 9 a.m. and bring water and snacks. We will hike the Woodland Trail, a 4-mile hike through mature forest along bluff tops and bottomlands. This hike is rated easy to moderate. For information call Jerry Lenski at 901-213-0604. <http://www.state.tn.us/environment/parks/parks/MeemanShelby/>

Mar 3, Big Hill Pond State Park, Pocahtontas, TN (approx 1 1/2 hour from Memphis) Meet at the boat dock in the park at 9:30 a.m. The 7-8 mile loop trail is rated moderate and takes us over wooded hills to a fire tower overlooking the Tuscumbia river valley. We cross a 0.8 mile boardwalk over Dismal Swamp, a unique area with abundant wildlife. Bring lunch and water. Boots strongly recommended. To register for carpool call Margaret Dixon 662-893-1794 or Jerry Lenski, 901-2130604

<http://www.state.tn.us/environment/parks/parks/BigHillPond>

TTA's Calendar*

The following dates in 2007 refer to statewide activities that TTA as a whole participates in. Please refer to this calendar often so that you . . .

- will know when your volunteering interests are especially needed (such as during BreakAway, National Trail Days,
- will consider organizing/leading volunteers from your chapter/region for an event listed
- can be sure to prevent scheduling conflicts with an activity you wish to plan

Feb 3	Board of Directors' Quarterly Meeting (Nashville)
Feb 25-Mar 3	CTC's Spring BreakAway, Wk 1 in Sundquist WMA (Wartburg/Caryville)
Mar 4-10	CTC's Spring BreakAway, Wk 2 in Sundquist WMA (Wartburg/Caryville)
Mar 11-17	CTC's Spring BreakAway, Wk 3 in Sundquist WMA (Wartburg/Caryville)
Mar 18-24	CTC's Spring BreakAway, Wk 4 in Sundquist WMA (Wartburg/Caryville)
Mar 25-31	CTC's Spring BreakAway, Wk 5 in Sundquist WMA (Wartburg/Caryville)
Apr 2-8	TDEC's Natural Areas Week (Statewide)
Apr 21	Earth Day Events (Observed Apr 22)
Apr 28	Board of Directors' Quarterly Meeting (Location TBA)
May 3-6	American Hiking Society's Great Southeastern Hiking Festival (Montreat, NC)
May 11-Jun 10	CTC's Spring Trail Building in Sundquist WMA (Caryville)
May 25-27	TTA Weekend: Trail Building in Sundquist WMA (Caryville)
Jun 2	National Trails Day
Aug 4	Board of Directors' Quarterly Meeting (Location TBA)
Sep 29	National Public Lands Day (Location TBA)
Oct 27	Make a Difference Day (National Volunteer Week)
Oct 12-14	Annual Meeting (Crossville, TN)

**Calendar will be revised as needed.*

REI AND NASHVILLE CHAPTER WRAP UP DONATIONS TO CTC

Thank You! Thank You! to the following gift-wrapping Elves who generously volunteered their time to help with wrapping holiday gifts for REI's customers on December 16th and 22nd while at the same time introducing many of them to TTA, the Cumberland Trail, Evan Means Small Grants program, hiking and trail building opportunities in Tennessee. Each "Elf" was asked to commit to a 2-hour shift; however, due to the volume of customers wanting to have their gifts wrapped, several "Elves" stayed on an extra hour or two, while others stayed the entire day. In exchange for the beautifully wrapped and creatively decorated packages, TTA received donations.

Donations received on December 16 were earmarked for use by the CTC to feed the student volunteers who come to Tennessee in March to participate in the 2007 Spring BreakAway program on the Cumberland Trail (where they will be building a new segment of trail). Thanks to the following Elves that helped on December 16 and raised \$360 for the CTC:

Nora Beck, Doug Burroughs, Valerie Galan, Becky Jones, Diane Manas and Julie Walski.

