

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.

SUPPORTING THE CUMBERLAND TRAIL



Joining TTA as a New Member?

Membership Up For Renewal?

Your Generosity Benefits All!

When you join or renew your Tennessee Trails membership, you have the opportunity to become a Supporting Member by donating a little (or a lot) above the regular dues.

Supporting Member donations support the Evan Means Small Grants Fund. Your tax-deductible Supporting Member donations will now directly benefit trail projects throughout the state of Tennessee. We thank you all for your support of TTA at any membership level, but we hope you will enrich Tennessee's trail system by joining or renewing as a Supporting Member.

2021 TTA Board of Directors Meetings

All members are invited to attend board meetings
Contact Libby Francis for the link to join Zoom meetings

Tuesday, Feb 2, 6 PM	Zoom Video Conference
TBD, May	Zoom Video Conference
TBD, Aug	Zoom Video Conference
Annual Meeting	Date, time and format TBD

GUIDELINES FOR SUBMITTING HIKE INFORMATION

When submitting monthly hike listings, please include the following information:

- Date, trail name, location (Park, City, State), mileage, rating (easy, moderate, etc.), hike description (what you may expect to see, elevation changes, obstacles that affect the hike rating), what to wear or bring, meeting time and location, and hike leader's contact information.
- Please identify any hikes that are multi-chapter events.
- Please **DO NOT** format the submissions (avoid **bold**, *italics*, underlining or colored text), as this slows the editorial process.

Hike descriptions are strongly encouraged, but not mandatory. A good hike description can encourage members (and prospective members) to try a new hike, but also alerts prospective hikers to outings that may be unsuitable for their level of expertise, fitness, or fear of heights and suspension bridges.

All submissions must be made by e-mail to editor@tennesseetrails.org. This e-mail address is automatically copied to our webmaster. All submissions **MUST** be received by the 10th of the month **PRIOR** to the hikes (i.e. February hike listings must be submitted by January 10) in order to be included in the newsletter. Late submissions will be updated on the TTA website, but have no guarantee of inclusion in the newsletter.

We will also be glad to print any hike reports, general chapter news and hike or event photographs as space permits.



Cumberland Trails Conference

Office Location: 409 Thurman Avenue, Ste 102
Crossville, TN 38555
Office Hours: Monday - Thursday
8 AM – 3 PM CT
Phone: 931-456-6259
Office Staff: Sade Williams
Email: cumberlandtrailsconference@gmail.com
Website: www.cumberlandtrail.org

The CTC trail crew is working to connect Stinging Fork Falls and Brady Mountain. The current work site is on Hinch Mountain just above the Head of Sequatchie.

They have completed over 4,000 feet of new trail in the past 9 weeks which includes over 30 stone steps and pavers, 25 plus grade dips, and multiple crib walls and switchbacks in very steep terrain that is littered with limestone bluffs, shelves and boulders.

They have approximately 1 mile of trail to complete to connect to Brady Mountain.



CLARKSVILLE CHAPTER

CHAPTER CHAIR: Cinde Jones 870-215-8993
clarksville@tennesseetrails.org
VICE-CHAIR & BOARD REPRESENTATIVE: Ryan Dowdy 615-925-1796
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clarksvilletreas@tennesseetrails.org
SECRETARY: Paula Sanders 954-993-5541
clarksvillesecy@tennesseetrails.org
OUTINGS COORDINATOR: Paul Schwab 931-801-9484
clarkvillehikes@tennesseetrails.org
(call Paul & volunteer to lead an outing)
MEETS MONTHLY: 3rd Tuesday at 6:00 pm CT,
Wade Bourne Nature Center, 2308 Rotary Park Dr.,
Clarksville, TN 37043.

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

We will hike LBL's 58.6 mile N/S Trail this year in six sections from south to north. The sections will be scheduled throughout the year. Their length will range from 4.2 miles to 11.7 miles.

Feb 6 - LBL's N/S Trail from the South Welcome Station to Sharp Road. 8 miles. Moderate. Paul Schwab 931-801-9484. Meet 8:00 am CT, at Kroger parking area, Dover Crossing Road, Clarksville. 31 miles to trailhead.

