

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

FRIENDS OF SOUTH CUMBERLAND EVAN MEANS GRANT TRAIL PROJECT

In February 2022 TTA awarded the Friends of South Cumberland an Evan Means Grant to build box steps for part of the rerouting of Greeter Falls Trail.

On Saturday, March 5, TTA members Marietta Poteet and Joan Hartvigsen helped Friends of South Cumberland and Park Ranger Aaron Reid carry lumber and other materials from Greeter Falls parking lot to the work site at Greeter Falls. Clockwise from the top is John Collins and Aaron Hendrickson, Friends of South Cumberland, Marietta Poteet and Joan Hartvigsen, TTA and Ranger Aaron Reid,



EVAN MEANS GRANT PROGRAM

TTA's Board of Directors accepts Evan Means 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. Remaining deadlines for 2022 are April 3, July 2 and October 1.

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 less than \$1,000 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".

The Evan Means Grant 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.

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.



Cumberland Trails Conference

Office Location: 409 Thurman Avenue, Ste 102
Crossville, TN 38555
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8 AM – 3 PM CT
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Cumberland Trails Conference is knee-deep in Alternative Spring Break for 2022. We have two great groups of college kids out with us for a total of 15 students. Michigan State University and the University of Central Florida have been helping remove duff on the up-land sections of Upper Piney section 2. We also have had about ten volunteers come out to help us as well. Although we got rained out halfway through the day on Monday, we made up for it with a full day of hard work on Tuesday. The students have enthusiastically dealt with the hard manual labor and rainy weather. Some have even committed to coming back in a few years to hike the trail once this section has been fully completed!

Our trail crew has been dealing with the abundant spring rain but have managed to continue building alongside Piney Creek. They have reported duff close to one foot thick by the creek! They have also said they've seen whitewater kayakers enjoying the swollen creeks in our remote worksite. CTC has a new hire on the trail crew, Brittani Wodicka. She has recently moved back from Florida and has taken to trail building quickly. We will be having another volunteer event April 8-9th which is open to anyone wanting to come out. Food, snacks, and tools will be provided! If this event interests you, send an email to Savana Keeton at ctcoffice2014@gmail.com.

Cumberland Trails Conference is planning to attend several festivals this spring. We will have a booth set up at Nashville Outdoor Recreation Fest on April 9th from 9 am to 3:30 pm. The Outdoor Festival is located at Bells Bend Outdoor Center, 4187 Old Hickory Boulevard, Nashville, TN. We also will have a booth set up at the Ivy Academy Spring Fest in Soddy Daisy, TN on April 30th. The Spring Festival is located at 8520 Dayton Pike, Soddy Daisy, TN. We look forward to seeing you out there this spring!

CLARKSVILLE CHAPTER

CHAPTER CO-CHAIRS: Paula Sanders 954-993-5541
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VICE-CHAIR & BOARD REPRESENTATIVE:
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OUTINGS COORDINATOR: Paul Schwab 931-801-9484
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(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.

Apr 2 - Ashland City Rails to Trails, paved section. 7.4 total miles out and back. Easy except for distance.

The trail surface is asphalt and 90 plus % level. There are views of the Cumberland River and Sycamore Creek which it crosses on a safe RR overhead suspension bridge. It also passes several picturesque bluffs. Hopefully we will see lots of wildflowers; We usually eat lunch where we turn around. There is a porta potty there and at the trail head. Meet 8:00 am CT, Madison Street Food Lion parking lot, Clarksville. 23 miles to trailhead. Contact: Phyllis Haddock 931 206-6245.

Apr 6 - Dunbar Cave SP, Long Trail. 2.5 miles.

Moderate. Most of the trail is on natural turf. There are a few concrete steps. Dogs are permitted if on a leash. The trail goes through pretty woods, passes sinkholes, limestone bedrock, goes through a 15 acre Prairie Restoration Project and by a 110 acre Lake. Meet 9:00 am CT at the trailhead picnic table. Contact: Suva Bastin 931-645-2849.

Apr 16 - Radner Lake SNA. 8.4 miles. Moderate.

You can hike the entire loop or just a portion. GOOGLE: "Trails Friends of Radnor Lake" to get trail descriptions with photographs. Dogs are only allowed on the Otter Creek Road Trail. Trekking poles are recommended on some of the trails. Hopefully we will see lots of wildflowers, and there is a new Bald Eagle's nest which is easy to see. There are restrooms at the trailhead. Meet 8:00 am CT at the new Exit 11 Park and Ride. 50 miles to trailhead. Contact Paul Schwab 931-801-9484.

Apr 19 - Monthly Chapter Meeting. Potluck supper, bring your own drinks. Lionel Senseney will be our guest speaker. Lionel will share the progress of the Cumberland Trail. He has been on the CT Board for 5 years. He rotated off this year. Contact Paula Sanders 954-993-5541 or Suva Bastin 931-645-2849.

Con't on next page

Clarksville Chapter – con't.

Apr 23 - Sewanee Domain. 5.5 miles. Moderate. We start hiking at Green's View and make a clockwise loop using part of the Perimeter Trail and Beckwith's Point Trail. We will also take an out and back detour to Piney Point where we will eat lunch. The trail is on natural turf through pretty woods. We will see panoramic views of the western Highland Rim, a small picturesque waterfall and hopefully lots of wildflowers. If we wish we can drive through the beautiful University of the South's Campus, visit All Saints' Chapel and see the Memorial Cross where there is another panoramic view; Meet 8:00 am CT at the new Exit 11 Park and Ride. 129 miles to trailhead. Contact Philip Anderson 931-561-0925.

Apr 30 - Two Hikes: Mousetail Landing State Park Scenic Trail. 2.5 mile lollypop. Easy. It is a pretty trail on natural turf through the woods; There are some views of the Tennessee River and there is a restroom at the trailhead. Next we will eat lunch and drive 11 miles to **Ladies Finger Bluff trail, 2.3 miles out and back, difficult.** The trail is on natural turf through pretty woods. Trekking poles are recommended; Hopefully we will see lots of wildflowers. We will hike along the Tennessee River, around a cove and back to Lady Fingers Bluff. There is an outstanding panoramic view of the river from the bluff; Meet 700 am CT at Big Lots Parking Lot on Riverside Drive. 90 miles to trailhead. Contact Paul Schwab 931-801-9484.

