

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



Short Springs Work Day

Twelve volunteer workers met at the Short Springs State Natural Area parking lot at 9:00 am March 31 for the Fifth Saturday Highland Rim TTA Short Springs Work Day. Many of the volunteers are members of the Friends of Short Springs and Tennessee Trails Association. Short Springs is a beautiful 420 acre state natural area located at 2250 Short Springs Road, Tullahoma. It has over five miles of wooded hiking trails, 65 ft. Machine Falls, Upper and Lower Busby Falls on Bobo Creek and clear running streams. And, at this time of the year, many spring wildflowers.



Star Scout Laiten Burnelle and TTA Member Tom Hartvigsen (white sweatshirt) with fellow volunteers

New workers Mac and Susan McWhirter brought their Kubota utility truck which was a great help in transporting tools and materials to the worksite. The other volunteers were Sam Simmons, Bill Madewell, Mary Etta Ward, Roy Phelps, David Bowling, Jean Wix, Tom Hartvigsen, Jennifer Burnelle and her son, Star Scout Laiten Burnelle. Dr. Wally Bigbee was the work coordinator.



Star Scout Laiten Burnelle and mom Jennifer Burnelle installed water bar

Machine Falls Trail is eroded by rainwater runoff. The volunteers installed more wood water bars on the steep sections of Machine Falls Trail to divert the rainwater from further eroding the trail. They replaced rotted timbers with new ones, anchoring them in the earth with metal rods. Others dug out drainage channels. Some workers put a new step on a wood staircase. Some installed a block step in an eroded place. An eroded spot on Machine Falls Trail was filled in with dead branches to reduce further erosion.

For information about membership or work days please contact Joan Hartvigsen at jhartvigs@comcast.net or 931-962-0811.

Submitted by Dr. Wally Bigbee
Member of Friends of Short Springs and Tennessee Trails Association



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: Teresa Kemmer
Email: ctcoffice2014@gmail.com
Website: www.cumberlandtrail.org

Breakaway 2018 (Alternative Spring Break Program)

2018 Spring BreakAway saw 109 students from nine colleges pitching in to create 10,028 feet of new trail between Black Mountain and Ozone Falls in eastern Cumberland County. Twenty volunteers from Whole Foods Markets around the southeast joined them for two days of trail building. This was the 22nd consecutive year for the CTC to host this annual month-long event, based this year at Camp Ozone.

The students came from Boston University, Michigan State, University of Pittsburgh, University of South Florida, Indiana University of Pennsylvania, Centre College (Kentucky), University of Delaware, and Colorado University - Boulder. The Whole Foods volunteers were from Alabama, Georgia, North Carolina and Tennessee. CTC's thanks go to the Cumberland Trail State Park's manager and assistant manager, Bob Fulcher and Jordan Sikkema, and to park rangers Anthony Jones and Ryan Maddox, who provided resources on and off the trail.

We also want to thank additional volunteers who joined the program: Nora Beck, Pete Berntsen, Tim Case, Melody Carson, Gary Darnell, Kristen Lewis, Roger Maness, Thomas Parker, Nathaniel Reed, Mark Richie, Lionel Senseney, Charley Sither, Danny Terry, Roger Underwood, John Wiggington, and Lee and Darralyn Williams.

Total footage of trail built during BreakAway comes to 1.9 miles, and nearly 100 stone steps and pavers—a great BreakAway season!

For more information on this annual program, contact the CTC office.

Current Trail building opportunities:

The Cumberland Trail Conference is working in the Soak Creek (Spring City area) section to build trail. If you would like to join the trail crew during their regular work hours, please contact the CTC office to register and make arrangements to meet the crew.

CLARKSVILLE CHAPTER

CHAPTER CHAIR: J.R. Tate 931-220-1359
clarksville@tennesseetrails.org
CHAPTER REPRESENTATIVE: Paul Schwab 931-801-9484
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 931-801-9484
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.

Please call hike leaders to confirm hike time and meeting place.

May 5 - Kohl's Trail Head to Percy Priest Dam and back. 5.8 miles. Bob Lyon 931-648-2354. Meet 8:00 am CT, I24 Exit 11 commuter parking lot. 42 miles to trailhead.

May 12 - South Cumberland State Park, Collins Gulf Trail. 11.5 miles. Difficult. Paul Schwab 931-801-9484. Meet 6:00 am CT, I 24 Exit 11 commuter parking lot. 142 miles to trailhead.

May 15 - Monthly Chapter Meeting.

May 19 - Johnsonville State Historic Park. 4.6 miles. Moderate. Paul Schwab 931-801-9484. Meet 8:00 am CT, BigLots parking area, Riverside Drive, Clarksville, TN. 55 miles to the trailhead.

50th Anniversary of TTA

2018 is the 50th anniversary of TTA. We plan to celebrate at the annual meeting at Brandon Springs Group Center in Dover October 26 – 28. The Clarksville Chapter will be hosting the meeting.

If you have ideas for the 50th anniversary celebration, please share with your chapter chairs, a member of the board of directors or the Clarksville Chapter.

All chapters are encouraged to consider compiling chapter histories (pictures are always welcome) to commemorate the past.

