

# 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



## LISTEN UP!

### TTA Annual Meeting is around the corner

Here is your To-Do list:

**SEND IN** your registration form. A copy can be downloaded from the TTA website at <http://www.tennesseetrails.org/>. Click the 2013 Annual Meeting link in the left-hand menu. Registration deadline is September 6.

**ROUND UP** goodies for the live auction on Saturday, Oct. 26. Ask your local businesses to donate merchandise or services, share your crafting talents, or make a cash donation to your local chapter to purchase an auction item. Outdoor gear is always popular.

**FIND FOOD** for the White Elephant. Root out your closet and bring items for the silent auction. Suggested price range is \$2-\$10. I know you can find some trinkets you no longer want, but someone else may treasure!

**PICK OUT** a program(s) from the list below for part of Saturday. With the exception of the bird walk, the others will be one-hour sessions in the lodge meeting room.

- **Hike and Bird Walk** – 8:30 am
- **Wild Flowers and Native TN Plants** – 9:30 am
- **When 911 Is Not The Answer** – 11:00 am
- **Leave No Trace** – 1:30 pm
- **Our Fine Feathered Friends** – 3:00 pm

**DIG THROUGH** your favorite recipes – we need baked goods. Individually wrapped portions of cookies, cakes, breads, pies, brownies, candy will be welcome at our bake sale table. Just drop them off at the TTA registration desk when you check in.

Thanks for your support, and we will keep the lights on for you at Fall Creek Falls October 25-27!

## IT'S NOT TOO LATE TO NOMINATE

It's that time of the year – time to nominate a deserving individual or organization for one of the following awards, which are presented at the annual meeting.

**Tennessee Trails Award.** This award is presented for outstanding contributions to the Association or for the furtherance of trails and natural resource programs and opportunities within Tennessee.

**Bill Stutz Award.** The Association gives this award in honor of the late Bill Stutz, past TTA member and beloved hiker. Any chapter (or voting member) can make a nomination to the Board for the recipient of this award. The award is to be presented to an active hiker for his or her individual contribution to the Association or one its chapters.

**Bob Brown Lifetime Achievement Award.** The Board of Directors of the Association established this award to honor the extraordinary lifetime leadership and personal contributions of Bob Brown to hiking and conservation in the State of Tennessee. The Board may give a Bob Brown Award from time to time to others for lifetime leadership and contributions that it finds equally extraordinary.

If you know of any deserving individual or organization, please send that information to Millette Jones at [president@tennesseetrails.org](mailto:president@tennesseetrails.org).



Office Location 409 Thurman Avenue, Ste 102  
.....Crossville, TN 38555  
Office Hours .....8am-2pm CT  
Phone: .....931-456-6259  
Fax: .....931-456-4934  
Email: [cumberlandtrail@rocketmail.com](mailto:cumberlandtrail@rocketmail.com)  
Website: [www.cumberlandtrail.org](http://www.cumberlandtrail.org)

The CTC needs volunteer help with trail construction and maintenance. Besides the events listed below, if groups of eight or more volunteers are interested in trail construction on Graysville Mountain in Rhea County or trail maintenance on Cross Mountain in Campbell County, please contact the CTC office (contact information listed below). Dates and times can be arranged for a volunteer event. CTC will provide tools and instruction; volunteers will need safety glasses, work gloves, long pants, closed toe footwear.

**Big Soddy Creek Bridge, Hamilton County** - CTC will need volunteers to help move material into the gorge and to construct the bridge. Volunteer opportunities will be available in late May through July 15 or until bridge is completed. Dates will be posted in the near future.

**Sep 27-29 - Graysville Mountain, Rhea County.** This is the CTC's National Public Lands Day event. Volunteers are needed to construct trail on the Graysville Mountain section of the Cumberland Trail. This section is located near Graysville, south of Dayton, TN. CTC will provide tools and instruction, volunteers will need safety glasses, work gloves, long pants, closed toe footwear. Please contact the CTC office for details and register for this event.

**Oct 4-6 - Cross Mountain, Campbell County.** CTC will need volunteers to help with trail maintenance in the CT's New River section. Work will be on Cross Mountain near Cove Lake State Park, Caryville, TN. This work includes repair of trail tread and cutting back vegetation. Volunteers will meet at the trailhead on the top of Cross Mountain at 9:00 am ET. CTC will provide tools and instruction, volunteers will need safety glasses, work gloves, long pants, closed toe footwear. For further details and register for this event, please contact the CTC office.

**Nov 9 - Volunteer Appreciation Day, Crossville, TN.** Past and present Cumberland Trail volunteers and supporters are invited to a dinner and awards banquet to be held in Crossville, TN. A hike will take place on Black Mountain during the day with the banquet to follow. For more details and to RSVP, please contact the CTC office. CTC office can be contacted at 409 Thurman Ave, Suite 102, Crossville, TN 38555, 931-456-6259, or email [Cumberlandtrail@rocketmail.com](mailto:Cumberlandtrail@rocketmail.com).

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## CLARKSVILLE CHAPTER

**CHAPTER CHAIR:** J.R. Tate 931-920-2692  
[clarksville@tennesseetrails.org](mailto:clarksville@tennesseetrails.org)  
**CHAPTER VICE-CHAIR:** Suva Bastin 931-645-2849  
[clarksville@tennesseetrails.org](mailto:clarksville@tennesseetrails.org)  
**TREASURER:** Chris Everett 931-494-8038  
[clarksvilletreas@tennesseetrails.org](mailto:clarksvilletreas@tennesseetrails.org)  
**SECRETARY:** Robbin Cusic 931-542-3266  
[clarksvilleasecy@tennesseetrails.org](mailto:clarksvilleasecy@tennesseetrails.org)  
**OUTINGS COORDINATOR:** Paul Schwab 931-645-9068  
[clarksvillehikes@tennesseetrails.org](mailto:clarksvillehikes@tennesseetrails.org)

*(call Paul & volunteer to lead an outing)*

**MEETS MONTHLY:** 3<sup>rd</sup> Tuesday at 6:00 pm CT,  
Crow Community Center, 211 Richview Rd.

*Additional information may be seen at our web site:*

<http://www.tennesseetrails.org/blog/clarksville>

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**Aug 3 - Harpeth River Canoe and Kayak Float.** Bob Lyon 931-648-2354. Meet 7:30 am CT, Madison Street Kmart parking lot, Clarksville. 41 miles to trailhead.

**Aug 10 - Pennyryle State Park, Christian County, KY. 5 miles. Moderate.** Eat lunch at Park Restaurant. Allison Bennett 931-647-0934. Meet 8:00 am CT, at Kroger parking area, Dover Crossing Road, Clarksville. 50 miles to trailhead.

**Aug 17 - Clarksville Greenway. 5.2 or 9.2 miles. Easy to moderate.** Ron Churchill 931-647-9864. Meet 8:30 am CT at the end of Pollard Road.

**Aug 20 - Monthly Meeting.**

**Aug 24 - Rotary Park, Clarksville. 4 mile loop. Moderate.** Renata Gillis 931-648-1448. Meet 8:00 am CT at the first parking area on the left.

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## TTA QUARTERLY BOARD MEETING AUGUST 3

Members are always welcome to attend.

The meeting begins at 1:00 pm CT at the REI in Brentwood (261 Franklin Road) in their Community room.

If you would like to take in a hike and still have time to get lunch before the meeting, see the August 3 hike description under the Nashville Chapter.

***Come Hike With Us; and, See, Hear, and Learn about TTA at the Quarterly Board Meeting.***

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## COLUMBIA/FRANKLIN CHAPTER

**CHAPTER CHAIR:** Marvin Caine 931-486-1632  
[columbia@tennesseetrails.org](mailto:columbia@tennesseetrails.org)

**MEETS MONTHLY:** 1<sup>st</sup> Tuesday at Grand Buffet (Hwy 31 north side of Spring Hill). Socializing and dinner at 6:00 pm CT; meeting starts at 7:00 pm.

