

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

Annual Meeting Wrap-up Gatlinburg, November 4-6, 2022

The Mountains are calling and the TTA answered the call by holding its 2022 Annual Meeting at the Glenstone Lodge in downtown Gatlinburg, Tennessee on November 4-6, 2022. One hundred forty-one TTA Members from across the state registered for the Annual Meeting. This undertaking by East Tennessee Chapter and Scenic City Chapter required a lot of planning, coordination, and cooperation. The volunteers from both chapters used their time and skills and as a result we have a lot of gratitude to go around. We will make every effort to mention by name everyone who helped make this meeting possible. Take note of our generous donors listed and thank them in person when possible.

Registration Volunteers: Jean Smith, Delores Ladd, Trish Appleton, Marti Owensby, Rosemary Marshall, Jane Ellett

Programs and Entertainment: Savana Keeton, Cumberland Trail Conference, Randy Hedgepath, Tennessee State Park Ranger and Naturalist, Trivia Game, assisted by Tammy Hendrick

Printing Name Tags and Forms: Marti Owensby, Rosemary Marshall

Fun Cup Bar: Will Latham, Lucy Cahill, Paul Cahill

Meal Ticket Collection: Carolyn Reeves, Tammy Hendricks, Randy Medley, Lucy Cahill

Pack Lunch Saks: Rosemary Marshall, Jane Ellett, Trish Appleton, Karen Towle and Robby Paul

Decorations, Posters: Jane Ellett, Joan Medley, Scott Haynes

Cleanup: Randy Medley, Roy Owensby, Will Latham, Lucy Cahill, Paul Cahill, Rosemary Marshall, Karen Towle, Jane Ellett, Libby Francis

Hike Leaders: Rosemary Marshall, hiking coordinator, Betsy Darken, hiking coordinator and hike leader, Joan Hartvigsen, Tom McElhone, Trish Appleton, Carl Dumsday, Roy Owensby, Marti Owensby, Tammy Hendrick, Cheryl Heckler, Tom Cressler, Scott Adams, Louise Minard, Carolyn Reeves, Darlene Ojala and Randy Hedgepath

AV Support: Chris Fitzgerald

Welcome Bags for Registrants: Donors of items in registrant's welcome bags were Chattanooga Times Free Press 400 E. 11th St., Chattanooga, TN; Blue Cross Blue Shield of Tennessee, 1 Cameron Hill Circle, Chattanooga, TN; Moon Pie, 900 Manufacturer's Rd., Chattanooga, TN. We are grateful to the volunteers from Scenic City Chapter that filled the welcome bags.

Trivia Game Prizes: First Bank, 5200 Clinton Hwy, Knoxville, TN

Live Auctions Contributors: Moxy Chattanooga Downtown, 1208 King St., Chattanooga, TN; Hunter Museum of American Art, 10 Bluff View Ave., Chattanooga, TN; The Whiskey Thief Bar, 102 Walnut St., Chattanooga, TN; The Hermitage Hotel, 231 6th Ave., Nashville, TN; Fairfield Glade Community Club, 128 Stonehenge Dr., Fairfield Glade, TN. 38588

Auction Volunteers: Libby Francis, Jane Ellett, Marti Owensby, Roy Owensby, Lucy Cahill, Paul Cahill, Sue Christensen, Trish Appleton, June Callahan, Amy Sutton.

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Annual Meeting Wrap-up con't.

Auction and Fundraising: REI, 2507 Lifestyle Way, Chattanooga, TN 37421; REI Coop, 6700 Papermill Dr., Knoxville, TN; Front Runner Athletics, 4251 Hixson Pike, Chattanooga, TN 37415; Elliott's Boots, 706 N Campbell Station Rd., Farragut, TN 37934; Sunshine Hollow Fruitcakes, 198 Country Rd., Athens, TN; Wellness Therapy Associates of Knoxville, 117 Huxley Rd., Knoxville, TN; River Sports Outfitters, 2918 Sutherland Ave., Knoxville, TN; Belks West Town Mall, 7600 Kingston Pike, Knoxville, TN; Target West, 8040 Ray Mears Blvd., Knoxville, TN; Target, 6670 Clinton Hwy., Knoxville, TN; Divine Healing Massage Therapy, 1217 Huxley Rd., Knoxville, TN; Cracker Barrel, 5001 Central Avenue, Knoxville, TN; Buddy's BBQ, 5806 Kingston Pike, TN; Wal-Mart, 677 Clinton Hwy., Knoxville, TN; Rock City, 1400 Patten Road, Lookout Mtn., GA; TN Sporting Goods, 4817 N. Broadway, Knoxville, TN; Harbor Tools, 4811N. Broadway, Knoxville, TN; First Bank, Clinton Hwy., Knoxville, TN; Rock Creek Outfitters, 1530 Riverside Dr.; Chattanooga Whiskey Experimental Distillery, 1439 Market St., Chattanooga, TN; TN Aquarium, One Broad St., Chattanooga, TN; Elliott's Boots, 525 Lovell Road, Knoxville, TN.

Member Contributors for Auction: Marcia Medford, Jack Baston, Darlene Ojala, Roy and Marti Owensby, Melinda Pearson, June and Bill Callahan, Patty Deen and Family of Robert Davis, Deb Westervelt, Randy Medley

Donations: Plateau Chapter sponsor - Zurich Homes, 4929 Peavine Rd., Crossville, TN; Nashville Chapter, Scenic City Chapter, Nashville Chapter Member, Nashville Chapter Member

East Tennessee and Scenic City Chapters would like to give a special thank you to all the contributors, volunteers, and attendees that made the 2022 Annual Meeting a success.

GO GREEN

Electronic Newsletter Available

This is reminder that you can receive your monthly newsletter via email. If interested please contact Cheryl Heckler at ttamembership68@tennesseetrails.org and please include your email address.

Evan Means Grant supports trail at Uplands Village

The Crossville Chronicle featured work done on a new trail with construction supported by a grant from TTA's Evan Means Grant program. The article, "Crossing Trails" was published on October 25, 2022, by Moira Charnot (Staff Writer).

This article was written to describe the "new" ADA-compliant trail in Uplands Village in Crossville. It describes all the challenges and roadblocks in the completion of the first ADA compliant trail sponsored by Evan Means Grants from the Tennessee Trails Association. Libby Francis, former TTA President, helped cut the ribbon for the opening day (October 7). Norm Brinsley (Plateau Chapter Chair) was very instrumental in the completion of this trail. He was diligent and persevered even when the rains threatened to wash away the first round of the trail. Others in attendance were Herschel Murdener, Executive Director of the Uplands Village, Cheryl Heckler, chair of the Uplands Village Trail Committee, and Jane Coffey at-large TTA director. Here are some of the quotes from this article.