COLUMBIA/FRANKLIN CHAPTER

CHAPTER CHAIR: To be determined
columbia@tennesseetrails.org
HIKE COORDINATOR: Jane Coffey 615-516-6551
columbiahikes@tennesseetrails.org

MEETS QUARTERLY: Meets quarterly at the Barnabas Center at 506 Fair Street, Franklin, TN 37064. The Barnabas Center is located behind St. Paul's Episcopal Church. Social hour from 6:00 - 7:00 pm. Meeting at 7:00 pm.

Please check the TTA website for updates on our hikes.

May 15 - Radnor Lake Hike. There will be two hikes running concurrently. Fred Warner will lead a hike which will include Ganier Ridge and South Cove Ridge. Meeting times and locations will be presented closer to the hiking date. Contact Fred Warner: *fredhwarner@gmail.com*. Please leave contact information in case of inclement weather.

May 19 - Stillhouse Hollow Falls Cleanup/Maintenance Hike. The Columbia/Franklin chapter will host a maintenance hike at Stillhouse Hollow Falls. Bring gloves and plastic bags for cleanup. Ellen Clark will lead this hike. Meet at 9:00 am at McDonald's in Spring Hill (4908 Columbia Pike, Spring Hill). If you would prefer to meet at Stillhouse Hollow Falls, then please plan to meet at 10:00 am at the trailhead. Contact Ellen Clark if you plan to attend: *ercclark@aol.com* or 615-482-3605. Please leave contact information in case of inclement weather.

President's Corner

National Trails Day is June 2. To find an event, visit the American Hiking Society website and search for events planned across Tennessee and the United States. In addition, many of the Tennessee State Parks are hosting events, and details about these events may be found on the Tennessee State Parks website. This would be a good weekend to go explore your nearby State Park or a State Park that you have always wanted to visit.

Tennessee has 56 State Parks. I have visited 30 of these 56 parks and with my upcoming retirement, I plan to add additional Tennessee State parks to my "been there" list and explore the hiking opportunities in these parks.

Happy trails,

Carolyn Miller

EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER CHAIR: Rosemary Marshall 865-985-9144
easttennessee@tennesseetrails.org
WEBMASTER: Sherry Barber 865-209-6189
sbarber6189@comcast.net

May 5 - Bird Mountain, Cumberland Trail, Frozen Head State Park. 7.5 miles. Moderate. Join us on a hike in the Cumberland Mountains. We will park at the Park Headquarters and hike the road and the Bird Mountain trail to the top of Bird Mountain and the Cumberland trail, about 3 miles, gaining about 1400 feet. We will follow the Cumberland trail south for about 1.5 miles to Ross Gap, losing about 200 feet, then turn down the mountain on an old coal haul road to an un-named trail which we will follow to Flat Fork Creek, losing about 1200 feet. Depending on the water level in Flat Fork Creek we may or may not ford the creek on our way back to the vehicles. We recommend shoes to wear to and from the hike plus sturdy hiking shoes, other weather appropriate clothing, a snack, a drink and a camera. We will meet in the Bearden Central Baptist Church parking lot for car-pooling and leave at 8:30 am stopping in Oak Ridge at Books-A-Million, 310 South Illinois Ave, and meeting in the parking lot nearest Illinois Ave. We will leave there at 9:00 am. Don't forget \$\$\$ for carpooling.

May 12 - Big Ridge State Park We will walk a 6.5 mile loop in the park by combing several trails. There will be some up and down and we will get some good views of Norris Lake as well. Bring a lunch and plenty of water, it will probably be quite warm by then. Meet at KARM on Merchants rd. at 9 am. KARM is located at exit 108 off 275 North. It is next to the Outback Steakhouse. Leader Chris Hamilton *hikeintenn@gmail.com*.

May 19 - Charlie's Bunion Trail, GSMNP. 8 miles. Moderate. It's one of the most popular hikes in the Smokies because it is part of the Appalachian Trail. We'll begin our hike at Newfound Gap and hike 4 miles to a spectacular overlook rock. After a short break, we will return those same 4 miles to our cars. This hike has very little elevation gain and loss. Our meeting place will be Ingles parking area on Cedar Lane at Merchant's Rd Exit at 8:00 am ET. For those who prefer to meet at the trailhead, we will begin our hike at 10:00 am ET. Wear your hiking boot and bring snacks and water. Don't forget your \$\$\$ for carpooling. If you have any questions, just call or text Rosie at 865-985-9144 or *rosemary_L@hotmail.com*.

HIGHLAND RIM CHAPTER

(Coffee and Franklin Counties)

CHAPTER CHAIR: Mary Etta Ward 931-581-9906

highlandrim@tennesseetrails.org

SECRETARY Tanja Kendrick 931-224-6225

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.

