

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

SAVE THE DATE - 2022 TTA ANNUAL MEETING

The East Tennessee and Soddy Daisy Chapters will host the TTA Annual Meeting November 4 - 6, 2022 at Glenstone Lodge, 504 Historic Nature Trail, Gatlinburg, TN 37738.

Lodging: Glenstone Lodge has recently been renovated. A block of rooms will be held until October 5, 2022. Individuals can make online reservations by going to <https://bit.ly/3N338qU> or call 800 362-9522. Dial 1 for individual reservations and identify yourself with Tennessee Trails Association at the time of reservation. Reservations requires the first night's room/tax at the time of reservation with remaining balance due upon check-in.

Meals: The lodge restaurant is closed. Meals will be catered and must be ordered on registration form. The Lodge is in walking distance of several restaurants.

Menu for catered meals:

Friday Dinner-Buffer Style

Hickory Smoked Pulled Pork (Barbecue sauce on the side)
Pulled Chicken (Barbecue sauce on the side)
Baked Bean, Potato Salad, Potato Chips
Tea (Sweet and Unsweetened), Lemonade

Sack Lunch

Sandwich (select Turkey or Cheese)
Chips, Health Bar, Cookie

Saturday Dinner-Buffer Style

Sliced Sirloin, Asiago Bacon Chicken
Fresh Garden Salad and Dressings
Broccoli, Mashed Potatoes
Tea-Sweet Iced

Saturday and Sunday Breakfasts-Buffer Style

Bacon (2 slices), Sausage
Scrambled Eggs
Biscuits-Sawmill Gravy, Butter, and Jelly
Home Fried Potatoes,
Orange Juice, Coffee (Regular or Decaf)

Campgrounds:

Greenbrier Campground – 2353 Parkway, Gatlinburg, TN (Approximately 7.8 mi from Glenstone Lodge) 865 430-7415.

Pigeon Forge RV Resort – 1111 Wears Valley Rd., Pigeon Forge, TN (Approximately 11.5 mi from Glenstone Lodge) 865 428-5841.

Elkmont Campground - 434 Elkmont Rd., Gatlinburg, TN. (Approximately 9.1 mi from Glenstone Lodge) 877 444-6777.

Hikes: Hikes will be near Gatlinburg.

Annual Membership Meeting: TTA members in attendance will receive reports about the status of the Tennessee Trails Association and its chapters and they will elect TTA Board Members for the 2023 Calendar Year.

Fundraising: Live Auction, Silent Auction, White Elephant Sale, Bake Sale, TTA Logo T-shirt available by order on registration form (see next page for T-shirt design). Funds received will go toward the Evan Means Grant Program. Forms for soliciting auction items will be forwarded to all Chapter Chairs in June.

Members of the East Tennessee and Soddy Daisy Chapters are looking forward to hosting hikers from across Tennessee.

CALL FOR AWARD NOMINATIONS

The TTA Awards Committee is calling for nominations for awards to be presented at the Annual Meeting at Glenstone Lodge in Gatlinburg early November 2022. Please forward your nominee's name, the award for which you are nominating the individual or organization, and a brief description listing accomplishments, to Duane Frichtl, the committee chair by July 10th. His email address is vicepresident@tennesseetrails.org. Following are the descriptions of each award.

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

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

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

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



Shirts are unisex and 100% polyester and are moisture wicking, stain release, and odor resistant. Color is sand with green logos. Prices are on registration form.

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/>.

Registration Form

Annual TTA Meeting November 4-6, 2022

Glenstone Lodge
504 Historic Nature Trail
Gatlinburg, TN. 37738

Please provide the name of each member of your family attending:

Name:	Name:	Name:
Address:	City:	State: Zip:
Telephone:	Email:	Chapter:

Lodging reservation and payment will need to be arranged by you directly with Glenstone Lodge. A block of Rooms will be held until October 5, 2022. Individuals can make online reservations by <https://bit.ly/3N338qU> or call 800-362-9522. Dial 1 for individual reservation and identify yourself with Tennessee Trails Assn. at the time of reservation. Individual reservation requires the first night's room/tax at the time of reservation with remaining balance due upon check-In.

CAMPING – Call direct to make reservations:

Greenbrier Campground, Gatlinburg, Tn.	865 430-7415	(Approx. 7.8 mi to Glenstone Lodge)
Pigeon Forge RV Resort, Pigeon Forge, Tn	865 428-5841	(Approx. 11.5 mi. to Glenstone Lodge)
Elkmont Campground, Gatlinburg, Tn.	877 444-6777	(Approx. 9.1 mi to Glenstone Lodge)

MEALS: (Vegetarian meal available upon request)

*See Menu for each Meal on TTA Website and in Newsletter.