"It's been a challenge getting this trail going between the pandemic, shortage of staff and volunteers, and the rain washing it [the trail] away as soon as we put it on," said Cheryl Heckler, chair of the Uplands Village Trail committee. We finally are here."

"Walkers and wheelchairs are not often associated with hiking, but Uplands Village is looking to change that. The senior living community has opened a new portion of its hiking trail in Pleasant Hill – and this is one of the first that can accommodate those with disabilities. Uplands Village collaborated with the Tennessee Trails Association for this project."

"In order to develop the new section of the Uplands Village Trail, Uplands Village received \$2,000 from the Evan Means Grant Program."



Pictured are (from left to right): Jane Coffey, Herschel Murdener, Norm Brinsley, Libby Francis and Cheryl Heckler.

New Board Members Elected at Annual Meeting

At the Annual Membership Meeting of Tennessee Trails Association at Gatlinburg's Glenstone Lodge, on November 5, 2022, new TTA Board members were elected.

We welcomed Sara Pollard as Middle Tennessee Regional Representative and At Large Members Mark Hubbard, Susan Woods and Wayne Drown. Will Latham was recognized for filling a vacancy as East Tennessee Representative.

A Special Organizational meeting was held the following morning at the 4th Quarter TTA Board meeting. Duane Fritch was elected as President, Michelle Kelley as Vice President, Susan Woods as Secretary, and June Callahan was elected as Treasurer of the TTA Board of Directors.

The Communication Committee recommended the selection of Mary Lewis Tims as our new newsletter editor.

The Board wishes to thank retiring Board Member Joan Hartvigsen for her service as Middle Tennessee Regional Representative and for service on the Evan Means Grants committee. Thanks to retiring member, Melinda Pearson who served 5 years as Board Secretary. Special thanks to LouAnn Partington for service as newsletter editor for 13 years!

Libby Francis will continue to serve as an At Large Director and encourages everyone to support President Duane as we move forward with our mission of hiking and trail development.

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.

Libby Francis Retires As Board President

Many thanks to Libby for endless hours leading Tennessee Trails over the last 2 years. Libby volunteered to take over the leadership at a time when there was a sudden resignation between Annual Meetings. And, this was her second time as President, having served 20 years ago!

Libby has great powers of persuasion as she convinced me to become Vice President, having served less than a year as Sumner Trails Chapter Representative. And just a few weeks before this Annual Meeting she once again used her persuasion to fill the offices of Board President, Vice President, and Secretary for 2023.

Libby has also been deeply involved during the Annual Meeting with the live auctions, silent auctions and white elephant sale for I don't know how many years. She has developed a system that keeps donated items and funds organized so that everything flows smoothly and all items go to the correct person, always making sure donations are recognized.

Even though Libby will no longer be President, she has volunteered to chair 2 important Board committees, Nominating and Bylaws. Libby is always willing to step up and get involved when there is a need with Tennessee Trails. Thank you, Libby!

Duane Fritch



REMINDER

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

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



Cumberland Trails Conference

Office Location:	409 Thurman Avenue, Ste 102 Crossville, TN 38555
Office Hours:	Monday - Thursday 8 AM – 3 PM CT 931-456-6259
Phone:	Savana Keeton
Office Staff:	ctcoffice2014@gmail.com
E-mail	www.cumberlandtrail.org
Website:	

NEWSLETTER DEADLINES FOR NEXT TWO MONTHS

We will be working with short deadlines/turnaround times for the next two newsletters. If you are able to submit your hike information on or before the 5th of January (for February hikes) and February (for March hikes), this will help expedite the editing process and assure we can get the newsletters completed to meet these deadlines. Thank you for your cooperation.

Check the CTC website or contact the office for up-to-date information on events and volunteer opportunities.

CLARKSVILLE CHAPTER

CHAPTER CO-CHAIRS: Paula Sanders 954-993-5541
Suva Bastin 931-645-2849
ttaclarksville68tennesseetrails.org

OUTINGS COORDINATOR: Paul Schwab 931-801-9484
ttaclarksvillehikes68@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.

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.

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

Jan 1 - New Year's Day Hike, Montgomery Bell State Park. 5.4 miles. Moderate. Most of the trail is on natural turf in the woods. Trekking poles are recommended. Dogs are permitted if on a leash. We will have a Pot Luck lunch, including black eyed peas and corn bread, at a picnic shelter near "The birthplace of the Cumberland Presbyterian Church". Bowls, cups and plastic ware will be provided for everyone. Our food will be transported from the trailhead to the picnic shelter before we hike. Meet 9:00 am CT, Big Lots parking area, Riverside Drive, Clarksville. 33 miles to trailhead. Contact Paul Schwab 931-801-9484.

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Jan 14 - Liberty Park, Clarksville. 3.5 miles. Easy. The trail is paved except for approximately a half a mile divided between wooden tread and natural turf. 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 Summit 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 Cinde Jones 870-215-8993.

Jan 16 - Martin Luther King Day, LBL Canal Loop Trail. 11 miles. Difficult due to length and a couple of short steep slopes. Trekking poles are recommended. Pack your lunch. The trail is in the woods on natural turf. We hike along both Kentucky and Barkley Lakes and we may see a bald eagle. Dogs are permitted if on a leash. There is a privy at the trailhead. Meet 8:00 am CT, Dover Crossing Road Kroger's parking area. 73 miles to trailhead. Contact Paul Schwab 931-801-9484.

Jan 17 - 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.

Jan 21 - RichEllen Park. 2 miles. Moderate. The trail is paved and mostly out in the open. Dogs are permitted if on a leash. There is a restroom in the park. Meet 9:00 am CT at the Dollar Store on the left side of Highway 149. The Dollar Store is just before Hill Top Market, and there is a traffic light just past Hill Top Market. Contact Suva Bastin 931-645-2849.

Jan 28 - Rotary Park, Clarksville. 3.5 or 5.25 mile loop. Moderate. You have the opportunity to exit after 3.5 miles. Most of the trail is on natural turf in the woods. It is curvy with many short ups and downs. You follow pretty Wall Creek part of the way. There is a creek crossing that is hard to do without getting your feet wet when the creek is up. Trekking poles are recommended. Dogs are welcome if on a leash. There is a restroom at the trailhead and another near the end of the trail. Meet 8:00 am CT, first shelter on left after entering park. Contact Ed Oliver 931-561-9946.