**Aug 3 – Radnor Lake (various trails), Nashville, TN. 2+ miles. Moderate.** This natural area provides a variety of scenic spots and a diversity of natural habitats ranging from the lake, to streams and placid sloughs. Wildlife and numerous species of plants are in abundance. It is a place that provides scenic, biological, geological, and passive recreational opportunities not found in other metropolitan areas of Nashville's size. We are planning on hiking the Spillway Trail to Ganier Ridge Trail, then down to the Franklin entrance of Radnor Lake and across Otter Creek Road to either South Lake Trail or South Cove Trail depending on the weather. It is a shaded hike, but the ridge trails (as Ganier (1.55 miles) and South Creek are called) can be strenuous. If the weather is extremely warm, we will consider the Lake Trail (1.3 miles easy) and South Lake Trail (.9 miles moderate). We will eat lunch after the hike. Bring plenty of water and wear sturdy boots. We will meet behind McDonalds 4908 Main Street (Hwy 31) on the north side of Spring Hill at 7:30 am CT and then depart at 7:45 am. If anyone would care to join us at Radnor Lake, we can meet in the Visitor's Center at Radnor Lake at 8:15 am. Contact Jane Coffey at [jecoffey0644@charter.net](mailto:jecoffey0644@charter.net) or 615-516-6551 for information.

**Aug 6 – Chapter Meeting.** Jerry Link will present a slide show on the Natural and Culture attractions of the Southwest Red Rock Desert (The Four Corners Area), which will include the landscape, Native American ruins & pictographs, and a couple of awesome day hikes.

**Aug 17 – Work Day, Stillhouse Hollow Falls State Natural Area, Summertown, TN.** We will be starting work on a new bridge below the falls. We will carry tools and supplies down and if enough workers come, we will also do trail work. Bring plenty of water, snacks and lunch. We will meet at the parking lot at 8:45 am CT and work to 3:00 pm. Anyone interested in helping out should contact Rick Pinkleton at 931-619-5012 or [rdpinkleton@gmail.com](mailto:rdpinkleton@gmail.com).

**Aug 24 – Canoe trip Caney Fork River, Silver Point, TN. 9 miles.** We will rent canoes at a cost of \$36.00 per person for two or three in a canoe, which includes the shuttle both ways. A seat is provided for a third person. Children under 12 are free. They also have kayaks available for "slightly more". For more information, go to the website [canoethecaney.com](http://canoethecaney.com). They take credit cards. Bring lunch, bug spray, water, etc. Ice chests are welcome. The canoe trip will begin at 9:00 am CT. We will meet behind McDonalds 4908 Main Street (Hwy 31) on the north side of Spring Hill at 6:45 am CT and depart promptly at 7:00 am. It is an hour and a half drive, and we need to be there 30 minutes before the trip. Please register with Janeth Mckendrick at [janethmck@aol.com](mailto:janethmck@aol.com) or 615-591-9352 at least three days ahead of the trip so canoes can be ordered.

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## COVE LAKE HIKING CHAPTER

**CHAPTER CHAIR:** John Redmon 423-869-8286  
[covelake@tennesseetrails.org](mailto:covelake@tennesseetrails.org)

**SECRETARY/BOARD REPRESENTATIVE:** Kathy Sarvis 865-494-0374  
[covelakehikes@tennesseetrails.org](mailto:covelakehikes@tennesseetrails.org)

**MEETS MONTHLY:** 1<sup>st</sup> Tuesday at 7:00 pm ET at the recreation center, 300 W. Beech St., La Follette.

**Aug 15 - Trail maintenance day.** Club will be working on the trail at Eagle Bluff. Meet at the Jacksboro Middle school at 9 am ET. Bring rakes, cutters, gloves, bug spray and water. We will work until 1 pm, about 4 hours total.

**Aug 17 – Cumberland Gap National Historical Park. Middlesboro, KY. 5 miles. Moderate.** Bring walking stick, bug repellent, lunch/snack and water. Meet John Redmon at the Visitors Center/Museum at the flag pole at 10:30 am ET.

Call John Redmon at 423-869-8286 for more information on these activities.

**Directions for all:** I-75 exit 134 follow signs for Cove Lake State Park highway 63. Maintenance Day - Jacksboro Middle School is just before Walmart on the same side. Cumberland Gap KY - follow road (highway 63) to end make left at light go thru tunnel into KY. First exit after tunnel.

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## DYER COUNTY CHAPTER

Graydon Swisher 901-737-3114  
[westregional@tennesseetrails.org](mailto:westregional@tennesseetrails.org)

**This chapter is in the process of being reorganized.**

For further information, contact Graydon Swisher at 901-737-3114 or [westregional@tennesseetrails.org](mailto:westregional@tennesseetrails.org). In the interim, you are welcome to attend (14 to select from) other chapters' outings, events and meetings.

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## EAST TN CHAPTER (Oak Ridge / Knoxville)

**CHAPTER CHAIR:** Rosemary Marshall 865-548-6171  
*easttennessee@tennesseetrails.org*  
**VICE-CHAIR:** Elise Eustace 865-201-5806  
*easttennessee@tennesseetrails.org*

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**Aug 10 - Swim Hike at the Obed WSR.** The Obed Wild & Scenic River Park consists of four streams that have cut into the sandstone of the Cumberland Plateau creating a rugged landscape of wild land and water. There are spectacular gorges with 400-foot cliffs above the streams, and huge sandstone boulders dotting the streams creating large whitewater rapids in the rushing water. The Obed system is a favorite destination for experienced kayakers and rock climbers. Join us for a fun short hike to Alley Ford and an afternoon of lazy swimming in the Obed. The trailhead is located at the Rock Creek Campground adjacent to Nemo. It is approximately 2.5 miles along the Cumberland Trail, rated easy to moderate. Wear swimming shorts and bring your water shoes and a noodle or blow-up tube/raft for floating. Also bring your food and water. This hike will be cancelled if it is raining, or predicted to rain as we will not be near the water if there is a possibility of lightening. Pre-registration is required. We will leave Knoxville approximately 9 am ET. Contact Sherry Barber at *sbarber6189@comcast.net* or 865-209-6189 for carpooling.

**Aug 17 - Hooper Bald to Huckleberry Knob (Cherohala Skyway).** Beginning at the Hooper Bald parking area, this easy section of trail meanders through a second growth forest that has slowly taken over the edges of Hooper Bald before it exits the woods and comes out into the bald, after walking only 1/2 mile. This bald was one of the original spots where lodges were built for hunting Russian wild boar, imported bear, and Red deer. We will proceed over the bald and after walking through high grass, with blueberry bushes and thornless blackberries, we will come to the Cherohala Skyway, which we will walk along for 1/4 mile before beginning our hike out to Huckleberry Knob. The trail to Huckleberry Knob has gradually become overgrown with thornless blackberries over the past several years. At one time the trail was wide enough to drive a car on. In some areas it is only wide enough for a single row of hikers. After about 2 miles we break out onto Huckleberry Knob with magnificent 360 degree vistas (provided the weather cooperates). We will also pay our last respects to Andy Sherman, whose grave, marked by a 6 ft cross, is situated near the top of the knob. We will meet at 9:00 am ET at the Cracker Barrel located at the Lenoir City Exit off 1-75 South. Pre-registration is required. Contact Rosie at 865-951 8317 or *rosemary\_L@hotmail.com*.

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## HIGHLAND RIM CHAPTER (Coffee and Franklin Counties)

**CHAPTER CHAIR:** Linda Hudson 931-841-0540  
*highlandrim@tennesseetrails.org*  
**SECRETARY** Carolyn Fitz 931-598-0597  
*highlandrimsecy@tennesseetrails.org*  
**TREASURER:** Marietta Poteet 931-924-7666  
*highlandrimtreas@tennesseetrails.org*  
**OUTINGS & PROGRAM COORDINATOR & NEWSLETTER CONTACT:** Joan Hartvigsen 931-962-0811  
*highlandrimhikes@tennesseetrails.org*

*(contact Joan & volunteer to lead an outing)*

**MEETS MONTHLY:** 4<sup>th</sup> Monday at 7:00 pm CT at the D. W. Wilson Community Ctr., 501 N. Collins St., Tullahoma.

