TENNESSEE TRAILS



THE MONTHLY NEWSLETTER OF THE TENNESSEE TRAILS ASSOCIATION
We are hikers and advocates that have helped to build, maintain,
and promote the responsible use of Tennessee trails since 1968.

SUPPORTING THE CUMBERLAND TRAIL

BRING A HIKING MARATHON TO TRAILS NEAR YOU

We are sure many of you have heard and even participated in the annual Cumberland County Hiking Marathon. It was started in 2015 and organized and run by Friends of the Trail, a non-profit organization in Crossville, TN and headed up by John Conrad. It is completely free to participate and the cost of T-shirts, patches, and other expenses are covered by local sponsors. This event, that traditionally runs throughout the month of September, attracts people from all over the state of Tennessee. While the event provides hikers with a chance to raise their individual hands to say, "I did it!", it also brings the local community significant amounts of revenues related to hotel occupancies, restaurant meals, and souvenir buying.

The Plateau Chapter derives tangible and intangible benefits from this event. The chapter's membership often increases from local participants being on the trails and getting exposed to the joys of the outdoors. These new members help promote the image of the Tennessee Trails Association (TTA) and expand interest in hiking and conservation of our natural wonderlands.

While the event is unique to Cumberland County, it is something that every chapter can become involved in at its' location, be it city, town, or municipality. Management of the event takes time and support in terms of resources to promote, support, and execute the event. After all, inviting people to converge on one's area, hike a series of trails to accumulate 26.2 miles over a 30-day period, and provide an end of the event recognition program takes planning and more planning. Then, monitoring execution and follow up. John Conrad is passionate about the merits of this event and spends considerable time to make sure things fall in place as planned. He believes this event can be cloned in other areas; Nashville, Chattanooga, Memphis, or in any location where a TTA Chapter resides. To that extent he

offers to provide recommendations and advice to any

chapter that may want to develop their own hiking

marathon. If you want John to attend one of your chapter meetings and present an outline of what it takes to conduct a hiking marathon, contact him at *john@time2meet.com*. For more information on Cumberland County's Hiking Marathon, go to *https://crossvilletrails.com/* and click on the

tab titled Marathon.

CALL FOR AWARD NOMINATIONS

The TTA Awards Committee is calling for nominations for awards to be presented at the Annual Meeting at Montgomery Bell State Park in October of 2021. Please forward your nominee's name, the award for which you are nominating the individual or organization, and a brief description listing accomplishments, to Duane Frichtl, the committee chair by July 1st. His email address is vicepresident @tennesseetrails.org. Following are the descriptions of each award.

The Tennessee Trails Award recognizes the accomplishments and contributions of individuals and organizations to the furtherance of TTA's objectives. This award is not necessarily presented each year and may recognize either individual members, nonmembers, or organizations.

The Bill Stutz Award honors the memory of Bill Stutz, a much beloved hiker who played an active role in the early days of TTA. The award is to be presented to an active hiker and TTA member for his or her individual contribution to the Association or to one of its chapters.

The Bob Brown Lifetime Achievement Award honors the extraordinary lifetime leadership and personal contributions of Bob Brown to hiking and conservation in the State of Tennessee. TTA may present this award from time to time to others for similar lifetime leadership and contributions.

The Mack Prichard Environmental Award is a tribute to Mack Prichard, one of the founders of the Tennessee Trails Association and the Tennessee State Naturalist, Emeritus. It is presented from time to time to an individual for their outstanding leadership, contributions, and achievements in sharing their knowledge about environmental and conservation issues, specifically relating to trails and hiking in Tennessee.

2021 TTA ANNUAL CONFERENCE SAVE THE DATE OCTOBER 22-24, 2021

The Nashville and Sumner Trails Chapters will host the TTA Annual Conference at Montgomery Bell State Park in Burns TN, about an hour west of Nashville. (Please note: With the fluid Covid-19 situation, the situation looks more hopeful for conducting the Annual Meeting this year, but it is not guaranteed. Please check the TTA Newsletter and on the TTA website for updated information.)

Attendees will have the option of newly renovated rooms at the Park's Inn or the campground inside the State Park. There is also commercial lodging in Dickson and other nearby towns. Registration information for INN ROOMS: Phone the Inn & Conference Center directly to make your reservation (615-797-3101 or 800-250-8613). Provide our GROUP CODE 9880 to receive special discount pricing on the Inn Rooms. Rooms will be released for general reservation on 9/7/21, so don't wait until the last minute! (Discounts for Seniors, Veterans, and Tennessee State Employees are available only when booking separately from our group rate.). For the CAMPGROUND, contact Park Office 615-797-9052 the at https://tnstateparks.com/parks/campground/montgomerybell.

In addition to Montgomery Bell, our hikes will include other nearby State and Municipal Parks and urban hikes in Nashville. Members of the Nashville and Sumner Trails Chapters are looking forward to hosting hikers from across Tennessee! Note: There will be a direct internet link to access our TTA Group reservations in the Annual Meeting area of the TTA website.

QUARTERLY BOARD MEETING

The Quarterly Meeting of the Tennessee Trails Board of Directors will be May 4, 6:00 PM, via Zoom. All are welcome to attend. Contact president@tennesseetrails.org for the link. If you have suggestions or concerns, contact your Chapter Representative or any At-Large Director.

