

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



Plateau Chapter Celebrates 20 years

In January 1996, five friends decided they wanted to form a chapter of the Tennessee Trails Association in Cumberland County. Bill Eldridge, Sue Eldridge, Mary Kelly, Diane Parvin and Diane Jones advertised the first hike in the local newspaper, the Crossville Chronicle. Thirty-three individuals joined the hike and became the beginning members of the Plateau Chapter. At the January 14, 2016 Plateau Chapter meeting, 62 past and present chapter members were recognized and celebrated 20 years of hiking.

Big John BBQ catered the dinner prior to the recognition of the chapter chairs, treasurers, and hike coordinators that gave leadership during the 20 year span from 1996 through the present. Chapter Chairs were Mary Kelly 1996 thru 1998, Bob Bowman 1999, Vickie Purdue 2000, Bill Haynes 2001 thru 2002, Charlie Jones 2003, Carolyn Miller 2004, Terry Brophy 2005, James Hubert 2006, Rita Senko 2007, Jan Barber & Myra Holloway 2008 thru 2009, and Cheryl Heckler 2010 thru 2016. Treasurers were Bill Eldridge & Sue Eldridge, Myra Holloway, Mitzi Anderson, Jim Grove, Jan Barber, Don Taylor, June Parker, and the current treasurer, Bill Quattrociocchi. Hike Coordinators were Bill Haynes, Jim McCullough, Bill Harris and Bruce Whitehead. After the recognition ceremonies, Jim McCullough presented a photo slideshow of chapter hikes through the years. The celebration was finalized with a group photo and social time.





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
Website: www.cumberlandtrail.org

BreakAway Program (ASB): March 6 – April 1.

Schools are confirmed, camp and educational programs reserved, and now all we need is YOU.

Still accepting volunteers for the 2016 ASB Program based at Fort Bluff Camp in Dayton, TN.

Currently we have 165 confirmed students throughout the month of March with the opportunity for more if we have the trail leaders. Looking for a great vacation with some great kids and great co-workers—then come join the CTC BreakAway Program. Don't miss out on getting your volunteer t-shirt!

BreakAway schedule:

March 6 – 11: 70 students (Florida State, Boston University, Michigan State University, Indiana University of Pennsylvania and University of Pittsburgh)

March 13 – 18: 50 students (Lehigh, Waubonsee Community College, Hamilton, University of Kansas and University of South Florida)

March 20 – 25: 24 students (Allegheny College, Boulder)

March 27 – April 1: 21 students (University of Delaware)

Looking Ahead - More Trail Building Programs:

Enjoyed BreakAway and want to do some more digging in the dirt?

Big Dig Volunteer: The spring Big Dig is scheduled for May 5 thru June 12.

Central Trail Crew: Daddy's Creek near Crossville (Cumberland County). Weekly: Tuesday – Thursday.

Southern Trail Crew: Dayton Area (Rhea County). Weekly: Thursday – Saturday. Contact Don Deakins 423-842-3140 or email: don.deakins@gmail.com for exact start times, trail head locations and week to week details.

Contact Marianne at the CTC Office to volunteer for BreakAway 2016 or to volunteer to work with one of the trail crews: 931-456-6259 or ctcoffice2014@gmail.com.

CLARKSVILLE CHAPTER

CHAPTER CHAIR: Ken Johnson 931-802-6343
clarksville@tennesseetrails.org
CHAPTER VICE-CHAIR: Lili Ball 931-552-2773
clarksville@tennesseetrails.org
TREASURER: Mary Schwab 931-645-9068
clarksvilletreas@tennesseetrails.org
SECRETARY: Donna Burdick 931-220-8497
clarksvillesecy@tennesseetrails.org
OUTINGS COORDINATOR: Paul Schwab 931-645-9068
clarksvillehikes@tennesseetrails.org

(call Paul & volunteer to lead an outing)

MEETS MONTHLY: 3rd 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>

Mar 5 - Radnor Lake SNA; seven trails to pick from. 4 easy, 2.6 miles; 1 moderate, 0.9 miles; 2 difficult, 2.7 miles. Ron Churchill 931-647-9864. Meet 8:00am CT, I 24 Exit 11 commuter parking lot. 50 miles to trailhead.

Mar 12 - Beaman Park, Highland Trail. 5.8 miles. Moderate. Lili Ball 931-552-2773. Meet 8:30 am CT, I 24 Exit 11 commuter parking lot. 32 miles to trailhead.

Mar 15 - Monthly Meeting.

Mar 19 - Ashland City Rails-to-Trails unpaved section. 6 miles out and back. Moderate due to length. Paul Schwab 931-801-9484. Meet 8:00 am CT, Madison Street Kmart parking lot, Clarksville. 18 miles to trailhead.

Mar 26 - Warner Park's Connector and Mossy Ridge Trails. 6.5 miles. Moderate. Suva Bastin. 931-645-2849. Meet 8:00 am CT, I 24 Exit 11 commuter parking lot. 50 miles to trailhead.

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.

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: 1st 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.