**Aug 10 - "Prentice Cooper Medley", Sections of Mullens Cove Loop and Pot Point Loop, Prentice Cooper State Forest, west of Chattanooga. 6.5 miles. Moderate.** Our hike features highlights of Mullens Cove Loop and Pot Point Loop. We begin at Snoopers Rock, a bare rock promontory offering a wide view of the Tennessee River Gorge. Next we hike to Mullens Cove Overlook which provides a view of Mullens Cove where it joins the river gorge. Our next stop is Ransom Hollow Overlook, one of the best views of the region and our lunch spot. Then we visit McNabb Gulf to enjoy the cool cascading streams lined with towering hemlocks. A brief walk along Tower Drive past an experimental tree farm takes us back to our vehicle. Bring lunch, snacks, a lot of water, hiking shoes and hiking sticks and insect repellent. Contact Joan Hartvigsen at 931-962-0811 or *jhartvigs@comcast.net* for carpool information.

**Aug 17 - Elk River Float, Shiloh Bridge to Dickey Bridge, Kelso, TN. 7.4 miles.** Meet at Shiloh Bridge at 9:00 am CT. Bring water, lunch and snacks. Contact Tom Bentley at 931-455-5849, 931-273-6344 or *htbentley@lighttube.net*.

**Aug 24 - Overlook Trail, Waterfalls Trail, Sitton's Gulch Trail, Cloudland Canyon State Park, Trenton, GA. 7 miles. Strenuous.** Cloudland Canyon State Park, located on the western edge of Lookout Mountain, straddles a deep gorge cut into the mountain by combined waters of Bear and Daniel Creeks. The Overlook Trail offers some of the most spectacular views into the canyon. The Waterfalls Trail leads to 60 ft. Cherokee Falls and 90 ft. Hemlock Falls. Sitton's Gulch Trail follows Daniel Creek through open, green hemlock groves and overlooks numerous small waterfalls cascading through limestone crevices. Bring water, lunch, snacks, hiking poles and hiking boots. Contact Joan Hartvigsen at 931-962-0811 or *jhartvigs@comcast.net* for carpool information.

**Aug 26 - Chapter Meeting.** Dinner at 5:00 pm at Ruby Tuesday, 1936 N. Jackson St., Tullahoma. Our meeting is 7:00 p.m. CT at D. W. Wilson Community Center. John Bordley, TTA Highland Rim member, will present a program of photos of his Spring 2012 trip to Eastern Europe. Budapest, Hungary with overnight trips to Eger and Pecs are featured along with a Danube River cruise from Budapest to Bucharest. A week in Romania has special emphasis.

**Aug 31 - Short Springs State Natural Area Work Day, Tullahoma.** We will cut fallen trees from the trails and cut brush from Adams Falls Trail, Machine Falls Trail and other trails. One team will relocate the Adams Falls Sign and replace the Connector Trail sign that was pulled up and burned. Two volunteers are asked to bring chain saws. Everyone should bring water, snacks, insect repellent and work gloves. Long pants are recommended to protect against poison ivy. Notify Wally Bigbee your plans to help at 931-473-5968 (home) or *bigb@blomand.net*.

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## JACKSON CHAPTER

**CHAPTER CHAIR:** Vicky Moeller 731-668-9336  
*jackson@tennesseetrails.org*

**TREASURER:** Anne Goodson 664-1556  
*jacksontreas@tennesseetrails.org*

**SECRETARY:** Don Dresser 731-668-4190  
*jacksonsecy@tennesseetrails.org*

**OUTINGS COORDINATOR:** Glen Rognstad 731-217-5966  
*jacksonhikes@tennesseetrails.org*  
*(call Glen & volunteer to lead an outing)*

**MEETS MONTHLY:** 1<sup>st</sup> Monday at Perkins Restaurant, Vann Drive, Jackson. Socializing & dinner starts at 6:00 pm CT; meeting starts 6:45 pm

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**Aug 5 - Monthly Meeting.** We will meet at Perkins restaurant at 6 pm for dinner, followed by a planning meeting to schedule next fall's hikes. If you cannot make the meeting, please tell Vicky Moeller what hikes you would like included. Her telephone number is 668-9336 and her email address is *vmoellerosu@gmail.com*.

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### Board Positions Open

Are you interested in being more involved in Tennessee Trails Association? We have two board positions open and are looking for interested candidates.

**Treasurer:** Do you have a home computer? How about an hour or so each week to spare? The treasurer's responsibilities include:

- Maintain the finances and financial records of TTA.
- Prepare a budget for each year and submit to board for review and approval.
- Write checks for authorized expenditures and deposit revenues received by TTA.
- Maintain accurate and timely records of revenue and expenses
- Manage investments of the Association.
- In cooperation with CTC, manage an annual audit of TTA's and CTC's financial records.
- Retain copies of financial records from prior years.
- Prepare a financial report for each quarterly TTA board meeting.

Training will be provided.

### Vice-President:

The vice-president serves in place of the president when the president is unavailable for meetings. The person serving in this capacity generally moves in to the role of president after two years.

***If you've never volunteered to help before, how about it in 2014?***

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## MEMPHIS CHAPTER

**CHAPTER CHAIR:** Charlie Bright 901-829-4434  
*memphis@tennesseetrails.org*

**VICE-CHAIR:** Francis Ruffin 662-701-6284  
*memphisvice@tennesseetrails.org*

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No chapter hikes scheduled during the month of August. In the meantime, check out other TTA chapter hike listings in the TTA Newsletter or [www.tennesseetrails.org](http://www.tennesseetrails.org) and join a hike!

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## MURFREESBORO CHAPTER

**CHAPTER CHAIR:** Sara Pollard 615-714-3610  
*murfreesboro@tennesseetrails.org*

**TREASURER** Ann Jacobs 615-896-3935  
*murfreesborotreas@tennesseetrails.org*

**MEMBERSHIP** Mary Belle Ginanni 615-895-6072  
*murfreesboromembership@tennesseetrails.org*

**PROGRAMS** Valerie Galan 615-586-2882  
*murfreesboroprograms@tennesseetrails.org*

**OUTINGS COORDINATOR:** Cathy Bingham 615-890-9791  
*murfreesborohikes@tennesseetrails.org*  
*(Call Cathy & volunteer to lead an outing)*

**MEETS MONTHLY:** 2<sup>nd</sup> Tuesday at 7:00 pm CT, Barfield-Crescent Park's Wilderness Station, 697 Veterans Parkway, Murfreesboro

**BLOG:** [www.tennesseetrails.org/blog/murfreesboro](http://www.tennesseetrails.org/blog/murfreesboro)

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**There will be no hikes due to heat concerns.**

**Aug 13 - Chapter Meeting.** Ron Dunn will be sharing photos and stories from his 2012 trek with fellow TTA members to the Orkney Islands. Located off the northern coast of Scotland, the 70 islands (20 inhabited), which comprise Orkney, are rich in history from Europe's best preserved Neolithic settlement at Skara Brae. It is believed to date back to 3100 BC, with abundant evidence of Viking influence, such as the Brough of Birsay. From majestic sea stacks, known as the Old Man of Hoy, to the adorable puffins which inhabit the area to historic Scapa Flow, take a photographic journey to Scotland ... minus the jet lag.

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***ANNUAL MEETING REGISTRATION FORM,  
HIKE SCHEDULE AND INFORMATION ON  
PAGES 7-12.***

***MAKE PLANS NOW TO ATTEND THE ANNUAL  
MEETING!***

***REGISTRATION DEADLINE IS SEPTEMBER 6.***

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## NASHVILLE CHAPTER

**CHAPTER CHAIR:** Doug Burroughs 615-283-0507  
nashville@tennesseetrails.org

**OUTINGS COORDINATOR:** Nancy Juodenas 615-319-8811  
nashvillehikes@tennesseetrails.org

(email Nancy & volunteer to lead an outing)

**MEETS MONTHLY:** 4<sup>th</sup> Tuesday at 7:00 pm CT in the REI  
Community Room, 261 Franklin Road, Brentwood. For  
directions, visit: [www.tennesseetrails.org/nashville.php](http://www.tennesseetrails.org/nashville.php)