FRIENDS OF SOUTH CUMBERLAND EVAN MEANS GRANT

Bruce Blohm, Friends of South Cumberland, receives an Evan Means Grant from Joan Hartvigsen, Tennessee Trails Association. The grant is for a stair case and restoration of the trail leading to Foster Falls plunge pool and the Climbers' Loop Trail. Also pictured are Libby Francis, TTA President, Marietta Poteet, member of TTA and FoSC, and the Rangers who worked on the project.



CLARKSVILLE CHAPTER

CHAPTER CHAIR: Cinde Jones 870-215-8993
clarksville @tennesseetrails.org

VICE-CHAIR & BOARD REPRESENTATIVE:

Ryan Dowdy 615-925-1796 clarksville@tennesseetrails.org Mary Schwab 931-801-7172

clarksvilletreas @tennesseetrails.org
SECRETARY: Paula Sanders 954-993-5541

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,

Wade Bourne Nature Center, 2308 Rotary Park Dr.,

Clarksville, TN 37043.

TREASURER:

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

May 1 - LBL N/S Trail from Forest Road 205 to Forest Road 170. 10 miles. Moderate. Requires car shuttle. This is an unpaved trail through the woods. To protect against ticks you should wear long pants treated with Permethrin. Spray on your clothes (not on your skin). Also bring something to sit on during a break. Meet 7:00 am CT, at Kroger parking area, Dover Crossing Road, Clarksville. 45 miles to trailhead. Contact Paul Schwab 931-801-9484.

May 8 - Cedars of Lebanon State Park, Hidden Springs Trail, 5 miles, moderate, and Cedar Forest Trail, 2 miles, moderate. The Hidden Springs Trail passes by several Limestone Cedar Glades which are one of the rarest ecosystems in the world. The Hidden Springs Trail loops through scenic Karst topography. Meet 8:00 am CT, I 24 Exit 11 new commuter parking lot. 69 miles to trailhead. Contact Cinde Jones 870-215-8993.

May 15 - Black Mountain to Ozone Falls. 6.7 miles. Requires car shuttle. Cautions: There are steep climbs and descents. There is no bridge over North Fork Basin Creek. Even so, the trail is rewarding. We will see beautiful rock bluffs, deciduous forest, clear streams, huge gardens of cinnamon and glade ferns, wildflowers blooming, including pink lady slippers. Meet 7:00 am CT. I 24 Exit 11 new commuter parking lot. 162 miles to trailhead. Contact Paul Schwab 931-801-9484.

May 18 - 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.

May 29 - Liberty Park, Clarksville. 3.5 miles. Easy. There is a 1/4 mile section of the trail on turf and a loop around a small lake with wooden tread. The rest is paved. Most of the trail runs along the main channel of the Cumberland River and a cove with a large marina. There is a tribute to Wilma Rudolph who became a world-record-holding Olympic champion. You also pass a statue of Pat Summitt who was the head women's basketball coach at UT and accrued the third most wins in women's basketball history. There are four bathrooms along the trail. meet 9:00 am CT at the Liberty Park Pond parking area. Contact Paula Sanders 954-993-5541.

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 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 8 - Timberland Park, at milepost 437.2 on the Natchez Trace Parkway, Franklin, near the Hwy 96 Double Arch Bridge. 3-5 miles-depending on the wishes of the group. Moderate. The park opened 2014 and is managed by Williamson Parks and Recreation. This wooded property was heavily logged a century ago and the old logging roads are now trails. Visitors will enjoy hiking, bird watching and wildlife observation. Come explore this local gem! Contact Rick Lausten, 615-516-1417, or saturncar1@aol.com for meeting time and place.

EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER CHAIR: Rosemary Marshall

WEBMASTER:

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

May 8 - Frozen Head State Park. This hike begins at the Bird Mountain trailhead. We will hike up the Lookout Tower trail for 3 miles to the first junction of Bird Mountain. We will then go a short distance further on the Lookout Tower trail to the junction of north Bird Mountain and hike a bit of that trail for about one or two miles in and out. For those who wish to hike a shorter distance (6 miles) they can hike up the Lookout Tower trail for 3 miles and return to the trailhead. We will meet at Bird Mountain trailhead at 9:00 am. Register with Carolyn Reeves at crhiker03@gmail.com or 865-399.-972.

May 22 - Big Creek trail, GSMNP. 10.2 miles. Moderate due to distance. Join us on this great hike on the Big Creek trail. It's an old road built by the Crestmont Logging Company in the early 1900's. It was improved by the Civilian Conservation Corps in early 1930 and converted to hiking use. Horse traffic is allowed. The trail is relatively level going about 1300 feet over 5 miles. The climb is gradual. We will hike to Walnut Bottoms There is much to see with lots of water and huge boulders, wildlife and vegetation. We'll meet at 8:00 am at the Cracker Barrel at Strawplains exit. Carpooling may be allowed subject to drivers. We expect to be in the Big Creek parking area at approximately 9:15 am for those who wish to join us there. Bring water, snacks and \$\$\$. Please preregister with Rosie at rosemary_I@hotmail.com or 865-985-9144.