Feb 13 - Rotary Park, Clarksville. 3.5 or 5.25 miles, you have the opportunity to exit after 3.5 miles. Moderate. Ed Oliver 931-561-9946. Meet 8:00 am CT, first shelter on left after entering park.

Feb 16 - Monthly Chapter Meeting. Because of the pandemic we will not share food or drink. Please bring food and drink for yourself only. Cinde Jones 870-215-8993. The meeting could be canceled depending on the pandemic.

Feb 20 - Fort Donelson National Battlefield, hike around the battlefield. Also hike out and back to the Fort Donelson National Cemetery. 7 miles total. Moderate. Mike Covey 608-206-9850. Meet 8:00 am CT, at Kroger parking area, Dover Crossing Road, Clarksville. 30 miles to trailhead.

Feb 27 - McGregor Park Cumberland Riverwalk Pavilion to the Red River East portion of the Clarksville Greenway, out and back. 2 total miles. Easy. Philip Anderson 931-561-0925. Meet 9:30 am CT, McGregor Park Cumberland Riverwalk Pavilion. This is where the flags are.

COLUMBIA/FRANKLIN CHAPTER

CHAPTER CO-CHAIR: Jane Coffey 615-516-6551
columbia@tennesseetrails.org

CHAPTER CO-CHAIR AND BOARD REPRESENTATIVE:
Marvin Caine 931-486-1632

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.

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

Hike information unavailable at press time.

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.

OFFICERS:

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At-large Directors (terms expiring listed after name)

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ARE LISTED WITHIN EACH CHAPTER'S HEADER

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HIGHLAND RIM CHAPTER (Coffee and Franklin Counties)

CHAPTER CHAIR: Patricia Deen 760-703-8115
highlandrim@tennesseetrails.org
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highlandrimtreas@tennesseetrails.org
OUTINGS/PROGRAM COORDINATOR/NEWSLETTER
CONTACT: Tom Hartvigsen 931-962-0811
(contact Tom & 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.

Feb 6 – Russell Cave National Monument Hike, Interpretive Program and BARK Program option. Meet at 9:15 am CT in front of the Visitor Center. We will begin with a half-hour Ranger Interpretive Program under their outdoor gazebo. Walk the short boardwalk Cave Trail to the cave entrance where our own Tom Bentley will give a short talk about his experience in the original mapping of the cave. Finish with a 1.2 mile walk on their interpretive Nature Trail. This trail is roughly “paved” with asphalt, but steep slopes may be wet and slippery. We will finish with a bring your own picnic lunch in their Picnic Area. Make sure to dress warmly depending on the weather. *Note: The Park encourages visitors to bring their dog and complete the BARK program through which you and your dog can earn a “Bark Ranger” tag for your dog’s collar.* Please contact Patty Deen to reserve your spot. Patty’s email: pdeen@palomar.edu or 760-703-8115.

Feb 18 – Virgin Falls State Natural Area, 2080 Scotts Gulf Road, Sparta, TN. 9 miles round trip. Steep. Strenuous. Joint hike with the Murfreesboro Chapter. The trail descends around 900 foot in elevation along a path that in many areas is rocky with uneven footing. Because of the difficult footing and the fact that it is winter hours, you need to be able to hike it in 6 – 7 hours. It is a fabulous hike with 3 significant waterfalls. Contact Marietta at nannietta@blomand.net or 615-476-8087 if you are interested. Bring water, lunch, hiking sticks and wear sturdy hiking boots.

Feb 27 – South Rim Trail. South Cumberland State Park. Savage Gulf East. Savage Gulf Ranger Station 3157 TN Hwy 399, Palmer, TN. 9 miles out and back. Little elevation change. Highlights include Savage Creek, Savage Falls and six overlooks of outstanding gorge views and old-growth forest. Meet at 8:00 am CT at Savage Gulf Ranger Station. Bring water, lunch, hiking sticks and a bright headlamp. Wear sturdy hiking boots. Please register with Joan Hartvigsen, jhartvigs@comcast.net or 931-636-2914.

Highland Rim Chapter – con’t.