**BLOG:** [www.tennesseetrails.org/blog/Nashville](http://www.tennesseetrails.org/blog/Nashville)

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**Aug 3 - Soft-shoe walk on Main Road, Warner Parks. Nashville, TN.** Pull out your soft-soled shoes; trail worthy footwear is not required. We'll be walking a paved 5.8-mile loop on a road through the Percy Warner side of Warner Parks. Although the surface below our feet will be smooth and flat, the gradient of the road in some places is not. The walk will be rated moderate due to the August heat (to be expected) as well as the multiple ascents and descents we will make while the road twists and winds our way through the hollers 'n hills. A bonus is the shade we will have the entire way from the multiple variety of hardwoods found in this wonderful metro park. Along the way we may see the usual ground critters and hear birds singing. We may even see a deer or two and possibly a snake. You will need to bring plenty of water to drink and some snacks to munch on. We will meet at 7:45 am CT in order to start walking by 8:00 am from the first picnic shelter on the right upon entering the Deep Well area of the park. The walk should be completed by 11:00 am. To get to this first shelter in the Deep Well area of the park from Nashville: head west on Hwy 70 (aka West End Ave). In Belle Meade (after you have crossed over Woodmont Blvd, passed Publix & Kroger on the right, and the Belle Meade Mansion on the left), Hwy 70 splits. Take the left side, which puts you on Hwy 100. Go approximately 1.8 miles and turn left into the grey stone entrance. This turn is the entrance into the Deep Well area. In about 1/4-mile the picnic shelter will be on the right. We'll park here and begin our walk from this shelter. If on Hwy 100 and you've reach Old Hickory Blvd, you've gone too far. To register for the walk (NOTE: those that register are notified when/if a hike needs to be cancelled) or to obtain additional information, please contact Diane Manas at 615-351-6431.

## Nashville Chapter – con't.

**Aug 17 - Cummins Falls State Park, Cookeville, TN. 2 miles round trip. Hike, Swim, Picnic, Swim, Hike.** It is the eighth largest waterfall in Tennessee in volume of water, and was named one of the top 10 best swimming holes in the United States in the "America's Best Swimming Holes" article in *Travel and Leisure* magazine. The article reads "*It's a hard-earned scramble to the bottom that involves hiking to the overlook, wading across the ankle-deep stream, climbing up to the ridge, and using a rope guide to walk yourself down to the water. This is not a swimming hole for lightweights. Translation: expect a younger crowd. But if you're agile (and sure-footed), the descent into the cavernous pool is worth the effort.*" Alice Bruneau, June 2010. For meeting time and place call Nancy Juodenas 615-319-8811 or e-mail [njuodenas@yahoo.com](mailto:njuodenas@yahoo.com).

**Aug 27 – Chapter Meeting.** Our annual Show and Tell meeting! Members and friends ARE the program - along with pictures of your adventures on trails, from Tennessee to Tanganyika (that does have a ring to it). You're welcome to bring your photos on a thumb drive (best), CD or hard copy, and we ask that you be prepared to limit your personal presentation to 10 minutes or less to allow all interested presenters the chance to participate. The more the merrier! Please sign up for this with Nora Beck at [norellibee@gmail.com](mailto:norellibee@gmail.com) so we can apportion time fairly to all who want to show photos. Bring friends, too, and prepare to be inspired as the cooler weather of fall brings more hiking opportunities.

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## NORTHWEST Chapter (UT at Martin / Weakley County)

**CHAPTER CHAIR:** Scott M. Pun 731-881-7316  
[northwest@tennesseetrails.org](mailto:northwest@tennesseetrails.org)

**TREASURER:** Sandy Davis 731-587-9134  
[northwesttreas@tennesseetrails.org](mailto:northwesttreas@tennesseetrails.org)

**MEETS MONTHLY:** 2<sup>nd</sup> Tuesday at 7:00 pm CT during the  
academic year (Feb-Apr and Sep-Dec) on the UT  
Campus in the Paul Meek Library, Rm 120, Media  
Services B1

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Hike information unavailable at press time.

**2013 Annual Meeting  
October 25 - 27, 2013  
FALL CREEK FALLS STATE PARK  
PIKEVILLE, TENNESSEE 37367**

Registration form is  
on the other side.

Once each year, Tennessee Trails Association members from all across the state gather for a weekend of fun, food, and fellowship. There will be hikes, exhibits, programs, auction and entertainment. The Annual Meeting will be held from Friday, October 25, through Sunday, October 27, at the Fall Creek Falls State Park and Convention Center, Pikeville, Tennessee. Our hosts for this year's event are the Plateau, Soddy-Daisy and Upper Cumberland chapters.

**Lodging reserved directly through Fall Creek Falls:**

**Inn Rooms** – The rooms have 2 double beds with private bath located at the Conference Center, where TTA's meetings and meals will take place. All Inn rooms have a picturesque view of the lake, TV, radio/alarm clock, coffee maker, hair dryer, iron and ironing board. Fall Creek Falls gives a 10% discount off the regular inn room rate to all seniors (62+). (2 dbl beds w/private bath) \$79 per night + tax & fees; Cancel Policy: 48 hrs before arrival.

**King Rooms** – The rooms have 1 king bed with private bath located at the Conference Center, where TTA's meetings and meals will take place. All Inn rooms have a picturesque view of the lake, TV, radio/alarm clock, coffee maker, hair dryer, iron and ironing board. Fall Creek Falls gives a 10% discount off the regular inn room rate to all seniors (62+). (1 king bed w/private bath) \$88 per night + tax & fees; Cancel Policy: 48 hrs before arrival.

**Fisherman Cabins** – A two-night stay is required for cabins. The two-story cabins sleep eight and have two bedrooms, each with two double beds and 1 ½ bath. Linens, cooking and serving utensils, appliances, microwave, telephone, and cable TV are provided. Each has a fireplace with firewood provided in October. They are located directly on Fall Creek Lake and about ¼ mile from Fall Creek Falls Inn & Conference Center. (2 Bedroom with 4 double beds, 1 1/2 baths, capacity of 8); minimum 2-night stay at \$115 per night + tax & fees; Cancel Policy: 48 hrs before arrival.

**Villas** – A two-night stay is required for villas. The villas sleep ten and have four queen bed, two twin beds, and 2 baths. Linens, cooking and serving utensils, appliances, microwave, telephone, and cable TV are provided. Each has a fireplace with firewood provided in October. They are located directly on Fall Creek Lake and about ½ mile from Fall Creek Falls Inn & Conference Center. (3 Bedroom with 4 queen beds, 2 twin beds, 2 baths, capacity of 10); minimum 2-night stay at \$155 per night + tax & fees; Cancel Policy: 48 hrs before arrival.

**Camping** – Eleven 2-night water & sewer campsites are held in Fall Creek Falls campground. Each site may contain up to eight people but no more than one camper and two tents, or three tents. Parked vehicles must not infringe on a neighboring campsite or block the road in any way. All sites have tables, grills, and water and electric. All sites are shared by a central bathhouse with showers close by. Campsites are located about 2 miles from Fall Creek Falls Inn & Conference Center. To reserve a single night go online at <https://tnstateparks.itinio.com/fall-creek-falls> or call 1-800-250-8611.

**Meals:** Friday dinner is a buffet served in the conference room with choice of baked chicken or southern fried catfish, 3 vegetables, salad, bread, dessert, coffee and tea. Saturday dinner is a Prime Rib buffet in the restaurant, as well as Saturday and Sunday breakfast buffets. Saturday's sack lunch will be a choice of Ham & Cheese or Peanut Butter & Jelly Sandwich, chips, apple, cookie. An 18% gratuity is included in the cost of all meals.

**Hikes scheduled:** Fall Creek Falls, Virgin Falls, Savage Gulf, Fiery Gizzard, Rock Island, and Cumberland Trail sections

**Directions to Fall Creek Falls From Knoxville, TN** take I-40 West to Crossville Peavine Rd Exit 322, turn left off exit onto Hwy 101S. At 4-way stop continue straight onto Hwy 392; at the 2<sup>nd</sup> stop light turn left onto Hwy 101 (Lantana Rd) and travel 19 miles to a T intersection, turn left (still on Hwy 101S) and go approx. 4 miles to Hwy 30. Turn right on Hwy 30W and travel 5 miles to Fall Creek Falls Park sign. Turn left and follow signs to the Conference Center.

**Directions to Fall Creek Falls From Memphis & Nashville** take I-40 East to Cookeville (82 miles). Turn right onto 111 South (exit 288). Park entrance is on the left on Highway 284 (40 miles from I-40 to the park). Follow signs to the Conference Center.

**Directions to Fall Creek Falls From Chattanooga** take I-24 toward Nashville, take Hwy 27 North toward Dayton and follow Highway 111 North to the park entrance on the right.

