

# 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



## PRESIDENT'S CORNER

I want to thank the TTA members who serve as officers, chapter chairs and regional representatives. These dedicated people love the organization and their efforts make TTA an organization that allows for creating lifelong friendships.

We had a productive meeting on August 1. Items discussed during the August 1 board meeting:

- Spinoff of CTC is proceeding. Since the August 1 board meeting, the IRS has acknowledged receipt of documents required for CTC to acquire its own 501(c)3 status. The membership will be asked to vote to approve the spin off at the general membership meeting on November 14.
- A MOU between TTA/CTC and the Tennessee Department of Environment and Conservation has been offered and paves the way for CTC to build trail year round.
- The nominating committee (Don Dresser, Sara Pollard, and Carolyn Miller) is seeking candidates for President, Vice President, West and Middle Tennessee Regional Representatives. If you want to be more involved in the future of TTA, please consider serving in one of these positions.
- The awards committee (Doug Burroughs, Libby Francis, Cheryl Heckler, and Carolyn Miller) recommended three recipients for the year 2015. These awards will be presented at the 2015 General Membership meeting. The Bill Stutz Award: Joan Hartvigsen. The Tennessee Trails Award: Charles Klabunde, posthumously. The Bob Brown Award: Jim Poteet.

- TTA website: A committee was formed to present a proposal for a revised website at the November Board meeting. Committee members: Tim Townley, Bob Richards, Jim Poteet, and Doug Burroughs. We are looking for a webmaster to replace Jim Poteet, who wishes to retire from this position in order to spend time with other pursuits.

September 26 is National Public Lands Day. This is the 22<sup>nd</sup> year for this event. If you want to show your support for public lands on this day or just want to know more about the event, visit their website at <http://www.publiclandsday.org>.

Happy Trails,

*Carolyn Miller*

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## IT'S HARD TO KEEP GOOD TRAIL THESE DAYS!

A portion of the Fiery Gizzard Trail in South Cumberland State Park is being relocated from privately owned land to state owned land. The section just east of Ravens Point that passes above Anderson Falls will be moved down the bluff and pass below the Falls. The relocation has to be completed by the end of this year. Park Ranger Jason Reynolds is spearheading the relocation and is asking for volunteers most every Saturday for the remainder of the summer and into the fall. Check the TTA web calendar or the Friends of South Cumberland website for specifics. In particular, South Cumberland is hosting a **National Public Lands Day project** on September 26 to try to attract as many volunteers as possible.



Office Location 409 Thurman Avenue,  
Ste 102  
Crossville, TN 38555  
Office Hours..... Tuesday – Friday  
10 am – 3 pm CT  
Phone: ..... 931-456-6259  
Office Staff: ..... Marianne Mailhiot  
Email: [ctcoffice2014@gmail.com](mailto:ctcoffice2014@gmail.com)  
Website: [www.cumberlandtrail.org](http://www.cumberlandtrail.org)

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**Fall “Big Dig”-** CTC will be hosting a 6 week fall “Big Dig” trail building program in the Crab Orchard/Daddy’s Creek area north of Crossville. The program runs Thursday through Sundays from September 17 through October 25. Contact the CTC office if you, an organization or business is interested in volunteering.

**Wanting to learn new things, expand your knowledge?** CTC is offering training certification opportunities in chainsaw, wagon masters, CPR and First Aid.

**Know someone looking for a part-time position?** CTC has openings for Trail Building Assistants. Interested applicants should contact the CTC office.

#### Looking Ahead:

**2016 BreakAway Program – March 2016.** CTC is reaching out to over 50 colleges with confirmations coming in weekly. We are planning for a possibility of 2 work sites if the number of participants and volunteer necessitate working in two locations. Contact the CTC office for more information and to volunteer for the program.

For more information on recent and upcoming CTC activities, investigate the “News 2015” heading on the CTC website.

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### Don't Miss an Outing Plan Ahead Register Early!

Our hike coordinators are volunteers. Make it easier for them to contact you if a hike needs to be cancelled by registering!

There are times when a hike leader must limit the number of participants (due to park regulations, etc.) on an outing. Please do not wait until the afternoon or evening before the outing to RSVP.

*Plan ahead and register early*

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## CLARKSVILLE CHAPTER

**CHAPTER CHAIR:** Sandy Janus 931-551-8523  
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**CHAPTER VICE-CHAIR:** Lili Ball 931-552-2773  
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**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.tennesseehikes.org/blog/clarksville>*

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**Sep 12 - Stones River Greenway from Wave Country Trailhead to Kohls Trailhead. 4.9 miles. Easy.** Add 0.5 miles if you want to walk across the Cumberland River Pedestrian Bridge. Paul Schwab 931-801-9484. Meet 8:00 am CT, I 24 Exit 11 commuter parking lot. 52 miles to trailhead.