Planning Ahead:

Mar 4-7 - Camping at Indian Boundary Overflow Campground off the Cherohala Skyway near Tellico Plains, TN. Joint activity with Murfreesboro Chapter. The hikes are in Cherokee National Forest: Flats Mountain Trail, Falls Branch Trail, Indian Boundary Lake Trail and possibly Bald River Falls Trail. Highland Rim Chapter Hike leaders are Joan Hartvigsen and Michael Glennon. Register with Joan Hartvigsen, jhartvigs@comcast.net or 931-636-2914.

Apr 1-3 – Frozen Head State Park, Wartburg, TN. Camping and Hiking. Joint activity with the Murfreesboro Chapter. We have reserved a group campsite in Flat Creek Group Campground for Thursday and Friday nights. We will hike Thursday, Friday and Saturday. Contact Joan Hartvigsen to reserve a spot in the campground, jhartvigs@comcast.net or 931-636-2914. **Thursday: Emory Gap Trail to Falls and Judge Branch Trail, 3 miles, flat. Friday: North Old Mac and South Old Mac Loop with visit to Lookout Tower, 8 miles.** 1,800 feet elevation change. This hike features spring wildflowers, hemlocks, creeks and awesome mountain views. **Saturday: West Lookout Tower Trail and Bird Mountain Trail Loop, 7 miles. Steep.** The spring wildflowers will be awesome.

May 14-17 – Great Smoky Mountains National Park. Cades Cove Camping and Hiking Weekend. Joint activity with the Murfreesboro Chapter. We have reserved a gorgeous group campsite in Cades Cove Campground. Flush toilets and drinking water nearby. We will hike Friday, Saturday and Sunday. Friday we will hike a section of the Anthony Creek Trail to Anthony Creek Campsite and back, 5.6 miles, moderate. Saturday we will hike the Gregory Ridge Trail to Gregory Bald, 11.4 miles round trip, 2,700 foot elevation change. Sunday we will hike to Abrams Falls and back, 5 miles, easy. Reserve your spot soon. Contact Joan Hartvigsen, jhartvigs@comcast.net or 931-636-2914.

Jun 7-10 – Camping in Mile High Campground and hiking in Great Smoky Mountains National Park and trails off Blue Ridge Parkway. Maggie Valley, NC. Possible hikes include Hemphill Bald, Caldwell Fork, Rough Fork Trails Loop in the Smokies and Black Balsam Knob Trail, Art Loeb Loop and other hikes in Shining Rock Wilderness. More details later. Contact Joan Hartvigsen, email jhartvigs@comcast.net or 931-962-0811 to save a spot in the reserved campsite.

JACKSON CHAPTER

CHAPTER CHAIR: Melinda Pearson 731-225-4293
jackson@tennesseetrails.org
TREASURER: Anne Goodson 731-664-1556
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HIKE COORDINATOR: Glen Rognstad 731-217-5966
jacksonhikes@tennesseetrails.org
FACEBOOK COORDINATOR Priscilla Campbell 731-217-2552
jacksonfacebk@tennesseetrails.org
MEETS MONTHLY: 1st Monday at 6:00 pm CT

Feb 1 Chapter Meeting. 6 pm by ZOOM.

Feb 6 - 3rd leg of the Red Leaves Trail at Natchez Trace State Park. 7.6 miles. Moderate. We will meet at the park headquarters at 8:30 am. We will start at the park headquarters and thru the woods and wetlands to Cub Lake and continue along the shoreline. About midway we will come to the dam/spillway and stop for a lunch/snack break. We will continue hiking the shoreline and thru the woods passing cabins and connect with 2 pedestrian bridges that cross the lake offering winter views of the lake. We will pass the Cub Lake Lodge and return into the woods and to the park headquarters. We will meet at the park headquarters at 8:30 and start at the trailhead across the road. Please wear appropriate clothing, shoes, gloves and toboggans. Bring water/beverage, snacks, lunch, etc. **YOU MUST REGISTER** with Terry Warren at 731-535-0625 or *terrymccoy832@yahoo.com*.