May 6 – Ritchie Hollow Trail, 17805 River Canyon Road, Chattanooga. 5 miles round trip, 1,000 ft. elevation change. Moderate. This new trail opened in January 2018. Local partnerships between the Tennessee River Gorge Trust, Prentice Cooper State Forest, TVA, Rock/Creek, the Riverview Foundation, the Benwood Foundation, the Southeast Conservation Corps, the Chattanooga Hiking Club and the UTC GIS Lab made this trail possible. This pretty trail starts at the Tennessee River near Pot Point Cabin and climbs Suck Creek Mountain in the eastern edge of Prentice Cooper State Forest. The trail connects with the Pot Point Loop Trail inside Prentice Cooper State Forest. From this junction Snoopers Rock (a stunning overlook of the Tennessee River Gorge) is 1.6 miles one way. This hike provides views of the Tennessee River Gorge, surrounding mountains, mountain streams, 30 ft. Blowing Wind Falls, wildflowers and hardwood forests. Please register with Joan Hartvigsen, *jhartvigs@comcast.net* or 931-962-0811. Meet at 7:45 am CT at Monteagle Elementary School to form a carpool or 9:00 am CT at the trailhead. Bring water, lunch and hiking sticks. Wear sturdy hiking boots. If the group wants a longer hike we can hike to Snoopers Rock and back for an 8 mile hike instead of a 5 mile hike. Or we could hike the 3.5 mile Pot Point Nature Trail after we hike the Ritchie Hollow Trail. The Pot Point Nature Trail trailhead is located on the opposite side of the Ritchie Hollow parking lot. On this trail we will see native azaleas, wildflowers, wildlife including beaver and osprey. We will enjoy views of the Tennessee River and hike through Mike Linger Butterfly Meadow.

May 11-14 – Great Smoky Mountains National Park. Cataloochee Valley, NC. Camping and Hiking Weekend. Joint activity with the Murfreesboro Chapter. Camping in Cataloochee Group Campground, Sites G001 and G002 on May 11, 12, 13. These lovely, quiet campsites are situated along Cataloochee Creek. Friday we will hike a short section of Boogerman Trail. Saturday we will hike a 9.3 mile loop consisting of sections of three trails: Rough Fork, Caldwell Fork and Big Fork Ridge Trails, 1,200 ft. elevation change. Sunday we will hike Cataloochee Divide Trail to Appalachians Highlands Science Center, 8.4 miles round trip, 800 ft. elevation change. Bring water shoes. We will view the Elk in the evenings and early mornings

Highland Rim Chapter – con't.

For those camping Sunday night, we may hike to Max Patch on Monday on the way home. Contact Joan Hartvigsen, *jhartvigs@comcast.net* or 931-962-0811 to reserve space in the two group campsites. Friday evening we will share an evening meal. Bring your own food for the remaining meals. We may not be able to eat at a restaurant because of this remote location. Bring drinking water. No drinking water available at Cataloochee Group Campground. Drinking water is available 1.6 miles away at the Cataloochee Campground.

May 19 – Duck River Float. Normandy Dam to Dement Bridge. 5 miles to Dement Bridge. 8.5 miles to Three Forks Bridge. Joint float with the Murfreesboro Chapter. Portage required around Cortner Mill. Lunch on sandbars immediately downstream from Cortner Mill Dam. Bring sack lunch and water. Meet at 9:00 am CT at the put-in below Normandy Dam to organize a vehicle shuttle. Contact Joan Hartvigsen at *jhartvigs@comcast.net* to register for the paddle.

May 21 – Chapter Meeting. Dinner at 5:00 pm at One22West Restaurant, 122 W. Lincoln Street, Tullahoma. Meeting at 7:00 pm, D. W. Wilson Community Center. Marietta Poteet will present a program on her 192 mile hike across England on the Wainwright Coast-to-Coast Trail from the Irish Sea to the North Sea, starting at St. Bees Head and ending at Robin Hood's Bay. Marietta hiked with five friends from the Nashville Chapter of TTA.

May 26 – Laurel-Snow State Natural Area, part of the Cumberland Trail. Dayton, TN. 10.5 miles. Moderate to difficult because of distance and stream crossings. Joint hike with the Murfreesboro Chapter. We will follow the main trail along Richland Creek, then proceed on to Snow Falls. We will visit Dunn Overlook on the way out and Buzzard Point on the way back. The hike has a beautiful beginning section along Richland Creek, which is a large creek featuring cascades and huge boulders along with that musical sound of falling water. We will need to cross Laurel Creek since there is no bridge at this time. This could mean rock hopping or stream fording, depending on the water level, so all hikers need to come prepared with water shoes and trekking poles for balance. An impressive suspension bridge spans Richland Creek a little further on. Expect some moderate climbs. At the campsite near Snow Falls we have a view of the falls, but to proceed to the actual falls we must cross Morgan Creek. This might be a difficult crossing because the water can become quite deep and swift with seasonal rains. It's possible we'll have to turn back at this point if it's not fordable. On the return we'll go out to Buzzard Point along a side dirt road. This is a magnificent rocky overlook jutting out over the gorges created by Morgan Creek and Richland Creek. We can see where both gorges come together from this view point. Then we'll return to the main trail via a short side trail and return the way we came from that point on. Come prepared with plenty of water for an all day hike, hearty snacks and/or lunch. Hiking boots, trekking poles and water shoes are a must. Contact Marietta Poteet, *nannietta@blomand.net* or 931-924-7666.

JACKSON CHAPTER

CHAPTER CHAIR: Melinda Pearson 731-225-4293
jackson@tennesseetrails.org
TREASURER: Anne Goodson 664-1556
jacksontreas@tennesseetrails.org
SECRETARY: Terry McCoy 731-535-0625
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

May 1 – Chapter Meeting. Please join us for dinner at Perkins Restaurant, starting at 6 pm, followed by a meeting to plan our remaining hikes for this spring and consider what hikes we would like to take in the fall.