HIGHLAND RIM CHAPTER

(Coffee and Franklin Counties)

CHAPTER CHAIR: Patricia Deen 760-703-8115

TREASURER/MEMBERSHIP: Marietta Poteet 931-924-7666 highlandrimtreas@tennesseetrails.org

OUTINGS & PROGRAM COORDINATOR & NEWSLETTER
CONTACT: Tom Hartvigsen 931-962-0811

(contact Tom & volunteer to lead an outing)

MEETS MONTHLY: 4th Monday

May 4 - Grundy Forest Day Loop and Lone Rock Loop around Grundy Lakes, South Cumberland State Park, Tracy City. 3.5 miles. Moderate due to some rough footing. Joint hike with the Soddy-Daisy Chapter. Meet at the Grundy Forest Day Loop Trailhead at 8 am CT. Wear sturdy hiking boots and bring hiking sticks, water and lunch. We will enjoy our lunch at one of the picnic tables overlooking Grundy Lakes. Please register with Joan Hartvigsen, *jhartvigs@comcast.net* or 931-636-2914. We will see giant hemlocks, waterfalls and cascades and the junction of the Big and Little Fiery Gizzard Creeks. We will also enjoy views of Grundy Lakes and see the historical coke ovens built in 1883.

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.

May 20 – West Rim Trail and Waterfall Trail. Cloudland Canyon State Park, Trenton, GA. 7 miles. Moderate. Register with Marietta Poteet, nannietta@blomand.net or 931-924-7666. Option of camping at the walk-in tent only campground.

May 22 - North Chickamauga Creek SNA Segment of the Cumberland Trail. Located 15 miles north of Chattanooga. 8.3 miles. Difficult. Joint hike with the Soddy-Daisy Chapter. Elevation change: 500 ft loss and gain (twice). Several creek fords, rugged ascent, ladder, steep slopes. Water shoes may be needed. We will hike from the Barker Camp Road Trailhead to Montlake Road Trailhead. Hike requires a vehicle shuttle. Face masks required in vehicles. lease register with Dawn Quarles, text or call 423-443-7602. Meet at the Montlake Road Trailhead at 8 am CT to arrange the vehicle shuttle. This hike features stunning overlooks of Panther Branch and North Chickamauga Creek Gorge as well as waterfalls, rapids and interesting rock formations.

Highland Rim Chapter – con't.

May 23 – Tennessee River Gorge Paddle. 8 miles. Suck Creek to Raccoon Mountain. Meet at the Suck Creek Boat Ramp at 8 am CT to arrange a vehicle shuttle to our take out at Raccoon Mountain. This paddle passes through Prentice Cooper State Forest. Please register with Joan Hartvigsen, *jhartvigs@comcast.net* or 931-636-2914

May 24 - No Chapter Meeting

May 26 – Bernheim Arboretum and Research Forest. Clermont, KY, south of Louisville, KY. 3 to 6 miles, Easy to moderate. Joint outing with Nashville and Sumner Trails Chapters. Mark Hubbard is our leader. This lesser known jewel has a bit of everything – a cultivated lakeside arboretum with meadow and forest trails, more remote and natural trails, and tons of great art. There's a cool LEED platinum visitors center - if we're lucky we'll be able to enjoy lunch at their fresh food café. Option of camping at Jefferson Memorial Forest. Register with Joan Hartvigsen, jhartvigs@comcast.net or 931-636-2914. See Nashville Chapter for more details.

May 27 - Jefferson Memorial Forest, Louisville, KY. 6 to 8 miles. Moderate. Joint outing with Nashville and Sumner Trails Chapters. Mark Hubbard is our hike leader. Option of camping at Jefferson Memorial Forest. Bring water, lunch, hiking sticks and wear sturdy hiking boots. Register with Joan Hartvigsen, jhartvigs@comcast.net or 931-636-2914. See details under the Nashville Chapter.

May 29 – Short Springs Work Day. Please meet at 8:00 am in the parking lot, 2250 Short Springs Road, Tullahoma. Bring work gloves, loppers or pruners and water. Specific tasks will be announced closer to the date. Please let Joan Hartvigsen know you can help, jhartvigs@comcast.net or 931-636-2914.

Planning Ahead:

June 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.

June 25 – 27 - Mousetail Landing State Park, Linden, TN and Lady's Bluff TVA Small Wild Area. Joint activity with the Murfreesboro Chapter. Camping at Spring Creek Campground. Kayaking in Kentucky Lake (aka Tennessee River). Hikes include: Eagle Point Trail, 8 mile loop, a Fran Wallas hike; and Lady's Bluff Trail, 2.6 miles round trip. Both trails have beautiful overlooks of Kentucky Lake. Contact Joan Hartvigsen early to secure room in a campsite, *jhartvigs@comcast.net* or 931-636-2914.



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

Website: www.cumberlandtrail.org

The CTC trail crew continues to work in the vicinity of Head of the Sequatchie (HOS) on a connector trail leading up to the CT near Hinch and Brady Mountain.

CTC continues its Strategic Planning effort. A short-term plan covering the next three years will be presented to the board for discussion and approval at the April 24th meeting. The final 5-year plan will be considered at the July meeting.

CTC, TTA and Friends of the CT gathered at Head of Seguatchie recently on Mack Prichard day (March 31) to honor Mack's contribution to the organization of TTA and the beginnings of the Cumberland Trail.

