

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



TTA BOARD OF DIRECTORS 1st QUARTER MEETING

The Board of Directors meeting for the first quarter of 2022 is scheduled for February 1 at 6:30 pm via Zoom. All members are invited to attend board meetings and learn more about the organization, volunteer opportunities and plans for the upcoming year.

Contact Libby Francis (president@tennesseetrails.org) for the link to join the meeting.

REMINDER

Many chapters elect new officers, board representatives and hike coordinators in January.

Please check your chapter masthead this month. If there are updates needed, please include that information with your next chapter submission so that your chapter contact information can be updated.

TIP

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

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 should be made by e-mail to editor@tennesseetrails.org. 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 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: Savana Keeton
E-mail: ctcoffice2014@gmail.com
Website: www.cumberlandtrail.org

The Cumberland Trails Conference (CTC) crew is officially hard at work on the new Piney River segment. The new segment will have numerous rock staircases and rock features throughout the new trail. It runs along the Piney River heading south from Spring City, TN to Evensville, TN. The intention is to have the new segments completed by the fall of this year. It will not be an easy task as there are countless rocks which will have to be placed so we hope to have volunteers come out to our newly established volunteer weekends! The first volunteer weekend is scheduled for February 11th and 12th. We will meet at Big Apple Market on Highway 68 in Spring City at 8:30 am ET and work until 4 pm ET. Come ready for a full day of trail building fun! Breakfast and lunch will be provided by the CTC board members. For more information on this, email the CTC office at ctcoffice2014@gmail.com.

In other CTC news, we are fervently planning for our annual Spring BreakAway program for March 2022. So far, we have Michigan State University and the University of Central Florida planning to be here for the first week March 6th - March 12th. We also have Northern State University from South Dakota joining us and they plan to attend the second week March 13th - March 19th. The students will stay at the Head of Sequatchie lodge in Pikeville, TN. They will learn to build trail and enjoy evening presentations from folks around East Tennessee showing off our local fauna and flora. You are invited to join in on the fun! Contact the CTC office for more details on how to get involved.

Lastly, the CTC is looking to get more involved with our trail towns to create a network of communities who are proud to show what our small towns have to offer. If you are in one of our trail towns, feel free to reach out to us and let us know how to get more involved with your town. We are looking to have a better presence at local festivals and fundraising events along our trail corridor and it starts with the locals' help. Thank you all for your support throughout 2021 and we look forward to a productive 2022!

CLARKSVILLE CHAPTER

CHAPTER CO-CHAIRS: Paula Sanders 954-993-5541
Suva Bastin 931-645-2849
clarksville@tennesseetrails.org

VICE-CHAIR & BOARD REPRESENTATIVE:
Ryan Dowdy 615-925-1796
clarksville@tennesseetrails.org

TREASURER: Mary Schwab 931-801-7172
clarksvilletreas@tennesseetrails.org

SECRETARY: Mary Ann Harris 931-647-9321
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.

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

Feb 5 - Paris Landing SP, Raptor Ridge Loop Trail & Gravel Beach Spur. 3.2 miles total. Moderate because of a few short steep sections. The trail is on natural turf through pretty woods with lots of views of KY Lake. There are many small pretty shells on Gravel Beach. Dogs are welcome if on a leash. There is a restroom near the trailhead. Meet 8:00 am CT at Dover Crossing Kroger parking lot. 42 miles to trailhead. Contact Cinde Jones 870-215-8993.

Feb 12 - Fort Donelson National Battlefield. 7 miles total. Moderate. We hike around the battlefield on mostly natural turf in the woods. We also hike out and back to the Fort Donelson National Cemetery. Dogs are welcome if on a leash. We may see Bald Eagles. The Battle of Fort Donelson, February 11-16, 1862, was the first major Union victory in the Civil War. The Cumberland River and Tennessee River became integral parts of Union supply lines. Nashville would fall to Union troops within a matter of days. Meet 8:00 am CT, at Kroger parking area, Dover Crossing Road, Clarksville. 30 miles to trailhead. Contact Mike Covey 608-206-9850.

Feb 15 - Monthly Chapter Meeting. Two volunteers will provide snacks for everyone. Bring your own drinks. Contact Paula Sanders 954-993-5541 or Suva Bastin 931-645-2849.

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Clarksville Chapter – con't.

Feb 19 - Clarksville Greenway from Pollard Road access, to Mary's Oak Drive Trail Head. 4 miles out and back. Easy. Meet 9:00 am CT at the Pollard Road access. There is a new large parking lot there. The trail is paved and follows an abandon railroad right-of-way. There is a slight upgrade between Pollard Road and Mary's Oak Trail Head. You pass through pretty woods and some pretty rock formations. Dogs are welcome but must be on a leash. Contact Cheryl Lemon 931-980-1062.