DINNER	FRIDAY	# of people _____ x \$15.00pp	\$
	SATURDAY	# of people _____ x \$15.00pp	\$
BREAKFAST	SATURDAY	# of people _____ x \$12.00pp	\$
	SUNDAY	# of people _____ x \$12.00pp	\$
SACK LUNCH Circle Choice- Turkey or Cheese Sandwich	SATURDAY	# of people _____ x \$10.00pp	\$
	SUNDAY	# of people _____ x \$10.00pp	\$
MEAL COSTS TOTAL:			\$

Order T-Shirts here (Circle your choice) Shirts are unisex and 100% polyester, moisture wicking, stain release, and odor resistant.

Short Sleeve Small Medium Large XLarge (\$20) XXL \$22 XXXL (\$24.00)	# Of Shirts _____ X \$ _____ = \$ _____
Long Sleeve Small Medium Large XLarge (\$23) XXL \$25 XXXL (\$27.00)	# Of Shirts _____ X \$ _____ = \$ _____
TOTAL: \$	

Reservation fee per person: _____ #persons _____ X \$30 = \$ _____

TOTAL DUE \$ _____

Please make check payable to East Tennessee Chapter of TN Trails Association

Mail to: Rosemary Marshall
 5400 Parkdale Rd.
 Knoxville, TN 37912

Any Questions: Call Rosie Marshall 865-985-9144 or rosemary_L@hotmail.com.

Deadline for registration October 5, 2022. No refunds after October 5, 2022. Cancellations must be in writing.

ANNUAL MEETING HIKES

FRIDAY, NOV 4, 2022 STARTING AT 1:00PM

Chimney Tops	4 .0 miles	Moderate/Difficult
Rainbow Falls	5.1 miles	Moderate
Baskin Creek Falls	3.1 miles	Moderate

SATURDAY, NOV 5, 2022 STARTING AT 8:00AM

Mt. Cammerer	11.9 miles	Difficult
Ramsey Cascade	8.1 miles	Difficult
Charlie's Bunion	8.0 miles	Difficult
Cove Mountain	7.7 miles	Difficult
Old Sugarlands	7.5 miles	Moderate
Maddron Bald to Albright Grove	6.6 miles	Moderate
Meigs Creek	6.5 miles	Moderate
Injun Creek	6.5 miles	Moderate
Porter Creek	6.0 miles	Moderate
Sugarlands Mtn Trail	6.0 miles	Moderate
Grotto Falls	5.5 miles	Moderate
Little River & Cucumber	5.4 miles	Moderate
Peregrine Peak via Alum Gap	4.5 miles	Moderate

SUNDAY, NOV 6, 2022 STARTING AT 8:00 AM

Chimney Tops	4 .0 miles	Moderate/Difficult
Rainbow Falls	5.1 miles	Moderate
Middle Prong	4.0 miles	Easy
Alum Cave	4.4 miles	Moderate
Deep Creek Loop	3.9 miles	Moderate
Charlie's Bunion	8.0 miles	Moderate

We will publish more detail descriptions on each hike every month until our cut-off date of October 5, 2022. All hikes have certain characteristics that appeal to different hikers, so be sure to check our upcoming newsletters for more information on all of these wonderful hikes. Our "Smokies" are calling. See you all in November!!!



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) has been working on the Upper Piney to connect Spring City, TN to Dayton, TN. In the month of May, our hardworking trail crew completed 1,446 feet of trail. The section is proving to be challenging due to the boulder fields. Our crew has to move the rocks into place so the trail can be navigated safely. This month the crew has placed 207 rock steps and pavers! In the photo, you can see how the boulder fields look before and after our trail crew comes through.



In other CTC news, we will be attending the Tri-State Outdoors Festival in Cumberland Gap, TN on July 16th. This event is located in Downtown Cumberland Gap which is near the northern terminus of The Cumberland Trail. We will have a booth set up with information and merchandise, so stop by and say hello! Also, we will have a booth the Friday at the Crossroads event in Crossville, TN on August 5th from 4 pm-8 pm. This event is located in Downtown Crossville where our office is located.

We had a very successful volunteer event in May. Our volunteers helped to clear over 700 feet of duff while our trail crew came behind to finish the trail to the state park's specifications. We thank everyone who came out to help. We host these volunteer events the second weekend of every month. Breakfast, lunch, and snacks are provided. If you are interested in volunteering email Savana Keeton at ctcoffice2014@gmail.com.

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

SECRETARY: Blue Bastin 931-272-1190
ttaclarksvillesecretary68@tennesseetrails.org

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

Jul 6 - Wednesday Hike, Liberty Park, Clarksville. 3.5 miles. Easy. There is a .25 mile section of the trail on turf and a loop around a small lake with wooden tread. The rest is paved. Most of the trail runs along the main channel of the Cumberland River and a cove with a large marina. There is a tribute to Wilma Rudolph who became a world-record-holding Olympic champion; You also pass a statue of Pat Summitt who was the head women's basketball coach at UT and accrued the third most wins in women's basketball history. There are four bathrooms along the trail. Dogs are permitted if on a leash. Meet 9:00 am CT at the Liberty Park Pond parking area. Contact Suva Bastin 931-645-2849.