Feb 20 - Johnsonville State Park near New Johnsonville, TN & Nathan Bedford State Park near Camden, TN. We will hike Johnsonville State Historical Park to see and learn about former residents and their homes in "old" Johnsonville. At Nathan Bedford State Park we will hike to discover some of the scenic river overlooks that opened up after the tornado in early 2020. Each hike will be approximately 4 miles on moderate terrain. Bring your lunch to eat in between the hikes. Either the ranger or Susan Woods will lead JSHP hike and Susan will lead the NBFSP hike. Look for more details to be posted closer to hike date. Please register with Susan Woods at 731-441-8066 or *woodsboob@bellsouth.net*.

Planning Ahead:

Mar 6 - 4th & final leg of Red Leaves hike at Natchez Trace State Park

Mar 13 - Waterfall hike/tour along or near the Natchez Trace Parkway

Mar 27 - Big Hill Pond

MEMPHIS CHAPTER

CHAPTER CHAIR: Charlie Bright 901-829-4434
memphis@tennesseetrails.org
VICE-CHAIR: Francis Ruffin 662-701-6284
memphisvice@tennesseetrails.org

Feb 6 – For hike details check *tennesseetrails.org* website.

Feb 13 – Ft. Pillow State Park, Henning, TN. 7-8 miles. Strenuous. We will hike the Red Trail which is rated strenuous by West Tennessee standards due to some very steep hills. Early in the hike we visit the site of the historic fort, scene of a well-known Civil War battle. We will have lunch overlooking Fort Pillow Lake. Good boots suggested. Bring a lunch, plenty of water and a pen for signing in. Registration is required by 6:00 pm on February 12. Contact Wayne Simpson at *w.simpson1@comcast.net* or call (not text) 901-385-1988.

Feb 20 – Lucius Burch National Area, North of Walnut Grove. The hike will be approximately 5.75 miles and take between 2 1/2 and 3 hours. The terrain is relatively flat with a few steep ravine crossings. Bring water and a snack and pen for signing in. Hiking boots are recommended especially if we have had recent rain. Rain or snow will cancel hike. You must register for the hike. Leave a text for Janet at 901-494-4452 no later than 9:00 am Friday, Feb 19. Rain or snow will cancel hike.

Feb 27 – T. O. Fuller State Park. The 4-mile hike covers moderate to rugged terrain with some wet land and a possible stream crossing. Hiking boots or sturdy shoes recommended. Bring water and snack and pen for signing in. The Discovery Loop Trail includes part of the Nature Bluff Trail of the Chucalissa Indian Village. Rain or snow will cancel. Time Frame: 2.5 hours. You must register for the hike. Email *mquinlen@gmail.com* no later than 6:00 pm Thursday, Feb 25.



MURFREESBORO CHAPTER

CHAPTER CO-CHAIRS: Jeanne Conatser 615-971-8894
djconatser@comcast.net
Sara Kennedy 615-692-9057
murfreesboro@tennesseetrails.org

TREASURER/HIKE COORDINATOR:
Sara Pollard 615-714-3610
murfreesborotreas@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, 401 Volunteer Road, Murfreesboro

BLOG: www.tennesseetrails.org/blog/murfreesboro

Feb 9 – Chapter Meeting. Murfreesboro chapter member Katy Ginanni will be our speaker. In March and April of 2015, Katy and her friend Jane Yaticilla traveled in Nepal and Bhutan. Nepal is a landlocked country in South Asia between India and China and located mainly in the Himalayas. Bhutan is a Buddhist kingdom on the Himalayas' eastern edge and is known for its monasteries and dramatic landscapes. Come hear Katy talk about their trekking and see lots of photos.

Feb 13 - "Pick a Park" series. Day Loop Trail. Long Hunter State Park. 4.5 miles. Easy/moderate. This wild, rocky trail winds its way through mature oak-hickory forest, abundant plants and wildlife, and several scenic bluff overlooks of Percy Priest Lake. The first part of the hike follows the Volunteer Trail, but then it breaks off to form its own loop. Keep an eye out for large oak trees, unique rock formations and sinkholes, and even some limestone glade habitat featuring prickly pear cactus. Listen and look for pileated woodpecker, red-tailed hawk, osprey, and common loon. Dogs on a leash are allowed. Meet at the Bakers Grove Trailhead at 10:00 am CT. Please email or text to register in case we have to cancel due to foul weather. Parts look a little steep – might bring a pole. Contact Jeanne Conatser at 615-971-8894 or *djconatser@comcast.net*.