May 19 - Overnight Loop, Cumberland Mountain State Park. 8 miles. Moderately difficult. Those who wish to camp Friday or Saturday night are encouraged to do so. Our hike leader will be Jeff Chambers. For additional information, please contact Jeff at *chambers.jeffreyb@gmail.com*.

Planning Ahead:

Date TBD – Henry Horton SP. The park offers a monthly float and camp excursion on the Duck River. Park personnel would transport our camping gear (so we don't have to risk getting it wet). We would like to schedule a trip if enough folks want to go. We have proposed dates of June we, July 14 or September 8. If you are interested, please contact Dusty King, at *dusty@kingplc.co*. A map of Henry Horton State Park is here - <http://tnstateparks.com/assets/pdf/additional-content/park-maps/10-henry-horton.jpg>.

MEMPHIS CHAPTER

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

May 5 - Herb Parson Lake State Park, Fisherville. This is an easy 6-mile hike around the lake and through the woods. We will start promptly at 9:30 am from the lake parking lot. Bring snacks and water. Rain will cancel. For questions contact Julie Nicol by email at *julieknicol@gmail.com*.

May 12 - T O Fuller State Park Hike & Chapter Picnic. We will begin the hike at Shelter #1 at 9:30 am. The hike is a 4-mile continuous loop trail ranging from moderate to strenuous. Wear hiking shoes. Bring water and a snack if desired. We will view the Chucalissa Indian Village and Wetlands. After the hike (approx. 11:45) we will celebrate a great hiking season at TO Fuller Shelter #1. The chapter will provide hotdogs, buns, relish, ketchup, mustard, paper plates, flatware, napkins, drinks, and ice. Please bring your favorite potluck dish, salad, or desert. We hike to eat! There are plenty of picnic tables and benches at the shelter. You may bring a lawn chair if you want. Activities include hiking, walking around the old golf course, visiting the Interpretive Center, perhaps a few lawn games and good conversation. Bring a friend. Rain will cancel hike and picnic. 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, continue past the Visitor Office on your right, go down the hill and turn right at the sign to Shelter #1. The shelter is about ¼ mile on your left. The hike will leave from the shelter. Restrooms are available. Please register in advance so that we will know how many people plan to eat. Register by email at *mquinlen@gmail.com* or call Marion Quinlen at 901-482-8640.

LEAVE NO TRACE PRINCIPLES



- ❑ Leave what you find.
- ❑ Minimize Campfire Impacts.
- ❑ Respect wildlife.
- ❑ Be considerate of other visitors.
- ❑ Plan ahead and prepare.
- ❑ Travel and camp on durable surfaces.
- ❑ Dispose of waste properly.

TIP

Dehydration is serious. Drink a lot of water – more than you feel you need. One of the first signs of dehydration is a headache. If you become dehydrated, you must slow down immediately and get re-hydrated.



MURFREESBORO CHAPTER

CHAPTER CHAIR: Tony Jones 615-397-4463
murfreesboro@tennesseetrails.org

TREASURER: Sara Pollard 615-714-3610
murfreesborotreas@tennesseetrails.org

PROGRAM COORDINATOR: Valerie Galan 615-516-6441
murfreesboroprogram@tennesseetrails.org

HIKE& MEMBERSHIP COORDINATOR: Jennifer Zahn 615-943-8853
murfreesborohikes@tennesseetrails.org

BLOGMASTER: Craig McBride 615-394-6121
murfreesboroblog@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

May 5 – Barfield Wilderness Loop Trail. Barfield Crescent Park. Murfreesboro. 4 miles of wooded trail with a slight hill to climb near the beginning. Nothing very strenuous. There are lots of paved paths as well to walk if anyone wants to add on mileage. Contact Jennifer Zahn at 615-943-8853 or *jenzahn@gmail.com* for more information.

May 8 – Chapter Meeting. 6:00 pm. NOTE TIME CHANGE. We will meet an hour earlier since this is our planning meeting for July thru Dec. Bring your calendars to schedule hikes you want to lead or ideas for hikes. Bring a finger food to share. Drinks will be provided. If you want to schedule a hike and cannot attend, contact Jennifer Zahn before the meeting at *jenzahn@gmail.com* or 615-943-8853.

May 11-13 – Great Smoky Mountains National Park Camping and Hiking. Joint activity with the Highland Rim Chapter with the option to stay until Monday, May 14. Camping in the Cataloochee Group Campground, Sites G001 and G002. These campsites are situated along Cataloochee Creek. Hikes will include the Rough Fork, Caldwell Fork, Big Fork Ridge Trails Loop Hike and the Cataloochee Divide Trail. Friday evening we will share an evening meal. Bring a dish to share. Bring your own food for the remaining meals. We may not be able to eat at a local restaurant because of this remote location. This trip will fill up quickly, so reserve your camping spot soon by contacting Joan Hartvigsen of the Highland Rim chapter at *jhartvigs@comcast.net*. If interested in carpooling from Murfreesboro, contact Sara Pollard at *sarapollard@gmail.com* or 615-714-3610.

May 19 – Duck River Float. Normandy Dam to Dement Bridge is 5 miles, OR 8.5 miles to Three Forks Bridge. Joint float with the Highland Rim Chapter. Portage required around Cortner Mill. Lunch on sandbars immediately downstream from Cortner Mill Dam. Bring sack lunch and water. Meet at 9:00 am CT at the put-in below Normandy Dam to organize a vehicle shuttle. You can do the 5 miler or the 8.5 miler and you will park your vehicle at either Dement or 3 Forks during the shuttle. For more information or to register contact Tony Jones at 615-397-4463 or *tonjon1968@gmail.com*. There may be a carpool from Murfreesboro if needed.