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Jul 16 - Virgin Falls Trail. 8.7-mile out and back. Difficult. The trail is on natural turf in the woods; there are a few steep slick sections; trekking poles are recommended. You can see two caves before you reach the falls. Virgin Falls is formed by an underground stream that emerges from a cave, then drops over a 110 foot high cliff before disappearing into another cave at the bottom of the sink. Dogs are allowed if on a leash. There is a porta potty at the trailhead. Bring water and your lunch. Meet 7:00 am CT at the new I24 Exit 11 Park and Ride. 152 miles to trailhead. Contact Paul Schwab 931-801-9484.

Jul 19 - 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.

Jul 23 - Pennyryle State Park. 3 miles. Moderate. Most of the hike is on natural turf through the woods. We start near the lodge and hike around a beautiful 56 acre man-made lake. You can't see the lake all of the time. We pass a sandy beach near the end of the trail where swimming is prohibited because of over-crowding. We continue hiking a short distance past the beach to the lodge and eat lunch. The lodge restaurant has a good Buffet. M 8:00 am CT, at Kroger parking area, Dover Crossing Road, Clarksville. 49 miles to trailhead. Contact Philip Anderson 931-561-0925.

Con't. on next page

Clarksville Chapter – con't.

Jul 30 - McGregor Park Cumberland Riverwalk Pavilion, out and back, to Ft. Defiance. 2.7 total miles. Easy. We can eat lunch after the hike at Wendy's. The whole hike is paved. We walk along both the Cumberland and Red Rivers, cross the Red River on a highway sidewalk and hike up switchbacks through the woods to the Fort's museum. There are a couple of vistas overlooking downtown Clarksville and a few Civil War cannons along the way. The museum has bathrooms, exhibits and a shot video. Meet 9:00 am CT McGregor Park Cumberland Riverwalk Pavilion This is where the flags are. Contact Paula Sanders 954-993-5541.

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.

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

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.

Jul 16 – Meriwether Lewis Natchez Trace. In September 1809, Meriwether Lewis was living in St. Louis as the appointed Governor of the Upper Louisiana Territory. He left St. Louis for Washington, DC, on September 4, 1809, to protest the War Department's denial of payment vouchers that he had submitted for reimbursement. Lewis traveled with his personal servant, a free African American man named John Pernia (sometimes also spelled Pernier.), Lewis traveled to Fort Pickering (modern-day Memphis, Tennessee) by boat and intended to proceed down the Mississippi River to New Orleans and then travel by ship to Washington, DC. Rumors of war with Britain and the thought of his journals from the Corps of Discovery falling into their hands changed his mind. He decided to travel overland to the nation's capital. Look for hike details on the website.

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

Jul 30 - Gallaher Bend Greenway/Clark Center Park. We will hike in and back on the Gallaher Bend Greenway for 4.5 miles on a fairly easy trail, which has beautiful views of Melton Lake. The hike will start at the swimming area of the park, so you can cool off with a swim, and/or try the kayaks and canoe we will be bringing. Feel free to bring your own boats, floats, or paddleboards. Water shoes might be useful if you have them. Since there is a picnic area near the swimming area, bring your lunch sandwich and something to share with the group for potluck side dish or snacks. Meet at the trailhead at 10.00 am. For directions, put 7630 Bull Bluff Road, Knoxville into your GPS. Please email Penny Lukin at plukin@comcast.net with questions and to pre-register.

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

Jul 9 – Chumbley Woods Trail and Eagle Trail Hike and Swim in Little Duck River. 3 miles. Easy. Old Stone Fort State Park, Manchester, TN. 184 Powers Bridge Road, Manchester, TN. Meet at the Powers Bridge Road Trailhead at 9 am. This hike features mature hardwood forest and the Little Duck River. You will need hiking boots, water, lunch or snack. Bring water shoes to cool off in the Little Duck River! Please register with Joan Hartvigsen, jhartvigs@comcast.net or 931-636-2914.

Jul 14 - North Plateau Trail to Mountain Oak Trail to North Rim Trail, Savage Gulf. 10 miles. Easy to moderate for distance. Relatively flat with a few small rises and creek crossings. Bring lunch, snacks and lots of water. Please contact Marietta Poteet for information on meeting place and time. There will be many wonderful views of Savage Gulf. Call or contact Marietta at 931-924-7666 or nannietta@benlomand.net.