CTC hosted a Volunteer Trail Days at HOS on March 22, 23 and 24. CTC volunteers joined trail crew members for trail work.

March 22 and March 23 volunteers and trail crew members at HOS:





JACKSON CHAPTER

CHAPTER CHAIR: Melinda Pearson 731-225-4293 jackson@tennesseetrails.org

SECRETARY/TREASURER: Terry Warren 731-535-0625

jacksontreas@tennesseetrails.org HIKE COORDINATOR: Glen Rognstad 731-217-5966

iacksonhikes@tennesseetrails.org

FACEBOOK COORDINATOR: Priscilla Campbell 731-217-2552 jacksonfacebk@tennesseetrails.org

May 15 - Tour/hike of two waterfalls along the Natchez Trace Parkway and then a short hike (approximately 4 miles) at Merriweather Lewis Park. Please contact Melinda at hurstme@bellsouth.net or 731-225-4293 for meeting time and directions.

There will not be a chapter meeting in May, June or July. We will meet again in first Monday in August to plan fall hikes.

Evan Means Small Grants Program

TTA's Board of Directors accepts grant submissions at quarterly board meetings. The grants support special volunteer projects that are compatible with the chartered objectives of TTA: promoting and developing a system of hiking trails in Tennessee as well as working for the conservation of natural resources. Deadlines for 2021 are April 1, July 1 and September 20.

All chapters are encouraged to look within their local area, identify a special trail or park project, request and submit a formal grant application. Grant requests in the range of \$300-\$600 are encouraged. However, if a project requires additional grant money, considerations will be made. Guidelines and applications can be found on the TTA website at www.tennesseetrails.org, under "Get Involved". If there are any questions, contact Evan Means Grant Committee Chair Joan Hartvigsen, ihartvigs@comcast.net or 931-636-2914.

The small grants program was established in February 1999. to honor Evan Means - journalist, author, conservationist, hiker, trail builder, originator of the Cumberland Trail, and co-founder of the Tennessee Trails Association, Mr. Means won countless awards for his work over the years to protect Tennessee's natural resources and beauty, as well as for his dedication to projects that allow hikers to enjoy this natural beauty.

MEMPHIS CHAPTER

CHAPTER CHAIR:

Charlie Bright 901-829-4434 memphis@tennesseetrails.org

May 1 - Big Hill Pond State Park. Strenuous due to the length and its hilly terrain. After a couple of miles of hills, the trail crosses a long boardwalk across Dismal Swamp. Next it goes up a steep hill to the fire tower where we will have lunch. Near the end of the hike is a small but unavoidable swampy area where waterproof boots or shoes will be appreciated. Bring your lunch and plenty of water. Registration required by noon on April 30. Contact Wayne Simpson at w.simpson1 @comcast.net or 901-385-1988 (no texts).

May 8 - Chewalla Lake Recreation Area. near Holly Springs, MS. This is a 7-mile moderate hike through woods, along the Chewalla Road Trail to the Pine Mountain Road. We start at the trail head from the MSL-Chewalla Lake Road. Park along the road, near the trail head. Wear boots, bring water and snack. Bring water and snacks and pen for signing in. You must register for the hike: Contact Kam at 901-299-8359 no later than 6:00 pm Friday, May 7th. Rain cancels the hike.

May 15 - Annual TTA Memphis Chapter Picnic at T.O. Fuller State Park. After our scheduled hike, at approximately 11:30, we will celebrate a great, but different, hiking season at T.O. Fuller Shelter #1. Please bring your own food, drinks, and utensils. Because of Covid 19, TTA will not be supplying these as we have in the past. There are plenty of picnic tables and benches at the shelter and out on the surrounding grounds. You may also want to bring a lawn chair. After lunch you may want to visit the Interpretive Center just up the hill from Shelter #1, or walk around the old golf course. As usual, if you plan to hike, you will need to register for the hike with the hike leader.

May 15 - T.O. Fuller State Park Hike. 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. Time Frame: 2.5 hours. You must register for the hike: email Marion at mguinlen@gmail.com by 6:00 pm Thursday, May 13.

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

May 8 - Bowie Nature Park, Fairview. 5 to 6 miles. Easy. We will visit Bowie Nature Park, which is nestled on 700 acres in Fairview. TN. There are over 17 miles of trails and small lakes, cemeteries, and plenty of forest. We will hike the Perimeter Trail, 4.4 miles and will go in between different trails to see small lakes and other scenery. The flowers should be making an appearance. We will meet at the Visitor Center at Bowie at 9:00 am CT. We will also carpool (individual cars) from Murfreesboro. We will leave from the 840 Park N Ride on Broad Street at 8:15 am. Bring water, snacks, camera, and hiking poles. This will be a LEISURELY walk. For information or to sign up please 615-397-4463 Tonv Jones at contact tonion1968@amail.com.

May 11 – Chapter Meeting – 7:00 pm CT. Barfield Crescent Park Wilderness Station. 401 Volunteer Road. For more information contact Chapter Co-Chair Jeanne Conatser at *djconatser@comcast.net*.

