

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

Avoiding Hypothermia

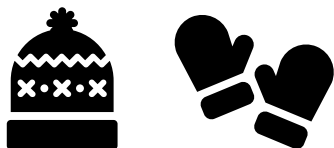
Hypothermia occurs when a person's body temperature falls below normal. It usually happens on cold (55° and below), wet, windy days to people who are tired, poorly clothed and hungry. It is very dangerous!!! Often, a person doesn't realize what is happening. Mental confusion often accompanies hypothermia and may cause the person not to seek help. Death can occur in just hours.

Early Symptoms:

- ❖ At first, uncontrolled shivering and pale skin.
- ❖ Then, confusion and dizziness, with slow, clumsy movements and walking.
- ❖ Extreme exhaustion/sleepiness is common.

Prevention:

- ❖ Clothing. Put on layers of clothes to insulate warmth against your body. A number of thinner layers of clothing will allow you to regulate your body temperature as you exercise. And since it's as important not to get over-heated, as it is to be warm, the fabric should be loosely woven to allow water vapor from your skin to escape. Polypropylene and wool are the best materials for under layers. Outer layers may need to be water and/or windproof. You can lose up to 50% of your body heat through your head and hands, so wear a loose woolen/fleece cap and mittens.



Prevention:

- ❖ Eat high-energy foods frequently and drink plenty of fluids.
- ❖ Avoid heavy physical exercise in extreme cold. It can lead to heat loss, depletion of body fluids, and fatigue - all contributing factors to hypothermia.
- ❖ Stay warm, but avoid heavy sweating, which will evaporate and overly cool the skin and body.
- ❖ In bad weather, find protection from the wind and elements.

Treatment for Mild Hypothermia:

- ❖ Quickly get the person to a dry place that is not windy.
- ❖ Replace wet clothing with warm, dry clothing, making sure the head, feet, and hands are covered.
- ❖ If available, use a sleeping bag or blanket(s) to wrap around the person.
- ❖ Have the victim held by one or more people for the body heat.
- ❖ Give warm, sugared liquids. No alcohol! Give sweet things to eat such as candy or ripe fruit.

Avoiding Hypothermia was adapted from Dirk Schroeder, ScD, MPH and author of Staying Healthy in Asia, Africa and Latin America



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

Chairman's summary:

- The Executive Director Search Committee continues to interview candidates for the Executive Director position.
- The CTC monthly newsletter is being revived with the first edition coming out in November.
- Schools and universities that have participated in Alternative Spring Break (ASB) Breakaway are being polled to determine interest in an in-person ASB for Spring 2022. The board will decide at its October 16th meeting whether to host an in person ASB in 2022.

CTC Trail Crew:

Over the past few weeks, the CTC trail crew has cleared and re-blazed the Brady Mountain segment and the Obed River segment. The entire Obed River section from the Devil's Breakfast Table to Nemo Bridge was cleared of downed trees and overgrown vegetation and new blazes were attached to trees.



CLARKSVILLE CHAPTER

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Paul Schwab 931-801-9484
clarksvillehikes@tennesseetrails.org
OUTINGS COORDINATOR:
(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.

Nov 6 - Hike from the Red River East Trailhead, 820 Kraft Street, through Austin Peay State University's campus and back. 4.2 total miles. Easy. The entire hike is paved. The first 3/4 mile goes up hill through a pretty woods and grass. After leaving the woods there is very little elevation change. We walk a short distance along city streets to Austin Peay's Blue Trail which leads us through and around the campus; dogs are allowed if on a leash. Meet 8:00 am CT at the trailhead. Contact Suva Bastin 931-645-2849.

Nov 13 - Overnight LBL, Fort Henry Trail System. 9.5 miles to campsite, 5.5 miles back to trailhead. Moderate. The trail is unpaved and travels through pretty woods; We will camp near a creek next to a field. You can camp either in the woods or the field. There are no bathroom facilities where we camp. There is no charge for camping. Meet 8:00 am CT, Kroger parking area, Dover Crossing Road, Clarksville. 35 miles to trailhead. Contact Paul Schwab 931-801-9484.