COLUMBIA/FRANKLIN CHAPTER

CHAPTER CO-CHAIRS: Jane Coffey 615-516-6551
Marvin Caine 931-486-1632
ttacolumbia68@tennesseetrails.org

OUTINGS COORDINATOR: Jane Coffey 615-516-6551
ttacolumbiahikes68@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.

Jan 1 - Preservation Park, Thompson's Station, TN. Preservation Park is a Williamson County Park on Thompson's Station Road. We can bring in the new year by meeting at the trailhead at 9:00 am. Formerly a local grazing pasture, this property was once part of the Battle of Thompson's Station, a noteworthy confederate victory in the Civil War. Preservation Park, aptly named in pursuit to preserve a cultural and historical heritage that can be enjoyed for generations to come, is roughly 200 acres and situated in the middle of Thompson's Station. The majority of the parkland is maintained in a land trust with the State of Tennessee to ensure its protection. Preservation Park is an opportunity for the residents to engage with nature and the greenway developed throughout the park provides the backbone for an entire trail system that will link parkland with residents and more. It does have some steep ascents and some steep descents which will lead to a steep ascent. Preservation Park, 1600 Thompson's Station Road West, Thompson's Station, TN.

Jan 14 - Hidden Lake Park. As the story goes, Hidden Lake was a "pleasure resort" located a mere 16 miles from Nashville. Owned and operated by Benjamin Lewis (aka "Ben") Cunliff and his wife, Lillian, Hidden Lake opened for business on June 24, 1931, and it was met with much fanfare and excitement. According to the announcement in the newspaper, the resort's highly anticipated grand opening was one of the "summer's interesting social events" enjoyed by several hundred guests. An orchestra performed on the beach beside the lake (referred to as a "mini Riviera"), and the celebration continued into the evening when guests ascended to the clubhouse veranda on the hill for more music and dancing. By day, guests enjoyed swimming, fishing, a water wheel and a very steep water slide that began at the top of the quarry in which the lake was created, and provided a thrilling adventure all the way down into the waters below. Additional non-water activities on the property included golf ball putting and driving, pony rides and picnics. By night, guests enjoyed more elevated dining in addition to live music and dancing with views of the lake below. Details TBD. Address: 7851 McCrory Lane, Nashville, TN 37221.

Jan 31 - Chilly Chili Hike in Sewanee, TN. See Highland Rim Chapter listing for details.

EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER CHAIR: Rosemary Marshall 865-985-9144
ttaeasttennessee68@tennesseetrails.org
OUTINGS COORDINATOR: Sherry Barber 865-209-6189
sbarber6189@comcast.net

Sunday, Jan 1 - New Year's Day hike. Seven Islands State Birding Park 4 miles. This is Tennessee's newest park. It is a 416-acre park that was established in the 1990s by private donors and jointly managed as Seven Islands Wildlife Refuge by a local foundation and Knox County. In the fall of 2013, it was designated as a state park effective September 2013 with the grand opening July 2014. The park, on former farmland, includes the Kelly Bend peninsula along the French Broad River. Habitats include wooded hills, an intermittent stream, and several fields being restored to native warm-season grasses. More than 180 species of birds have been sighted in the park. The views are great, you can see the Smoky Mountains and Mount LeConte. The hike is mostly easy with rolling hills. There is one hill where you gain perhaps 150 feet. This a hike that almost anyone can do so join us. 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. We will meet at the Cracker Barrel at Strawberry Plains Pike, Exit off 1-40 east at 9:00 am, then tailgate to the park. If you want to meet at the Seven Islands parking lot, we expect to be there about 9:30 am. For specific information about the hike please call Rosie at 865-985-9144 or *rosemary_l@hotmail.com*.

Sunday, Jan 29 - WhiteStone Resort, Kingston, TN. Carolyn (our leader) always plans our WhiteStone hike on the best trails in this area. Since it's on a Sunday we can meet at Food City parking lot off the Lenoir City exit at 10:00 am. We'll tailgate to the WhiteStone Resort and plan on arriving about 10:45 to 11:00 am. In the winter months, the weather is always a factor. To preregister call Carolyn Reeves at 865-317-2972 or *crpetlover@hotmail.com*.

Attention: Hike Coordinators (aka Hike Leaders)

A TTA Release of Claims & Hold Harmless Agreement form (aka "Liability Waiver") must be signed by everyone before you start your hike or before carpooling to your hiking destination. They can be obtained from your local Chapter Officer or downloaded easily from our website: <https://tennesseetrails.org/hikes-events/liability-release-form/>.

HIGHLAND RIM CHAPTER (Coffee and Franklin Counties)

CHAPTER CHAIR: Patricia Deen 760-703-8115
ttahighlandrim68@tennesseetrails.org
OUTINGS COORDINATOR: Tom Hartvigsen 931-962-0811
jhartvigs@comcast.net
(contact Tom & volunteer to lead an outing)

MEETS MONTHLY: 4th Monday

Sunday, Jan 1 - New Year's Day Hike. Long Hunter State Park. Bryant Grove Trail. 8 miles. Moderate. Joint event with the Murfreesboro and Nashville chapters. The adage is that what you do on the first day of the year, you will continue to do all year long. This "out and back" flat, winding trail connects the Couchville Lake area to the Bryant Grove Recreation Area and follows the shoreline of Percy Priest Lake. The trail crosses a wooden bridge above Bryant Grove Creek, where heron might be seen wading and feeding. All chapters are invited to attend. We will meet at 9:30 am CT at the kiosk near the playground in the Couchville Lake area. We will enjoy lunch in the Bryant Grove Recreation Area. Bring lunch, water, and snacks. Pets are not permitted on the Bryant Grove Trail. For more information or to sign up, contact Joan Hartvigsen, *jhartvigs@comcast.net* or 931-636-2914.

Saturday, Jan 14 - North Rim, Mountain Oak, North Plateau Trails. 10 mile loop. Savage Gulf State Park. Moderate, little elevation change. Joint hike with Scenic City Chapter. Meet at 8:15 am CT Savage Gulf Ranger Station, Tennessee Highway 399, Palmer, TN. Please register with Joan Hartvigsen, *jhartvigs@comcast.net* or 931-636-2914. The North Rim Trail is a long but easy trail with more overlooks than any other at Savage Gulf. From these viewpoints, we will see the confluence of tributary gorges with Savage Gulf, old growth forest in the bottom of the gorge and the junction of the three gulfs that make up the state natural area. North Plateau Trail leads through beautiful old growth forest. Bring water, lunch and snacks and hiking sticks. Wear sturdy hiking boots.