As for the donations received on December 22, they will be for use by award recipients of the Evan Means Small Grants program – award recipients will be announced at the next Board of Directors' meeting in February 2007. Evan Means Small Grants awards are distributed to any volunteer based non-profit organization working alone or working through public agencies which supports the chartered objectives of the Tennessee Trails Association (*promoting, developing and maintaining a system of hiking trails in Tennessee as well as working for the conservation of natural resources*). Thanks to the following Elves that helped on December 22 and raised \$500 for Evan Means Small Grants program: **Libby Francis, Sue Lefferts, Diane Manas and Garnett Rush.**

A special thanks to Tony Hook, CTC's Trail Coordinator, for spending so much time on December 16 at the TTA booth talking to prospective members and answering all of the inquiries about the Cumberland Trail. You were a huge help!

To close, this was the 4th year that TTA-Nashville has wrapped gifts at REI; it has been overwhelmingly well-received by their customers and quite successful for Tennessee Trails Association. Thank you REI for inviting us into your store during the busiest and most hectic time of year, and for your continued support!

New Year's Resolutions Beyond the First Month

You've just completed the first month of your New Year's resolution: "to incorporate hiking into your leisure time." How ya doin'? You've assessed your gear, gotten new boots, socks, pack, 10 Essentials, and gone on several hikes? Great! Now, how about books for discovering more of Tennessee's trails? Haven't developed a library yet? It's never too late, there's quite a selection, and the list below should help you get started*.

- 40 Hikes in Tennessee's South Cumberland by Russ Manning. 3rd Edition, 2000. This thorough guide will take you to the southern part of the Cumberland Plateau in Tennessee where you'll find deep, narrow gorges, numerous waterfalls, scenic overlooks, and lush forests.
- 50 Hikes in the Tennessee Mountains by Doris Gove. 2001. A comprehensive guide to the outstanding hiking opportunities to be found in the mountains, ridges, and valleys of eastern Tennessee.
- 60 Hikes Within 60 Miles: Nashville including Clarksville, Gallatin and Murfreesboro by www.amazon.com. 2nd Edition, 2007. This indispensable guide was recently updated to include a concise at-a-glance view of each trail. Trail commentary reflects thorough research by the author, includes historical features and highlights found along the way. An excellent resource for Middle Tennesseans.
- 100 Hikes in the Great Smoky Mountains National Park by www.amazon.com. 2nd Edition, 1999. An excellent resource for information on day hikes, overnight hikes, or thru-hikes of the park.
- 100 Trails of the Big South Fork: Tennessee and Kentucky by Russ Manning. 4th Edition, 2000. This guide covers all the trails of the Big South Fork plus adjacent national forests and areas. Trails for hikers, mountain bikers, and horseback riders are clearly identified and practical information about each trail is also included.
- An Outdoor Guide to the Big South Fork National River & Recreation Area by www.amazon.com. 2nd Edition, 2000. This guide includes information on the area's geology, history, and wildlife, plus horseback riding, whitewater paddling, and backpacking.
- Cherokee National Forest Hiking Guide by the Harvey Broome Group of the Tennessee Chapter of the Sierra Club. 2nd Edition, 2005. This guide has been a vital companion to thousands who have explored the 640,000-acre Cherokee National Forest and provides maps, directions, along with a wealth of general information on the forest's present and past wildlife, vegetation, and geology.
- Day & Overnight Hikes in the Great Smoky Mountains National Park by Johnny Molloy. 3rd Edition, 2004. Select from 40 of the Park's best and least crowded trails. Each description gives directions to the trailhead, outlines difficulty & length of hike, & provides a running commentary on what to expect along the way.
- Day Hiker's Guide to all the Trails in the Smoky Mountains by Elizabeth Etnier. 2005. This guide offers easy to understand color coded maps that allows one aspiring to hike "all of the maintained trails" in the Smokies (and join others of the "900-Mile Club") in 75 easy to follow day hikes.
- Hikes in the Southern Appalachians by www.amazon.com. 2004. Complete trail descriptions of 170 great day hikes on the A.T. Perfect for those planning segment hikes of the A.T. in Tennessee, as well as Georgia and North Carolina.
- Hiking Great Smoky Mountains: Hikes along the Cades Cove Loop, Cucumber Gap Trail, Ramsay Cascades, Shuckstack-Appalachian Trail, and Many Others by Doris Gove, Sidney & Priscilla Albright. 4th Edition, 1998. Both experienced and novice hikers will enjoy this guide, which describes 42 walks in detail and suggests 38 more.
- Hiking Tennessee by Kelley Roark. A state-wide hiking guide that features 62 of the best hiking areas from natural wonders of Great Smoky Mountains National Park to the historical Civil War battlefields of Shiloh and Lookout Mountain.
- Hiking Tennessee Trails: Hikes Along the Appalachian Trail, Natchez Trace, Cumberland Trail, John Muir Trail, Overmountain Victory Trail, and Others by www.amazon.com. 5th Edition, 1998. Explore scenic trails, urban walks, state and federal trails, historic trails (including Daniel Boone's path through the Cumberland Gap), and much more.
- www.amazon.com by Brenda G. Deaver, Howard R. Duncan, and Jo Anna Smith. 3rd Edition, 1999. This book combines numerous details about the natural history of the area with fascinating tidbits of folklore and legend to provide an interpretive guide to the trails, and includes information about trails in the adjoining Pickett State Park and Forest.
- Hiking Trails of the Great Smoky Mountains: A Comprehensive Guide by Kenneth Wise. No longer in print; however, may be found at amazon.com/used bookstores and worth noting ... this is a guide to the official trails as well as many of the older, un-maintained, un-official trails still in use today and known as "man-ways."
- Hiking Trails of the Smokies. 4th Edition, 2005. Also called "The Little Brown Book." Written by a dedicated group of knowledgeable volunteers and covers all 150 official trails in the Great Smoky Mountains National Park with in-depth narratives and invaluable profile charts that show at a glance mileage, elevation change, and major stream crossings. Includes information on all backcountry campsites, shelters, and permit/reservation regulations.
- Middle Tennessee on Foot, Hikes in the Woods & Walks on Country Roads by www.amazon.com. 1998. From the lowlands along Kentucky Lake to the heights of the Cumberland Plateau, Middle Tennessee on Foot covers every trail in the Midstate over a mile in length that's worth hiking.
- Scavenger Hike Adventures: Great Smoky Mountains Nat'l Park by Kat & John LeFevre. Available May 2007. A fun-for-all-ages book. Follow clues to find over 200 hidden natural and historic treasures.
- Trekking the Southern Appalachians: The Carolinas, Tennessee, Georgia by www.amazon.com and 2005. Twenty-five treks (multi-day outings averaging 30-50 miles long) in the Carolinas, Tennessee, and Georgia; three itineraries with camp options for each trek; you choose the miles-per-day distance you wish to travel.