Murfreesboro Chapter – con't.

May 26 - Snow Falls hike/Laurel-Snow State Natural area. 10 miles. Moderate to difficult because of distance and stream crossings. Joint hike with Highland Rim chapter. The plan is to leave from the Dayton, TN trail head and follow the main trail along Richland creek, then proceed on to Snow falls. We will visit Dunn overlook on the way out and Buzzard Point on the way back. The hike has a beautiful beginning section along Richland creek, which is a large creek featuring mini falls and huge boulders along with that musical sound of falling water. We will need to cross Laurel creek since there is no bridge at this time. This could mean rock hopping or stream fording, depending on the water level, so all hikers need to come prepared with water shoes and trekking poles for balance. An impressive suspension bridge spans Richland creek a little further on. There is evidence along the way of past logging and mining activity and we'll pass the remains of a dam that was used to create a water reservoir for the city of Dayton. Expect some moderate climbs. Also, once we arrive at the campsite near Snow falls we will have a view of the falls, but to proceed to the actual falls will require crossing Morgan Creek. This could be a difficult crossing as the water can become quite deep and swift with seasonal rains. It's possible we'll have to turn back at this point if it's not fordable. The campsite will provide a good lunch spot. On the return we'll go out to Buzzard point along a side dirt road. This is a magnificent rocky overlook jutting out over the gorges created by Morgan creek and Richland creek. You can see where both gorges come together from this view point. Then we'll return to the main trail via a short side trail and return the way we came from that point on. Come prepared with plenty of water for an all day hike, hearty snacks and/or lunch. Hiking boots, trekking poles and water shoes are a must. Contact Jan Safavi at *safavi.jan@gmail.com* or 615-390-9146 for time and carpool information.

TIP

Protect yourself from the sun. A brimmed hat, sunscreen, lip balm and sunglasses are important items to have in your pack.



Board Positions for 2018

We currently have four open board positions for 2018: Vice President, West Tennessee Regional Director, and two members to serve on the board. If 2018 is your year to serve, please contact one of the officers or regional directors to submit your name for further consideration by the nominating committee and the entire board of directors.

We still have some committee positions open to members. These positions were created as part of the bylaws revision in October 2017 in an effort to engage members who wanted to serve the organization but not have responsibility as a board member. Open committee positions are noted below.

Nominating Committee. The Nominating committee is responsible for the long term development of leadership within the organization, and to provide a slate of qualified candidates for election to the board at each Annual Membership Meeting, and to recommend qualified replacements for any vacancies that may occur. 2 positions open for members and a member willing to serve as the West Tennessee Regional Director

Audit Committee. The duties of the Audit Committee shall be to oversee policy compliance, conflicts of interest, ethics, and program integrity. They shall select, retain, oversee, and interact with the auditors for the Association. The Auditors shall report directly to the Board. Audit Committee - two board positions and several positions for members are available on this committee.

Awards Committee. This committee shall recommend to the Board candidates for the various recognition awards provided by these bylaws. The chair of this committee shall be the Vice President. two board positions and several positions for members.

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

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

May 12 - Nashville Urban Hike. 5 miles. Easy. We will meet at 9:00 am at the Carillon Bells located on the north end of Bicentennial Mall, nearest to Jefferson Street, not far from the Farmer's Market. Arrive early to locate free parking along 5th or 6th Avenues or park at Farmer's market. The hike will lead into downtown following the state historical markers of Bicentennial Mall, and we will then climb the hill to the state Capitol and see that up close. Next, across War Memorial Plaza and east on Union Street, we will pass Printer's Alley and make our way to 1st Avenue N where the rebuilt Fort Nashborough is open to the public. Continuing to lower Broadway we'll enjoy the flavor of that district and work our way past the symphony hall and up to Rolling Mill Hill, briefly enjoying the greenway and a fine view of the Cumberland River. We continue uphill and across the Richard Fulton campus then go west on Middleton and Ash streets eventually reaching the somewhat new Division Street connector and will be rewarded with some different views of downtown. This route will lead us across town to the Gulch, and we will hike along 12th and 11th Avenue S and onto the Gulch Greenway to Charlotte Avenue, thence to our starting point. Optional lunch at choices at nearby Farmer's Market or in Germantown. Hike leader: Tom Vickstrom – tomzinger55@gmail.com 615-405-6713.

May 22 - Annual Nashville Chapter Picnic, Edwin Warner Park, Nashville TN. Shelter 10, 4:00 pm CT until sunset. Following a potluck meal at 6:00 pm, we'll take a twilight walk on the park roads. The chapter will provide tableware, napkins, and ice, but we encourage you to bring your own non-disposable "mess kits" as a more sustainable alternative. If you have a camping lantern and folding chair, you may want to bring those also. The shelters aren't lighted. For the walk, you will want a flashlight or headlamp. Bring friends! This is the only chapter meeting that also includes a hike, so bring along a friend who's been thinking about going beyond walking in the neighborhood. Directions from Nashville: Drive west on West End / Harding. Turn left at the "split" in Belle Meade to go on Highway 100. Continue on Highway 100 for 3.2 miles and turn left on Old Hickory. Drive 0.7 miles over the ridge and turn right on Vaughn Road at the traffic light. In about 0.3 miles, turn right into the Edwin Warner Park Picnic Area. We will be at Shelter #10, almost at the end. When you see a permanent rest room building, turn left and then left again at the fork immediately following. For more information, contact Libby Francis at LibbysLibbys@comcast.net or 615-319-7501.