May 14-17 – Great Smoky Mountains National Park. Cades Cove Camping and Hiking Weekend. Joint activity with the Highland Rim chapter. A gorgeous group campsite in Cades Cove Campground has been reserved. Flush toilets and drinking water nearby. We will hike Friday, Saturday and Sunday. Friday our hike will be a section of the Anthony Creek Trail to Anthony Creek Campsite and back, 5.6 miles and rated moderate. Saturday we will hike the Gregory Ridge Trail to Gregory Bald, 11.4 miles round trip rated moderate with a 2,700-foot elevation change. Sunday's hike is to Abrams Falls and back, 5 miles, rated easy. For more information or to sign up, contact Sara Pollard at 615-714-3610 or sarabpollard@gmail.com.

May 22 - "Pick a Park" series. David Crockett State Park. Lawrenceburg. Crawfish Valley Trail. 3 miles. Moderate with a slight elevation change. The 1,319-acre park is located on Shoal Creek and commemorates the historical activities of the famous frontiersman David Crockett. Hike begins at the park museum with exhibits depicting Crockett's life and a water-powered grist mill. The trail goes around Lake Lindsey and ends back at Crockett Falls and the covered bridge area. The trail offers scenic vistas of Shoal Creek and Crockett Falls, limestone bluffs, "black powder range", abundant wildlife, and serene forest. Meet at 10:00 am CT in front of the museum. Bring snacks, water, and there's an option of having lunch at the park restaurant. 615-971-8894 Contact Jeanne Conatser at djconatser@comcast.net.

NASHVILLE CHAPTER

CHAPTER CHAIR:

Doug Burroughs 615-587-0085 nashville @tennesseetrails.org Barbara Bennett 202-236-0880 nashvillehikes @tennesseetrails.org

HIKE COORDINATOR:

(email Barbara & volunteer to lead an outing)

MEETS MONTHLY: Meetings suspended temporarily pending

COVID 19 restrictions

May 9 – Flat Rock State Natural Area (Wildflowers), Murfreesboro, TN. Easy. 4 miles. Flat Rock is a lesser used trail and offers a beautiful example of middle Tennessee cedar glades and barrens. The wooded sections, meadows, and contrastingly stark rocky areas yield their own unique variety of what are often specifically adapted wildflower species. The loop trail is relatively flat with a few gentle inclines. The first segment is rocky and others may be wet or muddy so hiking shoes or boots are recommended. Register with Mark for meetup location, details, and updates: mark.hubbard@mhhub.us or 615-715-1517. Alternate date for inclement weather: Sunday, May 16.

May 15 - Nashville Urban Hike: State Capitol to Marathon Village to Bicentennial Park, Nashville, TN. Easy. 3 miles. This is a relatively short but highly interesting hike in downtown Nashville. We meet at Legislative Plaza (War Memorial Plaza) just south of the State Capitol at 8:30 am. Various free parking lot can be found west of the state capitol off ML King Blvd. Our hike will lead us close to the capitol and then down the great lawn. Walking west via North Gulch we visit the new Frankie Pierce Park and then on to Marathon Village. We will browse through this fascinating place and then return along an alternate route to Bicentennial Mall. We have an optional stop at the Farmer's Market, close to the Tennessee State Museum where you may then wish to spend some time. Hike distance is just 3 miles or so with some elevation changes. Hike leader Tom Vickstrom 615-405-6713.



Nashville Chapter - con't.

May 25 - Annual Nashville Chapter Picnic, Shelter 10, Edwin Warner Park, Nashville, TN. 4:00 pm CT until sunset. The Warner Park picnic shelters currently have these added requirements: Maximum capacity 25 people; Users are responsible for bringing their own disinfectant and wiping down and sanitizing surfaces before and after use, and are expected to maintain a social distance of 6 feet and wear a mask. This year we are also asking attendees to bring their own food and not share food items. Following our meal at 6:00 pm, we'll take a twilight walk on the park roads. 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 (south) 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 restroom building, turn left and then left again at the fork immediately following. Contact Doug Burroughs at dougburroughs@tennessee.usa.com or 615-587-0085 (leave a message) for more information and to register.

May 26 - Bernheim Arboretum and Research Forest, Clermont, KY. Easy and moderate segment options for 3-1/2 up to 6-1/4 miles. Joint hike with Sumner Trails and Highland Rim Chapters with optional overnight stay. Our destination is a 90-year-old foundation-owned nature preserve south of Louisville, KY covering over 16,000 acres. The first hike will leave from the beautiful LEED platinum visitor center and head around several small lakes, through the arboretum and cultivated gardens, and by permanent and ephemeral art installations. From there we'll head into the research forest to hike more rugged trails and take a "tree walk" 75 feet above the forest floor. Register with Mark for meetup location, details, and updates: hiker@tnhiker.net 615-669-3221. Alternate date for inclement weather: June 2.

May 27 - Jefferson Memorial Forest, Louisville, KY. Moderate for terrain and length. 6-8 miles. Joint hike with Sumner Trials and Highland Rim Chapters, with optional overnight stay on May 26 if joined with Bernheim Arboretum Hike. This city park provides a wilderness experience in 6,500 wooded acres just south of Louisville. Brings snacks, plenty of water, and pack a lunch for the trail. Register with Mark for meetup location, details, and updates: hiker@tnhiker.net or 615-669-3221. Alternate date for inclement weather: June 3.