Jul 24 - Elk River Float, Winchester, TN. Tims Ford Dam Tailwater to Farris Creek Bridge. 8 miles. Joint activity with the Murfreesboro Chapter. Meet at 8:00 am CT at the put in on the Elk River just downstream from Tims Ford Dam. Turn into the parking lot marked "River access" off Hwy 50 east of the Elk River Bridge. The parking lot for River access is just west of the turn for Tims Ford Dam. We will arrange the vehicle shuttle to the take out, 2292 Farris Creek Bridge, Belvidere, TN. Please register with Joan Hartvigsen, jhartvigs@comcast.net or 931-636-2914. This paddle has an easy put in and take out. In addition to your boat, paddles and PFD, bring a lot of water, lunch, hat and sunscreen.

Jul 25 – Chapter Meeting, 6 pm, Tims Ford State Park, Picnic Shelter #2. Bring a picnic dinner. Prior to our meeting, we will hike the Old Spann House Trail, 3.8 miles. Meet at 4:00 pm in the Visitor Center parking lot. A Park Ranger will present the program. Please register for the hike with Joan Hartvigsen, jhartvigs@comcast.net or 931-636-2914.

Highland Rim Chapter – con't.

Jul 30 – Short Springs Work Day. Meet at 8 am in the parking lot, 2250 Short Springs Road, Tullahoma, TN. Bring work gloves, pruners, loppers, chain saws, mattock and trash bags. Specific tasks include cut down blowdowns, clean out water bars, brush out old trail leading down toward Machine Falls. Please let Joan Hartvigsen know you can help, jhartvigs@comcast.net or 931-636-2914.

Planning Ahead:

Aug 8 -11 – 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 on Tims Ford Lake. Joint outing with the Murfreesboro Chapter. Contact Joan Hartvigsen to reserve a spot on Devils Step Island, jhartvigs@comcast.net or 931-636-2914. Paddlers have the option of camping at nearby Fairview Campground. Make your own reservations for Fairview Campground early. Or paddlers can meet us at 8 am CT Saturday on Devils Step Island if they do not want to camp. Friday evening we will paddle in the local area. Saturday morning at 8 am we will head out west to explore Maple Bend and Goose Islands and paddle to the end of Owl Hollow Creek and return. Saturday evening we will drive to Winchester and eat outdoors at Twin Creeks Marina. Sunday morning we will enjoy an early morning paddle heading east to explore Dripping Springs/Dry Creek Area.

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
ttboardjackson68@tennesseetrails.org
SECRETARY/TREASURER: Terry Warren 731-535-0625
ttajacksontreas68@tennesseetrails.org
HIKE COORDINATOR: Glen Rognstad 731-217-5966
ttajacksonhikes68@tennesseetrails.org
FACEBOOK COORDINATOR: Vacant
ttajacksonfacebk68@tennesseetrails.org
MEETS MONTHLY: 1st Monday at 6:00 pm CT

Hike information unavailable at press time

MEMPHIS CHAPTER

CHAPTER CHAIR: Charlie Bright 901-829-4434
ttamemphis68@tennesseetrails.org
BOARD REPRESENTATIVE: Michelle Kelley
ttboardmemphis68@tennesseetrails.org
TREASURERS: Janet Sheahan
Nancy Wark 901-240-1521
ttamemphistreasurer68@tennesseetrails.org
HIKE COORDINATOR: Wayne Simpson
w.simpson1@comcast.net

No hikes planned. See you in September.

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

Jul 9 – Harrison Bay State Park. Chattanooga. Bay Point Loop. 4.5 miles natural surface. Moderate. Slow-paced loop trail up and down the shoreline of a two-peninsula bay on Chickamauga Lake. Harrison Bay is Tennessee's first state park, so bring your Tennessee State Park Passport book and meet at the park office/marina at 11:00 am EASTERN time. Please RSVP if case plans change. Pack snacks, lunch and plenty of water. For more information or to sign up, contact Jeanne Conatser at 615-971-8894 or djconatser@comcast.net

Murfreesboro Chapter – con't.

Jul 10 – Barren Fork River Paddle. McMinnville. The Barren Fork River is a tributary of the Collins River. We will paddle about 6 miles from the Barren Fork River Dam at Pepper Branch Park (120 Old Morrison Road) and take out at the old VFW building on Highway 70 in McMinnville. Meet at the Pepper Branch Park at 9:00 am CT. We will have to shuttle vehicles to the VFW building and there is a \$5 parking fee. Bring snacks, lunch and plenty of water. For more information or to sign up, contact Wayne Yancey at 615-887-0212 or wayne.yancey@gmail.com.

Jul 12 – Chapter Meeting. 7:00 pm CT. Barfield Crescent Park Wilderness Station. 401 Volunteer Road. Trish Nelson will be our speaker and is an avid horsewoman and will share her many trail riding adventures. For more information call or text Chapter Co-Chair Jeanne Conatser at 615-971-8894.