#### Sep 15 - Monthly Chapter Meeting.

**Sep 19 - Haynes Bottom Wildlife Management Area. 4 miles. Easy.** Potluck Brunch after the hike. J.R.Tate 931-378-6559. Meet 9:00 am CT. at J.R.'s house, 4713 Chester Harris Rd., Woodlawn, TN.

**Sep 26 - Public Lands Day Project: Clean up LBL N/S Trail between South Welcome Station and Tharp Road. 8 miles. Moderate.** Sandy Janus 931-551-8523. Meet 8:00 am CT, at Kroger parking area, Dover Crossing Road, Clarksville. 35 miles to trailhead.

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## Carpool Etiquette

Gasoline prices have continued to roller coaster up and down. Please be considerate and take your turn as a carpool driver. If you are a rider, always contribute to the cost of gasoline (i.e. bring small bills, it'll save time and prevent the inconvenience of having to stop to locate change).

Your driver is not a chauffeur. Assist him or her by reading the map and/or directions to the trailhead. Help your driver remain alert on the drive home by staying awake and conversing.

All passengers must wear seat belts to minimize the risk of injury in case of an accident!!! The drive to and from a trailhead is generally the most dangerous part of any hiking trip.

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## COLUMBIA/FRANKLIN CHAPTER

**CHAPTER CHAIR:** Carolyn Watson 901-652-9089  
*columbia@tennesseetrails.org*  
**PROGRAM COORDINATOR:** Ellen Clark 615-595-2640  
*columbiaprog@tennesseetrails.org*  
**HIKE COORDINATOR:** Jane Coffey 615-516-6551  
*columbiahikes@tennesseetrails.org*  
**MEETS MONTHLY:** 1<sup>st</sup> Tuesday at Super China Buffet, 5228 Main  
St., #B1, Spring Hill, TN 37174. Socializing and dinner at  
6:00 pm CT; meeting starts at 7:00 pm.

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**Sep 1 - Chapter Meeting.** Join us at 6:00 pm for the buffet. The meeting begins at 7:00 pm. Mr. Greg Smith of the National Park Service (NPS) and Mr. Tony Turnbow, former executive director of the Natchez Trace Parkway Association (NTPA) will discuss maintenance and development of segments of the National Scenic Trail along the Natchez Trace and the benefits of exercise in the outdoors. The National Park Service is recruiting volunteers to assist in maintaining the 66 miles of existing National Scenic Trail along the Natchez Trace. If successful, with this endeavor the NPS is considering constructing a new 22-mile long trail from the Gordon House to Meriwether Lewis Park. Mr. Turnbow has teamed with Vanderbilt Medical Center to encourage exercise in the fresh air and develop a system for measuring the benefits of the individuals participating. This is an opportunity for the Columbia/Franklin Chapter to help facilitate and organize the participation of other TTA Chapters and other groups who may have interest in trail building, trail maintenance and health benefits.

**Sep 12 - Duck River.** The Wilhoite Mill Trail runs mostly along the banks of the Duck River. We will park in the gravel lot at the Wilhoite Mill Trail Parking Area, which is south of Chapel Hill. If you are driving south towards Henry Horton State Park on Highway 31A (Hwy 11), Wilhoite Mill Parking is to the east just before the bridge that spans the Duck River. For those with GPS, the coordinates are: N 35.593, W 86.696. We will hike 2 miles out and 2 miles back. One highlight will be to take a short rest near the turnaround at an observation tower. Bring plenty of water and a snack. As this is a somewhat central location the leader suggests that most of us meet at the trailhead at 8:00 am CT rather than all meeting at McDonald's in Spring Hill. Some in Columbia and Spring Hill may desire to arrange a carpool. Please register with Russell Smith at *carving082334@aol.com* or by phone at 615-790-1833. Note: be at the trailhead at 8:00 am.

## Columbia/Franklin Chapter – con't.

**Sep 26 - Nathan Bedford Forrest State Park.** Jane Coffey will lead the 5 Mile Trail, which will actually be ~5.4 miles. The hiking trail is a natural surface trail and is considered moderate. We will leave from the Tollgate Medical Center (1106 Elliston Way, Thompson Station, TN) at 7:30 am CT. The travel time to the park is approximately one hour and 20 minutes depending on traffic and construction. We will take Hwy 840 west to join I-40 so we should be able to avoid any weekend construction on I-40 around Nashville. Please be there at 7:15 am so that we can arrange any necessary carpooling. If anyone outside of the Columbia/Franklin chapter would like to meet us there, we can meet at the Interpretive Center in the park. Register with Jane Coffey at 615-516-6551 or *jecoffey0644@gmail.com*. Please leave some form of contact information in case of rain or other seasonal weather disruptions.