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.

COLUMBIA/FRANKLIN CHAPTER

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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.

Apr 9 – Machine Falls, Short Springs. Because of its location, Short Springs Natural Area doesn't see as much traffic as some of the more popular hiking destinations in Tennessee. But don't let that fool you—it's worth the trip. With a variety of trails, Short Springs Natural Area is great for beginners and more experienced hikers. You can even bring your pet along for an outdoor adventure in this natural area. Short Springs State Natural Area is on 420-acres just north of Tullahoma, TN. This hiking area is great for everyone thanks to its variety of trails and moderate to lower traffic level. The trails are mainly located in wooded areas, so with plenty of shade, you don't have to worry about getting too hot in the summer. The trails here are not always very well-marked but the reward is worth it. If you choose to venture out to this hiking destination, keep your eyes open for some of the road markers and the different trailheads and junctions. Machine Falls Loop is the longest at 1.6 miles and can be a little tricky if you're not experienced with steep terrain. The stairs leading down to the falls are steep and narrow so you'll want to make sure you hold onto the railing as you make your way down to the falls. Once there, you've still got some work to do. You can venture along the bank of the creek or rock hop across to make your way to the base of the falls. If you're up for more adventure, you can also continue hiking to view the falls from the top of Machine Falls or add on some more mileage by venturing off to one of the other trails, such as Busby Falls loop and Adams Falls. Adams Falls branches off of Machine Falls Loop at one of the junctions - you'll find the sign after the Machine Falls. This trail is much easier than Machine Falls Loop, and will add on 1.10 miles. The only trail it connects to is Machine Falls Loop, so when you return, you'll finish on Machine Falls Loop. Marvin Caine will lead the hike. He will provide details of the exact trails he will include. More information to follow on a date closer to the actual hike. We'd love to have you join us. Please leave contact information in case of inclement weather.

EAST TN CHAPTER **(Oak Ridge / Knoxville)**

CHAPTER CHAIR: Rosemary Marshall 865-985-9144
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BOARD REPRESENTATIVE: Tom Cressler 865-588-5622
boardeasttennessee@tennesseetrails.org

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

Apr 2 - River Bluff Trail. 4 miles. Easy. We will park at the trailhead on Dabney Road and hike the lower section of the trail along Norris River, less than two miles each way. The walk along the river is relatively flat. Where we will turn around the trail goes up the bluff to make a loop. Some may want to walk the loop. We recommend shoes to wear to and from the hike plus sturdy hiking shoes, other appropriate clothing, a snack, something to drink and a camera. Perhaps we can get this virus under control but until we do remember to wear your mask when you cannot maintain a social distance e.g. carpooling. Having the recommended shots, washing your hands, and wearing masks are your best means of defense and assisting in reducing the spread of the virus to others. We will meet at Ingles Market, 215 Cedar Lane in North Knoxville, leaving at 9:15 am. You may meet us at the southeast end of the Wal-Mart parking lot at the I-75/State 61 intersection near Norris, leaving there at 9:45 am. Round trip distance from Knoxville is 62 miles, from Ingles, 44 miles and from Wal-Mart, 8 miles. If you want to meet us at the trailhead take I-75N to exit 122; turn right on TN-61; about 1.4 miles turn left on to US 441 and proceed across the dam; turn left on to Dabney Road, the first road on the left after the second hair-pin turn, staying left, going downhill, to the parking area. After the hike plan on stopping on the way back for a meal and refreshments. For specific information about the hike please call Tom before April 1st at 865-588-5622, leave a message or send an email to *cressler@utk.edu*.

Apr 9 - Hike trails in Norris Watershed and Norris Dam State Park you've likely not walked before. Go from Hi Point Trail off Upper Clear Creek Road in the watershed, intersection to Lakeside Loop Trail and then left onto Lakeview Trail, both in the state park offering views of Norris Lake far below. There's a shortcut - Scenic Cove Trail - that intersects with Hi Point Trail. Turn left and you're on the way out. Otherwise, stay on Lakeview until you hit Hi Point Spur Trail. You end up at High Point - the watershed's highest point. Take High Point back to the road. It's either 3.8 or 5.4 miles. Meet at 9:30 am in front of Norris Middle School across from The Commons. It's about 4 miles to Upper Clear Creek Road. More info: Bob Fowler 865-315-2266.

East TN Chapter – con't.

Apr 16 - Emory Gap, Panther Creek, Judge Branch, Frozen Head State Park. Join us on a flower hike in the Cumberland Mountains. We will park at the end of Flat Fork Road hike a portion of the Panther Creek trail and the entire Emory Gap trail to the falls. On the Panther Creek trail we will go about 1.75 miles and gain about 250 feet, turn around and go back to the Emory Gap trail, losing about 200 feet. The Emory Gap trail to the falls is about 1.0 mile and gains about 300 feet. At the falls we will turn around and go back to the parking area, losing about 350 feet. The total distance for this hike is about 4.5 miles. If time and energy allow we will relocate and take a second hike on the Old Mack and Judge Branch trails. This second hike is about 3.3 miles and gains about 300 feet by the turn around point. All of the distances and elevation changes are estimates based on a topo map. If we take both hikes the total distance is about 7.8 miles which is about average of most of our hikes. The hike difficulty is rated as moderate. We recommend shoes to wear to and from the hike plus sturdy hiking shoes, other weather appropriate clothing, a snack, a drink and a camera. We will meet in Oak Ridge at Books-A-Million, 310 South Illinois Ave, meeting in the parking lot nearest Illinois Ave. We will leave at 9:00 am. Round trip distance from Books-A-Million is 43 miles. After the hike plan on stopping on the way back for a meal and refreshments. For specific information about the hike please call Tom before the 15th at 865-588-5622, leave a message or send an email to *cressler@utk.edu*.