Jul 15 – Bledsoe Creek State Park. Gallatin. High Ridge Trail and the Shoreline Trail. 2.8 miles total. Moderate. Bledsoe Creek State Park is located on the backwaters of Old Hickory Lake and surrounded on three sides by water and forest. Both trails have nice scenery and lake views. You may need a hiking pole on the High Ridge trail for short but steep climbs. We will also go through the historic campsite display. We may check out the Mayo Wix Trail, which includes a children's storybook section, or the Birdsong Interpretive Trail - both are about a mile and ADA paved. Pack snacks, lunch and plenty of water. For more information or to sign up, contact Jeanne Conatser at 615-971-8894 or djconatser@comcast.net.

Jul 24 - Elk River Float, Winchester. Tims Ford Dam to Farris Creek Bridge. 8 miles. Joint activity with the Highland Rim Chapter. Meet at 8:00 am CT at the put in on the Elk River just downstream from Tims Ford Dam. Turn into the parking lot marked "River access" off Hwy 50 east of the Elk River Bridge. The parking lot for river access is just west of the turn for Tims Ford Dam. We will arrange the vehicle shuttle to the takeout at 2292 Farris Creek Bridge Road in Belvedere. This paddle has an easy put in and take out. Bring snacks, lunch and plenty of water. For more information or to sign up, contact Sara Pollard at 615-714-3610 or sarabpollard@gmail.com.

Jul 28 - Short Springs State Natural Area. Tullahoma. 5 miles. Moderate. Machine Falls, Adams Falls, Busby Falls and Laurel Bluff Loop Trails. We will start on the Busby Falls trail crossing Bobo Creek and follow the Laurel Bluff loop. Then back to the bridge and continue on the Busby Falls trail. After visiting Machine Falls, we will hike to Adams Falls and head back to the trailhead on the Machine Falls trail. Bring water, snacks, and lunch. For more information or to sign up, contact Sara Pollard at 615-714-3610 or sarabpollard@gmail.com.

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.
- Please submit as a Word document or in the body of an e-mail. Please DO NOT submit in PDF format.

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.

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: 4th Tuesday 6:00 pm CT in the REI
Community Room 261 Franklin Rd, Brentwood TN. For directions, contact the Chapter Chair.

Jul 7 - Henry Hollow/Laurel Woods Combo, Beaman Park, Nashville, TN. Roughly 8-1/2 miles. Moderately strenuous to strenuous for terrain and length (and heat!). We'll combine the Henry Hollow Loop trail with the eastern loop of the Laurel Woods trail. These trails travel along and across creeks and over a number of ridges. Pack insect repellent, sunscreen, and a hat. Bring a lunch, snacks, and plenty of water. Meet at the Creekside Trailhead parking lot in time for an 8:15 am step off. Plan for roughly 5-1/2 hours trail time. Register with Mark for details and updates: midtn@tnhiker.net or 615-669-3221. Alternate date for inclement weather: July 14.

Jul 17 - Contemplative hike in memory of Maggie Cox, Burch Reserve Trail, Warner Parks, Nashville, TN. 3 miles. Easy. Maggie hiked this one weekly. Bring a snack and water. You may want insect repellent, sunscreen, and a hat. Meet at parking lot in time for an 8:30 am step off. Register with Mark for details and updates: midtn@tnhiker.net or 615-669-3221. Alternate date for inclement weather: July 31.

Jul 26 - Chapter Meeting. In May 2022, a bit over a month ago, several TTA hikers completed a supported hike on the 96-mile West Highland Way in Scotland. Along the way north from Glasgow to Fort William, we encountered Loch Lomond, the largest inland body of water in Scotland, and Rannoch Moor, the largest uninhabited area in the country, among many other spectacular sights. Ours was just the latest of several TTA groups from Nashville who have completed this trail. Doug Burroughs and other hikers in the group will present our accounts of this adventure. Prepare to be inspired and amazed. Bring a friend. See the Chapter heading for details of the meeting time and location.

PLATEAU CHAPTER (Crossville)

CHAPTER CHAIR: Norm Brinsley 931-202-2338
plateau@tennesseetrails.org
TREASURER: Clark Zedric 217-520-9889
BOARD REPRESENTATIVE: Bob Oboboski 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/>.

Jul 2 - CT Turkey Creek to Anvil Rock, Catoosa WMA, Hebbetsburg, TN. Joint hike with Upper Cumberland Chapter. Long Hike: 6.6 difficult miles crossing the Turkey Creek 45' bridge to Anvil Rock, OMG overlook and beyond. **Short Hike:** 4 difficult in/out miles to Anvil rock. Depart 7:15 am CT Fairfield Glade Catholic Church parking lot on your left two blocks passed the stop light at the intersection of Peavine Road and Stonehenge Drive. Carpool cost is \$3. Pack water, snacks and lunch. Don't forget tick/bug spray and sunscreen. For additional information contact the hike coordinator, Deb, email plateauhikes@tennesseetrails.org or text/call 931-267-2243.