Monday, Jan 23 - Chapter Meeting, 7pm. D.W. Wilson Community Center, 501 N. Collins Street, Tullahoma. TTA Highland Rim Chapter Chair Patty Deen will give a presentation entitled "South Florida's Landscapes & Ecosystems." Many of our members head to Florida during the winter to enjoy the sun and the beach. Patty, Professor Emeritus of geology, will try to show the story behind the landscape. She will discuss the geology, climate, and the resulting landscape development that have produced the incredibly varied and connected ecosystems in South Florida. Before the meeting, at 5:30 pm, we will gather for dinner at La Fiesta Bar & 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.

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Jan 28 – Jim & Marietta Poteet's 21st Annual Chili Chilly Hike. We will meet at the Fiery Gizzard/Grundy Forest Parking lot at 10:00 am to hike the Grundy Day Loop. This hike is 2 miles long and will feature a beautiful waterfall hike with many improvements made to the trail by the outstanding Trail building/maintenance committee this year. We will then proceed to the Poteet's house for our famous chili. Marietta will provide chili, cornbread, and brownies. You are welcome to bring sides to add to our feast. We will provide some drinks. Please let Marietta know if you will attend at nannietta@benlomand.net or 931-924-7666. If you do not want to hike, please call and get a gate passcode. Grundy Forest Day Loop Trailhead address: 71 Fiery Gizzard Road, Tracy City, TN. Poteet's home address: 525 Huckleberry Place, Monteagle, TN.

JACKSON CHAPTER

CHAPTER CHAIR: Melinda Pearson 731-225-4293

ttajackson68@tennesseetrails.org

OUTINGS COORDINATOR: Glen Rognstad 731-217-5966

ttajacksonhikes68@tennesseetrails.org

MEETS MONTHLY: 1st Monday at 6:00 pm CT

Monday, Jan 2 - Monthly meeting at Mulligans in Jackson (Union University Drive) 6 pm.

Saturday, Jan 7 - Pin Oak/Brown's Creek Lake hike. 7.5 miles. Easy to moderate due to length. Joint hike with Memphis Chapter. We will meet at the park headquarters/visitor's center at 9:30 am. It is approximately 2 miles from I-40, exit 116. We will then carpool/drive to the trailhead. This hike will require a shuttle. We will meander thru the woods and along the shores of Brown's Creek Lake and Pin Oak Lake. Hopefully, we will see some wildlife. Please bring lunch, water, snacks and dress according to the weather. After the hike, we have the opportunity to go to Pin Oak Lodge and tour the lodge and conference rooms (this is where the annual conference will be in October 2023). Please let Terry know by Friday, January 6 if you plan to hike. Terry can be reached at terrymccoy832@yahoo.com or 731-535-0625.

Looking ahead:

Mar 11 - Big Hill Pond near Pocahtontas, TN.

MEMPHIS CHAPTER

CHAPTER CHAIR:

Charlie Bright 901-829-4434

ttamemphis68@tennesseetrails.org

OUTINGS COORDINATOR:

Wayne Simpson

w.simpson1@comcast.net

Jan 2 - Lucius Burch South of Walnut Grove, Germantown Road. 5.75 miles. Hike is in the woods partly on the Wolf River on the White/Yellow/Blue trails in Lucius Burch Natural Area. Plan to hike 3 hours. We will meet in the paved Shelby Farms parking lot off of Germantown Road across from Lowe's. The terrain is relatively flat with a few steep ravine crossings. Bring water and snack. Hiking boots and poles are recommended. Heavy rain will cancel hike. Registration is required by 6 pm on January 1. Contact: Nancy Wark, nhwark@bellsouth.net and include your phone number.

Jan 7 - Natchez Trace State Park. Joint hike with Jackson Chapter. 8.7 miles. Easy to moderate. We will meet at the park headquarters/visitor center at 9:30 and drive to the trailhead. We will meander through the woods along the edges of Brown's Lake and Pin Oak Lake. Hopefully we will see some wildlife. We will stop for lunch at the shelter on Pin Oak Lake. Please bring snacks, lunch and water and dress according to the weather. After the hike we will drive to Pin Oak Lodge with the option to eat and visit the facilities. This will be a shuttle hike. Jackson contact: Terry McCoy, terrymccoy832@yahoo.com, 731-535-0625. Memphis contact: Marion Quinlen, mquinlen@gmail.com.

Jan 14 - T.O. Fuller State Park. 4 miles. This hike covers moderate to rugged terrain with some wet land 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 2.5 hours for the hike. Registration is required. Start time for hike will be sent to you after you register. Contact: Janet Sheahan, janet.n.sheahan@gmail.com.

Jan 21 - Tour de Wolf, Shelby Farms Park. 6 miles. Easy. Hike will take approximately 3 hours. Meet at the parking lot across from the playground. Arrive early enough to use the bathrooms and be ready to hike at 9:30. Bring snack and water. If it has rained there could be some mud. Registration is required by Thursday January 19 at 6 pm. Contact: Katie Gecewich, kgecewich@yahoo.com or 712-251-7163.

Jan 28 - Meeman Shelby Forest State Park. 6 miles. Moderate to strenuous. Hike begins on the Chickasaw Bluff Trail, hiking to the Woodland Trail taking the less hilly side of that trail. Most of the trail is moderate but there are two steep hills, including one at the very end. In the event of rain, we may do a makeup hike on Sunday afternoon. Registration is required. Start time for hike will be sent to you after you register. Contact: Wayne Simpson, 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
ttamurfreesboro68@tennesseetrails.org

OUTINGS COORDINATOR: Sara Pollard 615-714-3610
ttamurfreesborohikes68@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*

Jan 1 – New Year's Day Hike. Long Hunter State Park. Bryant Grove Trail. 8 miles. Moderate. Joint event with the Highland Rim and Nashville chapters. The adage is what you do on the first day of the year, you will continue to do all year long. The Bryant Grove Trail is an "out and back" flat, winding trail connecting the Couchville Lake area to the Bryant Grove Recreation Area and follows the shoreline of Percy Priest Lake. The trail crosses a wooden bridge above Bryant Grove Creek, where heron might be seen wading and feeding. All chapters are invited to attend. We will meet at 9:30 am CT at the kiosk near the playground in the Couchville Lake area. We will enjoy lunch in the Bryant Grove Recreation Area. Bring lunch, water, and snacks. Pets are not permitted on the Bryant Grove Trail. For more information or to sign up, contact Sara Pollard at 615-714-3610 or *sarabpollard@gmail.com*.