Road, Clarksville. 55 miles to trailhead. Contact Paul Schwab 931-801-9484.

Feb 26 - LBL Eastern half of the Central Hardwoods Scenic Trail. 8 miles out and back. Moderate. There is a restroom and museum at the trailhead. The trail is in the woods. The surface is finely crusted limestone except for a short paved section. Dogs are welcome if on a leash. Meet 8:00 am CT, at Kroger parking area, Dover Crossing

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
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.

Feb 19 - Sherwood Forest, Morning/Lunch/Sycamore Falls, Afternoon. Columbia/Franklin chapter members will meet at Tollgate Medical Center. If any other TTA members are interested in hiking with us, they can meet us at the South Cumberland State Park Visitors Center at 9 am. We will start the hike at 9 am. After the morning hike, we will find a suitable place to eat our lunch (bring food), then we will head to Sycamore Falls for the afternoon hike. Lou Laratta will be the hike leader.

Planning Ahead:

Mar 1 – Quarterly Chapter Meeting. Barnabas Center behind St. Paul's Episcopal Church, 506 Fair Street, Franklin, TN. Social hour from 6:00 - 7:00 pm with the meeting to start at 7:00 pm. Bring ideas for hikes, presentations, etc. ONLY VACCINATED PARTIES WILL BE ADMITTED per St. Paul's rules.

EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER CHAIR: Rosemary Marshall 865-985-9144
easttennessee@tennesseetrails.org

BOARD REPRESENTATIVE: Tom Cressler 865-588-5622
boardeasttennessee@tennesseetrails.org

WEBMASTER: Sherry Barber 865-209-6189
sbarber6189@comcast.net

Feb 12 - West Perimeter-Whaley-Will Skelton Trails, Knoxville Urban Wilderness. Easy. The hike is between 5 and 6 miles, mostly through the woods, with rolling hills, none very steep. About 2 miles will be along the French Broad River with good views. 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. **Because of Covid-19 we are not encouraging carpooling and you should bring a face mask to wear when you are unable to maintain a 6 foot social distance.** You can view the map by going to www.outdoorknoxville.com, select Urban Wilderness at the top of the page and then under printable maps, Forks of the River Wildlife Management Area. The hike will be on the trails in the Wildlife Management Area. The first trail is the West Perimeter Trail that goes to the Dozer Trail and after that we will follow the river back to the parking lot. We will meet at 9:30 am at the parking lot at the end of McClure Lane. McClure Lane is on the left just after you pass the parking lot for Meads Quarry (see the map referred to above). After the hike plan on stopping on the way back for a meal and refreshments, perhaps at Calhoun's or somewhere in South Knoxville. For specific information about the hike please contact Tom at 588-5622 or leave a message or send an email to cressler@utk.edu before February 11th.

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/>.

HIGHLAND RIM CHAPTER (Coffee and Franklin Counties)

CHAPTER CHAIR: Patricia Deen 760-703-8115
highlandrim@tennesseetrails.org
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

Feb 5 – North Rim, Mountain Oak, North Plateau Trails, Savage Gulf State Natural Area, South Cumberland State Park. 10 mile loop. Moderate, little elevation change. Meet at 8:00 am CT Savage Gulf Ranger Station, Tennessee Highway 399, Palmer, TN. Please register with Joan Hartvigsen, *jhartvigs@comcast.net* or 931-636-2914. The North Rim Trail is a long but easy trail with more overlooks than any other at Savage Gulf. From these viewpoints, we will see the confluence of tributary gorges with Savage Gulf, old growth forest in the bottom of the gorge and the junction of the three gulfs that make up the state natural area. North Plateau Trail leads through beautiful old growth forest. Bring water, lunch and snacks and hiking sticks. Wear sturdy hiking boots.

Feb 10 – Virgin Falls State Natural Area. 2080 Scotts Gulf Road, Sparta, TN. 9 miles. Moderate to strenuous. Joint hike with Murfreesboro Chapter. Marietta Poteet will lead a hike to Virgin Falls. Features 3 waterfalls: Big Laurel Falls, Sheep Cave Falls and Virgin Falls. It is a beautiful hike and is expected to be a quite lovely winter hike. Because it is strenuous and gets dark early, you must be able to hike it in 6 to 6.5 hours. Please call Marietta at 931-924-7666 or email at *nannietta@benlomand.net*. **** You must be FULLY VACCINATED to attend this hike.