Jul 6 - Lookout Tower East Trail, Old Prison Mine Trail – Frozen Head State Park, Petros, TN. Joint hike with Upper Cumberland Chapter. Long hike: 6.2 miles in/out strenuous elevation change to the tower and old mine. **Short Hike:** 5.4 mile strenuous to the tower and back. Depart 7:15 am CT from the SW parking lot at the Outlet Mall, Interstate Dr, Crossville, TN. We'll eat lunch at the Brushy Mountain Prison restaurant Wardens Table. Gas cost is \$6. Don't forget tick/bug spray and sunscreen. Pack water, snacks. For additional information contact the hike coordinator, plateauhikes@tennesseetrails.org or text/call 931-267-2243 for more info.

Jul 13 - Hardie Trail - 300 acre Dog Cove, Bon Air, TN. Joint hike with Upper Cumberland Chapter. Long Hike & Short Hike: New 2.5 mile trail off Old Bon Air Rd led by Kat Champlin. Rock bluffs and a waterfall. Then we'll drive into Sparta and walk the River Greenway. We'll eat lunch at Marioochi's Pizza. Bring water & snacks. Depart 7:15 am CT from the Crossville Tractor Supply on West Ave. Carpool gas cost is \$5. Don't forget tick/bug spray and sunscreen. For additional information contact the hike coordinator, Deb, email plateauhikes@tennesseetrails.org or text/call 931-267-2243.

Jul 16 – Fort Loudoun State Historic Park, Vonore, TN. Fort Loudoun State Historic Area provides a glimpse of life during the time of the French and Indian War (1754-1763). Expect a moderate walk of 6 miles as we explore this historic area. The tour/hike will start at the visitor center with a tour of the museum and a 15 minute interpretive film about Fort Loudon. Then, we will walk to the Tellico Blockhouse/Garrison. As we tour we'll see an 18th century infirmary, the soldier's barracks, the commander's quarters, etc. Depart 8 am CT from Central Baptist Church, South Main St, Crossville, TN. Carpool gas cost is \$4. Sign up for the tour, contact Bill Harris 931-484-9152 or email titan55@charter.net.

Plateau Chapter – con't.

Jul 20 - CT Hebbetsburg/Daddys Creek Section, Hebbetsburg, TN. Joint tour with Upper Cumberland Chapter. Long Hike: 7.5 moderate mile thru hike along Daddy's Creek, past a 1940s cave house once home to a family for years. Requires an 8-mile shuttle. **Short Hike:** 4.7 moderate miles. Starting from the Keyes Rd Trailhead to the connector trail yellow gated parking area requiring a short car shuttle. Depart 7:15 am CT Fairfield Glade Catholic Church parking lot to your left two blocks passed the stop light at the intersection of Peavine Road and Stonehenge Drive. Gas cost is \$2. Don't forget tick/bug spray and sunscreen. Pack water, snacks and lunch. For additional information contact the hike coordinator, plateauhikes@tennesseetrails.org or text/call 931-267-2243 for more info.

Jul 23 - CT Arch Mountain, Huntsville, TN. Joint venture with Upper Cumberland Chapter. Wear water shoes and bring your boots because at .1 mi ford Smoky Creek then an easy walk to the next Creek crossing at .7 miles. Put your boots on then it's on to a reclaimed strip mine. At 2 miles is a cascade and another stream crossing. At 2.9 miles is an orange-colored stream with a bridge. At 3.7 miles is another cascade 25 yards off the trail where we'll turn around. **Long Hike:** 6-7 mile difficult in/out on a section of the Cumberland Trail that was recently cleared so it is passable again. **Short Hike:** 5 miles or less difficult out and back. Depart 7:15 am CT from the SW parking lot at the Outlet Mall, Interstate Dr, Crossville, TN. Carpool gas cost is \$7. Pack water, snacks and lunch. Don't forget tick/bug spray and sunscreen. For additional information contact the hike coordinator, Deb, email plateauhikes@tennesseetrails.org or text/call 931-267-2243.

Jul 27- City Lake Natural Area, Washmorgan SNA & The Boils, Cookeville, TN. Joint hike with Upper Cumberland Chapter. Wear your swimsuit under your hiking clothes, bring a beach towel and water shoes for swimming. First we'll hike to Cookeville's City Lake Falls then drive to Washmorgan Hollow SNA for a 2 mile In/out hike to a waterfall. Short drive to the Boils where we'll eat lunch and swim. **Long Hike & Short Hike:** 5 mile moderate in/out. Bring water, lunch and snacks. Carpool gas fee is \$5. Depart 7:15 am CT from the Crossville Cracker Barrel SE parking lot. For additional information contact the hike coordinator, Deb, email plateauhikes@tennesseetrails.org or text/call 931-267-2243.