**When it comes time to buy books (or magazines, CDs, gourmet food – the skies the limit), consider shopping amazon.com through TTA's website (www.tennesseehike.org/bookstore.php). TTA has an arrangement with amazon.com where TTA receives a commission on all items purchased when you enter amazon.com through TTA's website.*

MURFREESBORO CHAPTER

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CARPOOL COORDINATOR: Ron Dunn

trekkingtn@yahoo.com 615-867-3301

MEETS MONTHLY: 2nd Tuesday at 7:00 pm CT

Barfield-Crescent Park's Wilderness Station

697 Barfield-Crescent Rd., Murfreesboro

Feb. 3 –Stones River Battlefield- Join us for a beginners day hike at the beautiful Stones River National Battlefield. This 4 mile hike along the Boundary trail will include stops to look at monuments and markers that describe the history of the Battle of Stones River. We will also walk the Cotton trail, and if time and participation permits we'll walk through the historic National Cemetery. This is an easy walk for all hiking levels. We will gather just outside the Visitors Center at the park at 9:00 AM. To sign up contact Tony or Millette Jones 615-397-4463 or *awj68@comcast.net*

Feb. 10 – Virgin Falls- Jim and Marietta Poteet will lead a hike to Virgin Falls. It is considered moderate to difficult because of the length (8 miles) and for the long ascent out of the gorge from the river. It should be a beautiful hike with the falls being quite spectacular. We will meet in Manchester at 9:00 am CST to leave and at the trailhead at 10:30 CST. Please call Jim or Marietta at 931-924-7666 or email at *nannietta@blomand.net* for more info or to register.

