

TENNESSEE TRAILS

THE MONTHLY NEWSLETTER OF THE TENNESSEE TRAILS ASSOCIATION

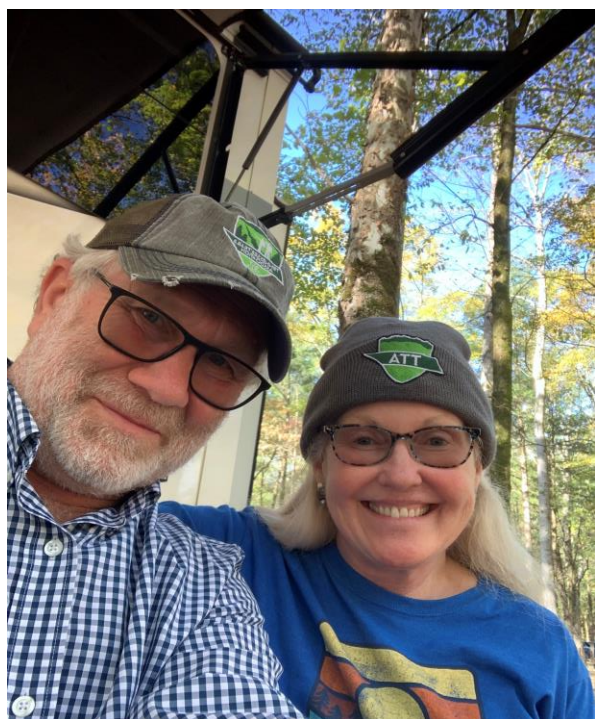
*We are hikers and advocates that have helped to build, maintain,
and promote the responsible use of Tennessee trails since 1968.*

SUPPORTING THE CUMBERLAND TRAIL



Meet Your Leaders

Duane Frichtl



My name is Duane Frichtl, and I am the newly elected President of the Tennessee Trails Association Board. Most of the members do not know me, as I have only been a member of the Sumner Trails Chapter for 5 years. My wife, Lynne, and I retired to Hendersonville in November 2017 with our Boston Terriers, Rascal, and Rosie. Lynne signed me up for TTA because I had been involved with a group of trail runners in Illinois for many years. I love being out in the woods, and the social aspect of being a part of a group of individuals that share my passion.

Tennessee Trails' membership has been steadily growing since the pandemic. I think an efficient way to continue that growth is to increase the digital communication within chapters as well as statewide among all the members. I encourage hiking with chapters outside of your own chapter to hike new trails and exchange ideas among chapters. I hope to be able to hike with several other chapters this year. Almost \$20,000 has been awarded in Evan Means Grants over the last 2 years to improve or enhance trails and/or the hiking experience in Tennessee. By continuing to grow our membership, Tennessee Trails can increase these grants annually. Let's all enjoy hiking in 2023! Duane

"In every walk with
nature, one receives far
more than one seeks."

John Muir



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

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.

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

Wednesday, February 1 - Dunbar Cave State Park, Long Trail. 2.5 miles. Moderate. Most of the trail is on natural turf. There are a few concrete steps. Dogs are permitted if on a leash. The trail goes through pretty woods and passes sinkholes, limestone bedrock, a 15-acre Prairie Restoration Project, and a 15-acre Lake. Meet at 9:00 A.M. CT at the trailhead picnic table. Contact Suva Bastin at 931-645-2849.

Saturday, February 4- Hike with another chapter.

Saturday, February 11- Fort Donelson National Battlefield. 5.5 miles. Moderate. We hike around the battlefield and through Fort Donelson National Cemetery. Most of the trail is in the woods on natural turf. We pass by the Cumberland River and sometimes see Bald Eagles. Dogs are welcome if on a leash. The Battle of Fort Donelson, February 11–16, 1862, was the first major Union victory in the Civil War. Nashville would fall to Union troops within a matter of days. The Cumberland River and Tennessee River became integral parts of Union supply lines. Meet at 8:00 A.M. CT, at Clarksville Dover Crossing Kroger's parking lot. ~30 miles to trail head; Contact Cinde Jones 870-215-8993.

Clarksville Chapter, continued

Saturday, February 18 - Beaman Park, the east section of Laurel Woods Trail. 7.5 miles. Difficult due to length and elevation changes. The trail is well constructed in pretty woods on natural turf. There is a good view of the Nashville skyline. Dogs are welcome if on a leash. Meet at 8:00 A.M. CT, Madison Street Food Lion parking lot. ~32 miles to the trailhead. Contact Steve Turner at 931-220-0927.

Tuesday, February 21 - 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.