PLATEAU CHAPTER

(Crossville)

CHAPTER CO-CHAIRS: Bruce Whitehead 941-716-3620

plateau@tennesseetrails.org

TREASURER: Gena Whitehead 941-716-3620

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 or to register for any of our hikes, contact the hike coordinator, Deb Westervelt, via email plateauhikes@tennesseetrails.org or text/call 931-267-2243. For a list of monthly hikes, visit the Plateau Chapter. **Check the blog one hour prior to hike time for cancellation or for any other updates/changes to our schedule before hiking.**

May 2 – Cloudland Canyon State Park, Rising Fawn, GA.

This is an in and out moderate to difficult 6-7 mile wildflower hike on the Waterfalls Trail and Sitton's Gulch Trail which includes a 600-step staircase on the way to two waterfalls cascading over layers of sandstone and shale into pools below. The park straddles a deep gorge cut into the mountain by Sitton Gulch Creek with elevations from 800 to 1,980 feet. The driving time from Crossville is a little over 2 hours. Depart 7:30 am CT from Trinity Tabernacle Church on Hwy 127 South. Carpool cost is \$11. Pack water, snacks and lunch

May 9 – Colditz Cove and Gentleman's Swimming Hole, Rugby.

Colditz Cove features a 1.5 mile loop to the 60 foot high Northrop Falls. A short drive brings us to the Gentlemen's Swimming Hole in Rugby for an additional 2 mile hike. Depart Cracker Barrel at 7:30 am CT. We can also walk around historic Rugby and eat lunch at the Harrow Road Café or RM Brooks General Store. Carpool cost is \$6. Pack water, and snacks.

May 10 – Plateau Chapter Spring Picnic at Meadow Park Lake, Crossville.

Rain or shine, our Chapter Picnic will be from 5:00 to 7:00 pm CT at the Meadow Park Lake picnic shelter. Bring your own meat to grill, and covered dish or dessert to share. Charcoal grills will be ready for grilling by 5:00 pm. Plates, plastic ware, cups, napkins, coffee and iced tea will be provided. Call Carol Quattrociocchi, 931-484-4230 or text 931-787-9083.

May 16 – Standing Stone State Park, Hilham.

Join us on a 7 mile wildflower hike around the Lake and to the historic Fisk House. The park takes its name from a 12 foot tall rock standing upright on a sandstone ledge, which was supposedly used as a boundary line between two Indian nations. When the rock fell, the Indians placed a portion of it upon an improvised monument to preserve it. The stone is still preserved in Monterey. Depart 7:30 am CT from Cracker Barrel. Pack water, snacks and lunch (option: eat late lunch in Cookeville). Carpool cost is \$6.

Plateau Chapter – con't.

May 23 – Pickett State Park- Natural Bridge/Hazard Cave/Indian Rockhouse/Lake View Trails.

This is an easy to moderate 6 mile loop which includes a natural bridge, and two large rock overhangs, Hazard Cave and Indian Rockhouse. At Hazard Cave there are signs along the trail that identify the endangered Cumberland Sandwort plant. Take a closer look and you will see parts of the rock carved over time into intricate shapes, and beautifully colored by algae and lichen. Depart 7:30 am CT from back parking lot of Cracker Barrel, junction of Hwy 127 N & I-40. Carpool cost is \$6. Pack water, snacks and lunch.

May 26 – Great Smoky Mountains National Park – Injun Creek, Greenbriar section, Gatlinburg. 7 miles.

Moderate. This trail is unmaintained but very scenic with small waterfalls, cemetery, bridges and lots of foliage and wildflowers. About half way through the hike, we will pick up the Grapeyard Trail and follow the creek to our shuttle destination. Bring snacks, water, lunch, and hiking boots. Depart VF Outlet Mall at 7:30 am CT. Carpool cost is \$10.

May 30 – Pickett State Park-John Muir and Hidden Passage Trails.

This will be a moderate 7.05 mile requiring a short car shuttle. Depart from back parking lot of Cracker Barrel, junction of Hwy 127 N and I-40, at 8:00 am CT. Carpool cost is \$6. Pack water, snacks and lunch.

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, how about it in 2018?

GO GREEN

Electronic Newsletter Available

This is reminder that you can now receive your monthly newsletter via email. If interested please contact Cheryl Heckler at membership@tennesseetrails.org and please include your email address.