Feb. 13- Monthly Meeting at 7pm Barfield Park Wilderness Center

Butterflies inspire us and cause us to dream when we spy them along wooded trails, meadow trails, and even mountaintop trails. Join us as Deborah Paschall, Program Director of the Barfield City Park, teaches us about the habits and habitats of butterflies. Deborah has been taking workshops and studying butterflies for some time. She has much to tell us that will enhance our appreciation of these most delicate beauties.

Feb. 17 - Mill Creek Loop Trail Building Program- A multi-chapter work session will begin building the Mill Creek Loop trail at the Walls of Jericho. The trail path to be worked is a relatively level 0.5 mile section, partly along a bluff line, until we get to where a side trail will be built down to the Mill Creek Gusher. This side trail will require side hill cutting and rock work, with a 100-foot drop over 0.25 miles in a rain watershed. FYI-The Mill Creek Gusher is a cave where water "gushes" out the side of the mountain at right angles into the Mill Creek stream bed, many times producing a rooster tail of water on high flows. Meet at the Sam's Club parking lot behind Hardee's in Murfreesboro at 7:45 AM; we'll leave promptly at 8 AM. We will meet other parties at the Jericho "Horse" Trailhead at 9:30 AM CDT and enter the work area via the "Horse Trail" Parking area. This is the next parking area past the Hiking Trailhead. The work location is approximately 1.0 mile from the trailhead and includes a 600-foot drop in elevation over previously built trail. (This means a 600-foot ascent on the climb out at the end of the work session).

NOTE: Temps must be 30°F or above by 7 AM or we won't

MURFREESBORO (cont)

go. Bring water, lunch, gloves, and work shoes. Tools will be provided. We will plan to work till 2:30 PM and then begin the approximately one hour hike out back to the trailhead. Contact Jim Schroeder at 615-896-3023 or *doughboyjim@comcast.net* for further information and to advise of your interest to participate.

Feb. 17-19- Smoky Mtn. Backpacking Weekend- This is a two night three day backpack in GSMNP in the Lakeview Drive area. It's a 23.8 mile loop trail with an optional additional 1.8 mile round trip side trail to High Rocks. We'll be in the Smokies so expect elevation gains, streams, waterfalls and beautiful views. The hike is rated strenuous. Contact Charlotte Broyles for more info or to register for this trip at *broylescha@hotmail.com* or 615-890-6308.

Feb. 24- Mossy Ridge & Warner Woods Trails at Percy Warner Park- The Mossy Ridge Trail is a 4.5 mile loop that winds through hollows and along ridges. There are several long uphill stretches, all the more reason to stop and admire the beautiful, old hardwood trees and scenic views. Other sites along the way include a waterfall and a chimney from the Betsy Ross cabin. We'll continue on the Warner Woods Trail, which is a 2.5 mile loop with rich hillside views. Both trails begin at the Deep Well Trailhead and are rated easy to moderate. Bring water and snacks for the hike, and afterwards we'll gather for lunch at the historic Loveless Cafe. I'll need an estimate by Friday afternoon for reservations, so please contact Kim Griswold at *griswold.kim@gmail.com* or leave a message at 893-6489. Meet at 8:00 am in the overflow parking lot between Sam's and Hardees off of I-24 for the carpool and meet the Clarksville Chapter at the Deep Well Trailhead at 9:00 am.

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NORTHWEST CHAPTER (UT at Martin/Weakley County)

CHAPTER OFFICER: Jim Clark 731-587-2225

jclark@utm.edu

Contact Jim Clark for information about hikes.

Be sure to participate with other chapters on weeks when our chapter does not have a hike.