Apr 30 - White Oak Sinks, GSMNP. 5 miles. Easy with very little elevation gain. We'll begin our hike at School House Gap trailhead entrance. We'll hike to the sinks and make our way to where the bat cave is located. There's much to see in this area including remnants of old homesteads and beautiful flowers. After taking in the sights, we'll make our way back to our cars. This hike is good for all skill levels. Let's meet at Browns Creek Shopping Center parking area in Maryville (close to the Sonic) at 8:00 am. We expect to be at the trailhead about 9:00 am. Don't forget to bring water, snacks and \$\$\$ for carpooling. Please preregister for this hike with Rosie at *rosemary_l@hotmail.com* or 865-985-9144.

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

Apr 1-3 – Camping in Fort Mountain State Park, Chatsworth, Georgia. Hiking the Gahuti Trail, 8 mile loop, moderate on April 2. Joint event with the Soddy-Daisy Chapter. The Gahuti Trail offers grand views of the Cohutta and Fort Mountains, waterfalls and cascades. Contact Joan Hartvigsen for a spot in the reserved tent-only campsites, *jhartvigs@comcast.net* or 931-636-2914.

Apr 12 – Short Springs State Natural Area Waterfall and Wildflower Hike. Tullahoma, TN. 5 miles. Moderate. Joint hike with the Soddy-Daisy Chapter. We will hike all the trails, visit the wildflower loop, Machine Falls, Busby Falls and Adams Falls. Meet at 8:30 am CT in the parking lot, 2250 Short Springs Road, Tullahoma. Bring water, snacks, hiking sticks and wear sturdy hiking boots. Please register with Joan Hartvigsen, *jhartvigs@comcast.net* or 931-636-2914.

Apr 16 – Shakerag Hollow Wildflower Hike, Sewanee, TN. 3 miles round trip. Moderate. Nathaniel Mann is our hike leader. Meet at 10:00 am at the eastern University Gates parking lot. Please register with Joan Hartvigsen, *jhartvigs@comcast.net* or 931-636-2914. Bring water and snack.

Apr 19 – Old Stone Fort Wildflower and Waterfalls Hike, Manchester, TN. 4 miles. Easy. Joint hike with Soddy-Daisy Chapter. We will hike the Enclosure Trail and then connect with the Forks of the River Trail where all the Bluebells and other wildflowers grow. We will see the confluence of the Duck and Little Duck Rivers. We will then pick up the Moat Trail to connect back up with the Enclosure Trail. From the Enclosure Trail we will see beautiful mature walnut trees and other large hardwood trees as well as Blue Hole Falls, Big Falls and Step Falls. Then we will hike the Garrison Road Trail and the Nature Trail. The Nature Trail has neat views of the other side of Blue Hole Falls. We could have our lunch at the Group Boy Scout Camp located on the Nature Trail at Blue Hole Falls, or we can eat lunch at the park's lovely picnic area. There is also a covered picnic pavilion. Please register with Joan Hartvigsen, *jhartvigs@comcast.net* or 931-636-2914. Meet at 8:30 am CT in the Museum/Visitor Center parking lot.

Highland Rim Chapter – con't.

Apr 25 – Chapter Meeting. 7 pm at D.W. Wilson Community Center, 501 N. Collins Street, Tullahoma. Our featured speaker will be Randy Hedgepath, the Naturalist for Tennessee State Parks. Join Randy for a photo tour of good places to see birds and other wildlife in Middle Tennessee and across the state, with emphasis on state parks and natural areas. You can learn new places to go and what you might see there in this light hearted program of stories, facts and trivia. Before the meeting, at 5:30 pm., we will meet for dinner at La Fiesta Bar and Grill, 1410 N. Jackson Street, Tullahoma next to the Quality Inn. Please contact Highland Rim Chapter Chair Patty Deen if you plan to attend dinner so she can confirm the number for our reservation. Contact Patty at *pdeen@palomar.edu* or 760-703-8115 for more information.

Apr 30 – Short Springs State Natural Area Workday. Meet at 8 am in the parking lot, 2250 Short Springs Road, Tullahoma. Please let Joan know you can help, *jhartvigs@comcast.net* or 931-962-0811. Bring water, work gloves, trash bags, pruner or lopper, chainsaw.

Planning Ahead:

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, 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. This hike on the Art Loeb Trail to Black Balsam Knob and Tennent Mountain is a five 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 on our way home we can visit nearby Soco Falls and Mingo Falls.

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May 23-26 – Hiking, Camping and Paddling Trip. Joint activity with the Murfreesboro Chapter. Camping at Ragland Bottom Campground, Smithville, TN. Paddling to Burgess Falls on Tuesday from Cane Hollow Road Recreation Area. Hiking at Burgess Falls State Park after the paddle. Paddling to Fancher Falls on Wednesday from Johnson Chapel Recreation Area. Hiking at Edgar Evins State Park after the paddle. Beautiful Ragland Bottom Campground is located on Center Hill Lake. Contact Joan Hartvigsen for more information and camping reservations, 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. Bring bike lock. 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 – Hiking, Camping and Kayaking Trip. 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 or 931-636-2914.

Sep 9-11 – Camping on Devils Step Island on Tims Ford Lake. Kayaking Tims Ford Lake. Joint event with the Murfreesboro Chapter. Saturday evening we will have dinner at Twin Creeks Marina. Contact Joan Hartvigsen, jhartvigs@comcast.net or 931-636-2914 to register.

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.

Carpool Etiquette

Gasoline prices have continued to roller coaster up and down. Please be considerate and take your turn as a carpool driver. If you are a rider, always contribute to the cost of gasoline (i.e. bring small bills, it'll save time and prevent the inconvenience of having to stop to locate change).

Your driver is not a chauffeur. Assist him or her by reading the map and/or directions to the trailhead. Help your driver remain alert on the drive home by staying awake and conversing.

All passengers must wear seat belts to minimize the risk of injury in case of an accident!!! The drive to and from a trailhead is generally the most dangerous part of any hiking trip.