SODDY-DAISY CHAPTER

CHAPTER CHAIR: Jean Smith 423- 596-7681
soddydaisy@tennesseetrails.org
TREASURER: Robertson (Bob) McGavock 423-667-2960
soddydaisytreas@tennesseetrails.org
HIKE COORDINATOR: George Bonneau 423-842-3619
soddydaisyhikes@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>

May 1 - Foster Falls and Loop. Foster Falls State Park is part of the South Cumberland State Park system. A short 45-minute drive from Chattanooga, Foster Falls boasts a stunning 60-foot waterfall. The trailhead for the 2-mile hike starts from the Foster Falls parking lot and follows the rim of the gorge. On your way you will pass a viewing platform that provides you with a nice view of the falls from above. Continue along the trail until it makes an abrupt right to drop down into the gorge. While not an extreme hike the path is quite rocky and uneven, so be careful. Follow the path down and cross over a swinging bridge taking you across the river and to the base of the falls. From here you can return to the top and hike the flat rim trail or take the circular path that moves up the opposite rim of the canyon through a large boulder field where another spectacular view of Foster Falls awaits. You will then return along the rim trail. For those who do not wish to hike to the bottom of the falls you may want to stay on top and hike the rim trail. Meet at Food City in Red Bank at 8 am. Hike leader: Trish Appleton 423-240-3433.

May 5 - Savage Gulf south rim. Approximately 10 miles. Strenuous. Meet at Durham Street parking lot in Soddy Daisy at 8 am. Hike leader: George Bonneau.

May 8 - Ritchie Hollow Trail. Approximately 4 miles. Easy to moderate. Boulders, river views, water fall, old moonshine stills. Hike will begin at the Pot Point Cabin at 17805 River Canyon Road (on the river) and end where it intersects the Pot Point Loop Trail near the top the Tennessee Gorge. Meet at Walmart on Signal Mountain Boulevard parking lot where it borders the old railroad tracks at 8 am. Hike leader: Bob McGavock 423-667-2960.

May 12 - Lower Leggett to Rock Creek bridge and back. Approximately 10 miles. Strenuous. Meet at Durham Street parking lot in Soddy Daisy at 8 am. Hike leader: John Politte 423-304-8327.

May 15 - Black Mountain loop. Approximately 5 miles. Moderate. Meet at Durham Street parking lot in Soddy Daisy at 8 am. Hike leader: Boodie Fox 423-842-1178.

May 19 - Flipper Bend. Approximately 11 miles. Strenuous. Meet at WalMart in Soddy Daisy at 8 am. Hike leader: John Politte 423-304-8327.

Soddy-Daisy Chapter – con't.

May 22 - Harrison Bay State Park. Approximately 4-1/2 miles. Easy. Meet at Target on Hwy 153 at 8 am or at the trailhead at 8:30 am. Hike leader: Ed and Donna Pyers 423-344-9271.

May 26 - Lula Lake. Approximately 4-1/2 miles. Moderate. Meet at Food City parking lot in Red Bank at 8 am. Hike leader: Nancy Allen 423-344-1118.

May 29 - Big Soddy Gulf to Cumberland Mountain trail and back. Approximately 4 miles. Easy to moderate. Meet at Durham Street parking lot in Soddy Daisy at 8 am. Hike leader: Bob McGavock 423-667-2960.

**TTA Second Quarter 2018
Board of Directors Meeting
Bells Bend Outdoor Center
4187 Old Hickory Boulevard, Nashville, TN 37218
Saturday, May 5
1:00 PM – 4:00 PM**

Welcome and Introductions

Secretary's Report – Jackie York

- Approval of the Minutes of February 2018 Board meeting

Treasurer's Report – Kathy Woods

Membership Report – Cheryl Heckler

New Business

- Bylaws Committee Report
- Communications Committee Report

Old Business

- 2018 Annual Meeting Update
- Nominating Committee
- Awards Committee
- Website Update

To add items to this agenda, please contact TTA President, Carolyn Miller, one of the officers or one of the TTA board members or chapter chairs.

All board meetings are open to any TTA member and the public.

Only board members are eligible to vote on motions before the board.

SUMNER TRAILS CHAPTER

CHAPTER CHAIR: Lynn Takacs 615-479-7702
sumner@tennesseetrails.org

May 12 - Eagle Pass Section of Cumberland River Bicentennial Trail. 3.5 miles. Easy. We will start from the Sycamore Harbor trailhead which is on Chapmansboro Road about 3.5 miles from Hwy 12. We will leave a car at the end of the trail near Cheatham Lock and Dam to bring the drivers back to our trailhead after the hike - during this shuttle time we can hike south on the paved greenway to the classic railroad trestle over the Sycamore Creek embayment. The Eagle Pass Trail is a rails-to-trails greenway on gravel and dirt surface and mostly follows a bluff overlooking the Cheatham Lake part of the Cumberland River with nice views and very little elevation change. Perhaps we can spot the eagle that the trail was named after. Meet for carpooling at Hendersonville Presbyterian Church parking lot at 9 am CT. We will make a pit stop at McDonalds in Ashland City about 9:45 or so. After the hike we will have lunch at Riverview Restaurant across the river from Ashland City. For further info contact Bicentennial AI at ballallenger@aol.com.



Teresa Brown, Imagination Library, Mary Etta Ward, Highland Rim TTA, Judge Andy Myrick, Lincoln County General Sessions Court, Kevin Freeman, founder of Trails for Kids, Chris Mitchell, Director Fayetteville Recreation Dept., Jena Gray, Imagination Library.

Trails for Kids, Fayetteville was awarded \$600 Evan Means grant to purchase trail tools to maintain and build trails in the Don Davidson Park in Fayetteville. Mary Etta Ward of the Highland Rim Chapter of TTA met with representatives of Trails for Kids and affiliated organizations to present the grant check.