Saturday, February 25- LBL Eastern half of the Central Hardwoods Scenic Trail. 5.9 miles. Moderate. This hike requires a car shuttle. The trail is in the woods. Except for a short, paved section, the surface is finely crushed limestone. There is a restroom and museum at the trailhead. Dogs are welcome if on a leash. Meet at 8:00 A.M. CT, at Clarksville's Dover Crossing Kroger parking lot. ~55 miles to the trailhead. Contact Paul Schwab at 931-801-9484.

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.

Hike information is unavailable at press time. Check the website.

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

CHAPTER CHAIR: Rosemary Marshall 865-985-9144
ttaeasttennessee68@tennesseetrails.org
OUTINGS COORDINATOR: Tom Cressler 865-582-5622
ttaeasttennesseehikes68@tennesseetrails.org

Saturday, February 4 - Hike North Boundary Trail, Oak Ridge. 6 miles. We'll touch on several different trails, but they are all easy, with no significant elevation changes.

We'll pass through woodlands and see creekside habitats showcasing a variety of wildlife and natural plants as well as remnants of pre-Manhattan project settlements. We'll see the quarry lake and old cemeteries too. The hike is about 6 miles. We will meet in Oak Ridge at the Books-A-Million parking lot nearest Illinois Ave. for carpooling to the trailhead because there is limited parking, leaving at 9 A.M. Books-A-Million is located at 310 South Illinois Ave. The trailhead is about 4.5 miles away. The weather is variable; we recommend hiking poles, shoes to wear to and from the hike and sturdy hiking shoes, other weather-appropriate clothing, a snack, a drink, and a camera. After the hike plan on stopping on the way back for a meal and refreshments. For additional information about the hike please contact Scott Adams before February 3rd at 815-608-0879, leave a message or send an email to adamsscott1950@gmail.com

Saturday, February 18 - Hike Knoxville Urban Wilderness-Ijams Quarries. 6 miles. Moderate. The hike is mostly through the woods, with rolling hills, one or two are steep but not very long. You can view the map of the hiking area by going to www.outdoorknoxville.com, selecting Urban Wilderness at the top of the page, and then in the South Loop Route selecting the printable map for Ijams Nature Center/Ijams Quarries. The hike will be on the trails around Ross Marble Quarry and Mead's Quarry. The hike will include Imery's, Turnbuckle, Burnett Ridge, Ross Marble, and Tharp Trace trails. We will meet at the Meads Quarry parking lot on Island Home Avenue, on the right not far past the entrance to Ijams Nature Center (see the map referred to above) and leave at 9:30 A.M. We recommend hiking poles, shoes to wear to and from the hike and sturdy hiking shoes, other weather-appropriate clothing, a snack, a drink, and a camera. After the hike plan on stopping on the way back for a meal and refreshments, perhaps at Calhoun's or somewhere in South Knoxville. For specific information about the hike please call Tom at 865-588-5622, leave a message or send an email to cressler@utk.edu before February 17th.

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

Thursday, February 9 - Virgin Falls State Natural Area. 2080 Scotts Gulf Road, Sparta. 9.0 miles round trip rated strenuous. Joint hike with the Murfreesboro Chapter. The trail descends around 900 feet in elevation along a path that in many areas is rocky with uneven footing. Because this trail is rugged, we will allow 6-7 hours for this hike and will have to maintain a pace to allow plenty of daylight. Virgin Falls State Natural Area is the most-visited state natural area in Tennessee with interesting scenery and features three beautiful waterfalls Big Laurel Falls, Sheep Cave Falls, and Virgin Falls. Bring lunch, and water, and wear sturdy hiking boots. For more information or to sign up, contact Marietta Poteet, nannietta@benlomand.net or 931-924-7666.

Sunday, February 12 - Old Spann House Trail, Tims Ford State Park, Winchester, TN. 3.8-mile loop. Easy. This Sunday afternoon hike traverses rolling hills through hardwood forests with nice views of Tims Ford Lake. We will also visit the lovely primitive campsite located on a peninsula with lake views on three sides. Bring water and a snack and wear sturdy hiking boots. Meet at 1 P.M.CST in the Visitor Center parking lot. Please register with Joan Hartvigsen, jhartvigs@comcast.net, or 931-636-2914.

Thursday, February 16 - Lost Cove Hike, Sewanee, TN. 6.3 miles. Difficult. We will hike the Potter Trail in Sewanee down into Lost Cove, hike across the cove cross the creek several times, and hike up out of the cove to Highway 56 towards Sherwood. The hike is 6.3 miles with a difficult descent and steep ascent. There will be one difficult and several smaller creek crossings that will require a shuttle. Please contact Marietta at 931-924-7666 or nannietta@benlomand.net for further information and to register for the hike.

Saturday, February 18 - South Rim Trail. South Cumberland State Park. Savage Gulf East. Savage Gulf Ranger Station 3157 TN Hwy 399, Palmer, TN. 10 miles out and back. Little elevation change. Highlights include Savage Creek, Savage Falls, and six overlooks of outstanding gorge views and old-growth forest. Meet at Savage Gulf Ranger Station at 8 A.M. CST. Bring water, lunch, hiking sticks, and a bright headlamp. Wear sturdy hiking boots. Please register with Joan Hartvigsen, jhartvigs@comcast.net, or 931-636-2914.