JACKSON CHAPTER

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

Apr 4 – Chapter Meeting. 6 pm at Mulligans, Jackson, TN. Will start promptly to be over by the time of the NCAA mens championship game.

Apr 2 - Cane Creek Canyon, Tuscumbia, AL. Moderate to difficult due to lenth. Joint hike with Memphis chapter. The hike begins at the homeplace parking area. It weaves thru forests crossing a creek (or 2) which you can hike to the bottom of the overlook at the creek. There is a great view of the canyon shortly beyond the creek bridge. There will be spring flowers blooming throughout several areas along with a waterfall in one area. We will meet at Panera Bread in Jackson at 7:15 in order to leave at 7:30 (it is approximately 2-hour drive). Please register with Glen by Friday, April 1 at *glenrognstad@gmail.com* or 731-217-5966. Please dress according to weather and bring snacks, lunch and water.

Apr 9 - Virgin Falls near Sparta TN. 8 miles. Strenuous. We will meet at the McDonald's in Sparta at 9:00 am and drive to the trailhead which is approximately 14 miles away. Not only do you see the spectacular Virgin Falls, but you will also see Big Branch Falls, Big Laurel Falls, Sheep Cave Falls and a great overlook of the Caney Fork Gulf up on Martha's Pretty Point. Virgin Falls is a beautiful, almost mystical waterfall, due undoubtedly in part to its origin; it emerges from one cave, drops 110 feet over some highly sculpted bluffs and then disappears into another cave below. It is situated in a big "sink" or karst feature, and there is no visible surface flow from the area - all the water disappears underground. There is a possibility that we may do a shuttle and hike from Virgin Falls across to the Lost Creek/Rylander Cascades Trail which will still be 8 miles but you will not do a lollipop hike. In this case, when you leave Virgin Falls, you will end up at the trailhead of Lost Creek. Lost Creek is a tucked-away little gem of a natural area that was the location for filming several scenes for "The Jungle Book" movie version. The area was given, by last will and testament, to the people of Tennessee by James D. Rylander in 2012. The falls is located in a "sink" that was created by the collapse of a cave system. These "sinks" such as Lost Creek and Virgin Falls trap cold air in the summer and with the cold air, water condenses from the humid air above. This cold-air trap, with its humidity, creates a microclimate that is noted for its biodiversity.

Jackson Chapter – con't.

Near the base of the falls, many of the rocks are covered with moisture-loving moss and liverworts. These trails are also noted for their spring flowers. The Lost Cave is noted for its large passages however there may be regulations that prevent us from entering the cave (sometimes white-nose syndrome from bats and/or during the bats hibernating time). Please dress according to the forecast and by all means, bring plenty of water, snacks and lunch. This is a 5-6 hour hike. Please register with Terry Warren (hike leader) at 731-535-0625 or *terrymccoy832@yahoo.com* by Thursday, March. 31.

Apr 10 - Standing Stone State Park Lake Trail. 4.7-miles. Easy to moderate with a little elevation. We'll walk around the lake and weave thru some woods seeing blooming spring flowers and the dam that was built during the "New Deal" Great Depression era. The elaborate dam was created stone by stone, with the limestone quarried from a hillside clearly visible from the dam. The dam impounds Mill Creek and creates the lake. The hike is a loop hike beginning and ending at the park office. The "Standing Stone" was apparently named for a large stone that some described as a "dog-shaped monolith" originally around 12 feet in height. The stone was important in that it was reported to be the boundary between two Native American tribes. It was later moved to Monterey, TN. Lots of wildlife are visible during the hike, one of the more interesting being the large gars that you can see in the lake along with great blue herons, kingfishers, wood ducks, and other birds. Please meet at the Days Inn on South Walnut in Cookeville at 8:00 or meet at the park office at 8:45. Directions from Cookeville: Take TN 111 north 20 miles to Livingston then take TN 85 8 miles to Hilham. Turn right on TN 136 which is Standing Stone Highway. It will carry you right into the park. Or you can take TN36 (North Dixie) out of Cookeville. This route is shorter but curvier and nicer scenery. This route crosses the dam, and the office is about 1/2 mile up a hill. Please register with Terry Warren (hike leader) at 731-535-0625 or *terrymccoy832@yahoo.com* by Thursday, March 31. Please dress according to the weather forecast and bring water and snacks.

Apr 23 - Chickasaw State Park. Meet at Panera Bread at 8:00 am to carpool. Please contact Melinda Pearson for details of the hike and please register with her at 731-225-4293 or *hurstm@bellsouth.net* by Friday, April 22.

Apr 30 - Big Hill Pond near Pocahontas/Shiloh, TN. Moderate-difficult due to length and elevation changes. This hike will encompass a variety of upland, meadow and wetlands. Its high point is the 611 feet observation tower, and its lowest point is around 380 feet. We will climb ridges, cross Dismal Swamp, follow lake shores and hopefully see a wide showing of azaleas. Please dress according to the weather forecast and bring snacks, lunch and plenty of water. We plan to eat at "Top of the River" after the hike. Please meet at Panera Bread at 8:00 am for carpooling or at the trailhead at 9:00. Please register with hike leader Howard Ropp at 731-693-4248 or *howardropp1@gmail.com* by Thursday, April 28 (as he is camping, and cell service may be limited). If you plan to camp, it is recommended to reserve a site asap.

MEMPHIS CHAPTER

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TREASURERS: Janet Sheahan
Nancy Wark 901-240-1521
ttamemphistreasurer68@tennesseetrails.org
HIKE COORDINATOR: Wayne Simpson
w.simpson1@comcast.net

Apr 2 - Cane Creek Tuscumbia, AL. 7 miles. Joint hike with Jackson Chapter. See Jackson Chapter listing for hike description. Bring lunch, plenty of water and wear good hiking boots. Registration is required by noon on March 31. Please contact Wayne Simpson at *w.simpson1@comcast.net* or 901-385-1988 (no texts).