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## EAST TN CHAPTER (Oak Ridge / Knoxville)

**CHAPTER CHAIR:** Rosemary Marshall 865-951-8317  
*easttennessee@tennesseetrails.org*  
**WEBMASTER:** Sherry Barber 865-209-6189  
*sbarber6189@comcast.net*

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**Sep 19 - Lumber Ridge and Spruce Flats Falls Trails. 8.2 miles. Moderately difficult.** We will hike Lumber Ridge trail from the Tremont Environmental Center for 4.1 miles, gaining 1250 feet in the first 2.3 miles then losing 250 feet by the time we reach Buckhorn Gap at the intersection with Meigs Creek and Meigs Mountain trails. We will then take an unmarked trail to Spruce Flats Falls and from there the Spruce Flats Falls trail to the Environmental Center. You will have to cross several small creeks and may get your feet wet. We recommend shoes to wear to and from the hike plus sturdy hiking shoes, other appropriate clothing, a snack, something to drink and a camera. After the hike plan on stopping on the way back for a meal and refreshments. We will meet in the Bearden Central Baptist Church parking lot for carpooling and leave at 8:30 am ET, stopping at the Browns Creek Shopping Center parking lot nearest the Sonic at 1707 E Lamar Alexander Pkwy. This is across the street from the Hardee's, near the hospital in Maryville. We will leave there at 9:00 am. A donation of \$5.00 is recommended if carpooling from Brown's Creek and a donation of \$7.00 is recommended if carpooling from Bearden Central Baptist Church.

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## HIGHLAND RIM CHAPTER

### (Coffee and Franklin Counties)

CHAPTER CO-CHAIRS: Naullain Kendrick 931-224-6225

*highlandrim@tennesseetrails.org*

SECRETARY

Carolyn Fitz 931-598-0597

*highlandrimsecy@tennesseetrails.org*

TREASURER/MEMBERSHIP: 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.

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**Sep 5 – “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 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 stream lined with Hemlocks. A brief walk along Tower Drive past an experimental tree farm of Yellow Poplars takes us back to our vehicles. Bring snacks, lunch, a lot of water, hiking boots, hiking poles and insect repellent. Contact Joan Hartvigsen at *jhartvigs@comcast.net* or 931-962-0811 for carpool information.

**Sep 12 – North Rim, Mountain Oak, North Plateau Trails. Savage Gulf State Natural Area. Highway 399 north of Palmer, TN. 10.6 mile loop. Moderate due to distance.**

Easy, fairly flat trails. Marietta Poteet will lead the hike beginning at the Savage Gulf Ranger Station. We will follow Savage Day Loop Trail to North Rim Trail. Then we will use the Mountain Oak Trail to connect with the North Plateau Trail to form a loop returning us to the Savage Gulf Ranger Station. The North Rim Trail has many overlooks as it follows the edge of the plateau on the north side of Savage Gulf. The North Plateau Trail leads through beautiful old growth forest with several outstanding Shortleaf Pine stands. Bring water, snack and lunch. Please call Marietta at 931-924-7666 or email her at *nannietta@blomand.net*.

**Sep 19 – Eat-Hike-Eat. Sewanee Perimeter Trail. About 5 miles. Moderate.**

Meet at the Blue Chair Restaurant in Sewanee at 9:00 am CT for breakfast. We will leave at 9:30 am to drive to the trailhead. Bring water, snacks and lunch. Contact Joan Hartvigsen at *jhartvigs@comcast.net* or 931-962-0811 for more information and to register for the hike.

### Highland Rim Chapter – con’t.

**Sep 25-27 – National Public Lands Day. Camping at Chickasaw State Park, Henderson, TN. Paddling in the Ghost River State Natural Area, near La Grange, TN.**

Ghost River State Natural Area is a 2,200 acre section of the Wolf River in Fayette County. The natural area includes approximately 14 miles of the Wolf River beginning from the parking area near La Grange to just west of Bateman Road Bridge near Moscow, TN. The Ghost River section of the Wolf meanders through bottomland hardwood forests, cypress-tupelo swamps, and open marshes. Some of the most impressive trees are large oaks that include cherrybark, water, willow, and swamp chestnut. The Ghost River provides excellent habitat for rare aquatic organisms and unique opportunities for observing birds and other wildlife. The paddle is 9 miles and should take about 6 hours. Sunday morning we will visit nearby Pinson Mounds State Archaeological Park. Contact Naullain Kendrick at *naullain@hotmail.com* early and no later than September 21 to reserve space in one of the campsites.

**Sep 28 – Chapter Meeting.** Dinner at 5:00 pm CT Fast Jack’s Steaks and Seafood Restaurant, 122 W. Lincoln St., Tullahoma. Meeting at 7:00 p.m. D. W. Wilson Community Center. Program to be announced.

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## **ANNUAL MEETING HIKES**

### **FRIDAY, NOVEMBER 13, 1:00 pm ET**

- Look Rock Tower. Foothills Parkway, Blount County, 2 miles , very easy.
- Little River/Cucumber Gap. Elkmont, 5.5 mile loop, easy.
- Ft. Loudon State Park. Vonore, 4.5 miles, easy.