Continued on the next page

Highland Rim Chapter continued

Tuesday, February 21 - Base of Fall Creek Falls Trail, Gorge Overlook Trail, Piney Falls Overlook Trail, Piney Falls Bridge Trail, Fall Creek Falls State Park, Spencer, TN. Four miles. Moderate. Steep descent, rough footing. We will also visit the overlooks off the Gorge Scenic Motor Nature Trail including Millikan's and Buzzard Roost. On this trip we will visit the plunge pool and then the overlook of 256-foot tall Fall Creek Falls. We will see Cane Creek Falls and Cane Creek Cascades and enjoy spectacular views of Fall Creek Gorge and Cane Creek Gorge. Piney Falls is a 95-foot two-tier waterfall. Bring water and lunch. You will need hiking sticks and sturdy hiking boots. We will meet at the Fall Creek Falls parking lot at 8:30 A.M. CST. Contact Joan Hartvigsen, jhartvigs@comcast.net, or 931-636-2914.

Monday, February 27 – Chapter Meeting, 7 P.M. D.W. Wilson Community Center, 501 N. Collins Street, Tullahoma. Program: A Physical Therapist will speak to us about keeping fit for the trail. Dinner at 5:30 P.M. at La Fiesta Bar & Grill, 1410 N Jackson Street, Tullahoma. Contact Joan Hartvigsen to let her know you are coming at jhartvigs@comcast.net or 931-636-2914.

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

Saturday - February 4 - Lady Finger Bluff/Mousetail (short trail). We will meet at Mousetail Landing State Park visitor's center at 9:00 A.M. (Meet at 7:45 at Panera Bread in Jackson if you wish to carpool. We will leave at 8:00A.M.) We will carpool from Mousetail to Lady Finger Bluff. We will hike along the bluffs of the Tennessee River and thru the woods to the scenic overlook with the gnarly trees. It is approximately 2.5 miles roundtrip. We will return to Mousetail and hike a short trail. Please dress according to the weather. Bring water, snacks, lunch. Please register with Glen if you plan to attend: 731.217.5966 or glenrognstad@gmail.com. Glen Rognstad is the hike leader.

Monday - February 6 - Chapter meeting. Mulligans in Jackson (Union University Drive). 6:00 P.M.

Jackson Chapter continued

Saturday – Sunday, February 25-26 - Walls of Jericho and The Cross to Proctor Hall to Morgan's Steep. 6 miles. Difficult. On Saturday, Glen Rognstad will lead us on the Walls of Jericho trail. It is rated difficult due to elevation and terrain. The 6-mile round-trip hike is strenuous but well worth the effort. From the trailhead, the trek descends more than 1,000 feet into a box canyon that showcases the dynamic landscapes of the Cumberland Mountains. ..from the exposed limestone formations decorated with lichen and moss to the tranquility of Hurricane Creek. As the trail winds into the canyon, the sound of the forest is as diverse as the scenery from woodpeckers to chipmunks to footsteps in the leaves. The bluff funnels hikers into a large limestone amphitheater carved over the years by Turkey Creek. Even though it is only 6 miles it will take about 6 hours to hike so pack plenty of water, snacks, and lunch. Dress according to the weather. Hiking boots are recommended. We will meet at the Waffle House in Sewanee (exit 134 off I-24) at 8:00 and drive to the trailhead arriving by 9:00 A.M. (or meet at the Alabama trailhead at 9:00). Please register with Glen at 731.217.5966 or glenrognstad@gmail.com.

Sunday - February 26 - The Cross to Proctor Hall to Morgan's Steep - Meet at the Waffle House at 8:00 A.M. and we will drive to the trailhead. Please register with Glen if you plan to attend.

Looking ahead:

March 11 - Big Hill Pond*

March 25 - Fort Pillow*

***Joint hikes with Memphis Chapter**

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

MEMPHIS CHAPTER

CHAPTER CHAIR: Charlie Bright 901-829-4434
ttamemphis68@tennesseetrails.org
OUTINGS COORDINATOR: Wayne Simpson
w.simpson1@comcast.net

Saturday, February 4 - Nesbit Park. 5 miles. We will hike the White trail. Two creek crossings (one at the beginning and one at the end) are part of this trail. Most likely the creek will have water so wear waterproof hiking boots. We will hike in one group - no fast or slow groups. Bring water and a snack and allow 2.5 hours for this hike. Rain will cancel the hike. Registration is required. Please register by noon on Thursday, 2/2/23. The hike begins at 9:00 A.M. Contact: Lynne Witherington - withlynn@aol.com