Jul 30 - Greenway Walks - Woodlawn Loop Trail (1.2-mile) and optional Obed River Trail (1.8-mile) in Crossville, TN. 3 mile round trip on groomed trails. Bring water for the hike. Meet your hike leader for a 9 am start at the trailhead. Directions – Woodlawn Road to Wyatt Court. Proceed to the end of the paved road then continue on gravel to the trailhead parking area. For info call or text John 410-707-6107.

SCENIC CITY CHAPTER

(Greater Chattanooga Area)

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: Thursday of the week following the TTA
Board Meetings in Feb, May, Aug and Oct at 5:30 pm ET
Additional information may be seen at our web site:
<http://www.tennesseetrails.org/blog/soddydaisy>

Jul 2 - Prentice Cooper: Snoopers Rock to Pot Point Loop to Tower Drive. 9 miles. Moderate. This hike involves a short shuttle, or longer if none of us spots the faint trail crossing. The most important thing to know about this hike are the blueberry bushes. If all is right with the world, they will be chockful of ripe blueberries! If blueberries are not your thing (what is wrong with you??), there's also a natural bridge and a spectacular view of the Tennessee River Gorge, to say nothing of great hiking companions. Meet at Food City on Signal Mountain Road at 8:30 am. Please register with hike leader Will Latham, 704-365-8889.

Jul 5 - Savage Gulf Day Loop. 4.1 - 5.2 miles. Easy. A pleasant walk through the woods and a nice overlook, topped by a very nice waterfall, assuming there's water. Meet at Durham St in Soddy Daisy at 8:30 am. Please register with hike leader Will Latham, 704-365-8889.

Jul 9 - Signal Point to Edwards Point. 5.1 miles. Moderate/strenuous. Magnificent views of the Tennessee River Gorge and downtown Chattanooga. Beautiful woods, lots of rocks, a small lake, and possibly a waterfall. Did someone mention lots of rocks? Meet at the Food City on Signal Mountain Road at 8:30 am. Please register with Bob Caperton, 423-902-7898 or rhcaperon@aol.com.

Jul 12 - Connector Trail from Covenant College to Lula Lake Road. 4.5 miles. Easy. It's all downhill! (Where have we heard that before?) Meet at Food City in Red Bank at 8:30 am, or at the Food City in St. Elmo at 8:45 am. Please register with hike leader Earl Helmer, 770-877-0600 or e_helmer@wpbfi.com.

Jul 16 - Lost Cove via Point Disappointment and Potter Ridge Trail. 8 miles out-and-back. Moderate. This relatively new trail near Sewanee has fine views, cliffs, and rock formations! Or so they say. This is probably going to be another exploratory hike by the intrepid adventurers of The Scenic City Chapter. Meet in the lot on the far side of La Quinta Inn, north off I-24 at Exit 175, Browns Ferry, at 8:30 am. Please register with Betsy Darken, 423-718-2060.

Scenic City Chapter – con't.

Jul 19 - Window Cliffs Trail. Moderate, out-and-back. 5.3 miles. A highly rated trail with a lot of easy and refreshing creek crossings, a waterfall, cliffs with holes in them, and an optional climb up to some very impressive chimney rocks. Wear shoes that you don't mind getting wet. Please register with hike leaders Marti and Roy Owensby, 423-386-5222 (voice only), sewmarti@aol.com. Meet at Durham St., Soddy Daisy, at 8:30 am.

Jul 23 - Cloudland Canyon: Bear Creek Backcountry Trail. 7.3 miles. Difficult. Beautiful and varied woods, overlooks of the two canyons. Lots of gentle ups and downs, one steep down to Bear Creek, one steep up from Bear Creek, but not too long. Meet in the lot on the far side of La Quinta Inn, north off I-24 at Exit 175, Browns Ferry, at 8:30 am. Please register with Tammy Hendrick, 315-949-8187.

Jul 26 - Enterprise South: Poe Run Path to Boulder Point. 4 miles. Easy. This shaded trail will take us past several decommissioned ammunition bunkers, which do echoes very nicely. We'll then go through a mountain bike parking lot before a short uphill section. Then turn left onto Boulder Point loop and run out to Boulder Point. Lift those feet up! This trail loops back and brings us out on Hidden Lake. Meet at the lot to the left of the Visitors Center at 8:30 am. Please register with Linda Keown, 423-227-4915.