Feb 20 – Old Spann House Trail. Tims Ford State Park, Winchester, TN. 3.8 mile loop. Easy. This Sunday afternoon hike traverses rolling hills through hardwood forests with nice views of Tims Ford Lake. Bring water and a snack and wear sturdy hiking boots. Meet at 1 pm CT in the Visitor Center parking lot. Please register with Joan Hartvigsen, *jhartvigs@comcast.net* or 931-636-2914.

Feb 28 – Chapter Meeting. 7:00 pm, D.W. Wilson Community Center, 501 N. Collins Street, Tullahoma. Our speaker is Mike Croley, the new Executive Director of the Cumberland Trails Conference. You might have read about the CTC in the January TTA newsletter. Mike will talk about the Cumberland Trail, how our TTA Chapter might be a part of this monumental project, and how we might enjoy the CTC for our future outings. Contact Patty Deen at *pdeen@palomar.edu* or 760-703-8115 for more information. We will meet for dinner before the meeting at 5:30 pm at La Fiesta Bar & Grill, 1410 N. Jackson Street, Tullahoma, next to the Quality Inn. Please contact Patty Deen to reserve your spot for dinner.

Highland Rim Chapter – con't.

Planning Ahead:

Mar 17-19 – Rock Creek Loop wildflower hike and Twin Arches Loop wildflower hike, Big South Fork NRR. Camping at Pickett State Park, Jamestown, TN. Rock Creek Loop Trail is eight miles and moderate. Twin Arches Loop is 4.6 miles and moderate. Contact Marietta Poteet, *nannietta@benlomand.net* or 931-924-7666 for more information and to request a spot in one of the reserved campsites.

Apr 23-26 - North Georgia Waterfalls & Wildflowers Event, Helen, GA. Joint event with the Nashville Chapter. We'll visit at least three major waterfalls (Anna Ruby, Tallulah, and Amicalola) and a number of smaller ones. We can expect to see good displays of spring wildflowers along the way. Hiking mileage will be relatively modest but viewing options include up to 1,700 stair-steps. A limited number of cabins and campsites have been reserved. Contact Mark Hubbard for details, updates, & cabin info: 615-669-3221 or *midtn@tnhiker.net*. Contact Joan Hartvigsen for Unicoi State Park campsite info: *jhartvigs@comcast.net* or 931-636-2914. Bring money or Senior National Park Pass and Georgia State Park Annual Pass to pay parking fees for each waterfall.

May 16-19 – Mile High Campground at southern end of Blue Ridge Parkway, near Maggie Valley, NC. Hiking in Great Smoky Mountains National Park and near Shining Rock Wilderness Area off Blue Ridge Parkway. Joint activity with the Murfreesboro Chapter. Monday we will hike the short, steep, paved Waterrock Knob Trail and then view the sunset from the parking lot. Total mileage is 1.2 miles. Tuesday we will hike the Rough Fork Trail, Caldwell Fork Trail, Hemphill Bald Trail Loop Hike. On Wednesday we will hike the Art Loeb Trail to Black Balsam Knob and Tennent Mountain and the Sam Knob Summit Trail. Tuesday's hike is a strenuous 13.7 mile loop, 2,000 ft. elevation change. Wednesday's trails are located off the Blue Ridge Parkway, Mile Marker 420, Forest Road 816. Wednesday's hike on the Art Loeb Trail to Black Balsam Knob and Tennent Mountain is a 5 mile moderate loop and offers panoramic views from Tennent Mountain and Black Balsam Knob. The Sam Knob Summit Trail is 2.7 miles out and back. Contact Joan Hartvigsen, 931-636-2914 or *jhartvigs@comcast.net* to reserve a spot in Mile High Campground. Wednesday after our hike we can eat at J. Arthurs Restaurant in Maggie Valley, NC on our way back to our campsite. Thursday after we check out we can visit nearby Soco Falls and Mingo Falls.

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May 22-26 –Kayaking to Burgess Falls on Tuesday and Fancher Falls on Wednesday. Camping at Ragland Bottom Campground, Smithville, TN. Hiking at Burgess Falls State Park and Edgar Evans State Park. Joint event with Murfreesboro Chapter. Ragland Bottom Campground is located on Center Hill Lake. Contact Joan Hartvigsen for camping information, jhartvigs@comcast.net or 931-636-2914.

Jun 20-23 – 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. Azaleas and spring wildflowers will be blooming. Reserve your spot soon. Monday: short out and back hike on Anthony Creek Trail. Tuesday: Hike to Gregory Bald on Gregory Bald Trail. Wednesday: bike ride in Cades Cove and hike to Abrams Falls. Rental bikes available at campground store. On Thursday on our way out we will hike the West Prong Trail in Tremont. Contact Joan Hartvigsen, jhartvigs@comcast.net or 931-962-0811.