Mar 1 - Monthly Meeting. Our guest speaker will be Russell Smith who will present a history of the Columbia-Franklin Chapter since its inception.

Mar 5 - Sewanee Perimeter Trail. Marvin Caine will lead a hike on part of the Perimeter Trail at Sewanee. We will begin the hike at the Memorial Cross on the University of the South. We hike the Perimeter Trail to Morgan's Steep and then the trail to Bridal Veil Falls and back. We can then continue on the Perimeter Trail and hike the Elliott Point/Parallel Trail loop and then hike back to the Memorial Cross. This would be about a 9 mile hike. However, if this is too long for some the hike to Bridal Veil Falls and back is only 4 miles. To register contact Marvin Caine at *mlcaine@aol.com* or 931-626-2754. Bring water, sturdy boots and lunch. Please indicate your preference for a short or longer hike.

Mar 19 - Radnor Lake hiking and guided tour of Aviary Center. Janeth McKendrick will lead a hike at Radnor Lake. We will meet in the parking lot of Tollgate Plaza at 8:30. This location is just north of 840, on US Highway 31 in Thompson Station (1106 Elliston Way, Thompson's Station, TN 37179). If you plan to meet us at Radnor, please be at the Visitors Center by 9:15. Our hikes at Radnor will begin at the Visitors Center off Granny White. We will take the Lake Trail to Ganier Ridge, continue on to either South Cove Trail or South Lake Trail. At 11:30, we will be joined by Steve Ward, Park Manager or his assistant for a private tour of the new Barbara Mapp Aviary Education Center, with habitat for injured non releasable birds of prey. This is on Hall Drive, a nice .5 hike up. As there is no picnicking allowed in the park, those who choose to may lunch at one of the many available places nearby. Please register with Janeth McKendrick, 615-591-9352. Email *Janethmck@aol.com*. Please give Janeth a contact number in case of last minute cancellation.

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

Mar 12 - Sinking Creek Trail. 4.5 miles. Easy. This hike will start at the Sinking Creek trailhead parking lot. The trail basically follows the shoreline of Tellico Lake. The trail is relatively flat, a few hills but nothing difficult. At the end of trail we will have to walk a little more than one mile back to the parking lot for a total distance of 5.5 miles. Along the way, we may stop at the Axley Chapel Cemetery. We recommend shoes to wear to and from the hike plus sturdy hiking shoes, rain jacket, snack, drink, camera and \$\$\$ for carpooling. The meeting place is Central Baptist Church parking lot and leaving there at 8:30 am ET or meet at Wal-Mart in Lenoir City nearest the Murphy Gas Station leaving there at 9:00 am ET and arriving at the trailhead at approximately 9:45 am ET. For any questions, please contact Tom Cressler at *cressler@utk.edu* or leave a message at 865-974-4422.

Mar 19 - Schoolhouse Gap/Turkeypen Ridge/Finley Cane/Bote Mtn Loop. 9 miles. Moderate. This is a moderate hike at lower elevation over rolling terrain. There is a bit of a downhill at the end. Wear sturdy boots, bring water, lunch and money for carpooling. For more information and to register, contact Garnett Rush at 615-210-0660 or *rushga01@yahoo.com*.

Mar 26 - Whitestone Inn, Roane County. 7 to 8 miles. Easy to Moderate. Whitestone properties consist of 600 acres (including a large bed and breakfast inn) and it has 8-10 miles of hiking trails. The elevation gain on this hike will be no more than 400 feet if that. We will hike on the Boundary Trail and Dakota Trace Trail. This hike will be a great way to get out in the country, hike and relax. It is very common to see several deer and turkey in this area. Contact Carolyn Reeve to arrange a meeting place 865-717-3528.

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: 4th Monday at 7:00 pm CT at the D. W. Wilson Community Ctr., 501 N. Collins St., Tullahoma.

Mar 12 – Horsepound Falls Hike. South Cumberland State Park. Collins Gulf West. Gruetli-Laager, TN. 5 miles out and back. Moderate due to a boulder field to cross and steep ascent/descent. Marietta Poteet is leading this beautiful wildflowers/waterfalls hike. We will enjoy opportunities to see an amazing array of spring wildflowers and two spectacular waterfalls: Suter Falls and Horsepound Falls. Bring water and lunch. Bring hiking sticks and sturdy hiking boots. Please call Marietta at 931-924-9666 or email *nannietta@blomand.net* for more information and to register.

Mar 17,18,19 - Backpack Hike. 2 Nights, 3 Days. Big South Fork National River and Recreation Area, Jamestown, TN. Meet March 17 at 7:00 am in Tullahoma to carpool to Sawmill trailhead, arriving at 10:00 am. Hike will begin at Sawmill to Slave Falls over to Twin Arches to Charit Creek Lodge. Camp upstream from Charit Creek and explore the local area. If we contact Charit Creek Lodge before the hike, we can have dinner (\$25.00, served at 6:00 pm ET) and/or breakfast (\$15.00, served at 8:00 am ET) at the Lodge. Next day hike Jacks Ridge to Oscar Blevins Farm to West Entrance Trail. Camp just past Laurel Creek. Next day hike Salt Pine Ridge back to Sawmill Trailhead. Approximate mileage: Day 1 – 8.4 miles. Day 2 – 10 miles. Day 3 – 5.5 miles. Total mileage 24.5 miles. Moderate. Bring hiking boots, food, water, money for meals, camping/backpack gear. Contact Michael Glennon, Phone 931-571-0502 Email *kb4jhu@gmail.com*.