PLATEAU CHAPTER (Crossville)

CHAPTER CHAIR: Norm Brinsley 931-202-2338

plateau@tennesseetrails.org

TREASURER: Clark Zedric 217-520-9889

BOARD REPRESENTATIVE: Bob Obohoski 931-456-4282 boardplateau@tennesseetrails.orc

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

<u>Instead of carpooling to trailheads our hikers may opt to drive themselves.</u>

May 1 - Smoky Mountains National Park, Cosby, TN -Porters Creek Trail. Long Hike: This is a moderate 8.5 mile hike with a 1500' climb over 3.5 miles to a campsite and then return the same way back. Short Hike: 4 mile moderate in/out. This is a great spring wildflower hike with 60' Fern Branch Falls in the Greenbrier section of the Smokies. The forest floor can literally be carpeted with bloodroot, hepaticas, white fringed phacelia, violets, white trilliums and many other varieties. There are several old stone walls that are remnants from the Elbert Cantrell farmstead, who settled in the Porters Creek community in the early 1900s. We will also visit Ownby Cemetery, which also dates back to the early part of the 20th century. A short spur trail takes you to John Messer farm site, which includes a cantilevered barn that was built by John Whaley around 1875 and a cabin that was built by the Smoky Mountain Hiking Club in the mid-1930s. Depart 7 am CT from the Crossville Outlet Mall, Interstate Drive, Southwest parking lot. Carpool cost is \$10. Pack water, snacks and lunch. We'll stop for dinner on the way home. To sign up contact the hike coordinator Deb Westervelt, 931-267-2243 text plateauhikes @tennesseetrails.org.

May 5 - Washmorgan Hollow State Natural Area, Cookeville, TN. New In/out hike short hike. In spring, it blooms with thousands of wildflowers. Those flowers include large populations of the perennial wildflower Hepatica (Hepatica nobilis) and Synandra (Synandra hispidula), which is in the mint family and uncommon in Tennessee. A rock-bottomed stream flows through the property ending at a steep waterfall known as Hardscrabble Falls. We will be crossing the stream several times so bring water shoes. Washmorgan Hollow is home to a number of tree species including sugar maple and red maple, beech, tulip poplar, sycamore, box elder, buckeve, basswood, ash, oak and hickory. Several species of migratory warblers have been spotted at the preserve, including scarlet tanagers, cerulean warblers, northern parulas and worm-eating warblers. Directions: Exit 286 at Cookeville. Drive northward on State Road 135 for 13.6 miles along the state highway to Dodson Branch. Turn right on Step Rock Hill Road and proceed 2.4 miles to Spring Creek Road. Turn left and proceed 1.2 miles to Washmorgan Hollow where you will see Nature Conservancy preserve signs from the road.

Plateau Chapter - con't.

May 5 hike – con't. There is just enough space to park along the side of the road at the trailhead. Start hiking along the narrow path, which will occasionally be lost and force you to hike up the stream. Depart 7:30 am CT from the Crossville Cracker Barrel rear parking lot. Pack water, snacks and lunch (option: eat late lunch in Cookeville). Carpool cost is \$6. For additional information contact the hike coordinator, Deb Westervelt, email plateauhikes @tennesseetrails.org or text 931-267-2243.

May 12 - Standing Stone State Forest, Hilham, TN. 5 miles. Wildflower hike around the Lake. 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. For additional information contact the hike coordinator, Deb Westervelt, email plateauhikes @tennesseetrails.org or text 931-267-2243.

May 13 - Chapter Meeting. 6 pm-7 pm at Dorton United Methodist Church, 3405 HWY 70 East (one mile East of Peavine Rd). Contact Norm Brinsley 931-202-2338.

May 15 - Black Mountain Trail Maintenance, Crab Orchard, TN. Depart 7:30 am from Dorton United Methodist Church, 3405 HWY 70 East. Or meet at the top of the mountain. Bruce will divide volunteers into 2 groups. Bring swing-blade, loppers, clippers or saw and water/snacks. Contact Bruce Whitehead 941-716-3620.

May 19 - Big South Fork - Rock Creek, John Muir and Tunnel Trails, Jamestown, TN. We will hike 5 in/out moderate miles on a new route to the Tunnel which is near the Hidden Passage Trail. Bring water shoes for crossing Rock Creek twice. Don't forget tick/bug spray and sunscreen. Pack water, snacks and lunch. Depart 7:30 am CT from Cracker Barrel's rear lot in Crossville. Gas cost is \$6. For additional information, contact the hike coordinator, Deb Westervelt, text 931-267-2243 or email plateauhikes @tennesseetrails.org.

May 26 - Big South Fork, Sheltowee Trace to Parker MT to Buffalo Arch, Jamestown, TN. Gorgeous trail, lots of lady slippers. Fairly easy for a 9 mile hike. SHORT HIKE: 4.4 moderate in/out miles to the Rock Creek crossing. LONG HIKE: 9 mile moderate hike to Buffalo Arch and back. Water shoes are needed to wade across Rock Creek. There is a half mile climb up Parker Mt where the 2 mile trail to Buffalo Arch is flat. Depart 7:30 am CT from Cracker Barrel SW corner of rear parking lot. Carpool cost is \$6. Don't forget tick/bug spray and sunscreen. Pack water, snacks and lunch. For additional information contact the hike coordinator, Deb Westervelt, via email plateauhikes@tennesseetrails.org or text 931-267-2243.