UPPER CUMBERLAND CHAPTER

(Sparta / Cookeville)

CHAPTER CO-CHAIRS: Jennifer Carroll 661-369-6619
uppercumberland@tennesseetrails.org

HIKE COORDINATORS: Cathy Moran 931-544-2764
uppercumberlandhikes@tennesseetrails.org

May 5 - Cane Creek Park, Cookeville, TN. Yearely meeting and potluck. Meet at small upper shelter (lakeside) 10:00 am to hike. We can walk both loops for about 4.7 miles. Pot luck and meeting will began around 11:30. Calendar and old hike descriptions will be available. Please come with ideas and dates to led hikes. Contact Jennifer Carroll to sign up. Jennifer.carrolldb@yahoo.com.

May 12 - Burgess Falls and Cummings Falls. Burgess Falls from trailhead (parking lot) we will hike to dam and back to trailhead, then to base of Burgess Falls and back up to Ridge Trail and back to cars. (2 miles). We will then drive to Cummins Falls and take the trail to top of Falls and over to overlook. We will then take trail to base of the Falls including ½ mile hike up river (if water is not too high). Four miles round trip. Bring swim wear/water shoes, water, lunch (at Cummings trailhead) meet at Penny's in Cookeville at 8:00 am or Burgess Falls trailhead at 8:30 am. Pete Broehl pabroehl@blomand.net or 931-738-3551.

May 19 - Charlie's Bunion, Great Smoky Mountains National Park, Gatlinburg, TN. Our hike begins at Newfound Gap and will follow the Appalachian Trail to Charlie's Bunion, a huge rock outcrop with views all around. There will be an optional side-trip to the Jump-Off. The hike is 8 miles (9 with the Jump-Off) moderate to strenuous due to the uneven and rocky terrain. Bring snacks, headlamp, water, lunch, raingear and good hiking boots. You can meet us in the Penney's parking lot in Cookeville at 7:00 am CT. For information and to register, contact Gary Kimbrell at 931-215-9520 or Gary.Kimbrell@fbttn.com.

The "10* Essentials"

Before you head out on the trail, check your pack to be sure it contains the following items:

- whistle
- water
- hat/sunglasses
- food
- map
- 1st aid kit
- compass
- flashlight
- fire starter
- rain gear/extra clothing

Other considerations:

- leave someone a copy of your hiking plans
- hiking poles
- common sense

** This list is not to be considered cast in concrete – and should be customized to each outdoor enthusiast's needs.*

OFFICERS:

President

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

Vice-President

Vacancy
vicepresident@tennesseetrails.org

Treasurer

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

Secretary

Jackie York 615-294-8241
secretary@tennesseetrails.org

At-large Directors (terms expiring listed after name)

Carolyn Miller (2018) 931-839-3213
president@tennesseetrails.org

Jackie York (2018) 615-294-8241
secretary@tennesseetrails.org

Kathy Woods (2018) 615-473-6824
treasurer@tennesseetrails.org

Jim Poteet (2019) 931-924-7666
board@tennesseetrails.org

Vacancy (2019)
board@tennesseetrails.org

Vacancy (2019)
board@tennesseetrails.org

Cheryl Heckler (2020) 931-200-7436
membership@tennesseetrails.org

Linda Latter (2020) 615-419-4845
board@tennesseetrails.org

Vacancy (2020)
board@tennesseetrails.org

Regional Directors

West TN

Vacancy (2020)
westregional@tennesseetrails.org

Middle TN

Joan Hartvigsen (2019) 931-962-0811
midlleregional@tennesseetrails.org

East TN

Garnett Rush (2018) 865-268-5181
eastregional@tennesseetrails.org

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

Newsletter Editor

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

2018 TTA Board of Directors Meetings

Saturday, May 5: 1 PM

Bells Bend Outdoor
Center, Nashville
4187 Old Hickory
Boulevard, Nashville,
TN 37218

Saturday, Aug 4:1 PM

Location to be
announced.

Sunday, Oct 28: 9 AM

Brandon Springs
Group Center, Dover.

Newsletter Deadlines:

Deadlines for Chapter announcements and articles of special interest are due on the 10th of each month for the following month's newsletter.

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

Please note: Newsletter submissions to the "editor" address are automatically copied to the webmaster for inclusion on the TTA website.

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

May 18

☐

RENEWING MY MEMBERSHIP

Memberships are for one year, unless you have a Lifetime Membership.
Gift Memberships are also available. Contact our Membership Director,
Cheryl Heckler 931-200-7436 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 _____ -- _____
Cell 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.

Please list me with the following chapter:

____ Clarksville	____ Murfreesboro
____ Columbia/Franklin	____ Nashville
____ East TN (Oak Ridge/Knoxville)	____ Plateau (Crossville)
____ Highland Rim (Manchester/Tullahoma)	____ Soddy Daisy
____ Jackson	____ Sumner Trails (Sumner County)
____ Memphis	____ Upper Cumberland (Sparta/Cookeville)
____	____ At Large

When you become a TTA member, you will receive: (1) TTA's Hiking Handbook, a reference book containing information about TTA, trail etiquette, hiker responsibilities, etc. (2) TTA's monthly newsletter, containing information on hiker safety, upcoming hikes/overnight trips, volunteer opportunities, chapter meeting announcements; (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 hikes or functions.
Not a member yet? Please check out one of our hikes or meetings soon!