Jul 30 - Booker T. Washington Trail. 6.8 miles. Moderate. This loop trail meanders all over the state park, with very nice views of Chickamauga Lake and optimally placed benches (where the trip leader is guaranteed to sit). Meet at the parking lot in the field below the Visitors Center at 8:30 am. Please register with hike leader Tom McElhone, 805-208-4654 or sarmitta@yahoo.com.

SUMNER TRAILS CHAPTER

CHAPTER CO-CHAIRS: Donna & David Hobbs 803-634-3470
ttasumnertrails68@tennesseetrails.org
TREASURER: John Jones 615-533-0127
ttasumnertrails68@tennesseetrails.org
BOARD REPRESENTATIVE: John Thomas 925-759-0517
ttasumnertrails68@tennesseetrails.org

Jul 15 - Trails at Fontanel, Nashville. 2.2 miles. Easy to moderate. This short hike in the woods surrounding the former home of Barbara Mandrell does require a climb up the hillside and has some roots along the way. Under the canopy of trees, this is an ideal hike for the hot August weather. This pet-friendly trail allows dogs on leashes. Meet at 8:30 am CT at Glenbrook Kroger, 1010 Glenbrook Way, Hendersonville to caravan, or meet us at the trailhead on 4125 Whites Creek Pike, Nashville, TN, the old Cafe Fontanella parking lot. If you are meeting at the trailhead or for more information contact Judy Jenkins at 615-403-0002 or *Judy_Jenkins@comcast.net*.

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.



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

Jul 2 - CT Turkey Creek to Anvil Rock, Catoosa WMA, Hebbetsburg, TN. Joint hike with Plateau Chapter. See listing under Plateau Chapter heading for hike details and registration information.

Jul 6 - Lookout Tower East Trail, Old Prison Mine Trail, Frozen Head State Park, Petros, TN. Joint hike with Plateau Chapter. See listing under Plateau Chapter heading for hike details and registration information.

Jul 13 - Hardie Trail - 300 acre Dog Cove, Bon Air, TN. Joint hike with Plateau Chapter. See listing under Plateau Chapter heading for hike details and registration information.

Jul 20 - CT Hebbetsburg/Daddys Creek Section, Hebbetsburg, TN. Joint tour with Plateau Chapter. See listing under Plateau Chapter heading for hike details and registration information.

Jul 23 - CT Arch Mountain, Huntsville, TN. Joint venture with Plateau Chapter. See listing under Plateau Chapter heading for hike details and registration information.

Jul 27- City Lake Natural Area, Washmorgan SNA & The Boils, Cookeville, TN. Joint hike with Plateau Chapter. See listing under Plateau Chapter heading for hike details and registration information.

OFFICERS:

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

Secretary

Melinda Pearson 731-225-4293
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At-large Directors (terms expiring listed after name)

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

Newsletter Editor

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

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

Sunday, Nov 6 9:00 AM ET Townsend
Annual Meeting

Joining TTA as a New Member? Membership Up For Renewal? Your Generosity Benefits All!

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

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

Newsletter Deadlines:

Deadlines for Chapter announcements and articles of special interest are due on the 10th of each month for the following month's newsletter.

All submissions are subject to editing. Articles of general interest and non-hiking events will be included as space permits.

Please send all submissions to:
editor@tennesseetrails.org

Please note: Newsletter submissions to the "editor" address are automatically copied to the webmaster for inclusion on the TTA website.

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

ADDRESS SERVICE REQUESTED



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

- ☐ **A NEW MEMBER**
☐ **RENEWING MY MEMBERSHIP**

Jul 22

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

Memberships are for one year, unless you have a Lifetime Membership.
Gift Memberships are also available. Contact our Membership Director,
Cheryl Heckler 931-200-7436 membership@tennesseetrails.org

PLEASE PRINT CLEARLY.

___ Individual	\$25.00	Name	_____
___ Family	\$35.00	Address	_____
___ Student (FULL TIME)	\$15.00	City	_____ State _____
___ Supporting (\$50.00, \$100.00 or more)		Phone ()	_____ Zip _____ -- _____
___ Life Member (Individual)	\$500.00		
___ Life Member (Family)	\$750.00	E-mail	_____

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

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

- ☐ I would like to receive my newsletter by
mail.

Please list me with the following chapter:

- | | |
|---|--|
| ___ Clarksville | ___ Murfreesboro |
| ___ Columbia/Franklin | ___ Nashville |
| ___ East TN (Oak Ridge/Knoxville) | ___ Plateau (Crossville) |
| ___ Highland Rim (Manchester/Tullahoma) | ___ Soddy Daisy |
| ___ Jackson | ___ Sumner Trails (Sumner County) |
| ___ Memphis | ___ Upper Cumberland (Sparta/Cookeville) |
| ___ | ___ At Large |

When you become a TTA member, you will 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!