Jan 10 – No chapter meeting this month. Next month chapter meeting is February 14, 7:00 pm CT.

Jan 14 – Bledsoe Creek State Park. Gallatin. John's Breakfast Hike. Meet at Campsite 5 for breakfast at 9:00 am CT and hike begins at 10:00 am CT. There is some parking near Campsite 5 and hike will begin from there. For breakfast John has an enclosed canopy with heat. Hike is approximately 4 miles. Shoreline Trail to High Ridge Trail to Birdsong Trail and back to campsite. Moderate difficulty with one fairly steep stairway to ascend. Bledsoe Creek State Park is just east of Gallatin off TN Hwy 25. If you are coming for breakfast RSVP to John Ruth, *johnmruth@comcast.net* by Monday, January 9.

Jan 28 – 21st Annual Poteet Chilly Chili Hike. Monteagle. We will meet at the Fiery Gizzard Grundy Forest Parking lot at 10:00 am CT to hike the Grundy Day Loop. The address is 71 Fiery Gizzard Road, Tracy City. This hike is 2 miles long and will feature a beautiful waterfall hike with many improvements made to the trail by the outstanding trail building maintenance committee this year. We will then proceed to the Poteet's house for their famous chili. Marietta will provide chili, cornbread, and brownies. They will provide some drinks. You are welcome to bring sides to add to the feast. Please let Marietta know if you will attend at *nannietta@benlomand.net* or 931-924-7666. If you do not want to hike, please call and get the neighborhood gate passcode. Their address is 525 Huckleberry Place, Monteagle. If interested in carpooling from Murfreesboro, contact Sara Pollard at 615-714-3610 or *sarabpollard@gmail.com*.

NASHVILLE CHAPTER

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

OUTINGS 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. Optional Pre-Meeting Activity if posted on the TTA website calendar.

Jan 1 - Bryant Grove Trail, Long Hunter State Park, Hermitage TN. 8 miles. Moderate. Joint hike with Murfreesboro Chapter and Highland Rim Chapters.

This flat, winding out-and-back trail connects the Couchville Lake area to Bryant Grove Recreation Area. The trail follows the shore of Percy Priest Lake. The path visits several unique habitats, including rare limestone glades. It crosses a wooden bridge above Bryant Grove Creek, where green herons are occasionally seen wading and feeding. The one-mile marker (coming from Couchville Lake) is a good "habitat edge" birding spot for warblers, vireos and other species. Keep an eye out for owls, hawks and raccoons along the trail. No pets allowed. We'll meet at 9:30 am CT at the kiosk near the playground in the Couchville Lake area. You can navigate there using "Couchville Lake Trail" on Google Maps. We will enjoy lunch in the Bryant Grove Recreation Area. Bring lunch, water, and snacks. To register, contact Doug Burroughs at *dougburroughs@tennessee.usa.com* or 615-587-0085 (text or leave voicemail).

Every Wednesday - Radnor Lake Standing Hike (Jan 4, 11, 18, 25), Radnor Lake State Park, Nashville TN. 5 miles. Moderate. Meet at the Visitor Center, West Parking Lot off Granny White, 1160 Otter Creek Road. Arrive 5-10 minutes early to be ready to hike at 7 am, or earlier if everyone has arrived. This hike has elevation gains on both Ganier Ridge and South Cove Trails. We usually walk at a moderate pace and finish up around 9 am. There are several opportunities to take shorter and flatter alternatives if you want to make it an easier hike. Text Doug Burroughs at 615-587-0085 to register.

Jan 7 – Millennium and Merritt Ridge Trails, Edgar Evins State Park, Silver Point TN. 8 miles. Moderate to difficult. We will hike the Millennium Loop Trail which is 2.5 miles and follows an old road bed that once led to the Wolf Creek Community. There are two remnant homesteads that can be found along this trail as well as several stone walls. The Merritt Ridge Loop Trail branches off the Millennium Trail approximately one mile in. It climbs steeply on top of Merritt Ridge and offers spectacular views of the lake and surrounding landscape especially in winter. The Merritt Ridge Loop Trail is 5.5 miles long, for a total hike mileage of 8 miles. There is an option to hike only the Millennium Trail loop, but one half of that would be leaderless. The Millennium Trail is rated moderate. Bring water, snacks, lunch, good hiking boots and hiking poles. The Merritt Ridge Trail can be slick after a rain. For more information and to register contact Nancy Juodenas at *njlj1011@gmail.com* or 615-319-8811.

PLATEAU CHAPTER (Crossville)

CHAPTER CHAIR: Bill Wisniewski 931-335-9360
tplateau68@tennesseetrails.org
OUTINGS COORDINATOR: Deb Westervelt 931-267-2243
tplateauhikes68@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/>.

Jan 4 - Chimneys SNA, Whitwell, TN and SCSP Denny Cove, Tracy City, TN. Joint hike with Upper Cumberland Chapter. Wear orange. **SHORT HIKE:** 2.7 mile moderate in/out hike with elevation gain of 213 ft to two 200 ft standalone sandstone pinnacles plus many scenic overlooks. **Long Hike:** 5.5 mi total. 2.7 mi Chimneys plus 2.8 mi in/out to Denny Cove waterfall. Rated strenuous due to rock scrambling and 410 ft elevation gain to a fabulous waterfall and rock climber cliffs. Depart 8 am CT from the southeast parking lot of Central Baptist Church, 1346 S Main St, Crossville, TN. Gas cost is \$7. Don't forget tick/bug spray and sunscreen. Pack water, snacks and lunch. Contact hike leader, Deb, email *tplateauhikes68@tennesseetrails.org* or text 931-267-2243.

Jan 11 - CT McGill Creek Section, Graysville, TN. Joint hike with Upper Cumberland Chapter. First hike of the CT 200 mile challenge. Contact Deb for a copy of the 200 mile challenge log sheet. Wear orange. We'll start from the Roaring Creek Trailhead. **Short Hike** is 4.8 mile moderate in/out to the bridge. **Long Hike** is 6+ strenuous mi in/out. Depart 8 am CT from the southeast parking lot of Central Baptist Church, 1346 S Main St, Crossville, TN. Gas is \$6. Bring snacks, lunch, water, bug spray and sunscreen. For additional information contact the hike leader Deb 931-267-2243.