Mar 19 – Rock Island State Park, north of McMinnville, TN. 6 miles. Easy. We will hike the Collin River Nature Trail, the Eagle Trail and the Downstream Gorge Trail. All three hikes feature wildflowers and the beautiful Collins and Caney Fork Rivers. And the Downstream Gorge Trail has the awesome Twin Falls and tall limestone bluffs. We will also visit the Caney Fork Gorge and Great Falls. Bring water, snacks and lunch. If the group is interested, we can have dinner at Foglight Foodhouse, a restaurant located along the Caney Fork River near the Downstream Gorge Trailhead. Wear sturdy hiking boots. Contact Joan Hartvigsen at *jhartvigs@comcast.net* or 931-962-0811 for carpool information.

Highland Rim Chapter – con't.

Mar 25 – Good Friday Hike and Camping. Frozen Head State Park, Wartburg, TN. Joint activity with Murfreesboro Chapter. 8 mile loop. Vertical Rise 1,600 ft. Moderate. We will hike to the Observation Tower via the South Old Mac Trail and return on the North Old Mac Trail. The North Old Mac Trail is known for spring wildflowers. From the Observation Tower we will see the Cumberland Plateau stretching south and west, the Tennessee River Valley to the southeast and the Smoky Mountains beyond. Hikers can drive up for the day or camp overnight. We plan to camp in the primitive group campsite area located along Flat Fork Road. Some campers plan to camp Thursday evening and Friday evening. Contact Joan Hartvigsen *jhartvigs@comcast.net* or 931-962-0811 to register.

Mar 28 – Chapter Meeting. Dinner at 5:00 pm, Las Trojas Mexican Restaurant, 1905 N. Jackson Street, Tullahoma, TN. Meeting at 7:00 pm. at D. W. Wilson Community Center. Dennis Horn will present a program on wildflowers. Dennis is a coeditor of “Wildflowers of Tennessee, the Ohio Valley and the Southern Appalachians.” So bring your copy to be autographed! Also, Dennis is a charter member of the Tennessee Native Plant Society.

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 Garnett Rush 865-268-5181
eastregional@tennesseetrails.org

Dyer County Margaret Dixon 901-603-7680
westregional@tennesseetrails.org

Northwest Margaret Dixon 901-603-7680
westregional@tennesseetrails.org

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: 1st Tuesday at Perkins Restaurant, Vann
Drive, Jackson. Socializing & dinner starts at 6:00 pm
CT; meeting starts 6:45 pm

Mar 1 - Chapter Meeting.

Mar 5 - Trail project at Natchez Trace State Park. Beavers at Cub Lake have asked us to reroute one of the trail segments, south of the dam, so that they can raise their family in peace. We will do some preliminary clearing in advance of a work crew that will come later to do the trail construction. Dick McKeen has flagged the new trail and will be leading this project. If you can join us, please contact Dick at *sprucemountain@Eplus.net* or 720 469-0619 (note: 720 is the correct area code).

Mar 12 - Nathan Bedford Forrest State Park. We will walk one or more of the loop trailst. Howard Ropp will be your hike leader, together with Susan Woods; Howard can be reached at *howardropp1@gmail.com* or 731 693 4248. If you are going, please meet at Panera at 8:00 am or arrange to meet us at the visitor center at the park.

Mar 19 - Cane Creek Canyon Nature Preserve. It is time for our annual wildflower hike. If you haven't been to Cane Creek, this is a great time to visit. We will carpool, leaving from Panera at 7 am. For more information and to register for the hike, please contact Glen Rognstad at 731-217-5966 or *glenrognstad@gmail.com*.

Planning Ahead:

Apr 2 - Shiloh National Military Park. It is time to refresh our navigation skills, so Roy Corley is going to lead us on a compass hike. We will leave from Panera at 8 am. If you would like to go, please contact Roy at *roycorley33@gmail.com* or 731 499 1388.

Apr 16 - Pinson Mounds State Archaeological Park. This will be an easy hike, close to Jackson, so invite your friends who have not hiked with us. We will leave from Panera at 8 am. For additional information and to register, contact Glen Rognstad at 731-217-5966 or *glenrognstad@gmail.com*.

Apr 30 - Savage Gulf State Natural Area. We will make an overnight outing, taking in Greeter Falls and Stone Door. Melinda Pearson will be your hike leader; she can be reached at *hurstme@bellsouth.net* or 731 225 4293. Please give Melinda as much advance notice as you can if you would like to join us.