### **SATURDAY, NOVEMBER 14, 8:00 am ET**

- Rich Mountain Loop. Cades Cove, 8.7 mile loop, moderate.
- Lead Cove Trail to Thunderhead Mountain. Laurel Creek Road, 3700 foot climb, 12.8 miles, via Appalachian Trail, strenuous.
- Jakes Creek to Jakes Gap (Blanket Mountain). Elkmont, 7.5 miles, moderate.
- Clingmans Dome to Newfound Gap (Appalachian Trail). 7.8 mile descent, car shuttle, moderate.
- Lumber Ridge/Spruce Flats Falls manway. Tremont, 7-8 miles, moderate.
- Little River/ Cucumber Gap Loop. Elkmont, includes tour of Avent and other cabins, 5.5 loop, easy.
- West Prong Trail to Campsite 18. Tremont, 5.4 miles, moderate.
- Trillium Gap to Grotto Falls and Brushy Mountain. Gatlinburg, 1500 foot climb, 6.8 miles, moderate.
- Look Rock Tower. Foothills Parkway, Blount County, 2 miles round trip, easy.
- Ace Gap. Townsend, 6 miles, easy.
- Seven Islands State Birding Park. Knox County, 5 miles, easy.
- Charlies Bunion. Newfound Gap, Appalachian Trail, 8 miles, strenuous.
- Middle Prong to Indian Flat Falls. Tremont, 7 miles, moderate.

### **SUNDAY, NOVEMBER, 15, 9:00 am ET**

- Andrews Bald. Clingmans Dome, 4 miles, moderate.
- East Lakeshore Trail. Tellico Lake, Greenback, 5.0 miles, easy.
- Abrams Creek/ Cooper Road Trail. Abrams Creek Ranger Station, 7 miles, moderate.

**TENNESSEE TRAILS ASSOCIATION  
CONVENTION/MEETING  
TREMONT LODGE & RESORT  
TOWNSEND, TENNESSEE  
NOVEMBER 13-15, 2015**

Registration Form (each family member's name must be listed if attending)

Name _____	Name _____
Name _____	Name _____
Address _____	
City _____	State _____ Zip _____
Telephone _____	Email _____
Chapter _____	

**LODGING:** Tremont Lodge & Resort  
7726 E. Lamar Alexander Pkwy.  
Townsend, TN 37882  
Standard (2 Queen)  
Deluxe (King)  
Deluxe (2 Queen)

Call direct to reserve your room (s)  
865-448-3200  
Mention TTA for Special rates  
\$69.00  
\$85.00  
\$85.00

**RV CAMPING:** Call direct to reserve (10% discount)

Tremont Outdoor Resort  
Whispering River Resort  
Big Meadow Family Campground

865-448-6363 RV-Tents-Cabins  
865-981-4300  
865-448-0625

**MEALS:**

Friday Dinner	# persons _____ X \$11	Total \$ _____
Saturday Breakfast	# persons _____ X \$9	Total \$ _____
Saturday Sack Lunch	# persons _____ X \$5	Total \$ _____
Saturday Dinner	# persons _____ X \$12	Total \$ _____
Sunday Breakfast	# persons _____ X \$9	Total \$ _____
Sunday Sack Lunch	# persons _____ X \$5	Total \$ _____

Vegetarian Meals will be available upon request

**REGISTRATION FEE PER PERSON**

# person \_\_\_\_\_ \$25      Total \$ \_\_\_\_\_

**TOTAL ENCLOSED**      \$ \_\_\_\_\_

Please make check payable to East TN Chapter of Tenn. Trails Assoc.

Mail to: Rosemary Marshall  
5400 Parkdale Rd.  
Knoxville, TN 37912

Any Questions? Call Rosie 865-951-8317 or [rosemary\\_L@hotmail.com](mailto:rosemary_L@hotmail.com)

**Deadline for Registration October 19, 2015  
Cancellations and Refunds must be in writing**

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## JACKSON CHAPTER

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

**TREASURER:** Anne Goodson 731-664-1556  
*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> Tuesday at Perkins Restaurant, Vann Drive, Jackson. Socializing & dinner starts at 6:00 pm CT; meeting starts 6:45 pm

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Hike information unavailable at press time.

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## MEMPHIS CHAPTER

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

**VICE-CHAIR:** Francis Ruffin 662-781-5034  
*memphisvice@tennesseetrails.org*

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**Sep 26 – Village Creek State Park, near Forrest City, Arkansas.** The hike will be 5-6 miles and despite a steep hill or two, most of the hike is rated moderate. We will meet at 9:30 am CT at the Visitor Center. Wear sturdy shoes or boots and bring plenty of water and a snack. The hike should end around lunch time, so if anyone would like to bring a lunch we can eat in the park after the hike. For more information, contact Wayne Simpson at 901-385-1988 or *w.simpson1@comcast.net*.