Jan 12 - Chapter Meeting. The 6 pm meeting is held at the First United Methodist Church Annex 69 Neecham St. We will meet for dinner at Los Toritos restaurant, 224 Peavine Rd at 4:45 pm. The meeting will start at 6:00 pm at the church annex. Contact Bill Wisniewski 931-335-9360 if you plan to join us for the dinner portion.

Jan 14 - Fall Creek Falls SP. Gilbert Gaul, Base of Falls, Woodland & Overlook Trails, Spencer, TN. Joint hike with Upper Cumberland Chapter. We'll park at the Link trailhead parking lot off Village Camp Rd. **Long Hike:** 6 mile total moderate to strenuous Gilbert Gaul Loop plus the Base of the falls, Woodland & Overlook trails. **Short Hike:** 4.15 mile moderate Gilbert Gaul loop. We will eat lunch at the new lodge restaurant after the Gilbert Gaul hike. Depart 8 am CT from the southeast parking lot of Central Baptist Church, 1346 S Main St, Crossville, TN. Carpool cost is \$5. Bring snacks, water, bug spray and sunscreen. For additional information contact the hike leader Fred Mayheau 931-202-4746.

Plateau Chapter – con't.

Jan 18 - Big South Fork NRA. Angel Falls River Trail, Jamestown, TN. Joint hike with Upper Cumberland Chapter. **Long Hike:** In/out 6.6 mile easy along the river to junction of John Smith Trail. **Short Hike:** In/out easy 5 miles along the river. Bring snacks, lunch, water, bug spray and sunscreen. Depart 8 am CT from the Crossville Cracker Barrel SE parking lot. Carpool gas cost \$7. For additional information contact the hike leader, Deb, email *tplateauhikes68@tennesseetrails.org* or text/call 931-267-2243.

Jan 25 - CT Piney River Segment, Spring City, TN. Joint hike with Upper Cumberland Chapter. Second hike of the CT 200 mile challenge. Contact Deb for a copy of the 200 mile challenge log sheet. Wear orange. **Long Hike:** Newby Branch Trailhead to Shut-in Gap Road for 8.5 miles rated moderate to strenuous. **Short Hike:** 4 mile moderate in/out from Newby Branch trailhead. A vehicle shuttle is necessary. This hike passes through dense mountain laurel, rhododendron, hemlock and several large beech trees. We'll see waterfalls, cascades, rockhouse, and bluffs along the trail. Five bridges cross various streams, and a 100-foot suspension bridge across the Piney River. Bring snacks, lunch, water, bug spray and sunscreen. Depart 8 am CT from Central Baptist Church, South Main St in Crossville. Gas cost \$1. For additional information contact the hike leader, Deb Westervelt, text/call 931-267-2243 or email *tplateauhikes68@tennesseetrails.org*.

Jan 28 - Prentice Cooper SP. CT Indian Rockhouse to Suck Creek, Chattanooga, TN. Joint hike with Upper Cumberland Chapter. Third hike of the CT 200 mile challenge. Contact Deb for a copy of the 200 mile challenge log sheet. Wear orange for the 4.67 mile moderate to strenuous thru hike from Hwy 27 to Indian Rockhouse and a Stone Door winding around rocky bluffs to the spectacular view of the Suck Creek gorge with the Tennessee river below. Option for additional miles: hike 3.8 miles on CT in/out to mushroom rock on the other side of Suck Creek. Bring snacks, lunch, water, bug spray and sunscreen. Depart 8 am CT from Central Baptist Church, South Main St in Crossville. Gas cost \$7. For additional information contact the hike leader, Deb Westervelt, text/call 931-267-2243 or email *tplateauhikes68@tennesseetrails.org*.

SCENIC CITY CHAPTER

(Greater Chattanooga Area)

CHAPTER CHAIR: Jane Ellett 423-309-7879
ttasceniccity68@tennesseetrails.org

OUTINGS COORDINATOR: Betsy Darken 423-718-2060
ttasceniccityhikes68@tennesseetrails.org

MEETS QUARTERLY: Thursday of the week following the TTA
Board Meetings in Feb, May, Aug and Oct at 5:30 pm ET

Tuesday, Jan 3 - Buggy Top Cave Trail on Monteagle Mountain. Moderate. 4 miles round-trip. We'll start out walking through woods on the plateau, then scramble down a little way from the edge of the plateau toward a really cool cave. (Yes, we will be on a trail the whole time.) Buggy Top Cave has a huge mouth that an 18-wheeler (or a buggy?) could drive through. Hardy souls may venture into the cave and look up to see the back entrance not too far off. Watch the weather forecast and dress in layers. Bring snacks and water and sturdy hiking boots. Please register with hike leader Will Latham, 704-365-8889. Meet at LaQuinta Inn, off I-24 at Exit 175, at 8:30 am. <https://bit.ly/3QITAD4>. Cost to carpool is 5 dollars.

Saturday, Jan 7 - Signal Mountain to Shackleford Ridge County Park. Moderate. 8 miles. This hike involves a 15-minute shuttle. We'll head down from Signal Point to Middle Creek, then up to Edwards Point, where we will continue along the rim to Mushroom Rock, finishing the hike at Shackleford Park. This 8-mile or so moderately challenging hike includes many outstanding views of the Tennessee River valley and interesting rock formations, but includes lots of rocks that may be slick with leaves, moisture, and ice. Bring your lunch and water and wear sturdy hiking boots. Watch the weather forecast and dress in layers. Please register with Tammy Hendrick at 315-949-8187. Meet at Food City on Signal Mountain Road at 8:30am ET. <https://bit.ly/3pk0suY>. Cost to carpool is 2 dollars.

Tuesday, Jan 10 - Reflection Riding. Easy-moderate. 3 to 5 miles. We'll meet at the Reflection Riding parking lot and then hike on trails that may need a return visit by trail maintenance volunteers sometime in the future. Less than 15 minutes from downtown Chattanooga, Reflection Riding is a tranquil and beautiful arboretum in the valley west of Lookout Mountain, with pleasant woods and meadows and ponds to enjoy. (Note: We'll be hiking in areas different from a recent historic tour conducted by NPS ranger Jim Ogden.) Members of our hiking chapter have free access due to our volunteer activities at this wonderful nature preserve. Bring snacks and water and wear sturdy hiking boots. Watch the weather forecast and dress in layers. Meet at the main Reflection Riding parking lot at 8:30 am ET. Please register with hike leader Trish Appleton at 423-240-3443 or Appleton-p2@comcast.net.