Nov 16 - Chapter Meeting. Two volunteers will provide snacks for everyone. Bring your own drinks. Contact Philip Anderson 931-561-0925.

Nov 20 - South Cumberland SP, Fiery Gizzard Trail to Ravens Point via the Dog Hole Trail and back. 8.8 total miles. The whole trail is on natural turf in the woods. You will see large rock formations, beautiful creeks, waterfalls, large trees, and spectacular views. The first 2 miles or so are strenuous. Hiking poles and hiking shoes are recommended. The Fiery Gizzard Trail starts on top of the plateau and goes down into a deep rocky gorge to Little and Big Fiery Gizzard Creeks. At 1.7 miles you leave the Fiery Gizzard Trail and take the 2.6 mile Dog Hole Trail. It leads out of the gorge on a steep slippery incline to the edge of the plateau. The steep incline is about .25 miles long. From this point to Ravens Point the trail is moderate to easy. You continue on the edge of the plateau to the .4 mile Ravens Point Trail. Follow it to Ravens Point. There is a toilet at the trailhead. Meet 7:00 am CT, I 24 Exit 11 New Commuter parking lot. 134 miles to trailhead. Contact Paul Schwab 931-801-9484.

Con't on next page

Clarksville Chapter – con't.

Nov 27 - Rotary Park, Clarksville. 3.5 or 5.25 mile loop. You have the opportunity to exit after 3.5 miles. Moderate. Most of the trail is on natural turf in the woods. It is curvy with many short ups and downs. You follow pretty Wall Creek part of the way. There is a creek crossing that is hard to do without getting wet when the creek is up. Hiking poles are recommended. Dogs are welcome if on a leash. There is a restroom at the trailhead and another near the end of the trail. Meet 8:00 am CT, first shelter on left after entering park. Contact Ed Oliver 931-561-9946.

COLUMBIA/FRANKLIN CHAPTER

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CHAPTER CO-CHAIR AND BOARD REPRESENTATIVE:
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HIKE COORDINATOR: Jane Coffey 615-516-6551
columbiiahikes@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.

Nov 6 - Natchez Trace Park. Hike description and exact location TBD. Check the website for details. Chris Hoffman is the proposed hike leader.

Nov 20 - Bowie Park Perimeter Trail. 5.0 miles. Hike Leader: TBD. Bowie Nature Park is located on the edge of the Central Basin and on the western escarpment of the Highland Rim of Middle Tennessee. Each of these physiographic provinces is uniquely different, this allows for an unusual mix of biota. There are specific species of plant life in the park that cannot be found as close as Nashville. Within the park there are 17 miles of winding trails which move the traveler through several ecosystems to include wetlands, grasslands, pine forest, oak/hickory forest, riparian and lowland bottomland wetlands. Prior to the death of Dr. Evangeline Bowie in 1992, the City of Fairview was graciously deeded the land that is now Bowie Nature Park. It was her wish that the city make a public nature park out of the 722-acre forest that she had created from land that, at the time of her purchase in the 1950s, was so barren and eroded it was losing over 30 tons of topsoil annually.

EAST TN CHAPTER (Oak Ridge / Knoxville)

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boardeasttennessee@tennesseetrails.org

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Nov 6 - Cucumber Gap Loop with side trip to Avent Cabin. The hike will be from the parking area in Elkmont to Jakes Creek trail and up Jakes Creek trail to the Avent Cabin, about 8/10 mile gaining about 350 feet. After visiting the Avent Cabin we will go back down Jake's Creek trail to Cucumber Gap trail and take Cucumber Gap trail, crossing Huskey Creek, to the Little River trail, about 2.4 miles gaining 450 feet in one mile then losing 350 feet in the next 1.4 miles. We will then take the Little River trail back to the parking area, about 2.4 miles losing about 350 feet. All of these trails are relatively easy. The total distance is about 5.6 miles. 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'll meet in Maryville at Browns Creek Shopping Center at 9:00 am and carpool to trailhead. Don't forget \$\$ for carpooling. Preregistration is advised. Text or email Rosie at 865.985.9144 or rosemary_1@hotmail.com.