2013 TTA ANNUAL MEETING  
October 25 - 27, 2013  
Fall Creek Falls State Park  
800-250-8610 or 423-881-5241

REGISTRATION FORM  
DUE ON OR BEFORE  
September 6, 2013

*Please provide the name of each member of your family attending.*

Name: \_\_\_\_\_ Name: \_\_\_\_\_ Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ - \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ E-mail: \_\_\_\_\_ Chapter: \_\_\_\_\_

**Lodging reservation & payment needs to be made directly to Fall Creek Falls. For planning purposes, please check below the lodging you reserved.**

**LODGING** - Inn reservations are to be made directly through Fall Creek Falls, 800-250-8610 or 423-881-5241. Group code: 5318. A block of the following types of rooms will be held for reservation until September 6, 2013. First night deposit required. Fall Creek Falls gives a 10% discount off to all seniors (62+). Please check the type of lodging you reserved.

- \_\_\_\_ Inn Rm (2 dbl beds w/private bath)
- \_\_\_\_ King Rm (1 king bed w/private bath)
- \_\_\_\_ Fisherman Cabins (2 Bedroom w/ 1 ½ baths)
- \_\_\_\_ Villas (3 Bedroom w/ 2 baths)

**CAMPING** - Eleven 2-night water & electric sites in Fall Creek Falls campground are available through this registration form. All sites have tables, grills, water, and electricity, and served by a bathhouse close by. Each site may contain no more than eight people. A campsite may contain only one camping unit (motor home, trailer, pop-up, pickup camper, etc.) along with two tents, or a maximum of three tents are allowed per site. Only a 2-night reservation is available with this form. Cancel Policy: 72 hours before arrival.

Friday/Saturday night site includes how many people \_\_\_\_; # of sites \_\_\_\_ @ \$43 per site = Total \_\_\_\_

**MEALS** - All meals except for Friday night (in Conference Rm) & Sack Lunch will be in the Fall Creek Falls Restaurant.

Friday Dinner Chicken or Catfish Buffett # of people \_\_\_\_ X \$17.70 = Total \_\_\_\_

Saturday Breakfast Buffett # of people \_\_\_\_ X \$11.73 = Total \_\_\_\_

Saturday sack lunch- choice of ham or peanut butter sandwich - \$5 each lunch. Indicate # of lunches

# of ham/cheese sack lunch \_\_\_\_ X \$5 = Total \_\_\_\_

# of peanut butter/jelly sack lunch \_\_\_\_ X \$5 = Total \_\_\_\_

Saturday Dinner Prime Rib Buffett # of people \_\_\_\_ X \$21.17 = Total \_\_\_\_

Sunday Breakfast Buffett # of people \_\_\_\_ X \$11.73 = Total \_\_\_\_

**REGISTRATION FEE** # of people \_\_\_\_ X \$25 = Total \_\_\_\_

(The full amount is required of each participant, regardless of the number of days attending.)

**The last day to cancel and receive a refund is October 9**

**TOTAL ENCLOSED \$ \_\_\_\_\_**

**Please complete this Registration Form for your registration fee, camping, and meals.**

**Make check payable to: TTA Plateau Chapter; Mail Registration Form and payment to:**

**Pam Brophy  
117 Wilbourn Drive, Crossville, TN 38558  
Phone: 931-707-7234**

**Email: *p18brophy@comcast.net***

**An email confirmation or postcard will be sent to you upon receipt of your check and registration.**



## ANNUAL MEETING HIKE SCHEDULE

### Friday

- **FCF Woodland / Gorge Trails. 2.5 miles. Moderate.** This hike combines two trails near the Nature Center that will take you, via swinging bridge, to Fall Creek Falls, to the bottom and back, then to several overlooks, and Cane Creek cascades, completing a loop.
- **FCF Paw Paw Loop Trail. 2.5 miles. Moderate.** This hike begins near the Nature Center, crosses Rock House Creek, gains elevation (300' hill), then affords you striking views of Cane Creek Falls, Cane Creek Gulf, Fall Creek Falls, and Cane Creek Gorge Overlook, completing the loop back near the Nature Center.
- **FCF Gilbert Gaul Loop. 4.4 miles. Easy.** If hiked counter-clockwise you will follow a level dirt road from the gate of Group Camp #2 to a meadow near the site of the Gilbert Gaul homestead, then to the head of Fall Creek Lake where the road ends and footpath begins. There are beautiful views along the lake to Frazier Rain Shelter. The trail continues beside the lake before turning up along the "Fern Line" to the starting point.

### Saturday

- **Virgin Falls. 8 miles, in & out. Moderate/difficult.** This trail includes steep climbs, up and down rocky terrain with interesting bluffs, rock formations, and pristine overlooks. At Virgin Falls the stream emerges from a cave & thunders 110' into a sink hole. Returning, you will gain 700' elevation in a woods of Fall colors.
- **FCF Wheeler Farm Loop. 4.5 miles. Moderate.** On this hike you will encounter spurs to interesting features, visit both sides of Medley Arch, stroll through beautiful Cane Creek Valley (prairie), view several waterfalls, including Wheeler Falls, a 120' high tiered falls with 2 sources at the upper level. Then follow the trail thru the woods back to complete the loop.
- **Savage Gulf, North Rim, Plateau, day loop trails. 9.3 miles. Easy/moderate.** This hike will continuously afford terrific overlooks and views, after leaving the Ranger station, following a series of trails, including the mountain Oak Trail, Savage Day Loop, North Rim and North Plateau Trails. Bring an appetite for beauty on this hike.

- **CT Section of Soddy Creek Gorge Segment. 10 miles, in & out. Moderate.** This CT section takes you across a fence stile and through hemlock glades, a Boy Scout camp, across small streams and beside large rock formations. It passes through an abandoned coal mining area, now studded with young pines, and along ridge lines below a rock escarpment to the base of a sheer cliff accessed by a series of wooden steps, then reverse.
- **CT Section of Possum Creek Segment. 10.2 miles, in & out. Moderate.** This hike begins with a photo op of gigantic boulders and turbulent cascades. The trail continues past one amazing rock formation after another, crossing both Little Possum Creek and Big Possum Creek bridges, with Perkins Point between. A visit to Immodium Falls may also be possible, time permitting.
- **CT Snow Falls Trail. 11.5 miles, in & out. Difficult.** During this hike of considerable elevation gain you will encounter remnants of coal mining trestles and roadbeds, several unique metal bridges (built in the '70s), gigantic rock formations, swift streams, beautiful overlooks, and 35' Snow Falls on top of the plateau. On the return hike you will steadily lose elevation back to the trailhead, affording a better opportunity to enjoy the fall colors.
- **SCRA Collins Gulf Trail. 5 miles, in & out. Moderate.** Your descent into Collins Gulf gorge leads you under a giant rock-house and thru the mist of beautiful Suter Falls. An elevation gain by large boulders takes you to a meandering ridgeline, with the trail gradually descending back into the gorge to a spur trail accessing gorgeous Horse Pound Falls. Enjoy fall colors on the return ascent to the trailhead.
- **CT Laurel Falls. 5 miles, in & out. Easy/moderate.** This hike begins on level roadbed & passes an abandoned coal mine entrance, coke ovens and remnants of stone road trestles in boulder-ridden Richland Creek. After an upstream ascent, through a rock field, and over a 1970' metal bridge, you encounter beautiful cascades and minor falls amid house-size boulders. A series of switch-backs take you to roaring, 80' Laurel Falls (and a spur trail to the top, time permitting)

- **SCRA Savage Gulf Day Loop. 4.2 miles. Easy.** The trail begins at the Ranger Station and crosses a field and Boyd Branch via a suspension bridge before reaching the loop junction. A spur trail leads to the Savage Falls overlook. Later at Rattlesnake Point there is a stunning view of Savage Gulf. Trail then follows an old RR bed back to the loop junction, all this among great fall colors.
- **FCF Gilbert Gaul Loop Birdwatch Hike. 4.5 miles. Easy.** Professor Steve Steadman, an avid bird watcher for decades, will point out birds we see and hear as we hike. We will begin this hike from the Conference Center on a path past the cabins to the trail. We will ascend along the "Fern Line" to an old road bed that will lead us down to an open field near the site of the Gilbert Gaul homestead and to the head of Fall Creek Lake. There a footpath begins following the lake to Frazier Rain Shelter, and later by the park cabins to complete the loop. Leaving the lake we will hike back to the Conference Center.
- **SCRA Fiery Gizzard to Raven Point. 8.8 miles, in & out. Difficult.** A rugged, challenging trail, showcasing the beauty of the Cumberland Plateau. This hike, which will reverse at Raven Point, leads you to, house-size boulders ("the rock field"), waterfalls, swimming holes, deep bluffs, a moonshine still, caves and spectacular overlooks.
- **CT Black Mountain. 5 miles, in & out. Moderate.** This hike offers spectacular views of the Cumberland Plateau and Grassy Cove, and features a Stonehenge-like, natural rock formation in a wooded setting that defies explanation. The trail descends gradually to Windless Cave which is currently closed to exploration. During the return ascent you will intersect a loop trail near the top which returns to the parking lot.