Aug 8 -11 – Kayak, Hike and Camp Event. Camping at Devils Fork State Park on Jocassee Lake, Salem, SC. Private Kayak Tour of Jocassee Lake on Tuesday. Wednesday: Hike to Lower Whitewater Falls, then more kayaking. Thursday on our way home we can visit the waterfalls at Gorges State Park, NC. Campsites and reservations for private kayak tour are limited. Contact Joan Hartvigsen early to reserve a spot, jhartvigs@comcast.net.

LEAVE NO TRACE PRINCIPLES

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

JACKSON CHAPTER

CHAPTER CHAIR: Melinda Pearson 731-225-4293
ttajackson68@tennesseetrails.org
BOARD REPRESENTATIVE Wendy Porter 205-960-8087
ttaboardjackson68@tennesseetrails.org
SECRETARY/TREASURER: Terry Warren 731-535-0625
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

Feb 5 - Pinson Mounds near Pinson, TN. 3 miles. Hike from the park museum through the wooded areas viewing different mounds including Ozier Mound and Twin Mound. Pinson Mounds contains the largest mound group in the United States. The nature trail begins behind the museum and covers most of the major formations at Pinson Mounds and also provides a wooded hike and boardwalk access to an overlook of the Forked Deer River, winding past many of the 15 sacred ceremonial mounds. There is an option to climb the 150+ steps at Sauls Mound. We will cross a couple of small creeks. Please register with Glen Rognstad by Friday, February 4 at 731-217-5966 or at glenrognstad@gmail.com. We will meet at the museum at 9:00 am.

Feb 26 - Red Leaves Trail, 3rd Leg, Cub Lake Trail. 7-7.5 mile hike through the woods and along the shores of Cub Lake, crossing the lake dam, and crossing two foot bridges over the lake and back to the park HQ. We will meet at the park HQ/visitors center at 9:00 am. Please register with Terry at 731-535-0625 or at terrymccoy832@yahoo.com by Friday, February 25.

Planning Ahead:

Mar 5-6 - Overnight trip to Sewanee. Hiking Sherwood Forest and Shakerag Hollow on Saturday. On Sunday, hiking Foster Falls or Denny Cove.

Mar 12 - 4th leg of Red Leaves Trail. Browns Lake/Pin Oak Lake/Idem.

Mar 19 - Ross Forest Natural Area near Savannah, TN.

Apr 2 - Joint hike with Memphis chapter to Cane Creek Canyon near Tuscumbia, AL.

Apr 9-10 - Virgin Falls near Sparta, TN and Standing Stone State Park north of Cookeville.

Apr 30 - Big Hill Pond near Pocahontas, TN.

MEMPHIS CHAPTER

CHAPTER CHAIR:

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

Feb 5 – White/Yellow/Blue Trails, Lucius Burch Natural Area, South of Walnut Grove. 5-6 miles. Meet at the unpaved parking area on the south side of Walnut Grove immediately east of the Wolf River. Plan to hike 3 hours. Bring water and snack. Hiking boots highly recommended. Rain will cancel hike. Registration is required by contacting Karen Thomas: 901-496-6749 or karenggoff@hotmail.com at which time you will receive a start time.

Feb 12 - Lovitt Woods. 5 miles. Hike across flat terrain in the woods along the Wolf River and some lakes. Meet at the parking lot of Lowe's on Germantown Road. Boots suggested for muddy spots. Bring snacks and water. Registration is necessary by noon Thursday Feb 10. Janet Sheahan: Janet.n.sheahan@gmail.com at which time you will receive a start time.

Feb 19 - Lucius Burch Trail – North. The hike will be approximately 5.75 miles and take between 2.5 and 3 hours. The terrain is relatively flat with a few steep ravine crossings. Bring water and a snack. Hiking boots are recommended especially if we have had recent rain. Rain or snow will cancel hike. We will meet in the unpaved parking area on the south side of Walnut Grove immediately east of the Wolf River. Registration is required by texting Linda Red: 901-489-9157 at which time you will receive a start time.

Feb 26 - Meeman Shelby Forest, Chickasaw Bluff and Woodland Trails. 6 miles Moderate but with two big hills. The trail begins at the top of the Chickasaw Bluff before quickly descending into the flood plain of the Mississippi River. The trail is relatively flat until we climb to the Woodland Shelter. From there we will return along the less hilly side of the Woodland Trail with one big hill at the end. Hiking boots recommended. Bring a snack and water. Registration is required by noon on February 24. For more information and to register contact Wayne Simpson at w.simpson1@comcast.net or 901-385-1988 (home phone, no texts) at which time you will receive a start time.