GO GREEN

Electronic Newsletter Available

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

HIGHLAND RIM CHAPTER

(Coffee and Franklin Counties)

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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

Nov 3-5 – Camping at Bandy Creek Campground in Big South Fork, hiking Pogue Creek Canyon and Rock Creek Loop. We have reserved several tent only campsites in A Loop. Nearby B Loop has RV sites. Please contact Joan Hartvigsen to request a spot in one of the campsites and to register for the hikes, *jhartvigs@comcast.net* or 931-636-2914. See below for hike descriptions.

Nov 4 – Pogue Creek Canyon State Natural Area Hike, north of Jamestown, TN. 4 miles, 1,463 feet elevation change. Moderate. Vehicle shuttle required. Meet at the Pogue Creek Canyon trailhead at 9:00 am CT. We will leave vehicles on Black House Mountain Road at Moccasin Rock Trail junction prior to beginning our hike. Register with Joan Hartvigsen, *jhartvigs@comcast.net* or 931-636-2914. Bring water, lunch, hiking sticks and wear sturdy hiking boots. Pogue Creek forms and flows through the deep magnificent gorge. Pogue Creek Canyon features immense sheer bluffs and cliffs, many rock houses, sandstone formations and beautiful, rich forests of hemlocks, beech, sycamores, basswood, oaks and hickories. The autumn foliage will be gorgeous.

Nov 5 – Rock Creek Loop. 7 miles. Moderate. Big South Fork National River and Recreation Area. Jamestown, TN. This trail features mature riparian forest, rock houses and pristine Rock Creek lined with hemlocks. Meet at the Rock Creek Trailhead at 9 am CT. Please register with Joan Hartvigsen, *jhartvigs@comcast.net*.

Nov 7 – Short Springs State Natural Area Fall Color Hike. 4 miles. Moderate. Steep climbs and rough terrain. Meet at 2:00 pm CT in the Short Springs parking lot, 2250 Short Springs Road, Tullahoma for this Sunday afternoon hike. Co-leaders are Dennis Horn and Joan Hartvigsen. Bring water, snack and hiking stick. Wear sturdy hiking boots. Please register with Joan Hartvigsen, *jhartvigs@comcast.net* or 931-636-2914. We will hike Busby Falls Loop Trail and Laurel Bluff Trail. We will enjoy views of the Bobo Creek cascades. We will then visit awesome Machine Falls then continue on to hike Adams Falls Loop.

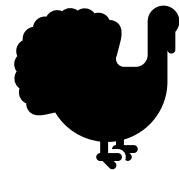
Highland Rim Chapter – con't.

Nov 11 – Cloudland Canyon State Park, Trenton, Georgia. 7 miles. Moderate. Joint hike with the Murfreesboro Chapter. Meet at the Visitor Center at 9:00 am ET. We will hike the Overlook Trail, Waterfalls Trail and West Rim Loop Trail. Bring water and lunch and hiking sticks. Wear sturdy hiking boots. Please register with Joan Hartvigsen, *jhartvigs@comcast.net* or 931-636-2914. Cloudland Canyon straddles a thousand foot deep gorge cut into the mountains by the combined waters of Bear and Daniel Creeks. This 4,388 acre state park includes rugged canyons, dense forests, cascades, waterfalls and amazing overlooks.

Nov 19 – Stone Door/Big Creek loop. 10 miles. Difficult for length, elevation change, and rocky/rooty footing. Joint hike with Nashville Chapter. We'll descend through the Stone Door and drop about 750' fairly rapidly, follow the Big Creek Gulf trail, and take the spur to Ranger Falls. Continuing on we'll reverse the elevation change coming out at the Alum Gap Campground and follow the Big Creek Rim Trail back to the parking lot. We'll meet at the Ranger Station; plan for roughly 7-1/2 hours trail time. Pack a lunch and bring snacks and plenty of water. Register with Marietta Poteet for details and updates, *nannietta@benlomand.net*, 931-924-7666. Alternate date for inclement weather: Thursday, December 2nd.