Saturday, February 11 – Arkabutla. 5 miles. Easy. Join us for a hike through the Coldwater River bottomland with woods, swamps, and large trees. The trail is level. Wear hiking boots as areas could be muddy. Bring snacks and water. A half-mile nature trail may be added afterward. Meet at the trailhead at the recreation area below the dam. Directions to the park: South on I55 to I69, right on I69 west to MS Hwy 301, and turn left on Hwy 301 (south) to the park (south abutment area below the dam). Turn right just before the spillway into the day-use area. The hike begins at 9:30. Rain will cancel the hike. Registration is required by 6 P.M., Thursday, 2/9/23. Contact: Freddie Felt - fjfelt@att.net, (901) 288-5581

Saturday, February 18 - Herb Parsons, Fisherville, TN. 6 miles. Easy. This is a hike around the lake and through the woods. Meet at the lake parking lot and bring snacks and water. The hike will start at 9:30 A.M. Registration is required - no later than 6 pm Thursday, 2/16. Please include your phone number when registering. Rain will cancel the hike. Contact: Nancy Wark - nhwark@bellsouth.net or (901) 240-1521

Saturday, February 25 - Chickasaw State Park. 4.5 miles. Easy. This is a park that the Memphis Chapter has not visited in several years. The hike will encompass several short trails (about 4.5 miles) within the park, most of which are easy but there are some hills. We'll hike through upland hardwood forests and wetlands. We'll cross a 640-foot bridge across Lake Placid. Registration is required. Contact: Wayne Simpson - w.simpson1@comcast.net or (901) 385-1988 (landline, not 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

Saturday, February 4 – Reelfoot Lake State Park. Eagle Fest. There's no hiking to do but it's \$20 for a ranger-led two-hour bus tour at 1:20 pm CT. This is an opportunity to see our national symbol in its natural habitat. Reelfoot Lake has one of the largest wintering populations of Bald Eagles outside of Alaska, and the return of eagles has become a major event. This is the **19th Annual Reelfoot Lake Eagle Festival** occurring the 1st weekend in February. There will be a carpool from Murfreesboro for this 3.5-hour drive leaving around 7:00 am CT. This will give time to get there, find the place, find something to eat, check out vendors, etc. For more information or to sign up, contact Jeanne Conatser at 615-971-8894 or djconatser@comcast.net.

Thursday, February 9 – Virgin Falls State Natural Area. 9.0 miles round trip rated strenuous. Joint hike with the Highland Rim Chapter, 2080 Scotts Gulf Road, Sparta. The trail descends around 900 feet in elevation along a path that in many areas is rocky with uneven footing. Because this trail is rugged, we will allow 6-7 hours for this hike and will have to maintain a pace to allow plenty of daylight. Virgin Falls State Natural Area is the most-visited state natural area in Tennessee with interesting scenery and features three beautiful waterfalls: Big Laurel Falls, Sheep Cave Falls, and Virgin Falls. Bring lunch and water and wear sturdy hiking boots. For more information or to sign up, contact Sara Pollard at 615-714-3610 or sarabpollard@gmail.com.

Wednesday, February 15 – NOTE DATE CHANGE - Chapter Meeting – 7:00 P.M. CT. Barfield Crescent Park Wilderness Station. This month's meeting will be Wednesday, February 15. The guest speaker is Alan Brown, Executive Director of Earth Experience - Middle Tennessee Museum of Natural History. Earth Experience located in Murfreesboro is the first natural history museum in middle Tennessee. This hands-on natural history museum displays international and local archeological finds and fossils. There's also the recently completed 38-foot-long T. Rex skeleton. For more information contact Chapter Co-Chair Jeanne Conatser at djconatser@comcast.net.

Saturday, February 25– Long Hunter State Park - Volunteer Trail. 11 miles rated moderate due to length. The terrain is generally flat and follows the rocky shoreline of Percy Priest Lake. The Volunteer trail is a 5.5 mile "there and back". Bring lunch, water, and snacks. For more information or to sign up, contact Sara Pollard at 615-714-3610 or sarabpollard@gmail.com.

NASHVILLE CHAPTER

CHAPTER CHAIR: Doug Burroughs 615-587-0085

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.

Every Wednesday -- Radnor Lake Standing Hike (Feb 1, 8, 15, 22), 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 A.M., 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 A.M. 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.

Friday, February 10 - Jones Mill Trail in Long Hunter State Park, Hermitage, TN. 8 miles. Moderately strenuous for length. This is a hiker-friendly biking trail with little elevation change which features lake views, cedar glades and barrens, and other types of terrain. Bring plenty of water and snacks. We'll meet at the Jones Mill trailhead for an 8:30 A.M. step-off. Register with Mark for details and updates: midtn@tnhiker.net (615) 669-3221. Alternate date for inclement weather: Friday, Feb 17th.