Apr 9 – Big River Crossing. 6 miles. Moderate with flat elevations. We will hike over the pedestrian bridge across the Mississippi River to the Arkansas side and hike on the north side of the bridge. We will follow trails that parallel the Mississippi River with great views of the river and downtown Memphis. We will return to the bridge and hike back. We will be in an open area so dress in appropriate gear for the sun, wind or rain. Bring water and snacks. Registration is required. Contact Karen Thomas: *karenggoff@hotmail.com* or text 901-496-6749 to register.

Apr 16 – White/Yellow/Blue Trails, Lucius Burch Natural Area. 6 miles. West of Germantown Parkway. The trailhead is just past the parking lot off Germantown Road across from Lowe's. Plan to hike 3.5 hrs. Bring water and a snack. Hiking boots are recommended. Rain will cancel hike. Reservations are required. Contact Michelle Kelley, *michellkell38@gmail.com* or text 901-484-2998 to register.

Apr 23 - T.O. Fuller State Park. 5 miles. Moderate to rugged terrain with some wet lands, hills and a possible stream crossing. Hiking boots are recommended. Bring water and a snack. The Discovery Loop trail includes part of the Nature Bluff Trail of the Chucalissa Indian Village. Allow 3 hours for the hike. Rain will cancel the hike. Registration is NOT required but it will be helpful if you will email your intention to hike: Marion Quinlen: *mquinlen@bellsouth.net*. Park at the Visitor's Center. The only open restrooms are at the campground. Hike will begin promptly at 9:00 am. Be sure to arrive in time to sign in and hear announcements.

Apr 29-May 1 - Weekend Trip to Soddy-Daisy TN. Our weekend will consist of three days of hiking. We'll have a 5-mile hike on Friday afternoon, a choice of 5 miles or 8 miles on Saturday, and a 5.5-mile hike on Sunday morning. These hikes are moderately strenuous and will remind us that we're no longer in West Tennessee. The Hometown Inn is the only hotel in Soddy-Daisy, and it will be used as our rendezvous point to drive to our hikes. Registration required by April 25. For more information or to register, contact Wayne Simpson at *w.simpson1@comcast.net* or 901-385-1988 (land line, no texts).

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*

Apr 10 – Urban Hike Downtown Nashville. Approximately 7 miles. We will meet at the Bells on the Bicentennial Mall at 9:00 am CT. There's plenty of free parking at the Farmer's Market area. We will visit the grounds of the State Capitol and make our way down Church Street to Printer's Alley. Then to 3rd Street and to Demonbreun where we will then head up Demonbreun to the Gulch, through old Music Row and Musica. We will visit the 12th Ave Gulch shopping area back to West End where we will head to Riverfront Park, up 1st Avenue, and work our way back to the Bicentennial Mall. Please be prepared with water and good shoes. We will vote as to whether to eat at a local eatery or not. For information or to sign up, contact Tony Jones at 615-397-4463 or *tonjon1968@gmail.com*.

Apr 12 – Chapter Meeting. Kyle Hurt and Jeanne Conatser traveled to the Galapagos Islands with students and Kyle will share his adventure and pictures to this volcanic archipelago in the Pacific Ocean. These islands were formed by volcanoes erupting from the ocean floor. The islands have a diversity of plant and animal species, many found nowhere else. For more information contact Chapter Co-Chair Jeanne Conatser at *djconatser@comcast.net*.

Apr 20 – Sewanee Perimeter Trail, Sewanee. 6.2 miles. Moderate. Starting at the east gate at University of the South, we'll hike from-Shakerag Hollow to Green's View and back via the Beckwith Point trail. Then we'll take a short hike out to Piney Point to the gorge overlook. Shakerag Hollow is one of the best wildflower hikes in the southeast. The hike is easy in many areas, rocky in others. There is a steep climb out of the gorge near Green's View. Because of the rocky portions, poles and boots are recommended. Bring water, snacks, and lunch. For more information or to sign up, contact Sara Pollard at 615-714-3610 or *sarabpollard@gmail.com*.

Con't on next page

Apr 30 – “Pick a Park” series. Edgar Evins State Park. Silver Point. Wildflower hike on the Highland Rim Nature Trail. 1.35 miles. Moderate/difficult due to uphill both ways. This trail is one of the richest and most diverse trails in the park. This will be a slow hike, in search of the spring ephemerals, so bring your favorite wildflower identification book too. Meet at the Visitor Center at 10:00 am CT. Bring your Tennessee State Park Passport book, drink, snack, hiking pole and wear good shoes. For more information or to sign up, contact Jeanne Conatser at 615-971-8894 or djconatser@comcast.net.

Planning Ahead:

May 16-19 – Camping & Hiking in the Great Smoky Mountains National Park and near Shining Rock Wilderness Area of the Blue Ridge Parkway. Joint activity with the Highland Rim chapter. Camping at Mile High Campground at the southern end of Blue Ridge Parkway near Maggie Valley, NC. To reserve a campsite in the Mile High Campground, contact Joan Harvison at 931-636-2914 or jhartvigs@comcast.net.

NASHVILLE CHAPTER

CHAPTER CHAIR: Doug Burroughs 615-587-0085
ttanashville68@tennesseetrails.org

BOARD REPRESENTATIVE: Alice Cannon 615-646-4234
ttaboardnashville68@tennesseetrails.org

HIKE COORDINATOR: Barbara Bennett 202-236-0880
ttanashvillehikes68@tennesseetrails.org

(email Barbara & volunteer to lead an outing)

MEETS MONTHLY: Meetings suspended temporarily pending COVID 19 restrictions

Apr 8 - Rock Island Wildflowers, Rock Island State Park, Rock Island, TN. Roughly 3-1/2 miles with an option for an additional 2-1/2 miles. Moderate for terrain. We'll hike the Eagle and Downstream trails, traveling at a pace that allows us to enjoy the wildflowers and waterfalls along the way. Those who choose will go on to hike the Collins trail. Bring plenty of water, snacks and pack a lunch to eat on the trail. We'll meet at Blue Hole Picnic Area #3 for a 9:00 am step-off. Register with Mark for details and updates: midtn@tnhiker.net or 615-669-3221.