Nov 22 – No Chapter meeting this month.

Nov 26 – After Thanksgiving Hike. Old Stone Fort State Archaeological Park, Manchester, TN. Joint hike with the Murfreesboro Chapter. About 4 miles. Moderate because of steep sections and eroded trails. Meet at 9:00 am CT in the museum parking lot. Please register with Joan Hartvigsen, *jhartvigs@comcast.net* or 931-636-2914. We will hike the Forks of the River Trail, Backbone Ridge Loop Trail and the Moat Trail. We will visit Blue Hole Falls, Big Falls and Step Falls. Our hike will be along the Duck River and the Little Duck River. We will enjoy our picnic lunch of turkey sandwiches in the park's picnic area. We have reserved the covered picnic shelter. After our picnic lunch we can hike the park's newest trail, the Chumbley Woods Trail, 1.65 total mileage.



JACKSON CHAPTER

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ttajacksontreas68@tennesseetrails.org
HIKE COORDINATOR: Glen Rognstad 731-217-5966
ttajacksonhikes68@tennesseetrails.org
FACEBOOK COORDINATOR Priscilla Campbell 731-217-2552
ttajacksonfacebk68@tennesseetrails.org
MEETS MONTHLY: 1st Monday at 6:00 pm CT

Nov 1 - Monthly Meeting. Location TBA, possibly Panera Bread in Jackson at 6 pm.

Nov 6 - Davy Crockett State Park Fall Color Hike. East to moderate. Meet in Lexington/Shell Convenience Store at 8:00 am. We will drive to the park in Lawrenceburg. We will hike approximately 6- 7 miles thru a waterfall and on into the woods meandering along the shores of the lake or along the creek. We will stop around noon for a snack/break. For those who want to eat afterwards, the Hwy 56 Cafe is about 2 miles away or eat at the state park restaurant. It is about a 2 hour drive from Lexington. Please register with Terry by Friday, November 5 at 731-535-0625 or *terrymccoy832@yahoo.com*. Please bring a small towel to dry your feet in case they get wet crossing the waterfall area. Rated easy-moderate.

Nov 13 - Cane Creek Canyon near Tuscumbia, AL. 6-8 miles. Moderate to difficult due to length and elevation change. Please meet at Panera Bread at 7:15 as we plan to leave promptly at 7:30 am or meet at CCC parking lot at 10:00 am. The fall colors should be blazing as we hike through the canyon area and along the creeks viewing rock formations, hills, small canyon areas. Please bring snacks, water, and dress for the weather. Please register with Glen Rognstad at 731-217-5966 or *glenrognstad@gmail.com* by November 12.

Planning Ahead:

Dec 6 - Monthly Meeting at Panera Bread at 6 pm. This meeting will be designated to plan hikes Jan - May.

Don't Miss an Outing Plan Ahead And 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.

MEMPHIS CHAPTER

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

Nov 6 – Meeman-Shelby Forest, Pioneer Springs Trail and Woodland Trail. Moderate. 5-6 Miles. Registration is required by noon on November 5. The Woodland Trail portion of the hike has two steep hills, and the Pioneer Springs Trail has some rolling hills. Highlights along the trail are the Woodland Shelter and the spring. Wear good boots and bring a snack and water. To register, or for more information, contact Wayne Simpson, *w.simpson1@comcast.net* or 901-385-1988 (no texts).

Nov 13 - Tishomingo State Park located south of Iuka, MS (approx. 2.5hr drive from Memphis). Registration Required. This is a 5-6 mile hike winding along rocky ridges with spectacular views, through shallow, fern-filled canyons, and across the Bear Creek Swinging Bridge constructed in the 1930's. Bring lunch and water. Sturdy hiking boots recommended. Meet at 9:30 am at the park toll gate. There is a parking lot to the right just before entering the park through the gate. We will regroup into lesser vehicles. Heavy rain will cancel this hike. To register contact Kam at 901-299-8359.