## DON'T Leave Home Without It

What good will a green plastic credit card do you 20 miles from the nearest paved road? What do you really need when out away from civilization?

Experienced outdoor enthusiasts know what items are most important to bring - even for short walks or hikes out of base camp. The "10 Essentials" are items that cannot be improvised from materials lying on the forest floor. To be found without these few items, even only a few miles from car, camp or cabin, can spell disaster. The "Ten Essentials" are the end-product of years of hard-won experience. They are intended to help outdoor enthusiasts avoid getting into trouble in the first place, and, if that doesn't work, to minimize the damage.

The standard list of 10 essentials varies slightly depending on which source you go to. For example, the Boy Scouts, Sierra Club, and The Seattle Mountaineers', each have their own lists, yet they all incorporate the same basic items.

The following list is not to be considered cast in concrete - each outdoor enthusiast should customize his or her own kit for the barest minimum of supplies. Note that the first three items are for finding your way, the second three are for your protection, and the last four are for emergencies.

- Map
- Compass
- Flashlight, extra batteries and bulb
- Hat, sunglasses, bug repellent, gloves
- WATER!!! And a way to purify water. Extra food.
- Clothing: raingear, socks, sweater, space™ blanket
- Matches / lighter, candle / fire starter
- Mirror, whistle
- Pocket knife
- 1st aid kit: moleskin, antibiotic ointment, medications.
- Always tell someone else your hiking plans
- Use your common sense

By avoiding unnecessary problems and dangers you will save on your own personal wear and tear, and probably get back home in one piece. However, if something does come up, at least you know you've got those 10 important items stowed away in your pack.



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## MURFREESBORO CHAPTER

**CHAPTER CHAIR:** Sara Pollard 615-714-3610  
*[murfreesboro@tennesseetrails.org](mailto:murfreesboro@tennesseetrails.org)*  
**TREASURER:** Ann Jacobs 615-896-3935  
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**PROGRAM COORDINATOR:** Valerie Galan 615-516-6441  
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**HIKE COORDINATOR:** Jennifer Zahn 615-943-8853  
*[murfreesborohikes@tennesseetrails.org](mailto:murfreesborohikes@tennesseetrails.org)*  
**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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**Sep 8 – Chapter Meeting.** President Patrick "Pat" Cummins of the Native History Association will be our guest speaker. The Native History Association, based in Nashville is dedicated to promote the significance of Native American history. The association works with federal, state, and local governments to increase visibility of Native history in public places such as parks, trails, and greenways through the use of interpretive signs, markers, and exhibits. The association also conducts guided tours of Native historical sites.

**Sep 12 - Virgin Falls State Natural Area Hike - between Sparta and Crossville, TN. 9 miles round trip. Strenuous. Experienced hikers only.** The trail descends around 900 ft. in elevation along a path that in many areas is rocky with uneven footing. The hike to Virgin Falls is considered to be one of the best hikes in Tennessee and features three beautiful waterfalls: Big Laurel Falls, Sheep Cave Falls and Virgin Falls. Virgin Falls is formed by an underground stream that emerges from a cave, then drops over a 110 ft. high cliff before disappearing into another cave at the bottom of the sink. Wear good hiking boots. Hiking poles are recommended. Bring water, snacks and lunch. Contact Wayne Yancey, 615-887-0212 or Andy Meeks 813-447-1224 for details on time and ride sharing.

**Sep 19-20 – Walls of Jericho Beginner Backpack. 7 miles total round-trip. Moderate due to rocky terrain and elevation.** After we hike in about 3 miles, we will set up tents on Turkey Creek. Then we will hike an additional half-mile into the "Walls". We'll take our time hiking out Sunday morning so we'll maintain a hiking pace both days for the beginner backpacker. Meet at 10:00 am CT Saturday morning at the Sam's Club parking lot in Murfreesboro to carpool. To register, contact Sara Pollard at [sarabpollard@gmail.com](mailto:sarabpollard@gmail.com) or 615-714-3610.

**Sep 26 – National Public Lands Day, Barfield Crescent Park, Murfreesboro.** Come join us for trail maintenance from 8:00 am to 11:00 am CT. Meet in front of the Barfield Park Wilderness Station. Bring gloves, sturdy shoes, snack and water. For more information contact Sara Pollard at [sarabpollard@gmail.com](mailto:sarabpollard@gmail.com) or 615-714-3610.