Apr 9 - Nashville Outdoor Recreation Festival & Expo at Bells Bend Outdoor Center (2nd Entrance), 4187 Old Hickory Blvd, Nashville, TN. 9 am - 3:30 pm. The Nashville Chapter will have a booth at the festival, so we will need volunteers! Shifts: 8-10 (setup), 10-Noon, Noon-2, 2-4:00 (takedown). The last Festival, in 2019, had over 60 vendors and organizations, and a crowd of over 1,700 attendees! It's an opportunity for people to ask questions from the professionals, try out new gear or an outdoor activity, attend workshops on a wide range of outdoor related topics, enjoy guided hikes, and so much more – all in one place! This event will be an excellent opportunity for the Tennessee Trails Association to display and demonstrate its value as a resource for anyone interested in hiking in Tennessee.

Apr 15 - Tornado Ridge Tree Trail, Percy Warner Park, Nashville, TN. 3.5 miles. Easy. This trail is partly park road and partly hiking trail. Come join us to see if we can find ALL the numbered trees from 1-26. Our tree guide will help to identify trees by their bark, twig, seeds and leaf. (By April some trees should be leafed out). There will be an option to walk only the park road section which is 1.5 miles with an easy off, back to the parking lot. Meet at 9:00 at the Chickering Road parking lot where we will begin our search. Bring water, snacks and comfortable walking shoes or boots. To register and for more information call Nancy Juodenas 615-319-8811 or email at njj1011@gmail.com.

Apr 22 - Collins Gulf Loop Trail, South Cumberland State Park, Gruetli-Laager, TN. 12 plus miles. Difficult due to distance, rocky terrain, possible stream crossing challenges, and elevation changes. We will hike past West Collins campground to the loop on the east side, passing Suter Falls and Horsepound Falls. In addition to spectacular waterfalls this trail has awesome spring wildflowers. Bring water, snacks and lunch, sturdy hiking boots, and clothing appropriate for the weather. Trekking poles, water shoes (for possible creek crossings), and a headlamp are recommended. Contact Doug Burroughs at 615-587-0085 (text or leave a message) to register and for more information, including possible conveying from Nashville. We should be at the trailhead by 9:00 am. “Collins Gulf at South Cumberland State Park” is the searchable trailhead on Google Maps and possibly other services.

Planning Ahead:

May 1 - Flat Rock State Natural Area Wildflowers, Flat Rock Cedar Glades and Barrens, Central Basin near Murfreesboro, TN. 4 miles. Easy. Flat Rock is a lesser used trail and offers a great 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. We'll hike at a pace that allows us to appreciate the natural beauty around us. 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. Bring water and snacks for the trail. We'll meet at the trailhead at 9:00 am. Afterwards we'll head over to Carmen's Taqueria for lunch. Register with Mark for details and updates: midtn@tnhiker.net or 615-669-3221. Alternate date for inclement weather: May 6th.

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

The Chapter hikes every Wednesday and two Saturdays a month. For up-to-date information on our hikes visit <https://tennesseetrails.org/chapters/plateau-chapter/>

Apr 6 - CT Board Camp Creek, Dayton, TN. Joint hike with Upper Cumberland Chapter. Long hike: We'll hike an 8.5 moderate mile thru hike from Jones Gap Road to Little Soddy Trailhead on Back Valley Road. **Short Hike:** 4-5 mile moderate in/out. Depart from Central Baptist Church, 1346 S Main St, Crossville, TN at 7:30 am CT. Bring water, lunch and a snack. Don't forget tick/bug spray and sunscreen. Carpool gas cost \$6. Contact the hike coordinator email *plateauhikes@tennesseetrails.org* or text/call 931-267-2243.

Apr 8-10 - Natchez Trace State Park, Wildersville, TN. Multi-Chapter Spring Getaway adventure. We will depart Crossville Cracker Barrel at 7:30 am CT. Rest break at Loves Travel Stop Exit 163. We will stop for lunch at Rochelle's BBQ, 15521 TN-13, Hurricane Mills, TN, Exit 143 off I-40. We'll be staying in the Pin Oak Cabins. The Lodge and restaurant are nearby. The cabins are on the lake if you want to try fishing, kayaking or mountain biking, bring your own gear. We will cookout at the cabins Fri and Sat nights. Bring your own meat to grill and a side dish to share. Friday hike: Cub Lake trail 4.8 miles. Saturday hike: Red Leaves Trail 7.8 miles. Sunday hike: Oak Ridge and Pin Oak Trails 3 miles. For additional information contact the hike coordinator email *plateauhikes@tennesseetrails.org* or text/call 931-267-2243.

Apr 13 - Big South Fork NRA, Leatherwood Ford to Eye of the Needle, Jamestown, TN. Joint hike with Upper Cumberland Chapter. Wildflower hike. Long Hike: 10 mile moderate to strenuous over the O&W Bridge past Bear Den to Eye of the Needle loop hike. **Short Hike:** 5 mile easy out and over O&W bridge and back. Depart 7:30 am CT from the Crossville Cracker Barrel Southeast parking lot. Carpool gas cost \$6. Contact the hike coordinator email *plateauhikes@tennesseetrails.org* or text/call 931-267-2243 for more info.

Plateau Chapter – con't.

Apr 14 -Chapter Meeting, First United Methodist Church Annex Building, 69 Neecham St, Crossville, TN. The History and Status of the Cumberland Trail by Bobby Fulcher, nationally recognized folklorist and Park Manager, Justin P. Wilson Cumberland Trail State Park. Speaker at 6 pm CT followed by the business meeting. United Methodist Church Annex, 69 Neecham St, Crossville, TN. Meet at CPG 3 (Christy's Grub Pub 3) across from the Palace Theater for dinner at 4:30 pm. Please let Norm know if you are coming for dinner. For information contact Norm 931-202-2338 or email *huxianlj@gmail.com*.