Nov 20 – Lucius Burch Natural Area, Germantown Road Entrance. This is a 6-mile hike on the White/Yellow/Blue trails in Lucius Burch Natural Area. Trailhead is just past the parking lot off Germantown Road across from Lowe's. Plan to hike 3.5 hours. Bring water and snack. Hiking boots highly recommended. Rain will cancel hike. You must register for the hike by 6:00 pm Thursday, Nov 18. Contact Katie at 712-251-7163 or *kgecewich@yahoo.com*.

Nov 27 - Meeman-Shelby Forest, Woodland Trail. 4 miles. Moderately strenuous. Leaving trailhead at 9:30 am. We will start at the Woodland trailhead and begin with the hilly portion of the trail. This section contains about 5 steep hills that will test your stamina. We will take a snack break at the Woodland Shelter. The return trail is not as hilly but has one steep hill at the end. Wear good shoes or boots and bring a snack and plenty of water. Rain will cancel the hike. Registration required by 6:00 pm, Thursday Nov. 25 at *mquinlen@gmail.com*.

Planning Ahead:

Dec 4 – Nesbit Park in Bartlett. We will hike the white trail with possible additions for a total of 5 to 6.5 miles. One ravine crossing is part of this trail (we may have to cross through water) so wear hiking boots. Bring water and a snack and allow 3 hours for this hike. Rain will cancel hike. Please register for the hike by noon on Thursday, December 2. Lynne Witherington. *withlynn@aol.com*.

MURFREESBORO CHAPTER

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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*

Nov 9 – Chapter Meeting. 7:00 pm. Barfield Crescent Park Wilderness Station. This our planning meeting for January-June 2022 hikes. Bring your calendars to schedule hikes you want to lead or ideas for hikes. If you want to schedule a hike and cannot attend, contact Sara Pollard before the meeting at 615-714-3610 or *sarapollard@gmail.com*.

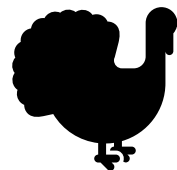
Nov 11 – Cloudland Canyon State Park. Trenton, GA. 7 miles. Moderate. Joint hike with the Highland Rim chapter. We will hike the Overlook Trail, Waterfalls Trail, and West Rim Loop Trail. Located in northwest Georgia, Cloudland Canyon is one of the largest and most scenic parks in the state. The park straddles a thousand-foot-deep gorge cut into the mountains by the combined waters of Bear and Daniel Creeks. The state park also includes rugged canyons, dense forests waterfalls and amazing overlooks. Meet at the Visitor Center at 9:00 am Eastern Time. Bring snacks, lunch and water. For more information or to sign up contact Sara Pollard at 615-714-3610 or *sarapollard@gmail.com*.

Nov 13 – “Pick a Park” series. Alvin C. York State Historic Park. Pall Mall, TN. 6 miles. Moderate. Bonus- there (hopefully!) will be a reenactment commemorating WW1! There will be demos and displays, reenactors, and hopefully planes and a trench demo! We will also hike 6 short miles up and back to the cemetery site (rated moderate because it's literally across the back field and across a bridge). You can usually tour the house (it may be closed due to the crowd), but there will be a separate fee for that. Meet at the Visitor Center (across the street from the house) at 10:00 am CT, bring your own snacks, wear comfortable shoes, etc. For more information or to sign up, contact Jeanne Conatser at 615-971-8894 or *djconatser@comcast.net*.

Murfreesboro Chapter – con't.

Nov 20 - Savage Gulf State Natural Area. Collins Gulf. Gruetli-Laager, TN. Suter Falls and Horsepound Falls. 6 miles. Moderate for terrain. We will hike along the Collins Gulf Trail and follow the path past Suter Falls. From here, it is on to Horsepound Falls, where we will have lunch and enjoy the falls. The hike is three miles in and three miles back. Meet at 9:00 am CT at the Collins West trailhead on 55th Avenue in Gruetli-Laager. Bring snacks, lunch and water. For information or to sign up, contact Tony Jones at 615-397-4463 or *tonjon1968@gmail.com*.