1st Quarter Board of Directors Meeting

will be held Saturday, February 3 at 1:00 pm central at Garnett Rush's home (Nashville, TN). All TTA members are welcome and encouraged to attend. This is your club, and your voice is welcome. For directions to our meeting, contact Anne Wesley at *tthahiker@msn.com*

NASHVILLE CHAPTER

CHAPTER OFFICER: Jim Johnson
615-356-6246 jimjohnsonjr@gmail.com

OUTINGS COORDINATOR: Libby Francis Libbyslibbys@Comcast.net
(email Libby & volunteer to lead an outing)

MEETS MONTHLY:
HIKING HOTLINE: 615-367-7045

Feb 27 Tuesday . Monthly Program Meeting This month, our guest is Thurman Mullins, Park Manager for Long Hunter State Park and its satellite, Sellars Farm State Archeological Park in Lebanon. Mr. Mullins will share the long story of the Sellars Farm site and update us on its current status as an historic and recreational area under the watch care of the Long Hunter staff. Join us at 7PM at the Tennessee Wildlife Resources Agency Headquarters building on the campus of Ellington Agricultural Center.

Feb. 3 (Sat) Shelby Bottoms Greenway walk in the park with Mayor Purcell

Nashvillians can take a walk in the park with Mayor Bill Purcell each month during the Celebrate Nashville festivities. The walk will be held rain or shine on the first Saturday of each month through June. Most of the walks will be about an hour long. All hikes are free, open to the public and start at 9am. For more information on these hikes, call the Mayor's office at 862-6000.

Feb. 4 (Sun.) - Super Bowl Sunday Stroll - Come walk the trails of Nashville's Beaman Park in the morning before settling in for Super Bowl XLI. We'll meet at 9:30 central at the lower parking area of Beaman Park (located off Little Marrowbone Road). We'll hike all three trails for a total of approximately 5 miles. Please be prepared for moderate hills and have footwear suitable for the usual roots, rocks and possible mud. Please carry water and snacks. Well-behaved dogs are welcome (please be prepared to obey park leash regulations). Directions to Beaman Park can be found at www.nashville.gov/parks Snow/ice will cancel. Contact Anne at ttahiker@msn.com

Feb. 10 (Sat.) - Virgin Falls - This is a joint hike with the Highland Rim chapter to Virgin Falls near Sparta, TN. Virgin Falls a spectacular 110 ft waterfall with caves, creeks, and overlooks along the trail to keep it interesting. However: this hike is rated moderate/difficult due to its 8-mile length (the last 4 miles are uphill) and rocky terrain. Driving time from Nashville is approx. 2 hrs and 45 minutes one way. All participants must have sturdy footwear (preferable boots), plenty of water, lunch, rain gear and layers of clothing. We will meet at 7:00 am off I-40 exit 232 (near Lebanon). To obtain exact meeting location and to register please e-mail Anne at ttahiker@msn.com or call 851-1052.

Feb. 24 (Sat.) Volunteer Trail, Longhunter State Park -Hike along the shore of J. Percy Priest Lake, climb overlook bluffs, and wander through hardwood forest, cedar glades, and interesting rock outcroppings. This trail is about 12 miles long and is fairly flat. Bring sturdy shoes, water, and lunch. E-mail bigwagee@aol.com to register and for more info.

UPPER CUMBERLAND CHAPTER (Sparta / Cookeville)

CHAPTER OFFICER: Pam Miller 931-526-9259

Feb 3 Big Creek Gulf/Big Creek Rim Trails, Savage Gulf State Natural Area, Beersheba Springs, TN. This hike features the Stone Door, interesting creek scenery along Big Creek, Ranger Creek Falls, and many fine overlooks of Big Creek Gulf. The hike is about 10 miles and is rated moderate except for one steep hill climbing out of the gulf. We will also do the short loop trail which passes Laurel Falls. Bring water, snacks, and lunch. You can meet us at 8:00am CT in the Penney's parking lot in Cookeville or at the US Bank across from McDonald's in Sparta at 8:30. For information and to register contact Kathleen Sullivan at 931-520-6294 or gkhs@multipro.com.