Apr 20 - Big South Fork NRA, John Muir Trail, Jamestown, TN. Joint hike with Upper Cumberland Chapter. John Muir section from Alfred Smith Rd to the end of Duncan Hollow Rd. **Short Hike:** An easy 5 mile in/out hike. **Long Hike:** This is an 8.7 mile moderate with short .3 mile strenuous up hike. Depart 7:30 am CT from the Crossville Cracker Barrel Southeast parking lot. Carpool gas cost \$7. Bring lunch, water and snacks. Don't forget tick/bug spray and sunscreen. For additional information contact the hike coordinator email *plateauhikes@tennesseetrails.org* or text/call 931-267-2243.

Apr 27 - Panther Branch and North Old Mac Trails, Frozen Head State Park, Wartburg, TN. Joint hike with Upper Cumberland Chapter. Wildflower Hike. Short Hike: 5 mile in/out on N. Old Mac. **Long Hike:** 8 mile strenuous loop. Depart from the Crossville Outlet Mall SW parking lot on Interstate Drive at 7:30 am CT. Carpool gas cost \$6. Don't forget tick/bug spray and sunscreen. Pack water and snacks. For additional information contact the hike coordinator email *plateauhikes@tennesseetrails.org* or text/call 931-267-2243.

Apr 30 - Big South Fork NRA, Dome Rock House on Big Island and Pilot Wines Loop Trails, Oneida, TN. Joint hike with Upper Cumberland Chapter. Long Hike: 9 mile moderate loop mostly along the river off Station Camp Rd past the Dome Rock House. On All Trails App. **Short Hike:** 5 mile in/out to the rock house. Depart from the Crossville Outlet Mall SW parking lot on Interstate Drive at 7:30 am CT. Carpool gas cost \$7. Don't forget tick/bug spray and sunscreen. Pack water and snacks. For additional information contact the hike coordinator email *plateauhikes@tennesseetrails.org* or text/call 931-267-2243.

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
Additional information may be seen at our web site:
<http://www.tennesseetrails.org/blog/soddydaisy>

Apr 2 - Gahuti Backcountry Loop Trail. 8 miles. Difficult.
Joint hike with the Highland Rim Chapter. Great views, lots of ups and downs, babbling brooks, early spring stuff. We will meet behind the Wendy's at the East Ridge Exit off I-75, on the left just past the turnoff to Bass Pro Shop, at 8:30 am. Please contact hike leader Tom McElhone, 805-208-4654 or *sarmitta@yahoo.com*.

Apr 5 - Shakerag Hollow and Piney Point. 4.5 miles. Easy to moderate. Shakerag Hollow is a special destination for wildflower lovers. We will start at the University Gates' parking lot. For carpooling, meet in the lot on the far side of La Quinta Inn, north off I-24 at Exit 175, Brown's Ferry, at 8:30 am. Please register with hike leaders Marti and Roy Owensby, 423-386-5222 (voice only), *sewmarti@aol.com*.

Apr 9 - Collins Gulf Trail. 9 miles in & out. Moderate to difficult due to lots of boulders. We will view an overlook of the gulf, then descend to see Suter's Falls, Horsepound Falls and beyond. Meet at Durham St in Soddy-Daisy at 8:30. Register with Tammy Hendrick 313-949-8187.

Apr 12 - Short Springs State Natural Area. 5 miles. Easy to moderate. Joint hike with the Highland Rim Chapter. Several waterfalls, lots of different (not seen in our area) wildflowers. We'll meet in the lot on the far side of La Quinta Inn, north off I-24 at Exit 175, Brown's Ferry, at 8:30 am. Please register with Betsy Darken, 423-718-2060.

Apr 16 - Dog Cove Loop plus Lost Creek Cave and Waterfalls. 6-7 miles. Moderate. There are two parts to this hike. Dog Cove is on the way to Lost Creek for an easy 4-5 mile in/out hike to a circa 1800s farm home following alongside Lost Creek and crossing the creek a couple of times. Water shoes may be needed if the water is high. There will also be a strenuous side loop trail to an arch. We will drive to Lost Creek Cave and Waterfall hike, about a 1.5 mile round-trip. The cave is located in a sink and faces a 60-foot waterfall. Just down the road is a short level trail to Rylander Cascades that crosses a stream several times. Meet at Durham St in Soddy Daisy at 8:30. Register with Betsy Darken at 423-718-2060.

Soddy-Daisy Chapter – con't.

Apr 19 – Old Stone Fort Wildflower and Waterfalls Hike, Manchester, TN. 4 miles. Easy. Joint hike with Highland Rim Chapter. We will hike the Enclosure Trail and then connect with the Forks of the River Trail where all the Bluebells and other Wildflowers grow. We will see the confluence of the Duck and Little Duck Rivers. We will then pick up the Moat Trail to connect back up with the Enclosure Trail. From the Enclosure Trail we will see beautiful mature walnut trees and other large hardwood trees., as well as Blue Hole Falls, Big Falls and Step Falls. Then we will hike the Garrison Road Trail and the Nature Trail. The Nature Trail has neat views of the other side of Blue Hole Falls. We could have our lunch at the Group Boy Scout Camp located on the Nature Trail at Blue Hole Falls, or we can eat lunch at the park's lovely picnic area. There is also a covered picnic pavilion. We will meet in the lot on the far side of La Quinta Inn, north off I-24 at Exit 175, Brown's Ferry Road, at 8:30 am ET. Please contact Trish Appleton at 423-240-3443 or *Appleton-p2@comcast.net*.

Apr 23 - Black Mountain. 8.2 mile in & out. Moderate. We will hike to Windlass Cave, switchback up the mountain to house-size rocks, squeeze through the rocks to a scenic loop on top of the mountain to incredible overlooks into Grassy Cove. Meet at Durham St in Soddy Daisy at 8:30. Register with Tammy Hendrick at 314-949-8187.

Apr 26 - Pot Point Nature Trail loop. 3.4 miles. Easy. Starting at the Pot Point Cabin, we will hike a gentle ascent through the hardwood forest then descend to walk along the Tennessee River and the butterfly garden. Meet at Food City on Signal Mountain Road at 8:30 am. Please register with Tammy Hendrick, 315-949-8187.