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

Feb 10 – Virgin Falls State Natural Area. 2080 Scotts Gulf Road, Sparta. 9.0 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 State Natural Area is the most visited state natural area in Tennessee with interesting scenery and features three beautiful waterfalls Big Laurel Falls, Sheep Cave Falls and Virgin Falls. Bring water, lunch, and wear sturdy hiking boots. You must be FULLY VACCINATED to attend this hike. For more information or to sign up, contact Sara Pollard at 615-714-3610 or sarabpollard@gmail.com.

Feb 19 - "Pick a Park" series. Long Hunter State Park. 3.9 total miles. Easy. Four trails will be explored at Cedars of Lebanon State Park. If you would like to join us for breakfast – meet at 9:00 am CT at Campsite #91. John Ruth will provide a breakfast of fried potatoes, link sausage and scrambled eggs. Bring your own drinks, coffee, juice or whatever. **Please RSVP to Jeanne by February 16 if you plan to have breakfast.** If not, meet at the Cedar Forest Trail trailhead at 10:15 am CT. Cedar Forest Trail trailhead is near the Cedar Forest Road split to the campgrounds. The next trail is the Cedar Glades Trail and is located next to the park office parking lot. The trailhead kiosk presents a fine introduction to this interpretive trail. Next is the Dixon Merritt Trail that and explores cedar woodlands between Cedar Forest Road and the meadows. Tucked behind Picnic Shelter 1, this level trail works its way to a short loop then returns. The Limestone Sinks Trail is .4 miles and as its name implies, the Limestone Sinks Trail showcases several unique karst features associated with limestone including variously shaped sinkholes, outcrops and a rock house. The Limestone Sinks is the shortest loop trail in the park. PLEASE RSVP in case of inclement weather! Contact Jeanne Conatser at 615-971-8894 or djconatser@comcast.net.

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Feb 26 – Sewanee Perimeter Trail and Sherwood Forest State Natural Area. 8.5 miles total. Easy. First, we'll hike the Sewanee Perimeter Trail from the University gates parking lot to the War Memorial Cross. This out and back is approximately 6 miles and is paved part of the way. After this hike we will drive south on Highway 156 to hike the Sherwood Forest trail. This is a 2.5-mile easy loop trail located near Sewanee and offers nice bluff views. There is an amazing natural rock bridge, many rock formations and beautiful views. Bring water, lunch, and wear sturdy hiking boots. For more information or to sign up, contact Sara Pollard at 615-714-3610 or sarabpollard@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

Feb 3 - Natchez Trace Parkway (NTP) Double Hike, Leiper's Fork and Franklin, TN. 3-6 miles. Moderate to moderately strenuous. Hike #1. Natchez Trace Parkway (NTP): Garrison Creek to 1812 War Monument Trail. This trail is a section of the Old Trace and is a moderate out and back for a total of 3.4 miles. The trailhead is at Garrison Creek (NTP milepost 427.6) which is about 10 miles south of the iconic Birdsong Hollow Bridge over Highway 96. There is a rest area at Garrison Creek. The trail takes you through old growth timber to a scenic overlook and then follows the ridgeline to the War of 1812 monument. Hike #2. We'll head north on the NTP to Timberland Park (NTP milepost 437.2) just south of the Birdsong Hollow Bridge for another 3+ miles. Timberland Park has several short trails which we'll put together for the desired distance. Part of our hike will take us onto the Big East Fork Reserve which is private property. The park trails are hilly so sturdy boots and hiking poles are recommended. To sign up for this hike, contact Kathy Woods, 615-473-6824 or kwoodz@comcast.net.

Feb 14 - Bryant Grove Trail, Long Hunter State Park, Hermitage, TN. 8 miles roundtrip. Moderate. Celebrate Valentine's Day with an in and out hike at Long Hunter State Park. This trail connects the Couchville Lake area to the Bryant Grove Recreation area. This is a fairly flat trail that parallels Percy Priest Lake. There are mileage markers along the way so those who don't want to hike the whole trail can pick the mileage they are comfortable with and return on their own. Or they can arrange for their own shuttle at the Bryant Grove Recreation area. Both the Couchville Lake Area and the Bryant Grove Recreation area have restrooms and picnic tables. We will meet at 9:00 am CT at the Couchville Lake area. Bring water and snacks. If you plan to attend, please contact Amy Sutton at 615 525-1573 or amy109@gmail.com.