SODDY-DAISY CHAPTER

CHAPTER CHAIR:

Jane Ellett 423-309-7879 soddydaisy@tennesseetrails.org Tom McElhone 805-208-4654

TREASURER:

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

May 1 - Frozen Head State Park, loop from South Old Mac to lookout tower to North Old Mac. 8 miles. Moderate to strenuous. Tick season has started, so bring bug repellent as well as water, snacks, and lunch. Please register with hike leader Tammy Hendrick, 315-949-8187.

May 4 — Grundy Forest Day Loop and Lone Rock Loop around Grundy Lakes, South Cumberland State Park, Tracy City. 3.5 miles. Moderate due to some rough footing. Joint hike with the Highland Rim Chapter. Meet at the Grundy Forest Day Loop Trailhead at 8 am CT, 9 am ET. Wear sturdy hiking boots and bring hiking sticks, water and lunch. We will enjoy our lunch at one of the picnic tables overlooking Grundy Lakes. We will see giant hemlocks, waterfalls and cascades and the junction of the Big and Little Fiery Gizzard Creeks. We will also enjoy views of Grundy Lakes and see the historical coke ovens built in 1883. Please register with Joan Hartvigsen, jhartvigs@comcast.net or 931-636-2914.

May 8 - Prater Place and Hemlock Falls Trail (in and out) in Fall Creek Falls State Park. 5.8 miles. Moderate. Good trail, lovely waterfalls. Please register with hike leader Tom McElhone, 805-208-4654 or sarmitta@yahoo.com.

May 11 - Cloudland Canyon connector to Ascalon trailhead. 5.5 miles. Easy. A pleasant walk in the woods. Please register with hike leader Tom McElhone, 805-208-4654 or sarmitta@yahoo.com.

May 15 - Big Creek starting at Greeter Falls. South Cumberland State Park. 9.9 miles. Strenuous due to descent into and ascent out of Big Creek. We'll make a loop using Greeter Trail, Big Creek Gulf Trail, connector trail, and Big Creek Rim trail. Cliffs, creeks, waterfalls! Please register with hike leader Betsy Darken, 423-718-2060.

May 18 – Denny Cove, including spur trail to overlook. About 4 miles. Moderate. Beautiful trail with high cliffs, great waterfall, fine views. Please register with hike leader Earl Helmer, 770-877-0600 or e_helmer@epbfi.com.

Soddy-Daisy Chapter - con't.

May 22- North Chickamauga Creek SNA Segment of the Cumberland Trail. Located 15 miles north of Chattanooga. 8.3 miles. Difficult. Joint hike with the Highland Rim Chapter. Elevation change: 500 ft loss and gain (twice). Several creek fords, rugged ascent, ladder, steep slopes. Water shoes may be needed. We will hike from the Barker Camp Road Trailhead to Montlake Road Trailhead. Hike requires a vehicle shuttle. Face masks required in vehicles. Meet at the Montlake Road Trailhead at 8 am CT (9 am ET) to arrange the vehicle shuttle. This hike features stunning overlooks of Panther Branch and North Chickamauga Creek Gorge as well as waterfalls, rapids and interesting rock formations. Please register with Dawn Quarles, text or call 423-443-7602.

May 25 - South side of Gahuti Trail on Fort Mountain, GA. 4 miles. Easy to moderate. We will leave cars at the top of the mountain and one car at the bottom so the drivers can return to get the shuttle cars. Beautiful views and rock formations as well as prehistoric wall and old fire tower. Please register with hike leader Trish Appleton, 423-240-3443 or appleton-p2@comcast.net.

May 29 – Virgin Falls Trail. 9 miles out-and-back. Strenuous with about 1400' of elevation gain. One and a half hours from Soddy-Daisy, near Sparta TN. Meet at Durham St., Soddy-Daisy, to join a caravan at 8:00 am, or at 9:45 am at the trailhead. This is a really interesting and rugged hike with creeks and several waterfalls that demonstrate that Tennessee is hollow water keeps disappearing into the ground! Please register with hike leader Betsy Darken, text or call 423-718-2060.

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.

SUMNER TRAILS CHAPTER

CHAPTER CO-CHAIRS:

TREASURER:

Marcia Powell 217-855-3013 Kathy Bryant 615-305-3424 sumner@tennesseetrails.org John Jones 615-533-0127 sumnertreas@tennesseetrails.org

BOARD REPRESENTATIVE:

John Thomas 925-759-0517 boardsumner@tennesseetrails.org

May 5 - Cedars of Lebanon State Park, Hidden Springs Trail. 4.2 miles. Moderate. This is a loop trail that has varying terrain including an oak-hickory forest, glades, cedar forest and wet weather stream crossings. Hiking shoes and trekking pole are recommended. Dogs on leash are welcome. Bring water and insect repellent for ticks. Restrooms at trailhead. Caravan will meet behind the Chick-Fil-A parking lot of the Walmart in Gallatin off Belvedere Drive at 9:00 am. Otherwise, meet at the trailhead at 10:00 am across from the picnic shelter parking lot on Stables Lane just off Cedar Forest Road in the Park. Contact Kathy West 615-516-6912 or kathy.west384@gmail.com.