MEMPHIS CHAPTER

CHAPTER CHAIR: Charlie Bright 901-829-4434
memphis@tennesseetrails.org
VICE-CHAIR: Francis Ruffin 662-781-5034
memphisvice@tennesseetrails.org

Mar 5 - Herb Parsons Lake State Park, Fisherville. Here's an easy 6-mile hike around the lake and through the woods. Meet at 9:30 am at the lake and bring snacks and water. Rain will cancel. For questions contact Linda Walston at 901-606-9866.

Mar 12 - Chickasaw Bluff Trail, Meeman-Shelby Forest. Meet at the park visitor center at 9:00 am and bring water and snack. Hike begins with a car shuttle to the north end of the trail for a 6 to 7-mile easy to moderate hike through the forest. The trail starts at the top of the bluff and drops quickly down about 150 feet to the flood plain. The next 3 miles are quite level (we'll get to cross the new bridge over Beaver Creek) until we climb back up the bluff to the Woodland Shelter and connect up to the Woodland Trail then hike back to the visitor center. For information call Ted Barham 901-413-9324. Rain will cancel.

Mar 19 - Nesbit Park – Stanky Creek. This small park has almost ten miles of hiking trails (bikes too). Meet at 9:00 am for a 4-mile hike.

Mar 26 – Discovery Trail, T O Fuller State Park. 6 mile loop. Moderate to rugged. We will meet at the Visitor Center at 9:30 am. There are a few hills. We recommend wearing hiking boots or sturdy shoes. Bring water and snack. For more information call Janet at 901-761-0705. Rain will cancel this hike. Directions: Go I-240 West to I-55 North, Exit 7 South to Highway 61(3rd Street) drive south approx 1 mile and turn right onto Mitchell Road, continue 3 miles west to the T.O. Fuller Park sign and turn right at the Visitor Office.

Planning Ahead:

Apr 1-3 - Buffalo National River, Jasper, AR. Registration Required We will leave Friday morning, drive to Jasper and do a 3-4 mile hike that afternoon. On Saturday, we will do a 9 mile hike to Hemmed-In Hollow Falls. This is a strenuous hike which has a 2,000 foot drop to the falls and a 2,000 foot climb back out. We expect to offer a shorter hike for those who want it. Before driving home on Sunday, we will do another 3-4 mile hike in the area. Contact: Wayne Simpson, *w.simpson1@comcast.net*, 901-385-1988.

MURFREESBORO CHAPTER

CHAPTER CHAIR: Sara Pollard 615-714-3610
murfreesboro@tennesseetrails.org
TREASURER Ann Jacobs 615-896-3935
murfreesborotreas@tennesseetrails.org
PROGRAM COORDINATOR: Valerie Galan 615-516-6441
murfreesboroprog@tennesseetrails.org
HIKE COORDINATOR: Jennifer Zahn 615-943-8853
murfreesborohikes@tennesseetrails.org
MEETS MONTHLY: 2nd Tuesday at 7:00 pm CT, Barfield-Crescent Park's Wilderness Station, 697 Veterans Parkway, Murfreesboro
BLOG: www.tennesseetrails.org/blog/murfreesboro

Mar 5 – Radnor Lake. Joint Hike with Clarksville Chapter. 4 to 5 miles of trails. Rated moderate but will include some ridge hiking. Meet at the visitor's center on Granny White Pike at 9:00. This hike will be cancelled if there is excessive rain. Contact Valerie Galan at 615-516-6441 for more information.

Mar 8 – Chapter Meeting. Our guest speaker will be Rick Lausten of the Columbia chapter who will talk about his 186 mile Pembrokeshire Coastal Path hike in Wales during September and October of 2015. Wales is a fascinating area of Britain that is steeped in history with Norman castles, quaint villages, rugged terrain, grey seals and scenic vistas. Invite a friend to share his fascinating adventure.

Mar 13 – Sewanee Perimeter Trail. 4 mile loop. Moderate. We will start the hike at Green's View with an awesome view of Roark's Cove. Hike goes along the Beckwith Point Trail to the University Gates. We'll take a side trip to the Piney Point overlook and return by way of the Shakerag Hollow Trail. We may see some early spring wildflowers. For more information and to register, contact Sara Pollard 615-714-3610 or sarabpollard@gmail.com. Note: This is the first day of daylight savings time.

Mar 19 – 15th Annual Waterfall Tour by Friends of Edgar Evins State Park. Ride a bus to selected waterfalls in the Middle TN area. This year we will visit Old Stone Fort State Park, Cascade Hollow Falls, near the George Dickel Distillery and Rutledge Falls. We will eat lunch at the Farmers Market Family Buffet in Manchester. Expect short walks on uneven ground. Cost is \$15 per person, plus lunch. Reservations required. On-line reservations may be made at www.tnvacation.com/events/10977. If help is needed making reservations please phone the park office, at 931-858-2114 or 800-250-8619, for contact information for Fount Bertram, President of Friends of Edgar Evins. Fount or Anna will be happy to assist you. See us on Facebook at [FriendsofEESP](https://www.facebook.com/FriendsofEESP) or visit our website at www.foeesp.alturl.com. Friends of Edgar Evins State Park is a non-profit organization with the sole purpose of helping the park.