Feb 18 - Bridgestone Firestone Centennial Wilderness WMA, Sparta, TN. 10 miles. Moderately difficult for terrain and length. We'll plan to hike a loop consisting of segments of the Yellow Bluff, Caney Fork River, and Polly Branch Falls trails. We'll enjoy unique winter views of waterfalls, scenic overlooks and other natural features. Bring plenty of snacks and water and pack a lunch for the trail. We'll likely encounter muddy sections and creek crossings so pack accordingly. Register with Mark for details and updates: midtn@tnhiker.net or 615-669-3221. Alternate date for inclement weather: February 25th.

Feb 25 – Montgomery Bell Trail (formerly known as Overnight Trail), Montgomery Bell State Park, Burns, TN. 10.5 miles. Strenuous for length. Wooded terrain with some hills. The trail passes by several lakes, a historic cabin and church, and historic iron ore pits. Bring water, snacks/lunch, boots, and clothing appropriate for the weather that day. Contact Doug Burroughs by email at dougburroughs@tennessee.usa.com or by text at 615-587-0085 for more information and to register. Meeting Place (convoy, no carpool): Parking lot in front of The Well Coffeehouse/Sprouts at One Bellevue Place, 7618 Hwy 70S, Suite 107, Nashville, TN 37221. Meeting Time: 7:30 am. Or meet us at the Warehouse Trailhead at the Park at 8:15 am.

Planning Ahead:

Apr 23-26 - North Georgia Waterfalls & Wildflowers Weekend, Helen, GA. Easy to moderately strenuous hiking options. Joint event with the Highland Rim Chapter. We'll be based in Helen, GA but will spend most of our time exploring the region outside of the town. We'll visit at least 3 major waterfalls (Anna Ruby, Tallulah, and Amicalola) and travel off the beaten path to explore a number of smaller ones. We can expect to see good displays of spring wildflowers along the way. Hiking mileage will be relatively modest but viewing options include up to 1,700 stairsteps. A limited number of cabins and campsites have been reserved. Register with Mark for details, updates, & cabin info: 615-669-3221 or midtn@tnhiker.net. Contact Joan Hartvigsen for campsite info: jhartvigs@comcast.net or 931-636-2914.

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.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/>.

Feb 2 - Fairfield Glade Community Trails, Crossville, TN. Joint hike with Upper Cumberland Chapter. We'll hike a figure 8 of several trails. **Long Hike:** The figure 8 totals approximately 8 miles, moderate sometimes strenuous. **Short Hike:** 4 mile moderate loop. Depart from the parking lot to the left of the stop light at the corner of Peavine Rd and Stonehenge Drive at 8 am CT. Bring water, lunch and a snack. Don't forget tick/bug spray and sunscreen. Contact the hike coordinator email *plateauhikes@tennesseetrails.org* or text/call 931-267-2243.

Feb 9- Big South Fork NRA - Leatherwood Loop, Sunset Overlook Trail, East Rim Overlook, Jamestown, TN. Joint hike with Upper Cumberland Chapter. Long Hike: This will be a 7 mile moderate hike. **Short Hike:** 3 mile moderate loop. Depart Cracker Barrel at 8 am CT. Carpool cost is \$7. Pack water, snacks and lunch. Contact the hike coordinator, Deb Westervelt, via email *plateauhikes@tennesseetrails.org* or text/call 931-267-2243 for more info.

Feb 10 - Chapter Meeting. First United Methodist Church Annex Building, 69 Neecham St, Crossville, TN. 6 pm CT. For information contact Norm 931-202-2338 or email *huxianlj@gmail.com*.

Feb 12 - CT Head of Sequatchie to Brady MT, Crossville, TN. Joint hike with Upper Cumberland Chapter. Wear orange on CT hikes. **Short Hike:** 3 moderate miles with a short strenuous climb out and back. **Long Hike:** 9 mile strenuous thru hike that includes creeks, waterfalls and beautiful views. Requires car shuttle for the long hikers. Depart from Central Baptist Church, 1346 S Main St, Crossville, TN at 8 am CT. Carpool gas cost is \$3. Pack water, snacks, lunch. For additional information contact the hike coordinator, *plateauhikes@tennesseetrails.org* or text/call 931-267-2243 for more info.

Plateau Chapter – con't.