## Sunday

- **Rock Island St. Park, "Twin Falls Trail". 2.8 miles, in & out. Moderate.** This hike, in a beautiful setting, begins at Twin Falls Overlook. This is a two part hike, with both trails leading from the parking lot. First part will be upstream, following the bluff line above the Caney River to swimming spots (Warm Hole & Ice Hole) with some rock hopping to a view of Big Falls. The second part of the hike follows the Caney River downstream and back affording many photo ops.
- **SCRA Savage Day Loop. 4.2 miles. Easy.** Hike description listed under Saturday's hikes.
- **FCF Paw Paw Loop. 2.5 miles. Moderate.** Hike description listed under Friday's hikes.

## 2013 Annual Meeting Schedule of Events (Central Daylight Time—All times subject to change)

### Friday, October 25

- 1-8:30 pm - Registration; Receive Auction Items and Baked Goods
- 2:00 pm - Hikes in Local Area—Easy (See Hike Schedule)
- 5:00-6:00 pm - State-wide Outings Slide Show & Social Time
- 6:00 pm - Dinner in Conference Room
- 7:00-10:00 pm - Entertainment followed with door prize drawing and Social Time.

### Saturday, October 26

- 6:00-7:00 am - Coffee & water at cash bar; Bake Sale in Rhinehart Suite
- 7:00 am - Breakfast in restaurant
- 7:30 am - Pre-ordered sack lunches in Rhinehart Suite
- 8:00 am - Hikes begin departing. See Posted Hike Schedule for Times, Length, Leaders, and Difficulty
- 12:00-6:30 pm - Silent Auction
- 4:00-5:00 pm - State-wide Outings Slide Show & Social Time
- 5:00 pm - Dinner in Restaurant
- 6:30 pm - Awards and General Meeting
- 7:30 (about) pm - Live Auction (immediately after general meeting) followed with door prize drawing at the end of Auction

### Sunday October 27

- 6:00-7:00 am - Coffee & water at cash bar
- 7:00 am - Breakfast in restaurant
- 8:00 am - Check-out prior to departing on Hike or attending Board meeting
- 8:30 am - Hikes Depart
- 8:30 am - Board Meeting

**Bake Sale available when Rhinehart Suite is open**

**NEED HELP? ASK ANYONE WEARING A BLUE TEE SHIRT.**

**HAVE A TERRIFIC TIME!**

## TTA Annual Meeting Commemorative "Fall Creek Falls 2013" T-Shirt ORDER FORM

- ✓ all orders must be received by September 23.
- ✓ Shirts are pre-paid and pre-ordered only. Commemorative shirts will not be available to purchase at the annual mtg.
- ✓ Shirts will be distributed when you sign in at registration.

Measurement (inches)	Width ↔	Length ↓
SMALL	18	28
MEDIUM	20	29
LARGE	22	30
X-LARGE	24	31
2X-LARGE	26	32



Front



Back



Gildan, 100% Polyester wicking with the soft feel of cotton  
Charcoal color short sleeve t-shirt with Tan and Green Printing

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Short Sleeve Size: \_\_\_\_\_

No. of Short Sleeve Shirts \_\_\_\_\_ @ \$15 each

TOTAL AMOUNT ENCLOSED \$ \_\_\_\_\_

Mail order form and check made payable to TTA Plateau Chapter c/o Cheryl Heckler, 882 Mimosa Lane, Crossville, TN 38572. If you have any questions please email Cheryl at [thehecklers@charter.net](mailto:thehecklers@charter.net) or call 931-456-6437.

## ABOUT FALL CREEK FALLS STATE PARK

A paradise of more than 20,000 acres sprawled across the eastern top of the rugged Cumberland Plateau, Fall Creek Falls State Park is one of the most scenic and spectacular outdoor recreation areas in America. Laced with cascades, gorges, waterfalls, streams, and lush stands of virgin hardwood timber, the park beckons those who enjoy nature at her finest. While Fall Creek Falls, at 256 feet, is the highest waterfall in the eastern United States, other waterfalls in the park are Piney and Cane Creek Falls and Cane Creek Cascades.

The oak and hickory forest that covers most of the park gives way to tulip poplar and hemlock forest in the gorges. The plants and animals of the moist, protected gorges are not unlike the species found in southern Canada. Mountain laurel and rhododendron are abundant throughout the park, as are other plants and animals.

With its many amenities and panoramic natural setting, it is little wonder that Southern Living magazine readers voted Fall Creek Falls the best state park in the Southeastern United States.

The park is located in Bledsoe and Van Buren counties, 11 miles east of Spencer and 18 miles west of Pikeville. It may be entered from Highway 111 or Highway 30. Fall Creek Falls State Park

The south Cumberland possesses more waterfalls than in any other geographic area in Tennessee. In the park itself, there are six waterfalls with easy accessibility.

1. Cane Creek Cascades, 45'; paved access by auto, short easy hike. Cane Creek is the largest stream in the park and these cascades are located behind the Betty Dunn Nature Center, located within the park 3.3 miles from the junction of SR 284 and SR 30. There is parking and the falls are a short walk behind the Nature Center. For excitement, there is a swinging bridge over the falls that one can go out on.
2. Rockhouse Falls, 125'; paved access by auto, short easy hike. Walk toward the right (north) side of the nature center to an overlook of Cane Creek Canyon. To the immediate right are the falls. To the left is Cane Creek Falls. Another inspiring view can be gained from the bottom of the gorge via Cable Trail. From the nature center, go 0.1 mile along Paw Paw Trail to the bridge crossing Rockhouse Creek beside SR 284. Find the sign for Cable Trail. The route is only 200 feet long, but it is very steep with a cable wire available for hand-holds. It is a difficult hike but affords a rewarding view.
3. Cane Creek Falls, 85'; paved access by auto, short easy hike. Same directions as Rockhouse Falls. Rockhouse Falls & Cane Creek Falls together are considered the 3<sup>rd</sup> largest falls in Tennessee as measured in magnitude. The trail across the swinging bridge over Cane Creek Cascades leads to Fall Creek Falls but also has a bluff top route that has a great overlook.
4. Fall Creek Falls, 256'; paved access by auto, very short easy hike. From the Nature Center, drive 1 mile south through the campgrounds then turn right towards the Park Inn. Continue 1.6 miles passing over Fall Creek Dam, then turn right on Scenic Drive, turning right again on loop. It's 1.7 miles to the parking area for the falls overlook. The overlook is from a stone walled cross-canyon vantage point. Facing the falls, Fall Creek Falls is on the left and Coon Creek Falls is on the right. You can hike to the overlook from the Nature Center on the 2 mile Loop Trail or from the inn on the 4 mile roundtrip paved bike trail. Fall Creek & Coon Creek Falls together are considered the largest falls in TN as measured in magnitude. Fall Creek Falls is also considered to have the highest drop at 256' east of the Rocky Mountains.



5. Coon Creek Falls, 250'; paved access by auto, very short easy hike. In a typical dry summer, Coon Creek Falls will slow to a trickle but during the spring, Coon Creek Falls can have a greater discharge than its more famous counterpart. This is due to Fall Creek Falls being regulated by the dam upstream while Coon Creek Falls is free flowing.
6. Piney Creek Falls, 95'; paved access by auto, moderately easy 0.1 miles hike. From the Fall Creek Falls parking lot take the one-way scenic drive by all the gorge overlooks for 2.7 miles. Turn right on the Piney Falls access road for 0.3 miles to the trailhead at road's end. The short rocky trail leads to a cross-canyon view of the falls.