Feb 18 - Virgin Falls State Natural Area. DeRossett, TN. 9 miles round trip. Strenuous. Joint hike with the Highland Rim chapter. The trail descends around 900 foot in elevation along a path that in many areas is rocky with uneven footing. Because this trail is rugged, we will allow 6-7 hours for this hike and will have to maintain a pace to allow plenty of daylight. Virgin Falls is the most-visited state natural area in Tennessee with interesting scenery and features three beautiful waterfalls. Virgin Falls is formed by an underground stream that emerges from a cave, then drops over a 110-foot high cliff before disappearing into another cave at the bottom of the sink. The Caney Fork River and its tributaries drain the area and contribute to the formation of the gorge. For more information or to sign up, contact Sara Pollard at 615-714-3610 or *sarabpollard@gmail.com*.

Murfreesboro Chapter – con't.

Feb 23 – Fall Creek Falls State Park. Fall Creek Falls Highlight Trail and Paw Paw Loop. 6.4 miles total. Moderate. Fall Creek Falls State Park is Tennessee's largest and most visited state park. The park covers more than 26,000 acres and has the highest waterfall east of the Mississippi. We will leave from the Betty Dunn Nature Center and hike the loop trail to Fall Creek Falls and back. On our way to the 256 ft. Fall Creek Falls, we'll take the Gorge Trail passing Cane Creek Overlook, Cane Creek Gulf Overlook, Rocky Point Overlook and the Fall Creek Falls Overlook. There's the option of making the 0.4 descent to the base of Fall Creek Falls. On our return we will take the Woodland Trail back to the Nature Center. Then from the Nature Center, we will hike the 3.4 mile Paw Paw Loop starting along Rockhouse Creek. We will enjoy more overlooks along the Cane Creek Gulf. For more information or to sign up, contact Sara Pollard at 615-714-3610 or *sarabpollard@gmail.com*.

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.

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

Feb 5 - Stones River Greenway. Easy to moderate for length. Up to 8 miles. We'll depart from Wave Country and head east towards Hermitage. Hikers can adjust the length of the out-and-back route as they choose. Bring plenty of water and snacks and wear shoes appropriate for mostly paved greenway (we may take a short detour down the McGavock Spring House natural trail.) Register with Mark for meetup location, details, and updates: mark.hubbard@mhhub.us 615-715-1517. *Alternate date for inclement weather: Friday, February, 15*

Natchez Trace Special

Feb 18 - Natchez Trace Parkway, Garrison Creek to 1812 War Monument Trail. 3.4 mile out and back. Moderate. The trail begins at Garrison Creek (milepost 427.6) which is about 10 miles south of the Birdsong Hollow Bridge over highway 96. The trail takes you through old growth timber to a scenic overlook and then follows the ridgeline to the War of 1812 monument. For those wanting to hike additional mileage, we can stop at Timberland Park on the Parkway (milepost 437.2) just south of the Birdsong Hollow Bridge for another 2-3 miles. Meet at 8:30 am at the Garrison Creek parking lot. If you would like to join this hike, please contact Kathy Woods, 615-473-6824 or kwoodz@comcast.net.