Scenic City Chapter – con't.

Saturday, Jan 14 - Savage Gulf State Park: North Rim, Mountain Oak, North Plateau Trails. 10-mile loop. Moderate with little elevation change. Joint hike with Highland Rim Chapter. The North Rim Trail is a long but easy trail with more overlooks than any other in Savage Gulf. From these viewpoints, we will see the confluence of tributary gorges with Savage Gulf, old growth forest in the bottom of the gorge, and the junction of the three gulfs that make up the state natural area. North Plateau Trail leads through beautiful old growth forest. Bring water, lunch and snacks and hiking sticks. Wear sturdy hiking boots. Meet at 9:15 am ET at Savage Gulf Ranger Station, Tennessee Highway 399, Palmer, TN, or for carpooling/caravanning, meet at the Durham Street parking lot (ball fields) off Dayton Pike in Soddy-Daisy at 8.30 am ET. <https://bit.ly/3Qjdc0S>. Please register with Joan Hartvigsen, jhartvigs@comcast.net or 931-636-2914. Cost to carpool is \$4.

Tuesday, Jan 17 - Perimeter Trail: Bridal Veil Falls. Moderate. 4.6 miles, 700' elevation gain. This hike is the section of the Sewanee Perimeter trail from the Memorial Cross to Bridal Veil Falls. The elevation gain is mostly on the way back to the parking lot. The hike starts with a stunning view of the valley below and continues to one of the most scenic sections of the perimeter, alternating between a series of steep slopes and flat stretches. Due to the beauty and quiet, it will be easy to believe we are in a fairy tale. Since we are crossing several bridges over the creek, be on the lookout for trolls. On the trail we will pass large sandstone blocks and boulders that long ago broke from the bluffs above us. As we near the falls we will hike a short distance off the plateau where a creek appears from the side of the mountain, cascades 27 feet down a limestone cliff for 25 feet or more, and then disappears into a sinkhole. Keep an eye on the forecast, but it is never a bad idea to bring a raincoat. Poles will be helpful for the ups and downs and the rocky sections of the trail. As always, snacks and water are a must. Carpooling will be at the parking lot just after the LaQuinta Inn off I-24, Exit 175 at 8:30 am ET. <https://bit.ly/3QITAD4>. Please register with hike leader Delores Ladd (214-422-7206) or ladddelores@gmail.com. Cost to carpool is \$5.

Con't on next page

Scenic City Chapter – con't.

Saturday, Jan 21 - Cumberland Trail: Little Soddy Trailhead to Soddy Gulf Trailhead. Moderate. 7 miles.

Think of this hike as a calorie-burning romp after the holidays. We'll take a tour of the remnants of coal mining operations from long ago, maybe even spotting the ghosts of miners and their 24 hard-working mining mules. Then we'll swing up and around to the Deep Creek gorge, where rock climbers have replaced the ghosts of miners, and take a bridge across an impressive min-gorge filled with giant boulders. Next, we'll hike to Big Soddy Creek gorge, where we'll cross a truly impressive bridge that some of our members helped to build. It is so high that it will probably survive for a long time...we hope. After once again ascending toward the top of the plateau, we'll roll down into the valley and cross Board Camp Creek. Bring your water shoes!! Remember to check the forecast, wear appropriate layers and wear hiking shoes or boots, bring snacks and lunch, sunscreen, water shoes(!) and more water than you think you need. It's never a mistake to bring a rain jacket and hiking poles. For carpooling/ caravanning, meet at the Durham Street parking lot by the ball fields, just off Dayton Pike in Soddy-Daisy at 8.30 am ET. <https://bit.ly/3Qjdc0S>. Please register with hike leader Betsy Darken, 423-718-2060. Carpool gas cost: 1 dollar.

Tuesday, Jan 24 - White Oak Mountain near Collegedale. Moderate. 3 - 5 miles.

This mountain is actually a long ridge that starts well south of Tennessee, near Rome, GA, cuts between Ooltewah and Collegedale, then keeps heading north, getting wider and more mountainlike until it eventually peters out NW of Cleveland. You have encountered White Oak Mountain if you've ever driven north on I-75 from Chattanooga to Cleveland. We'll be hiking within a web of almost 40 miles of trails on its east flank, belonging to Southern Adventist University in Collegedale. Be sure to follow the leader! Bring snacks and water and wear sturdy hiking boots. Watch the weather forecast and dress in layers. For carpooling/caravanning, meet in parking area near the gas station at Food City in Ooltewah, right off I-75 exit 11, at 8:30 am ET. <https://bit.ly/3dwmbxn>. Please register with hike leader Nancy Allen, 423-987-0941. Carpool cost: \$1.

Saturday, Jan 28 - Flipper Bend Loop. 9.3 miles.

Moderate, 1,000' elevation gain. This hike on the plateau has only a few steep spots, with our reward being great views of the North Chickamauga Creek Gorge and the Tennessee Valley. Another reward (?) will be puttering up Roberts Mill Road, Meet at Walmart on Dayton Pike south of the center of Soddy Daisy, in the north corner of the parking lot near Dayton Pike and Dollar Tree. <https://bit.ly/3zT3lm0>. Please register with hike leader Tom McElhone, 805-208-4654 or sarmitta@yahoo.com. Carpool cost: \$1.

Scenic City Chapter – con't.

Tuesday, Jan 31 - Craven's House to Sunset Rock and back. 4 miles. Moderate. This hike is rated as moderate due to an elevation gain of 450-500 feet, with an especially steep climb up to Sunset Rock from Bluff Trail. From Craven's House we'll go up Mountain Beautiful Trail to the impressive cliffs skirting the top of Lookout Mountain, then take the Bluff Trail around the point of the mountain to Sunset Rock. On the way back, we will veer off the Bluff Trail onto Craven's House Trail and make our way to our vehicles. The views are great, Sunset Rock is really cool, and the cliffs are fascinating! Meet at Craven's House parking lot at 8:30 am ET. Please register with hike leader Dave Graham, 423-315-7886.

Earl Helmer was unable to attend the annual meeting in November and he was given the Bob Brown Lifetime Achievement Award. He was presented with the award at our recent Christmas Party by Jane Ellett, Scenic City Chapter Chair. Congratulations Earl, well deserved!