*Above information taken from the Fall Creek Falls State Park website and park brochures*

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## PLATEAU CHAPTER (Crossville)

**CHAPTER CHAIR:** Cheryl Heckler 931-456-6437  
[plateau@tennesseetrails.org](mailto:plateau@tennesseetrails.org)

**SECRETARY/TREASURER:** Jan Barber 931-839-6662  
Don Taylor...615-973-1814  
[plateausecy@tennesseetrails.org](mailto:plateausecy@tennesseetrails.org)

**MEETS MONTHLY:** 2nd Thursday at 6:30 pm CT

**BLOG:** [www.tennesseetrails.org/blog/plateau](http://www.tennesseetrails.org/blog/plateau)

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There is a leaderless hike (typically 5 - 7 miles) every Wednesday morning. For additional information, contact Bill Harris at 931-484-9152 or visit the Plateau Chapter Blog. Check blog for cancellations or changes before hiking

**Aug 8 - Chapter Meeting.** 6:30 pm CT. First United Methodist Church Annex, 69 Neecham Street, Crossville. **Program:** Hemlock and other tree issues by Douglas Godbee, Tennessee Department of Agriculture, Division of Forestry. Dinner at LaCosta Mexican Restaurant, 138 The Crossings, Crossville at 5 pm. Contact Chapter Chair, Cheryl Heckler at [thehecklers@charter.net](mailto:thehecklers@charter.net) or 931-456-6437 for additional information.

**Aug 10 - Lilly Bridge Overlook and Point Trail, Obed Wild and Scenic River, Wartburg, TN. 5 miles. Moderate.** We'll hike to the Lilly Bridge Overlook and then go along a ridge to a point above where Clear Creek and the Obed River join. This will give us a total distance of about 5 miles. The trail is easy most of the way, but is rated moderate due to some elevation gain. We will also explore the Lilly Boulders. Meet at SW corner of Vanity Fair shopping center parking lot at 7:00 am CT. For more information and to register, contact Cheryl Heckler at [thehecklers@charter.net](mailto:thehecklers@charter.net) or 931-456-6437.

**Aug 24 - Canoe/kayak trip, Caney Fork River, Silver Point, TN.** 6 mile float with a 3 mile car shuttle. This is an easy, Class 1 float down the Caney Fork River from below the dam to the take out point at Happy Hollow boat access. Along the way, we will pass through wooded areas, pastures and see some rock bluffs. Swimming and fishing are possible. As most of us own canoes or kayaks, we do not plan to rent boats. Since the water generation schedule depends on numerous factors, we may not know until the night before if we will be able to float the Caney Fork River. If the generation schedule permits, we will put in below the dam at the Buffalo Valley Access at 9 am CT. If it is not possible to float the Caney Fork due to the amount of water being released from the dam, the back-up plan is to go to Cumberland Mountain State Park and explore the lake and Byrd Creek. Swimming is not allowed in the lake at Cumberland Mountain State Park, but a swimming pool is available. As plans are subject to change, registration is required. Please register by Wednesday, August 21. Bring lunch, snacks, water shoes, and life jackets. Meet behind the Cracker Barrel at 8 am CT to carpool. Co-leaders: Don Taylor & Carolyn Miller. Please e-mail or call Carolyn at [cardan@frontiernet.net](mailto:cardan@frontiernet.net), 931-260-6674, or 931-839-3213.

## Local Non-Profit Tapped for National Award

The Friends of Beaman Park recently received an award from the Coalition for Recreation Trails (CRT) for the Beaman Park Handicap Accessible and Interpretive Trail at Beaman Park in Davidson County. The awards were presented at a special Capitol Hill ceremony in Washington, D.C., on June 4, 2013, as part of the celebration of Great Outdoors Week 2013. Seven trail projects from across the country were chosen as recipients in the 15th Annual Achievement Awards in recognition for the outstanding use of Recreational Trails Program (RTP) funds. The Friends of Beaman Park were awarded an \$85,000 grant from the Federal Highways Administration RTP program in 2009. The Friends of Beaman Park also received a \$20,000 grant from the Memorial Foundation of Hendersonville, which provided the required match for the RTP funds. On hand to receive the award were Nancy Dorman, president of the Friends of Beaman Park and Bob Richards, state trails administrator with the Tennessee Department of Environment and Conservation.

According to LinnAnn Welch, nature center manager at Beaman Park and Bells Bend Park, "This project would never have happened without the hard work and determination of our friends group." The Friends of Beaman Park provided grant administration and served as the volunteer coordinators on the project. "They were committed to providing volunteer labor for as much of the project as possible, further stretching the benefit and value that the project provided to our community," reports Welch. The majority of expenditures on the project were for the purchase of construction materials and supplies. Over the course of the three-year project, volunteers included members of the Nashville Hiking Meetup, the Tennessee Trails Association, Vanderbilt and Belmont University students, the Davidson County Sheriff's Department Inmate Labor Crew, Hands on Nashville, and two Eagle Scout projects.

The centerpiece of the project was the construction of a 300 foot long boardwalk which connects to the nature center then loops back on a 300 foot long, barrier free firm surface trail creating a quarter mile loop. The project also includes decks and seating for park visitors to sit and enjoy the quiet wooded setting.

"We never thought of it as an 'ADA' project," reports Dorman. "It was always about providing access for a wide variety of users from families with strollers to older folks."

The Coalition for Recreational Trails is a national organization representing the nation's major trail interests, and has been working since 1992 to build awareness and understanding of the RTP, to support its implementation and to help ensure that it receives adequate funding. The awards are part of the coalition's ongoing effort to promote and celebrate this highly successful program, which has greatly enhanced the quality and quantity of trail experiences available to the public.

The Beaman Park Nature Center is located at 5911 Old Hickory Blvd., in Joelton. Beaman Park is owned and managed by the Metro Nashville Parks Department.

The Friends of Beaman Park are organized to preserve and protect the natural, historical, cultural and recreational features of the area in and around Beaman Park. The group advocates for conservation and resource protection through activities, fundraising and community education. The Friends of Beaman Park is a 501(c)3 non-profit organization founded in 1996.

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## SODDY-DAISY CHAPTER

**CHAPTER CHAIR:** John Politte 423- 304-8327  
*soddydaisy@tennesseetrails.org*  
**HIKE COORDINATOR:** George Bonneau 423-842-3619  
*soddydaisyhikes@tennesseetrails.org*  
**TREASURER:** Bob McGavock 423-843-4646  
*soddydaisytreas@tennesseetrails.org*  
**MEETS QUARTERLY:** 1st Tuesday in Jan, Apr, Jul, Oct at 6:00  
pm ET at Burk's United Methodist Church, 6433 Hixson  
Pike, Hixson  
*Additional information may be seen at our web site:*  
*<http://www.tennesseetrails.org/blog/soddydaisy>*

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**Aug 3 – Heiss Mountain to Little Possum Creek Bridge and back. Approximately 8 miles. Strenuous.** Meet at Durham Street parking lot in Soddy Daisy at 8:00 am ET. Hike leader: George Bonneau.

**Aug 6 – Cravens House. Approximately 5 miles. Moderate to strenuous.** Meet at Bi-Lo parking lot in Red Bank at 8:00 am ET. Hike Leader: George Bonneau.

**Aug 10 – Upper Leggett Road to Retro Hughes Road. Approximately 5-1/2 miles. Moderate.** Meet at Durham Street parking lot in Soddy Daisy at 8:00 am ET. Hike leader: George Bonneau.

**Aug 13 – Harrison Bay State Park. Approximately 4-1/2 miles. Easy.** Meet at Target parking lot on Highway 153 at 8:00 am ET. Hike Leader: John Politte 423-304-8327.

**Aug 17 – Nickajack Road Connector Trail. Approximately 6 miles. Moderate.** Meet at Bi-Lo parking lot in Red Bank at 8:00 am ET. Hike Leader: John Politte 423-304-8327.

**Aug 20 – Laurel Falls. 5 miles RT. Moderate.** Meet at Durham Street parking lot in Soddy Daisy at 8:00 am ET. Hike Leader: Donna Pyers 50 miles RT. \$ 3.