Feb 16 - Savage Gulf - Greeter Falls, Ranger Falls, Stone Door, Beersheba Springs, TN. A shuttle will be required. **Short Hike:** 1.1mi Greeter Falls loop easy. Drive cars to the Stone Door Trailhead. Hike the .3 mi to Laurel Falls and .9 mi in/out through 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 snacks. Don't forget tick/bug spray and sunscreen. Carpool gas cost is \$7. For additional information contact the hike coordinator email *plateauhikes@tennesseetrails.org* or text/call 931-267-2243.

Feb 23 - Lost Cove East, West and North, Sewanee, TN. Joint hike with Upper Cumberland Chapter. Lost Cove East - Sherwood Forest Loop 2 mile moderate trail and a Natural Bridge. Lost Cove North - A short walk to another Natural Bridge, a 27 foot natural sandstone bridge. Lost Cove West - Buggy Top Cave is a moderate to difficult 4 mile in/out hike to Buggy Top cave. The cave has an impressive mouth carved out of a 50 foot cliff. Depart 8 am CT from Central Baptist Church, 1346 S Main St, Crossville, TN. Carpool gas cost is \$7. 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.

Feb 26 - Big South Fork, Oneida, TN. Joint hike with Upper Cumberland Chapter. The Rock Creek Loop is a 7 mile moderate hike with a climb as we exit. The hike follows Rock Creek and an old railroad bed with rock formations and a small waterfall. We depart Cracker Barrel at 8 am. Carpool gas cost is \$7. Don't forget tick/bug spray and sunscreen. Pack water, snacks and lunch. For additional information contact the hike coordinator email *plateauhikes@tennesseetrails.org*.

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>

Feb 1 - Greeter Falls Loop and Alum Gap. 3.2 miles. Moderate. Great views, two waterfalls, cliffs above and below, beautiful area! Please register with Earl Helmer, 770-877-0600 or *e_helmer@epbf.com*. Meet at the parking lot off Durham St, Soddy Daisy, at 8:30 am.

Feb 5 - Prentice Cooper: Indian Rockhouse to Lawson Rock. 6.4 miles in & out. Moderately strenuous. Stone steps lead to the Rockhouse then wind around rocky bluffs to the spectacular view of the Suck Creek gorge with the Tennessee river below. Please register with Tammy Hendrick, 315-949-8187. Meet at Food City at the base of Signal Mountain at 8:30 am.

Feb 8 - Chickamauga Battlefield, east loop. 3-4 miles. Easy. Please register with hike leader Tom McElhone, 805-208-4654 or *sarmitta@yahoo.com*. Meet at the lower parking lot of the Battlefield Visitors Center, 3370 Lafayette Road, Ft Oglethorpe, GA.

Feb 12 - Upper Bald River Falls and Benton McKaye Trail along Brookshire Creek. 8 - 9 miles out-and-back. Moderate. This trail leads deep into the wilderness up the Bald River, which is a crystalline mountain stream at our trailhead, not a river. Good thing too, as we need to cross it at one point. Bring your water shoes. We'll reach a 15-foot waterfall and then trek part of the Benton MacKaye trail along Brookshire Creek for a few miles, pondering the possibility of reaching the TN-NC state line. Please register with hike leader Betsy Darken, 423-718-2060. Meet at Food City off I-75 Exit 11, at 8:30 am.

Feb 15 - Bear Paw Loop and part of the Chestnut Mountain loop, near the Ocoee Whitewater Center. 5 miles. Easy to moderate with some elevation gain to an overlook. Parking fee of \$3.00 at the Whitewater Center. Please register with Tammy Hendrick, 315-949-8187. Meet at Food City off I-75 Exit 11 at 8:30 am.

Soddy-Daisy Chapter – con't.

Feb 19 - Board Camp Creek portion of the Cumberland trail. This involves a shuttle from Heiss Mtn Trailhead to Soddy Gulf Trailhead, requiring carpooling. About 8 miles. Moderate to strenuous, along creeks, through rocky bluffs on wooden stairways, and waterfalls. Bring lunch and water shoes since the bridge is out over Board Camp Creek. Please register with hike leader Tom McElhone, 805-208-4654 or *sarmitta@yahoo.com*. Meet 8:30 at the parking lot by the ballfields off Durham St in Soddy Daisy.

Feb 22 - Lookout Mountain Bluff Trail from Ochs Gateway to Sunset Rock. Wonderful cliffs, great winter views, funky boulders here and there. Please register with hike leader Trish Appleton, *Appleton-p2@comcast.net* or text 423-240-3443. Meet at Food City at 3801 Tennessee Ave, St. Elmo, at 8:30 am.