Murfreesboro Chapter – con't.

Mar 19 – North Chickamauga backpack. Trail begins at the North Chickamauga trailhead on Montlake Road in Soddy Daisy. We will proceed approximately 4.1 miles to Stevenson Branch Campsite located on the North Chickamauga Creek between the confluence of Cooper Creek and Stevenson Branch, where we will set up camp. The next morning we will take a day hike crossing Cooper Creek to Barker Camp Rd, approximately 3.1 miles, then back to the trailhead. Hikers should be aware that there are wood stairs, ladders and a creek crossing. The hike is rated difficult, with elevation changes of 500' loss and gain (twice). Contact Wayne Yancey 615-887-0212 or by email to wayne.yancey@gmail.com.

Mar 25 – Good Friday Hike – Frozen Head State Park. 8.0 mile loop. Moderate. Joint hike with the Highland Rim chapter. We will hike the South Old Mac trail to the Observation Tower and return on the North Old Mac trail. Hikers have the option to camp overnight after the hike in the primitive group campsite area located along Flat Fork Road, or drive up Friday to day hike. For more information and to register, contact Sara Pollard 615-714-3610 or sarabpollard@gmail.com.

TIPS

In the fall, winter and spring, always bring a stocking cap or warm hat. Weather is often unpredictable, and covering your head will keep you more comfortable in a variety of conditions.

Dressing in layers will allow you to adjust to different levels of exertion. Weather can change unexpectedly in the spring, fall and winter, and proper layering will help keep you comfortable, warm and dry.

Avoid cotton clothing as "cotton is rotten" and "cotton can kill" when outdoors in cooler temperatures. Cotton dries slowly and won't keep you warm when you get wet, while wool, fleece and other synthetics will. Reconsider wearing jeans if rain is predicted – they weigh too much and take forever to dry.

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: 4th Tuesday at 7:00 pm CT in the REI
Community Room, 261 Franklin Road, Brentwood. For
directions, visit: www.tennesseetrails.org/nashville.php
BLOG: www.tennesseetrails.org/blog/nashville

Mar 12 - Local hike - Warner Park, Nashville TN. 9 miles. Moderate to strenuous. Shake off winter and welcome spring with a hike at Warner Park. Meet at the Nature Center. From the Nature Center, we'll take the Candy Cane (Cane Connector) trail (red & white 1 mile) to Mossy Ridge (red 4.5 mi loop) and back down the Candy Cane (1 mile) to the Nature Center. At that point, you have the option of stopping or continuing on the Warner Nature Trail (blue 2.5 miles). Hike is strenuous, pace is moderate. Bring water, hiking boots, snacks and a sense of adventure. Contact Linda Latter at 615-419-4845 or lindaalatter@yahoo.com for time of departure.

Mar 12 - Out of town hike - Cane Creek Canyon Nature Preserve, Tuscumbia, AL. 7 miles. Moderate to strenuous. This private nature preserve with is open to the public year round. Hiking time is approximately 6 hours and the trailhead is close to three hours from Nashville. Remember to bring good boots, clothing appropriate to the weather that day, water, snacks, and lunch. We will meet to carpool at 7:00 am at the Whole Foods side parking lot in Franklin, 1566 W. McEwen Drive. Contact Doug Burroughs at dougburroughs@tennessee.usa.com or 615-587-0085.

Mar 19 - Montgomery Bell Overnight Trail, Montgomery Bell State Park, Burns, TN. 11.5 miles. Easy to moderate. The Overnight trail follows the perimeter of the park and passes through a variety of hardwoods and cedar glades, as well as the shore of the lake, a few historic areas and crosses a couple of streams (if there has been a recent rain, the water could be ankle deep; bringing a pair of water shoes is suggested). Also depending on where spring is (versus winter) we may see a few or a lot of wildflowers. The trail is easy for the gently rolling terrain, but moderate for the distance. Bring snacks, lunch and water. We will carpool at 8:30 am CT from the west side of Nashville. To register, call Diane Manas at 615-351-6431.

Mar 22 - Monthly Meeting. Radnor Lake State Park and Natural Area has been named the state's best park. Steve Ward, park manager for Radnor Lake will be talking about new developments at the park including recent land acquisition(s). Come and hear about the future of Nashville's most loved park. Bring a friend.

Nashville Chapter – con't.

Mar 26 - Downtown Nashville Urban Hike. 5-7 miles. Moderate. We will meet at the carillon bells area at the north end of Bicentennial Mall, next to the Farmer's Market. Free parking is available near there. Hike start time is 1:00 pm. We'll follow the engraved wall that explains 200 years of state history, heading south towards the state capitol, and will ascend the grassy hill to reach the capitol building and walk around that magnificent structure. Our route then leads west, down the sidewalks of Charlotte Avenue towards the interstates and we will enjoy a good up close look at the 32-acre new development named Capitol View North. We'll turn north up 14th Avenue and arrive at Marathon Village. This picturesque old manufacturing building was once the place where automobiles were made, and now hosts American Pickers and numerous other interesting tenants. We'll then head back toward downtown via Clinton Street and Rosa Parks Blvd. Near the south end of the Farmer's Market we will follow Harrison Street east to 3rd Avenue, and turn left, passing by the new 1st Tennessee ballpark. Soon we cross Spring Street and arrive in Germantown. We'll walk north through this revitalized and attractive neighborhood until reaching Taylor Street, and then will return to our starting point, enjoying sights of 5th & 6th Avenues along the way. Please contact Tom Vickstrom for information and to register: 615-405-6713.