Feb 10 Lost Creek Cave, Sparta, TN. You do not have to go to Hollywood to walk on a movie set. All Appalachian movie caves are not necessarily home to blind, man-eating creatures. To see if this is true join us at 11:30am CT in the Penney's parking lot in Cookeville or at the US Bank across from McDonald's in Sparta at 12:00. You will get to see the waterfall where young Mowgli was raised by wolves and walk into the mouth of Shere Khan's cave that leads to Monkey City in Disney's 1994 movie, The Jungle Book. That's right, White County can pass for the darkest jungles of India, and Monkey City must be somewhere in Scott's Gulf near Virgin Falls! Come prepared for a challenging 1 mile hike and a caving adventure. Wear sturdy hiking boots and clothes; bring water, a snack, 3 separate light sources and extra batteries for your primary light source. A head or helmet mounted light source is best for your primary light source to permit hand's free climbing. A walking stick or trekking pole is also recommended. Remember that a cave is always about 55 degrees, near the perfect temperature to induce hypothermia, so dress appropriately. For information and to register contact Paul Miller at 931-526-9259 or pdmiller@citlink.net.

Feb 10 Chapter Meeting, El Tapatio, Sparta, TN. We will follow the Lost Creek expedition with our first chapter meeting for 2007 at the El Tapatio restaurant at 243 North Spring Street, Sparta, at 5:00pm. Do not be afraid to attend if you are muddy from the cave. Pete Broehl assures us that once he comes in the restaurant, no one will notice you.

Feb 17 Big Spring, Bridgestone/Firestone Centennial Wilderness Area, Sparta, TN. This hike features a huge spring under a big bluff which goes into a stream. There is also the possibility of taking a side trip to Rose's Cave. The hike is about 4 miles and rated easy to moderate. Bring water, snacks, and lunch. You can meet us at 8:30am CT in the Penney's parking lot in Cookeville or at the US Bank across from McDonald's in Sparta at 9:00. For information and to register contact Marnell Cothran at 931-738-5874 or leron@blomand.net.

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TN Rails To Trails Advisory Council
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CHAPTER REPRESENTATIVES ON THE BOARD
ARE LISTED WITHIN EACH CHAPTER'S HEADER

Newsletter Editor
Leslie El-Sayad editor@tennesseetrails.org

Newsletter Deadlines:

Deadlines for Chapter announcements
and articles of special interest
are due as follows:

Due	For Newsletter Dated
Feb 10	Mar 1
Mar 10	Apr 1
Apr 10	Jun 1

Articles submitted are subject to editing
and will be included as space permits.

Please send all submissions to:
editor@tennesseetrails.org

Attention: Hike Coordinators (aka Hike Leaders)

A TTA Release of Claims & Hold Harmless Agreement form (aka "Liability Waiver") must be signed by everyone before you start your hike or before carpooling to your hiking destination. They can be obtained from your local Chapter Officer or downloaded easily from our website:

www.tennesseetrails.org/release.php

TENNESSEE RAILS-TRAILS ADVISORY COUNCIL (TRAC)

WEBSITE www.TNRailsTrails.org

**TRAC is in the process of being
reorganized.
Stay tuned for further information.**

MISSION: To act as a resource and mentor for the planning, development and management of rail-trails throughout the State of Tennessee for the purposes of appropriate recreation, preservation of rail corridors and alternate transportation, in order to benefit the general public, communities, commerce and tourism.

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

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

A New Member

Renewing My Membership

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

Gift Memberships are also available. Contact our Membership Director,

Garnett Rush 615-352-7217 rushga01@yahoo.com

Feb 07

Please Mail This Form To:

Membership Director

P.O. Box 41446

Nashville, TN 37204-1446

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Name _____
Address _____
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e-mail _____

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

Please list me with the following chapter:

____ Big South Fork ____ Cumberland Gap ____ Memphis ____ Plateau (Crossville)
____ Clarksville ____ East TN (Oak Ridge/Knoxville) ____ Murfreesboro ____ Soddy Daisy
____ Columbia/Franklin ____ Highland Rim (Manchester/Tullahoma) ____ Nashville ____ Upper Cumberland
____ Cove Lake ____ Jackson ____ Northwest (UT at Martin/Weakley) ____ (Sparta/Cookeville)
____ At Large

When you become a TTA member, you will receive: (1.) TTA's Hiking Handbook, a reference book containing information about TTA, trail etiquette, hiker responsibilities, etc. (2.) TTA's 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. (3.) Annual Membership Directory, listing members by chapter and how to reach them. You are invited to attend any number of monthly meetings scheduled, where you will enjoy diverse programs, socializing and refreshments. In addition, in the 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.