Apr 30 - Rock Creek Trail off the Ocoee River. 9-10 miles. Difficult. After dropping a car off at the Ocoee Whitewater Center, we'll drive up US 64 a mile or so to the Rock Creek Trailhead. This trail wanders up, around and through the Little Frog Wilderness Area, then down to Thunder Rock, where we will take the Rhododendron Trail to the Whitewater Center. (We are skipping the walk along the highway that is described in Alltrails.) Meet at Food City off I-75 Exit 11 at 8:30 am. Please register with Betsy Darken, 423-718-2060.

SUMNER TRAILS CHAPTER

CHAPTER CO-CHAIRS: Donna & David Hobbs 803-634-3470
sumner@tennesseetrails.org
TREASURER: John Jones 615-533-0127
sumnertreas@tennesseetrails.org
BOARD REPRESENTATIVE: John Thomas 925-759-0517
boardsumner@tennesseetrails.org

Apr 6 - Lock 4 Park, Gallatin. 2-3 miles. Moderate. 10 am meet at the Lock 4 trailhead by the silo at the parking area. There is a choice of many trails including a trail along Old Hickory Lake. The trails in the park are combination hiking trails and mountain bike trails. There should be few bikers during the week. Directions to the park - Take 386 Vietnam Veterans north onto Long Hollow Pike in Gallatin. Make a right exit off LHP to Rte 109 then take the first right exit and go straight to Lock 4 Road. Take Lock 4 Road to dead end. Park next to the silo. If Awedaddys Bar & Grill is open we will go there after the hike and celebrate April Fool's Day. Contact Leslie Watson 901-230-6494, *lacw15@yahoo.com* or Marcia Powell 217-855-3013, *mpow1221@gmail.com* with questions.

Apr 13 - Narrows of the Harpeth and Gossett Tract. 3 miles. Moderate. We will begin on the short Gossett Tract trail to see an area we have never hiked before. Then we will travel to the beautiful Narrows of the Harpeth Trail. This trail follows alongside the river, passing through an area known as "The Narrows". Here, the Harpeth River in a 5 mile bend nearly curves back on itself. Highlights include a panoramic view of the area, and a man-made tunnel that goes about 100 yards through the bluff at the narrowest point. Back in 1890 Montgomery Bell, using slave labor bored the tunnel to provide water power for his iron ore mill. We usually see lots of wildflowers so bring your books, hiking shoes and walking sticks for some slippery or uneven sections. In case of changes or inclement weather, call if you are meeting at the trailhead. Carpoolers will meet at 9:00 am at the Glenbrook Kroger, 1010 Glenbrook Way. After the hike, we'll have lunch at Carl's Perfect Pig in White Bluff. For further info call or text, Judy Jenkins at 615-403-0002.

Apr 20 - Cumberland River Bicentennial Trail, Ashland City. 4 miles out and back from the Marks Creek Trailhead, 120 Chapmansboro Rd. Easy. Paved and flat. Dogs welcome. Lunch to follow at Riverview Restaurant, 110 Old River Rd., Ashland City. If you want a longer hike, you can continue on to the Sycamore Creek bridge or the Eagle Pass Trailhead for a total 7.4 to 8 mile hike. Meet at Glenbrook Kroger, 1010 Glenbrook Way, Hendersonville at 9 am. If you plan to meet us at the trailhead at 10 am, or for other information, please contact Donna at 925-759-0518 or John at 925-759-0517.

Sumner Trails Chapter – con't.

Apr 28 - Long Hunter State Park. Couchville Lake and the Cedar Glade Loops. 3 miles. Easy. We will first walk the beautiful paved, flat 2 mile Couchville Lake loop. Here we can enjoy the tree arboretum, lake, and exposed limestone rocks. Several shorebirds can often be spotted. Then we will caravan 3 miles to the second location at Long Hunter where we will walk the very unique one mile Cedar Glade trail loop. This loop is a natural surface, mostly flat trail with some rocks and roots occasionally. Limestone Cedar glades are a unique environment of very thin soil and exposed rocky patches surrounded by cedar trees and are found primarily in the central basin of Middle Tennessee. They are home to several plant species that are beautiful, rare and grow only in these unique glades of middle Tennessee. Meet at the Glenbrook Kroger at 9:00 am and we can caravan the 45 minute drive to the park. Or meet at the Couchville Lake trailhead at 9:45. No pets allowed on these trails, sorry. We hope you can join us! Contact Jenny Fitzgerald with any questions at *mrzfitz@gmail.com* or 615-517-8185.

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

Apr 6 - CT Board Camp Creek, Dayton, TN. Joint hike with Plateau Chapter. See listing under Plateau Chapter for hike and registration information.

Apr 8-10 - Natchez Trace State Park, Wildersville, TN. Multi Chapter Spring Getaway adventure. See listing under Plateau Chapter for hike and registration information.

Apr 13 - Big South Fork NRA, Leatherwood Ford to Eye of the Needle, Jamestown, TN. Joint hike with Plateau Chapter. See listing under Plateau Chapter for hike and registration information.

Apr 20 - Big South Fork NRA, John Muir Trail, Jamestown, TN. Joint hike with Plateau Chapter. See listing under Plateau Chapter for hike and registration information.

Apr 27 - Panther Branch and North Old Mac Trails, Frozen Head State Park, Wartburg, TN. Joint hike with Plateau Chapter. See listing under Plateau Chapter for hike and registration information.

Apr 30 - Big South Fork NRA, Dome Rock House on Big Island and Pilot Wines Loop Trails, Oneida, TN. Joint hike with Plateau Chapter. See listing under Plateau Chapter for hike and registration information.

OFFICERS:

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Vice-President

Duane Frichtl 309-830-9720
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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)

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Jenny Fitzgerald (2023) 615-517-8185
ttaboard68@tennesseetrails.org
Jane Coffey (2023) 615-614-1083
ttaboard68@tennesseetrails.org

Regional Directors

West TN

Terry Warren (2023) 731-535-0625
regionalwest@tennesseetrails.org

Middle TN

Joan Hartvigsen (2022) 931-962-0811
jhartvigs@comcast.net

East TN

) Patricia Appleton (2024)
423-332-6517
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, 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

Apr 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!