LOOKING AHEAD:

A reservation has been made at the Rattler Ford Group Camp near the Joyce Kilmer Memorial Forest, Robbinsville, NC. We are planning a weekend of hiking, camping, campfires and fun, from April 29-May 1. This Group Camp is huge and even has a lovely bath house with hot showers. We wanted to give people plenty of time to make room on their calendars for this event. The wildflowers should be in their glory and the weather should be mild by this time. So mark your calendars and contact Nancy Juodenas, njlj1011@gmail.com or Gloria Dale Williams, gdw12@comcast.com for more information. All chapters welcome!!!

PLATEAU CHAPTER (Crossville)

CHAPTER CHAIR: Cheryl Heckler 931-200-7436
plateau@tennesseetrails.org
TREASURER: Bill Quattrociocchi 931-484-4230
plateautreas@tennesseetrails.org

MEETS MONTHLY: 2nd Thursday at 6:00 pm CT

BLOG: www.tennesseetrails.org/blog/plateau

There is a leaderless hike (typically 5 - 7 miles) every Wednesday morning. For additional information, contact Bruce Whitehead at trailwalker80@gmail.com or 941-716-3620, or Bill Harris at 931-484-9152, or visit the Plateau Chapter Blog at <http://ttaplateauchapter.blogspot.com>. Check blog for cancellations or changes before hiking.

Mar 10 – Chapter Meeting. 6:00 pm. Program: "The Hiking Trails of Cumberland County - past, present and future" by John Conrad. First United Methodist Church Annex, 69 Neecham Street, Crossville. Dinner at LaCosta Restaurant, Crossville at 4:45 pm CT. Contact Chapter Chair, Cheryl Heckler at thehecklers@charter.net or 931-200-7436 for additional information.

Mar 12 – Blue Heron Loop, Big South Fork, Stearns, KY. This moderately difficult 6.4 mile hike will be led by BSF Ranger, Mary Grimm. The loop features two of the best river gorge overlooks in the Big South Fork area. Two other interesting features along the trail are the Devils Jump rapids and Crack-in-the-Rock. The trail passes through the Blue Heron coal mining exhibit that serves as the terminus for the Big South Fork Scenic Railway. Depart from Vanity Fair at 6:45 am CT. The early departure is to get to the trailhead at 10 am ET, the scheduled hike departure time. Contact Cheryl Heckler at thehecklers@charter.net or 931-200-7430 for additional information.

Mar 26 – Eagle Bluff to Tank Springs, Cumberland Trail, LaFollette. Come hike with us on the beautiful Eagle Bluff section of the Cumberland Trail. This part of the trail is near Cove Lake State Park in Caryville and follows the ridge of the Cumberland Mountains up to the trailhead at Tank Springs near LaFollette. Along the way we will see large rock walls, sandstone cliffs, a stone arch window, and overlooks of the Powell River Valley. This section of the trail is approximately 7 miles and rated moderate to difficult as there is uphill and downhill grades with some rock scrambling and narrow rock ledges that have to be traversed (see the description at cumberlandtrail.org). A car shuttle from Tank Springs to Eagle Bluff will be required. Depart the Vanity Fair parking lot by 8:00 am CT. Plan for a long day; it will be into the evening before we arrive back in Crossville. Bring your lunch, plenty of water and a good pair of hiking shoes or boots. Contact Curt Thomas for more info or to register curtethomas@frontiernet.net or call 931-260-2140. Don't miss out on the fantastic hike with lots of natural features and beautiful views! Sign up and join us on a great spring hike!

SODDY-DAISY CHAPTER

CHAPTER CO-CHAIRS: Ed & Donna Pyers 423- 344-9271
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>

Mar 1 - White Oak Mountain Loop Trail. Approximately 4-1/2 miles. Moderate. Meet at Target parking lot on Hwy 153 at 9 am. Hike leader: George Bonneau.

Mar 5 - Booker T. Washington State Park. Approximately 7 miles. Moderate. Meet at Target parking lot on Hwy 153 at 9 am. Hike leader: George Bonneau.

Mar 8 - Greenway Farms. Approximately 4 miles. Easy to moderate. Meet at parking lot across from dog lot at 9 am. Hike leader: George Bonneau.

Mar 12 Heiss Mtn to Immodium Falls & back. Approximately 11 miles. Strenuous. Meet at Durham street parking lot at 9 am. Hike leader John Politte johnpolitte@gmail.com or 423-304-8327.