May 12 - Percy Warner Park, Warner Woods Trail, Nashville, 3.5 Miles, Moderate. We will hike the 3.0 mile loop trail plus .5 mile on 2 side trails to Luke Lea heights overlook and the Percy Warner Steps at the original park entrance at the end of Belle Meade Blvd. .(recently restored to their famous 1930's WPA glory). The trail has lots of shade and has areas of rock and roots as well as some moderately steep areas. Dogs on leash welcome. Bring water, walking sticks, and sturdy shoes. Portable restrooms at trailhead: better ones at Nature Center (7311 Highway 100). We will meet at Glenbrook Kroger at 9 am to caravan or you can meet us at 10 am at the Deep Well Trailhead off Hwy 100 about .5 mile north of Old Hickory Blvd. and the Nature Center. For information, contact John Thomas at 925-759-0517, johndt@sbcglobal.net or Donna Thomas at 925-759-0518, donnamt2@sbcglobal.net.

May 15 - Eagle Pass Trail. 2.5 miles. Easy. This trail is an extension of the Ashland City Bicentennial Trail which is part of the Cumberland River Trail system. This rails-to-trails greenway begins at the Sycamore Harbor trailhead on Chapmansboro Rd. and follows the Cumberland River/Cheatham Lake downstream on a mostly gravel trail to Cheatham Dam, where we will have left a car to take the drivers back to the trailhead. You won't need your hiking poles but bring water unless you want to drink Cumberland River punch. Meet for caravanning at First Presbyterian Church parking lot, 172 W. Main Street in Hendersonville at 9 am. For further info or if you would like to meet us at the trailhead contact Eagle Al at ballallenger@aol.com or call/text at 615-454-7673.

Sumner Trails Chapter - con't.

May 26- Bernheim Arboretum and Research Forest, Clermont, KY. Easy and moderate segment options for 3-1/2 up to 6-1/4 miles. Joint hike with Nashville and Highland Rim Chapters with optional overnight stay. 10 am CT/ 11 am ET. Our destination is a 90-year-old foundation-owned nature preserve south of Louisville, KY covering over 16,000 acres. The first hike will leave from the beautiful LEED platinum visitor center and head around several small lakes, through the arboretum and cultivated gardens, and by permanent and ephemeral art installations. From there we'll head on a second outing into the research forest to hike more rugged trails and take a "tree walk" 75 feet above the forest floor. There is a requested \$10/car donation. Meet at Visitor Center parking lot. Caravan leaves Glenbrook Kroger Parking lot (1010 Glenbrook Way, Hendersonville) at 7:45 am or meet at Bernheim. Those driving back home should expect to return by 6:30 pm. Overnight accommodations are on your own if you wish to stay for tomorrow's event, consider Shepherdsville KY area or Campsites at Jefferson Memorial Forest. Please register with Jenny Fitzgerald for 615-517-8185 reservations and updates: mrzfitz@gmail.com. Alternate date for inclement weather: Wednesday, June 2.

May 27– Jefferson Memorial Forest, Louisville, KY. Moderate for terrain and length. We're planning to hike 6-8 miles of moderate trails. Joint hike with Nashville and Highland Rim Chapters with optional overnight stay. 8:30 am. This city park provides a wilderness experience in 6,500 wooded acres just south of Louisville. Brings snacks, plenty of water, and pack a lunch for the trail. Register with Jenny Fitzgerald for reservations and updates: 615-517-8185 or mrzfitz@gmail.com. Alternate date for inclement weather: Thursday, June 3.

UPPER CUMBERLAND CHAPTER

(Sparta / Cookeville)
BOARD REPRESENTATIVE/HIKE COORDINATOR:

Cathy Moran 931-544-2764 uppercumberlandhikes@tennesseetrails.org
Pete Broehl 931-738-3551

TREASURER:

Pete Broehl 931-738-3551 uppercumberlandtreas@tennesseetrails.org

Hike information unavailable at press time.

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Vice-President

Duane Frichtl 309-830-9720

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Secretary

Melinda Pearson 731-225-4293

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At-large Directors (terms expiring listed after name)

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

Newsletter Editor

LouAnn Partington 931-393-4835

editor@tennesseetrails.org

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, May 4, 6 PM Zoom Video

Conference

Tuesday, Aug 3, 6 PM Zoom Video

Conference

Sunday, Oct 24, Time TBD Montgomery Bell State

Park

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.

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



YES, I WANT TO JOIN TENNESSEE TRAILS A A NEW MEMBER RENEWING MY MEMBE Memberships are for one year, unless you have a	May 21 R S H I P a Lifetime Membership.	Please Mail This Form To: Membership Director P.O. Box 41446 Nashville, TN 37204-1446
•	hip@tennesseetrails.org PLEASE, PI	RINT CLEARLY.
Individual \$25.00 Family \$35.00	NameAddress	
Student (FULL TIME) \$15.00 Supporting (\$50.00, \$100.00 or more) Life Member (Individual) \$500.00 Life Member (Family) \$750.00	Primary Phone ()	State
For privacy, please do not list the following in the TTA Annual Membership Directory E-mail addresses Mailing address Telephone numbers	Highland Rim (Manchester/Tullahoma)) JacksonMemphis	Murfreesboro Nashville Plateau (Crossville)
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!		