Feb 25 - Natchez Trace Parkway, Devil's Backbone SNA, Burns Branch Trail and Jackson Falls. Devil's Backbone is a 950-acre natural area in Lewis County. Devil's Backbone offers a visitor the opportunity for a quiet hike adjacent to the Natchez Trace Parkway. The trail follows the ridges of Tennessee's Highland Rim and drops down along a creek into a hollow and back again along the ridge. The approximately 3 mile trail is a moderately strenuous loop with about 200 feet of elevation change. Jackson Falls is a 0.4 mile lightly trafficked out and back trail located near Duck River, TN that features a waterfall and is rated as moderate. Burns Branch to Tennessee Divide is a 2.8 mile lightly trafficked out and back trail located near Thompson's Station, TN that offers the chance to see wildlife and is good for all skill levels. We will meet at Devil's Backbone State Natural Area, located near Hohenwald on the Natchez Trace Parkway. From Nashville, head southwest on the Parkway to mile marker 394 where a large sign points to the parking area. From Highway 412, head northeast on the Natchez Trace for about 3 miles, the entrance is on the left. After hiking the Devil's Backbone we will head north for a stop at Jackson Falls (mile marker 404.7) and finally we'll end our three part outing at Burns Branch (mile marker 425.4). You may do all or part of this outing. Hiker's choice! To register and for more information call or email Nancy Juodenas at 615-319-8811/njlj1011@gmail.com.

Nashville Chapter – con't.

Feb 21 - Shy's Hill Civil War Monument, Nashville, TN. The walk will start at the entrance to Green Hills Park on Lone Oak Road on the west side of J.T. Moore School. There's lots of parking right there. We'll walk along the park greenway and across to Shy's Hill Road and then to Benton Smith Road to the Monument. It's at the top of a hill overlooking the road. We can turn around there and walk back to Green Hills Park. A hilly walk with some houses of interest along the way. Attendance has to be limited to 8-10 people at most because of the route. Email glenhillsboro@outlook.com or call mobile 615-720-6140 to confirm.

Feb 22 - Bells Bend Park Moonlight Hike: We will meet after sunset (6 pm) and walk 3-5 miles under the moonlight along wide trails and open meadows. Bells Bend park, located in western Davidson County, takes its name from a peaceful arc of the Cumberland River. Footwear: The trails can be muddy after a rain. Bring water and snacks. Bring a headlamp or flashlight - for emergency use only. Meet at the Bells Bend Outdoor Center, 4187 Old Hickory Blvd. (2nd entrance) Nashville, TN 37218 at 6 PM. For more information and to register contact Doug Burroughs at doughburroughs@tennessee.usa.com or leave a message at 615-587-0085. Please check this listing for a possible day of hike update/cancellation.

Feb 27 - Nathan Bedford Forrest State Park, Eva, TN. 10 miles. Moderate. The park is located on the western bank of Kentucky Lake. Within the park is the Tennessee River Folklife Center and Pilot Knob, one of the highest points in West Tennessee, standing 665 feet above sea level. The fertile ridges of this area abound in hardwoods and beneath them a wide variety of ferns, mosses, shrubs and wildflowers. We will hike the 10 mile "red" trail which is described as being a "good day trail of moderate difficulty." The Lake is visible from the trail for the first mile or so, after which it descends, ascends and crosses ridges, hollows, streams and hillsides. Wear sturdy hiking boots and bring snacks, water, and lunch. For more information and to register contact Doug Burroughs at doughburroughs@tennessee.usa.com or 615-587-0085 (leave a message).

PLATEAU CHAPTER (Crossville)

CHAPTER CHAIR: Norm Brinsley 931-202-2338
plateau@tennesseetrails.org
TREASURER: Clark Zedric 217-520-9889
BOARD REPRESENTATIVE: Bob Obohosi 931-456-4282
boardplateau@tennesseetrails.org
MEETS MONTHLY: 2nd Thursday at 6:00 pm CT
WEBSITE: <http://ttaplateauchapter.blogspot.com>

Come take a GUIDED hike with us. We offer a short 5 mile or less and a long 8 +/- mile hike every Wednesday and two Saturdays a month. For additional information contact the hike coordinator plateauhikes@tennesseetrails.org. For a list of monthly hikes, visit the Plateau Chapter website. Check the blog one hour prior to hike time for cancellation or for any other updates/changes to our schedule before hiking. **Instead of carpooling to trailheads our hikers may opt to drive themselves.**

Feb 3 - Big South Fork, John Litton Farm, Jamestown, TN. Moderate. The John Litton loop is about a 7 mile hike with some small waterfalls and some rock formations along the way. The trail is named for John Litton who settled in the area around 1900 and his dwelling and outbuildings are still standing. **Short Hike:** 4.2 mile loop. Short car shuttle. **Long Hike:** 7 moderate miles in/out. Depart 8 am CT from the Crossville Cracker Barrel rear parking lot. Carpool cost is \$6. Don't forget tick/bug spray and sunscreen. Pack water, snacks and lunch.