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## NASHVILLE CHAPTER

**CHAPTER CHAIR:** Doug Burroughs 615-283-0507  
*[nashville@tennesseetrails.org](mailto:nashville@tennesseetrails.org)*  
**OUTINGS COORDINATOR:** Nancy Juodenas 615-319-8811  
*[nashvillehikes@tennesseetrails.org](mailto: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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**Sep 11-13 - Car camp weekend in Big South Fork. Oneida, TN.** We will car camp at Bandy Creek Campground in Big South Fork on Friday and Saturday the 11th and 12th of September. Saturday we will hike the Twin Arches Trail (moderate), 6 miles and either Rock Creek Loop (moderate) 8.4 miles, or Honey Creek Loop (strenuous) 5.6 miles on Sunday. Email to [karld@comcast.net](mailto:karld@comcast.net) or call 615-207-2250. Hoping for cooler weather by then but if not, Bandy Creek campground has nice, clean showers for after the hike.

**Sep 26 - Sewanee Perimeter Loop, Sewanee, TN. 9 miles. Moderate to difficult (due to distance and elevation changes).** We will start at Green's View and hike counter-clockwise to a nice overlook before crossing over the plateau on a forest road that passes by the equestrian center. On the other side of the plateau, we'll hike down to Bridalveil Falls and then across to the War Memorial at University View. From there, we walk across the University campus back to the start. Bring lunch/snacks, water, good hiking boots, and clothing appropriate to the weather. Option: Shenanagins for post-hike nourishment. Call Doug Burroughs at 615-587-0085 for more information and to register. Meeting Place: TBA. Meeting Time: 7:30 am CT (should be at trailhead around 9:30 am).

**Sep 28 - Chapter Meeting.** REI staff will demonstrate selected and recommended new hiking, backpacking, and camping gear available right there in the store where we meet. This will be a good opportunity to find out about useful equipment in a short amount of time.





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## PLATEAU CHAPTER (Crossville)

**CHAPTER CHAIR:** Cheryl Heckler 931-200-7436  
[plateau@tennesseetrails.org](mailto:plateau@tennesseetrails.org)  
**TREASURER:** Bill Quattrociochi 931-484-4230  
[plateautreas@tennesseetrails.org](mailto:plateautreas@tennesseetrails.org)  
**MEETS MONTHLY:** 2nd Thursday at 6:00 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. Rain cancels.

**Sep 10 – Chapter Picnic, Meadow Park Lake.** Bring your own drinks, meat to grill with one dish to share. Everything else will be provided. 5:00 will be socializing time and we will plan to eat at 6:00 pm. Rain or shine! Contact Linda Barclay at [linbarc@gmail.com](mailto:linbarc@gmail.com) for additional information.

**Sep 12 – Canoe/Kayak Outing. Cumberland Mountain State Park, Crossville.** Join us as we explore Byrd Lake and Byrd Creek at Cumberland Mountain State Park. If you have always wanted to try out a kayak or a canoe, here is your opportunity. My goal is to paddle up Byrd Creek until it becomes impassable and then spend the rest of the time paddling around the lake. If you own a non-motorized kayak or canoe, bring your life jacket and join us for this outing. If you don't own a boat, there are a limited number of sit-on kayaks and several canoes available for hourly or daily rentals. Paddle boards and paddle boats are also available on a first come first served basis. Wear appropriate clothing and realize that swimming is not allowed in Byrd Lake. Bring snacks, water and lunch. Meet at the boat dock at 8 am CT. Please pre-register by Thursday, September 10. Contact Carolyn Miller at [cardan@frontiernet.net](mailto:cardan@frontiernet.net) or 931-260-6674 for additional information and to make arrangements for a boat.

**September All Month – Hiking Trail Marathon 2015.** Discover the beautiful trails of Fairfield Glade and Cumberland County. Enter the Hiking Trail Marathon and complete 26.2 miles of trails in 30 days. Go at your own pace to complete 13.1 miles (Half-Marathon) or 26.2 miles (Full-Marathon) during the month of September and receive awards at the Fairfield Glade "Hit the Trails" festival on Saturday October 3rd. Visit [http://www.time2meet.com/marathon/guided\\_hikes.shtml](http://www.time2meet.com/marathon/guided_hikes.shtml) for all the dates and locations. Contact Chapter Chair, Cheryl Heckler at [thehecklers@charter.net](mailto:thehecklers@charter.net) or 931-200-7436 for additional information.

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## SODDY-DAISY CHAPTER

**CHAPTER CO-CHAIRS:** Ed & Donna Pyers 423- 344-9271  
[soddydaisy@tennesseetrails.org](mailto:soddydaisy@tennesseetrails.org)  
**HIKE COORDINATOR:** George Bonneau 423-842-3619  
[soddydaisyhikes@tennesseetrails.org](mailto:soddydaisyhikes@tennesseetrails.org)  
**TREASURER:** Bob McGavock 423-843-4646  
[soddydaisytreas@tennesseetrails.org](mailto: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>  
Unless otherwise noted, all hikes times are Eastern Time.*

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**Sep 1 - Little Cedar Mountain. Approximately 5 miles. Moderate.** Meet at Bi-Lo parking lot in Red Bank at 8 am. Hike leader: George Bonneau.