Saturday, February 11 - Downtown Urban hike, Nashville, TN. 3 1/2 miles. Easy. We will meet at 9 A.M. at the courtyard of the War Memorial Plaza near the state capitol. Our hike will first circle the state capitol for a grand view and then over to the Nashville Public Square Park, where other fascinating sights await. We then cross the Cumberland River via Woodland Street Bridge and walk along the East Bank Greenway next to the Cumberland River (near the stadium) to Seigenthaler Pedestrian Bridge, then cross back over to downtown Nashville. A bit of Lower Broadway honkytonk scene is next, and then up along portions of the rebuilt 2nd Avenue and 1st Avenue to return to our starting point. Distance approx. 3 1/2 miles. Rain or shine. Parking options include the downtown public library garage. Contact: Tom Vickstrom 615-405-6713

Nashville Chapter continued

Tuesday, February 28 - Nashville Chapter Meeting, REI, Brentwood, TN, 6 PM. Marietta Poteet and 4 Nashville chapter members hiked the Cotswold Way from Chipping Campden to Bath, England in September 2022. The approximate 100-mile walk covered rolling hills, English villages, and picture postcard scenery. They will present a slide show of their trip with an opportunity to share the experience with others who have already been on the trip or might be planning a trip. Join us for dinner prior to the meeting in the immediate REI area at 5:00. Call or text Libby, 615-319-7501, for details.

Planning Ahead:

Saturday, March 11 — Downtown Urban Hike, Nashville, TN. 3 1/2 miles. Easy. We will meet at 9 A.M. at the courtyard of the War Memorial Plaza near the state capitol. Our hike will first circle the state capitol for a grand view and then over to the Nashville Public Square Park, where other fascinating sights await. We then cross the Cumberland River via Woodland Street Bridge and walk along the East Bank Greenway next to the Cumberland River (near the stadium) to Seigenthaler Pedestrian Bridge, then cross back over to downtown Nashville. A bit of Lower Broadway honkytonk scene is next, and then up along portions of the rebuilt 2nd Avenue and 1st Avenue to return to our starting point. Distance approx. 3 1/2 miles. Rain or shine. Parking options include the downtown public library garage. Contact: Tom Vickstrom 615-405-6713

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.

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

Wednesday, February 1 - Lilly Bluff Climbers Trail, Lancing, TN. Joint hike with Upper Cumberland Chapter. Long Hike: 7-mile hike along the base of impressive bluffs that overlook the Obed River. Short Hike: 5 miles moderate in/out. Bring water and snacks. The carpool gas fee is \$4.00. Depart at 7:30 A.M. CDST from the Crossville Outlet Mall SW parking lot. For additional information contact the hike coordinator, Deb, by email tplateauhikes@tennesseetrails.org or text/call 931-267-2243.

Saturday, February 4 - North Chickamauga Creek SNA Segment of the Cumberland Trail. Joint hike with Upper Cumberland Chapter. Fourth hike of the CT 200-mile challenge. Contact Deb for a copy of the 200 mi challenge log sheet. Wear orange. We will hike from the Barker Camp Road Trailhead to Montlake Road Trailhead. The short hike is 4-5 miles in/out. The long hike is 8.3 miles, difficult. Elevation change: 500 ft loss and gain (twice). Several creek fords (bring water shoes), rugged ascent, ladder, steep slopes. The hike requires a vehicle shuttle. This hike features stunning overlooks of Panther Branch and North Chickamauga Creek Gorge as well as waterfalls, rapids, and interesting rock formations. Depart at 8 A.M. 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 at 931-267-2243.

Wednesday, February 8 - CT Signal Point to Suck Creek Road, Chattanooga, TN. Fifth hike of the CT 200-mile challenge. Joint hike with Upper Cumberland Chapter. Wear orange. Long Hike: Strenuous, 8.4 miles requires a car shuttle. Short Hike: 4-5 miles in/out moderate. Multiple overlooks of the Tennessee River Gorge plus intriguing rock formations such as mushroom rock. Depart at 8 A.M. CT from the southeast parking lot of Central Baptist Church, 1346 S Main St, Crossville, TN. Gas is \$7. Bring snacks, lunch, water, bug spray, and sunscreen. For additional information contact the hike leader Deb at 931-267-2243.

Thursday, February 9 - Plateau Chapter Meeting. The 6 P.M. meeting is held at the First United Methodist Church Annex, 69 Neecham St. We will meet for dinner at Fortes restaurant, 27 E 4th St, at 4:45 P.M.. The meeting will start at 6:00 P.M. at the church annex. Contact Bill Wisniewski at 931-335-9360 if you plan to join us for the dinner portion.