Feb 26 - Stone Door, Big Creek Gulf, Ranger Falls, Big Creek Rim Trail Loop. Strenuous. 9-10 miles. Beautiful waterfalls, great creek and great views, impressive cliffs. Please register with hike leader Bob Caperton, 423-902-7898 or *rhcaperton@aol.com*. Meet at Durham St, Soddy Daisy, at 8:30 am.

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.

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

Feb14 - Bledsoe Fort Historic Park, 1.5 miles. Moderate.

Join us as we walk this beautiful 80-acre Park, site of the original Bledsoe Fort dating to the 1780s. We will take the short hiking path past several historic buildings, log cabins and a historic cemetery. We will pass near the old Springhouse at the Bledsoe Lick natural spring and more! This historic site is working to improve and expand their trails, so only about 1/2 mile is the actual trail. The rest will be wandering around the edge of the open field to view these historic sites. We hope you can join us at 10 am at 2923 Hartsville Pike, Castalian Springs, TN (located just a few minutes past Bledsoe Creek State Park where we often hike). We hope to enjoy a Valentine's Day lunch together after this outing as well, possibly at Mama's House restaurant. Contact Jenny Fitzgerald at 615-517-8185 or mrzfitz@gmail.com with questions.

Feb 25 – Beaman Park, Nashville. 3.2 miles. Easy to

moderate with a couple of hills. Join us on a loop that leaves from the Beaman Park Nature Center. 5911 Old Hickory Blvd. We will follow the Sedge Hill Trail down to the Creek and take the Henry Hollow Loop Trail up across the ridge and back down to the creek, returning back along the Sedge Hill Trail to the Nature Center. Hiking poles recommended. Those who wish to carpool, please meet us at the Kroger in the Glenbrook Shopping Center at 9:00 am, 1010 Glenbrook Way, Hendersonville or meet at the park Nature Center at 9:30. Please let me know if you are meeting at trailhead in case of weather-related changes. Contact Jenny Fitzgerald at mrzfitz@gmail.com or phone/text 615-517-8185 with questions. We hope you will join us!

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

Feb 2 - Fairfield Glade Community Trails, Crossville, TN. Joint hike with Plateau Chapter. See Plateau Chapter listing for hike details and registration information.

Feb 9 - Big South Fork NRA - Leatherwood Loop, Sunset Overlook Trail, East Rim Overlook, Jamestown, TN. Joint hike with Plateau Chapter. See Plateau Chapter listing for hike details and registration information.

Feb 12 - CT Head of Sequatchie to Brady MT, Crossville, TN. Joint hike with Plateau Chapter. See Plateau Chapter listing for hike details and registration information.

Feb 23 - Lost Cove East, West and North, Sewanee, TN. Joint hike with Plateau Chapter. See Plateau Chapter listing for hike details and registration information.

Feb 26 - Big South Fork, Oneida, TN. Joint hike with Plateau Chapter. See Plateau Chapter listing for hike details and registration information.

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.

OFFICERS:

President

Libby Francis 615-319-7501
president@tennesseetrails.org

Vice-President

Duane Frichtl 309-830-9720
vicepresident@tennesseetrails.org

Treasurer

June Callahan 615-945-7462
ttatreasurer68@tennesseetrails.org

Secretary

Melinda Pearson 731-225-4293
secretary@tennesseetrails.org

At-large Directors (terms expiring listed after name)

Libby Francis (2024) 615-319-7501
president@tennesseetrails.org
Duane Frichtl (2024) 309-830-9720
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June Callahan (2024) 615-945-7462
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Jenny Fitzgerald (2023) 615-517-8185
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Regional Directors

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Middle TN

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jhartvigs@comcast.net

East TN

Patricia Appleton (2024)
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regionaleast@tennesseetrails.org

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

Newsletter Editor

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

2022 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 1, 6:30 PM CT Zoom Video
Conference

Tuesday, May 3, 6:30 PM CT Zoom Video
Conference

Tuesday, Aug 2, 6:30 PM CT Zoom Video
Conference

November, Date/time TBD Townsend
Annual Meeting

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.

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 ASSOCIATION, I AM . . .

☐

A NEW MEMBER

Feb 22

☐

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 have access to the Members Area of our website (www.tennesseetrails.org) which includes the Membership Directory listing members by chapter and how to reach them. You will also receive our monthly newsletter which contains information on upcoming hikes, events, chapter meetings, and volunteer opportunities. We encourage you to review the Hiking Handbook (under the Hikes & Events section), a reference containing information about TTA, trail etiquette, and hiker responsibilities. We invite you to attend any number of monthly meetings where you will enjoy diverse programs, socializing and refreshments. Also, we hold our annual meeting 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.

Not a member yet? Please check out one of our hikes or meetings soon!