Nov 26 - After Thanksgiving Day Hike. Old Stone Fort Archaeological Park. Manchester. 4 miles. Moderate. Joint hike with the Highland Rim Chapter. Join us for our annual family friendly after Thanksgiving Day hike. We will hike the Forks of the River Trail, Backbone Ridge Loop Trail and the Moat Trail. We will visit Blue Hole Falls, Big Falls and Step Falls. Our hike will be along the Duck River and the Little Duck River. Pack a picnic lunch to eat in the park's covered picnic shelter. After our picnic lunch we can hike the park's newest trail, the 1.65 mile Chumbley Woods Trail. Meet in front of the museum at 9:00 am CT. Bring snacks, lunch and water. For more information or to sign up, contact Sara Pollard at 615-714-3610 or *sarapollard@gmail.com*.



Nov 27 - Cumberland Trail, Prentice Cooper State Forest. Pot Point Loop. 11.7 miles. Difficult due to distance. This trail goes along the Grand Canyon of the Tennessee where the beautiful Tennessee River cuts a gorge through the Cumberland Plateau. The trail is located in the Prentice Cooper State Forest in Marion County and is a section of the south end of the Cumberland Trail. We'll stop by and enjoy the panoramic view from Snooper's Rock, walk on top of the Natural Bridge, and enjoy views from Ransom Hollow and Pot Point. We'll also pass McNabb Gulf and Hemlock Branch backcountry campsites. Pot Point is named for a rough section of the Tennessee River below the trail called The Pot. Bring snacks, lunch and water. For more information or to sign up contact Sara Pollard at 615-714-3610 or *sarapollard@gmail.com*.

NASHVILLE CHAPTER

CHAPTER CHAIR: Doug Burroughs 615-587-0085
nashville@tennesseetrails.org
HIKE COORDINATOR: Barbara Bennett 202-236-0880
nashvillehikes@tennesseetrails.org
(email Barbara & volunteer to lead an outing)
MEETS MONTHLY: Meetings suspended temporarily pending
COVID 19 restrictions

Nov 19 – Stone Door/Big Creek loop, South Cumberland State Park, Beersheba Springs, TN. 10 miles. Difficult for length, elevation change, and rocky/rooty footing. We'll descend through the Stone Door and drop about 750' fairly rapidly, follow the Big Creek Gulf trail, and take the spur to Ranger Falls. Continuing on we'll reverse the elevation change coming out at the Alum Gap Campground and follow the Big Creek Rim Trail back to the parking lot. We'll meet at the Ranger Station; plan for roughly 7-1/2 hours trail time. Pack a lunch and bring snacks and plenty of water. Register with Mark for details and updates: midtn@tnhiker.net or 615-669-3221. Alternate date for inclement weather: Thursday, December 2.

Planning Ahead:

Dec 4 -- Harpeth River State Park, Kingston Springs, TN. 8 miles. Mostly Easy. We will start at Narrows of the Harpeth. If I can get a Ranger to join us, we next will go to May's Mace Bluff, a protected area known for its American Indian petroglyphs and views of the Mound Bottom archeological site, which is across the river. From there we will go to Gossett Tract, Hidden Lake and finish at Newsom Mill. The total driving distance from one end to the other is only about twelve miles, and the total hiking distance is approximately eight mostly easy miles. Contact Karl Dupre for details and any updates.

Dec 10 - Beaman Laurel Woods Goldilocks Loop, Beaman State Park, Ashland City, TN. 11-1/4 miles. Moderately strenuous for terrain and length. "Not too easy, not too hard." We'll follow the slightly shorter, less challenging side of the front loop to and from the back one reducing the cumulative up and down significantly. The trail covers ridgetops, switchbacks down to and back from a few creek crossings, and some more gentle slopes. Pack a lunch and bring snacks and plenty of water. Meet at the Highland Trailhead parking lot in time for a 7:45 am step off. Plan for roughly 7-1/2 hours trail time. Register with Mark for details and updates: midtn@tnhiker.net or 615-669-3221. Alternate date for inclement weather: Friday, December 17.