Plateau Chapter continued

Wednesday, February 15 - Bearwaller Gap Trail, Carthage, TN. Joint hike with Upper Cumberland Chapter. Long Hike: 6.0 miles rated moderate to difficult. Requires a car shuttle. Short Hike: 4 miles in/out. We'll hike along the shoreline of Cordell Hull Lake passing waterfalls, old home sites, and rocky overlooks. We'll start at the Defeated Creek Campground area and hike to the Tater Knob Overlook. Depart at 8 A.M. CT from the rear parking lot of Cracker Barrel, Crossville, TN. The carpool cost is \$6. Bring lunch, snacks, water, bug spray, and sunscreen. For additional information contact the hike leader Deb, by email at tplateauhikes68@tennesseetrails.org or text/call 931-267-2243.

Saturday, February 18 - Bald River Falls Trail, Tellico Plains, TN. Joint hike with Upper Cumberland Chapter. Long Hike: Bald River Falls Trail, 8 miles, moderate in/out. Short Hike: 4-5 mi moderate in/out. This trip includes a pleasant drive along the picturesque Tellico River. We'll hike up to the top of the falls and then follow the mostly level trail along the pretty mountain river to a small waterfall and large cascades. Bring snacks, lunch, water, bug spray, and sunscreen. Depart at 8 A.M. am CT from Central Baptist Church, South Main St in Crossville. Gas cost \$8. For additional information contact the hike leader, Deb Westervelt, by text/call at 931-267-2243 or email tplateauhikes68@tennesseetrails.org.

Wednesday, February 22 - Soddy Creek Gorge Section (south) Big Soddy Gulf Trailhead to Mowbray Pike. Joint hike with Upper Cumberland Chapter. Sixth hike of the CT 200-mile challenge. Contact Deb for a copy of the 200 mi challenge log sheet. Wear orange. Both hikes require a car shuttle. Long Hike: 8 mi strenuous and difficult. Starts at Big Soddy Gulf Trailhead (climbers' trailhead) and to Mowbray Pike Trailhead. Short Hike: 4.38 miles, moderate. The short hike is from Little Soddy Trailhead on Sluder Lane to Mowbray Pike Trailhead. Includes an overlook of the valley of Daisy, Indian Rockhouse, Little Stone Door, and walk-through coal mining remnants. Bring snacks, lunch, water, bug spray, and sunscreen. Depart at 8 A.M. CT from Central Baptist Church, South Main St in Crossville. Gas cost \$6. For additional information contact the hike leader, Deb Westervelt, or text/call 931-267-2243 or email tplateauhikes68@tennesseetrails.org.

SCENIC CITY CHAPTER

(Greater Chattanooga Area)

CHAPTER CHAIR: Jane Ellett 423-309-7879

tasceniccity68@tennesseetrails.org

OUTINGS COORDINATOR: Betsy Darken 423-718-2060

tasceniccityhikes68@tennesseetrails.org

MEETS QUARTERLY: Thursday of the week following the TTA

Board Meetings in Feb, May, Aug and Oct at 5:30 pm ET

Saturday, February 4 — Cumberland Trail: North Chickamauga Creek from the Montlake Road Trailhead. 8.2 miles, in & out. Difficult. The hike features rugged ascents and descents, ladders, boulders, stunning overlooks of the North Chickamauga gorge, and a beautiful waterfall at Stevenson Branch Campsite, which will be the turnaround point. Check the forecast and choose appropriate layers. Bring water, lunch & snacks, sturdy hiking boots & poles. Meet at Walmart at 9334 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 Tammy Hendrick, 315-949-8187. Carpool cost \$1.

Tuesday, February 7 — Shake Rag Hollow, Sewanee TN. 2.5 miles in & out. Moderate. 740' elevation gain. Optional add-on: a piece of the Perimeter Trail. Check the forecast and choose appropriate layers, wear hiking shoes or boots, bring snacks and lunch, sunscreen, and water. It's never a mistake to bring hiking poles. For carpooling/caravanning, meet at the parking lot on the left just after LaQuinta Inn, which is right (north) off I-24 Exit 175, at 8:30 A.M. ET. <https://bit.ly/3QITAD4> Please register with hike leader Tom McElhone (805) 208-4654 or sarmitta@yahoo.com. Carpool gas cost: \$5.

Saturday, February 11 — Fall Creek Falls State Park: Prater Place Trail. 6.2 miles out and back. Moderate. This trail takes us to the relatively small but beautiful Hemlock Falls. We'll also make a short side trip on an unmarked trail that leads to a large cave. For carpooling/caravanning, meet at the Durham Street parking lot (ball fields) off Dayton Pike in Soddy-Daisy at 8.30 A.M. ET. <https://bit.ly/3Qjdc0S>. Please register with hike leader Will Latham, (704) 365-8889. Carpool gas cost: \$5.