Mar 15 - Enterprise South. Approximately 6 miles. Easy to moderate. Meet at Target parking lot on Hwy 153 at 9 am. Hike leader: George Bonneau.

Mar 19 - Savage Gulf. Approximately 8 miles. Strenuous. Meet at Durham street parking lot in Soddy Daisy at 9 am. Hike leader: George Bonneau.

Mar 22 - Raccoon Mountain. Approximately 4 miles. Moderate. Meet at Food City parking lot in Red Bank at 9 am. Hike leader: George Bonneau.

Mar 26 - Lula Lake Land Trust. Approximately 4-1/2 miles. Moderate. Meet at Food City parking lot in Red Bank at 9 am. Hike leader: George Bonneau.

Mar 29 - White Oak Mountain at Collegedale. Approximately 4-1/2 miles. Easy to moderate. Meet at Target parking lot on Hwy 153 at 9 am. Hike leader: Donna Pyers.

SUMNER TRAILS CHAPTER

CHAPTER CO-CHAIRS: Sally Ticaric 615-218-1086
Bob Crouch
sumner@tennesseetrails.org

MEETS MONTHLY: 1st Monday at 7:00 pm CT.

Mar 7 - Chapter Meeting. Ron Jenkins will present a few picture highlights of Sumner Trails' 2015 hikes. Everyone is encouraged to bring their favorite memories of each hike and participate as we review our year. Members may get some ideas for future hikes, and guests may get a better idea of the kind of hikes we do. Bring your memories and your guests and join us. First United Methodist Church, 217 East Main St, Hendersonville.

Mar 11 - Radnor Lake State Natural Area. Easy to moderate with some difficult hills. We will be doing the Ganier Ridge trail and the Lake Trail approx. 4 miles total. We should see abundant wildlife and maybe some spring wildflowers at this beautiful Park! There may also be some waterfowl and woodland bird sightings on these gorgeous well maintained trails. Wear your hiking boots and bring hiking poles, water and snacks. After the hike we will eat lunch at Vittles restaurant. Meet at the First Presbyterian Church in Hendersonville at 9:00 am CT for carpooling/directions or at the visitor Center near the West Parking Lot off Otter Creek Rd. Please contact the hike leaders if you plan to meet us at the visitor center. For more info contact Lea Whitton 615-289-4842 or whittonm@realtracs.com or Judy or Ron Jenkins 615-403-0002 or judy_jenkins@comcast.net.

Mar 26 - Volunteer Day Loop, Long Hunter State Park. 4 miles Moderate This foot trail has some ups and downs as it skirts the rocky shoreline of Percy Priest Lake with great lake views before reaching a quiet cove that was once settled. After the hike we'll go to lunch at Bonfire Mongolian Grill in Mt. Juliet. Meet at Hendersonville First Presbyterian Church at 9 am CT or at the trailhead at 10 am CT. For further info contact Loopy AI at ballallenger@aol.com.

Looking Ahead:

Our members are busy planning 2 very special hikes with potential of overnight stays in April. The weekend of April 8-9 is planned for Foster Falls and Cloudland Canyon. On April 23-24 we plan to visit Short Springs and Tims Ford. More details will be available at our meeting and in the April newsletter.

President's Corner

For those of us on the Plateau, January and February have been the months of snow!! Without thinking, a group of Plateau member headed for the Big South Fork for a hike after the first big snow. The snow had melted in Crossville, but not at Pickett State Park or on Divide Road in the Big South Fork. We made a few adjustments, loaded up the AWD vehicle, divided the group and enjoyed hiking in the snow.

First Quarter Board Meeting Report:

- Approved budget for the year. Thanks to our treasurer, Kathy Woods, for all the work she does to create the budget.
- Awarded Evan Means Small Grants to support trail projects. Friends of the South Cumberland: approved funds for a rock hoist to assist with the reroute of the Fiery Gizzard trail. Additional grants will be considered at the May Board meeting.
- Approved the Website Committee to begin development of a new TTA website. The website committee members are co-chairs, Doug Burroughs and Charlie Bright, Bob Richards, Jim Poteet and Carolyn Watson. If you are interested in the website update, please feel free to contact them and offer your support.
- Approved the Awards Committee members: Carolyn Miller, Sara Pollard and Doug Burroughs. They will be seeking nominations for the Tennessee Trails Award, the Bill Stutz Award and the Bob Brown Award for 2016.
- Approved Nominating Committee members: Carolyn Miller and Don Dresser. Seeking another board member to be on this committee.
- Approved a Bylaws Review Committee with members: Bruce Whitehead, Jim Poteet, Bob Richards and Carolyn Miller. Bylaws are to be reviewed and submitted to the board at the May and August board meetings to allow for a final version to be voted upon by the members at the October 29 TTA General Membership meeting.

Don't forget the CTC Spring BreakAway program March 5 – April 1. Building the Cumberland Trail while working with college students gives a fresh perspective on life. Save the Dates – TTA Annual meeting: October 28 – 30, 2016 at Pickett State Park hosted by the Memphis Chapter. Save the dates and join hikers from across the State for a weekend of hiking and socializing.