Feb 10 - Savage Gulf - Greeter Falls, Ranger Falls, Stone Door, Beersheba Springs, TN. A shuttle will be required. **Short Hike:** 1.1mi Greeter Fall loop easy. Drive cars to the Stone Door Trailhead. Hike the .3 mi to Laurel Falls and .9 mi in/out thru the Stone Door. **Long Hike:** 8 mile moderate sometimes strenuous thru hike. The hike will start at Greeter Falls Trailhead and then continue along the Big Creek Rim. We will end at the Stone Door Trailhead Ranger Station. Depart 8 am CT from Tractor Supply, West Ave, Crossville. Bring lunch, water and snack. Don't forget tick/bug spray and sunscreen. Gas cost is \$6.

Feb 13 - Cumberland Trail - CT Laurel Falls - Buzzards Point - Snow Falls Trail, Dayton, TN. Short Hike Options: 2.1 miles one-way to 150-foot bridge; Laurel Falls 2.4 miles one-way; Bryan overlook is 3.3 miles one-way. **Long Hike:** Snow Falls spur 4.9 miles one-way passing side trails to Dunn Overlook and Buzzard Point on the way to Snow Falls (9.8 mi total). There are some short strenuous portions uphill. Depart 8 am CT from Central Baptist Church, 1346 S Main St, Crossville, TN. Gas cost is \$7. Don't forget tick/bug spray and sunscreen. Pack water, snacks and lunch.

Plateau Chapter – con't.

Feb 17 - Cumberland Trail - Hebbetsburg Section, Crab Orchard, TN. Shuttle required for this hike. **Short Hike:** 3.5 moderate miles from Keys Rd to the yellow gate. **Long Hike:** 7 moderate miles from Keyes Rd to the power lines. Includes riverside walk, nice rock formations, and rock houses. Non-FFG hikers depart from VF Outlet Mall west parking lot on Interstate Dr, Crossville at 8 am CT. FFG hikers meet in FFG at the 4-Way STOP at 8:15 am CT, where they will meet the hikers from Crossville. Carpool cost \$2. Pack water, snacks and lunch.

Feb 24 - Cloudland Canyon, Rising Fawn, Georgia. Located on the western edge of Lookout Mountain, this is one of the most scenic parks in Georgia, offering rugged geology and beautiful vistas. The park straddles a deep gorge cut into the mountain by Sitton Gulch Creek with elevations from 800 to 1,980 feet. **Short Hike:** 5 mile moderate to strenuous loop hike on West Rim and Waterfall trail. **Long Hike:** This is a moderate to strenuous 8 total mile hike. The hike is along the West Rim and Waterfalls Trail and includes a 600-step staircase on the way to two waterfalls cascading over layers of sandstone and shale into pools below. Plus the 3 mile Overlook Trail in/out. The driving time from Crossville is a little over 2 hours. Gas cost \$9. Bring water, lunch, and snacks. Depart 7:30 am CT from Central Baptist Church, 1346 S Main St, Crossville, TN.

Feb 27 - Lilly Bluff/Point Trail/Boulder Field Trails. **Short Hike:** This is a moderate 5 mile in/out hike from the upper parking lot thru the woods to a point overlooking the merger of two rivers. **Long Hike:** 8 mi moderate. From the bridge parking area we'll climb to Lilly Bluff Overlook then out the Point trail to another Overlook. We can add the below the bluff trail before retracing our steps to wander thru a giant boulder field. Pack water, snacks and lunch. Depart VF Outlet mall West parking lot on Interstate Dr, Crossville at 8 am CT. Gas cost \$4.00.

SODDY-DAISY CHAPTER

CHAPTER CHAIR: Jane Ellett 423-309-7879
soddydaisy@tennesseetrails.org
TREASURER: Tom McElhone 805-208-4654
soddydaisytreas@tennesseetrails.org
ASSISTANT TREASURER: Bob McGavock 423-667-2690
soddydaisytreas@tennesseetrails.org
HIKE COORDINATOR: Betsy Darken 423-718-2060
soddydaisyhikes@tennesseetrails.org
MEETS QUARTERLY: Tuesday of the week following the TTA Board Meetings in Feb, May, Aug and 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>*

No formal hikes planned.