Tuesday, February 14 — Chickamauga-Chattanooga National Military Park: Chickamauga Ramble Trail. 5.0 miles. Easy-moderate. This is a pleasant walk in the woods, with plenty of historical markers to remind us that right here, 160 years ago, many soldiers died fighting in a war that determined the future of our one nation. Meet at the lower parking lot of Chickamauga Battlefield Visitor Center, 3370 Lafayette Road, Ft. Oglethorpe GA. Please register with hike leader Dave Graham, 423-315-7886.

Scenic City Chapter continued

Saturday, February 18 — South Cumberland State Park: South Rim Trail. 10 miles out and back. Moderate due to length, but little elevation change. Highlights include Savage Creek, Savage Falls, and six overlooks of outstanding gorge views and old-growth forest. Bring water, lunch, hiking sticks, and a bright headlamp. Wear sturdy hiking boots. Meet at 8:00 A.M. CST at Savage Gulf Ranger Station, 3157 TN Hwy 399, Palmer, TN. For carpooling/ caravanning from the Chattanooga area, meet at the Durham Street parking lot (ball fields) off Dayton Pike in Soddy-Daisy at 8.30 A.M. ET. <https://bit.ly/3Qjdc0S>. Please register with Joan Hartvigsen, jhartvigs@comcast.net or 931-636-2914. Carpool gas cost: \$3.

Tuesday, February 21 — Fall Creek Falls State Park, Spencer TN: multiple trails. 4 miles. Moderate. We will visit the Base of Fall Creek Falls Trail, which has a steep descent and rough footing, then the Gorge Overlook Trail, Piney Falls (95' two-tier) with its Overlook Trail and Bridge Trail, along with overlooks off the Gorge Scenic Motor Nature Trail including Millikan's and Buzzard Roost, along with the plunge pool and the overlooks of 256-foot Fall Creek Falls, Cane Creek Falls and Cane Creek Cascades, along with spectacular views of Fall Creek Gorge and Cane Creek Gorge. All in four miles! Bring water and lunch. You will need hiking sticks and sturdy hiking boots. We will meet at the Fall Creek Falls parking lot at 9:30 A.M. ET. For carpooling/caravanning from the Chattanooga area, meet at the Durham Street parking lot (ball fields) off Dayton Pike in Soddy-Daisy at 8.30 A.M. ET. <https://bit.ly/3Qjdc0S> Contact Joan Hartvigsen, jhartvigs@comcast.net or 931-636-2914. Carpool gas cost: \$5.

Scenic City Chapter continued on the next page

"Between every two pines
there is a doorway to a new
world."

-John Muir

Scenic City Chapter continued

Saturday, February 25 — Cumberland Trail: Little Soddy Trailhead to Soddy Gulf Trailhead. 7 miles. Moderate. Short shuttle. We'll take a tour of the remnants of coal mining operations from over 150 years ago, maybe even spot ghosts of the 800 or so miners and the dozens of mining mules. Then we'll swing up and around to Deep Creek Gorge, where rock climbers have replaced ghosts, and take a bridge across an impressive min-gorge filled with giant boulders. Next we'll hike around and down to Big Soddy Creek Gorge, where we'll cross a truly impressive bridge. 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 toward Soddy Daisy, where we'll check out rumors that there is now a bridge across Board Camp Creek. But don't count on it—bring your water shoes. Remember to check the forecast, wear appropriate layers and hiking shoes or boots, bring snacks and lunch, sunscreen, and more water than you think you need. For carpooling/ caravanning, meet at the Durham Street parking lot (ball fields) off Dayton Pike in Soddy-Daisy at 8.30 A.M. ET. Carpool gas cost: \$1. <https://bit.ly/3Qjdc0S>. Please register with hike leader Betsy Darken, (423) 718-2060. Carpool cost: \$1.

Tuesday, February 28 — Enterprise South Nature Park. 3-5 miles. Easy/moderate. A walk through the woods. We'll work our way through various areas of the park, passing along a quiet creek through quiet woods, admiring a small lake, and checking out WWII munitions bunkers (quiet now). Think about your parents and others of that generation going off to war, or planting Victory gardens, using gas ration cards, and worrying about relatives under fire. Count your blessings as you watch the weather, dress in layers, bring snacks and water, and wear your hiking boots. Meet at the Poe Run Path Trailhead, in the lower parking lot across from the visitor center, at 8:30 A.M. ET. Please register with hike leader Nancy Allen, 423-987-0941.

GO GREEN

Electronic Newsletter Available

This is a 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

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

Thursday, February 2 - Chapter meeting. 5:45-7:00 P.M. Hendersonville library. This will be our first meeting in quite a while! Please come and help us make plans for the year.