Happy Trails,
Carolyn Miller

UPPER CUMBERLAND CHAPTER

(Sparta / Cookeville)

CHAPTER CO-CHAIRS: Louise Miniard 931-239-5425
Jennifer Carroll 661-369-6619
uppercumberland@tennesseetrails.org

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

Mar 5 - Chimney Top Trail, Frozen Head State Park, Wartburg, TN. We will hike to Chimney Top from the ranger station via the Chimney Top Trail. The view from the top is wonderful. We will lunch at the top and those who want a shorter hike can then retreat along the ridge top to the Spicewood Branch Trail for a total distance of about 9.1 miles. Those wanting a longer hike can proceed to the Lookout Tower for some more great views from atop Frozen Head Mountain returning via the North Old Mac trail for a total distance of 12 miles. Bring lunch, water, snacks, headlamp, and wear good hiking boots. Elevation changes and the distance covered make both routes strenuous. You can meet us in the Penney's parking lot in Cookeville at 7:30 am CT. We will leave from the ranger station about 9:30 am CT. For information and to register contact: Gary Kimbrell at 931-215-9520 Gary.Kimbrell@fbttn.com.

Mar 12 - Virgin Falls, DeRossett. This is a 9-mile strenuous hike to the 110 foot tall Virgin Falls. Along the way, we will pass a 30-foot waterfall, Big Laurel Falls. There is a stream crossing and some difficult footing on this hike, including the need to cross a rock field at Big Laurel Falls, so the hike may be cancelled or changed due to high water. Therefore, register with hike leader to be informed of possible cancellation or changes. Bring snacks, water, lunch, and hiking boots. You can meet us in the Penney's parking lot in Cookeville at 7:30 am. CT or at the US Bank across from McDonald's in Sparta at 8:00 am. CT. For information and to register contact: Jennifer Carroll at jennifer.carrolldb@yahoo.com or Janet Larsen at 931.644.1207.

Mar 19 - North Bird Mountain, Frozen Head State Park. North Bird Mountain trail is an old CCC trail that has been re-opened. We will hike up North Bird Mountain trail and down Lookout Tower Trail. Elevation gain and loss 1730 feet with 14 plus switchbacks. There are several water crossings. Highlights are views of the Cumberland Mountains and wildflowers. The hike is 10.4 miles and rated strenuous due to the uneven and rocky terrain, and distance. Bring snacks, water, lunch, and hiking boots. Meet at J.C. Penny's in Cookeville at 7:00 am. For information and to register contact Louise Miniard at 931-239-5425 or lminiard@flowserve.com.

Upper Cumberland Chapter – con't.

Mar 26 - Collins Gulf Loop, Savage Gulf State Natural Area, Palmer, TN. Highlights of this hike include Horsepound and Suter Falls, numerous overlooks, and the historic Stagecoach Road built in the 1830s. We will descend into the gulf along the Collins Gulf Trail to Suter and Horsepound Falls. (Those who want a shorter hike can return to the beginning from Horsepound Falls for a total hiking distance of 5 miles which is rated moderate). We will continue by ascending from the gulf on the Stagecoach Road and then follow the Collins Gulf loop to the beginning. The hike is 13 miles and is rated strenuous. Bring hiking boots, headlamp, snacks, water, and lunch. You can meet us at 7:00 am CT in the Penney's parking lot in Cookeville or at the US Bank across from McDonald's in Sparta at 7:30. For information and to register contact Gary Kimbrell at 931-215-9520 or Gary.Kimbrell@fbttn.com.



With deepest appreciation I thank TTA members for their outreach and support following the death of my daughter, Lora Beth Hyder. (12/18/15).

***Margaret Massa
Upper Cumberland Chapter***



OFFICERS:

President

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

Vice-President

Bruce Whitehead 941-716-3620
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

Margaret Dixon 901-603-7680
westregional@tennesseetrails.org

Middle TN At-Large Director

Joan Hartvigsen 931-962-0811
middleregional@tennesseetrails.org

East TN At-Large Director

Garnett Rush 865-268-5181
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

2016 CTC Spring BreakAway Program March 6 – April 2



Help, they're coming, they're coming! Students are arriving for the Spring BreakAway Program---- March 6th - March 13th -50; March 20th -24; lastly March 26th – 21 students. CTC is looking for a few good men and women volunteers! OK, maybe more than a few and maybe not so good. Currently we have 6 volunteers confirmed for week 1 only, with needs for many more throughout March. Lodging and food at Fort Bluff Camp in Dayton is provided by CTC, all we need is YOU!

Stay for the week, one night or daily only, any and all time contributed is appreciated.

Contact: Marianne at CTC Office: 931.456.6259 or email ctcoffice2014@gmail.com for more information.



Wouldn't you look good in one of these!

Newsletter Deadlines:

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

<u>Due</u>	<u>For Newsletter Dated</u>
Mar 10	Apr 1
Apr 10	May 1
May 10	Jun 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**

Mar 16

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

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 Trails 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. 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 partner organization (CTC) and associate organization (TRAC). (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.