SUMNER TRAILS CHAPTER

CHAPTER CO-CHAIRS: Marcia Powell 217-855-3013
Kathy Bryant 615-305-3424
sumner@tennesseetrails.org
TREASURER: John Jones 615-533-0127
sumnertreas@tennesseetrails.org
BOARD REPRESENTATIVE: Duane Frichtl 309-830-9720
boardsumner@tennesseetrails.org

Feb 18 - A Double Hike at Long Hunter State Park, Couchville Lake Trail & Cedar Glade Trail. 3 miles total. Easy. Explore with us as we walk the 2 mile paved lakeshore path around beautiful Couchville Lake. We may see deer, turkey and shorebirds on this flat, lovely trail. This walk features a certified Arboretum which has 42 species of labeled and identified trees along the route. When we are finished at this location, we will drive over to the other side of the park 3 miles away and hike the Cedar Glade Trail. This unique one mile, flat, natural surface trail will take us around the perimeter of the Couchville Cedar Glade State Natural Area, home to many rare, threatened and endangered plant species and many bird species. It appears as a desert-like area with exposed rocky ground surrounded by cedar trees. It has thin, gravelly soil that is home to some treasured wildflower species that grow successfully in its harsh climate. We will plan to return to the glade later in the year and take in the wildflowers, so it will be nice to see it in its winter beauty as well. Meet at Kroger parking lot (1010 Glenbrook Way) 9 am to caravan to the Couchville Lake parking area of Long Hunter State Park. Or please meet us at the Couchville Lake trailhead. We will plan to be on the trail by 10 am. Pets are not allowed on this trail. The park address is 2910 Hobson Pike, Hermitage TN. Contact Jenny Fitzgerald at 615-517-8185 or mrzfitz@gmail.com with questions.

Feb 23 – Ashland City Bicentennial Greenway. 4 miles. Easy. Back in the early 1900's the Tennessee Central Railroad chugged along this route going from Nashville to Clarksville where it connected with the giant Illinois Central Railroad. The old TC ceased operating in 1968 but you can still see evidence of the railway which eventually became the Greenway. This hike is a classic Rails-To-Trails and follows the old railway grade on a paved surface which makes for a nice winter hike. For the first portion of the trail there is swamp on the left and a steep bluff on the right, but then enters a more open landscape for the last portion, crossing several bridges over creeks and over lake water from the Sycamore Creek embayment. The highlight of this hike is the iconic large iron trestle over Sycamore Creek. You won't need your boots or poles for this one. Meet for caravanning at Hendersonville First Presbyterian Church, 172 W. Main parking lot at 9 am CT. For further info contact Owl at ballallenger@aol.com or call/text 615-454-7673.

UPPER CUMBERLAND CHAPTER

(Sparta / Cookeville)

BOARD REPRESENTATIVE/HIKE COORDINATOR:

Cathy Moran 931-544-2764

uppercumberlandhikes@tennesseetrails.org

TREASURER:

Pete Broehl 931-738-3551

uppercumberlandtreas@tennesseetrails.org

Please check online calendar for updates.

GO GREEN

Electronic Newsletter Available

You can receive your monthly newsletter via email. If interested please contact Cheryl Heckler at membership@tennesseetrails.org and please include your email address.

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: <https://tennesseetrails.org/hikes-events/liability-release-form/>.

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**

Feb 21

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

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, 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 _____
Primary Phone (____) _____ Zip _____ -- _____
Alternate Phone (____) _____
Primary e-mail _____
Alternate e-mail _____

For privacy, please do not list the following in
the TTA Annual Membership Directory

- ☐ E-mail addresses
☐ Mailing address
☐ Telephone numbers

☐ I would like to receive my newsletter by
mail.

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 Annual Membership Directory and Hiking Handbook, listing members by chapter and how to reach them and including 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. 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!