Friday, February 10 - Bledsoe Creek State Park. 3 miles. Moderate. We will start and end at the boat dock and public launch ramp parking area, which is the road just past the road to the Visitor Center/Park Office. We will hike the Birdsong Nature Trail to the park office, make a bathroom stop and then proceed along the shoreline trail to the ridgetop trail and back to the boat ramp parking area. The trail surface includes gravel, dirt, and rocks. You may want to bring water, hiking shoes, and hiking poles. Meet at 10:00 A.M. at the boat dock and public launch ramp parking area. Contact is Judy Jenkins at judy_jenkins@comcast.net, or text/call 615-403-0002.

Wednesday, February 15 - Bearwaller Gap Trail. 4.6 miles. Moderate. Starting at Tater Knob Overlook, the 4.6-mile hike will be 2.3 miles out with one 0.3-mile hill (grade 5%-24%) and back with one 0.4-mile hill (grade 8%-25%). Well-marked trail composed of rock, roots, and dirt. Bring hiking shoes, hiking poles, and water. Meet at 10 A.M. at the Tater Knob Overlook. From Gallatin drive 30 miles east on TN 25. Turn left onto TN 80. Drive 2.6 miles and turn right onto TN 85. Drive 1.6 miles and turn right onto TN 263. Drive 1.7 miles and turn left into Tater Knob Overlook/Bearwaller Gap Trail. There are bathrooms located at the trailhead. Contact David Hobbs at 803-634-3470 or ddhobbs@bellsouth.net for more information and to let us know you are coming. Carpooling may be available, so let us know if you are interested.

Wednesday, February 22 - Hendersonville Greenway. 4 Miles. Easy. 10 A.M.. We will meet at the Drakes Creek Sports Complex parking lot trailhead (take Conway Twitty Lane alongside Demos Restaurant, 161 Indian Lake Blvd., across the bridge into the parking lot). We will walk north 2 miles to the Vietnam Veterans Park (near Hwy 386 & Sam's Club) and return on the same trail to the parking lot. Contact: John at 925-759-0517; or Donna at 925-759-0518.

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

Wednesday, February 1 - Lilly Bluff Climbers Trail, Lancing, TN. Joint hike with Plateau Chapter. See the Plateau Chapter listing for hike details and registration information.

Saturday, February 4 - North Chickamauga Creek SNA Segment of the Cumberland Trail. Joint hike with Plateau Chapter. See the Plateau Chapter listing for hike details and registration information.

Wednesday, February 8 - CT Signal Point to Suck Creek Road. Chattanooga, TN. Joint hike with Plateau Chapter. See the Plateau Chapter listing for hike details and registration information.

Wednesday, February 15 - Bearwaller Gap Trail, Carthage, TN. Joint hike with Plateau Chapter. See the Plateau Chapter listing for hike details and registration information.

Saturday, February 18 - Bald River Falls Trail, Tellico Plains, TN. Joint hike with Plateau Chapter. See the Plateau Chapter listing for hike details and registration information.

Wednesday, February 22 - Soddy Creek Gorge Section (south) Big Soddy Gulf Trailhead to Mowbray Pike. Joint hike with Plateau Chapter. See the Plateau Chapter listing for hike details and registration information.



Heading out for a hike is a gratifying way to explore nature. Knowing what to bring can depend on many factors – what is essential? Hikers are a very resourceful lot! They always seem to think of the coolest gadgets to have on the trail. As a relatively new hiker, I enjoy seeing what others include in their backpacks. What is something you think is essential on the trail? Something you wouldn't leave home without. Email taeditor68@tennesseetrails.org and share your favorite item!

GUIDELINES FOR SUBMITTING HIKE INFORMATION

When submitting monthly hike listings, please include the following information:

- Date, trail name, location (Park, City, State), mileage, rating (easy, moderate, etc), hike description (what you may expect to see, elevation changes, obstacles that affect the hike rating), what to wear or bring, meeting time and location, and hike leader's contact information.
- Please identify any hikes that are multi-chapter events.
- Please DO NOT format the submissions (avoid bold, italics, underlining or colored text), as this slows the editorial process.

Hike descriptions are strongly encouraged, but not mandatory. A good hike description can encourage members (and prospective members) to try a new hike, but also alerts prospective hikers to outings that may be unsuitable for their level of expertise, fitness, or fear of heights and suspension bridges.

OFFICERS:

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ttapresident68@tennesseetrails.org

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Michelle Kelley 901-484-2998
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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

Newsletter Deadlines:

We will be working with short deadlines/turnaround times for the NEXT newsletter. If you are able to submit your hike information on or before the 5th of February (for March hikes) this will help expedite the editing process and assure we can get the newsletter completed to meet these 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 | ___ Murfreesboro |
| ___ Columbia/Franklin | ___ Nashville |
| ___ East TN (Oak Ridge/Knoxville) | ___ Plateau (Crossville) |
| ___ Highland Rim (Manchester/Tullahoma) | ___ Scenic City (Greater Chattanooga Area) |
| ___ 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!