SUMNER TRAILS CHAPTER

CHAPTER CO-CHAIRS: Donna & David Hobbs 803-634-3470
ttasumnertrails68@tennesseetrails.org
OUTINGS COORDINATOR: Donna Hobbs 803-634-3470
ttasumnertrailshikes68@tennesseetrails.org

Jan 5 - Beaman Park. Laurel Woods Trail. 7 miles. Moderately difficult with a 961 ft. elevation gain. Meet at the Highland trailhead at 10:00 am. To get to trailhead parking, go towards the nature center but turn right on Eaton's Creek Rd before you get there. Continue about 0.9 mile, then turn left on Little Marrowbone Rd. The entrance will be 0.6 miles on the left. Keep right to reach the trailhead. There are NO bathrooms available here. There are bathrooms at the nature center or port-a-lets at the Creekside trailhead. Hiking shoes, poles, water, and snacks/lunch are strongly recommended. Dogs on leash welcome. Those of you who want to hike but don't want the 7 miles can follow the Henry Hollow Loop for about 2.5 miles, rated moderate. Contact David Hobbs (803-634-3470 or *ddhobbs@bellsouth.net*) or Wayne Drown (803-646-0972 or *wetdrown@bellsouth.net*) with questions or to let us know you are coming.

Jan 11 - Eagle Pass Trail. 2.5 miles. Easy. Eagle Pass is an extension of the Rails-To-Trails Ashland City Bicentennial Trail. We will drop a car at the Sycamore Harbor Trailhead and then drive to the northern end of this trail near Cheatham Dam then hike back to Sycamore Harbor. The trail follows the old Tennessee Central Railroad grade and we will see evidence of the railroad along the way. Trail is mostly fine gravel and dirt with very few ups and downs and great views of the Cumberland River. After the hike you might want to walk to the iconic Iron Trestle over Sycamore Creek (round trip about one mile) while we take the drivers back to get their cars. Restrooms at the beginning and end of our hike. Meet for carpooling or caravanning at the Glenbrook Kroger parking lot at 1010 Glenbrook Way in Hendersonville at 9:00 am. After the hike we will go for lunch at Riverview Restaurant in Ashland City. For further info or directions to the trailhead contact RiverRat Al at *ballallenger@aol.com* or call/text at 615-454-7673.

Jan 27 - Triple Creek Park, Gallatin. 3.5 miles. Easy. Meet at the Gallatin Civic Center outer parking lot, 210 Albert Gallatin Av. at 10:30 am. We will walk from the Civic Center into Triple Creek Park (.85m), then follow the park's perimeter loop trail (1.80m) and return to the Civic Center (.85m). Mostly flat with one gentle uphill section. Restrooms at the Civic Center. Lunch to follow in downtown Gallatin if you so desire. Contact: Donna at 925-759-0518 or John at 925-759-0517.

UPPER CUMBERLAND CHAPTER

(Sparta / Cookeville)

CHAPTER CHAIR Cathy Moran 931-544-2764
ttauppercumberlandhikes68@tennesseetrails.org
OUTINGS COORDINATOR: Cathy Moran 931-544-2764
ttauppercumberlandhikes68@tennesseetrails.org

Jan 4 - Chimneys SNA, Whitwell, TN and SCSP Denny Cove, Tracy City, TN. Joint hike with Plateau Chapter. See Plateau Chapter listing for hike details and registration information.

Jan 11 - CT McGill Creek Section, Graysville, TN. Joint hike with Plateau Chapter. See Plateau Chapter listing for hike details and registration information.

Jan 14 - Fall Creek Falls SP. Gilbert Gaul, Base of Falls, Woodland & Overlook Trails, Spencer, TN. Joint hike with Plateau Chapter. See Plateau Chapter listing for hike details and registration information.

Jan 18 - Big South Fork NRA. Angel Falls River Trail, Jamestown, TN. Joint hike with Plateau Chapter. See Plateau Chapter listing for hike details and registration information.

Jan 25 - CT Piney River Segment, Spring City, TN. Joint hike with Plateau Chapter. See Plateau Chapter listing for hike details and registration information.

Jan 28 - Prentice Cooper SP. CT Indian Rockhouse to Suck Creek, Chattanooga, TN. Joint hike with Plateau Chapter. See Plateau Chapter listing for hike details and registration information.

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.

OFFICERS:

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Duane Frichtl 309-830-9720
ttapresident68@tennesseetrails.org

Vice-President

Michelle Kelley 901-484-2998
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June Callahan 615-945-7462
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Secretary

Susan Woods 731-441-8066
ttasecretary68@tennesseetrails.org

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Mark Hubbard (2025) 615-715-1517
ttaboard68@tennesseetrails.org

Wayne Drown (2025) 803-646-0972
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Cheryl Heckler (2023) 931-200-7436
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Jane Coffey (2023) 615-614-1083
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Middle TN

Sara Pollard (2025) 615-714-3610
ttaregionalmiddle68@tennesseetrails.org

East TN

Will Latham (2024) 704-365-8889
ttaregionaleast68@tennesseetrails.org

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

Newsletter Editor

Mary Lewis Tims 731-780-5550
ttaeditor68@tennesseetrails.org

2023 TTA Board of Directors Meetings

All members are invited to attend board meetings
Contact Duane Frichtl for the link to join Zoom meetings

Tuesday, Feb 7, 6:30 PM CT Zoom Video
Conference

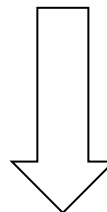
Tuesday, May 2, 6:30 PM CT Zoom Video
Conference

Tuesday, Aug 1, 6:30 PM CT Zoom Video
Conference

Friday – Sunday, Oct 20 - 22 Natchez Trace State
Park
Annual Meeting

Do you read the newsletter cover to cover? Do you find the hike information helpful or do you get all your hike information on our new, improved website? Have you noticed we've changed the generic e-mails for the board, chapter officers and outings coordinators? Do you know how to submit information for inclusion in the newsletter (hint – look below).

We're looking at ways to make the newsletter more valuable to you and we'd like your input. You can email the newsletter editor with your suggestions and thoughts.



Newsletter Deadlines:

Deadlines for Chapter announcements and articles of special interest are due on or before 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:
ttaeditor68@tennesseetrails.org

Please note: Newsletter submissions to the "editor" address are automatically copied to the webmaster.

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

Jan 23

☐

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 ttamembership68@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)

___ Scenic City (Greater Chattanooga Area)

___ 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!