Dec 11 -- Nashville Chapter Holiday Party, Picnic Shelter #6, Edwin Warner Park, Nashville, TN. Road walk and Blue Trail hike options start at 10 am. Party starts at Noon. Bring your own food and drink. Food sharing optional. Bring firewood to share. Directions: From Vaughn Road just south of Old Hickory, turn into the Warner Park picnic area. Picnic Shelter #6 is about a half mile on the left. (Note: This is a different picnic area than our usual summer picnic shelter.) Contact Doug Burroughs: dougburroughs@tennessee.usa.com or 615-587-0085.

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boardplateau@tennesseetrails.org
MEETS MONTHLY: 2nd Thursday at 6:00 pm CT

For additional information contact the hike coordinator email *plateauhikes@tennesseetrails.org*. For up-to-date information on our hikes visit <https://tennesseetrails.org/chapters/plateau-chapter/>.

Nov 3 - CT North Chickamauga Section, Lone Oak, TN. Short Hike: 4-5 moderate miles in/out. **Long Hike:** 8 moderate to strenuous miles. New trailhead off Old Anderson Road so this will be a new section of trail to us. Depart 8:00 am CT from Central Baptist Church, 1346 S Main St, Crossville, TN SE parking lot. Bring water, lunch and a snack. Don't forget tick/bug spray and sunscreen. Gas cost is \$6. Contact the hike coordinator email *plateauhikes@tennesseetrails.org* or text/call 931-267-2243.

Nov 5-7 - Fall Getaway to Meeman-Shelby State Park, Millington, TN. So far we have 20 people going. Friday night we will cookout at the cabins so bring meat to grill and a side dish to share. On Saturday night we'll cook out at the campground (Marianne & Jerry's RV) so bring meat to grill and side dish. We will depart Crossville Cracker Barrel at 7:30 am. Rest break at Loves Travel Stop Exit 163. We will stop for lunch at Brooks Shaw's Old Country Store, 56 Casey Jones Lane, Exit 80A off I-40. 2pm estimated time of arrival at the Meeman-Shelby State Park Visitor Center, 910 Riddick Rd, Millington, TN 38053. Short drive to Woodland trailhead from visitor center.

Friday: Woodland Trail, 3.5 Miles, Natural Surface, moderate. **Saturday: Chickasaw Bluff Trail.** 8.0 Miles. Natural Surface, moderate. **Sunday: Pioneer Springs Trail,** 4.0 Miles, Natural Surface, moderate. Gas cost is \$15 per person if carpooling. For additional information contact the hike coordinator, *plateauhikes@tennesseetrails.org* or text/call 931-267-2243 for more info.

Nov 10 - Virgin Falls SNA, Bon Air, TN. SHORT HIKE: 5 mi in/out with a stream crossing to Big Laurel Falls (30-foot waterfall). **LONG HIKE:** This is a 9-mile strenuous hike to the 110 foot tall Virgin Falls. Along the way, we will pass Big Branch Falls, Big Laurel Falls and Sheep Cave Falls. There is a stream crossing and some difficult footing on this hike with much up and down hiking. There is a possibility the water at the stream crossing may be a little high so bring water shoes. Depart 8 am CT from Tractor Supply on West Ave. Gas cost is \$4. Don't forget tick/bug spray and sunscreen. Pack water, snacks and lunch. For additional information contact the hike coordinator email *plateauhikes@tennesseetrails.org* or text/call 931-267-2243.

Plateau Chapter – con't.

Nov 11 - Chapter Meeting. First United Methodist Church Annex, Neecham St, Crossville, TN. Meeting starts at 6pm. Contact Norm 931-202-2338 for additional information.

Nov 12 - History Tour of Sam Warner Military Museum, Sewanee, TN. Tour the museum plus other sites of interest. We'll stop for lunch so bring cash plus \$6 for carpool gas. Depart 8 am CT. Meet Bill Harris at the Central Baptist Church, 1346 S Main St, Crossville, TN SE parking lot. Call Bill Harris if you plan to join on this trip at 931-484-9152, leave message no texts.