**Sep 5 - Pigeon Mountain. Approximately 8 miles. Strenuous.** Meet at Bi-Lo parking lot in Red Bank at 8 am. Hike leader: George Bonneau.

**Sep 8 - Craven's House. Approximately 4 miles. Moderate.** Meet at Bi-Lo parking lot in Red Bank at 8 am. Hike leader: George Bonneau.

**Sep 12 - Raccoon Mountain. Approximately 11 miles. Strenuous.** Meet at Bi-Lo parking lot in Red Bank at 8 am. Hike leader: George Bonneau.

**Sep 15 - Rainbow Lake to Signal Mountain High School. Approximately 5 miles. Moderate.** Will need to stage vehicles. Meet at Bi-Lo parking lot in Red Bank at 8 am. Hike leader: George Bonneau.

**Sep 19 - Heiss Mountain to Sluder Lane. Approximately 11 miles. Strenuous.** Meet at Durham Street parking lot in Soddy Daisy at 8 am. Hike leader: John Politte.

**Sep 22 - Barker's Camp to Cooper's Creek and back. Approximately 5 miles.** Meet at Durham Street parking lot in Soddy Daisy at 8 am. Hike leader: Bob McGavock.

**Sep 26 - Cloudland Canyon--Sitton Gulch. Approximately 4-1/2 miles. Easy to moderate.** Meet at Bi-Lo parking lot in Red Bank at 8 am. Hike leaders: Donna and Ed Pyers.

**Sep 30 - Camp Jordan. Approximately 4 miles. Easy.** Meet at Target parking lot on Hwy 153 at 8 am. Hike leader: Donna Pyers.

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## SUMNER TRAILS CHAPTER

CHAPTER CO-CHAIRS: Sally Ticaric 615-218-1086  
Bob Crouch

*sumner@tennesseetrails.org*

MEETS MONTHLY: 1<sup>st</sup> Monday at 7:00 pm CT.

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**Sep 19 & 20 – Big South Fork Naitonal River & Recreation Area. O & W Bridge hike. 4.6 miles. Easy; and Colditz Cove State Natural Area near Allardt, TN. 1.5 miles. Easy.** Meet at Leatherwood Ford in the BSF at 10 am ET on Sep 19. Tim & Lynn Takacs will lead us on this trail where we will walk south on the John Muir Trail to the O&W Railroad Bridge (which goes over the BSF River) and return on the same trail. Bring water and a snack. After the hike we will go to the Scott County Museum in Oneida for a special guided tour just for us. On Sep 20 we will meet at the Colditz Cove trailhead at 9:30 am CT for the short hike to Northrup Falls and back- you might want to wear footwear that you don't mind getting wet. Please note that these hikes are in different time zones For further info contact OWL at *ballallenger@aol.com*.

Just as an FYI, the "Blazin' Bluegrass Festival of the Big South Fork" will be held in Whitley City (a few miles north of Oneida) on September 17-19. Here's the Web site: <http://www.blazinbluegrass.com/>.

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## UPPER CUMBERLAND CHAPTER (Sparta / Cookeville)

CHAPTER CHAIR: Louise Miniard 931-239-5425  
*uppercumberland@tennesseetrails.org*

HIKE COORDINATOR: Kathleen Sullivan 931-284-7822  
*uppercumberlandhikes@tennesseetrails.org*

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**Sep 12 - Lookout Mountain, Chickamauga & Chattanooga National Military Park. 7 to 8 miles. Moderate.** We will take the Incline Railroad (about \$14.00 round trip) to the top of the mountain and walk to the Military Park ( Entrance fee \$3.00 per person or seniors who have Goldenage/Senior pass can get 4 people in free). We will hike down to the museum using a trail we haven't done before and then we will hike to Craven House also on a trail we have done. From Craven House we will hike to Sunset Rock via the Rifle Pit, Upper Truck, and Gum Spring Trails. Then from Sunset Rock we will hike back to the entrance via the Bluff Trail We could see some rock climbers on the way. Lunch will be at Craven House or Sunset Rock (depends on time). After the hike we will have dinner at Sticky Fingers in Chattanooga, Bring snacks, water and lunch. We will leave J.C. Penny's at 7:00 am CT and U.S. Bank, Hwy 111, Sparta across from McDonalds at 7:30 am. (should arrive Incline Rail Road between 9:00-9:15am CT or 10:00-10:15 ET) For information contact Pete Broehl at *pabroehl@blomand.net* or phone 931-738-3551.