**Aug 24 – Sluder Lane to Mowbray Pike. Approximately 5 miles. Moderate.** Meet at Durham Street parking lot in Soddy Daisy at 8:00 am ET. Hike leader: Bob McGavock 423-667-2960.

**Aug 27 – Elsie A. Holmes Nature Center. Approximately 3-4 miles. Easy to moderate.** Meet at Target parking lot on Highway 153 at 8:00 am ET. Hike Leader: George Bonneau. They have picnic tables at this place so we can have a picnic lunch after the hike.

**Aug 31 – Prentice Cooper at Mullins Cove Loop. Approximately 10 miles. Strenuous.** Meet at Bi-Lo parking lot in Red Bank at 8:00 am ET. Hike Leader: George Bonneau.

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## SUMNER TRAILS CHAPTER

**CHAPTER CO-CHAIRS:** Jane Hamm 615-757-3331  
Gayle Livingston 615-264-2940  
*sumner@tennesseetrails.org*  
**MEETS MONTHLY:** 1<sup>st</sup> Tuesday at 7:00 pm CT  
Hendersonville First United Methodist Church, 217  
E. Main St. Hendersonville, TN

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**Aug 6 - Chapter Meeting.** First aid questions about what to bring and how to plan a kit for your hike? Our own Sally Ticaric, RN will be our guest speaker to help us be prepared. She will also address what responsibility each hiker has to the group. Guests are always welcome so invite family and friends to come with you.

**Aug 24 - Guided tour of "The Historic Square" at Charlotte, TN and nearby Cumberland Furnace Iron Works.** Our guide will be historic preservationist Sherry Kilgore. Meet at First Presbyterian Church in Hendersonville at 9 am CT to carpool or at "The Square" in Charlotte at 10:15. Bring water and an umbrella to protect from rain or the sun. We'll have lunch at Carl's Perfect Pig in White Bluff. For further info contact Hysterical Historical Al at *ballallenger@aol.com* or 615-347-2623.

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## UPPER CUMBERLAND CHAPTER (Sparta / Cookeville)

**CHAPTER CHAIR:** Louise Miniard 931-528-9115  
*uppercumberland@tennesseetrails.org*  
**HIKE COORDINATOR:** Kathleen Sullivan 931-284-7822  
*uppercumberlandhikes@tennesseetrails.org*

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**Aug 3 – Chapter Meeting, Cookout and Hikes.** Meet at Pete Broehl's house at 10:00 am CT to plan hikes for the coming year. Hamburgers, hot dogs, and drinks will be provided. Please bring a side dish or dessert. After lunch, Pete will lead a short hike near his property. Then, depending on the weather he will lead a hike to Cummins Falls, Rock Island, or Polly Branch area. Bring water, sturdy hiking boots, and water shoes. For information, directions, and to RSVP contact Pete Broehl at 931-738-3551 or *pabroehl@blomand.net*.

## OFFICERS:

<b>President</b>		
Millette Jones	615-397-9588	<i>president@tennesseetrails.org</i>
<b>Vice-President</b>		
Carolyn Miller	931-839-3213	<i>vicepresident@tennesseetrails.org</i>
<b>Treasurer</b>		
Ann Jacobs	615-896-3935	<i>treasurer@tennesseetrails.org</i>
<b>Secretary</b>		
Diane Manas	615-352-7777	<i>secretary@tennesseetrails.org</i>
<b>Past President</b>		
Don Dresser	731-668-4190	<i>pastpresident1@tennesseetrails.org</i>
<b>Previous Past President</b>		
Rosemary Marshall	865-548-6171	<i>pastpresident2@tennesseetrails.org</i>
<b>West TN At-Large Director</b>		
Graydon Swisher	901-737-3114	<i>westregional@tennesseetrails.org</i>
<b>Middle TN At-Large Director</b>		
Nora Beck	615-517-6486	<i>middleregional@tennesseetrails.org</i>
<b>East TN At-Large Director</b>		
Levon Hubbard	931-707-1020	<i>eastregional@tennesseetrails.org</i>
<b>Membership Director</b>		
Tim Townley	731-607-0512	<i>membership@tennesseetrails.org</i>
<b>Cumberland Trail Conference Representative</b>		
Diane Manas	615-352-7777	<i>CTC@tennesseetrails.org</i>
<b>TN Rails To Trails Advisory Council Representative</b>		
Bob Richards	615-532-0753	<i>TRAC@tennesseetrails.org</i>
CHAPTER REPRESENTATIVES ON THE BOARD ARE LISTED WITHIN EACH CHAPTER'S HEADER		
<b>Newsletter Editor</b>		
LouAnn Partington	931-393-4835	<i>editor@tennesseetrails.org</i>

## Newsletter Deadlines:

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

<u>Due</u>	<u>For Newsletter Dated</u>
Aug 10 .....	Sep 1
Sep 10 .....	Oct 1
Oct 10 .....	Nov 1

All submissions are subject to editing. Articles of general interest and non-hiking events will be included as space permits.

Please send all submissions to:  
*editor@tennesseetrails.org*

**REMEMBER TO REGISTER FOR THE ANNUAL MEETING BY SEPTEMBER 6!!**

**WE HOPE TO SEE ALL OF YOU THERE!!**

## TTA 2013 CALENDAR

The following dates in 2013 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, etc.).
- will consider organizing or leading volunteers from your chapter/region for an event listed.
- can be sure to prevent scheduling conflicts with an activity you wish to plan.

### THIRD QUARTER

Aug 3 ..... Board of Directors' Quarterly Meeting, REI, Brentwood, TN, 1 pm CT  
Sep 28 ..... National Public Lands Day (Statewide)

### FOURTH QUARTER

Oct 25-27 ..... TTA's Annual Meeting; hosted by Plateau, Soddy Daisy and Upper Cumberland chapters at Fall Creek Falls State Park (Pikeville/Spencer, TN)

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

ADDRESS SERVICE REQUESTED



**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.

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

**YES, I WANT TO JOIN TENNESSEE TRAILS ASSOCIATION, I AM . . .**

- ☐ **A NEW MEMBER**  
☐ **RENEWING MY MEMBERSHIP**

Aug 13

Memberships are for one year, unless you have a Lifetime Membership.  
Gift Memberships are also available. Contact our Membership Director,  
Tim Townley 731-607-0512 [membership@tennesseetrails.org](mailto:membership@tennesseetrails.org)

**Please Mail This Form To:**  
**Membership Director**  
**P.O. Box 41446**  
**Nashville, TN 37204-1446**

**PLEASE, PRINT CLEARLY.**

\_\_\_\_ Individual \$25.00  
\_\_\_\_ Family \$35.00  
\_\_\_\_ Student (FULL TIME) \$15.00  
\_\_\_\_ Supporting (\$50.00, \$100.00 or more)  
\_\_\_\_ Life Member (Individual) \$500.00  
\_\_\_\_ Life Member (Family) \$750.00

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

- ☐ Please do not list my e-mail address in the TTA Annual Membership Directory  
☐ I would like to receive my newsletter by email.

**\*\* CTC Membership\*\* \*\*\$5.00\*\***

**\*\* Special \$5.00 rate for membership in Cumberland Trail Conference if you also are joining TTA or renewing your TTA membership. CTC is building the Cumberland Trail, which will go from Chattanooga to Cumberland Gap. Over 185 miles are now complete and open for hiking. More information can be found at [www.cumberlandtrail.org](http://www.cumberlandtrail.org). Please consider enhancing your commitment to Tennessee's great trails by joining the CTC.**

**Please list me with the following chapter:**

____ Clarksville	____ Murfreesboro
____ Columbia/Franklin	____ Nashville
____ Cove Lake	____ Northwest (UT at Martin/Weakley)
____ Dyer County	____ Plateau (Crossville)
____ East TN (Oak Ridge/Knoxville)	____ Soddy Daisy
____ Highland Rim (Manchester/Tullahoma)	____ Sumner Trails (Sumner County)
____ Jackson	____ Upper Cumberland (Sparta/Cookeville)
____ Memphis	____ 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, our annual meeting is held in the fall at one of Tennessee's many parks for a weekend of hiking, camaraderie and programs, in addition to learning about the progress and plans of the organization.

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