Nov 17 - Big South Fork SNA, Middle Creek to Slave Falls, Jamestown, TN. SHORT HIKE: 4 miles rated moderate. **Long Hike:** 7 moderate miles with a short strenuous climb up from Slave Falls. The hike includes multiple rockhouses, Slave Falls, Indian Rockhouse and Needle Arch. This hike will require a short car shuttle. Bring water, lunch and a snack. Don't forget tick/bug spray and sunscreen. Depart 8 am CT from Crossville Cracker Barrel's rear parking lot. Gas cost \$6. For additional information contact the hike coordinator, text/call 931-267-2243 or email *plateauhikes@tennesseetrails.org*.

Nov 20 - Fun day in Granville, TN. Hike the Wilderness Trail (All Trails App) along the Cumberland River. **Short Hike:** 4 mi or less difficult in/out. **Long Hike:** 6 difficult miles with a 400' elevation gain. Eat lunch at the Sutton General Store. Explore the town museums and shops. Dinner and Bluegrass Show featuring Billy Droze 5-8pm tickets are \$21.95 which you must purchase online at <https://www.granvilletn.com/music>. Don't forget tick/bug spray and sunscreen. Depart 8 am CT from Crossville Cracker Barrel's rear parking lot. Gas cost is \$7. Contact the hike coordinator *plateauhikes@tennesseetrails.org* or text/call 931-267-2243 for more info.



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>

Hike information unavailable at press time.

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

Nov 10 - Fall Creek Falls Waterfall Adventure. Moderate. 2.4 mile loop on the Fall Creek Falls/Cane Creek Overlook Trail. We will start our hike at the Betty Dunn Nature Center (10821 Park Rd., Spencer TN) at 10:30 am and hike a 2.4 mile loop to Fall Creek Falls. (this trail will be Nature center to the Woodland Trail to the Fall Creek Falls Overlook, then down the Base of the Falls trail and back up, and then return to the Nature Center). This beautiful trail crosses a suspension bridge and travels along a wooded, natural, sometimes rocky path with steps and offers multiple scenic waterfall views. Sturdy hiking boots or shoes and hiking poles strongly encouraged. The carpool will meet at 8:15 am at the Gallatin Walmart, 1112 Nashville Pike, near the Chick-Fil-A. Those meeting at the trailhead, please let one of the hike leaders know. We hope you can join us! Marcia Powell at 217-855 3013 or *mpow1221@gmail.com* or Jenny Fitzgerald at 615-517-8185 or *mrzfitz@gmail.com*.

Sumner Trails Chapter – con't.

Nov 16 - Marcella Vivrette Smith Park. 2.3 miles. Moderate. This is a beautiful 400 acre park with open fields, woods and creeks, and a variety of views on the journey. There are bathrooms and a water fountain at the trailhead. Dogs on leashes are allowed. If interested, we can lunch after our hike at Yats at 2000 Mallory Lane #615, Franklin, TN 615-716-2916. Those meeting at Marcella Vivrette Smith Park at 1825 Wilson Pike, Brentwood, TN 37027 (615-371-2208) will meet at the trailhead near the bathrooms at 9:45 am. Those carpooling will meet at Glenbrook Kroger at 9:00 am. For questions, please contact Karen Jones at *jkmajones@gmail.com* or 731-446-1831.

Planning Ahead:

Dec 11 - Sumner Chapter Christmas at the Park. Bledsoe Creek State Park, 1 pm,

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

Contact the hike coordinator if you would like to lead a hike for the chapter. Check the website calendar for updates for hike information.

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

Tennessee Trails Association
P.O. Box 41446
Nashville, TN 37204-1446

ADDRESS SERVICE REQUESTED



YES, I WANT TO JOIN TENNESSEE TRAILS ASSOCIATION, I AM . . .

☐

A NEW MEMBER

Nov 21

☐

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 _____

Phone () _____ Zip _____ -- _____

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

___ Columbia/Franklin

___ East TN (Oak Ridge/Knoxville)

___ Highland Rim (Manchester/Tullahoma)

___ Jackson

___ Memphis

___ Murfreesboro

___ Nashville

___ Plateau (Crossville)

___ Soddy Daisy

___ Sumner Trails (Sumner County)

___ 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!