### Upper Cumberland Chapter – con't.

**Sep 19 - Mt. LeConte, Great Smoky Mountains National Park, Gatlinburg, TN. 13 miles. Strenuous.** We will hike a section of the Appalachian Trail to its junction with the Boulevard Trail, which makes a gradual ascent of Mt. LeConte along a crooked ridge connecting the mountain to the main Appalachian chain. As the elevation never drops below 5000 feet on the ascent, temperatures should be pleasant. We will descend by way of the spectacular Alum Cave Bluff Trail. There are many excellent viewpoints along the Boulevard and Alum Cave Trails. You can meet us at 7:00 am CT in the Penney's parking lot in Cookeville. Bring headlamp/flashlight, snacks, water, lunch, and hiking boots. Also, please bring cash for a chance to purchase a t-shirt at the top of Mt. LeConte if you so choose. For information and to register contact Jennifer Carroll at *jennifer.carrolldb@yahoo.com*.

**Sep 26 - Maude's Crack, Big South Fork NRRA, Jamestown, TN.** Maude's Crack is a shoulder width crack in a rock cliff about 100 feet high. It was used as a shortcut by Minnie Maude Royston to bring supplies from a settlement near the bottom of the cliff to workers at the top. The hike is a loop (plus a side trip to the John Muir Overlook) that descends to the bottom of No Business Gorge, then follows the creek for a mile or so then ascends to the rim of the gorge. The last 100 feet of the climb is through Maude's Crack. There are relics of an early 20th century settlement along No Business Creek. The side trip to the John Muir Overlook is a steep climb. The hike is about 8.5 miles and is rated moderate to strenuous because of the rugged terrain, a stream crossing (we may need to wade the creek), and two several hundred foot climbs. Bring snacks, water, lunch, and hiking boots. You can meet us at 7:30 am CT in the Penney's parking lot in Cookeville. For information and to register contact Kathleen Sullivan at *katsully4@gmail.com* or 931-284-7822.

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### 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](http://www.tennesseetrails.org/release.php)

## OFFICERS:

### President

Carolyn Miller 931-839-3213  
*president@tennesseetrails.org*

### Vice-President

Levon Hubbard 931-707-1020  
*vicepresident@tennesseetrails.org*

### Treasurer

Kathy Woods 615-473-6824  
*treasurer@tennesseetrails.org*

### Secretary

Diane Manas 615-352-7777  
*secretary@tennesseetrails.org*

### Membership Director

Tim Townley 731-607-0512  
*membership@tennesseetrails.org*

### Past President

Millette Jones 615-397-9588  
*pastpresident1@tennesseetrails.org*

### Previous Past President

Don Dresser 731-668-4190  
*pastpresident2@tennesseetrails.org*

### West TN At-Large Director

Graydon Swisher 901-737-3114  
*westregional@tennesseetrails.org*

### Middle TN At-Large Director

Kathie Tange-duPré 615-834-9274  
*middleregional@tennesseetrails.org*

### East TN At-Large Director

Bruce Whitehead 941-716-3620  
*eastregional@tennesseetrails.org*

### Cumberland Trail Conference Representative

Frank Jamison 865-376-4120  
*CTC@tennesseetrails.org*

### TN Rails To Trails Advisory Council Representative

Bob Richards 615-532-0753  
*TRAC@tennesseetrails.org*

CHAPTER REPRESENTATIVES ON THE BOARD  
ARE LISTED WITHIN EACH CHAPTER'S HEADER

### Newsletter Editor

LouAnn Partington 931-393-4835  
*editor@tennesseetrails.org*

## INACTIVE CHAPTERS

We have three chapters in the process of being reorganized. If you are interested in assisting with this process, please see below for the contact information.

**Cove Lake** Bruce Whitehead 941-716-3620  
*eastregional@tennesseetrails.org*

**Dyer County** Graydon Swisher 901-737-3114  
*westregional@tennesseetrails.org*

**Northwest** Graydon Swisher 901-737-3114  
*westregional@tennesseetrails.org*

## IT'S THE YEAR TO VOLUNTEER!

*Each month TTA offers opportunities to volunteer – be it leading hikes, organizing events, fundraising, leadership on the Board – if you've never volunteered to help before...well, there's no time like today!*

We are always looking for volunteers in all capacities within TTA. As a chapter chair or TTA officer, you can be involved in planning and determining the future activities and policies of our organization. If you are interested in any of the elected positions, feel free to contact the officer currently in that position to find out more about the time commitment and experience needed. Or plan to attend a quarterly board meeting to learn more. There are many opportunities for you to be involved in determining the future of TTA.

If you are interested in serving as an officer in 2016, please contact a member of the Nominating Committee – Carolyn Miller (*president@tennesseetrails.org*), Don Dresser (*jacksonsecy@tennesseetrails.org*) or Sara Pollard (*murfreesboro@tennesseetrails.org*).

If you are interested in volunteering as our webmaster, please e-mail *webmaster@tennesseetrails.org* for more information on the duties and time commitment.

## Newsletter Deadlines:

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

Due	For Newsletter Dated
Sep 10 .....	Oct 1
Oct 10 .....	Nov 1
Nov 10 .....	Dec 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*

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**

Sep 15

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 (Inactive)	____ Northwest (Inactive)
____ Dyer County (Inactive)	____ 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.**